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Vol. 8 #104 October 2018

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THURSDAY 4 OCTOBER

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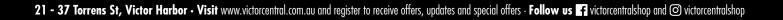
11am - 12noon Peppa and George will be wandering around the centre so come and say hello and take a photo.

FREE Face Painting and Twisted Balloons

10.30am - 1.30pm

FRIDAY 5 OCTOBER Rev It Up

10am - 2pm Kids come in and try the FREE Racing Simulators and the Pitstop Challenge.



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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www.coastlines.com.au



October



This month

The birth month flower is the Marigold (pictured). Marigolds are often given as a sign of warm or fierce undying love, or as a way of saying that you're content to be with the recipient.

October birthstones are tourmaline (colour in heading) and opal. Tourmaline is a crystalline boron silicate mineral; Egyptian legend speaks of how it made its journey from the center of the Earth and passed over a rainbow, taking with it all of the colors as its own.

Zodiac signs associated with October are Libra (October 1-22) and Scorpio.

Special dates Month

Shoctober – National Defibrillator Awareness Month *www.shoctober.org.au* National Polio Awareness Month *www. polioaustralia.org.au* National Dyslexia Awareness Month *www. codereadnetwork.org* National Safe Work Month *www.*

safeworkaustralia.gov.au

Lupus Awareness Month *www.lupus-sle.org* Ocsober – national fundraising initiative that encourages people to give up alcohol for the month of October. *www.ocsober.com.au* **Weeks**

1-7: National Sleep Awareness Week www. sleephealthfoundation.org.au

4-11: National Amputee Awareness Week www.limbs4life.org.au

Days

15-21: National Foot Health Week www. podiatry.org.au

29 Oct-4 Nov: National Blue Knot Day www. blueknot.org.au

10: World Mental Health Day www.who.int/ mental_health/

12: World Sight Day - Worldwide www. vision2020australia.org.au

20: World Osteoporosis Day www. osteoporosis.org.au



Trick or treat?

It was that wonderful person Charles Monroe Schulz, an American cartoonist best known for the comic strip *Peanuts*, who gave us that gem: *"All you need is love. But a little chocolate now and then doesn't hurt."*

He also said: "Don't worry about the world coming to an end today. It is already

Just a thought... So what if you don't know the meaning of the word 'apocalypse'? It's not the end of the world.

tomorrow in Australia."

Through his *Peanuts* comic strip from October, 1950 til February, 13, 2000, the day after he died, aged 77, Charles also created 'trick or treat' which has become synonymous with Halloween, celebrated on October 31 – this year a Wednesday.

However, Halloween as we know it originated from the ancient, pre-Christian Celtic festival of Samhain. The Celts, who lived 2000 years ago in the area that is now Ireland, the United Kingdom and northern France, believed that the dead returned to earth at this festival.

It was not until mass Irish and Scottish immigration in the 19th century that Halloween became a major holiday in North America. Halloween is now the second-most popular holiday after Christmas in the United States.

According to the National Confectioners Association an estimated 80 percent of American adults plan to give out candy to trick-or-treaters. The most popular Halloween costume theme for adults is a witch, followed by a pirate, vampire, cat, and a clown.

And the overall total spending on confectionery last year? An estimated \$9.7 billion, the equivalent of five Royal Adelaide hospitals in North Tce. But as they say in the States, 'that's peanuts'.

Cover

Goolwa Community Centre manager Jane French, who talks about exciting plans for a special group to operate their own business to help meet their challenges ahead. FULL STORY P16



Welcome to a bright, new magazine by Oscar Publications in November...



Wine Coast Lines

Introducing *Wine Coast Lines* – a new, free monthly publication presented by Oscar Publications.

After launching *Coast Lines* in September, 2011, our additional version *Wine Coast Lines* will be distributed by the first Monday of the month starting in November.

It means we will be distributing a combined 8000-plus copies across the Fleurieu Peninsula to more than 150 outlets each month!

The new magazine will embrace communities across the City of Onkaparinga council ward known as Wine Coast – hence the name – which includes Aldinga and Aldinga Beach, Seaford, Noarlunga, and across to McLaren Vale and Willunga. We see this as far greater value. If our advertisers go in one of the monthly publications they may also advertise in the other at a 25% discount rate.

Coast Lines and *Wine Coast Lines* combined will clearly be the most distributed magazine across the Fleurieu Peninsula – and it will still be free.

Our principles remain – nothing controversial. We are about doing our best to promote local businesses and the region as a tourist destination. And we print locally, supporting local business.

The circles in our new logo above represent 'infinite' – to stand the test of time. The line work represents the sun, land and water.

We sincerely thank our advertisers,

businesses and organisations that make our magazines available to the public, and especially our readers. By having different editions hopefully we can focus even more on that intimate feel or a sense of personal ownership.

Coast Lines & *Wine Coast Lines* will come under the existing contact details – with separate websites that will be linked.

Thank you for being part of the journey of *Coast Lines.* Now we also welcome you to *Wine Coast Lines* from November.

Ashley & Jenny Porter Publishers



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The lady who saved us from **24 BILLION** plastic bottles and cans

There was a touch of irony when Anne Newland-Tugwell saw the message *thank you* on the empty plastic container, a marketing ploy with profit from these bottles of water going towards ending global poverty.

It was Anne who was responsible for saving the world from billions of these empty plastic horrors being dumped on our roadsides, and that was just across South Australia. An amazing statistic, frightening actually, and she had no idea what her simple idea in 1974 would achieve.

Anne (nee Gregory) wrote to Harold Allison, who represented the South Australian House of Assembly seat of Mount Gambier suggesting there be a refund for plastic drink bottles and cans to encourage people not to throw them along our roads.

Continued P6







From P5

After much debate, then Premier Don Dunstan put the *Beverage Container Act 1975* into effect in 1977. Since then, based on 2016-17 figures 24.6 billion drink containers have been returned. At 5 cents then 10 cents per container, that's a lot of money. Each one is incredibly light, yet the combined returns have weighed 1.81 million tonnes. That's a heck of a lot of returns, and it took just one caring lady to get the can rolling.

Anne, who lives in Victor Harbor and Brighton, is not your typical utopian type; there are no 'save the planet' signs on her front lawn. Mind you, she uses a disposable bamboo toothbrush (pictured) bought form the health shop in Victor Central, is a member of the Wilderness Society, sponsors an Ethiopian child and bought an electric motor car before they made them powered by a battery.

There is humbleness too; she isn't one to sprout across the planet of her idea in 1974,

and she said for all she knew someone else may have thought of it earlier. But no one else followed it up, and it was only 18 months ago that she told someone that she was the person behind this move.

It has been a remarkable success, yet Victoria still cannot get its head around the value of tidy highways and putting use to this horrible plastic and cans – Anne's idea led others to recycling to plastic to make weird and wonderful things like fleece jackets.

This environmental triumph started when Anne, now a retired schoolteacher, was driving to her Mount Gambier home from the city and noted the incredible amount of rubbish – mainly plastic bottles – on the side of the roads.

Anne said she remembered as a young child her parents telling her how this man from Browns – the late Alf Brown of W. Brown & Sons Scrap Metal – made a fortune from glass bottle returns and scrap metal. He was a western suburbs legend, a time

when glass bottle returns were optional by the manufacturers. Bottle-os would drive their carts around the suburban streets and collect the returns in big hessian bags and you would get a penny for each bottle.

"I always thought, if they were getting a refund in those days on a voluntary capacity by the manuafacturers, why aren't we doing this for these plastic things?" Anne said. "I wrote to Harold Allison and he took it further. "Yes, there is a sense of pride in all this.

I believe that most of us care for the environment and don't want to see rubbish along our roads. I would have liked to have done more, and I am not finished yet.

"I guess this is an example how one letter can make a difference. I remember my first husband picked up a hitch-hiker in Mount Gambier one night named Kurt, and we brought him home because he had nowhere to stay. Kurt had devoted his life to the Greens. A few weeks later we saw him on TV protesting in Tasmania, and soon after there





he was again alongside the Rainbow Warrior in New Zealand protesting for a cause there. It seemed so dangerous to me, and while it is something that I never thought doing I admired Kurt for being so passionate about an environmental issue.

"We don't have to take things to the extreme, but I think we can all do something for the environment in our own small way."

South Australia was the only state or territory with such a scheme for 35 years until the Northern Territory introduced one in 2012.

New South Wales and Western Australia followed, as did Queensland this year. As the debate continues to rage in Victoria we really notice the difference when driving across the border.

In 2006, South Australia's scheme was declared a heritage icon by the National Trust of South Australia. And for years little kids and those in need have picked up the few bottles and cans left on our streets and made a few dollars. Thank you Anne.

rossCare

Southern

Steve rules 8-ball table

New Lakeside Goolwa resident Steve Davies (pictured) was literally on cue to help take eight ball out of the halls into the Olympic arena in Sydney, 2000 and chalk up an amazing triumph.

It's one of those 'what could have been' stories. In 1992 when Steve, a most capable eight-ball player, was working for a bank in Port Pirie he met Australian snooker and billiards great Eddie Charleton AM (1929-2004) during his national exhibition tour.

"There was talk of bringing a \$1 million 8-ball competition to Australia like there is regularly in the pool halls of America where they have more than 100 tables with people from all over the country playing their 9-ball game," Steve said in a village publication at Lakeside Goolwa. "It is amazing that there are more people in the US playing their 9-ball game than the population of Australia.

"A company called Olympic 9-ball was formed with the idea over a few years of getting the game into the Sydney 2000 Olympics, but the biggest problem was there was not a consistent set of rules around the world. Australia and New Zealand had one set, the US and Japan another, as did the British Isles and across Europe.

"Through Eddie, I was invited to be part of establishing this one set of rules in 1999. Unfortunately, we were told that our bid for the Sydney Olympics was too



late. The company folded, and in 2004 Eddie died. The momentum for one set of rules internationally and the bid to play 8-ball at the Olympics was lost."

Great Southern 8-ball Association president Nigel Mack proudly said the local competition involving three divisions and 21 teams overall from Goolwa, Middleton, Mount Compass, Port Elliot and Victor Harbor was the strongest in many years – almost twice as many teams as a decade ago.

The winter competition has just ended, and the summer, more social competition will be in February-March.

The association held the state carnival over the June long weekend with 32 teams representing each local competition playing at Victor Harbor.

Among the local 'pool hustlers' is Cassie Starick, who plays for Nigel's Middleton Blue team. She has represented Northern Territory three times, and from October 17-24 will represent South Australia at the national titles in Albury-Wadonga. Best of luck, Cassie – 'Fast Eddie' would have been impressed.

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Our south coast at heart

Brian and Chris Inglis have always had our magnificent South Australian country life at heart, and after success in business they now share a wonderful new real estate venture as principals of Ray White Goolwa/Victor Harbor.

It is an exciting move to Cadell Street, Goolwa, but not entirely a change as they recently sold their Ray White Kingston South East franchise. Introduced to the sales team is Bruce Deans and together their passion for helping and working with the community is as strong as ever.

Brian, who began his impressive real estate career 18 years ago, a journey that has earned him enormous respect and fostered numerous friendships, is originally from Bordertown, but the heritage has always been right here. His father, Bob, grew up in Back Valley and Brian's grandfather and great grandparents, the Inglis and Haywood families, settled in the region in our pioneering days.

To return to the Fleurieu Peninsula, and in a business venture that Brian and Chris view as another wonderful chapter in their lives, is indeed special – "welcome home".

Brian said they looked forward to reconnecting with family members, and the many people who have settled here from Bordertown and the greater Tatiara District. "The growth of the south coast region has been sustained over many years and looks certain to continue," he said.



Bruce Deans (left) and Brian Inglis at the front of their Ray White office in Goolwa.

"We are proud to be associated with Ray White, a clearly recognised real estate brand across Australia. It is about trust, reliability and caring for our clients.

"We pride ourselves on achieving the best possible price in the market. Our experience will provide our customers with the most informative updates on marketing opportunities."

Bruce and his wife, Dianne, operated their own highly successful menswear business in Alice Springs and Darwin, whilst also being local landholders on the south coast for many years.

Most of all, Brian and Bruce, who share a great love for community sport, and their families are thrilled to be part of the south coast and the sensational lifestyle that it offers. Now they are telling the world 'how good life is' in this part of the world to their new clients. "There is great community spirit and plenty of recreational attractions to enjoy," Brian said.

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The memory of one of Australia's finest motorcycling champions Kenny Blake will live on with a festival and an amazing sculpture by brilliant artist James Stewart in Kenny's home-town Strathalbyn. The festival has already captured the hearts from around Australia, and it shows

They still love Kenny to bits

www.ith thousands of motorcycling enthusiasts from around Australia converging on Strathalbyn on October 27 to celebrate Kenny Blake's 73rd birthday – 37 years after being killed racing his 500cc motorbike – it is obvious he was special.

Indeed, he was, an 11-time Australian champion, a record breaker, and they say an all-round great bloke brought up in Strathalbyn. So good that for 37 years motorcycling devotees have met for lunch at the New Boundary Hotel in Hoddle St, East Melbourne to celebrate his life on the day he died, June 9, 1981.

The festival in his honour from October 26-

28, starti9ng with a must-attend \$75 perhead dinner, tells us a lot of people 'loved him to bits' as the saying goes, and that is exactly what a memorial in his honour is being made from, thousands of bits of metal intricately placed together by renowned Goolwa artist James Stewart.

There are bits of chain, spanners, cogs, nuts 'n bolts, and nails – even an aircraft engine part – among the scraps James used to recreate Blake's Suzuki RG 500 two-stroke motorbike, and when completed there will be a sculpture of Blake on it – helmet included – all tilted to capture a classic racing pose.

Stewart began the project in July, and his

typical attention to detail to capture the finer details, especially then bike, are obvious. Remarkably, he has so far achieved this excellence without full use of his left arm because of an injury.

The bi-annual festival and memorial is about 'bringing Kenny home', the marvellous ambition of Marylou Nees, who since first planning this event was forced to close her classic motorcycling shop in an old garage at Strathalbyn due to family reasons.

Fulfilling this dream has taken an incredible amount of work and support of many including Alexandrina Council and generous sponsors led by Strathalbyn's SA Plasterboard, plus Phoenix Motorcycle Club, Kenny Blake



Marylou Nees pictured from a feature in *Coast Lines* in November last year.

Foundation, Garage Motorcycles, Shannons Insurance, Littlehampton Bricks and the Strathalbyn & Lakes Tourist Association.

Celebratory occasions like these also present the emotion surrounding the sadness and perhaps anger from the accident. Kenny was killed during the 500cc TT, regarded by many as the world's most famous motorcycling race. Some say it's for 'mad men' as they tear through normal country roads of the Isle of Man up to a record Iap speed of 217.989 km/h. Incredibly, 258 riders have been killed here since 1911 including another five Australians.

Kenny was delayed on the start line with a fuelling problem that had forced him into last position on the grid. In the fifth lap of a six

lap race, he was holding in eighth position after passing 103 riders, and when his bike aquaplaned he slid, hitting a concrete post killing him instantly.

The festival, put together by amazing volunteers, is a celebration of his life and is long overdue.

It will feature custom motorcycles and selected new bikes from retailers and exhibitors. Every element of this unique event has been hand-picked by the organisers with the exhibited bikes 'invitational' and selected from the era that Kenny Blake raced.

On the Saturday from 10.30am, 12.30pm and 2.30pm there will be special rides with only 40 riders a time (\$20 per bike) following the roads where Kenny honed his skills, from Strathalbyn to Paris Creek, then Meadows onto Macclesfield and back to Strathalbyn.

Classic memorabilia from Kenny's era will be on display at the Strathalbyn Showgrounds Hall both days from 10am-4pm.

Come the Sunday, there will be a special breakfast around 10.30am put on by the Robin Hood Hotel in front of the historic Strathfield Motors in High Street. It will be followed by the unveiling of James' sculpture by a great South Australian, Governor Hieu Van Le, who may give the 'starting orders' at 11am for another special ride open to the public.

As per normal, the Strathalbyn community



and local businesses have embraced this festival. Most probably did not have the chance to meet Kenny, but his legend lives on. In more ways than one, that's the 'nuts 'n bolts' of a wonderful occasion and James Stewart's amazing work.

For more information on the festival, including details on the special rides and memorabilia, visit the festival site: www.kennyblakestrathalbyn.com.au





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Big plans for complex beyond footy

t has been nine years and \$3 million in the making, but the magnificent new facility at Victor Harbor Oval is already kicking goals before completion later this month.

The joint venture between RSL Victor Harbor Sub-Branch and Victor Harbor Football Club has received a huge 'tick' in terms of surpassing the requirements to host an AFL pre-season game or an AFL Women league match.

And Adelaide Oval's legendary curator Les Burdett will assist the club to upgrade the oval to such a level that the South Australian Cricket Association may consider holding a Sheffield Shield match here. A pipe-dream perhaps, but ne can hope.

The project is a fine example of community groups working together with tremendous support from Victor Harbor Council. It will be completed ahead of time and on budget. A granite boulder bearing a plaque commemorating the 100 years since World War I Armistice Day alongside three flag poles will be ready for the first official ceremony on November 11. The official opening of the complex will be on Australia Day.

The clubrooms will cater for almost 200 seated guests, the changeroom facilities for men and women's sport will be unsurpassed in regional sport, it caters well for people



with a disability, and offers excellent viewing. With enormous support and encouragement from the Department of Education, the warm-up area and indoor cricket facility will be also used by Victor Harbor High School.

Obviously, such a huge project has only been possible by a long list of volunteers and a management board currently represented by Dave Miller, Rod McLaren, Martin Fisher, Peter Francis (RSL), Peter Hooper, Grant Levy, Richard Livingston, Peter Stock (VHFC), and Jeffrey Lucy as chairman alongside other independent members Mike McRae and Rob Gun.

The 82 local service men and women who sacrificed their lives in WWI or WWII will be honoured with their names on specially made pavers to be laid near the entrance to the clubrooms.

The path will continue by a lawn and garden area with pavers available for purchase, including honouring family members who



served in other Australian conflicts of war or peacekeeping operations, and for the general public – business or family – at a cost of \$100 each. Enquiries: Mike McRae 0404 111 551 or e: mcraemc@adam.com.au

Management committee chairman Jeffrey Lucy is pictured inside the huge almost completed dining room area of the new sporting and RSL fascility.



Mail-out of voting material: Monday, October 22-Friday, October 26 Close of voting: Friday, November 9, 5pm

Help make Victor Harbor even better

Mike Smoker is a caring, family man who grew up in Victor Harbor and had the courage and drive to establish a highly successful international business.

He recently stepped down from that role, and with his wife, Annette, has a small business in the heart of Victor Harbor.

Mike now wants to utilise all of his business acumen and an ability to engage with the community to be Mayor of the City of Victor Harbor.

Mike Smoker has proven professionalism, experience, a history of governance, and a sound financial understanding of management control to facilitate necessary change.

This is part of the platform of Mike Smoker who is seeking your support to help make Victor Harbor an even better place to live:

"

Those who are interested or have a passion about one or more issues need to feel they are embraced and empowered... included in the debate and not disenfranchised.

"

I want to see the establishment of a Service SA office here in Victor Harbor.

"

Local government is governing by the community for the community... it is a community forum, and if you do not embrace the opinion of the people then you are not doing your job.

"

I want rates to reflect value for money - and increases not above CPI.

"

I would like to see a special division of council to support mature age and retiree issues.



"

We need inward gazing to eliminate financial and productivity waste, and use the savings for the benefit of the community.

"

I want to see a full review of Council's economic performance against budget position with a possible introduction of austerity measures if required.

"

In everyone's budget there is core spending that is essential to operate, but if your budget is tight then you need to spend significant time on whether discretionary spending is appropriate. We must do this.

"

I would love Victor Harbor to become a centre of excellence for education and training in the aged care sector."

Let's make Victor Harbor an even better place to live... Vote for Mike Smoker as Mayor - we need his business sense and drive!

Say it with flowers from the cooler

or the past 35 years Geoff Sinclair has given his lovely wife Dianne the most beautiful of bunches of flowers for Valentine's Day. What a romantic, we say, but...

The flowers were from her own shop, Sinclair Florists, in Ocean Street, Victor Harbor. Every year he would organise one of the assistants to hide the bunch in the cool room with a nice card pinned, and come the end of the day Dianne would find them. If they needed to help some desperate bloke who had forgotten to order flowers they would be sold, but such is the fickleness of romance.

Now the real test comes. Dianne (Sinclair-Walker) has sold the business to Mike Smoker and his wife, Annette, and with a broad smile Dianne said Geoff is really going to some effort and expense to send her roses come next February 14.

The changeover represents a wonderful chapter in local shopping since Dianne's parents, Hugh and Sylvia, started the business selling flowers from the front verandah of their Riverview Road home in Victor Harbor



in 1955.

"It's been a great pleasure working with such beautiful things as flowers, and watching the huge smiles on the faces of those who have received them," Dianne said. "It's been a family business and we have made people feel happy. We've also made so many friends."

Sinclair Florists will now be ran by Annette and her daughter, Jessica Fairlie, and Annette is no novice with flowers and Annette and her brother, Andrew, have operated Protea Park opposite the old Greenhills Adventure Park for some years.

The florist shop will be a member of Interflora 50 years next year. Annette said she and Jessica were excited by the new venture and looked forward to providing the same high level of excellence. Can Annette also look forward to her own roses on St Valentine's Day? Probably; they say Mike's always been soft at heart.

Pictured (from left) are Annette, the new owner of Sinclair Florists, with Dianne and her mother, Sylvia.



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Our bank has long bucked a trend of banks pulling out of Australian suburbs and towns. While the big four have closed more than 100 branches across Australia over the past financial year, we've opened new ones and continue to back local sporting, infrastructure, education, arts and cultural initiatives. In our 12 years of supporting the Fleurieu, we have returned more than \$450,000 back to the local community.

The Community Bank® model launched 20 years ago sparked a community-led movement across the country, which has delivered \$200 million in profits back to local communities, generating jobs and local economic growth.

It's the many important community initiatives including the Alexandrina Connect "Give a Stitch" and Fleurieu Future Leaders programs, sporting clubs like the tennis, football, netball and surf lifesaving clubs in Aldinga, Willunga and Goolwa, the Goolwa Aquatic Club, events such as the Fleurieu Folk Festival, Flicks at the Flat and community centres such as Willunga Recreation Park - all of which we proudly support - that make all of the staff and board of directors personally proud to live and contribute back into the Fleurieu.

Success comes from feeding into community prosperity, not off it. Putting the interests of our customers first and enabling the success of everyone engaged with our business is at the heart of what we do as we strive to be Australia's bank of choice.

Successful customers and successful communities create a successful bank. We can't run a successful company in a poor community, so it makes sense to invest in creating a wealthier, more cohesive and inclusive community, at every level.

If you are interested in helping to give back by banking with your local Bendigo Bank Community branch, please don't hesitate to call Samantha or David directly to arrange and appointment. Samantha Bitter – 0448 788 650 or David Radley – 0402 119 272

Samantha Bitter: 0448 788 650

David Radley: 0402 119 272

Supporting the Fleurieu Community



Where you may find us supporting the Fleurieu Peninsula this month:

Lower Lakes Stockman's Challenge

Fleurieu Future Leaders Program

Aldinga Airfield Open Day

Fleurieu Folk Festival

Faces and Food of the Fleurieu Book Launch

McLaren Vale Business & Tourism Awards night

Tip of the Month:

Are you thinking about a change or what's next? Do you own your happy place?

Now is a great time to review your investment and residential property loans to make sure they still meet your needs and are at a competitive interest rate. For an impartial chat please contact our experienced lender David Radley: 0402 119 272

The Goolwa **Community Centre** facilitates programs to develop and encourge its valued participants from all walks of life with their unique challenges to be the best they can. They would go a long way to achieving this if they were able to create their own business as a means of tapping into their array of skills and putting them to good use. But to help themselves they first need the help of the community.

Working to create an opportunity we all deserve

During precious quiet moments Jane French engulfs herself in an intriguing book *Addicted*? by Matt Noffs, a relative of the late Theodore Delwin "Ted" Noffs (1926-95), a Methodist minister who founded the remarkable Wayside Chapel in Kings Cross, Sydney.

As co-founder of the Street Universities and CEO of Noffs Foundation, Australia's largest drug and alcohol treatment service provider for young, Matt poses an interesting question: If those who have come from trauma, heartache, crime – you name it – and don't know what is good, what care and continuous care is, or anything about nurturing and kindness, then how do they reform or progress in their life if they are not given the opportunity to be shown how? Jane breaks down the philosophy to our own every-day life, and as manager of Alexandrina Connect in Gardiner Street, Goolwa she looks at the participants there with generally a challenge with socially interacting and asks herself the same question; how can we help them be the best they can without them being given the opportunity to be shown how?

The residents have their own variety of skills, but according to Jane, like the biggest of pictures that life draws they each need to be shown how to find their ability.

According to Jane, before Alexandrina





Connect can find itself it also needs to better connect with the community by clearly defining what it is all about. It started three years ago from a brilliant art program that had its funding taken away. Now it is ready to promote its identity and purpose better having adopted the trading name Goolwa Community Centre.

The Centre is not just one program, but 10 as a means of meeting the participants various

needs. Not all of them have a disability, as many may believe. Here, one hat doesn't fit all, and most of all Jane would like us to see the participants as much valued members of the community, who given a chance can exceed beyond their own expectations.

This aim of fostering a community of inclusiveness is close to being partly realised with options to prove themselves by delivering outcomes within their own

business enterprise. The significance of this is profound; it will deliver the centre sustainability.

"We are a not-for-profit community organisation that survives off funding, donations and some philanthropic money, all of which is so greatly appreciated," Jane said. "But we do the hard yards.

Continued P18



Visit our factory showroom at 8 Shearer Drive, Seaford Mon-Fri 9am-5pm, Sat 9am-1pm

From P17

"Social enterprise would give us the opportunity to give us a sustainable income that will offer the whole community centre some traction and longevity. It will act as an employment project for our individual participants who want to then go on to further employment. Our own business would give them a sense of work placement, which would be wonderful.

"We want to get them up-skilled in foundation skills and adult community education, placing them in a business that virtually acts as a work experience situation. With the opportunity to gain qualifications, knowledge and skills it makes them very attractive to employers.

"From a community perspective it is going to serve as more than just an income stream for us. It is about creating an environment where our participants are encouraged to develop a greater sense of achievement. All the money from a business would go straight back into the community centre so it increases our capacity as a service provider."

Jane concedes there are challenges in front of the Goolwa Community Centre creating its own business, but refuses to accept it cannot be achieved. Her journey from being a florist in her business Blooms on The Parade, Norwood, to centre manager at the Goolwa Community Centre, has been predominantly about self-appraisal of one's values and belief. She inspires those around her.

According to Jane, a turning point in her life was meeting her husband Barnaby – they have two children, Evie, 10, and Hamish, seven – and later moving to Melbourne in 2003 where Barnaby, an accomplished ruckman, played 71 AFL games for Carlton until 2006, after 62 games for Port Adelaide from 1999.

During this professional sporting period Jane said she was able to observe young men coming and going out of that top level, but unfortunately not always having support in making their transition out of that environment.

"They were coming into the bright lights of the AFL and being bamboozled, and if it didn't



work falling off the edge by not knowing how to work in the real world," Jane said.

"It really worried me so I went back to study (she already had a communications degree) and did some life coaching. I thought, it's not just those men who needed transitioning, but everyone in regard to challenges professionally and personally."

With this experience, and the family moving to Goolwa to live, Jane started volunteering at the local kindy, starting a small study group to help young mothers wanting to get back into work, helping them to up-skill themselves.

"I was there to facilitate them in all of their study needs, which meant interpreting what they had to do and challenging them," Jane said. "It was voluntary, and I still do it every fortnight. From there I got some work as a lecturer at Tafe in foundation skills, and ended here which led to the opportunity to be centre manager (three months ago).

"I think all the time that if we didn't have a community centre like this what would happen to those involved here. I guess they would be home alone. We like to think we provide a second home for them, and what we know very clear is that when our participants come here they feel absolutely nurtured, loved and valued.

"Their needs, and what they want to achieve, is absolutely known by us and we do everything in our power to facilitate what they want. "We have an all-inclusive model here. We want to have inside these walls people who come from challenging backgrounds and from privileged backgrounds. To me that is a real community.

"We are growing the greatness within our participants. We create an impact. It grows and so the community gets bigger and more successful. It then becomes important for them to flourish outside of these walls, and that can come by creating a business for them to use as a platform in their life."

If the Goolwa Community Centre can create and work at its own business, developing skills and enormous pride among its participants, Jane and her team will undeniably thrive at the opportunity to show them how they can be the best they can. Eventually, you too will become addicted to this wonderful life philosophy. Matt Noffs will be proud.

There is a way to help. Alexandrina Connect, under its operational name of Goolwa Community Centre, will go a long way to achieving its business strategy with the support of the community. There is a gala dinner/auction night on Saturday, October 27 at 6pm for 7 including three-course meal and live music. Tickets are \$80 each from: reception@alexandrinaconnect.org.au or 8555 3941.

Busy that night? Donations to help them mind their owe business will still be gratefully received.





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Alan & Bev Kluske 23 Ocean St Victor Harbor Phone: 8552 2356

Go. See.



Call for Fleurieu Film Festival entries

An amazing passion for short film and a desire to support film makers underpins the 2019 Fleurieu Film Festival on Saturday, February 9.

Organisers recently launched their program, announcing submissions for short films up to eight mins in duration will close 5pm, Friday, November 23.

Our Fleurieu Film Festival started in 2016, and has grown with the community, film makers and sponsors embracing and supporting this outstanding event. Entries earlier this year included those across Australia and overseas,.

The 2019 festival has been given a huge boost with a marvelous new partnership with S.C. Pannell, which will showcase their exquisite food and award-winning wines on the big opening night.

The 2019 theme for the Festival is 'Climate Change - Hot Topic/Kool Films'. Through a unique partnership with the City of Onkaparinga, film makers are offered the opportunity to collaborate with staff on issues such as sea level rise, urban heat prevention, flood control, biodiversity, coastal erosion and conservation.

Prizemoney remains significant - \$20,000, with \$5,000 cash awarded for the best film

Presented by the Bendigo Bank

category. For further information contact festival organiser Alison Alcock: 0409 980 378, or e: fleurieufilm@bigpond.com. Visit: www.fleurieufilmfestival.com.au

Saturday, October 6

Learn how to make useful and decorative objects from recycled materials like a hat rack, key board, cake stand, bird feeder at a beginner's DIY adults free workshop at Goolwa Library, 11 Cadell Street, Goolwa from 9.30-11am.

Monday, October 8

Latin American expert Chloe Sayer is the guest speaker at the Australian Fine & Decorative Art Society Fleurieu October meeting at the Gospel Centre, George Main Road, Victor Harbor. It starts with morning tea at 9.45am followed by her lecture at 10.30am. Cost: \$25 for nonmembers. Bookings: Val Wyld 8552 5859.

Tuesday, October 9

School holiday program with Dan French at Strathalbyn Library Community Centre, 1 Colman Terrace. A fun, creative workshop from 10-11.30am that will challenge participants to design and build a model of an 'eco-house' well suited to our climate and needs that has a positive impact on our environment. For children aged 8+. Free, bookings essential.

Wednesday, October 11

Be inspired by the art work in the Genesis exhibition and make a sculpture of a bird or animal to take home at Signal Point Gallery, Goolwa, from 11am-12.30pm and 1.30pm-3pm. No bookings required. Children under 13 must be accompanied by an adult. jaw@ alexandrina.sa.gov.au

October 12-14

The Paddle Steamer Square Dance Club will celebrate its tenth birthday from October 12-14, and it's a great chance to have a look at this traditional form of dancing which has been around since the 16th century.

As part of the celebrations there will be dances at the Port Elliot Institute Hall in The Strand on the Friday night, and at the Victor Harbor Recreation Centre on George Main Road on the Saturday and Sunday. Enquiries: 85523879.

Continued P20



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Go. See.

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From P19 Friday October 26

The Cittaslow Goolwa Food and Wine Group present At the Wharf on the Signal Point Gallery Deck from 5-8pm. Top local band Matt and the Maniacs will perform and Langhorne Creek and Currency Creek wine, beer and soft drinks will be available. Local food vans will be on site but you are welcome to bring your own snacks, chairs. Some seating and tables are provided. No BYO alcohol. Entry is free.

the peninsula - the three-day Fleurieu Folk Festival - will be held at Willunga. Enjoy some sensational classic days of roots, blues, Celtic bluegrass, acoustic and traditional folk music. This is the 16th year of the festival, and yet again it has attracted great performers including Ami Williamson, Chris Finnen "Electric" Band, Mike McClennan, Siobhan Owen, Fiona Ross and Shane O'Mara. The festival presents a weekend of music concerts and sessions, dance, workshops, bush poets, children's entertainment, stalls something for the whole family. Bring an instrument and join in the sessions or step on stage at a

October 26-28

One of the great events on

blackboard concert - kick up your heels at the Bush Dance - browse around the craft stalls and the Saturday Farmers' Market. There will be fun events for the kids including face painting, clowns, Punch & Judy and the Young Talent Quests - discover your own talent at one of the many workshops - or just relax. Tickets are from \$75. Supported by City of Onkaparinga and sponsors include Bendigo Bank.

Contact: Peter Thornton 08 8327 2797 or 0407 614 990. e: admin@ fleurieufolkfestival.com.au. Visit: www.fleurieufolkfestival.com.au

Saturday, October 27

Band of the South Australia Police perform at Centenary Hall, Goolwa from 2-3.30pm. Tickets \$30, concession \$25 + transaction fee. Contact Goolwa Visitor Information Centre 1300 466 592.

Friday, November 2

Cinema in the Park at Aldinga Community Centre, Stewart Road, Aldinga from 6-11pm. A free, fun filled evening of activities watching a family friendly movie under the stars. Children's activities include face painting, bouncy castle and great games. Food and drink will be available at low cost or bring along a picnic. Further information: 8556 5940 or visit www.aldingacc.org

March 28-April 4, 2019

The Rotary Club of Victor Harbor is organising a 636km cycling event from Victor Harbor to Broken Hill from March 28-April 4 to help raise funds to combat mental illness, particularly for our drought-stricken farmers and in effect their communities in the region. Contact the club president Mark Cox 0414 904 574 or e: leonicox47@gmail.com

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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 on Saturday, October 6 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.

MILANG BUTTER FACTORY MONTHLY MARKET: Second Saturday of each month, 10am-3pm at the Milang Institute, Coxe St. Great stalls. Local live music. The best BBQ around.

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 month, 9am-2pm. Lakala Res, Rosetta St. Enquiries: 0459 786 469, 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. Enguiries 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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Puzzles

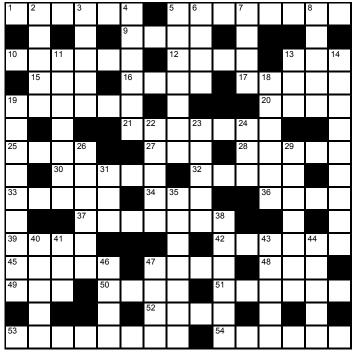
Target Time



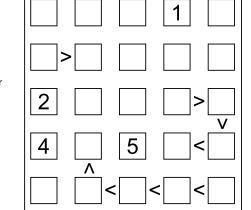
Using the nine letters in the grid, how many words of four letters or more can you list? The centre letter must be included and each letter may only be used once. No colloquial or foreign words. No captialised nouns, apostrophes or plural words ending in 's'. Reference Source: Macquarie Dictionary

Target: Average - 54, Good - 59, Excellent - 64+

Crossword







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Across

1 Bear witness to 5 Make fun of 9 Water pitcher 10 Large cave 12 Destiny 13 Infant's bed 15 Clamour 16 Augury 17 American elk 19 Wise counsellor 20 Verse-form 21 Church tower 25 Rational 27 Female bird 28 Row 30 Efface 32 Of a duke 33 Mistake 34 Observe 36 Furniture item 37 Guards against assault

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 in 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.

39 Not working18 Not working42 Busy19 Holds45 Out of sorts22 Total47 Bridge tax23 For the second se

Down

2 Buy and sell 3 Happening 4 Singers 5 Arbitrator 6 Country 7 Article 8 Free from bonds 11 Wine merchant 13 Dove's call 14 Moderate

18 Musical dramas 19 Hypnotise 22 This group 23 Finished 24 Resinous substance 26 Worn away 29 Being excessively 31 Land measure 35 Furnished with a gift 38 Fish 40 Business transactions 41 Allow 43 Strengthening medicine 44 Turns away 46 Show tiredness 47 Vocal sound



Mon-Fri 8am-5pm; Sat-Sun & public hol. 9am-2p e: akies@kiesbuildingsupplies.com.au

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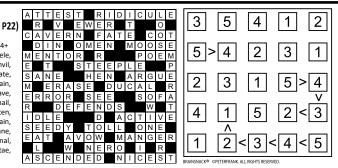
Wardrobes



YEARS SERVICE

PUZZLE ANSWERS (from P22)

Average - 54, Good - 59, Excellent - 64+ alee, alevin, alien, alit, alive, anele, anent, anil, anile, ante, anti, anvil, eaten, eave, elan, elate, elative, enate, entail, etna, ilea, inane, innate, lain, lane, late, lateen, lati, lave, lean, leave, leaven, leva, levant, lineate, naevi, nail, naive, native, nave, navel, neat, neaten, tael, tail, tale, tali, teal, tinea, vail, vain, vale, VALENTINE, valet, valine, vane, veal, vela, velate, vena, venae, venal, venetian, venial, vial, vina, vita, vitae, vital



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Ladies in Black

(PG) Comedy, drama starring Rachael Taylor, Julia Ormond and Angourie Rice. Adapted from the bestselling novel by Madeleine St John, Ladies in Black is an alluring and tenderhearted comedy drama about the lives of a group of department store employees in 1959 Sydney. Concludes October 10.

A Simple Favour

(M) Crime, drama, mystery movie starring Blake Lively, Anna Kendrick. A Simple Favour centres around Stephanie (Anna Kendrick), a mommy vlogger who seeks to uncover the truth behind her best friend Emily's (Blake Lively) sudden disappearance from their small town. Concludes October 10.

Smallfoot

(G) Animation, adventure, comedy starring Zendaya, Gina Rodriguez and Channing Tatum. A Yeti is convinced that the elusive creatures known as humans really do exist. Concludes October 14.

The House with a Clock in Its Walls

(PG) Family, fantasy, horror movie starring Cate Blanchett, Jack Black and Lorenza Izzo. A young orphan named Lewis Barnavelt aids his magical uncle in locating a clock with the power to bring about the end of the world. Concludes October 14.

Teen Titans Go! To the Movies

(PG) Animation, action, comedy starring Nicolas Cage, Kristen Bell and Will Arnett. A villain''s maniacal plan for world domination sidetracks five teenage superheroes who dream of Hollywood stardom. Concludes October 14.

Christopher Robin

(G) Animation, adventure, comedy starring Hayley Atwell, Ewan McGregor and Toby Jones. Directed by Marc Forster. A workingclass family man, Christopher Robin, encounters his childhood friend Winnie-the-Pooh, who helps him to rediscover the joys of life. Concludes October 17.

Johnny English Strikes Again

(PG) Action, adventure, comedy starring Rowan Atkinson, Emma Thompson and Ben Miller. After a cyber-attack reveals the identity of all of the active undercover agents in Britain, Johnny English is forced to come out of retirement to find the mastermind hacker. Commences October 4

First Man

(CTC) Biography, drama, history movie starring Ryan Gosling, Claire Foy and Jason Clarke. A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969. Commences October 11.

A Star is Born

(CTC) Drama, musical starring Lady Gaga, Bradley Cooper and Sam Elliott. A musician helps a young singer and actress find fame, even as age and alcoholism send his own career into a downward spiral. Commences October 19.





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McKellen Playing the Part

(M) Documentary, biography starring lan McKellen. Directed by Joe A. Stephenson. Feature documentary on the life and work of Sir Ian McKellen. Commences October 19.

The Seagull

(M) Drama starring Elisabeth Moss, Saoirse Ronan and Annette Bening. Directed by Michael Mayer. At a picturesque lakeside estate, a love triangle unfolds between the diva Irina, her lover Boris, and the ingenue Nina. Commences October 19.

Bohemian Rhapsody

Biography, drama, music movie (CTC) starring Rami Malek, Joseph Mazzello and Tom Hollander. Directed by Bryan Singer. A chronicle of the years leading up to Queen's legendary appearance at the Live Aid (1985) concert. Commences November 2.

The Girl in the Spider's Web

(CTC) Crime, thriller starring Claire Foy, Sylvia Hoeks and Lakeith Stanfield. Directed by Fede Alvarez. Young computer hacker Lisbeth Salander and journalist Mikael Blomkvist find themselves caught in a web of spies, cyber criminals and corrupt government officials. Commences November 9.

Fantastic Beasts: The Crimes of Grindelwald

(CTC) Adventure, family, fantasy movie starring Eddie Redmayne, Katherine Waterston and Johnny Depp. Directed by David Yates. The second installment of the "Fantastic Beasts" series set in J.K. Rowling's Wizarding World featuring the adventures of magizoologist Newt Scamander. Commences November 16.

The Nutcracker and the Four Realms

(CTC) Adventure, family, fantasy movie starring Mackenzie Foy, Keira Knightley and Matthew Macfadven. Directed by Lasse Hallström, Joe Johnston. A young girl is transported into a magical world of gingerbread soldiers and an army of mice. Commences November 23.

Lean on Pete

(M) Adventure, drama starring Charlie Plummer and Steve Buscemi. Directed by Andrew Haigh. Charley, a teen living with his single father, finds work caring for an aging racehorse named Lean on Pete. When he learns Pete is bound for slaughter, the two embark on an odyssey across the new American frontier in search of a place to call home. Commences November 9.

Boy Erased

(CTC) Biography, drama starring Lucas Hedges, Nicole Kidman, Russell Crowe. The son of a Baptist preacher is forced to participate in a church-supported gay conversion program after being forcibly outed to his parents. Commences November 23.

Widows

(CTC) Crime, drama, thriller starring Viola Davis, Michelle Rodriguez and Elizabeth Debicki. Set in contemporary Chicago, amidst a time of turmoil, four women with nothing in common except a debt left behind by their dead husbands' criminal activities, take fate into their own hands, and conspire to forge a future on their own terms. Commences November 23.

The Grinch

(CTC) Animation, comedy, family movie starring Benedict Cumberbatch. A grumpy Grinch plots to ruin Christmas for the village of Whoville. Commences November 23.

Second Act

(CTC) Comedy, romance starring Milo Ventimiglia, Jennifer Lopez and Vanessa Hudgens. A big box store worker reinvents her life and her life-story and shows Madison Avenue what street smarts can do. Commences November 30.

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Eat Wave with Jenny



Healthy Hedgehog Slice

Ingredients

- 8 Medjool dates 1 cup walnuts
- 2 level tablespoons cocoa
- 3 tablespoons desiccated coconut
- 2 tablespoons honey
- 1 cup rice bubbles
- 100g dark chocolate melts
- 1 tablespoon coconut oil

Method

Line a 21cm x 11cm loaf tin with baking paper.

Wash Medjool dates and dry with paper towel. Remove stones and cut into small pieces - there should be about a half a cup of chopped dates. Place dates, walnuts. cocoa and coconut in a food processor bowl and blend until walnuts are chopped and mixture begins to blend together. Add honey and continue blending for a short while, until mixture comes together. Transfer the mixture to a large bowl and stir through rice bubbles, or mix through gently using clean hands.

Spoon the mixture into prepared loaf tin and press down firmly with clean hands. Then using the bottom of a glass, press down gently on mixture to completely compact it. Place chocolate melts and coconut oil in a heatproof bowl, and microwave for 30 seconds on high. Stir with a spoon, then continue heating in short bursts until chocolate has just melted. Stir until smooth, then pour over the top of the slice to cover. Refrigerate and once chocolate has set, serve cut into slices. Store in the refrigerator.

Mushrooms in White Wine

Ingredients

3 tablespoons olive oil 1 clove garlic, peeled and crushed 500g opened button mushrooms, sliced 1 tablespoon chopped fresh thyme freshly ground black pepper ½ cup white wine freshly chopped parsley

Method

Heat oil in frying pan over medium-high heat. Add mushrooms, garlic and thyme, and stir for one minute. Season with black pepper. Add wine, and bring to the boil. Continue boiling until wine is almost evaporated. Remove from heat and transfer to a heatproof bowl. When ready to serve, transfer to a serving bowl and sprinkle with chopped parley. Can be served hot, or makes a delicious salad.

Note: Ingredients can be adjusted to taste. Semillon Sauvignon Blanc is a suitable white wine for cooking





For more information contact Trudy or Elly 8555 7500 | events@investigator.sa.edu.au

Pork Udon Noodles

Ingredients

6 spring onions 2 tablespoons vegetable oil ¼ cabbage, coarsely chopped 2 x 200g packets instant udon noodles 2 teaspoons sesame oil 250g lean minced pork 1 teaspoons grated ginger ½ cup soy sauce ¼ cup mirin seasoning 1 teaspoon red pepper flakes 1 tablespoon toasted sesame seeds chopped parsley

Method

Cut top leaves and roots from spring onions, keeping the bright green and white bottom parts. Slice the bottom parts into small rounds, keeping the white and green ones separated.

Heat one tablespoon of oil in frying pan on medium-high heat. Add coarsely chopped cabbage and stir until edges of cabbage begin to brown a little. Reduce heat to medium and continue stirring until cabbage is just cooked through - about 3-4 minutes. Transfer cabbage to a bowl and set aside.



Heat the remaining tablespoon of oil in the frying pan over medium-high heat. Add minced pork and stir for one minutes, breaking mince into small pieces. Reduce heat to medium and continue to cook until all pork is no longer pink - about three minutes - stirring occasionally.

Place udon noodles in a heatproof bowl and cover with boiling water. Let sit for one minute, then drain the water off. Transfer noodles to the bowl with the cabbage, separating noodles with using clean fingers, and gently stir through sesame oil.

Once pork is cooked, add the grated ginger, soy sauce, mirin seasoning, white parts of the spring onions and pepper flakes. Stir to combine, then add cabbage and noodles. Gently toss together to combine and gently heat through for a munute or two. Finally, stir through green parts of spring onions and toasted sesame seeds. Serve topped with chopped parsley. Serves 4.

Note: Mirin seasoning is a liquid found in the Asian food section of supermarkets. Instant Udon noodles are white and soft not dry - and are used in Japanese cuisine. Chicken mince can be used in place of pork.

To toast sesame seeds, add seeds to a dry frying pan on medium heat. Stir until sesame seeds begin to turn light golden brown. Remove from heat immediately.



Armless

A rich man in Toffsville drives his \$200,000 new car, stops, and goes to get out of the car. A truck speeds past and takes the door off. The rich man calmly walks over to a policeman and reports the accident.

The policeman says: "You toffs are so involved in your possessions that you didn't even notice that your arm was ripped off as well."

The toff says: "Am not ... oh no, my Rolex is gone too!"

Wrong answer

Two young engineers apply for a single position at a computer company. They both have the same qualifications. In order to determine who gets the job, the manager gives them a written test.

When completed, the manager notes they have only one question wrong, but says to one applicant: "Thank you for applying but we have based our decision not on the correct answers, but on the question you missed," says the manager. The rejected applicant says: "And just how can one incorrect answer be better than the other?"

"Simple," says the "Your fellow applicant put down on question five: 'I don't know.' You put down, 'neither do I'."



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A lady buys an automatic BMW X8 Sports. She drives very well on the first day, but that night the car just won't move. She tries every night for a week, but still no luck, so she calls the BMW dealer and they send out a technician.

The technician asks: "Madam, are you surer you are using the right gears?"

The lady says: "Of course, I am, I use 'D' for day and 'N" for night."

Cold treatment

A chemist walks into his shop and notices a man leaning against the wall and in some distress.

He asks the man: "Are you okay, can I get you something?"

The man says: "I have a rotten cold, and because you don't have any cold or 'flu tablets your assistant gave me some laxatives."

The chemist is horrified. "Sir, I am so sorry, but laxatives won't help your cold."

And the man says: "Oh, they are at the moment. I'm too frightened to cough."

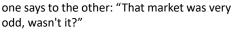
Thirsty chaps

Two Englishmen are lost in the Sahara Desert and close to dying of thirst when they see a local market.

With their last remaining energy they crawl and ask for a jug of water. The stallkeeper says: "I am very sorry, but I have no water. All I can offer you is some sponge cake."

The Englishmen go to the next stall, and again beg for water. "Sorry, but we have no water, only custard and jelly,."

The Englishmen go back into the desert and



And the other says: "Yes, it was a trifle bazaar."

Boom, boom...

A receptionist at the medical clinic says to the doctor: "Doctor, doctor, there's a man in the waiting room who claims he's invisible!" And the doctor says: Tell him I can see him now."

A bloke walks into a bar by himself with a slab of bitumen under his arm and orders two beers. The barman asks: "Why two beers and why that slab of bitumen?" And the bloke says: "I like to have one for the road."

Simon says to his psychiatrist: "Everybody hates me." And the psychiatrist says: "Don't be so ridiculous, everybody hasn't met you yet."

A rough-looking guy walks into a bar with jumper cables. The bartender says: "You can have a drink, but don't start anything."

Dad jokes...

What do you call a girl standing in the middle of a tennis court? Annette.

What did the big bucket say to the little bucket? You look a little pale.

Why did the bird go to the hospital? Because he needed tweetment.

Where do seaweed go to look for a job? The 'kelp wanted' section.

What do you call a person with no body and no nose? Nobody Nose.

Why can't your nose be 12 inches long? Because it would be a foot.

Why did the policeman stay in bed? He was undercover.

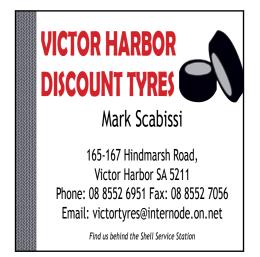
How do you organize a space party? You planet.

Why don't oysters like to give up their pearls? Because they're shellfish.

Did you hear about the guy who got his left side cut off? Yes, he's all right.

How did the farmer find his wife? He tractor down.





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