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July 2018 Vol. 7 #101

Your magazine across the Fleurieu Peninsula

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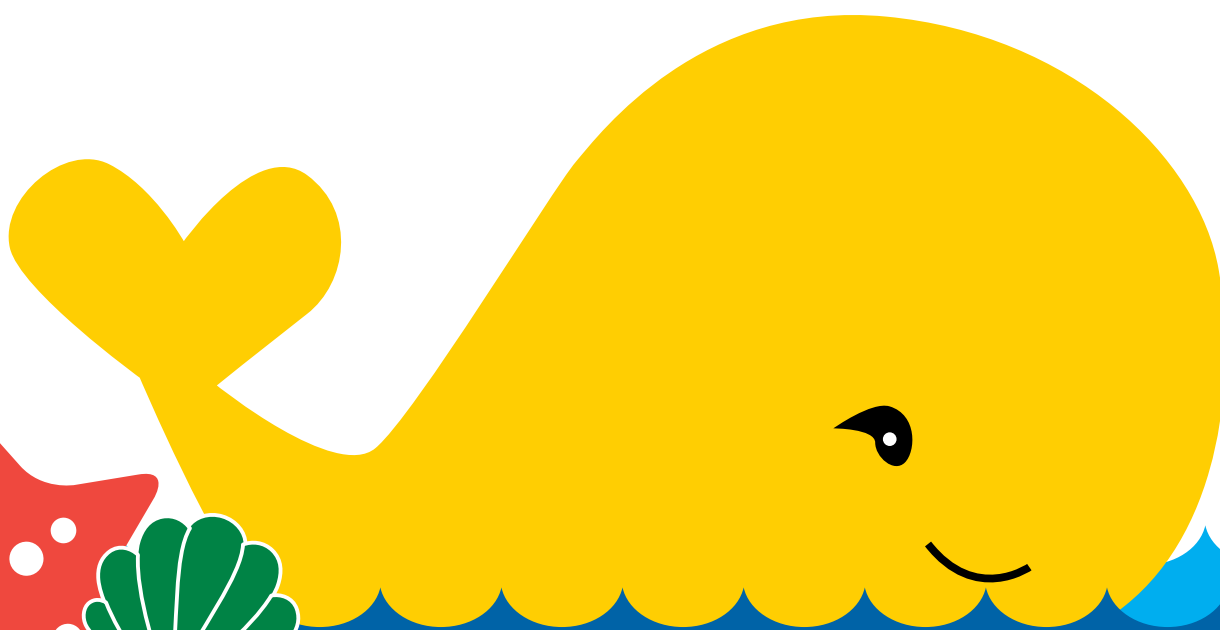
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Coast Lines is a FREE monthly magazine with 5200 copies distributed across the Fleurieu Peninsula to Strathalbyn, Langhorne Creek, Milang, Clayton Bay, Goolwa, Middleton, Port Elliot, Victor Harbor, Cape Jervis and across to Kangaroo Island, Normanville, 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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# July

## Just a thought...

Did you know that dolphins are so smart that within a few weeks of captivity they can train people to stand on the edge of a pool and throw them fish?



## This month

Thank goodness for Julius Caesar. Had he not ruled Rome this month would have remained as *Quintilis*, which is Latin for 'fifth' being the fifth month of the year in the Roman calendar. Dear Julius renamed it in his own honour when he celebrated his birthday. Will the Americans rename June something like *Trumpius* after their President, who celebrated his 71st birthday on the 14th? The birthstone for July is the ruby (colour in heading), which symbolises contentment. Its birth flowers are Larkspur (pictured) or the Water Lily, and the zodiac signs are Cancer (until July 22) and Leo (July 23 onwards).

## Next month

Our August edition will be distributed on Thursday, August 2. It will include a guide to the SALA Festival across the Fleurieu Peninsula.

## Special days

It is National Diabetes Week from July 8-14, and as part of this awareness Diabetes Australia and Royal Australian College of General Practitioners (RACGP) are encouraging more than 650,000 Australians with diabetes aged over 65 to receive a flu vaccination. This follows a nightmare 2017 flu season that claimed more than 1000 lives. Diabetes Australia wants to dismiss myths about diabetes including:

Diabetes is not serious. **Fact:** All types are serious and can lead to complications if not well managed.

Diabetes can be prevented. **Fact:** Not all types can be prevented. Type 1 is an autoimmune condition; there is no cure.

You have to be overweight or obese to develop diabetes. **Fact:** It is a risk factor for type 2 diabetes, but it is not a direct cause.

Visit: [www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)

Other special days in July:

**5-11:** National EOS (Gastrointestinal Disorder) Awareness Week – [www.ausee.org](http://www.ausee.org)

**15-21:** National Wounds Awareness Week – [www.woundaware.com.au](http://www.woundaware.com.au)

**28:** World Hepatitis Day – [www.who.int/campaigns/hepatitis-day](http://www.who.int/campaigns/hepatitis-day)



## Right for wrong reason

Hopefully, a good whale season is upon us. Regrettably, there is much sadness in how the Southern Right whale got its name... given by the early whalers who noted they were the 'right' whales to catch because of their large amounts of oil, and they were slow swimming making them easier to catch. For the record...

**Maximum length:** 17.1m males; 18.3m females

**Adult weight:** 100 tonnes

**Birth length:** 4-6m (13-20ft)

**Dive duration:** 20 mins

**Feed on:** mainly krill when in Antarctica and when available, other copepods at higher latitudes along with krill

**Predators:** kelp gulls in some parts of the range gouge skin and blubber from the back when at the surface

**Current world population:** Approx. 8000. Pre-whaling 190,000. There were about 300 in the 1920s.

Image: Brian Skerry

## Cover

Catriona Byrne with her daughter Stella, and the family Italian Maremma dogs Ollie, and puppies Max and Freda surrounded by chooks at the Feather & Peck farm at Willunga. **FULL STORY: P14**



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# Supermum

Cathy Griffen is an amazing mum who gets her kicks from her daughters – literally. This get-up-and-go 57-year-old was sensational in the Great Southern Football League's first-ever women's competition playing alongside them, and now don't even mention that word 'retirement'. While some mothers and daughters went shopping or had brunch on a Sunday morning, Cathy joined Catie, 30, and Jaimi, 28, out on the footy field playing for Encounter Bay. Incredibly, Cathy finished equal second in the association best and fairest medal count, just one vote behind Victor Harbor's Natalie Gibbs. There is every chance Cathy became the oldest in Australia to play women's football in an organised competition, and many believe

she should have joined her daughters in making the GSFL association side, which beat a weakened, but wonderful sportsman-like Great Southern side 17.5 (107) to 0.0 (0) last month. "Age discrimination," a few claimed with laughter.

"I was so happy for mum to see her play her first footy match, but I've got to be honest, I thought, gee, at her age – hope she doesn't embarrass herself," Catie said.

"The next minute she was selling candy, faking a pass this way with the ball and moving past her opponent the other. The dodging and weaving never stopped. They'd knock her down and dear mum would be bouncing back up again and climbing the packs."

Cathy, who works as an aquatics instructor

with schools visiting the region through the Department of Education, said as a kid she always loved kicking a footy in the backyard. "When Catie said Encounter Bay was having a trial game, and she said, come on mum, have a go, so out I went," Cathy said.

"I thought, why not, I am only 50 years too late doing this. I just love it. Opponents hear about my age and they say, wow, that's amazing. I tell them I am going to play as long as I am fit and healthy.

"I have coped okay with the bumps. It takes me a few days to recover, but it's just part of playing an contact sport. Everyone plays the game hard, but fair and definitely in the right spirit.

"I cannot really describe how special it has been playing footy alongside my daughters.



That's the greatest thing for me with this game. We've played basketball and volleyball together which is fantastic, but footy is an even greater highlight of my life because it's full-on.

"Football offers such a wonderful opportunity for girls now. They are going to grow up with a footy in their hand and develop amazing skills.

"All of the girls in our team love the game and if they get all the training and help that the guys get now then they will become more skilful and stronger.

"I received a lot of nice comments from opposition players this season. They'd say, wow, you're smashing it; they are such nice people and there is genuine care for the well-being of every player out there. Everyone is so welcoming and encouraging, which is what makes sport special."

The GSFL basically ran a training-come-and-try program last year, and this season was the first official competition with seven clubs, the others being Strathalbyn, which beat McLaren Vale in the final, Victor Harbor, Willunga, Mount Compass and Yankalilla. Encounter Bay won just one game, but the girls said what mattered most was that everyone had a great time, they learned a lot from their coach John Butler, and the opposition players were terrific.

This was the first try at football for Catie and Jaimi, and it was not entirely surprising they showed talent – their dad, John, played league football at South Adelaide where he earned a huge reputation as an assistant league coach, and is a Level 3 AFL accredited coach.

However, according to Caiti, when the girls were young there was never any real thought of kicking the footy in the backyard because no one imagined there would be a strong



AFL women's football competition like there is today.

Both girls are schoolteachers, and Jaimi, who works in Perth, went overseas with her partner for seven weeks and only called back into Adelaide to see her family. She delayed her road-trip back over the Nullarbor to play football.

"It was just by chance that I came back here when the girls were having their first training, and I was able to stay a while," Jaimi said.

"Now I'm considering changing my whole life plans so I can come back and play for Encounter Bay again, even though the women's league is very big in Perth.

"It was really strange watching mum out on the ground. It was awesome really.

"Talk about getting stuck into it... I saw mum get smashed a few times, and as a daughter

every time I just got into this full protective mode. I was worried for her because she is only little. She'd be running and the next minute she'd go flying.

"Every time she got the ball and started to run she'd have this big smile on her face. So many times she would get hit hard and I'd yell out, are you still in one piece mum? Are you okay?

"And then I'd think, that's good, she hasn't snapped in half yet. Mum would bounce back up and fly again amongst the pack." Of course she would; she's Supermum. ■

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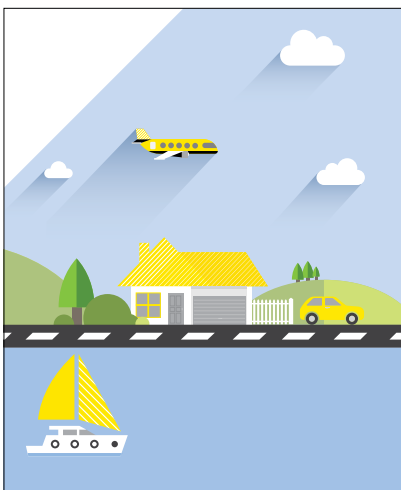
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# The things BRRRAVE people do at six o'clock on a CCCOLD morning

**J**eepers. The look on the faces of these three girls says it was a bitterly cold morning by the Victor Harbor causeway. Even the camera lense fogged up. However, it wasn't the chill of the morn on our day of solstice that was the problem – they had just finished a one-hour brisk walk around Granite Island and again and again and it was still only seven o'clock. Madness, we say, but these local girls (from left) Sonia McFarland, Sarah Milosevic and Emily Clements-Porteous mean business. They are the Walking Wonder Women – their official name in the amazing Coastrek – Hiking for Wellbeing event along our nation's magnificent coastline. While teams in Melbourne, Sydney and the Sunshine Coast will walk their coastline and raise funds for another incredibly-worthy cause, the Fred Hollows Foundation, more



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## Coastrek – Hiking for Wellbeing: 30km hike from Parsons Beach to Victor Harbor, and/or another 30km to Goolwa – Friday, September 21

than 1000 walkers in teams of four – with a minimum two women – will converge on our south coast on Friday, September 21 to raise funds and awareness for the brilliant *beyondblue* organisation.

Sonia, Sarah and Emily, plus their other team member Kimberly Fisher, have been training almost every morning for the past two months as part of a 12-week fitness program. The Coastrek adventure was created 10 years ago by the Wild Women on Top organisation, established in 2002 by Sydney-based Di Westaway, after she suffered a 'mid-wife' crisis. She found a solution to her sadness in a mountain quest which inspired her to transform her life.

Di's Hiking for Wellbeing concept has already encouraged more than 25,000 people to get off the couch through shared hiking adventures while raising over \$20 million for charity and helping women lead adventurous lives for which they yearn.

This is the first Coastrek in South Australia, and funds raised here will go directly to *beyondblue*, which does a marvellous job in raising awareness of depression, and creating pathways for so many who have difficulty finding the best way out of the dark hole in their life. It is a never-ending battle; we need to do more to understand and find the best possible outcomes.

Our Coastrek is a team-trekking challenge for fun, fitness, friends. Hikers will cover either 60 km from Parsons Beach to Goolwa, or join others at Victor Harbor for the remaining 30km of the journey.

These girls pictured, the Walking Wonder



“*This is all for a great cause, but the event is also about fitness and friendship.*”

– **Walking Wonder Women team member in the great Coastrek, Emily Clements-Porteous**

Women, don't see their challenge about themselves, but the cause, hoping others will join them along this amazing trail.

Emily said they knew each other before going online and entering the challenge, but had now become very close friends. “The more we walked the more we discovered how much we have in common, and in some

ways it is better than going to a psychologist because you are talking about what is on your mind. Friends are there to support you, and yes, there is a lot of talking and walking.

“This is all for a great cause, but the event is also about fitness and friendship.”

They each also had their personal reason. Emily works in mental health environment through the outstanding programs at Victor Harbor High School Flexible Learning Options. She sees first hand the value in reaching out to younger people.

Sarah is an accountant, and spoke of how a business partner had been going through severe depression and had not been able to work for more than 12 months. “This does impact me personally,” Sarah said. “Years ago there was a stigma about mental health, but now people are willing to talk about it which is a great part of helping them get through the ordeal.”

Continued P8

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From P7

"There is a lot of training preparing for this hike, but it's all one big great adventure."

Sonia, who works in property management, said mental health was a community issue and those affected needed the support of everyone. "We all really hope more people get behind this trek... there is a great message of hope behind the cause."

The teams of four are encouraged to do fundraising. Cost per entry for the scenic 30km challenge under 10 hours of mild intensity is \$172 per person, but get in early and it's \$159. The Sunrise Team Challenge over 60km under 18 hours of moderate intensity is \$234, but again, get in early and it's only \$209. In both categories, the fundraising goal per team is \$2000.

The events are for 16 years-plus, and those under 18 must be accompanied by parent or guardian.

*beyondblue* is an independent, not-for-profit

organisation working to reduce the impact of anxiety and depression and prevent suicide in Australia. The Coastrek adventure enables you to look after your body, get healthier and stronger, as well as learn essential tools for your mental wellbeing.

Donations over \$2 are tax deductible in Australia, and may be made through the Coastrek website or directly to *beyondblue*. Receipts will be issued.

If you would like to support the Walking Wonder Women with their team fundraising visit: <https://adelaide.coastrek.com.au/fundraisers/WalkingWonderWomen156>

You may also support the whole campaign. Visit: <https://www.beyondblue.org.au/get-involved/fundraise-for-us/run-for-team-beyondblue/adelaide-coastrek> ■



July 8-15

## NAIDOC to celebrate role women play

Australia will celebrate NAIDOC Week from July 8-15 with the theme being the essential role that women have played – and continue to play – as active and significant models at the community, local and state levels. The theme for the week is *Because of her, we can!* The winner of this year's national poster competition is Cheryl Moggs, a proud descendant of the Bigambul people of the Goondiwindi and Toobeah regions in south-west Queensland. Her brilliant and meaningful work is pictured above.

The week will be observed by the Alexandrina Council with special community arts events suitable for all ages at Signal Point Gallery, Goolwa, on Sunday, July 15 from 11am-2pm, and at the Strathalbyn Show Hall. It offers a great opportunity to participate in a range of activities to support our local Aboriginal and Torres Strait Islander communities. Enquiries: 8555 7000 or [jaw@alexandrina.sa.gov.au](mailto:jaw@alexandrina.sa.gov.au)

NAIDOC – National Aborigines and Islanders Day Observance Committee – Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Its origins can be traced to Aboriginal groups in the 1920s which sought to increase awareness in the wider community of the states and treatment of Aboriginal and Torres Strait Islander Australians.

[www.naidoc.org.au](http://www.naidoc.org.au)



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# It really is bigger than a bank

**T**he strong commitment by Bendigo Bank to continue servicing the needs of the Fleurieu Peninsula has been further enhanced by the appointment of Samantha Bitter to the key senior role of Fleurieu Business and Community Manager together with David Radley as the Fleurieu Business Development Manager.

This follows the success of the collaboration created 18 months ago between two Bendigo Bank Community Bank companies – Fleurieu Community Enterprises managing both the Aldinga Beach Community Bank branch and Willunga Customer Service Centre, together with AlexInvest Community Services Ltd managing the Goolwa & District Community Bank branch – and Bendigo Bank corporate branch site Victor Harbor.

A goal of the collaboration has already been achieved – the building of more successful business, which in turn has seen greater investment back into the Fleurieu community. The collaboration was a new concept for Bendigo Bank, and it continues to be a successful and sustainable business model.

The pivotal appointments will allow Samantha (pictured) and David the opportunity to lead and help shape the Fleurieu collaboration comprising of the four sites, and in recent times the addition of the 'Meeting Place' venue in McLaren Vale, in association with Mark Potter.

Samantha brings to the Fleurieu 18 years of retail banking experience from the grass roots as a teller, branch manager, change management and staff sales and capability for SA & NT. David has more than 30 years of consumer and business lending experience, making him well versed across a variety of lending situations.

The Bendigo Bank has in recent years conveyed the message "bigger than a bank", and Samantha believes nothing could be more to the point when assessing its role in our community.

"The collaboration emphasises that we are not a small bank – we have more than 500 branches across Australia, and like every



Advertorial

**Bendigo Bank is one of Adelaide's largest employers, with more than 1000 of its staff working from the 80 Grenfell Street office and a further 300 retail staff in its Bendigo Bank branches across the state.**



other bank we are required to meet all of the Australian Government regulations and securities," Samantha said.

"The big difference is that our Community Banks are owned by the local community. Our Directors are all volunteers working to promote the Bank and reinvest the profits back into the community. With more community support we can increase our contribution to a healthy vibrant local community.

"While there is focus on supporting our community and finance, as a bank we are much more. Banking is our core product and we work hard to meet the needs of our customers.

"We think of banking a little differently across the Fleurieu; what does that look like, how we can cater to a changing audience instead of just traditional banking.

"As part of this process we have identified a need to offer the best and most personal service either in one of our four branches or the need for mobile staff across the Fleurieu, however always ensuring that we continue to



offer convenient banking to our customers. "Our association with the Meeting Place at McLaren Vale is a great concept for all businesses; it has become very important for us. If, for example, someone wants to talk about buying a home we have David Radley who can meet them at a convenient location like The Meeting Place. We can book an office and have that private conversation. "If you are community minded and want to be able to give back and make a difference you can do this by simply helping the Fleurieu Bendigo Bank Community branches grow their customer base, which will help with the increased reinvestment into your community."

**If you wish to speak with Samantha, David or one of her experienced team members, please drop into a branch and say hello or contact us directly at one of our locations:**

**Samantha Bitter, Fleurieu Business and Community Manager – 0448 788 650**

**David Radley, Fleurieu Business Development Manager – 0402 119 272**

**Aldinga Beach Community Bank – 8557 8166**

**Goolwa & District Community Bank – 8555 2288**

**Victor Harbor – 8551 3900**

**Willunga Customer Service Centre – 8225 2900**

## Coast Lines

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# Investigator starts new habitat for school of fish

Students at Investigator College are taking part in a unique environmental project – creating a new habitat to breed endangered fish.

A dam is being constructed on the school's Currency Creek campus, which will provide a permanent water source in a lagoon environment. It will be a perfect habitat for endangered fish, as well as benefits for other fauna including frogs and wetland birds.

The project falls under the category of the Australian Government's National Landcare Program through its natural resource management – the protection and improvement of environmental assets like soils, water, vegetation and biodiversity.

According to Kate Mason, the wetland manager for natural resource management, the project will be another facet for teaching opportunities. Fish scientists have already become involved and paperwork has begun for the relevant licensing regarding breeding areas for endangered fish.

Basically, Investigator College will gain the necessary approvals to make this project work and become a wonderful opportunity within the community to combine education and conservation. The conservation aspect stands alone as a unique opportunity.

The project is part of the college's special Certificate II course at Currency Creek, headed by Natalie Gilbert (pictured), and so far teams of four students have surveyed the dam and tributary site to get water levels and determine the volume. A team of three



removed trees/bushes to make a track, while two students pegged out and flagged the retaining walls as part of the preparation for the construction.

The government departments of the Environment and Energy, and Agriculture and Water Resources share responsibility for protecting and improving these natural resources through the delivery of the Australian Government's environment and sustainable agriculture programs.

[www.naturalresources.sa.gov.au/adelaidentloftyranges/home](http://www.naturalresources.sa.gov.au/adelaidentloftyranges/home)



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Australia was there at the beaches of Normandy, France, on June 6, 1944. To commemorate the 75th anniversary of the D-Day Landing Collette Tours presents a Commemorative WWII Tour, an immensely moving way to remember the fallen across all of the battlefields of France.



Since Australia held its first Anzac Day commemorations on April 25, 1916 we have opened our hearts to remember the fallen in all wars; their sacrifice that opened our free world.

Every day of conflict has brought its shedding of tears and remains relevant, and among the most significant is D-Day – June 6, 1944 – when Allied troops landed on five beaches across 80km at Normandy, France.

The historic event turned the tide of World War II, and the combined losses for both sides remain incomprehensible – as many as 13,000 just on this day. Australia has rarely been seen as part of this horrendous campaign – we were struggling to hold back the Japanese in the Pacific – but we were there on the beaches of Normandy and two RAN and 12 RAAF servicemen made the ultimate sacrifice.

Next year is the 75th anniversary of D-Day. A significant milestone in worldwide travel is the centenary of the formation of Collette Tours, one of the world's most respected and trusted tourist operators based in the United States Of America.

With support from Jeff Rainsford, through his Specialised Travel business in Goolwa, Collette has put together an amazing 13-day Commemorative WWII Tour in April, next year.

The actual anniversary of the event will be attended by thousands of international dignitaries and guests. Access will be

# The French commemoration

restricted; opportunities to embrace these special moments in history, and feel the emotion as you touch the sacrosanct memorials, may be beyond the reach of the every-day person.

For this reason, Collette has created a remarkable tour at a time when you may not only sit at the memorials and significant sites in solace, but experience an amazing journey through spectacular passages of France. This is about being able to consume the emotions, and share the lifestyle of a beautiful country and its warm villages that our brave Australian servicemen and women fought so valiantly to help liberate.

The tour will depart April 1, 2019, stopping in Dubai for a two-night stop-over before arriving in London mid-Thursday afternoon. From there we go to Paris on the Saturday, with the heart-wrenching commemoration in France starting in Caen.

It was reaching this now beautiful town of Caen that was the main objective of the Allied D-Day offensive that was not achieved

until July 21, 1944. Our tour continues through to Reims and to Paris.

Overall, embrace the history of London – go underground inside the Churchill War Rooms; stop at the Pegasus Bridge, which featured in that 1962 classic war epic, *The Longest Day*, and go down the streets of the delightful French villages. The tour goes beyond the memorials; it takes you to key moments in time, and the comfort in incredibly well-priced accommodation and your safety is of paramount importance.

The tour is 13 days, but with Collette you may tailor your own experience by extending your visit to capture other sensational moments across Europe. Every Collette tour is about you.

Jeff, who is celebrating more than 30 years in the travel industry, is proudly an associate member of the Goolwa RSL Sub-Branch, where on Tuesday, July 31 he will join the Business Development Manager for Collette to make an enlightening presentation of this Commemorative WWII Tour.



[www.gocollette.com](http://www.gocollette.com)

Everyone is welcome to attend the seminar – the tour is not only for RSL members – at the Goolwa RSL Sub-Branch on Tuesday, July 31 at 1pm. This is a special guided tour, carefully planned and offering the security and comfort of quality accommodation and first-class meals. Please ask for a brochure.

**Contact Jeff, your local travel expert:**

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# Go. See.

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## Until July 22

Cedric Varcoe solo exhibition at the South Coast Regional Art Centre, Goolwa Tce, Goolwa presented by Alexandrina Council and Better World Arts. Cedric's family is Narrunga, from Point Pearce on the mission, Yorke Peninsula, and Ngarrindjeri from the southern Fleurieu Peninsula, River Murray and Coorong. His painting is inspired by stories from his grandfather and Ngarrindjeri elders. In 2008 Cedric completed a mural in the cells at the Port Pirie Police Station, hoping to inspire young people who have been arrested to try and help them attain a better outlook. Free entry Wed-Fri 11am-4pm, Sat-Sun 10am-4pm.

## Until July 22

Australiana Exhibition at the Signal Point Gallery ground floor, Goolwa Wharf Precinct is a pop-up exhibition of local artists in two and three dimensions featuring flora, fauna and landscape. Artists include Michael Chorney, Cheryl Anne Brown, Peter McLachlan, Brenda Holden, Leigh Marshall, Chris Ryan, Kunang Sutra Agung and Carol

Coventry. Gallery hours Mon-Fri 11am-4pm; Sat-Sun 10am-4pm.



## Until July 22

The image above is this year's winning entry by James Tylor and Laura Wills in Fleurieu Biennale Art Prize, a magnificent cultural event featuring local and interstate artists showcasing paintings and sculpture celebrating a sense of place. This is the 20th anniversary of the coveted Fleurieu Biennale Art Prize, a wonderful milestone not only for art but the region. Finalists will be exhibited at Signal Point Gallery, Goolwa Wharf Precinct, in McLaren Vale at Stump Hill Gallery, Fleurieu Visitor Centre and Fleurieu

Arthouse. There is \$25,000 prizemoney for the overall winner, and visitors may vote for the People's Choice prize of \$3000. [www.artprize.com.au](http://www.artprize.com.au)

The Fleurieu Biennale Art Prize is sponsored by James & Diana Ramsay Foundation, and brilliant cooperation by the Onkaparinga and Alexandrina councils.

## Tuesday, July 10

The EMU Tree Music Workshop Program is about youth music development consisting of three individual, creative workshops. There are two 90-minute sessions focusing on the process of composition and recording using the music technology 'GarageBand' on provided iPads, and a separate, more in-depth three-hour session introducing songwriting elements and refining the skills of musical and lyrical composition, arranging, structuring and dynamics. Sessions 1 & 2: 'GarageBand' 10 & 11.30am (aged 8+); session 3 : Songwriting & recording 1.30pm (12+). Free. Bookings Alexandrina Libraries 8555 7000; Strathalbyn Library Community Centre, Strathalbyn.

## July 10, 12, 13, 17, 19 & 20

Become a junior whale spotter as part of the school holiday family fun at the SA Whale Centre. The program aims to teach to teach children how to observe and identify different whales that visit the coast of South Australia, through games, craft and fun. Six sessions available – bookings essential: Tues 10th, Thurs 12th, Fri 13th, Tues 17th, Thurs 19th & Fri 20th July from 2-3pm.

## Saturday, August 4

Entitled 40 and Under, this SALA exhibition will focus on young and emerging artists under the age of 40 featuring painter Elizabeth Bradley, print and watercolour artist Jessica Johnson, photographer Warren Bradley and painter Brooke Walker in Bethany Hall, Willunga. Opening August 4, 2pm. Enquiries 85562650 or 85562758.

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# It's off to market we go!



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

**CLAYTON BAY NURSERY:** Native plant sale presented by Clayton Bay Nursery & Environment Group first Saturday of July, August, September and October at Alexandrina Dr, Clayton Bay from 9-11am. Proceeds to environmental work. T: 0427 970 375 or 0417 838 003.

**GOOLWA WHARF ROTARY MARKET:** First and third Sundays of the month, 9am-3pm; at the reserve by Goolwa Wharf. Enquiries: 0459 786 469; 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 ROTARY 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 fourth Sundays of the month, 9am-4pm, at Soldiers' Memorial Gardens, The Esplanade, Victor Harbor. Enquiries: 8556 8222.

**VICTOR HARBOR INDOOR CREATIVE CRAFT MARKET:** Second Saturday of the month in 10am-2pm in the RSL clubrooms, Coral St, Victor Harbor. Enquiries 0412 382 724.

**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.

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

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# The right pecking order

Numerous egg producers claim “free range”, but are they? There is no doubt about a Willunga-Yundi-Mount Compass venture with their brilliant marketing, regenerative farming and a lot of TLC for their chooks. And this wonderful concept is spreading across the Fleurieu Peninsula.

**W**ithout fail, some local ladies go on a weekly caravanning tour across the hills in Willunga. They cackle and scratch, and at times brood, but cross words are as scarce as hens' teeth. Life is just fine, thank you.

They're hens, but no ordinary chooks for their daily routine places these members of the *Phasianidae* family at the head of the pecking order.

Welcome to the Feather & Peck, which can be best described as a health farm – literally – with an overriding statement that the well-being of the chicken comes before a quality egg. Or is it the egg before the chicken? Whatever, this amazing place will probably make you think about buying your eggs for breakfast tomorrow morning.

The Feather & Peck is run by John and Catriona Byrne with help from John's brother, Andrew as part of a joint operation with Gregg and Casey Nash at Yundi where they also have a chicken farm. Together, they produce more than 25,000 eggs a week, which are graded and packed at the old Dairy Farm factory at Mount Compass.

The world standard for free range eggs is a maximum 1500 chooks per hectare. The Australian maximum ratio is 10,000. The Feather & Peck has 25 per hectare.

The definition of 'free range' is 'having meaningful access', but this can mean just leaving doors open to a big shed. According

to Catriona, being a friendly bunch, chooks stick together where the feed is, so the 10,000 of them are not likely to go for a walk outside.

However, the amazing growing success of Feather & Peck – as with other farms like Modra's Kangaroo Island Free-Range Eggs that are rated incredibly well for meeting the national model code – goes beyond simply giving these 'ladies' a nice day on the farm. It's about the importance of farmland regeneration.

The Feather & Peck has 5200 hens on the two farms – but no roosters as they bring in chooks at 16 weeks old. Those at John and Catriona's 220 acre property are constantly protected by electrified fencing and guarded by beautiful Italian Maremma dogs including Ollie, and puppies Max and Freda featured on our front cover. The chooks are grouped and rotated with specially-made caravans on patches surrounded by portable fencing, Catriona believes the best part about pastured eggs is the access outside. “This type of farming gives the chooks the most natural existence that you could possibly have whilst maintaining some sort of farming structure,” she says. “In just a week they can scratch and scratch and decimate the soil, so before then we move them on and allow the soil to regenerate.

“It's not just about the well-being of the chook, it's the quality of the egg. There are



some studies around pastured free range compared with caged. There is higher Omega 3, higher vitamin A, and higher vitamin E marginally.

“Experts will tell you that nutritionally they marginally differ, but there is certainly a far better shell quality, which makes a big difference, especially when you are cooking. Interestingly, one of our customers says that she notices a different smell about the eggs because we have no soy, no genetically modified soy.

“The key to the eggs is the ethical nature of them. We try to mimic nature with that bi-dynamic approach. People ask if they are organic. They are as close as you can get without being registered organic because that is a whole new level of registration and approach. Organic feed is even more costly.” Although both Catriona and John have a





*“Everything goes back into the soil and improves the life of livestock and the nutrition available to them. It is using nature's principles.”*

– John Byrne

family farming background in Bordertown and Coromandel Valley respectively, before this chook enterprise they were entrenched in the corporate world – Catriona still is, doing marketing for a Sydney-based company which takes her interstate regularly. With two children – Archie, 14, and Stella, 12 – life is busy, but this bright and energetic family loves every moment.

John was in physiotherapy and also marketing before working this current property 15 years

ago, and doing an intense four-year farming course to launch this specialist chicken farm 18 months ago. This operation is far from just plonking Henrietta and heaps of other hens on a block and collecting the eggs.

John said they had been doing the chooks and eggs routine a long time, but it was their decision to be far more professional that changed everything.

“Our regenerative farming approach actually creates this system that you don't need to put

chemicals and fertilisers into your soil,” John said. “You are doing as much naturally with your soil as possible with the eradication of weed and bugs.”

Catriona said regenerative was different to sustainable farming in the sense everything was returned to the earth.

“It sounds terrible to talk about, but when the hens get old and die they are buried and composted,” she said.

“That's farming. Everything goes back into the soil and improves the life of livestock and the nutrition available to them. It is using nature's principles.”

John believes the real key is that the Feather & Peck doesn't feed the chooks anything that has genetically modified soy. “We feed them crushed grain that we buy locally to give them the extra protein they need,” he said.

Continued P16



## When blokes talk a lot of fertilizer

Visit the Willunga Market on a Saturday morning and you will find Gregg Nash surrounded by his Feather & Peck eggs. With his wife Casey, they have almost 3000 chooks at their Yundi property as part of the joint business venture with John and Catriona. All of the eggs are graded and packed in the old Dairy Vale factory at Mount Compass.

Gregg also runs Angus cattle at Yundi,

and has a farm management business. While doing some work for John and Catriona the idea came up about getting into egg production.

"We started talking about the cost of fertilizer, and we thought that if we had chooks making for us by natural means we could save almost \$30,000 a year," Gregg said. And, of course, the bonus is having the best eggs for breakfast.

From P15

"The whole idea of moving the chickens round the farm is that they drop their manure where we want it. When we move them on the next week you get that nice breaking down of he manure and so we use a lot less fertiliser, a lot less herbicide.

"We move a herd of 50 Angus beef cattle breeders and their 50 calves through a paddock first, and then the chooks move through and get rid of the cow pads before they move on and the paddock is rested."

Catriona said if you were interested in the life the chooks have, and the quality of the egg, then you should do research on where the eggs have come from.

"It is not about criticising other people, and there are all different ways of doing farm processed eggs," she said. "At this end it is



Brothers John and Andrew Byrne.

obviously premium because there is a lot more effort going into what is essentially a smaller number of chickens compared with a farm that has them either in sheds or free range in large groups."

With Catriona's expertise in corporate marketing it's no surprise she came up with the clever business name, and with John share a wonderful concept that can further enhance the Fleurieu Peninsula's reputation as a leader in healthy food and delights.

"One of our visions is that people who have land on the Fleurieu can perhaps set up a pod of caravans and farm eggs under the Feather & Peck brand using the regeneration system that we have created, and sort them all as one," John said.

"With all primary production you have got to keep a close eye on procedures, food safety and all those important things, but we have got the production sorted.

"We don't think of it as a franchise because they would sell through us and under the brand. In the United States there is a company called Vital Farms that packages under their brand involving farms from Texas up to the west coast."

Right now, the value of John and Catriona combining their areas expertise with those of Gregg and Casey in the production of real eggs cannot be under-estimated. Well done

to everyone who supports them and other real free range egg suppliers.

Of course, give the girls on the farm a cheer too. It's good to hear they're not all nameless, thanks to Stella who named one chook Delirious Dave. Strange name for a hen indeed, but that's what you get when one stands out among the caravanning crowd on the hill in the cold with hardly any feathers. It's the lowest pecking order here, but geez, she has nice eggs. ■

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# Paddlers hoping to breathe more dragon boat fire

The Coorong Dragons are one of these fabulous sporting and social clubs that puts fun into fitness, but it is now faced with a new challenge.

Since the Goolwa-based dragon boat racing club was formed five years ago first-time paddlers have progressed to becoming state championship level – which is great – but doesn't have enough at this standard to take it right to the top.

According to club committee member Fiona Sanders, it's all about the Coorong Dragons evolving to a new level of competitiveness without losing focus on what the club is about – being inclusive for people of all ages and levels.

"We will always be a club for everyone, as young as 12 and we have members over 70," Fiona said. "We would love to be like some city-based clubs where you have mum and dad and two kids in the back, a great family sporting activity."

"Dragon boat racing is also very popular among those who can no longer do hard running or play high impact sports, and we are looking for men and women, say the 40-50 age group, who would like the challenge of becoming good at this sport and help take the club to greater heights."

"We are now at a B-grade level, and we are working on developing the techniques and skills of paddlers hoping to increase our membership and become more competitive in

bigger events in Adelaide.

"Dragon boat racing is about enjoyment, and we would love to have new members of all ages and levels of ability. All of the equipment is supplied, and the annual membership fees are \$230."

The Coorong Dragons club, with Lakeside Goolwa as the major sponsor, was last year named by Dragon Boat SA as the regional club of the year. Now it's looking even smarter with a new logo wrapped on the boats, which were restored by club members with the help of the local volunteers at the Armfield Slip & Boat Shed.



Pictured with the newly wrapped boats are committee members (from left) Fiona Sanders, Brigitte Chapman, Jerry Sanders, Roylene Nixon and Christine Graham. Other committee members are Anne Simmons, Sue Jones and Tanya Mitchell.

If you would like to join the Coorong Dragons dragon boat racing club contact club president Jerry Sanders: 0429 648 609.

The Coorong Dragons is one of 16 dragon boat clubs in SA, a

sport steeped in ancient Chinese history dating more than 2000 years ago when the craft went along the banks of the life-sustaining rivers in Southern China. Visit: [www.dragonboatsa.com](http://www.dragonboatsa.com)




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# Laugh Lines

## A chirpy wife

A happily married man has only one complaint... his wife is always nursing sick birds.

This particular night he comes home to find a raven with a splint on his beak sitting in his favourite chair. On the dining room table there is a feverish eagle pecking at his lunch.

Meanwhile, in the kitchen his wife is comforting a shivering little wren that she found during a storm. The unhappy husband has had enough and confronts his wife who is towelling down the cold little bird.

He shouts: "I can't take it any more! We've got to get rid of all of these damn ...."

Quick as a flash the wife holds up her hand to stop him from cursing and says: "Please Dear, not in front of the chilled wren."

## He gives a hoot

Night after night, a keen ornithologist named Bert stands in his backyard hooting like an owl. After weeks of getting no reply he suddenly hears an owl hoot back at him.

Bert is overjoyed at the response

and for the next nine months man and bird keep up a regular dialogue of hooting. Bert is fascinated by his ability to relate to a wild creature and keeps a detailed record of all their conversations.

Just when he is about to take his findings to the Natural History Society, his wife Betty happens to be talking to a neighbour who lives four doors away.

Betty confides to her: "My husband spends his night calling to owls."

"That's funny," says the neighbour. "So does mine."

## Boom, boom...

**Will glass coffins prove popular? Remains to be seen.**

There's a power failure in a city store and 150 people have been stranded on the escalators for more than two hours.

**Victor Harbor police are baffled. A nine year old girl disappears after using moisturiser that makes you look 10 years younger.**

"Will the father be present during the birth?" the obstetrician asks quietly. "No," says the mother-to-be. "He and my husband don't get along."

**There are two fish in a tank. One of them says to the other: "How do you drive this thing?"**

A father says: "Son, you were adopted." The son shouts: "I knew it! I want to meet my biological parents!" And the

father says: "We are your biological parents.... the new ones will pick you up in 20 minutes."

## Weight off his mind

Steve has a weight problem so he goes to see his local doctor who says: "I want you to eat regularly for two days, then skip a day, then eat regularly again for two days then skip a day. Then I want you to repeat this procedure for another three weeks."

The doctor goes over it all again, and adds: "The next time I see you there is no doubt you will be at least 6kg lighter."

Steve goes back to see the doctor as planned. The doctor is shocked, and says: "This is incredible – you've lost 28kg in just a few weeks, but losing so much weight so quickly could have killed you... did you follow my instructions?"

Steve says: "Yeah, right to the last detail, but for a while there I thought I was going to die after the fifth day."

The doctor asks: "What, from the hunger?"

And Steve says: "No, from all that skipping."

## Dad jokes...

**Why do giraffes have long necks?** Because they have really smelly feet.

**When were vowels invented?** When u and i were born.

**When were King Arthur's army too tired to fight?** When they had lots of sleepless knights.

**Why are robots never afraid?** Because they have nerves of steel.

**Why did the belt go to gaol?** It held up a pair of pants.

**How do hair stylists speed up their job?** They take short cuts.

**What animal has more lives than a cat?** A frog. It croaks every night.

**Why did Sally give up on her ballet lessons?** Because they were too too difficult.

**Why did the girl smear peanut butter on the road?** To go with the traffic jam.

... and from our story on the chooks on P14

*The Feather & Peck's favourite – and la(y)mest – chook jokes!*

**What day do eggs hate most?** Fry-day.

**How do comedians like their eggs?** Funny side up.

**Who wrote the book, Great Eggspectations?** Charles Chickens.

**What did the egg say to the clown?** You crack me up.

**Where do you find information about eggs?** In the hen-cyclopedia

**What do you call an egg that goes on safari?** An eggs-plorer!

**How do baby chickens dance?** Chick-to-chick!

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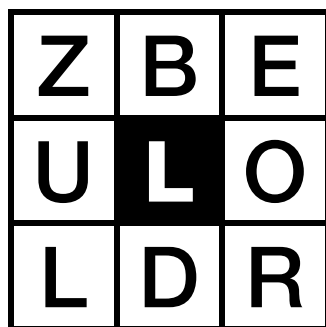




# Puzzles

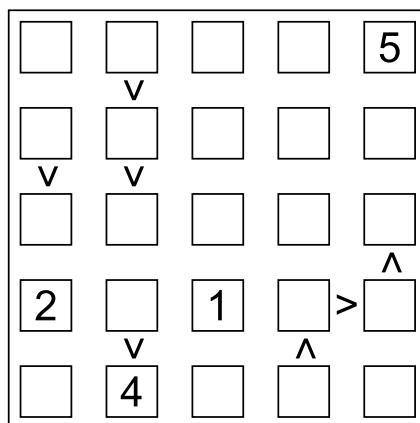
Puzzle answers P22

## Target Time



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*

Target: Average - 36, Good - 42, Excellent - 48+



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## 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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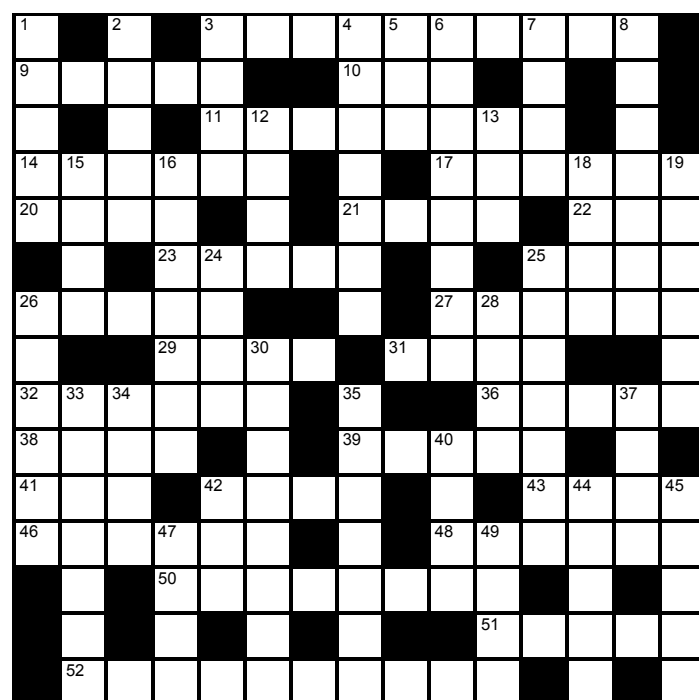
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## Crossword



### Across

- 3 Eating place
- 9 Farewell
- 10 Perform
- 11 Hides away
- 14 Laid bare
- 17 Chooses by vote
- 20 Not any
- 21 Nobleman
- 22 Everyone
- 23 Proficient
- 25 Region
- 26 Flood
- 27 Freshet
- 29 Extremities
- 31 Site of Taj Mahal
- 32 Quickly (mus)
- 36 Vexed
- 38 Saucy
- 39 English currency unit
- 41 Encourage

- 42 Sleeveless garment

- 43 Comfort
  - 46 Autocrat
  - 48 Small device
  - 50 Large buildings
  - 51 Measured beat
  - 52 Those lagging behind
- Down**
- 1 Conductor's wand
  - 2 Female fox
  - 3 Trick
  - 4 Goals
  - 5 Top card
  - 6 Speaking
  - 7 Church recess
  - 8 Chelonian reptiles
  - 12 Border
  - 13 Old cloth measure

- 15 Stately display
- 16 Most tidy
- 18 Be concerned
- 19 Reviewed unsparingly
- 24 Impression left by blow
- 25 Presented to
- 26 Undermined
- 28 Poet's Ireland
- 30 Giving to charity
- 33 Rulers
- 34 Work units
- 35 Particular
- 37 Otherwise
- 40 Encourage
- 42 Fish
- 44 Nimble
- 45 Anaesthetic
- 47 Fruit
- 49 Serpents

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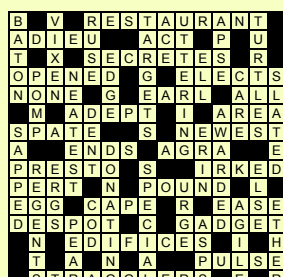
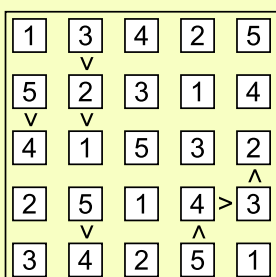
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## PUZZLE ANSWERS (FROM P19)



Target time: bedroll, bell, bled, blue, bluer, blur, bold, bolder, bole, boll, boulder, boule, bull, bulldoze, BULLDOZER, bulled, burl, burled, dell, dole, doll, double, doubler, droll, duel, duello, dull, duller, lobe, lobed, lobule, lode, lord, lore, loud, louder, lour, loured, lube, ludo, lure, lured, older, orle, ouzel, roble, role, roll, rolled, rouble, rule, ruled.



# Weed, and plant a fruit tree



Hi all; it might be miserable and cold outside and hardly motivating to get into your garden, but now is a great time to work on your soil treatment, plant a fruit tree and get your hands really dirty and do some weeding.

## Soil treatment:

Now is the perfect time to get your soil up to scratch for when it's time to plant. Making sure your soil is well draining and rich in nutrients will ensure a healthy, plentiful crop in the warmer months.

You can increase the effectiveness of draining soil by making raised garden beds; gravity will encourage the excess moisture to drain away from the roots, preventing root rot. You can also use this time to mix in compost into your soil, and re-mulch up to 100mm thick, giving it time to break down and be ready for spring. At DSM Landscape & Building Supplies we sell a range of composts, bulk and bagged.

## Fruit trees:

Now is the best time to plant fruit trees. You can save money by buying them now,

as bare-rooted trees, rather than waiting until spring when they may be flowering or already have fruit on them, and will cost you more. Do your research before planting fruit trees, make sure they have enough sunlight, drainage, and room. Most fruit trees grow to be quite large, so to make sure picking the fruit, adequate sunlight, and pruning will be achievable have them well spaced.

## Weeding:

I know, I know... no one likes weeding. But no one likes weeds, so it must be done.

It is easier to pull up weeds in winter because the ground is soft and the weeds are strong. But it is not as easy to spray during the wet weather because you must time it around the rain. If you can be sure there will be a couple of dry days in a row, then spray away! At DSM Landscape & Building Supplies we stock a range of Brunnings weed killers.

*Happy gardening!*  
Emily



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### **Jurassic World: Fallen Kingdom**

(M) Action, adventure, sci-fi movie starring Bryce Dallas Howard, Chris Pratt and Jeff Goldblum. Four years after the destruction of the Jurassic World theme park, Owen Grady and Claire Dearing return to the island of Isla Nublar to save the remaining dinosaurs from a volcano that's about to erupt. They soon encounter terrifying new breeds of gigantic dinos while uncovering a conspiracy that threatens the entire planet.

### **Chappaquiddick**

(M) Drama, history, thriller starring Jason Clarke, Ed Helms and Jim Gaffigan. On July 18, 1969, Sen. Ted Kennedy drives his car off of a bridge on Massachusetts' Chappaquiddick Island. The accident results in the death of passenger Mary Jo Kopechne, a 28-year-old campaign strategist who worked for Kennedy. The ongoing investigation into the mysterious and scandalous events forever alters his political legacy and ultimately changes the course of presidential history.

### **Tea With The Dames**

(M) Documentary starring Maggie Smith, Judi Dench, Joan Plowright and Eileen Atkins. Four old friends will reflect on their lives and careers in Tea With The Dames, directed by Roger Michell, as they spend a weekend together at the retreat once shared by Plowright and Laurence Olivier.

### **Kodachrome**

(M) Drama starring Ed Harris, Jason Sudeikis and Elizabeth Olsen. Matt Ryder is convinced to drive his estranged and dying father Benjamin Ryder cross country to deliver four old rolls of Kodachrome film to the last lab in the world that can develop them before it shuts down for good. Along with Ben's nurse Zooey (Olsen), the three navigate a world changing from analog to digital while trying to put the past behind them.

### **Incredibles 2**

(PG) Animation, action, adventure movie starring Samuel L. Jackson, Sophia Bush and Holly Hunter. Bob Parr (Mr. Incredible) is left

to care for Jack-Jack while Helen (Elastigirl) is out saving the world. Commences July 6.

### **Hotel Transylvania 3: A Monster Vacation**

(CTC) Animation, comedy, family movie starring Adam Sandler, Kathryn Hahn and Andy Samberg. Mavis surprises Dracula with a family voyage on a luxury Monster Cruise Ship so he can take a vacation from providing everyone else's vacation at the hotel. Commences July 6.

### **Ant-Man and the Wasp**

(CTC) Action, adventure, sci-fi movie starring Paul Rudd, Evangeline Lilly and Michelle Pfeiffer. Scott Lang is grappling with the consequences of his choices as both a superhero and a father. Approached by Hope van Dyne and Dr. Hank Pym, Lang must once again don the Ant-Man suit and fight alongside the Wasp. The mission soon leads to revelations from the past as the dynamic duo finds itself in an epic battle against a powerful new enemy. Commences July 6.

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### **Skyscraper**

(CTC) Action, crime, drama starring Dwayne Johnson, Pablo Schreiber and Neve Campbell. FBI Hostage Rescue Team leader and U.S. war veteran Will Sawyer, who now assesses security for skyscrapers. On assignment in Hong Kong he finds the tallest, safest building in the world suddenly ablaze, and he's been framed for it. A wanted man on the run, Will must find those responsible, clear his name and somehow rescue his family who is trapped inside the building above the fire line. Commences July 13.

### **Mamma Mia! Here We Go Again**

(CTC) Musical starring Lily James, Meryl Streep and Amanda Seyfried. In this sequel to Mamma Mia! Sophie learns about her mother's past while pregnant herself. Commences July 19.

### **Leisure Seeker**

(M) Action, adventure, sci-fi movie starring Helen Mirren and Donald Sutherland. Travelling in their family Leisure Seeker vintage recreational vehicle, John and Ella Spencer take one last road trip from Boston to the Hemingway House in the Florida Keys before his Alzheimer's and her cancer can catch up with them. Commences July 27



### **Adrift**

(M) Action, adventure, drama movie starring Shailene Woodley, Sam Claflin and Grace Palmer. Based on the true story of survival, a young couple's chance encounter leads them first to love, and then on the adventure of a lifetime as they face one of the most catastrophic hurricanes in recorded history. Commences July 27.

### **Ideal Home**

(M) Comedy, drama starring Kate Walsh, Paul Rudd, Alison Pill and Steve Coogan. Celebrity chef Erasmus and his partner Paul have a happy and rather self-indulgent life together. Their perfect existence is turned upside down when, at a dinner party, Erasmus is confronted by the grandson he never knew he had. Commences July 27.

### **Edie**

(M) Drama starring Sheila Hancock, Kevin Guthrie, Paul Brannigan. Edie is 83 years old and believes that it is never too late - packing an old camping bag, leaving her life behind and embarking on an adventure she never got to have - climbing the imposing Mount Suihven in Scotland. Commences August 3.



### **Mission: Impossible - Fallout**

(CTC) Action, adventure, thriller starring Tom Cruise, Rebecca Ferguson, Vanessa Kirby and Henry Cavill. Ethan Hunt and his IMF team, along with some familiar allies, race against time after a mission gone wrong. Commences August 3.

### **The Breaker Upperers**

(CTC) Comedy starring Madeleine Sami, Jackie van Beek. Two women cynical in love, set up an agency to break couples up as a way to avoid letting go and moving on with their lives. Commences August 10.

### **The Spy Who Dumped Me**

(CTC) Action, comedy starring Mila Kunis, Sam Heughan. Best friends unwittingly become entangled in an international conspiracy when one of the women discovers the boyfriend who dumped her was actually a spy. Commences August 10.

### **On Chesil Beach**

(CTC) Drama, romance starring Saoirse Ronan, Emily Watson. Based on Ian McEwan's novel. In 1962 England, a young couple find their idyllic romance colliding with issues of sexual freedom and societal pressure, leading to an awkward and fateful wedding night. Commences August 10.

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## Eggs au gratin with smoked salmon

*Let's have brunch?  
Try this classy (but simple) delight...*

### Ingredients

100g smoked salmon  
4 hard-boiled eggs  
2 tablespoons freshly chopped parsley  
1 tablespoon (20g) unsalted butter  
1 tablespoon plain flour  
1 cup milk  
1 tablespoons grated cheese  
½ teaspoon dry mustard  
pinch of nutmeg  
salt & black pepper  
1 tablespoon freshly chopped parsley  
1 tablespoon grated cheese (extra)

### Method

Peel the hard-boiled eggs and slice each in half. Shred the smoked salmon into smaller strips. Place the eggs (yellow side up) in a small baking dish, and layer the salmon over the top. Sprinkle with 2 tablespoons of freshly chopped parsley and a pinch of pepper and salt. Melt butter in a medium saucepan, on medium heat. When butter has melted, stir through flour until mixture is smooth. Continue heating for 1 minute. Reduce heat slightly and gradually pour in the milk.

stirring until smooth. Add one tablespoon of grated cheese, the dry mustard, nutmeg and pinch of salt and pepper, and stir until sauce has thickened slightly. Remove from heat, stir through 1 tablespoon of fresh parsley the spoon the sauce over the top of the eggs and smoked salmon. Sprinkle with extra grated cheese. Place under grill (medium heat) and grill for about 6-8 minutes, or until top is golden. Remove from heat. Transfer to serving plates and enjoy. Delicious served with crusty toasted bread. Serves 2.





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### Ingredients

2½ cups plain flour  
⅓ cup sugar  
1 tablespoon baking powder  
¼ teaspoon salt  
120g cold butter, cut into small pieces  
2 large eggs  
¾ cup coconut cream plus extra for brushing the scones  
½ cup shredded coconut  
1½ cup frozen raspberries  
2 teaspoons sugar  
½ teaspoon ground cinnamon

### Method

Pre-heat oven to 200°C. Line a baking tray with baking paper. Place flour, sugar, baking powder and salt in a large bowl and whisk together until combined. Using clean hands, rub the butter into the flour mixture until texture resembles course crumbs. Gently stir through shredded coconut and frozen raspberries.



# Raspberry Coconut Scones

In a small bowl lightly whisk together the eggs and coconut cream. Pour into the flour mixture and gently blend together to form a soft dough. More coconut cream or a little milk can be added, to reach soft consistency if needed. Turn dough onto a floured surface, and press the dough into a round about 2cm high. Cut scones using a floured scone

cutter. Place on prepared baking tray and lightly brush with coconut cream. Combine extra sugar and cinnamon and sprinkle over the scones. Bake at 200°C for 20 minutes, or until scones are golden on top. Delicious served warm with cream. Makes about 12 scones.

## Pasta Puttanesca

### Ingredients

3 tablespoons olive oil  
4 garlic cloves, finely chopped  
¼ teaspoon dried chilli flakes  
400g can chopped tomatoes  
2 cups water  
¼ teaspoon salt  
250g spaghetti  
½ cup coarsely chopped fresh parsley  
2 teaspoons chopped anchovy fillets  
½ cup chopped pitted olives  
¼ cup capers, rinsed, drained and coarsely chopped  
Parmesan cheese

### Method

In a large frypan heat oil over low-medium heat. Add garlic and pepper flakes, and stir until fragrant - about one minute (make sure garlic does not burn). Add chopped tomatoes and juice, water and salt. Increase heat and bring to the boil. Reduce heat to medium, add the spaghetti ensuring it is covered by liquid, and simmer (with lid off) for about 10-12 minutes. As the spaghetti cooks, stir occasionally to separate, making sure it is covered by liquid. When pasta is al dente (firm and slightly chewy) and sauce has thickened, add parsley, olives and capers, and toss to combine and heat through. Remove from heat immediately so that spaghetti does not overcook, and transfer to serving plates. Sprinkle with Parmesan cheese if desired. Serves 4.



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