

Coast Lines

February 2018 Vol. 7 #96

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Coast Lines is a FREE monthly magazine with 5200 copies distributed across the Fleurieu Peninsula to Strathalbyn, Langhorne Creek, Milang, Clayton Bay, Goolwa, Middleton, Port Elliot, Victor Harbor, Cape Jervis and across to Kangaroo Island, Normanville, Yankalilla, Myponga, Aldinga, McLaren Vale, Willunga and Mount Compass. We also provide free email subscriptions and have a strong online presence. Established in 2011, Coast Lines is produced by Ashley & Jenny Porter of Victor Harbor, trading as Oscar Publications.



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February

This month

February may be pronounced either as *FEB-ew-err-ee* or *FEB-roo-err-ee*. Many people pronounce it as *ew* rather than *roo*, as if it were spelt "*Feb-u-ary*". This is due to an analogy with "*January*" which ends in "*-uary*" but not "*-ruary*", as well as by a dissimilation effect whereby having two "*r*"s close to each other causes one to change for ease of pronunciation.

Having only 28 days in common years, February is the only month of the year that can pass without a single full moon.

The birthstone for February is amethyst (colour in heading), a violet variety of quartz often used in jewellery. It symbolises piety, humility, spiritual wisdom, and sincerity.

Cover

We talk to Andrew Barker on P14 about his fabulous Grow Free concept. Pictured on the cover is Karen Ross from another wonderful group, Cittaslow, which supports Grow Free by offering free fruit, veggies and other delights on a stall at the front of its Goolwa centre from Thursday-Monday.



Special days

National Don't Wait Until It's Too Late

Month – www.preventbowelcancer.org

Feb 5-11: National Tube Feeding Awareness Week – www.ausee.org

Feb 13-19: Australia's Healthy Weight Week presented by Dietitians Association of Australia – www.healthyweightweek.com.au

Feb 14: National Wear Red Day. This Valentine's Day, Heart Research Australia invites you to wear Red for someone close to your heart – a family member, wife, husband, or that special friend who means to the world to you, or in memory of someone you loved who sadly passed away due to heart disease. Organise your entire office or school to wear red, hold a red breakfast tea, paint

your neighbourhood red, organise a neighbourhood walk wearing red, dress your family up in red...or even your pets!

However you choose to shine in red, take photos and share them using the hashtag **#WEARREDDAY**. Visit: www.heartresearch.com.au

Feb 15: International Childhood Cancer Day www.thetruth365aus.org

Feb 15: World Cholangiocarcinoma Day – www.worldcholangiocarcinomaday.org



Over and over

Tomorrow – Friday, February 2 – is Groundhog Day, the concept of the same day repeating. The celebration was taken to the United States of America by German immigrants in the early 1800s.

A groundhog, also known as a woodchuck, is a rodent belonging to the group of large ground squirrels. When the groundhog awakens from a long winter's nap it goes outside of its den to see if it can see its shadow. If yes, this means a sunny morning

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and there will be six more weeks of winter. The groundhog then returns to its den and goes back to sleep. If it does not see its shadow (cloudy days) then spring is just around the corner.

The Americans celebrate the occasion because the day is usually dreary and boring.

Over and over

Tomorrow – Friday, February 2 – is Groundhog Day, the concept of the same day repeating. The celebration was taken to the United States of America by German immigrants in the early 1800s....

Thanks Nathan

Coast Lines is naturally grateful for those who offer their support in so many special ways, and among the faithful is Nathan Cox, of Sydney. He was among the first to befriend us on Facebook, and more recently was the first to be part of our growing Instagram link. We discovered through Instagram that Nathan, formerly of Nairne in the Adelaide Hills, was staying in Victor Harbor Christmas week and snapped this beautiful sunset shot (right) of The Bluff from the beach at Encounter Bay. With his permission, we thought we would run this pic as our way to say thank you to not only Nathan, but to all of our friends on Facebook and Instagram. Thanks Nathan!



Time for change

We are constantly reminded to change our passwords for Wi-Fi, the bank, internet and so on. It's endless. And when we remember to do it we forget the password to change. Today is *Change Your Passwords Day*, one of those silly events from America (where else, again?), but it's not such a bad idea.

There are clever passwords like "incorrect", so when you cannot remember it simply type anything into the ATM and it will say "Your password is incorrect". Some use 3D space as the clue for "DDD". Others have "password" for their password, and the ridiculous have Donald Duck, Mickey Mouse, Pluto, Bugs Bunny and so on because they were asked to choose characters. Want to hack into my Wi-Fi? Try: TellMyWifiLoveHer

Dare not forget

The world is about to be consumed by commercialism again. The Americans spend \$US18.2 billion on St Valentine's Day on February 14, while we think the Japanese get it right by celebrating the occasion with a twist - women are expected to give chocolate to the men in their lives, and a month later the men reciprocate. We're not sure what happens if they split up in the meantime. Friends, whatever you do, don't forget to spoil your partner on St Valentine's Day.

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Talk of health care environment in which children constantly battle to survive becomes a turn-off for many because it causes distress. But behind this story of suffering there is also a beautiful picture, so please read on.

It is about a wonderful team of caring people who soak up all the sad lines and somehow convert them into editions of joy. They live by a few simple yet powerful words: *Every family deserves good memories.*

They are the Women's and Children's Hospital Foundation, a remarkable unit devoted to giving everything possible to provide the hospital with much-needed support to purchase resources to help the children in their care.

The connection with our south coast is 13-14 Central Drive, Encounter Lakes – home of The WCH Foundation Beach House Project. More than \$2.5 million is being raised to build a specially-catered five-bedroom home as a special holiday-mode centre for the children and their family.

Denise Rowe, manager philanthropy at the Foundation, says invariably these children cannot go on a 'normal' family holiday. Their siblings feel a sense of isolation; they cannot go to their grandparents' home or mix with their cousins. This restricted interaction will change for many when this new home is completed in 12 months or so; all will be welcome through the doors. The tender process for architects has begun making a dream become real.

"We are dealing with families who have a range of issues to confront, and because of that they never have the chance to go away," Denise said. "There are well over 100 families looked after by the different units of the hospital who may make use of the facility.

"As with every health care situation involving children sometimes the siblings can feel the focus is rarely on them. They miss out on a lot, and they have to. The focus has to be on the sick child.

"We would like the family to be able to just go away for a few days and not be worried about taking all of the extra equipment and so on. They are going there to have fun. There is the need to provide something special for the extended siblings. There is a sports ground, cafe, playground and beach and playground all here for them in Victor Harbor, things many have not been able to enjoy because the focus has been on the child in need."

The purpose-built complex is the result of



Every family deserves happy memories



a wonderful, close relationship with the Women's and Children's Hospital, which serves all of South Australia and Northern Territory, and the Sunraysia region which embraces north-west Victoria and south-west New South Wales.

Sarah Fitzharris, media and communications manager for the WCH Foundation, said the common factor of all the children with wide-ranging illness is they are under palliative care. "That does not mean it is terminal situation," she said. "It is wrong to say this is a hospice; it is not. It is more about the living than the dying aspect.

"The beach house is also about what we can bring to the Fleurieu region. We have families

who do not come from South Australia and have never heard of Victor Harbor or Encounter Bay. Some will be down here from the Northern Territory for six-12 months or longer. We are hoping it will be a partnership with the region."

Denise said the beach house won't be luxurious. "But it will be very well stocked and looked after, and this is why the community is so important long term" she adds.

"We are going to need people to stock the fridge, perhaps defrost a lasagne so the parents don't have to worry about preparing a meal because their time is precious. And we are going to do our best to make sure when they arrive in this house it is a homely environment. There are going to be little things that will make their stay that just bit extra special."

Kristen Hardy, who joined the WCH Foundation team as a community fundraiser having spent 17 years working

at Ronald McDonald House, has a sound understanding of the extra complexities for the rural and interstate families who are sent to Adelaide and stay until their child can go home.

"We want to celebrate life; it's about families," she said. "We are also trying to create something special for all the family as a unit, and this includes the grandparents who feel double grieving – for their children and their children. They need to be involved in this journey.

"Let's also be frank when we talk about the impact left behind in a situation where the child has passed away... you have to somehow draw upon the positive side of things to then be able to go forward.

"I learnt very early in Ronald McDonald House that there are things you cannot fix, but you can be satisfied when you can make a difference.

"The thing about the WCH Foundation is that we will remain needed because there is always going to be a shortfall. No government anywhere in the world is going to be able to do everything they need to do to make sure the sick have the best possible access to resources and facilities in the best possible environment. It can't happen, and that's why we are a vital part."

Denise said it was emotion that constantly drove this remarkable team. "If we didn't get affected by it all I don't think we would be as

effective in what we do," she said. "The key is making sure that it drives us and doesn't bring you down."

Victor Harbor was chosen as the site for the WCH Foundation Beach House because clinically, there was a need for the children to be within 10 minutes of a well-equipped hospital, about 20 minutes by air to a major hospital, and generally be in a holiday destination – somewhere special for the families so they can rediscover the meaning of fun.

The WCH Foundation does some amazing work, and in the last financial year raised more than \$1.5m towards medical research projects at the Women's and Children's Hospital. It facilitates a brilliant Arts in Health program that has helped to achieve better health outcomes through art, play and music. Other fascinating programs funded by the Foundation include Play Therapy where therapists play, distract and entertain young patients which makes it easier for health care professionals to treat the children, and Animal Assisted Therapy where dogs have become a helpful part of the rehabilitation program for children currently receiving treatment at the hospital. It also plays a huge role in funding medical research for the Women's and Children's Hospital.

Continued P6



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The bond between the hospital and the foundation is special; there is mutual respect and appreciation, and everything is about the children and their family. Among the WCH Foundation fundraising events this year will be a charity golf day at the Victor Harbor Golf Club in September with funds directed to the Beach House project.

The first hole at the course offers a nationally-acclaimed view, but the biggest picture will be at 13-14 Central Drive. There in the distance memories will be etched on smiling children's faces, and they will be priceless. It's a happy beginning to a new story, not a sad ending.

Women's & Children's Hospital Foundation Beach House project

- \$2.5million needs to be raised for a purpose built, medically equipped and fully-furnished beach house at Encounter Lakes in Victor Harbor.
- This holiday home will be a special place for children, who not only require palliative care but suffer other life limiting or long-term chronic illness, and their families to enjoy.
- Among key considerations are wheelchair access, door widths to cater for mobility aids and equipment, an oxygen supply, patient lifting systems, climate control and storage for special needs equipment.
- The fully furnished, medically equipped and landscaped Beach House will provide a peaceful place where families can take a much needed break to share special experiences that will last a lifetime.
- Inside this beautiful home will be all the equipment and disability support tools and resources they need as well as a whole system of support including meals, access to activities and medical assistance. ■

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Outdoor movie night for RDA



The wonderful people at Riding for Disabled are holding another film night undercover at their Morgan Park complex to raise much-needed funds on Saturday, February 24. It's a great family movie *Moondance Alexander* starring Don Johnson about a young girl who realises the showjumping potential of a lost pinto pony named Checkers.

There is pre-entertainment for children from 6pm, a big sausage sizzle, and the movie at 8pm. Bring your own chair and rug. Tremendous value at \$20 family (two adults, two children), or \$10 adults. Tickets available at Swans Pharmacy, Tackle Busters and Tudor Homewares, or contact Sue Vincent 0417 803 351 or Claire Fuller 0411 282 955. It's for a great cause.

The Riding for Disabled Victor Harbor branch sincerely appreciates the support of its generous sponsors and the community. All funds raised go towards helping young children with a disability to enable them to be the best they can through the positive challenges and achievements from riding specially cared for and trained horses.



Bookworms eating their own words

The Friends of the Victor Harbor Library used to just encourage us to read a book. Now this group is running a workshop on how to write one. It's just another chapter on the success of our region's biggest library.

Funny how things change. A bookworm was once simply a collective noun for bugs like silverfish and linoleum beetles that inhabit and devour pages in books, but it became an idiom for someone who studies or reads them more than normal. Some of the 450 people who walk into the City of Victor Harbor Public Library daily and cast their eyes over the 350-plus items – not to mention their access to the tens of thousands with their one library card that covers all across the state – fall into this category. These days community libraries are internet

and tech savvy, and they're no longer run by the feared Broomhildas of this world demanding we 'shush'. They're incredibly friendly, and gawd, we heard someone laugh the other day, albeit quietly, gazing in the humour section, the third shelf, fourth aisle. Another amusing change happening here on Friday, March 23 is, instead of reading a book, learning how to write one. The workshop – Secrets of Writing and Publishing – is presented by the Friends of the Victor Harbor Library.

Continued P8

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From P7

One answer to the point is simply don't expect to make a lot of money publishing a book.

Maryanne McGill, who is president of this group with a committee of 19 (some joke that at meetings it takes longer to write the 'present and apologies' than conducting the 'general business') agrees that the overwhelming reward for writing a book is being consumed by the passion for writing. The workshop will feature Wendy Altschwager, a self-publisher, Phillip Ellison, who will deal with structuring a book, Joan Sanford, a publisher involved in local history,

and Jeanette Squires, who will run a creative writing session. It costs \$5 to meet costs including morning tea.

Importantly, the workshop again highlights the fact our biggest regional library, which last year celebrated its 10th anniversary since moving from the Coral St precinct is more than just a reading room.

According to Vicki Hutchinson, who six months ago assumed the role as library and records manager for the City of Victor Harbor, supports the fresh approach to modern-day libraries with the one-card-for-all system and a need for electronic and audio materials to support the traditional printed resources.

"Libraries all the state have moved into the modern era," Vicki said. "People also come in and tell you stories from all walks of life. The learning is shared."

Libraries were also renowned for having an older clientele, but according to Vicki there are more young families than ever accessing the facilities.

The Friends of the Victor Harbor Library group has made a significant contribution to the development of the library within the City of Victor Harbor Council complex. A key vision has always been raising funds for improvements, and relatively recent evidence of success is seen with a \$10,000 refurbishment of the children's play-reading section, and \$7000 on enhancing the local

history section.

Maryanne said a pending challenge was raising funds to create new resources for a family history or genealogy section.

"Part of our function is helping to fund what our library does, and physically helping and providing occasional needs for the members and the public to interact. The library tells us what it needs and we work closely together."

"Our library has become much more than a place of books; it's a wonderful community centre. The numbers of toddlers here on a Wednesday morning is growing, and it's an ideal opportunity for young parents to interact."

"And yes, the term bookworm is still relevant even though our library has numerous audio, iPad and DVD resources."

Among the most dedicated bookworms are, of course, the Friends of the Victor Harbor Library, which has raised more than \$100,000 over the past decade. Much of the income has come from the two-day sales of hardly-used books offered in the council chambers.

You are welcome to discover what's happening at your library 9.30am-5pm Monday, Tuesday, Thursday, Friday, from 10am-6pm Wednesdays, and 9am-noon Saturdays. Maybe there is a book on why they don't open 9.30am-5pm every weekday. Visit: www.victor.sa.gov.au/library

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FLEURIEU FILM FESTIVAL AT SERAFINO WINERY, McLAREN VALE ON FRIDAY,
FEBRUARY 9, & YANKALILLA GOLF CLUB, SATURDAY, FEBRUARY 10

Film of dreams

When aged 12, Steven Spielberg became a boy scout and fulfilled a requirement for the photography merit badge by making his first nine-minute 8mm film entitled *The Last Gunfight*. It wasn't a box office hit, unlike just about everything in years to follow.

Now 60 years on, there is a film festival in our backyard that presents screen-breaking opportunities that, who knows, may also lead to something of epic notoriety. Of course, Spielberg, an American director, producer, and screenwriter considered as one of the founding pioneers of the New Hollywood era, will remain a stand-alone star, but nonetheless he also started with a dream.

Our third annual Fleurieu Film Festival – this year at Serafino Winery, McLaren Vale on Friday, February 9, and the following night at the Yankalilla Golf Club – has again attracted international attention. There are entries from France, Iran, the United Kingdom, and one from Russia, a love story involving a hostage situation, which is a top-10 finalist.

When Stephen de Villiers won the first Fleurieu Film Festival in 2016 organisers hoped 50 people would attend the awards night. There were 100 with a waiting list of another 100. A year later they expected 200 and switched to another venue to accommodate 500.

More people are hearing about this fabulous event lined with intriguing eight-minute maximum films thanks to much-appreciated support from so many, including an amazing City of Onkaparinga, which first realised this wonderful opportunity, and SA Tourism. And now the name Stephen de Villiers is also becoming widely known in Australian movie circles – Scout's honour.

Amazing talent indeed, but in this movie game the credits often start with the director. Meet Alison Alcock, of Aldinga, who came up with this festival concept that is now attracting so much positivity in a tough, often cruel industry.

Alison also had a dream of being a famous movie director 20 years ago, starting with home-made short films. "They weren't great," she concedes. "It was a hard game then and it still is; you have to rely on



volunteers, use your own money because grants cannot ever be enough. You have to hire equipment and a venue.

"At the end of it all I had to get a job, in mental health care, but the dream never leaves you. It's what I love about the 100 or more people who pay \$30 to enter something in our festival with the hope of being recognised in the top 10.

"I guess I saw the need; what our beautiful Fleurieu region has to offer the industry, and the City of Onkaparinga picked up the idea and ran with us.

"We are still in our early years, but we feel a sense of pride. A lot of people have written to us and said what it means to them. I get goose bumps thinking of young film makers giving us responses like, thank you so much even if I don't make it to the top 10 I am just

so thrilled to be part of this festival.

"The young film makers are so grateful; you have no idea. Yes, it adds to the responsibility, but that's good, isn't it?

"They all have a new avenue now. After last year's event a guy wrote a passionate letter to us about how there was no award for the best film scoring (music) saying this element holds a film together, so now we have one. Again, we're talking about people searching for an opportunity to show their talent; live their passion.

"We feel proud as a group that we give young people hope. It's also about promoting the Fleurieu Peninsula as a destination. I am sure entrants from overseas look up what our region has to offer."

The Fleurieu Film Festival has a remarkably dedicated committee of eight – they're



all stars in their own right, including Chris Warman, a young technical director who edits the promos and makes the ads to help raise the \$30K it takes to produce this event, and Jon Lemon, who is regarded as one of the top four sound engineers in the world and was aboard the *Pink Floyd World Tour 2017*.

Erik Thomson, a Scottish-New Zealand actor known for playing Hades in the television series *Hercules* and more recently *800 Words*, is patron of the festival. Award-winning playwright Andrew Bovell is involved, as is another local, emerging brilliant actor Eugenia Fragos – of recent TV series *The Slap* – who will be a guest speaker on this year's opening night.

The network is wide-reaching, including a Flinders University film team that produced a top-10 entry in conjunction with an acclaimed MAPS (media arts production school) program at Hamilton Secondary College, Marion.

Alison recalls waking up one morning in 2016 thinking she had enough of the four years she worked in mental health. "I'm over this, I said to myself... I'm going to start a film festival," she adds. "It was a lightning bolt moment, but it was something I just had to do.

"It was simply a matter of having a vision, but this festival isn't just about me; it's all the great people on our committee, those who support us with sponsorship to meet the cost of advertising our festival worldwide to get the entries and to eventually put on the

awards night.

"We also have wonderful support from the South Australian Film Corporation. This is all much bigger than one person or a few people.

"What Australia doesn't have in the film industry – because of money – is the way America advertises its movies. They market their films and television productions so remarkably well. I like to think our film festival is making inroads because of generous support, but there is still a long way to go.

"Through all this I have met some amazing people who also just want to live their dream; I mean people of hope and with character. It's not all about making money; it's the passion and the people involved.

"I know what they are thinking. I have entered short art-house films in festivals that have never won anything, which is disheartening, so I know the feeling of rejection that would-be directors suffer.

"I know what it is like for someone to make a film, and to sit there and watch it with strangers and expose yourself to their criticism is just awful. It crushes you. You hear of actors or actresses who don't watch their own film, and I fully understand why. It's hard to take that criticism.

"But it never amazes me how none of us can get it all out of our system. When this festival is over we will spend six months on the next one, and in between I am going to make a pilot movie – something apocalyptic – and hopefully sell the concept to someone like Netflix. Yes, it's that same dream. It can be my eight minutes of fame, I guess."

For the record, the oldest Best Film director to win an Oscar is Clint Eastwood for *Million Dollar Baby* in 2004 when aged 74 years and 272 days. Alison and friends, you still have time. Keep up the great work.

The Fleurieu Film Festival awards presentations and films at Serafino Winery on Friday, February 9 6.30-11.30pm costs \$25 general admission, \$30 concession, \$25 students. Any threat of rain will see the event move inside the wine barrels room. Heck, there are live bands and even a fire twirler. On the Saturday night the best films for 2016-18 will be shown plus an inspirational documentary on the Yankalilla and Deep Creek CFS at Yankalilla Golf Club outdoors from 7-10.30 with tickets \$15 and \$10 with 18 and under free. ■

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Just a thought...

Don't worry if plan "A" fails. There are 25 other letters in the alphabet.

Until Saturday, March 3

Karumapuli - My Country. Jacob Stengel free solo exhibition at Signal Point Gallery, Goolwa. Karumapuli is the Ngarrindjeri word for Boobook owl, the totem of Jacob's maternal grandfather Milerum (Clarence Long). Jacob presents work based on his Ngarrindjeri heritage, contact and a life informed by his experiences of being part of the stolen generation. Growing up until he was 15 in Colebrook Children's home, Jacob took refuge in his creativity. Initially encouraged by a superintendent at Colebrook Home, Jacob was later mentored

by Ainslie Roberts, this became a long-term friendship. Floor talk and opening event: Sunday, February 4 at 1pm

Thursday, February 8

Building an Intentional Wardrobe is an informative and entertaining free adults workshop at the Goolwa Library, Cadell St, on how to have a wardrobe full of all your favourite clothes. Using the guiding principles of simplicity, quality over quantity, capsule wardrobe concepts, intentional shopping and letting go, you can have a simple, ethical and quality wardrobe that provides great value to your life. Starts 6.30pm; bookings essential: 8555 7000.

Friday, February 23

The RSL Victor Harbor Sub-Branch in Coral St is getting into a new groove with brilliant jazz players *De Javu Quartet* coordinating and performing jazz evenings on the fourth Friday bi-monthly starting on February 23 from 7-10pm. The quartet is also seeking the support of other acts or performers including musicians, groups, singers and soloists who are interested in performing. Contact Penny Ruciak on 8552 8173 or 04188 04977. They're a friendly crew at the RSL and with the jazz quartet and hopefully others these special Friday nights should prove a big hit. Everyone is welcome.

Saturday, February 24

Movie night at the SA Whale Centre, Victor Harbor. Drop the kids off for a night of adventure watching *Night At The Museum I*. The night starts with a guided tour through the SA Whale Centre, followed by a movie and popcorn 6-9pm. Bring a pillow/bean bag or blanket and watch the museum come alive. Suitable for children 8-12 years. Adult supervision is provided, however parents may attend if they wish. Snacks available for purchase on the night. Tickets: \$10 per person. SA Whale Centre members \$5. Children's annual membership starts from \$13 and includes unlimited entry to the SA Whale Centre. Visit <http://www.sawhalecentre.com.au/sa-whale-centre-membership/>

Saturday, March 3

International Women's Day Breakfast with Senator Penny Wong *Empowering Women* at Hotel Victor from 8am. Presented by Zonta Club of the Fleurieu Peninsula, and Southern Fleurieu Women's Network. Tickets: Sinclair Florist, Ocean St, Victor Harbor. More information: zontafleurieu@yahoo.com.au or allan.betty7@bigpond.com

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Saturday, February 10

The Summer Swell Outdoor Cinema ventures to Alfred Langhorne Park, Langhorne Creek with a special free screening of a classic movie, *Ghostbusters*. Enjoy a picnic-style atmosphere on the lawns prior to the movie starting at dusk – a great night of free family entertainment. Movie duration 105 minutes. Food and drinks available for purchase on site. BYO picnic, cushions, rugs or low chairs.

February 20-25

The Adelaide Fringe Festival is on from February 16-March 18, and a feature will be John Bucchino bringing *Broadway to Town* and holding a Master class. He is an award-winning composer/pianist who has written songs and played for the likes of Liza Minelli, Kristin Chenoweth, Patti LuPone and Barbra Cook. John will play a series of his musical revue *It's Only Life* in the intimate surrounds of Theatre One in the Park Theaters, Angle Park. Further details for the seven shows: www.davineinterventionz.com and for tickets for *It's Only Life*: www.adelaidefringe.com.au and for tickets for the Master class: www.trybooking.com (search under John Bucchino).

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AT THE WHARF

A fabulous free event on the Signal Point Gallery Deck on Friday February 23 and March 30 from 5-8pm. Local wine will be on sale by the bottle and by the glass. Local food vans on site plus top local dance bands. You are welcome to bring your own snacks, chairs etc although seating and tables are provided. No BYO alcohol.

... it's off to market we go!

** Markets subject to change; please check details.*

CITTASLOW GOOLWA FARMERS MARKET:

Second and fourth Sundays of the month, 9am-1pm at Jeralde Park, Goolwa Wharf. Enquiries: Jane 0419 855 148.

GOOLWA WHARF MARKET: First and third Sundays of the month, 9am-3pm; at the reserve by Goolwa Wharf. Enquiries: 0459 786 469 or ebrotarymarkets@gmail.com

INMAN VALLEY COMMUNITY MARKET: First Saturday of the month 10am-2pm at Inman Valley Memorial Hall. Enquiries: Kate 8558 8242.

KANGAROO ISLAND: KI Farmers Market & KI Community Market: First Sunday of the month 9am-1pm at Penneshaw Oval.

McLAREN VALE – THE VALE MARKET: McLaren Vale Visitor Information Centre, 796 Main Rd, McLaren Vale.

MYPONGA MARKET: Weekends & public holidays 10am-4pm at Old Myponga Cheese Factory, 46 Main South Rd, Myponga.

PORT ELLIOT MARKET: First and third Saturdays of the month, 9am-2pm. Lakala Res, Rosetta St. Enquiries: 0459 786 469 or ebrotarymarkets@gmail.com

STRATHALBYN MARKET: Third Sunday of the month at the Lions Park South Tce, Strathalbyn - 8am-2pm. Enquiries 0408 501 840.

STRATHALBYN – LIONS CLUB MARKET: The Lions Club of Strathalbyn holds a quarterly market on the fifth Sunday of the month (which occurs four times a year) at Lions Park, South Tce, Strathalbyn - 8am-2pm. Enquiries: 0407 289 030.

VICTOR HARBOR FARMERS' MARKET:

Every Saturday 8am-12-30pm at Grosvenor Gardens, Torrens St, Victor Harbor. Enquiries 0438 858 667

VICTOR HARBOR COUNTRY MARKET:

Second and forth Sundays of the month, 9am-4pm, at Soldiers' Memorial Gardens, The Esplanade, Victor Harbor. Enquiries: 8556 8222.

VICTOR HARBOR INDOOR CREATIVE CRAFT MARKET:

For Saturday, December 9, new time: 11am-6pm at RSL clubrooms, Coral St, Victor Harbor. Enquiries 0412 382 724. No market in January.

VICTOR HARBOR VEGGIE SWAP MARKET:

First Sunday of each month 10am-noon at Carrickalinga House, cnr Hill and Torrens Streets, Victor Harbor. Enquiries 8552 9423 or www.scecentre.com.au

WILLUNGA ARTISANS' MARKET: Second Saturday of the month, 9am-1pm at Old Show Hall, Main St, Willunga (opp Willunga Farmers' Market). Enquiries 0414 361 817.

WILLUNGA FARMERS' MARKET: Every Saturday, 8am-12.30pm at Willunga Town Square. Enquiries: 8556 4297.

WILLUNGA GREEN LIGHT ORGANIC MARKET:

Every Saturday of the month; 9am-1.30pm. Willunga Recreation Park, Cnr Aldinga & Main Roads, Willunga. Enquiries: greenlightnetworkwillunga@gmail.com

WILLUNGA QUARRY MARKET:

Second Saturday of the month 9am-1pm at Aldinga Rd, Willunga. Enquiries: 0408 897 393.

YANKALILLA CRAFT & PRODUCE MARKET:

Third Saturday of the month 9am-1pm at Agricultural Hall, Main Rd, Yankalilla. Enquiries 8558 3346.



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Planting a seed in your mind

Some may see Andrew Barker as a greenie who has eaten one too many organic lentils. He has different views, and yes, his pet cat was from a rescue home. But he is highly intelligent, and his incredibly simplistic theory on how we should survive in this world is literally food for thought.

There are three basic elements we need for our bodies to survive, and the first two are free – air and water. The third is food, and he struggles to understand why that should not also be free.

When Andrew (pictured) lived in Middleton in 2013 he set up a cart laden with free food – fresh local fruit and vegetables, plus a few jams and jars filled with goodies – and a sign *Take what you need and give what you can*. He doesn't claim ownership of this philosophy, but the concept under his Grow Free banner is evolving at an incredible rate. Over the past 12 months the Grow Free membership – and it is free – has risen from 3000 to 15,000, and from 20 little carts to 160 across South Australia, and weekly increasing numbers in Victoria and Western Australia. Now it is growing overseas.

Of course, the question begs: we should know of the great need for something like this for the needy, but being the Homo sapiens we are wouldn't the greedy take the lot? After all, this is free food we're talking about.

Andrew smiles and says if anyone does take everything to the last leaf they must need it. Again, he's different because he sees the better side in us; he raises the possibility someone clearing the rack may have a big family or is supporting the homeless. He cannot comprehend taking food and then

throwing it away.

Andrew, 34, now lives in a cottage behind the historic homestead Glenbarr in Strathalbyn with his rent paid in gardening hours. He left school in Red Cliffs, 16km south of Mildura, and became an accountant. "I wanted to impress a girl because I was good at numbers, but it didn't work," he confesses. He studied marine biology, and took on a PhD in geothermal energy. We said he was intelligent.

"Everything changed for me in 2011 when I was living on a farm in a tent with friends at Meadows during my last year of uni," Andrew said.

"We were on 10 acres covered in fruit trees, nuts and berries, and we turned two acres into this veggie paradise. We had so much stuff there... chooks, ducks.

"I got to see what food can be really like. Every meal we had was literally on the plant minutes beforehand. Lots of people came and went; some were really passionate about food and loved cooking so we had all this amazing produce.

"My change of attitude about food really started for me when one day we went into a supermarket for the first time in a year. My eyes were popping out of my head walking up and down the aisles because I saw what other people were buying and eating.

"Even the fruit and veg didn't look sterile. I was used to eating big, chunky warm tomatoes and I saw the ones in the supermarket – they looked like they were made by a machine. Spring onions should have dirt in their roots, but they didn't here. Down the next aisle were the processed foods.

Continued P16



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From P15

"I was with a friend at the time and we were saying that's not food, that's not food, that will probably kill a child, that's poisonous. We were serious.

"We got up to the check-out and saw a mother with a baby in the trolley. It was full of just soft drink and sugary breakfast stuff and we realised, wow, she doesn't know that none of that is real food. She was setting her little one up for a lower life expectancy or sickness, but she doesn't know it. There is no awareness and not enough education about our food and what it means for growing bodies."

Andrew is currently unemployed, but not by choice. He's not frightened to work. He survives on next to nothing and grows and eats the healthy foods he needs. "Sometimes I literally jump out of bed at 6am because I just love what I do," he said.

The Grow Free movement captured attention last year when Andrew was invited to do a TED talk in Sydney, a media organisation that posts talks online for free distribution, under the slogan: *Ideas worth spreading*.

"I spoke about the idea and history behind Grow Free; why we are trying to make food free and healthy," Andrew said. "It was about looking at things with new eyes, how the basic necessities we need to live are air, food and water. I asked shouldn't all these basic necessities be free? Should we have to pay to be alive on this planet?"

"I see paying for basic food similar to being charged for oxygen. If we were we would be up in arms and there would be riots. The fact we have had to pay for food for so long – thousands of years – is considered normal. "Even in our own little communities there are people living on the streets, people and families who can't afford good healthy meals for their children. They are resigned to having to buy junk food. There is no room to move here – it's either buy canned home brand, nutrition-deficient food or nothing.

"I am now studying complementary medicines because I find it interesting, and it is a good complement to what I am doing



here. If you are eating good, healthy organic foods – there are so many herbs, spices and roots that have medicinal qualities – then it may be rare that you get sick. You can build your immune system up."

Andrew said his family thought he was crazy when he started his Grow Free movement; the whole idea of giving something away for nothing.

"We still come up against people who see it as naïve or very airy-fairy... it will never happen they say. Some are offended by the idea.

"I know people may think I am weird, and I think all the time about who am I and what I am about. I always keep saying to myself it's a total mystery; I don't know. People see me as a part of them. If they feel impressed by this generosity it's only because it is latent in them and myself and others are helping to bring it out in themselves.

"People connect with this idea because they realise we don't have to be self-centred, we don't have to make life all about me and my close ones; it can be about community and helping others.

"We give away seedlings quite regularly, and we are going to have cooking workshops on things like fermenting foods and how to grow your own sprouts. We want people to find that passion in food too.

"It can be a whole journey from a seed to a plant to a lovely big meal, or seeing what your neighbours are growing, and what's on the local sharing cart near your house. We are using food as a medium to get back with each other and knowing who lives down the street, people whom we may not have had contact with before.

"The focus is on food and health, but then there is this undercurrent of friendship and connection, going over to people's houses and seeing if they need a hand with something.

"Am I crazy? Maybe. I just like to see good in people and what life is supposed to be about. It's about eating healthy food and it's free to grow."

For information on how to set up a Grow Free cart, and where to find one visit: www.growfree.org.au ■

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Investigator students excel

Investigator College students have again excelled in their final Year 12 results, again underlining the school's reputation for academic excellence and a commitment to offering courses face-to-face taught by subject experts.

College principal Don Grimmett noted the results reflected how the College had invested heavily in facilities, staff and programs.

"Our state of the art senior school has given our senior students the opportunity to excel in a truly adult, 21st century facility," Don said. "The \$7 million investment in the senior school was also complemented by a \$1m technology centre, as well as a \$1.2m upgrade to our trade skills centre at our unique Currency Creek Eco Centre."

Director of teaching and learning Andrew Panozzo said every student eligible to gain their SACE was successful.

"More students are utilising the flexible structure of the SACE Certificate by electing to complete their SACE over three years and studying several non-traditional and vocationally oriented studies," Andrew said.

"In fact, nine different Vocational and Education and Training (VET) certificates were studied by Investigator College students."

In addition to numerous VET and work-related opportunities, 72% of graduates applied for university places, which Andrew described as excellent.

"Our results continue to rival those of the elite Independent Schools in capital cities."

The College's Dux is Sophie Woods, whose 97.4 ATAR pipped several other students. Runner-up Dux is Taryn Coleman. The College again achieved four SACE merits in the subjects of English and Research

Project – well done Lucinda Watts, Isobelle O'Brien, Joshua Grist and Laurilily Kouma.

Belinda Delyster, head of senior school, attributed some success to the personalised attention, guidance and one-to-one counselling students received. "We help students to assess their own interests, passions and to set high goals for themselves," she said.

"The College structure allows for students to specialise in highly specialised areas such as hospitality, visual arts, drama and music. The new senior school has brought our students together in a university and TAFE like setting... it makes full use of the latest advances in learning technologies such as e-learning and modern, flexible and spacious learning environments."

Don said the educational landscape for Australian students was rapidly evolving, characterised by flexibility, choice and competitiveness on an international scale.

"Students do best when they are able to choose subjects they are passionate about," Don said. "It is why the college is committed to continuing to offer a large selection of subjects and educational pathways."

"We already offer more than 40 SACE and VET programs, and this will continue to expand. The key is our commitment to face-to-face teaching in generally small classes by renowned subject specialist teachers."

"The results are testimony to the efforts of all students and staff, but whilst proud we are mindful that this is only one of the important parts of being a great school in the 21st century. There is no simple number that can measure other things like pastoral care and co-curricular activities that enrich students' lives." ■



Taryn Coleman



Joshua Grist



Sophie Woods



Isobelle O'Brien



Laurilily Kouma



Lucy Watts

Investigator College 2017 achievements

The majority of graduates (72%) applied for university. Of these:

Average ATAR: 81.9

24% of graduates scored an ATAR of 90 or above

51% of graduates scored an ATAR of 80 or above

77% of graduates scored an ATAR of 70 or above

SACE Merits: 4: In English and Research Project

... other educational milestones

Completion of the senior school (\$7.3m) and the technology centre (\$1m)

Commencement of \$1.2m upgrade to the college's trade skills centre at the unique Currency Creek Eco Centre.

Work progressed well with the Early Learners Centre for "Little Investigators", a world class early learners facility inspired by the Reggio Emilia philosophy.

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- Preview the uniform



For further information about the ELC, phone Julie Brentson on 8555 7511

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Puzzles

answers P22 (and don't cheat)

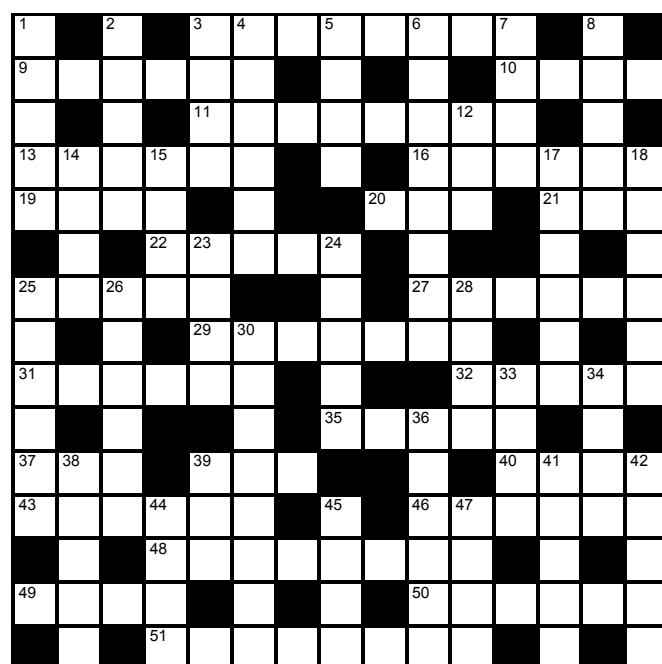
Crossword

Across

- 3 Retaliation
- 9 Of the eye
- 10 Send out
- 11 Writes music
- 13 In high spirits
- 16 Large placard
- 19 Story
- 20 Marsh
- 21 Anger
- 22 Said further
- 25 Measure of length
- 27 Governing body
- 29 Guaranteed
- 31 Safe
- 32 Articles
- 35 Venomous ill will
- 37 First woman
- 39 Type of aircraft
- 40 From a distance
- 43 Climbing palm
- 46 Courteous
- 48 Conjectured
- 49 Employ
- 50 Discussion
- 51 Phantoms

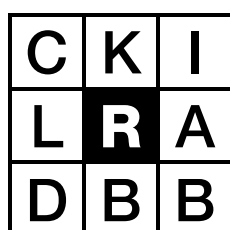
Down

- 1 Heavenly body
- 2 Bucolic
- 3 Speed contest



- 4 Worn away
- 5 Deeply engrossed
- 6 Mental uncertainty
- 7 Fewer
- 8 Vital organ
- 12 Vast age
- 14 Body of water
- 15 Lacerate
- 17 Long angry speech
- 18 Replenishes
- 23 Expensive
- 24 Percussion instruments
- 25 Assemble
- 26 Proof of payment
- 28 Revise and correct
- 30 Musical composition
- 33 Small duck
- 34 Filled trench round castle
- 36 Obstruct
- 38 Well-founded
- 39 Fruit preserve
- 41 Conclusive
- 42 Direct attention to
- 44 Neckwear
- 45 Rhythmic swing
- 47 Lyric poems

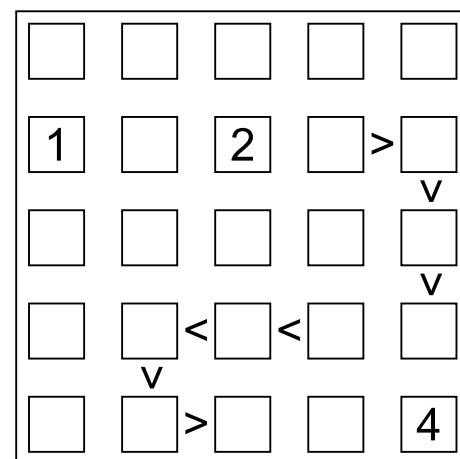
Target Time



Target: Average 28,
Good 32, Excellent
- 36+

Using the nine letters in the grid, how many words of four letters or more can you list? The centre letter must be included and each letter may only be used once. No colloquial or foreign words. No capitalised nouns, apostrophes or plural words ending in 's'. Reference Source: *Macquarie Dictionary*

Futoshiki



The aim of the Futoshiki puzzle is to fit the numbers 1 to 5 into the 5x5 grid, so that every row and column contains every number only once. You also have to satisfy the less than (<) and greater than (>) signs. A less-than sign, <, means that the number it points at must be less than the number on the other side of the sign. Turned around the other way it becomes a greater-than sign, >, but the logic is still the same - the number it points at is smaller than the number on its other side. By paying attention to these inequality signs, some of the possibilities from the squares can be eliminated. Each Futoshiki puzzle has only one solution.

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Wicking is a good way to go

Hot dry spells are still ahead of us so it is a good thing to consider wicking beds.

They have become popular and it's easy to see why – they offer many benefits including:

- **Water efficiency:** They are watered from the bottom up so there is no evaporation
- **Self watering:** a full wicking bed can support the garden bed for about a week
- **Bottom-up watering:** It's the natural way plants get their water (other than when it rains). If plants are watered from the top down too often their roots begin to grow up to the surface. They can burn and dry out very quickly, causing the plant to suffer
- **Water is contained:** It means there is no risk of seepage in unwanted areas like under-house foundations, sheds, etc. It also slows down weeds surrounding the beds
- **No salting of soil:** Evaporation from surface watering causes the salt and minerals to be left on the surface of the soil, and in the long run leaves the soil stripped of nutrients and cannot support life
- **Drainage for heavy rain:** If there is a heavy downpour there is sufficient drainage



so the plants don't drown/rot

- **Warms up quicker:** Because the bed is raised it has the benefit of warming up quicker than in-ground beds
- **Saves bending over:** Particularly ideal for someone with a sore back – there is no need for bending over to harvest your crop, and...
- **Contained from weeds:** Because the bed is completely concealed from the outside ground the spreading of weeds is minor.

Wicking beds take a little bit of organising and setting up, but a wise man once said: Take the time it takes now, so it will take less time later.

The benefits of wicking beds are definitely worth the bit of extra cost and effort at the start, and save time and money later. Almost all you need for building a wicking bed can be found at DSM Landscape & Building Supplies – hardwood sleepers, builders' plastic, gravel, sand, soil, mulch, pea straw and seedlings. Happy gardening!

Emily

A guide to solo travel

We have seen a huge spike in the travel industry with people adventuring to do trips on their own.

With more travellers seeking enriching travel experiences, wellness holidays and learning new skills the travel market has modified some products to adjust to this increasing trend.

Yes, travelling on your own can be more expensive, but keep your eyes open to value offers and exclusive solo benefits on the market. Consider this:

Travel by rail: The Ghan and Indian Pacific actually have single cabins aboard which are cheaper than the Gold Twin services. They have the same inclusions as the twin cabins, excluding the use of in-room ensuite. All meals, drinks and off-train excursions are included in your rail price.

Travel by cruise: Cruising on your own can be fantastic as you are able to meet other people. Cruises will often do 'solo travel' meet up events. It also takes the hassle out of having to dine alone. However, travelling on a cruise can incur charge for single travellers as you have to pay for the total cost of the cabin. Some cruise lines, for example Norwegian Cruise Lines have built ships with 'solo cabins' aboard, which can bring the cost of your cruise down.

Travel on safari: The African Safari Company offers a couple departures each year for safari holidays to Kenya or Southern Africa for single travellers. One tour offered is a 16 day journey

Travel talk with Michelle Twigger



from Johannesburg to Cape Town for ladies only, tailoring the itinerary to visit Kruger National Park, Drakensburg Mountain, the Garden Route and Cape Town.

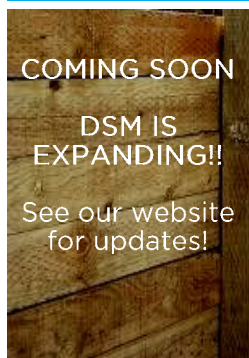
Travel to New Zealand: Many travel to NZ on their own but enjoy the company of a group departure. Companies like Kirra Tours offer solo departures, with no more than 24 guests. Tour price includes single room accommodation, all breakfasts and dinner and some sightseeing deals.

Hiking, Walking, Food: Fancy climbing to the peak of Mt Kilimanjaro, cycling the rice fields of Vietnam or a nature walk in Tasmania? Small group tours are a great way to see the world with like-minded travellers. Intrepid group for the more adventurous have a variety of experiences and have 'willing to share' options for single travellers which can bring your cost down.

Travelling on your own may seem daunting, but you have choice like destination, attractions and where to dine.

Planning with an experienced travel professional may create wonderful memories.

Contact Michelle from RAA Travel Victor Harbor 8552 1033.



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A Historic Motor Vehicles Club classic swap meet

Those men and women in their magnificent machines will be descending upon Encounter Bay Oval on Sunday, February 4 for their annual search of bits 'n pieces.

It's the Victor Harbor Auto Jumble Swap Meet where sellers and buyers are after anything that is remotely a part of a motor vehicle, truck, bus or motorbike – practically anything that rolls. Here, one man's junk can be another man's junk, but these guys think only of it as purely car treasure.

This classic day is put on by the Historic

Motor Vehicles Club Fleurieu Peninsula, and be early – gates open at 7am and the swaps and deals can be over by lunchtime. The cost for buyers is \$5, and for sellers \$15.

It's an entertaining event to observe even if you aren't in the search for parts, and well organised by the local Fleurieu club volunteers. It brings vehicle enthusiasts from all over the state to our Fleurieu Peninsula so let's agree it's a treasure swap. Whatever, it's a fascinating experience.

Contact: 0488 528 331.

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New program for skilled volunteers

Southern Volunteering has introduced a new program – Valuing Individuals Background & Experience (VIBE) – designed to introduce not-for-profit organisations to skilled volunteers.



Research suggests that many people with a professional background are keen to make use of their skills and experience by contributing voluntarily to the enrichment of their community. The aims of VIBE include linking those with skills to meaningful volunteer work, and helping relevant organisations identify opportunities for them.

Potential volunteers may have experience in wide-ranging fields like specialist administration, finance, health and education, and perhaps be retired, self-employed, studying or not currently in the workforce.

Utilising the experience and talent of skills-based volunteers has clear benefits to organisations by providing them with more resources to strengthen their ability to successfully achieve aims. The skilled volunteer is able to gain a sense of achievement and satisfaction by seeing their expertise make a real difference to the outcomes of the organisation.

Southern Volunteering is a volunteer resource centre that acts as a broker to match volunteers with not-for-profit organisations, and operates south of Adelaide including the Fleurieu Peninsula.

VIBE is an initiative supported by Regional Development Australia, Adelaide Hills, Fleurieu and KI and the South Australian Government's Primary Industries and Regions SA.

Further details contact the Southern Volunteering Fleurieu Peninsula team at Victor Harbor – e: <victor.svsa@internode.on.net>, T: 8552 7858 or 0488 124 840.

PUZZLE ANSWERS (FROM P18)



4	1	3	2	5
1	5	2	4	3
3	4	5	1	2
2	3	4	5	1
5	2	1	3	4

TARGET TIME: acrid, arid, aril, baldric, barb, bard, bardic, baric, bark, bird, BLACKBIRD, brad, braid, brail, brick, bridal, card, cark, carl, crab, crib, daric, dark, dirk, drab, lair, laird, lard, lari, lark, liar, lira, rabbi, rabid, rack, raid, rail, raki, rial, ribald, rick.

Laugh Lines

Hits a snag

A man walks into a bar and orders a drink. He then notices there are pieces of meat nailed to the ceiling of the bar so he asks the barman what they are for. The barman replies: "If you can jump up and pull one of them down you get free beer all night, but if you fail, you have to pay the bar \$100. Do you want to have a go?"

The man thinks about it for a minute and says: "Nah, the steaks are too high."

Bad boy Bob

Bob leaves work one Friday evening – pay day. But instead of going home he stays out the entire weekend partying with his mates and spending his entire wages.

When he finally appears at home he is confronted by his angry wife. She says: "How would you like it if you didn't see me for two or three days?"

Bob says: "That would be fine with me."

Monday goes by and he doesn't see his wife. Tuesday and Wednesday come and go and he still doesn't see his wife. But by Thursday the swelling goes down and he can just see her out the corner of his left eye.

Bad day

A guy sits at the bar, just looking at his drink. He stays like that for a half hour. Then a big trouble-making truck driver steps next to him, takes the drink from the

guy, and just drinks it all down. The poor man starts crying. The truck driver says: "Come on man, I was just joking. Here, I'll buy you another drink. I just can't stand to see a man cry."

The man says: "No, it's not that... this day is the worst of my life. First, I oversleep and I go in late to my office. My outraged boss fires me. When I leave the building to go to my car, I find out it was stolen. The police say they can do nothing. I get a taxi to go home, and when I get out, I remember I left my wallet in it. The taxi driver just drives away. And then I go inside my house where I find my wife with the gardener."

The truck driver says: "That's terrible; but things will get better."

The guy says: "Get better? I was thinking about putting an end to all this, but you show up and drink my poison."

Boom, boom...

A bloke walks into a surgery and says: "Doctor, doctor, I've got a strawberry stuck up my nose." And the doctor says: "I've got some cream for that." A man calls his child's doctor. "My son just snatched my pen when I was writing and swallowed it... what should I do?" And the doctor says: "Until I can come over, write with another pen."

Bert goes to see his friend Pete. He finds Pete in his barn dancing around his John Deere

tractor. "What are you doing?" asks Bob. Pete stops dancing and says: "My wife has been totally ignoring me lately so I talked to my psychiatrist and he said I needed to do something to a tractor."

Sad story

Jim, Scott and Alex are tired after travelling to New York and check into a hotel. When they get to reception they find out they'll have to walk 75 flights of stairs to get to their room because the elevator is out of order.

Jim suggests that they do something interesting to pass time while they walk the 75 flights. Jim will tell jokes, Scott will sing songs, and Alex will tell sad stories. So Jim tells jokes for 37 flights, Scott sings songs for 37 flights, and with time running out Alex tells his saddest story on the 75th floor. "Guys, I left our room key at reception."

Dad jokes...

What do you call a fake noodle? An impasta.

What do you call an alligator in a vest? An investigator.

What happens if you eat yeast and shoe polish? Every morning you'll rise and shine.

What do you call a pile of kittens? A meowntain.

What do you call a baby monkey? A chimp off the old block.

Did you hear about the hungry clock? It went back four seconds.

What do you get from a pampered cow? Spoiled milk.

What do you call an elephant that doesn't matter? An irrelephant.

What do lawyers wear to court? Lawsuits.

Why did the belt get arrested? He held up a pair of pants.

What do you call a fat psychic? A four chin teller.

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Three Billboards Outside Ebbing, Missouri

(MA15+) Drama, crime movie starring Frances McDormand, Woody Harrelson, Sam Rockwell, Peter Dinklage and Abbie Cornish. Directed by Martin McDonagh. After months have passed without a culprit in her daughter's murder case, Mildred Hayes makes a bold move, painting three signs leading into her town with a controversial message directed at William Willoughby, the town's revered chief of police. When his second-in-command, Officer Dixon – an immature mother's boy with a penchant for violence – gets involved, the battle is only exacerbated.

Molly's Game

(CTC) Crime, drama starring Jessica Chastain, Idris Elba, Kevin Costner and Michael Cera. Directed by Aaron Sorkin. The true story of Molly Bloom, a beautiful, young, Olympic-class skier who ran the world's most exclusive high-stakes poker game for a decade before being arrested in the middle of the night by 17 FBI agents wielding automatic weapons. Her players included Hollywood royalty, sports stars, business titans and finally,

unbeknown to her, the Russian mob. Her only ally was her criminal defence lawyer Charlie Jaffey, who learned there was much more to Molly than the tabloids led people to believe. **Commences February 2**

Darkest Hour

(PG) Drama, history movie starring Gary Oldman, Lily James, Ben Mendelsohn, Kristin Scott Thomas and Stephen Dillane. Directed by Joe Wright. A thrilling and inspiring true story begins at the precipice of World War II as, within days of becoming Prime Minister of Great Britain, Winston Churchill (Academy Award nominee Gary Oldman) must face one of his most turbulent and defining trials: exploring a negotiated peace treaty with Nazi Germany, or standing firm to fight for the ideals, liberty and freedom of a nation. As the unstoppable Nazi forces roll across Western Europe and the threat of invasion is imminent, and with an unprepared public, a sceptical King, and his own party plotting against him, Churchill must withstand his darkest hour, rally a nation, and attempt to change the course of world history. **Commences February 2**

Breathe

(M) Drama, romance starring Andrew Garfield, Claire Foy, Hugh Bonneville, Dean-Charles Chapman and Tom Hollander. Directed by Andy Serkis. After contracting polio at the age of 28, Robin Cavendish is confined to a bed and given only months to live. With help from his wife Diana and her twin brothers, and the groundbreaking ideas of inventor Teddy Hall, Cavendish emerges from the hospital ward and devotes the rest of his life to helping fellow patients and the disabled. **Commences February 2**

Fifty Shades Freed

(CTC) Thriller, drama starring Jamie Dornan, Dakota Johnson, Rita Ora, Brant Baugherty. Directed by James Foley. Believing they have left behind shadowy figures from their past, newlyweds Christian and Ana fully embrace an inextricable connection and shared life of luxury. But just as she steps into her role as Mrs Grey and he relaxes into an unfamiliar stability, new threats could jeopardise their happy ending before it even begins. **Commences February 9**



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Black Panther

(CTC) Fantasy, sci-fi starring Chadwick Boseman, Michael B. Jordan, Lupita Nyong'o and Forest Whitaker. Directed by Ryan Coogler. After the events of Marvel's Captain America: Civil War, King T'Challa returns home to the reclusive, technologically advanced African nation of Wakanda to serve as his country's new leader. However, T'Challa soon finds that he is challenged for the throne from factions within his own country. When two foes conspire to destroy Wakanda, the hero known as Black Panther must team up with C.I.A. agent Everett K. Ross and members of the Dora Milaje, Wakanadan special forces, to prevent Wakanda from being dragged into a world war. **Commences February 16**

The Shape of Water

(MA15+) Drama, fantasy starring Sally Hawkins, Doug Jones, Michael Shannon and Octavia Spencer. Directed by Guillermo del Toro. Elisa is a mute, isolated woman who works as a cleaning lady in a hidden, high-security government laboratory in 1962 Baltimore. Her life changes forever when she discovers the lab's classified secret -- a mysterious, scaled creature from South

America that lives in a water tank. As Elisa develops a unique bond with her new friend, she soon learns that its fate and very survival lies in the hands of a hostile government agent and a marine biologist. **Commences February 16**

Finding Your Feet

(CTC) Drama, romance starring Imelda Staunton, Timothy Spall, Joanna Lumley, Cilia Imrie and David Hayman. Directed by Richard Loncraine. On the eve of retirement a middle class, judgemental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate. **Commences February 23**

The BBQ

(PG) Comedy starring Shane Jacobson, Magda Szubanski, Manu Feildel, Julia Zemiro. Dazza has a passion for barbecuing. He accidentally gives his neighbours food poisoning. To make amends he seeks tutelage from the tyrannical Scottish chef and together they enter an international barbecue competition. **Commences February 23**

Red Sparrow

(CTC) Thriller starring Jennifer Lawrence, Joel Edgerton, Matthias Schoenaerts and Jeremy Irons. Directed by Francis Lawrence. Prima ballerina Dominika Egorova faces a bleak and uncertain future after she suffers an injury that ends her career. She soon turns to Sparrow School, a secret intelligence service that trains exceptional young people to use their minds and bodies as weapons. Egorova emerges as the most dangerous Sparrow after completing the sadistic training process. As she comes to terms with her new abilities, Dominika meets a CIA agent who tries to convince her that he is the only person she can trust. **Commences March 2**

I, Tonya

(MA15+) Sports, drama movie starring Margot Robbie, Tom Ackerley, Steven Rogers and Bryan Unkeless. Directed by Craig Gillespie. Tonya Harding rises through the ranks of competitive figure skating only to find disgrace when her husband tries to eliminate her rival. **Commences March 9**

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Eat Wave with Jenny

Presenting the second part of a superb collection of recipes by the Heart Foundation. It's a new year, a great time to eat healthier foods if you don't already. And these recipes, in conjunction with the West Australian-based organisation LiveLighter, which encourages Australians to lead healthier lives, are delicious.

The Heart Foundation is a charity dedicated to fighting the single biggest killer of Australians – heart disease. For more than 50 years it has led the battle to save lives and improve the heart health of all Australians. Please visit: www.heartfoundation.org.au

Recipes & images: LiveLighter® State of Western Australia 2017. Reproduced with permission.



Warm lemon chicken salad

Ingredients

- 2 small skinless chicken breasts, fat trimmed
- 1 lemon, zest and juice
- 3 tsp honey
- 2 cloves garlic, crushed
- 4 tbs fresh thyme or oregano leaves
- ½ cup currants
- Pepper, to taste
- 1 lemon, extra, thinly sliced
- 4 cups baby spinach leaves
- 2 carrots, peeled into long ribbons
- 4 spring onions (including green tops), finely chopped

Method

Preheat oven to 200°C (180°C fan forced). In a small baking dish place chicken, zest and lemon juice, honey, garlic, herbs, currants and pepper. Toss chicken in marinade to coat both sides then cover with a layer of lemon slices.

Bake covered in the oven for 15-20 minutes until just cooked through and chicken juices run clear. Discard herbs, remove chicken to cool and reserve pan juices.

Place spinach leaves, carrot strips and spring onions in a large serving bowl. Top with thinly sliced chicken, lemon and pan juices. Serve immediately.

Hint: Cover and refrigerate marinated chicken for as long as time permits, from 30 minutes to overnight.



Zucchini Slice

Ingredients

- 5 eggs
- Pepper
- 1 large zucchini, grated
- 400 g carrot, sweet potato or pumpkin, peeled and grated
- 1 1/2 cups canned corn kernels or frozen peas, drained
- 1 medium brown onion, peeled and diced
- 2 tsp dried mixed herbs
- 3/4 cup wholemeal self-raising flour
- 1 cup reduced-fat cheddar cheese, grated
- Olive or canola oil spray
- 3 large tomatoes, sliced, optional
- Green side salad, to serve

Method

Preheat oven to 200°C (180°C fan forced). Whisk eggs in a medium jug, season with black pepper and set aside.

In a large bowl combine remaining ingredients except tomato. Add eggs and stir mixture until well combined.

Spray a large baking dish with oil. Pour in zucchini mix and flatten with a spoon. Cover with tomato slices arranged in a single layer. Bake for 40-45 minutes or until firm and golden brown.

Rest in the pan for 10 minutes before dividing into 6 pieces and cutting into slices. Serve with a green side salad.

Variation: Substitute other vegetables including baby spinach, cherry tomatoes, broccoli florets, chopped asparagus or mushrooms, grated parsnip or potato and add fresh parsley, basil or dill.

Serving Suggestion: Serve hot or cold, as a healthy favourite for toddlers, children and adults alike. Great to take on a picnic, served as a finger food cut into small squares.

Healthy tip: Try mustard instead of mayonnaise to add extra flavour to your salads and sandwiches.

Thai fish cakes with crunchy salad

Ingredients

400 g firm white fish fillet, roughly chopped
 1 clove garlic, peeled and quartered
 4 stems fresh coriander, roots discarded
 1 tbs red curry paste
 1 tbs lemon or lime juice
 1 egg
 150 g green beans, trimmed, cut into 1cm rounds
 ½ small red capsicum, seeded and diced
 Olive or canola oil spray, to serve
 Lemon or lime wedges
 ½ small red capsicum, seeded and sliced into strips
 1 continental or 2 large Lebanese cucumbers, halved lengthways
 2 cups bean sprouts
 1 cup coriander stalks and leaves, chopped, extra
 ½ cup mint leaves, torn
 1 red chilli, seeded and thinly sliced (optional)
 1 tbs lemon or lime juice, extra
 1½ tbs sweet chilli sauce
 1 tsp fish sauce

Method

Place fish, garlic, coriander, curry paste, juice and egg into a blender or food processor. Process until the mixture is well combined and is a smooth paste consistency. Transfer to a large bowl with diced red capsicum and the green beans. Mix until well combined. With damp hands, using 2 tablespoons of

mixture at a time, shape mixture into 12 balls. Flatten into 1cm thick patties. Spray a large non-stick frypan with oil and place over medium heat. Place 6 fish cakes evenly around the pan. Cook for 3-4 minutes then flip and brown on reverse side for a further 2-3 minutes until cooked through. Transfer to a plate and repeat with remaining mixture.

Begin to prepare salad by adding remaining ½ red capsicum, thinly sliced, to a large bowl. Using a teaspoon, discard seeds from cucumber. Slice thinly on the diagonal and add to capsicum along with bean sprouts, extra coriander, mint and chilli.

To make the dressing, combine extra juice, sweet chilli and fish sauce in a cup and pour over salad just before serving.

Divide fish cakes and salad among serving plates.

Serve with lemon or lime wedges, if desired.

Hint: Fish cakes can be steamed in the microwave rather than browned in a pan. Place fish cakes around the outer edge of a large microwave-safe plate lined with non-stick baking paper. Cook, uncovered, on medium (50%) for 12-15 minutes or until firm and cooked through.

Variations: Reduce red curry paste to ½ tablespoon for a less spicy, child-friendly version.

Include other salad ingredients such as sliced red or spring onion, snow pea sprouts, halved cherry tomatoes, baby spinach leaves or mixed salad greens.



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