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March 2019 Vol. 8 #108

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March

FRONT COVER

The footy trials and gimmicks are over, the real stuff is about to begin, and Willunga's Great Southern Football League Women's captain Patty Parry captain can't wait. Women's football has really kicked off in this region. **STORY: P26-27**

INSIDE

P8-9: Alice Terry is a psychic medium, not to be confused with the crystal ball kind. She sees dead people, but we'll leave it up to you to make up your mind. Whatever, it is certainly different to the norm. But what is normal?

P18-19: We went on the market trail and visited the Green Light Organic Market on Aldinga Road at Willunga and discovered some curious culinary delights. It's a small market, but it's making a big impact.

30-31: Mrs Eat Wave brings us a ridiculously easy zucchini soup, and you'll never eat a packet of macaroni again after trying her budget-busting recipe that the whole family will love. Must try.

CLASSIC DINNER

The 14th annual McLaren Vale Vintage & Classic will cruise down the main street on Sunday, April 7 from 11am, but the fun will actually begin on the eve with the huge charity dinner at Serafino Wines. The gala charity dinner – in aid of McLaren Vale & District War Memorial Hospital and local CFS units of McLaren Vale and McLaren Flat – will feature John Bowe, an

McLaren Vale Vintage & Classic

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Australian racing driver, currently racing a Holden Torana in the Touring Car Masters series. He twice won the Australian Drivers' Championship during the Formula Mondialera and the Australian Sports Car Championship, and the Australian Touring Car Championship in 1995. He won Bathurst 1000 touring car endurance race in 1989 and '94.

The Vintage & Classic will feature more than 600 automobiles, attracting visitors from interstate and across SA to McLaren Vale. Locals and everyone involved in the event have been asked to dress in costume applicable to the date of the vehicles and motorcycles, thus offering even more colour. As part of the promotion for the event,

organisers arranged for Samantha Jones and Julia Stahl-Brown to dress up, as featured in our February edition and in the widely-spread Vintage & Classic posters. Further details on the dinner and the event visit: www.vintageandclassic.com.au

TO BE SURE

St Patrick's Day will be celebrated around the world on Sunday, March 17 to pay tribute to one of Ireland's patron saints, who died this day in 493.

St Patrick worked as a missionary in Ireland, and the story goes that he banished 'snakes' from the country, although the term may have referred to druids or pagan worshippers.

The Irish were among the first Europeans to settle in Australia – as convicts in the late 1700s – and more than 300,000 other Irish settlers migrated to Australia from 1840-1914 to escape famine in their homeland. About 30 percent of today's Australians are believed to have some Irish ancestry. Many of the Irish with a surname starting with 'O' and an apostrophe had the 'O' removed by English authorities when they came here. It meant a fine gentleman like Jack O'Leary became Jack Leary.

And, for the record, Australia is home to about 11 per cent of the world's 6300 reptile species – the highest proportion of any country around the world – but don't blame St Patrick for sending the snakes here; they floated from Asia.

We hope the Irish have a great day on March 17.

Continued P4



Wayne Phillis welcoming Shaun Needs (Pictured right)

FLEET DEALS

Shaun Needs has just joined the Wayne Phillis Automotive team, as Group Fleet Manager representing the iconic Ford, Isuzu and Kia brands.

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From P3

MAJOR EVENT

We have a holiday on Monday, March 11 to celebrate the 155th running of the Adelaide Cup – the race that stops a street.

Victoria will enjoy a holiday also – Labour Day – and while they mock the reason for our holiday (as we do) they didn't mind running the Adelaide Cup at Flemington in 1885 when the South Australian Jockey Club went broke.

Victorian trainer P. Dowling won 500 sovereigns when Falcon won the first Adelaide Cup at Thebarton Racecourse in 1864.

The cup has been held on the second Monday of March since 2006, having shifted from a May timeslot, and has been a holiday since 1973 when then Premier Don Dunstan considered our Adelaide Cup a major social event in South Australia.

Of course, we all know that Fanatic won last year's Adelaide Cup.

Enjoy the day, and maybe the race, and wait for our next public holiday over Easter starting with Good Friday on April 19. Easter Monday is on April 22, and Anzac Day is three days later.

MARCH SPORT

Round one of the 2019 AFL season is upon us, and as this edition went to press we had the Demons hot favourites to beat Port Adelaide on Saturday, March 23 at the MCG, with the bookies convinced the Crows will beat Hawthorn later that day at Adelaide Oval.



Among those so excited about the season are 48 members of the South Coast Crows' supporter group who have booked a flight to Perth to watch their beloved team clash with the West Coast Eagles at Optus Stadium in round 21 on Sunday, August 11. And, for the record, our local Crows' supporter group is looking for a few more volunteers to help with the fun. Contact Judy at Tyrepower on 8552 1800. In other sport, the big event is the Australian Grand Prix in Melbourne on Sunday, March 17. After that, it's the US Masters Golf at Augusta from April 11-14, US PGA Golf Championship at Bethpage State Park, New York May 16-19; FA Cup final May 18, and the Cricket World Cup, England from May 30-July 15.

FINAL LAP

Scottish-born Stuart Sykes, pictured left with a classic poster, was an English language assistant at a local school in Paris, which by chance led to being offered a job as an official interpreter at the famous La Mans circuit in 1967. From there he worked for the BBC in London, and in 1986 was doing media work for a Brazilian Formula One team headed by the acclaimed Ken Tyrrell. And after varied other media roles in motor sport including 200-and-something F1 Grand Prix races and 18 books, Stuart has "turned his engine off" and will miss his first big race – the Australian F1 Grand Prix in Melbourne on Sunday, March 17.

In 'retirement' will he miss the fumes and the buzz? "Yes, and no," Stuart said. "You know when you've had your last race." His wife, Claire, joined him on many of the F1 events, so it will be a change of pace for her also.

Stuart has enjoyed an amazingly successful career in sports coverage, and noted his favourite GP was in Belgium – all of them. "It is the most wonderful race in the world," he said, and he should know.

He wrote a brilliant biography on Australian GP driver Mark Webber in 2015, and now has his eyes on a few more interesting sports book ideas.

Meanwhile, Stuart is restricting himself to the speed limits around town, and enjoying driving a golf ball with his many mates at the Victor Harbor Golf Club until he goes putt, putt... putt, putt like so many F1 cars.

Mr CHARITY

Mr Menswear – Alan Kluske and his wife Bev – has sponsored just about every worthwhile cause over the past 34 years. Health care groups, sporting organisations,

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small businesses; you name it, and Mr Menswear has helped, not to mention devoting countless hours on Rotary and other committees all in the name of supporting the community. Now, Alan (pictured) needs your help, and typical of the bloke it's not about assisting him personally, but his great passion – raising funds for mental health research. Of course, he's doing it tough along with 25 other marvellous community-minded people riding a bicycle almost 600km from Victor Harbor to Broken Hill from March 28 with a great support crew and raising funds along the way to attending the Rotary District 9520 Conference in Broken Hill. The grand tour – Ocean to Outback – involves riding 90km a day through beautiful towns like Hahndorf, Nuriootpa and Burra, and arriving in Broken Hill on April 4. The growing need to support mental health program is personal for Alan, and this ride is not just for Rotarians but for anyone who can fit into lycra. You also don't need to ride to Broken Hill to support this magnificent Ocean to Outback cause – you may help by contacting Mark Cox, president of Victor Harbor Rotary Club on 0414 904 574 or e: co20@bigpond.com.au. And then there are the raffle books around town with marvellous support, especially from places like the Victor Harbor Golf Club and its cafe, SA Design & Print, and of course Mr Menswear with a \$400 voucher. How many times have we seen Mr Menswear named on a raffle prize list? These are great prizes on offer, so please buy a ticket. This is about tackling mental health issues, but it's also a wonderful opportunity for this community to show to Alan and Bev



we have appreciated their support over the years by giving the ultimate return favour – supporting Alan's great passion; giving to others.

"I appreciate what other people are doing for me," Alan said. "When you do favours you don't expect accolades... it's just the right thing."

"I am a strong advocate of Rotary – they do some wonderful things – and mental health is an illness that has been with us. I think of my youngest sister – they were known as breakdowns and not mental illness years ago – and she had one at 17."

"If we can do our little bit by raising a few dollars on the bike and from the raffle, I think that would fantastic."

We wish Alan well, and thank him again. Imagine that, Mr Menswear wearing lycra.

A DAY AT NANGAWOOKA

Autumn is upon us, which means the marvellous volunteers at the Nangawooka Flora Reserve by the roundabout to Adelaide Road and Waterport Road Hindmarsh Valley have organised an open day, on Sunday, April 7.

The group will have its native plant growers selling as usual and helping with gardeners' queries. There will be a demonstration of grafting techniques and soil testing available. It's worth attending just for their day-long BBQ and morning/afternoon tea stall with tempting cakes. Gates will open from 10am-4pm, and while entry is free a gold coin donation would be appreciated. We're told the autumn flowers should be at their best, especially if we get good rains this month.

Continued P6





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March

From P5

Volunteers have worked hard this year improving the labelling, edging the paths to make them more accessible and increasing the plantings to fill in spaces left from losses in earlier years.

Well done to a great, caring team.

SURFING FESTIVAL

The Southern Surf Festival is coming back to Middleton on April 26-28, and will be even bigger than last year's superbly organised and highly successful inaugural event. With tremendous support from many involved in Surfing SA, the SA state titles will attract brilliant riders from interstate and locally, but they are just part of three days of action and entertainment. The surf events include competition for involving shortboard, longboard, single fin, twin fin and kneeboard surfing.

There will be live music, local food and drink, art, crafts, a board swap meet, an award ceremony for surf school. (More in our April edition).

Visit: southernsurffestival.com.au



A scene from last year's event at Middleton. Image: Surfing SA

IN STITCHES

The Inman Quilters at Inman Valley are having their 7th Biennial Quilt Exhibition at the Inman Valley Memorial Hall, held in conjunction with the Festival Fleurieu. It's on the weekend of April 13-14 from 9.30am to 4.30pm, and on the Monday

9.30-2pm; admission \$3 (children free).

There is a raffle for two amazing quilts with all proceeds to this wonderful group's chosen charities – this year Fleurieu Cancer Support Foundation.

Brilliant Inman Quilter Karen Blonk donated the beautifully pieced Queen size green and cream quilt top as second prize, and first prize is a traditional hexagon quilt, which made its way from Adelaide in pieces. Chrissy Nyveld, a relatively new member of our group, took on the challenge of heading a team that spent more than 350 hours to sew 1420 yards of cotton to sew on 3300 hexagons patterns.

Raffle tickets will be available at the exhibition, or may be purchased by contacting Glenda Trigg: 0407 713 659.

There will also be a special display: Gifting Quilts over the Decade in the Inman Valley Church in conjunction with exhibition.

MORE STITCHES

The South Coast Branch of the Embroiderers' Guild of SA is also having a biennial exhibition, *Stitching by the Sea* in the RSL Hall, The Strand, Port Elliot on April 27-28 from 10am-4pm.

The branch, formed in 1991, is one of 12 in SA regional areas. Its 30 members enjoy fun and friendship while stitching, sharing and learning in the Founders' Pavilion at Port Elliot Showgrounds, Cameron St, Port Elliot every second and third Thursday from 9.30am-3pm.

On the third Thursday mini workshops are held to learn and practice different embroidery techniques. New members and visitors are always welcome – contact 0428 994 067 or find us under 'country branches' on the Guild website: www.embguild.org.au.

FESTIVAL FLEURIEU

Festival Fleurieu – the multi-award winning, arts and community celebration – is moving into high gear, according to one of its organisers, Chris Rann.

The eighth biennial festival will be held in the run up to Easter, from April 13-22



with 80 events staged in venues across the Western Fleurieu.

The local population of just 4500 triples during holiday periods, and the district is home to a disproportionate number of talented artists and crafts-people. It represents great value for the sponsors. Festival chair Jane Mitchell said: "This special festival is where artists let their imaginations run wild – on canvas, in workshops and studios and on musical instruments."

Tickets to events are selling early and several accommodation offerings (based on the success of the 2017 festival) are expected to be booked out by late March. Jane said the 2019 program had "something for everyone" and reported a "detectable buzz and genuine excitement about what's coming".

Festival Fleurieu presents music, song, an artist studio trail, heritage tours, storytelling and poetry, culinary events – even a sailing regatta around *HMAS Hobart* – in a range of venues including gardens and homes.

Look for your April edition of Coast Lines for a big guide to this year's Festival Fleurieu. Visit: www.festivalfleurieu.com.au/



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The wooden boat people

When the gracious *PS Mayflower* makes its way from Mannum to Goolwa to join the *PS Oscar* for the South Australian Wooden Boat Festival from April 27-28 it will be the first time some visitors – especially children – will have seen paddlesteamers in all of their glory. Given that this is the 16th festival of its kind,

it may not seem a big deal to some, but the *Mayflower* is 135 years old and remains in superb working class order. Like the other pressure steamers of her time that symbolise our mighty Murray River trade history, she is indeed special. There are also those who simply take the paddlesteamers for granted, much like the festival itself really. However, the

remarkable thing is this festival, known throughout the world for honouring the wooden boat culture, is being put together by a committee of just seven volunteers. Like those before them, for whatever reason this biennial event attracts those suggesting “they should have done ‘this or that’ and ‘it won’t be a success’.

Continued P8

27-28 April 2019

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From P7

Opinions flow, but name a significant event in South Australia that is free. It's in Goolwa, one of only two places in the world where steam trains – the grand SteamRanger locomotives – meet steam boats. This region needs this festival and we should offer support.

The SAWBF is proudly supported by Alexandrina Council, which continues to provide enormous help to the committee. It is also the seven volunteers who stepped forward to put on this festival when others saw it as 'too hard' and that deserves much praise.

Garry Coombes is chairman for a second festival. Trevor Twigden is the only other committee member from the 2017 highly successful event. Greg Hamilton, who remarkably now does a five-hour return trip from Greenock in the Barossa Valley having moved there because of employment reasons, hasn't missed a meeting. "I am still passionate about the town and helping it to grow, even though we have moved," he said. The commitment by the other members – Natchalee Papon-Kelly, John Carter, Bart O'Brien and Steve Ramsey – has also been outstanding. They have all met on Wednesday nights since last April to put together something special – again with council support – despite the complexity and challenges.

Garry gave a wry grin when told people in the town suggested there was a touch of madness in his decision to remain as chairman.

"I've heard the comments," Garry said.

"I am just passionate about the Goolwa community and the wonderful things that we can do with wood and wooden boats. This festival has to be done.

"The festival is community organised and driven, and that is what it needs to be. It needs to be free, and provide for boaties, their families, and non-boaties the opportunity to just get into the fun of being in and around the water at Goolwa.

"There aren't too many free events these days, yet personally I feel that maybe what



The 2019 South Australian Wooden Boat Festival committee (from left) Bart O'Brien, Steve Ramsey, Garry Coombes, Trevor Twigden, John Carter, Natchalee Papon-Kelly, Greg Hamilton.

we haven't got right yet is how we can leverage getting money in being a supported community event like it is, and to convince the people who give money that the value is going to come back to them three or four fold.

"There have been difficulties; there always are with these types of things, but not at any stage did I have this thought that the 2019 festival would not go ahead. I have a strong belief in the people of Goolwa, and the town is indebted to the people on the committee for the work that is being put in.

"The major factors in making this festival happen have been the support of council and sponsors who saw what this event can again mean to Goolwa and got behind us.

"The 2019 festival will be special because once again there will be boats that go right back to the beginnings of the river and the river trade.

"The river trade was such a big part of South Australia's history, and this Goolwa Wharf Precinct is a great venue to host such an important event.

"The festival will again showcase our amazing regional food, wine and music, and there will be something for everyone at this fun-filled festival.

"We have progressed well, but we still need volunteers in the lead-up to the event and the many roles during the festival."

During the official launch of the festival Mayor Keith Parkes stressed that the volunteers needed to be recognised and thanked for everything they had done, including the board of the Goolwa & District Community Bendigo Bank for their sponsorship and commitment as a presenting partner.

Other key sponsors include Friends of Oscar W, Coorong Quays, Straydog Boatworks, Bote-Cote, Gthink Studio Design, Langhorne Creek Wine Region, Goolwa Jetty Builders, A1 Hire, and Llama Blue Website Design. Strong community-minded organisations like Investigator College have supported this event for years, and will again; they see the bigger picture. There is still time to offer support.

The 2019 SA Wooden Boat Festival will delight the people of this town and especially the visitors with all of its fun and entertainment. It's about giving kids – and big kids who continue to be mesmerised by the ageless craft of wooden boats – life-time memories. Thank you Garry, Trevor, Greg, Natchalee, John, Bart and Steve.

www.woodenboatfestival.com.au

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What we can expect at the 2019 SA Wooden Boat Festival

Not surprisingly, the extraordinary following in the remaking of the *Storm Boy* movie will be a feature of this year's festival with two of the boats used in the film on display at Armfield Slipway.

Significantly, the festival will for the first time extend to the Goolwa Aquatic Club with a mini bus and golf carts taking people to and from the events. Also new is a giant Optus LED screen, which will be located in the main Goolwa Wharf Precinct enabling people to see what events are happening around the banks of the Murray at Armfield, the Goolwa Regatta Yacht Club, and GAC. The focus is on wooden boats, so the entertainment by the wharf will include the



grand entrance of the PS Mayflower and PS Oscar W, boat parades and races.

There will be plenty of fun events like the Rough 'n Ready where teams need to make a boat and paddle as far as possible, and children will be able to go on the Pirate's Trail collecting free items on the way. New additions include the Floatfest between GAC and the GRYC with dinghies, speedboats, dragon boats, and canoes.

There will be displays and exhibitions, and at Armfield volunteers will demonstrate some of their skills working with wooden boats. The Royal Australian Navy will have some presence, depending on commitments elsewhere. If present, there will be a ceremony at sunset, and later in the night fireworks off the Hindmarsh Island Bridge. Of course, there will be plenty of stalls to experience some of the most delicious food produced on the Fleurieu Peninsula, and in a restricted area an opportunity to try some of the finest wines the Langhorne Wine Region has to offer. ■

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As the Goolwa RSL sub-branch prepares to celebrate its centenary on Friday, March 29, its returned service people and associates are saying:

We shall remember the ethos

More than 120 people will cram in Signal Point for a sell-out dinner to celebrate the centenary of the Goolwa RSL Sub-branch on Friday, March 29, and in a beautiful touch the Governor, the Honourable Hieu Van Le AC, will be presented to four members close to their own centenary. Of course, it is usually the other way around; being presented to His Excellency, but that is the nature of this fine man and his reverence for the RSL, particularly this sub-branch, which is the third oldest in South Australia. Sandy Hill, the elder statesman at 98 last July 19, Betty Plummer 96 last March 23, Charlie Stevens 94 last November 30, and Ian Brock 94 last June 30 will be deeply honoured. And so the memories will flow, some suggest almost as quick as the beer lines, such is the reputation of an RSL club – this one with its 332 members – but of those who returned from service none will spread a word on what they specifically did for their country at war. Here, the now predominant associate members will dare not ask either. Rest assured our AFL teams will get an airing this night, and regrettably Richmond from its No.1 fan included, while the countless humorous moments will be embellished and the characters and those with character will be lauded. None will enjoy the occasion or absorb the pride more than Goolwa RSL Sub-branch president Bob Plummer, whom one suspects has the five pillars of the RSL – advocacy, services, mateship,

commemoration and sustainability – tattooed on his left forearm. A loveable chap; RSL and what it stands for to the core, and forever living its ethos of always “look after your mates”. However, come next day there is every chance on Bob will ponder whether

the RSL sub-branches, as we know them, will be around in 25 years let alone another century. Right now he says it's so much about looking after your own sub-branch following concerning exposure of rorting the system at a national level, and our state association

having unintentionally been in disarray because of alleged appalling management decisions. “I have concerns that we may find people drifting away because of the image of the RSL at a national and state level,” Bob said. “It leaves us to consider also creating a separate



“ You don't need to talk about what happened in the war. You may not have had a rapport with an individual person that you associate with in the RSL, but you understand that everyone has the same ethos; look after your mates, care for each other.”

– Goolwa RSL Sub-branch president Bob Plummer (pictured).

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identity so people can still belong and be part of this club without necessarily feeling constrained about putting money into the RSL at the highest level. That is a sad indictment; it saddens me.

"The long-standing situation where the RSL sold off its branding to clubs like Blacktown, Rooty Hill and so on in Sydney is hurting us. They are only clubs, poker machine driven, and are no different to the St George Leagues Club or Port Adelaide Football Club. "These NSW clubs are different to the sub-branches which continue to carry on the tradition of what the RSL intended to be, about looking after you mates and remembering the fallen.

"The RSL badge is big branding, and it was sold off and abused. We cannot sweep that under the carpet."

Bob, who spent nine years as president of the McLaren Vale Sub-branch and has been president at Goolwa for 10 years, concedes there have been other issues clouding the overall image of the RSL, including decades ago with sexism where returned service women had to sit in another room to have a meeting, and Vietnam veterans being shamefully not welcomed and told to leave. "This was a bloke's club," Bob said. "There were also days when the RSL was just about coming here having a drink on a Sunday morning after mowing the lawn and before a roast lunch.

"The true spirit of the RSL went missing, and what turned it around here was when a Vietnam Veteran named Chris O'Neil worked desperately hard to change this culture, little things like no smoking, hats off, honouring our returned service women and making everyone welcome.

"Through this we had associate members respecting what the sub-branch here and at McLaren Vale stood for, which in turn led

the community sharing better understanding and developing wonderful relationships with the schools who have learned to honour the fallen and those who served.

"To have a better understanding as a country of where we have come from is important, but with the RSL branding taking a hit I fear that some sub-branches which have taken up the mantle of helping your mates are suffering."

Bob believes the RSL and its sub-branches have been perceived as many things, and he admits there have been issues within his own den in the history-enriched former stables off Cadell Street, but he will always be immensely proud of the principles of its members.

"The dinner will be a wonderful night," Bob said with a sense of surety. "There will be a lot of talk about the old times and we will remember all of the characters along the way, but you're right, there won't be a line about what those who have returned from war went through.

"You don't need to talk about what happened in the war. You may not have had a rapport with an individual person that you associate with in the RSL, but you understand that everyone has the same ethos; look after your mates, care for each other."

"In the RSL now there are those who served for a long time in the regular forces, and in a lot of cases it became their career. There are, of course, also many who were in the second stage of conscription for the Vietnam War.

"I spent two years in the 9th Battalion Royal Australian Regiment out of the 72 of my life, and some of my best mates and others I associate the easiest with are those who I served with, even if I did not know them in Vietnam.

"It is a feeling of camaraderie, that understanding of each other. You don't have to explain what you did at war. Your situation could be totally

different to someone else's in that they may have experienced far more traumatic things than others.

"Following both world wars there were large numbers of service people looking for companionship. They couldn't relate to the rest of population because they had been away for years, out of the community. They lived with their mates and seen them die. If they didn't suffer they felt it because others did; either way they were out of circulation.

"Life outside of the services brings its own challenges today, people looking for companionship who don't need to explain their personal hardship who are helped by those who never stop looking after their mates."

We hope the members have a great night at this centenary dinner – it's once in a lifetime even for the four WWII veterans, and our Governor cannot wait to present himself to them. ■

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Pietro Angelo Secchi, an Italian Jesuit priest in 1865, invented this ridiculously simple method of dropping a black and white disk tied to a measuring rope into the Tyrrhenian Sea, and upon out of sight providing an

indication whether the Papal yacht would run aground.

Melanie Crouch (pictured) has been dropping one of these same disks – now made of fibre glass – off our jetties since 2003 as a foundation member of the Friends of St Vincent Gulf to gather data to determine the clarity and turbulence of our coastal waters.

And great news – the beaches along our Fleurieu coastline are generally excellent,

arguably some of the clearest salt water in Australia. How grateful thou art.

The fragility, according to Melanie, observed through her full-time employment as a project officer gathering statistical analysis and environmental consultancy for government and small groups, lay with alarming consequences of plastic bags and fishing line in our oceans.

Although not connected with their Secchi project, the Friends of St Vincent Gulf held

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a forum last year about the rubbish and waste found in our waters. We all know the plastic bags and finishing lines are killing our marine life, but also incredibly frightening was a report on micro plastics which seems to be oblivious to most of us.

"It is scary when you get into the detail," Melanie warned. "The technical definition of micro plastic is plastic less than 5mm. Basically, a lot of it you cannot see; it's all mixed up in the sand because plastics break down, degrading into very tiny pieces.

"The fish eat the micro plastics and we eat the fish with the micro plastics left inside.

"These micro pieces end up in almost everything. A recent report suggests that they are pretty much in all drinking water now. They are in your toothpaste, they are deliberately placed in common moisturisers. Our washing powers are full of them, and half of our clothes have plastic in them so when you wash all of these micro plastics all go out in the coastal storm water."

Frightening, indeed, but this micro plastic phenomena doesn't necessary relate to the clarity of our beaches.

Melanie, and about 50 other dedicated volunteers use these simple Secchi disks to collect data to determine whether a pattern is emerging relating to the clarity of our coastal waters. When covering our recent story on how the pelicans were obtained from Bird Island off Outer Harbour for the *Storm Boy* movie also onboard the boat was Steve Papp, secretary of Friends of St Vincent Gulf.

Steve has collected data using Secchi measurements for years, and it has been particularly significant considering this unofficially-named Bird Island is man-made. Melanie said the Secchi disk has provided quite variable data from Outer Harbour and right down and around the coast to Goolwa the coast so there was a need for long periods of gathering information to obtain more definitive data.

"The metropolitan coast it is improving very slowly; it's more of less stable except around

Henley and Brighton where there has been a decline," Melanie said. "I do not want to assume reasons for this fall in clarity, but there have been issues with sand pumping, which may have contributed.

"The metropolitan coast could be a lot better especially the Torrens outlet where you have a lot of the catchment water going out to sea.

"Down here on the south coast waves are variable so you get huge variation, which means it could be a while before we actually see rigorous trends. If we have more trends it would give us more consistent data to work from.

"Overall, there is no doubt the clarity of the water along our beaches from Christies Beach and around the south coast is very good. Most days out here you can see the bottom well."

Not surprisingly, people are amused when they see these Friends of St Vincent Gulf volunteers throw their Secchi disk off the jetty.

"We explain how there was a coastal waters study a few years ago that looked at the decline of seagrass along the metropolitan coast, and how there was a need for everyone to be environmentally conscious," Melanie said.

"Driving factors for this decline were the output of nutrients like waste water, agriculture pollutants and other high-nitrogen elements into the gulf, plus turbulent water, all of which prevent light getting down to the seagrass.

"Seagrass is a plant so it needs sunlight to grow. If you suppress the light over time the plant will deteriorate, and quite often this lack of sunlight creates contaminates. Overall, there are sections where our environment has been degraded, but it can be fixed. Seagrass can regrow if the ocean clarity becomes clear.

"Surf lifesaving groups sometimes need to close beaches when there is discoloured water along the coast, so we also need our data as a means of monitoring health and

safety issues."

Melanie, who lives at Finniss, is obviously passionate about the environment; it seems to have consumed her for the past 20 years, but she says she has loved every moment. The few hours a week she spends on the Secchi project brings a strong sense of value. The fact most of the funding the Friends of St Vincent Gulf receives comes from the Adelaide and Mt Lofty Ranges Natural Resources Management Board also tells us all that other people in organisations in high places care a great deal also.

The environmental issues that face our coastal waters are being delivered by people of all ages who care about our beaches, even from children in Year 2 classes who scramble to throw one Pietro's disks into the water.

If you would like to get involved – the more recordings along our western Fleurieu and southern coastlines the better – visit www.secchi.org.au or email: secchisa@gmail.com



A bust of Pietro Angelo Secchi by Giuseppe Prinzi at Pincio, Rome.



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SOUTH AUSTRALIAN WOODEN BOAT FESTIVAL



Proud to be partners

If you haven't already put the weekend of April 27-28 in your calendar, do it now – the biennial South Australian Wooden Boat Festival is on again at the River Port of Goolwa, and we have some exciting news. The Fleurieu Peninsula branches of Bendigo Bank, led by Goolwa & District Community Bank®, are this year's 'presenting partner' for the festival. This spectacular two-day event is a celebration of SA's rich maritime and boat building industry, and those who still carry on this proud tradition.

There will be displays of wooden craft of all shapes, sizes and ages and events gathering from the wharf around to the Goolwa Aquatic Club over this spectacular two-day festival. It's an exciting mix of both on water and on-land activities – and definitely a lot of fun.

Our Goolwa branch and Board of Directors are delighted to be the presenting partner. This type of partnership is special because we know what it means to the local community, and that everyone in the town will rally support around events as big and unique as this one.

The SA Wooden Boat Festival is on the national tourism event calendar, and brings visitors from all over the country into the picturesque township of Goolwa, shining the spotlight on all it has to offer. We know how important community spirit is, and just by the Bendigo Goolwa Community Bank® branch becoming the presenting partner and investing in an event like this we are showing the Goolwa

and broader Fleurieu community that we are serious about giving back.

Something that the Fleurieu team and I get a lot of joy from working for such a community minded organisation such as Bendigo Community Bank® is that we can reinvest in significant events like the SA Wooden Boat Festival, yet this is only possible if the community supports us. As a Community Bank® we are committed to giving back 80 per cent of our profits to help support and grow a sustainable future for the communities we are a part of and this is our point of difference to all other financial institutions.

With five locations across the Fleurieu Peninsula – Goolwa, Victor Harbor, Aldinga Beach, Willunga and McLaren Vale – you have opportunities to support your banking needs.

Apart from being well located, we have a knowledgeable and friendly team that is here to support you. We are dedicated to ensuring that you, your family and/or business thrives and is successful, which in turn will make your community successful.

Please take a moment to pick up the phone and see what we can do for you, and we look forward to meeting many of you at this year's SA Wooden Boat Festival on the River Port of Goolwa in April.

Samantha Bitter – Fleurieu Business and Community Manager
M: 0448 788 650

Where you may have found us supporting the Fleurieu Peninsula:

SA Wooden Boat Festival

Festival Fleurieu

Willunga Chilli Festival

Sellicks Beach Historic Motorcycle Race

Judith's Walk

Lions Club of Goolwa

Port Elliot Town & Foreshore

There are four big reasons to try number five.



Pictured at the festival launch are (from left) Bart O'Brien (SAWBF committee member), SAWBF chairman Gary Coombes, and Goolwa & District Community Bank Bendigo branch secretary Milli Livingston and chairman Kym McHugh.



Alexandrina Council

CONNECTING COMMUNITIES



*Lions Park playground
replacement, Strathalbyn*

CONTACT US



11 Cadell Street, Goolwa
1 Colman Terrace, Strathalbyn

Office Hours: Mon-Fri 9am to 5pm
and Sat 9am to 12 noon



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Above: Nic Newling with students and event organisers at his 'Speaking of Mental Health' presentation for community and high school students.

Youth Wellbeing – Message of sharing and listening

The Strathalbyn and Communities Suicide Prevention Network (SCSPN), in conjunction with Alexandrina Council, Eastern Fleurieu School and Tyndale Christian School Strathalbyn, were delighted to recently host a visit to Strathalbyn by acclaimed advocate for youth mental health and suicide prevention, Nic Newling. During his "Speaking of Mental Health" presentation, Nic shared his unique insights and experiences with the local community and high school students.

Over 50 community members and 450 students listened to Nic share his inspiring story, and heard about his personal struggles with mental health and the impact caused by the loss of his brother, Christopher, to suicide. Information on local mental

health services and resources were made available to attendees at the end of the presentation. Nic's message of sharing and listening, and encouraging helpful, unscripted conversations around mental health aligns with the SCSPN's objectives on suicide prevention. Alexandrina Council commends the SCSPN for funding this initiative and helping to ensure the Strathalbyn community has access to important mental health information that potentially saves lives. Their encouragement of community members to ask questions, listen, support each other and seek help when needed align with Council aspirations for our community to 'Participate in Wellbeing.' To reach out for support or for more information visit SCSPN on Facebook at <https://bit.ly/2T47Cpx>

Environment and Food Production Areas

The Environment and Food Production Areas (EFPAs) were introduced through the Planning, Development and Infrastructure Act 2016 on 1 April 2016 to protect areas of rural, landscape, environmental or food production significance within the Greater Adelaide region from urban encroachment.

While subdivision for residential purposes is prevented within EFPAs, a transitional period allowed for the assessment of land division applications proposing the creation of one or more additional allotments. This transition period ends on 31 March 2019.

The EFPAs do not affect the development of new buildings or structures, only subdivision. Applications for these proposals can continue to be lodged with council, and will be assessed against the policies set out in the local Development Plan.

What does it mean for me and my land if I am within an EFPA?

You are unaffected unless you propose to subdivide your land for residential purposes.

If you plan to subdivide your land for residential purposes, you have until 31 March 2019 to lodge a development application with your local council.

Applications for land division lodged up until 31 March 2019 are still required to adhere to the policies in your local council area set out in the Development Plan.

Should you require further information, please visit the SA Planning Portal website via www.saplanningportal.sa.gov.au or contact SA Planning on 1800 752 664.



Explore our regions parks, gardens and coastlines

The Alexandrina region is fortunate to boast some of the most picturesque coastlines and reserves in South Australia, and Council's dedicated Parks and Gardens team have achieved some outstanding results in the first half of the financial year. They have responded to 139 customer requests in addition to scheduled general maintenance works, including:

- mowing and edging, tree and shrub pruning, weed control, fence repairs, bbq repairs, garden maintenance and landscaping, furniture repairs, and maintenance for over approximately 190 hectares of open space and reserves
- irrigation repairs and maintenance of approximately 20 hectares of reserves and garden beds
- mulching of approximately 14 hectares of garden beds
- re-sheeting of the 130 metre rubble pathway in Clayton Bay
- planting of 172 mature street trees
- hand and truck watering of 614 street trees plus numerous non-irrigated landscaped garden beds.

Other great projects completed by the team around our region have included:

- removal of 1,373 metres of permapine, post and rail, rope fencing and replacement with recycled bollards and galvanised rail (as pictured above on Barrage Road)
- seventy square metres of paving laid on the corner of Tottenham Court Road and North Terrace, Port Elliot
- replacement of the Lions Park Playground, Strathalbyn, including a fence extension to surround the playground on three sides (as pictured on Council's cover page)
- landscaping for the High Street car park and Kenny Blake Sculpture, Strathalbyn
- landscaping for the Adelaide Road roundabout, Strathalbyn
- Belvidere Soldiers Memorial project completed
- Milang foreshore pipeline replacement
- restoration of the Langhorne Creek community playground.

Council and its community welcome you to explore our many parks and gardens and plan your next adventure in Alexandrina.

Visit www.alexandrina.sa.gov.au/parks

Volunteering Information Sessions in Goolwa

Southern Volunteering will be providing information on a wide range of local volunteering opportunities. The service is available weekly on a **Wednesday** from **March to August 10am-1pm** at the Community Meeting Room, 11 Cadell Street, Goolwa, conducting confidential face to face interviews and matching volunteers to their ideal position. Come down for a chat.

No appointments necessary.

Enquiries: 0488 124 840



www.visitalexandrina.com
Visit Council's new look tourism website

Alexandrina Council

Events

Control Has Left Me – James Stewart*

1 March – 24 March
Location: Signal Point Gallery Ground Floor, Goolwa Wharf Precinct
Enquiries: jaw@alexandrina.sa.gov.au
www.visitalexandrina.com

Dr Krop the Relationship Expert!

8 March at 7pm
Location: South Coast Regional Arts Centre, Goolwa
Bookings: 1300 466 592
www.visitalexandrina.com

Practically Perfect – The Music of Julie Andrews

9 March at 7.30pm
Location: Centenary Hall, Goolwa
Bookings: 1300 466 592
www.visitalexandrina.com

Fringe in Goolwa Weekend! - Fashion on the Fringe!

Childrens' Workshop*
9 March from 9am-11.30am
Location: Goolwa Library Entrance Courtyard, Goolwa

- The Goolwa Caravan*

10 March from 10.30am-1.30pm
Location: Jaralde Park, Goolwa Wharf Precinct

- At the Wharf – The Steve Brown Band*

10 March from 1.30pm-5pm
Location: Signal Point Gallery Deck, Goolwa Wharf Precinct
Enquiries: jaw@alexandrina.sa.gov.au
www.visitalexandrina.com

Greyhound Hour*

17 March from 10am-11am
Location: Port Elliot Dog Park
Enquiries: 8555 7000

Dogs Day Out on the Fleurieu

17 March 10am-2pm
Location: Lakala Reserve, Port Elliot
Enquiries: 0407 075 216
www.portelliot.org.au

Kunyi June Anne McInerney – My Paintings Speak For Me*

21 March – 5 May
Location: South Coast Regional Arts Centre, Goolwa
Enquiries: jaw@alexandrina.sa.gov.au
www.visitalexandrina.com

Colours of Light*

30 March – 5 May
Location: Signal Point Gallery, Goolwa Wharf Precinct
Enquiries: jaw@alexandrina.sa.gov.au

Drawing on Country*

6 April 10am-4pm
Locations: Strathalbyn, Goolwa, Clayton Bay and Raukkan
Enquiries: jaw@alexandrina.sa.gov.au
www.visitalexandrina.com

John Ovenden presents 'Love Bites'*

12 April at 6.30pm
Location: Goolwa Library, Goolwa
Enquiries: jaw@alexandrina.sa.gov.au
www.visitalexandrina.com

Livvy & Pete, The Songs of Olivia Newton-John and Peter Allen

13 April at 8pm
Location: Mount Compass War Memorial Hall, Mount Compass
Bookings: www.ticketbo.com.au/mcsupperclub

Aquafest at Goolwa

13 and 14 April
Location: Goolwa Aquatic Club
Enquiries: www.goolwa.aquaticclub.com

The Snow Queen

15 April at 11am
Location: Centenary Hall, Goolwa
Bookings: 1300 466 592
www.visitalexandrina.com

Nature Play Forest Festival

16 and 17 April from 10am-3pm
Location: Kuitpo Forest
www.natureplay.org.au

Salty Vine Front Yard Festival

20 April from 11am
Location: Middleton
Bookings: moshtix.com.au

Southern Surf Festival

26 - 28 April
Location: Middleton
Enquiries: southernsurffestival.com.au

Open Mic at the Wharf*

5 May from 10am-1pm
Location: Signal Point Gallery, Goolwa Wharf Precinct
Enquiries: goolwa.ukeles@gmail.com



South Australian Wooden Boat Festival 2019*

When: 27 and 28 April 2019
Where: Goolwa Wharf Precinct
Enquiries: 1300 466 592



www.sawoodenboatfestival.com.au

A Musical Soiree - At the Wharf: Ana Marina and Letho Kostoglou

10 May at 7pm
Location: Signal Point Gallery, Goolwa Wharf Precinct
Bookings: 1300 466 592
www.visitalexandrina.com

JamFactory Icon 2018 Clare Belfrage: A Measure of Time*

10 May – 13 July
Location: Signal Point Gallery, Goolwa Wharf Precinct
Enquiries: jaw@alexandrina.sa.gov.au
www.visitalexandrina.com

Continuum – The Artist's Collective*

14 May to 16 June
Location: South Coast Regional Arts Centre, Goolwa
Enquiries: jaw@alexandrina.sa.gov.au
www.visitalexandrina.com

Everything old is new again

18 May from 10am-4pm
Location: Port Elliot Institute Supper Room, Port Elliot
Bookings: 1300 466 592
www.visitalexandrina.com

Jade Hurley – Australia's King of Country Rock

18 May at 2pm
Location: Centenary Hall, Goolwa
Bookings: 1300 466 592
www.visitalexandrina.com

A Boy Named Cash Volume 2 – Country's Greatest Hits

22 May at 2pm
Location: Centenary Hall, Goolwa
Bookings: 1300 466 592
www.visitalexandrina.com

The Bald Eagles

25 May at 8pm
Location: Mount Compass War Memorial Hall, Mount Compass
Bookings: www.ticketbo.com.au/mcsupperclub

Black Screen*

31 May at 1pm
Location: Centenary Hall, Goolwa
Enquiries: jaw@alexandrina.sa.gov.au
www.visitalexandrina.com

Keep up to date with upcoming and new Council events by visiting Council's website or via the tourism website:
www.alexandrina.sa.gov.au
www.visitalexandrina.com

* Free event



LAUGH LINES

Rabbit oh!

A rabbit walks into a pub and says to the barman: "Can I please have a pint of beer, and a ham & cheese toasted sandwich?" The barman is stunned; a talking rabbit. The barman gets his order. The rabbit drinks his beer and eats his toastie, and off he hops home. Next night, same thing, and now it's the talk of the pub... a beer and a toasted ham, & cheese sandwich, and off the rabbit hops. Night after night the town hears about this rabbit and people come from everywhere. They wait and wait, and then the rabbit hops in, and says: "Can I please have a pint of beer, and a ham & cheese toasted sandwich?" The barman looks at the rabbit and says: "Sorry mate, but we're right out of ham & cheese toasties; would you like a cheese & onion toastie." The rabbit says "yes". He scoffs it down and off he hops home. Everyone is amazed, and the barman thinks he can make an easy dollar out of this so he sells tickets in the front bar to get the best spot to see the rabbit. The place is now jammed with fans. They even start betting on which toasted sandwich he will have tonight. The rabbit doesn't turn up. Not the next night either, or the one after that. The barman is so disappointed. A year passes; still no sign of the rabbit and the pub is going broke. One night, the barman sees a white mist hovering over the bar – it's the ghost of the rabbit! The barman says: "What happened to you? You were famous; people came in from everywhere to see you have a ham & cheese or a cheese & onion toastie." The rabbit says: "I died." The barman says: "That's

terrible; what from?" The rabbit says: "From mix-in-me-toasties."

All over read Rover

A kid hands up his essay to his schoolteacher about the family dog. The teacher reads it and says: "This is the same essay that your sister wrote when she was in my class last year – please explain!" And the boy says: "Of course it's the same essay. It's the same dog."

Dog gone

Sam puts his head over his neighbour's fence and notices he's digging all of these holes of various sizes. Sam, asks: "What are you digging all these holes for?" The neighbour says: "I am burying my dog; he died." Sam says: "That's terrible, but why so many holes?" And the neighbour says: "The others were all too small."

Cluck, cluck, cluck...

Mick is walking to Mount Compass carrying a bag over his shoulder when he meets his old mate Gregory coming the other way from McLaren Vale. Gregory says: "G'day Mick; what's in the bag?" Mick says: "Chickens." Gregory asks: "How many chickens?" Mick says: "If you can guess how many chickens I have in this bag I will give you both of them." And Gregory says: "Three?"

Tap into this...

A plumbing firm engages a market research company to find which way people face in the bath – with their feet toward the tap or their back toward the tap. They interview 3000 people across the Fleurieu Peninsula and of them 2999 say they sit with their feet toward the tap and only one person says with their back toward the tap. The plumbing managing director says: "That's incredible, and decides to ring the one person who was different to the rest; a bloke from Aldinga. The managing director asks:

"Why, out of 3000 people surveyed, are you the only one who sits with your back toward the tap?" And the bloke from Aldinga says: "Because I don't have a bath plug."

Take this...

A chap in his late 90s goes to the doctor feeling ill so the doctor gives him a prescription for a bottle of medicine. The doctor says: "This is no ordinary bottle of medicine; it's potent stuff and it will cure your illness. It's so potent that I want you to take it one day and then skip a day. Take it again and then skip another day. Get it? Don't take it every day; skip a day." Months later the doctor sees the chap's wife and enquires

about his health. "Oh he died from a heart attack," says the wife. "I think it was all that skipping..."

Dad jokes...

What kind of dinosaur is never late? A pronto-saurus.
What washes up on small beaches? Microwaves.
What did the dolphin say when he bumped into the whale? I didn't do it on porpoise.
What do you call a dinosaur in cowboy boots? Tyranosaurus Tex.
Why did the farmer call his pig "Ink"? Because it was always running out of the pen.
What do you call cattle with a sense of humor? Laughing stock.



Run to the market, run

Forrest Gump would have liked our community markets; you know, his famous like about a box of chocolates and never knowing what you are going to get.

Every Saturday a thousand or so people stroll past the Green Light Organic Market on Aldinga Road at Willunga from 9am-1.30pm heading for the award-winning Willunga Farmer's Market across the road. Some stop to smell and taste the khichri at the Medicine Pot, maybe try a Jackfruit pizza at the van, and Yarong's world-beating dumplings (well, almost world beating), but given it's across the road surprisingly there is not a stampede.

One can perhaps understand; there were only five stalls at this organic market, and while it doesn't try to compete with anyone there is this feeling of it not having much to offer. Nonsense. Did we say khichri? You won't find this and other delights at many markets, so this place is special.

Jess Jones and Meg Bouman of Aldinga Beach had this huge pot of khichri

simmering, used in Ayurveda, a system of alternative medicine with historical roots in the Indian subcontinent. Jess put it simply: "They figured out that if could combine mung beans with rice it creates protein, and add vegetables and spices it makes a nutritious meal that is also for medicinal purposes like antioxidants and non-inflammatory and anti-bacterial."

The jackfruit pizza, among many things, is sold at Mark Thiele's Nature's Plate food and coffee van. He's a great character, a soul man, and he pours his heart into his mobile enterprise that again offers this little market something different.

Jackfruit is a species of tree in the fig, mulberry, and breadfruit family native to southwest India, and it is the largest tree-borne fruit reaching as much as 55 kg in weight, 90cm in length, and 50cm in diameter.

Mark tells us the fruit has the consistency of a meat texture when cooked. "It is satisfying for a lot of people who may not want to eat meat, and it gives them

something healthy and filling," he said.

"The pizza tastes like meat and it comes with my beautiful marinated barbecue flavour. It's just a healthy alternative."

Actually, Mark, who lives near Kuitpo Forest, has for the past three years provided an alternative business that is becoming more popular – a mobile food van.

"I had a cafe in Willunga, and this mobile business gives me flexibility and low overheads," Mark said. "There are so many people now doing your mobile food truck because it is a low-risk business."

"It has its other risks associated; it depends on how much they charge you at the event, what the weather is like, what else is on that weekend."

Mark, with help from his partner Natasha, has covered numerous events across the region and rates the Green Light Organic Market very highly.

"It's a lot of fun at this market," Mark said. "I enjoy meeting different people. Events and little festivals and markets like these

have such a great atmosphere. People come and are always happy. You serve those who love what you do and I am made to feel great.

"This market is special, and okay it's small, but in one sense being on the tail of the Willunga Farmer's Market is good because it gives us a service. The Willunga market is great, but it can be so big and frenetic over there so a lot of people also come over here for the break or the quiet conversation.

"We have this lovely aspect at our market with the trees and the grass, and we have our own regulars who come over each week. That's what makes this market unique; that little nice space.

"People come here from all over the place for Yarong's dumplings next door, and everything else here to offer including a good chat. It has built up a good reputation. I enjoy it so much."

Ah, those dumplings made by Chinese-born Yarong Wang. It is said people drive from far down the coast just to buy her dumplings; just \$15 for a dozen and you always go back for more.

There's also Christina's Treat House where you can buy the most delicious artisan icecream (including organic and vegan) and recover with a sensational massage.

Here at the market for the first time, but not the last, was Neil McFarlane, manager of a produce farm on Aldinga Road. He had a stall packed with the egg plants, pumpkins, cucumbers, tomatoes, garlic and capsicums – fresh and looking just perfect.

Interestingly, Neil is developing a walk-in orchard where people will be able to pick their own fruit – a brilliant way to encourage kids to eat fruit. It may take another two or three years to develop, but there is a lot of promise here, and by that stage the Green Light Organic Market won't be so small either. ■

COMMUNITY MARKETS

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

CHRISTIES BEACH - ORIGINAL OPEN MARKET: The Reserve, Beach Road, Christies Beach first and third Sunday of each month 8am–1pm. 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 & third Sundays 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. 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.

McLAREN VALE FLEURIEU SA ARTISAN MARKET: First Saturday of each month. T: 8323 9944.

THE VALE MARKET: McLaren Vale and Fleurieu Visitor Information Centre, Main Road, McLaren Vale 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–1.30pm. T: 8327 0480 (AH) or Jo at 0412 630 518.

MYPONGA MARKET: Weekends & public holidays 9.30am–4pm at Old Myponga Cheese Factory, 46 Main South Rd, Myponga.

PORT ELLIOT ROTARY MARKET: First & third Saturdays 9am–2pm Lakala Res, Rosetta St. Enquiries: 0459 786 469, ebrotarymarkets@gmail.com

STRATHALBYN COUNTRY MARKET: Third Sunday of the month at Railway Station Park 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 Reserve, Victor Harbor. Enquiries: 8556 8222.

VICTOR HARBOR CREATIVE CRAFTERS MARKET: First Saturday of month from January 4 from 10am–3pm in the Senior Citizens' Hall, Hill St, Victor Harbor. Enquiries: Janet 8556 8222.

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

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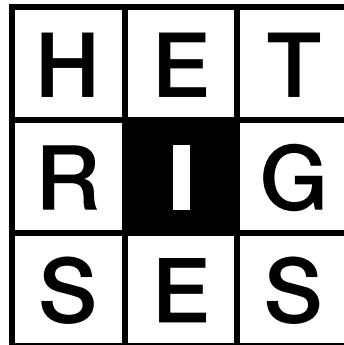
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Puzzles

Puzzle answers P22
(and don't cheat!)

Target Time



Target: Average 29, Good
33. Excellent 37

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*

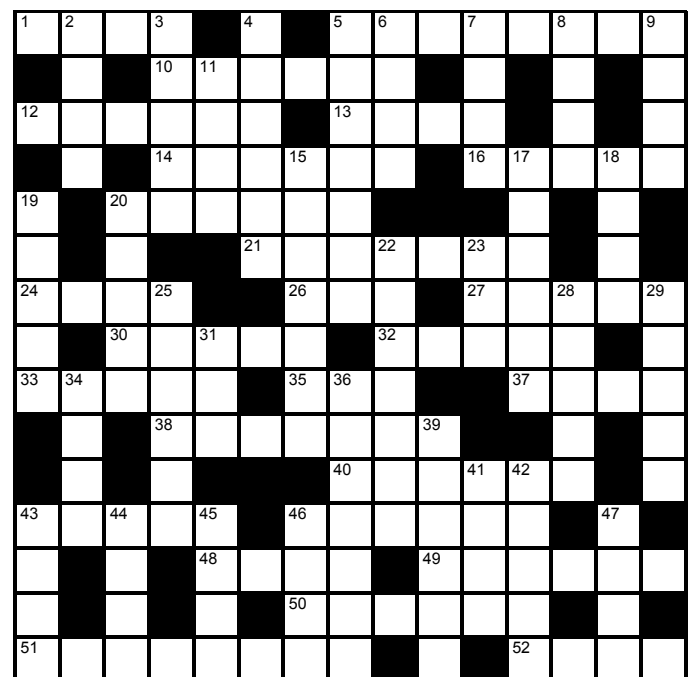
Crossword

Across

- 1 Prejudice
- 5 Confirmed
- 10 First reader
- 12 Nerve cell
- 13 Tool
- 14 Drawn forth
- 16 Dissolves
- 20 Seesaw
- 21 Component
- 24 Group of three
- 26 Meadow
- 27 Keyboard instrument
- 30 Sports complex
- 32 Lofty structure
- 33 Of the sun
- 35 Groove
- 37 Direction
- 38 Gave credit to
- 40 Three-legged stand
- 43 Periods of time
- 46 Annoy
- 48 Partly open
- 49 Barriers
- 50 Venerate
- 51 Glittered
- 52 Gem

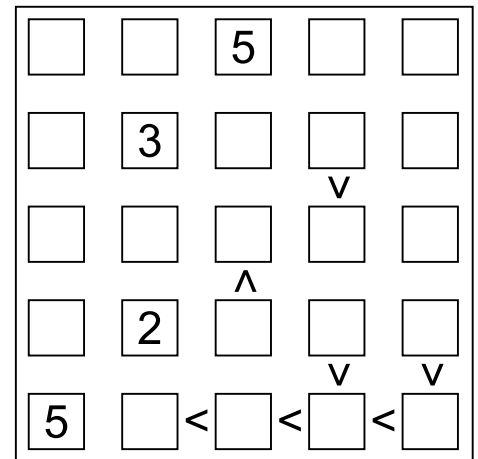
Down

- 2 Large-horned wild goat
- 3 Merry frolic
- 4 Very small
- 5 Arbitrator
- 6 Dry



- | | | |
|--------------------------|---------------------------|-------------------|
| 7 Article | 20 Court examination | 39 Be uncertain |
| 8 Worshipped image | 22 Is of importance | 41 Look narrowly |
| 9 Speaker's platform | 23 Present | 42 Command |
| 11 Was carried | 25 Public speaker | 43 Trees |
| 15 Underground
rooms | 28 Splendid | 44 Operatic air |
| 17 Meal course | 29 Famous | 45 Container |
| 18 Musical
instrument | 31 Do wrong | 46 Cut off |
| 19 Waterlily | 34 Woodwind
instrument | 47 Part of speech |
| | 36 Spoken | |

Futoshiki



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

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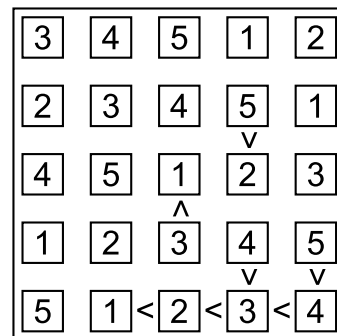
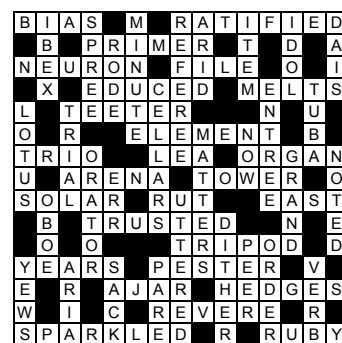
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PUZZLE ANSWERS

From P22



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TARGET TIME

Average - 29, Good - 33, Excellent - 37+

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Footy's on again...

(and the girls are loving it!)

There was drama at the Willunga Football Club's training the other night... a girl was crying her eyes out because her mum said it was time to go home and have dinner. She was just a five-year-old toddler so it probably was only third on the television news list that evening, but it does tell us something: a new generation of young girls is setting its heart on playing in the big AFLW league. With the new Great Southern and Southern football league seasons about to launch their third seasons, it has become obvious that women's football is enjoying a far greater impact across the Fleurieu Peninsula than anyone could have imagined. Andrew Batten, assistant secretary of the league, with strong ties to Strathalbyn Football Club, said that girls



as young as five and six were forcing clubs to already start planning AusKick-like skills sessions to meet the demands. The great part about this, Andrew said, was that while boys have traditionally been reared on football and instinctively developed their skills, bracing themselves to be bumped or tackled, girls have now entered this crucial natural development phase. The GSFLW season consisting

of eight clubs contesting nine minor round games in three grades – open (16+), U16 and U13 – starts on March 18 with the grand final on June 3 and an association match against the GSL scheduled for June 11. Andrew believes we will again see a huge rise in skills with game played at a tougher and more competitive level this season. “The standard of the women's competition has improved leaps

and bounds,” Andrew said. “The first year was very much about clubs hastily throwing together a few trial games to see if the girls would like to have kick and a catch. They played on a Sunday, and it was all kicks and giggles; all good. “As a league, last year we threw all of the eggs in the one basket and said we had to make this work, and suddenly we had eight clubs who were really keen and put together three grades. The difference in the mind set and skills level was certainly greater. It was good. “We played an association game against Great Southern on the June long-weekend and the competition was strong. Our girls had a lot more experience playing games with more players in the teams, larger ovals and definitely experience, but it was a valuable contest for both leagues. It was an important step in the learning process and the development of the competitions.



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"This season the same eight clubs have committed. McLaren are still looking for some U13 girls, but I'm sure they will find them.

"It is positive that 15 or 18 girls who played in our GSFL competition last year are playing in the South Australian National Football League Women's competition. It is a tremendous achievement by us, and across the SANFLW. We have a couple from our region who are in the Port Adelaide development squad as well so obviously they have some skills.

"From a sponsorship point of view it has also been encouraging, and we appreciated the support of Fleurieu Milk and Great Southern Security last year. We are seriously keen at looking at what we can build from."

Regional football leagues have been scorned for luring players from other sports, particularly netball, but Andrew said this situation was really about choice, and in many cases the girls were playing both football and netball.

"The bottom line is that these girls are playing a game they love, while some others have never played sport before," Andrew said.

"We structured our competition on Sundays because a number of girls still wanted to play netball on the Saturday. Our top goalkicker in the women's league last year was Sally Fuller who played football for McLaren, and she also received accolades playing netball for Victor Harbor.

Julie Clifton, the women's co-ordinator at Willunga FC, believes women's football is

becoming increasingly popular because the girls see it as fun and completely different to what they have been accustomed. "Girls love to learn new skills," Julie said. "We have a big selection of girls who play both netball and football. We are lucky in the GSL because they can do both; in many other leagues they clash and it is unfortunate the girls need to choose between sports.

"As an example of how big women's football is getting, we started off with six players four years ago and now we have more than 60 players over three teams.

"From the girls that we see playing every week they don't go in thinking football is any more dangerous than netball or any other sport. The coaches are getting better at training and getting them to come in from different angles than say netball, to avoid going head-first.

"We have five girls in the South Adelaide U16 development team and three of them have made the Port Power development squad. There are some good kids coming through."

Willunga's captain Patty Parry (pictured) says she loves footy because it is a team game.

"I like that there is contact," she said. "You learn how to tackle and be tackled, and obviously if you are bumping we learn the best way to go into that so we don't hurt ourselves. We learn how to take a mark and protect ourselves if someone is coming at you.

"I have always been a football fan – I follow the Western Bulldogs because my dad does." And now the little tackers at



Willunga look up to players like Patty and dream of playing football in the big league, the AFLW. But kids, you have to go home and eat your veggies first to be a good footballer. ■

GSFLW

ROUND 1: March 18

At Victor Harbor: McLaren v Mt Compass; Victor Harbor v Willunga

At Encounter Bay: Goolwa-Port Elliot v Yankalilla; Strathalbyn v Encounter Bay

GSFL

ROUND 1: April 6

Yankalilla v Myponga-Sellicks
Victor Harbor v Strathalbyn
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Willunga v Mt Compass
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Stan & Ollie

(PG) Biography, comedy, drama starring John C. Reilly and Steve Coogan. Directed by Jon S. Baird. Laurel and Hardy, the world's most famous comedy duo, attempt to reignite their film careers as they embark on what becomes their swan song - a grueling theatre tour of post-war Britain. **Concludes March 13.**

At Eternity's Gate

(PG) Biography, drama starring Willem Dafoe, Rupert Friend and Oscar Isaac. Directed by Julian Schnabel. A look at the life of painter Vincent van Gogh during the time he lived in Arles and Auvers-sur-Oise, France.

King of Thieves

(M) Crime, drama starring Michael Caine, Michael Gambon and Jim Broadbent.



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Captain Marvel

(CTC) Action, adventure, sci-fi movie starring Brie Larson, Gemma Chan and Samuel L. Jackson. Directed by Anna Boden, Ryan Fleck. Carol Danvers becomes one of the universe's most powerful heroes when Earth is caught in the middle of a galactic war between two alien races. **Commences March 6.**

A Dog's Way Home

(PG) Adventure, family movie starring Kimi Alexander, Farrah Aviva and Chris Bauer. Directed by Charles Martin Smith. A dog travels 400 miles in search of her owner. **Commences March 15.**

Hotel Mumbai

(CTC) Drama, history, thriller starring Dev Patel, Armie Hammer and Nazanin Boniadi. Directed by Anthony Maras. The true story of the Taj Hotel terrorist attack in Mumbai.



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Greta

(MA15+) Drama, horror, mystery movie starring Isabelle Huppert and Chloë Grace Moretz. Directed by Neil Jordan. A young woman befriends a lonely widow who's harbouring a dark and deadly agenda towards her. **Commences March 22.**

If Beale St Could Talk

(MA15+) Crime, drama, romance starring Kiki Layne, Stephan James and Regina King. Directed by Barry Jenkins. A woman in Harlem embraces her pregnancy while she and her family struggle to prove her fiancé innocent of a crime. **Coming March 22 – one week only.**

Swimming with Men

(M) Comedy, drama, romance starring Rob Brydon and Rupert Graves. A man who is suffering a mid-life crisis finds new meaning in his life as part of an all-male, middle-aged, amateur synchronised swimming team. **Commences March 29.**

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Ben is Back

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Dumbo

(CTC) Family, fantasy movie starring Eva Green, Alan Arkin and Colin Farrell. Directed by . Tim Burton. A young elephant, whose oversized ears enable him to fly, helps save a struggling circus, but when the circus plans a new venture, Dumbo and his friends discover dark secrets beneath its shiny veneer. **Commences March 29.**

Fighting with My Family

(CTC) Biography, comedy, drama starring Dwayne Johnson, Lena Headey and Nick Frost. A former wrestler and his family make a living performing at small venues around the country while his kids dream of joining World Wrestling Entertainment. **Commences April 5.**

Shazam!

(CTC) Action, adventure, fantasy movie starring Zachary Levi, Lovina Yavari and Michelle Borth. Directed by David F. Sandberg. We all have a superhero inside us, it just takes a bit of magic to bring it out. In Billy Batson's case, by shouting out one word - SHAZAM! - this streetwise 14-year-old foster kid can turn into the adult superhero Shazam. **Commences April 5.**

The Lego Movie 2: The 2nd Part

(CTC) Animation, action, adventure movie starring Jason Momoa, Alison Brie and Chris Pratt. Directed by Mike Mitchell, Trisha Gum. It's been five years since everything was awesome and the citizens are facing a huge new threat: LEGO DUPLO® invaders from outer space, wrecking everything faster than they can rebuild. **Commences April 12.**

Wonder Park

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imagination of a wildly creative girl named June comes alive. **Commences April 12.**

Sometimes Always Never

(PG) Comedy, drama, mystery starring Bill Nighy, Sam Riley and Alice Lowe. Directed by Carl Hunter. A detective fantasy / family drama where a love of words helps a father reconnect with a missing son. **Commences April 12.**

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75g salt-reduced butter
4 cups chicken stock*
1 heaped teaspoon curry powder

Method

Wash zucchini then cut in half lengthwise and chop into thick slices. Melt butter in a large saucepan over medium heat. Add zucchini and stir to coat with butter.

Continue to cook on medium medium heat for 5 minutes, stirring occasionally.

Add chicken stock and curry powder and continue heating until almost boiling, then reduce heat and simmer for 20 minutes.

Remove from heat and allow to cool so that soup can be blended, using an electric blender or stick blender. Serves 4.

**A good chicken stock base such as Continental Stock Pot Chicken capsules will enhance the flavour of this soup.*

FruChoc Cookies

Ingredients

100g butter, softened
1½ cups plain flour
¼ teaspoon baking powder
½ cup brown sugar
1 egg
½ teaspoon vanilla extract
150g dark chocolate FruChocs, roughly chopped

Method

Pre-heat oven to 170°C. Line a baking tray with baking paper. Place first four ingredients in a bowl, and using electric mixer beat ingredients together until combined. Stir through chopped FruChocs.

Roll teaspoonfuls of mixture into balls and place on baking sheet, allowing some room between each biscuit.

Dip a teaspoon in plain flour and gently press on each ball with the back of the spoon to flatten a little.

Bake at 170°C for 12 -15 minutes, or until biscuits start to turn golden around the edges. Remove from oven and leave on tray for two minutes, before transferring to a wire rack to cool. Store in an airtight container.

And don't eat all the FruChocs before you make the recipe!



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Macaroni & Cheese

Ingredients

250g macaroni (elbow) pasta
15g unsalted butter

Topping

1 cup panko breadcrumbs
40g unsalted butter, melted
¼ teaspoon salt

Cheese Sauce

3 cups (750ml) milk, warmed slightly
60g unsalted butter
½ cup plain flour
125g Gruyère* cheese, grated
125g mozzarella cheese grated
½ teaspoon mustard powder
½ teaspoon salt

Method

Pasta: Cook pasta as per packet instructions, but cook for one minute less, so that pasta is just cooked through and not too soft. Drain water from pasta. Leave pasta in the pot, add butter and stir gently until melted. Set aside to cool.



Crumb topping: Combine ingredients in a bowl and stir to combine.

Cheese sauce: Before making the sauce, set oven to pre-heat to 180°C. Place milk in a microwavable container and microwave briefly (about 20 seconds on high) to warm milk. In a large saucepan, melt butter over medium heat. When butter has melted, add flour and stir over heat for one minute. Add one cup of milk and stir until combined.

Stir through remaining milk, mustard powder and salt, then using a whisk mix until mixture is smooth. Reduce heat slightly and continue cooking for about 5 minutes, stirring regularly, until sauce has thickened. Remove from heat, add cheeses and stir to combine.

Add sauce to macaroni, and stir to coat. Pour mixture into an ovenproof dish, and sprinkle crumb mixture over the top. Bake for 15-20 minutes until heated through and golden on top. Can be placed under grill for a minute or two at end of cooking to intensify golden colour. Serves 6.

Note: Gruyère cheese is a 'melting' cheese that is perfect for this recipe. Jarlsberg or Colby can be used in its place. It is best to buy the solid cheeses and grate them rather than buy the grated cheese packs. Recipe can be prepared ahead – store cooked pasta, sauce and topping separately in refrigerator (ensure sauce is covered while cooling) – then when ready to cook, assemble as above.

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