Coast Lines

November 2018 Vol. 8 #105







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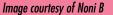




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November

This month

The flower for November is the Chrysanthemum, which according to a NASA Clean Air Study has been shown to reduce indoor air pollution. Traditionally, it is a special flower for Mother's Day, but don't give them to your fish. The flower is also economically important as a natural source of insecticide. The flowers are pulverized, and the active components, called pyrethrins, attack the nervous systems of all insects, and inhibit female mosquitoes from biting. In sublethal doses, they have an insect-repellent effect, and they are harmful to fish.

Contact us: T: 0402 900 317

November's birthstones are the topaz (particularly, yellow – highlighted in the heading above) which symbolizes friendship. The Western zodiac signs are Scorpio (October 24-November 22) and Sagittarius (November 23-December 21). November retained its name (from the Latin *novem* meaning "nine") when January and February were added to the Roman calendar.



DOORS & SCREENS



You too could wear your breakfast on your head on Cup Day and capture attention.

First Tuesday

It's the 158th running of the Melbourne Cup, at Flemington. It's the race that stops a nation because surveys suggest an estimated \$60 million will be spent on fashion. More than 90 per cent of women attending will spend \$200 on grooming and 85% spending \$200 on accessories. In contrast, more than 70% of men are not expected to spend any money on accessories

There is a record \$7.3m prizemoney on offer, including \$4m to the winner plus \$250K in trophies. Horses finishing 6th-12th will earn their connections \$150K each.

Eight of the past 10 winners have been horses, the other two geldings. The last mare to win was Makybe Diva (2005), a three-year-old colt has not won since Skipton in 1941, and the last three-year-old filly winner was Sister Olive in 1921.

The Melbourne Cup did not originally allow women to compete, with Maree Lyndon

Dennis Wholey said: "Expecting the world to treat you fairly because you are good is like expecting the bull not to charge because you are a vegetarian."

Just a thought... As American television host

becoming the first female to do so with horse Argonaut Style in 1987.

What does all this mean? The horse from barrier 18 will win. No horse has ever won the Cup from here in the 83 years they have used barrier stalls, so why not in 2018? Best of luck.

Special days

Month

National ALPHA-1 Awareness — a condition that can affect liver and lungs www.alpha1. org.au

World Pancreatic Cancer Awareness www. pancreaticcanceralliance.org.au World Epilepsy Awareness www.epilepsywa.

World CRPS Awareness for chronic pain sufferers www.tpbf.org.au

Weeks

10-16: National Australian Food Safety Week www.foodsafety.asn.au

11-17: National Perinatal Depression & Anxiety Awareness www.panda.org.au 12-18: World Antibiotic Awareness www. nps.org.au

12-18: National Cervical Cancer Awareness www.accf.org.au

18-24:National Skin Cancer Action www. cancer.org.au

Davs

2: National Healthy Hips Day www. healthyhipsaustralia.org.au

11: Remembrance Day

13: National Thank U NICU Day www. miraclebabies.org.au

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December, 2018



Training tomorrow's lifesavers today

urf lifesaving clubs along spectacular Fleurieu Peninsula coastline are upgrading or building new facilities thanks to generous grants through the national body, and are enjoying a continued trend of schoolchildren wanting to join the ranks.

In many ways, surf lifesaving has never been better off, but perhaps more than ever in this region once they leave school they tend to move to Adelaide or to other horizons to study at university or search for jobs. It is the same in just about every sport.

According to Port Elliot SLSC under 13s junior coach and patrol captain Adam Foot, the club has enjoyed a junior membership growth.

"In the past we had trouble recruiting juniors, but it seems easier and easier these days," Adam said. "I think the awareness is greater. Parents are less skilled in teaching the kids aquatic safety so they bring them to us; a recognised facility and they are happy for us to provide the training.

"However, we also have a growing generation gap from about 15 or 16 years of age through to 25 years. It is hard to retain them, and



generally we can understand why. It would be great if they continued their lifesaving work somewhere else knowing they are always welcome to return at some stage."

With the Chiton Rocks Surf Lifesaving Club recently opening their magnificent new clubrooms built into the rock face, Goolwa – the Surf Lifesaving SA Club of the Year 2017 – commencing work on their first clubrooms after working incredibly hard to establish the club only six years ago, and now Port Elliot eagerly awaiting its new development, our south coast-based clubs are focusing on further developing the high school-age students.

Adam said what the trend has meant for the Port Elliot club is that those involved in junior development programs have needed to work harder to provide new opportunities for the 16-25 year-olds. "We have a youth action committee and other plans in place," he said.

It has also seen younger members take on more responsibility once they have gained the necessary qualifications and acquitted themselves well, which has also led to an even greater focus on the core strength of surf lifesaving clubs — the marvellous family environment they provide.

Port Elliot SLSC carnival coordinator Ben Jucius and his wife, Naomi Dixon, are certainly playing their part – their daughter, Skye, 13, and Elijah, 11, are right into the action.

Ben said with the increasing gap in 16-25 year-old lifesavers those in need of help at our beaches are most likely to be rescued by older lifesavers, but younger members like Skye, who is obtaining her Surf rescue Certificate, are developing into more than capable patrolling lifesavers.

However, as Adam, Ben and all the other lifesavers along our coastline say, lives can be saved by adhering to safety warnings and swimming between the flags at our beaches.



Making a huge impact in recent years on developing tomorrow's surf lifesavers today is an excellent program involving the Victor Harbor High School working closely with the Port Elliot SLSC to enable the facilitation and assessment of Surf Life Saving SA programs. According to Belinda Schiphorst, the education and training manager at Surf Life Saving SA, the partnership with the school has grown significantly leading to a clear pathway to surf lifesaving.

"We will also be looking at promoting the Sporting Schools program (Ready. Set. Rescue) early in the new year," Belinda said. "Last year we delivered our Surf Ed program in partnership with the Department for Education to 87 schools, which translates to 7500 school children. This is a sort after program that is mapped to the Health and Physical Education Learning Area to develop student understanding, skills and values

relative to aquatic safety and management.

"As a lifesaving organisation and registered training organisation, we have also delivered a large number of First Aid, CPR and Pool Lifeguard courses, as well as the VET in Schools, Certificate III in Public Safety Aquatic Rescue.

"We have some exciting new promotional material coming out soon that will promote our school programs and courses."

Visit: surflifesavingsa.com.au

Pictured far left: Enjoying the Saturday training at the Port Elliot Surf Lifesaving Club are nine-year-old nippers Lucy, of Victor Harbor (centre), flanked by newly-made friends visiting, Amelia (left) from Murray Bridge, and Poppy, from Hahndorf.

Above: The Port Elliot young team ready to get to work.



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Better for life



Emily Greer, who plays the role as Sparky (...no, they are not her real ears!) with Mick McKinlay, who plays the role of Santa in a new musical play A Mostly Christmas Story.

Christmas must be coming...

It's not easy playing the role of the REAL Santa, but Mick McKinlay manages to bellow a few ho, ho, ho's and give a jolly good smile. That is, until there's mayhem at the North Pole when one of the elfs - Sparky - builds a time machine and it malfunctions.

Welcome to A Mostly Christmas Story, a wonderful Christmas musical play promising to have you laughing and singing along as Santa and his friends work to save Christmas from disaster following the arrival of three unlikely elfs, Mr Scrooge, Mr Grinch and Miss Elsa.

Filled with a mixture of songs and carols, definitely a lot of fun, this onehour show will be performed by the Granite Theatre Company at the Victor Harbor Town Hall from November 10-17. Produced by Bill Lowe and directed by Kimberley Hollitt and Jonathon Ogilvie, the play is attached to the successful Granite Band, of which Bill has for many years served admirably in many roles relating to the music and enormous background work. After numerous shows with the South Coast Coral and Arts Society - including 11 with Mick -Bill wanted to challenge himself by writing his own play revolving largely around his

Among many SCC&AS plays, Mick played Captain von Trapp in the Sound of Music, the Lion in The Wizard of Oz, and the Pirate King in Cinderella and the Pirates. It's also not the first time he's stepped into Santa's boots. "I am type cast," he jokes.

A Mostly Christmas Story has a wonderful cast of 22 including six talented children, and a nine-piece orchestra from the Granite Community Band and Onkaparinga City Concert Band. Bill's script is filled with enormously funny and creative skits that will delight youngsters – an amazing effort given this is his first attempt at writing a play.

The characters are full of life, and watch out for that naughty Sparky, played by Emily

Performance times are Saturday, Nov. 10 at 2 & 7pm; Sunday, Nov. 11 at 1pm; Friday, Nov. 16 at 7pm; Saturday, Nov. 17 at 1 & 7pm. Tickets prices: adults \$16; student/ concession \$14; 12 & under \$10; family \$45 available at RAA office in Ocean Street, Victor Harbor, or visit: www.granite.org.au

Busy time ahead for Santa in countdown to Christmas

The jolly man in the big red suit, black belt and big black boots is on his way. Yep, Father Christmas. And he has an incredibly busy schedule coming up starting with the City of Onkaparinga Christmas Pageant on Sunday, November 18 from 10am. This year's pageant will feature 50 dance troupes, marching bands, sports clubs, community groups and businesses. The pageant will take the usual route through the heart of Christies Beach from Perry Street, down Beach Road to the Esplanade.

Christmas where the Angas Flows is a free annual Strathalbyn community event winding its way through the main streets finishing at the Soldiers Memorial Gardens on Friday, December 14 from 6.30pm. Carols by candlelight and the evening fireworks are also part of the event.

The McLaren Vale Community Christmas Parade is on Sunday, December 9 from 6-8.30pm. Enjoy the parade of colourful floats along Main Road McLaren Vale from Field Street to Valley View Drive. Santa then rushes to the Rotary Victor Harbor Christmas Pageant on Saturday, December 9 from 6.30pm. Pageant floats commence on Bridge Terrace, then travel along Hindmarsh Road and down Ocean Street, the heart of Victor Harbor's Main Street Precinct, finishing on Warland Reserve. It concludes with the arrival of Father Christmas at Warland Reserve about 7:45pm. The Rotary Club of Victor Harbor and Rotary Club of Encounter Bay are the organisers of the Rotary Victor Harbor Christmas Pageant. The traditional Carols by the Sea will follow the pageant.

The Goolwa Christmas Festival on Sunday, December 16 from 6pm. The festival starts from the main oval, and proceeds down Cadell Street. The festival also includes children's entertainment and fireworks.



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ue Pearce has raised eight kids, and in more recent times milked cows working on the family share farm at Parawa in between spending a ridiculous amount of time running the Hindmarsh Valley Tennis Club.

For 20 years she has been the president, secretary and treasurer, plus representative on the Great Southern Tennis Association. Her balmy summer Saturdays have ended hanging her wet tea towel on the rack as she locks the clubrooms built by dedicated club members.

Of course, there have been countless others here over the years since the formation in 1930 who have kept this proud club going – champions the lot of them – but slowly they have become a precious few.

Sue and others can now no longer help the club, and of the few players remaining none are able – or don't want to – help so it has folded.

For Sue, her challenge has ran much deeper. At Christmas, 2016, she was diagnosed with adrenocortical carcinoma, a rare form of cancer. The chemotherapy has further impacted on her general health.

"I have beaten it; all will be good," Sue insists, but then adds she has been given an

Anyone for tennis... administration?

80 per cent chance of really getting through this trauma.

Sue's illness puts the plight of a small tennis club into one of life's perspectives, but nonetheless she feels incredibly sad about its demise. "Like at most clubs these days there are just not the volunteers anymore to keep us going," Sue said. "No one wants to help. It is not an unfamiliar story in local sport across the state these days – this generation is not known for stepping up to the proverbial

plate and carrying on the traditions of "doing your bit" to ensure their club runs smoothly. Like those before them, the Association's current executive led by Chris Scheid as president and its committee has worked diligently and with passion to provide the best competition possible — they deserve credit — but in club land it has long been a struggle with so few left to do so much.

Continued P8

From P7

"Last year we had one senior and two junior teams, a total of 16 players plus reserves," Sue said. "It is not so much finding the players. We have not submitted teams because there is no one to run the club. We have not had quorum at our AGM the last couple of years so there were no official positions like a president or a secretary. Those remaining did the best we could, running on the shoestrings.

"This is a generation and time thing; it's local sport's biggest problem. I have eight children in that 20-30 year old bracket, which I would like to think should be taking over, but like most they just have other things to do... families, houses. Tennis takes up a good portion of their time, and these days few people have a weekend."

The Hindmarsh Valley courts are privately owned by a local farmer and there is no council help. The club pays only a nominal fee, so it's fair enough it has the responsibility to maintain the courts. Now, with no new volunteers to help club stalwart Graham Dix, who has done an incredible amount of maintenance, weeds are growing through the cracks in the bitumen; everything is overgrown. The paint is peeling off the clubhouse built 30 years ago this November 6 by past club greats like life members Don Millard and Michael O'Rourke.

The walls inside this room, and that of the original clubhouse, hold signs of lifetime passions and dedication to a club, including a life members board featuring 11 names since 1974.

Hindmarsh Valley is certainly not the first tennis club to fold within the region... Delamere, Middleton, Mount Compass Heights, Parawa, Rapid Bay, Victor Harbor High School and Yankalilla have all gone.



Local sporting guru Kevin Curran, a president of the association for 16 years, recalled how incredibly popular tennis was during the mid-80s when there were 64 senior teams of eight competing in seven grades. Now there are 27 senior teams in three grades.

"I remember going to Canada in 1986 and seeing these vast playing fields and courts all bare on a Saturday afternoon, and when I got back I said to people the same thing would happen here," Kevin said. "They thought I was mad; everyone laughed at me.

"But the thing was, in those days few people here worked on a Saturday afternoon or a Sunday; supermarkets and shops closed at noon. Shopping hours changed and the kids then got part-time jobs at these places or they started going to town to do TAFE or uni courses.





"Things went downhill very quickly from then on, and nowadays no one really wants to do anything. There are those who play who think they are doing the club a favour by just turning up."

Sue described the apathy as incredibly sad for sport, but understands.

"Lifestyles are now different, but I do feel for those who have supported this club and



stuck it out as long as they could," Sue said. "We had Esme Rose, a life member who was our president in 1988 and at the age of 76 fill-in one day. Last year our oldest player was Brian Odgers (88)... we didn't have the ladies to make-up the team so he went and played social tennis.

"I hope this is not the end of our club forever, but it is going to be hard kick-starting it again. I'm not sure whether a special group of people is out there.

"We've had our great days as a club, like in 2006 when we had nine teams on these little courts. The place was absolutely chockas with people and cars, and now we're looking down the barrel. You just hope that somehow we get it all back.

"I guess out of all this there are still the memories...'

It was then the sad faces on Sue. Graham and another terrific club member Sandra Bowman brightened; how Sandra seemed to repeatedly break the plastic chairs that had become brittle, the kangaroos jumping past behind the court, while Graham found the snakes at Back Valley when they played there a "bit of a hoot".

Perhaps most of all, for some time now they've missed Sandra's egg sandwiches for afternoon tea,

"My god this club used to have some great afternoon teas," Sue said. "Oh, the cream puffs the eclairs and match sticks – everything we shouldn't have been eating - and then we'd go back out on the court running harder to run off the calories.

"But all this changed too. Players started bringing water melons, and finally dips and chips from the supermarkets.

"We went from lovely family social outings where you made good friends from other teams, and the young kids laughed and played. Now it's more about winning a game of tennis; it's not the same social day.... nobody likes kids crying on the sidelines, but I guess that's what it's like in all sports now; everything has changed."

Among Sue's despair is the fact a greatgrandson of one of Hindmarsh Valley's original players Len Oxenham was going to play for the club this year. We hope young Greg still plays somewhere - tennis needs

And maybe all of this is cyclical; the next generation runs all of our clubs to the best of their ability and think the cream puffs and eclairs are cool again. We live in hope - no one more that Sue.



Only days left to return your postal voting slip and have a say on how the City of Victor Harbor Council should be run...



Authorised by A. Robertson, 164 Back Valley Rd, Victor Harbor SA 5211



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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

Nov. 9-Dec. 2

Alexandrina Council and the City of Victor Harbor proudly celebrate the 20th year of the annual Regional youth Art Exhibition at Signal Point Gallery, Goolwa. It is an explosion of colour and vitality by young people aged 12-25 years from across the region. Free. Gallery hours: Mon-Fri 11am-4pm, Sat-Sun 10am-4pm. Contact: lsperring@victor.sa.gov.au

November 9-18

You have probably read it, read it, but it's Frog ID Week from November 9-18. It is a national citizen science project run by the Australian



The *Crinia signifera*, or the Eastern Common Froglet found across the Fleurieu Peninsula.

Museum, and is Australia's biggest frog count. These little tailless amphibians are under threat, and this special count will help provide our scientists with valuable data for their protection and conservation.

Frogs are a sign of a healthy environment, but around Australia frogs are declining and many are endangered. By counting Australia's frogs we can learn more about where they are and how they're doing.

Australia has more than 240 known species of frog, almost all of which are found

nowhere else in the world. Some species are flourishing, like the Striped Marsh Frog, but others have declined dramatically since the 1980s, and four have become extinct.

Australians everywhere are recording frog calls with nothing more than a smartphone. With the data obtained through FrogID organisers are able to track the Cane Toad and identify where frogs are thriving and where they aren't. By matching calls to weather and habitat, we are learning more about how different frog species are responding to a changing environment.

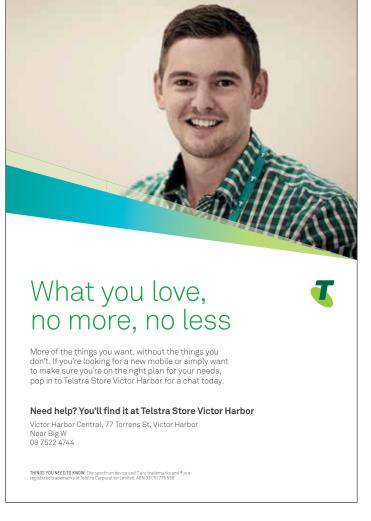
This information could be crucial in saving Australia's frogs. Visit: www.frogid.net.au FrogWatch SA is another frog survey program, specifically surveying frogs in South Australia. Visit: www.frogwatchsa.com.au

Nov. 9-Dec. 9

Laklinyeri – Family exhibition at Signal Point Gallery. Kiri Kiri Art of Victor Harbor, in collaboration with Alexandrina Council at Signal Point Gallery, will show a collection across a broad spectrum of artists, art works and objects from all around South Australia







(f) (iii) wchfoundation



and into the Central Desert. Anangu, Luritja, Pintupi, Warlpiri and local Ramindieri and Ngarrindjeri people will come together in an exhibition called family. Floor talk Saturday, November 10 at 1pm; opening 2pm. Gallery hours: Mon-Fri 11am-4pm, Sat-Sun 10am-4pm.

Saturday, November 17

The Mount Compass Supper Club presents another fabulous show - the Flaming Sambucas performing ABBA and other great hits at the Mount Compass War Memorial Hall from 7pm. The Flaming Sambucas have performed internationally and nationally, including Carols by Candlelight and Clipsal 500, so tickets at \$35 per entry will sell fast. E: mcsupperclub@gmail.com to book - tables

may be reserved. Tickets also available Mount Compass Post Office or: www.ticketebo.com. au or phone 0468 736 565. Cheese and fruit platters, cakes, tea & coffee and licensed bar facilities. www.compasscommunity.org.au

Friday, November 23

You haven't 'been everywhere' unless you've heard Lucky Starr perform his 60s classic by this name, and you have the chance at at the Encounter Bay Football Club. He will perform with brilliant singer and comedian Rodney Vincent. Lucky has travelled and performed extensively. He was inducted into the Australian Country Music Hall of Fame in 1980. Tickets at \$25; bookings are advised. Contact: 85545236 or 0428899710.

Friday, November 23

Trees For Life presents free native plant propagation and seed collection community workshops at Currency Creek Hall, 2836 Alexandrina Road, Currency Creek from 8.45am-4pm. Propagation workshop by Brett Oakes, Trees for Life nursery manager is a step-by-step guide to propagating native seedlings, and a seed collection workshop by seedbank manager by Rohan Cleeves is an introduction to collecting seed from local native plants. Includes classroom session and a field component. Bookings essential: 8406 0500 or e: info@treesforlife.org.au

Ho, ho, ho Saturday, December 1

Barrie and Teresa Ninnes are once again getting into the Christmas spirit with a superb display of Christmas lights at their home, 22 Heysen Parade, Hayborough. They will turn on the lights every evening 8.30-10.30 from December 1 through to New Year's Eve. They put on this display for the benefit of families, and their display was amazing last year.

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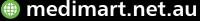




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It's off to market we go...



A free guide... to join the list or make changes please advise: info@coastlines.com.au

ALDINGA BAY MARKET: Aldinga Institute, 23 Old Coach Road, Aldinga fourth Sunday of every month 10am–2pm. T: 0404 872 832.

CHRISTIES BEACH - ORIGINAL OPEN
MARKET: The Reserve, Beach Road, Christies
Beach first and third Sunday of each month
9am—2pm. T: 0405 025 968.

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

GOOLWA WHARF 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.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.

McLAREN VALE FLEURIEU SA ARTISAN MARKET: First Saturday of each month. T:

MOANA: Artisan Bazaar – arts market by the Sea: Moana Foreshore Surf Lifesaving Club first and third Friday of each month 6–9pm. T: 0405 067 943

THE VALE MARKET

8323 9944.

McLaren Vale and Fleurieu Visitor Information Centre, Main Road, McLaren Vale Friday, January 18 4-8pm, Monday, January 28 10am-3pm, Monday, March 11 10am-3pm, Monday, April 22, 10am-3pm, Monday, June 10 10am-3pm.

MOANA MARKET: Pioneers Memorial Hall, Nashwauk Crescent, Moana second Sunday of each month 9am–2pm. T: 8327 0480 (AH) or 0412 630 518.

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. 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: Old Show Hall, Main Road, Willunga second Saturday of each month 9am–1pm. T: 8386 0132 or 0424 554 764.

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.



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Here's a big favourite on Melbourne Cup Day

he Melbourne Cup – the race that stops a lunch – is here again, and the residents of Riverside Retirement Living in Goolwa are almost at the starting plates thanks to the cooks of the course, Ross and June Tuohy.

And they certainly have form — they will prepare their 3071st meal for their great friends at the village on Tuesday, November 6.

It was 11 years ago this month that Ross – well known for his distinguished service over many years as general manager of Sturt Football Club and later Glenelg Sailing Club – started these special meal occasions to create community spirit.

"It's just a very rewarding thing to do, seeing everyone together at one place at one time really gives us joy," Ross said.

"We are forever thankful to the other Riverside community members who put in much of their own time to help us for each event. There are the invitations, creating uniquely themed menus, preparing food, cooking and setting-up and cleaning-up. It's a lot of work but we have a great time." Ross and June (pictured) extend the



community spirit by buying local, and raise funds to buy Christmas hampers for St Vincent De Paul Society which works with Goolwa primary schools to give to families most in need.

The themed dinners are incredibly popular – the Royal Weddings are a must, they say, and they really get into the pride of the nation on Australia Day.

June said there were plenty of great memories from these luncheons, including a special one for St Valentine's Day. "Everyone was dressed in red, enjoying the food and having a drink," she recalled. "We were out on the balcony and this chap rode past on a horse and then stopped

right near us, clearly drunk as a skunk. "He said, what sort of joint is this... you're too young to be retired."

And the favourites on the menu this Melbourne Cup? They start with canapes with Salmon Croustades, the entree is Fresh Prawns with Avocado Cream, then Almond Crusted Chicken with boiled baby potatoes with parsley butter for mains, and a selection of wicked desserts.

Oh, and they're also having other canapes – Devils on Horseback. What else would you have on Melbourne Cup Day?

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Amazing people building an inspiring community

hy is it that people are drawn to the Fleurieu Peninsula... the beaches? Is it the rolling hills, or maybe it is the world renown wineries. Personally, I wonder if it's really the community and the people that live in it.

Wherever I go and who ever I speak to there is a common theme and that is a sense of pride, passion and commitment to the growth of this stunning region. That sense of commitment and passion is something that those who work and play in the Fleurieu have naturally inherited regardless of your time living in the region.

The Fleurieu and its inhabitants rally behind each other, support a fellow business owner or neighbour and do it without asking questions or looking for something in return. During my time working across the Fleurieu and attending many community functions, activities and events I am meeting and seeing familiar faces, and this is simply because everybody is supporting the greater cause of the Fleurieu Peninsula which comes down to growth and prosperity.

Since commencing my role as Bendigo Bank Fleurieu Business and Community Manager back in April it has been nothing short of inspirational to understand, meet and get to know the people that are involved in such a beautiful part of South Australia, who are always there and support each other like they are family.

This was never more true than at the recent McLaren Vale Business and Tourism Awards held at Hardy's Tintara Winery, McLaren Vale where I was witness to the business community celebrating each other's achievements, friendly competition, good old Aussie banter and a kind spirit was the feeling and sentiment that filled the room with everyone present making sure that the Fleurieu community flourished before their individual business and knowing that there is enough of the pie to go around.

Each category winner was humbled and surprised that they had made such a difference within the community and it didn't matter if it was Mark Potter winning the "New Business" award for Meeting Place, McLaren Vale and Shifty Lizard Brewing Co. for winning the "People Choice" award or d'Arenberg Cube for taking out the highest honour of "Business of the Year". It was a real sense of community which is something that my team and I pride ourselves on because "community" is at the heart of what we do at Bendigo Bank.

Our community banking model allows communities to proposer when others don't, it helps to support the people that make the community and allows them to be happy and live their best life.

With that being said we have recently had the privilege of supporting the McLaren Vale Business and Tourism Awards (\$4000 sponsorship) we have also sponsored the McLaren Vale Biodiversity Project with \$4,000 toward a new trailer so that they too can give back to the Fleurieu, the Willunga Farmers' Market with \$2000 towards their Spring into Willunga Festival which brings local producers together for the greater good of the community and helping support awesome ideas and enthusiasm by giving \$2500 to the Awesome Foundation to launch their program.

This is just what we do...give back, support and partner to make sure we play our part in the longevity of the Fleurieu community and we need your support to be able to continue our reinvestment.

Given the common thread across the Fleurieu is "supporting each other" and this is what holds us all together, it is therefore simple... Bendigo Bank is not just a bank it's about changing the way we look at life, it's about understanding that were we choose to bank has an impact on where we live and how you can have an impact on your community.

Don't delay any further – drop into or contact one of our four locations across the Fleurieu Peninsula and start seeing how your banking can impact change and give back to your community, it only takes one phone call.

Samantha Bitter, Fleurieu Business and Community Manager 0448 788 650

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

- Meeting Place "Business Showcase"
- Goolwa "Smoke Off"
 Festival
- CFS Ambassador
 Evening
- Christmas Tree Festival
- "Spring into Willunga"Willunga Farmers'Market
- "Fridays After Five"Aldinga

Tip of the Month

Did you know our "Connect Home Loan Package" is designed to save you interest?

When you connect your home loan with a range of eligible products you could save up to 1.52% on your interest rate per annum. Choose from fixed or variable interest, and benefit from flexible terms and great discounts on insurance and credit card annual fees just to name a few.

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Special Goolwa RSL Sub-Branch tribute

The Goolwa RSL Sub-Branch will unveil amazing larger than life size paintings of five special returned service people on Remembrance Day, November 11.

It will also read the names of 24 men from the region who made the supreme sacrifice during World War I on the 100th anniversary of the signing of the Armistice at the 11th hour of the 11th month.

The RSL Sub-Branch invites everyone to pay tribute, especially their family members, and to all who gave their lives and suffered hardship during times of conflict.

Students from Investigator College and Goolwa Primary will carry a flag for each of the 24 local men who died during WWI. They were: Jack Dodd, Frederick Henderson, Andrew Orr, Clarence Norton, Arthur Walker, Albert Graham, David Allen, Albert Chaplin, Raymond Perry, Leslie Atkinson, Alan Goode, Henry Davies, Norman Henley, Herbert von Dittmer, Clarence Morris, Clarence McGuinness, Perry Davies, Frederick Glassenbury, Alfred Carlson, William King, William Nairn, Charles Parkinson, Harold Evans, George Merrett.

Ending family violence brekky

The Aldinga/Sellicks Alliance, which campaigns for the prevention of domestic violence and Aboriginal & Torres Strait Islander family violence is having a fundraising event – Ending Family Violence Breakfast on the Fleurieu at the Victory Hotel, Sellicks Beach on Friday, November 30 from 7-9am.

The aim is to raise much needed funds for the Photo Voice program as part of an important

move to provide safe spaces, education and healing for women who have experienced family and domestic violence.

Cost is \$55. Visit: www.eventbrite.com.au/e/ending-family-violence-breakfast-on-the-fleurieu-tickets-49835707944 or for further details contact Matt Adams on 0414 760 533 or e: Matt.Adams@onkaparinga.sa.gov.au







Extremities of war

This year marks the centenary of Armistice Day. At the 11th hour of the 11th day of the 11th month we shall not only remember the end to World War I but the fallen and all of whom have served in all conflicts.

For 98-year-old Sandy Hill, every day is a day he remembers his mates. n any given Friday night returned service men and women and associate members gather at the RSL Goolwa Sub-Branch. There's Paul the club manager, a Richmond tonic who stirs the spirit of Crows fans, then they turn it against a big bloke named Jeffrey, whose only fault in life it seems is that he barracks for Port Adelaide; always an easy target.

Across the room sweet ladies quietly chat, and Mayor Keith enjoys the break from officialdom with earthly conversations if they don't mention roads and rates. Come the hour of six o'clock president Bob reverently and beautifully delivers the Ode, then bellows the club news without need of a microphone.

The uninitiated are perhaps surprised at the jovial atmosphere given the somewhat sombre symbolism of what this place is about, but nothing shields the objective of remembering the fallen.

Here, everyone is respected, and none are

more special than remarkable veterans from World War II – Sandy Hill, a sprightly 98-year-old, a delightful lady Betty Plummer, 96, Ken Bowden and their younger mates Ian Brock and Charley Stevens, both 92.

Given that WWII ended August 15, 1945, and some of our brave young souls enlisted at just 16, the youngest of Australia's returned service men and women would be 89. The Goolwa RSL Sub-Branch has already honoured its former member and one of the Fleurieu Peninsula's own, Ron Graetz, who died February last year aged 98, with a huge portrait on the side of the wall on Laurie Lane. The remaining five in their nineties will soon be saluted with similar honour.

Sandy – Pte Stanley Thomas Hill – was a driver in the 151 Australian General Transport from 1943-45. With a wry grin he acknowledged he was "at the front line" in terms our nation's remaining WWII veterans, and how special he had been made to feel in RSL halls, including Aldgate, where he is a life member,

and on occasions like Remembrance Day.

"I can see why some people may not understand how we talk a lot about the fun or the different times during years of war, but it was what got us through everything, and it still does today," Sandy said.

As if it were yesterday, in his softly spoken manner Sandy related some of his lighterside pearlers on one of these regular Friday RSL nights, and those within reach chuckled as they heard him even above President Bob. "I had my 21st birthday in the middle of Cheltenham Racecourse when I enlisted, and this officer asked if anyone had any experience in mechanics," Sandy recalled. "When they said you got an extra two bob I put my hand up, but I didn't have one iota about cars; mine was a broken down heap.

"I did a three month course, and it's how I got into the transport division. For most of the time I was in Buna (Papua New Guinea) as the war started to pass us by. There were times when I drove trucks over swinging bridges with no sides, and I'd have to go at 60 mph to get up the second half otherwise we'd get stuck half way and have to throw the truck over the side.

"We would get a truckload of bananas up in the mountains, enough to feed all us for a fortnight. You had to be careful; you could never go alone because the bloody Kanakas (cannibals) would eat you. They said they got a few when the fighting went through there. "Boredom was always a problem so I made my own still to make grog, 100% proof with whatever I could find — coconut juice, bananas, currants, whatever; a lot of stuff went in that drum — and I sold it to the Yanks for five quid a bottle.

"I was that busy I had to get my mates to do my washing and make my bed, and one bottle paid their canteen bill for the next three months.

"We'd see pictures (movies) almost every night and boy, did the fellas play cards. I was never a real gambler, but a lot of the blokes made a lot of money and a lot lost a lot. You'd always be sure the blokes from Broken Hill would win.

"One night one of them came up to me and asked to borrow 800 quid. That was a hell of a lot of money in those days, so I did make a bit from the grog I made. I gave the money to him, and later that night he woke me up and gave me back 1200 quid and I've never had better interest in my life.

"There was a time when I had to lead a convoy of trucks to Bergen in western Queensland. It was hot as hell this day. I said to the lads, 'look, there is a pub over there, why not have just one of two drinks and then be on our way...but for heavens sake don't get into any trouble otherwise we'll be in strife'.

"There wasn't a person in the pub, so we got behind the bar and drank it dry; I mean dry. We took up a collection and left it by the till



Sandy Hill pictured in front of the painting of his mate and World War II hero Ron Graetz, who sadly died early last year before this painting on the Goolwa RSL Sub-Branch wall was completed.

with a note: 'Is this enough?'

"There was a lot of wastage. One day they dumped a heap as big as my house of singlets and underpants. Every day I'd go and get a new set and there were times when I needed them."

It was then that Sandy's mood shifted; the daily change of underpants brought back realities of war, even though in Buna they did not confront the Japanese face-to-face.

Sandy said his transport unit often had to go on DC3 planes to throw tucker out to the Australian and American troops below. "Up and through the mountains we would go and you had to hang on for dear life because the wind would suck you out. There was a lad, not 5ft 6, who as struggling to reach the rail, and he fell out the plane. I can still see his face. I still think of him. With these things we never told the family what really happened; they all died in the line of duty.

"I lost a lot of mates, my word. We'd be in Buna when the sirens would go off and we'd run into the swamp and bury ourselves in mud. The bomb wouldn't go off if they sank in there, and we'd miss the wire on these daisy cutters. These bombs had 20ft fuse wire whizzing through the air, and before they hit the ground they'd cut everything and everyone down in sight.

"There was the day when there was no siren. I was standing there with two mates, about 12 foot away, and one of these daisy cutters dropped. One of the blokes copped the wire... we only found his boots."

It is not a pleasant thing for us to read, but an example of a vision of what some have endured through their lives.

With his eyes glistening, Sandy, a greatgrandfather of three, said he was eternally grateful for a beautiful life. "It really has been," he said.

"My lovely wife, Iris, died in 2009 after 68 years of marriage and not a day goes by when I don't think of her. We met when I called into a local dance at Scott Creek – I was born there – on my way home from going rabbiting. Romantic, isn't it? (he smiles). "I have been made to feel blessed. Remembrance Day always makes me feel proud. I do a lot of remembering on Remembrance Day, no doubt about that.

"There were 400 men in 151 Australian General Transport, and there is only Bill Barratt in Alice Springs and myself left. I think of Bill a lot."

And when Sandy was ready to think of the good days of old again it was time to go home. "Would you like a ride home, Sandy?" one asked. To which this amazing 98-year-old replied: "I've got my own car... I've got two years left on my licence. No, I don't need a ride home; do you think I'm old or something?" You've got to love him.

Visit your local council website for all information on Remembrance Day services on Sunday, November 11.



Tackling sleep apnoea and mobility to make life easier

few years ago when Paul Adolphi moved from the pharmaceutical industry to work for a medical orthopaedic company he realised a glaring need for a one-stop shop for all mobility and health care accessories.

This led to establishing medimart, a medical, mobility and therapy needs store, which he describes as almost like an 'Officeworks' store with everything in the one place.

It may sound like a 'supermarket' approach, but it is an incredibly caring and sensitive business - definitely vital when the clients generally have a confronting issue that may be an injury, a mobility issue, hearing difficulty, a disability, chronic disease, or diabetes. The spectrum is broad, as are the needs to help make life as comfortable as possible.

Paul and his business associates opened medimart a store at Elizabeth Vale 12 months ago, then in Reynella, Brighton and are now sharing the premises of Dean Laird's My Hearing business at 41 Crozier



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Staff member Chloe Adolphi, daughter of Paul, at the Brighton store.

Rd, Victor Harbor (opposite Victor Central Shopping Centre). They have established a sleep apnoea clinic here using the latest technology and equipment, and offering a range of mobility equipment.

"As soon as I moved into the field of orthopedics I had this idea of bringing a complete range of personal medical equipment or products needs together," Paul said

"I started dealing with hospitals, aged care facilities, suppliers and distributors when I realised there was not one place in our community where if you had an injury or another health issue you could not go to the one place.

"Privacy for our customers is a priority; there are intimate things. We have for women undergoing breast cancer treatment prostheses, wigs, and other needs. It can be confronting, and our staff are incredibly mindful that there must be a sense of dignity and respect at all times.

"My business partners are doctors and former health executives. There is a sense of building a legacy business, giving something special back into this sector of health care. "We are not a business that sees someone as a pot of money... it is not how we operate. We see someone over the next maybe 20 or 30 years who is going to go through a

life cycle and is going to need support at different times for different products for different reasons. We want to be that trusted friend that they feel they can come to who understands their story. We like to normalise the whole stage of ageing – we all get there. "I am a northern suburbs boy. I know what it is like for people who find life really tough. We feel we have also a social obligation - all businesses should have. They are a part of the community. For us, someone comes in with a medical condition and cannot afford it we do our best to work something out.

"As a business we don't want to be seen as someone out there just flogging a wheelchair. We are talking about the physical and mental well-being of people in need.

"Sleep apnoea services and mobility equipment will predominantly be in the My Hearing office, but there is also access to a complete range of personal products. The are plans for a Victor Harbor store with everything, but in the meantime we want to let people know there is a place where they can purchase or order anything they need and with complete privacy."

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Film Festival gets huge boost

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

The festival program was recently launched by Erik Thomson, one of Australia's most respected actors across film and television, at Star of Greece restaurant at Port Willunga. 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 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.

In a unique approach to making art from





science, the council s prioviding film makers access to the information and data they used to plan for and respond to the impacts of climate change.

Director Alison Alcock, who created the festival concept, said the organisers were particularly excited by council's 3D computer model of Onkaparinga's 31km coastline.

"Council uses it to monitor coastal erosion, impacts from storms and sea-level rise but it can also be used to generate animations and film footage," Alison said.

Film makers may obtain a copy of the 3D model by contacting Nina Keath, senior strategic planner, City of Onkaparinga: nina. keath@onkaparinga.sa.gov.au

Submissions for the 2019 festival for short films up to eight minutes in duration close 5pm, Friday, November 23.

Prizemoney remains significant - \$20,000, with \$5,000 cash awarded for the best film category. For further information contact Alison: 0409 980 378, or e: fleurieufilm@bigpond.com.

www.fleurieufilmfestival.com.au

Pictured: 'The Young and the Wrestlers' - back for the 2019 Festival.



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November 2018

Newsletter of the Victor Harbor & Port Elliot Neighbourhood Watch: Area 425







Supporting Better Communities

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Contacts

Area co-ordinator & newsletter editor: Ray Klecko 0438 364 870

Secretary: Judi Ibbotson 0429 939 539

nhwvhpe@gmail.com

Police Liaison officer: Snr Constable Matthew Secombe 8552 2088 Treasurer: John Mildrum 75524880 Graffiti & events: Margaret Kneebone

0408 859 924

Membership officer: Thelma Zrna

8552 5089

Committee members: Deane Michelmore, Andrew Robertson. ex-officio members:

Mark Zrna, Eddy Mignanelli.

Think of fire prevention

As summer approaches, we are reminded of the hazards and dangers posed by fires — both on rural properties as well as domestic fires. The two are obviously different, but the resultant devastation is the same. Fires represent a serious threat to life and property; they can cause a life-time of grief and loss and change people's lives forever.

It is therefore important that we take the time and effort to think about fires in our particular situation and accordingly prepare and take preventative measures to eradicate risk from both bush fires and domestic situations. We have all heard the messages before, but do we take heed or address the issue before it is too late.

Our recent guest speaker on domestic fires told us that the greatest risk to fires in the home was associated with cooking; stoves left on, pots boiling dry, cooking oil catching on fire, and the lack of precaution in the kitchen. A simple fire blanket is a cheap, but very effective in controlling a fire in the kitchen and on the stove by smothering.

Keeping naked flames clear of flammable materials such as curtains, bedding and furniture can be a quick and easy solution to mitigating fires. And of course, ceiling mounted alarms are a must by law, in every home. However, batteries need to be replaced frequently and alarms regularly manually tested for compliance. Make a note to replace batteries each year at the same time... say, Christmas or a particular

birthday. These are life saving measures. If your equipment is not working, it is of no use to you.

Rural properties present their own unique circumstances. The greatest decision one can make is whether to stay and protect the property or to evacuate. Only the individual can assess this according to their situation and preparedness. And often fires are started by nature... lightning, combustion.

Generally, farmers are very sensible and know only too well the risks that are to be found on rural properties. But maintaining equipment, being 'fire ready' and having a plan all contribute to a safe rural environment.

Take a moment to audit your house and property. Am I clear of accumulated 'fire fuel' such as undergrowth scrub and rubbish? Is there a clearing/ fire break around the house? Do I have an evacuation plan? Is my equipment regularly maintained and in working order such as pumps and hoses? Do I have a reasonable water supply? Do I take a risk assessment within the home to ensure I minimise the risks or do I think "it can't happen to me"?

Every night on the telly we see destruction by fires... homes, and properties. It can happen so quickly and because our thinking isn't there. As we approach summer, take a moment to think about the risk of fire.

Ray Klecko Area 425 coordinator

Disclaimer: This publication has been prepared as a public service initiative and while every care has been taken in its preparation no warranty is given nor representation, either express or implied, made regarding the accuracy, currency or fitness for purpose of the information, advice provided and no liability or responsibility is accepted by the State of South Australia, its instrumentalities, South Australia Police (their agents, officers and employees) and Neighbourhood Watch SA (Neighbourhood Watch Volunteers Association of SA Inc.) for any loss suffered by any person in consequence of any use of and reliance placed by any person upon the said information or advice.







Mark Scabissi

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Time to refresh your road rule knowledge

Life around us can change so quickly, and sometimes it is easy to find ourselves not knowing new or amended rules on our South Australian roads.

With the Christmas and New Year holiday season approaching quickly and the need for road safety awareness always of paramount importance, now might be a good time to pick up a copy of The Driver's Handbook at the Service SA customer service centres, or download it in PDF form online.

It's about refreshing your basic road rules knowledge and being a smarter, safer driver. For example, some drivers — young and older — do not realise that a law came into effect on September 1 which requires them to travel at 25km/h when driving through an emergency service speed zone.

The emergency service speed zone will help protect frontline workers and volunteers from the CFS, MFS, SES, Police and SA Ambulance while they carry out vital emergency work.

Volunteers and emergency services staff are often called on to provide life saving assistance at roadsides, or it may be that a police officer has pulled over to question a driver. By slowing down, we can all help them to safely get on with their job.

Breaking basic road rules contributes to thousands of avoidable crashes in South Australia resulting in injuries and fatalities each year.

The road rules refresher can help make you aware of gaps or misunderstandings in your road rules knowledge. Road rules are



developed for your safety so make sure you know and follow them at all times.

Rules have also changed in recent years relating to cyclists – and they also need to know about bells, lights, helmets, riding abreast, bicycle lanes, give way rules and more.

Someone in your family might get a bike for Christmas – it is important to show example especially to children about reminding them of all the relevant rule changes.

Please, drive safely this Christmas. If you are going away on holidays make sure you have a safety check of your vehicle or caravan. Road safety is everyone's responsibility.

Neighbourhood Watch Area 425 -Victor Harbor/Port Elliot

Annual General Meeting

Old School Building, Torrens St, Victor Harbor (opposite ANZ Bank) on Thursday, November 22, 1.30pm. Guest speaker: Sgt. Phil Gurr, head of Neighbourhood Watch Everyone welcome. Afternoon tea.

Become a member of your local Neighbourhood Watch – it's free – and help raise awareness of safety at home...

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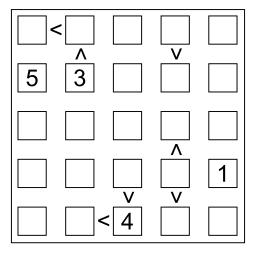
Target Time



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 - 45, Good - 50, Excellent - 55+

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 greaterthan 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.

Crossword

Across

3 Domesticates 7 Concretion of

nacre

10 Like better

11 Essential

12 At no time

13 Male sheep

15 American

inventor

16 Handle

17 Disconcerts

19 Useless remains

22 Mute

25 Of sound mind

26 Person of

distinction

28 Pace

20 Pace

30 Direction

32 Siblings

34 Cast off

36 Way of viewing

38 Stop

39 Instructor 42 Instrument

strings material 44 Second of two

45 Female pronoun

46 Restrict

47 Of the kidneys

48 Temperature

unit

49 Teaching periods

50 Aids to detection

Down

1 Subjoins

2 Reserved

3 Singers

4 Sporting complex

5 Turn outwards

6 Knight's title

7 Hanger-on

8 Dash

9 Hid

14 Labyrinth

16 Table-shaped hill

18 Characteristic

20 Coarse files

21 Farm birds

23 Letting contract

24 Musical sounds

27 Direction

29 Tableaux

31 Breaks

33 Let it stand

35 Edicts

36 Take that offered

37 Essence

38 Containers

40 Penetrating

coldness

41 Omit in

pronunciation

43 Microbe

46 Resinous

substance

1		2		3	4		5	6		7	8			9
10							11							
				12						13		14		
15									16					
				17		18								
19	20		21						22		23		24	
25					26			27						
	28			29						30		31		
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36		37								38				T
				39			40		41					
42			43						44					
		45				46								
			47						48					
49						50								



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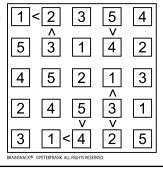
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PUZZLE ANSWERS (from P19)

aisle, alee, ease, easel, east, elate, elite, else, estate, ilea, isle, islet, istle, lase, late, latest, latte, leal, lease, least, leet, lest, lisle, little, sale, sate, SATELLITE, seal, seat, seel, sell, setae, sett, settle, site, slate, sleet, stale, state, steal,



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SERVICE

CINEMA













A Star is Born

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

Venom

(M) Action, horror, sci-fi movie starring Tom Hardy, Michelle Williams and Woody Harrelson. Directed by Ruben Fleischer. When Eddie Brock acquires the powers of a symbiote, he will have to release his alterego "Venom" to save his life.

Bohemian Rhapsody

(CTC) Biography, drama, music movie 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.

Beautiful Boy

(CTC) Biography, drama starring Steve Carell, Timothée Chalamet and Maura Tierney. Directed by Felix Van Groeningen. Based on the best-selling pair of memoirs from father and son David and Nic Sheff, Beautiful Boy chronicles the heartbreaking and inspiring



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experience of survival, relapse, and recovery in a family coping with addiction over many years. 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 Macfadyen. 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.

Boy Erased

(CTC) Biography, drama starring Lucas Hedges, Nicole Kidman. Joel Edgerton and Russell Crowe. Directed by Joel Edgerton. 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

The Grinch

(CTC) Animation, comedy, family movie starring Benedict Cumberbatch. Directed by Yarrow Cheney and Scott Mosier. A grumpy Grinch plots to ruin Christmas for the village of Whoville.

Commences November 23.

Robin Hood

(M) Action, adventure movie starring Milo Ventimiglia, Jennifer Lopez and Vanessa Hudgens. Directed by Otto Bathurst. A war-hardened Crusader and his Moorish commander mount an audacious revolt against the corrupt English crown in a thrilling action-adventure packed with

gritty battlefield exploits, mind-blowing fight choreography, and a timeless romance. Commences December 7.

ROBIN HOOD



(CTC) Comedy, crime, drama starring John David Washington, Robert Redford and Casey Affleck. Directed by David Lowery. Based on the true story of Forrest Tucker and his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Commences December 7.

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Eat Wave with Jenny

Easy Apricot Slice

Ingredients

2 cups White Wings Wholesome Blend selfraising flour

125g butter

½ cup milk

14 cup raw sugar

½ cup dark chocolate chips

410g can Fruit Pie Apricot halves

Method

Pre-heat oven to 180°C. Line a 28cm x 22cm (or similar) slice tin with baking paper. Melt butter, add self-raising flour, milk, sugar and chocolate chips. Stir well until combined. Then gently stir through the apricots. Spread into prepared tin. Bake at 180°C for 25-30 minutes, or until golden on top and cooked through. Remove from oven and cool on a wire rack. Store in a cool place in a sealed container.

Note: Wholesome blend SR flour contains wheat, millet, oats and coconut. Wheat SR flour can be used with a little coconut added. Chopped walnuts can be added, or can replace the chocolate chips.





Avocado Tzatziki

Ingredients

1 medium Lebanese cucumber, peeled seeded and grated

1 ripe avocado

1 cup plain Greek yoghurt

1 tablespoon olive oil

1 garlic clove, minced

1 tablespoon chopped fresh mint

1 teaspoon lemon zest

1 tablespoon lemon juice

salt and pepper, to taste red pepper flakes (optional)

Place grated cucumber in a bowl, and sprinkle with a little salt. Allow to stand for 10 minutes, then squeeze out excess water. Wash and peel avocado, cut in halves and remove stone. Cut avocado into small pieces, place in a bowl and mash using a fork or potato masher. Add remaining ingredients and stir until combined. Store covered in the refrigerator. Can be served as a dip or as an accompaniment to main course dishes. Options: Sour cream can be used in place of yoghurt, and lime in place of lemon.



Ingredients

2 teaspoons curry powder

2 teaspoons ground cumin

2 teaspoons garlic salt

3 cups diced sweet potato (peeled or unpeeled)

100g raw almond kernels, chopped

30g pepitas

1 tablespoon cumin seeds

50mls white vinegar

1 clove garlic, crushed

150mls olive oil

1 large tomato, de-seeded and diced

6 spring onions, thinly sliced

Small bunch coriander

extra olive oil for coating and frying

Method

Pre-heat oven to 200°C. Line a baking tray with baking paper. Mix spices and garlic salt. Place diced sweet potato in a bowl, and coat with a little olive oil and half the spice mixture. Place sweet potato in a single layer on the baking tray and roast until tenderabout 30 minutes, turning after 15 minutes of roasting. Remove from oven and allow to cool.

Toss chopped almonds and pepitas in remaining spice mixture. Heat some olive oil in a pan on medium heat. Add almonds and pepitas and heat for a few minutes, stirring occasionally until lightly toasted. Remove from heat and add to sweet potatoes. Place cumin seeds in the pan and stir over low heat for a few

minutes, or until seeds start to crackle. Remove from heat.

Whisk together vinegar, crushed garlic and olive oil. Add cumin seeds.

Toss together sweet potato mixture, spring onions, tomato, chopped coriander stems and the dressing. Sprinkle with chopped coriander leaves. Delicious as a side salad, or on its own.





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Laugh Lines

Laugh on Tom

Tom agrees to be admitted to a mental asylum to avoid a goal term, and he befriends Sam who did the same thing. He sits there, when suddenly someone yells out: "Twenty three", and with that all the patients start laughing.

Someone responds: "Seventy two", and they all laugh even louder.

Tom asks Sam: "What gives with calling a number and everyone laughs?"

Sam responds: "Most of these guys have been in here so long that they have heard every joke there is to tell, so rather than tell them again they have given every joke a number. Just observe ..."

So Sam shouts: "Forty six?" A huge laughter follows. Sam says: "You try it."

Tom thinks about it, and then shouts: "Seventeen."

Nothing. No laughter. Not even a cough. Tom says: "Hey, what gives?"

And Sam says: "It was the way you told the joke."

Heartly-Davidson

A mechanic removes a cylinder head from the motor of a classic Harley-Davidson motorcycle. owned by a well-known heart surgeon.

When the surgeon arrives to get his bike, the mechanic says to him: "So Doc, look at this engine... I open its heart, take valves out, fix 'em, put 'em back in, and when I finish it works just like new. So how come I get such a small pay packet and you get paid thousands, when you and I are doing basically the same work?"

The surgeon pauses, smiles and whispers to the mechanic: "Try doing it with the engine running."

Sign of the times

Brian is a shopkeeper and he's dismayed when a brand new business much like his own opens up next door and erects a huge sign which reads in big bold letters: BEST DEALS.

Worse still, another competitor opens up on his right, and

announces its arrival with an even larger sign reading: LOWEST PRICES.

Everyone says Brian will go broke, but two months later he's doing a roaring trade. Merle, from the nearby shoe shop asks: "How did you survive Brian?"

With a grin Brian says: "I put a big sign on my shop in big bold letters that said: MAIN ENTRANCE."

Bravo, Bravo!

A captain named Captain Bravo enjoys his reputation as the toughest sailor of the tall ships across the oceans of the world, showing no fear when facing the meanest of pirates.

One day, while sailing the Seven Seas, his lookout spots a pirate ship, and the crew becomes frantic.

Captain Bravo bellows: "Bring me my red shirt!."

The first mate quickly retrieves the captain's red shirt, and while wearing it the Captain leads his crew into battle and defeats the pirates.

That evening his men sit around on the deck recounting the day's triumph. One of them asks the captain: "Sir, why did you call for your red shirt before battle?"

The captain says: "If I am wounded in the attack, the shirt will not show my blood, thus you men will continue to fight, unafraid." His men marvel at the courage of such a manly man's man.

As dawn arises next morn, the lookout spots not one, not two, but 10 of the biggest and

most heavily armed pirate ships approaching. The crew stares in worshipful silence at the captain and waits for his usual orders.

Captain Bravo gazes with steely eves upon the vast armada arrayed against his ship, and without fear turns and calmly shout: "Get me my brown trousers!"

Doctor, doctor...

This guy goes into a doctor's office. The doctor says: "Oh, Mr Jones, we have the results of your test. Do you want the bad news first or the very bad news?" The guy shrugs and says: "Well I guess I'll have the bad news first."

The doctor says: "The bad news is, you have 24 hours to live."

The man is distraught. "Only 24 hours to live? That's horrible. What could be worse than that? What's the very bad news?"

And the doctor says: "The very bad news is ... I've been trying to contact you since yesterday."

Dad jokes...

What is the Melbourne Cup winner's favorite sport? Stable Tennis.

What did the digital clock say to the grandfather clock? 'Look. grandpa, no hands!'

Why can't you bend a coin? Change is hard.

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

Why did the cow go in the spaceship? It wanted to see the mooooooon.

How do chickens get strong? Egg-cersize.

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