



Coast Lines

FREE

July 2019 Vol. 8 #113

People, places & events across the Fleurieu Peninsula



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FREE Story Time & Face Painting

Wednesday 10 July 10.30am - 1.30pm

Dress as your favourite fairy, princess or super hero

Suitable story time activities for young boys and girls - everyone welcome

FREE Pirate Academy & Twisted Balloons

Thursday 11 July 10.30am - 1.30pm

Dress as a pirate, practice your pirate skills and learn to talk like a pirate

Plus a roving twisted balloon artist

FREE Fairy Bread Making

Friday 12 July 10.30am - 1.30pm





July

JUST A THOUGHT

Why do we say 'nothing ventured nothing gained' and in the next breath it's 'better to be safe than sorry'?

FRONT COVER

The second stage of the Ocean Street upgrade by the City of Victor Harbor is expected to be completed in September, and a feature will be a six-metre sculpture *Elemental* by Parawa artist Karl Meyer. He is pictured holding a model of his brilliant work. As well all know, an artist can never please everyone all of the time. We just hope we see Karl's work for what it represents. FULL STORY: P8

THAT'S THE SPIRIT

We mentioned in our June edition how the Goolwa Community Centre had been the recipient of kindness when it was bequeathed an olive grove on Hindmarsh Island. The idea is to turn it into a small business making olive oil with a lot of TLC and the proceeds going towards the centre's community programs.

When a local club suddenly couldn't help pick the olives on a recent Sunday morning members of the Goolwa Aquatic Club and a host of magnificent people including councillors, who always seem to do everything they can to help others, quickly responded and took on the task.

Well done, we say, another fine example of community spirit.

We can all help by buying a bottle of this olive oil when it is bottled. And best of luck to the GCC and its members when they move into their new premises in Cadell St, the old LJ Hooker site, this month.

Continued P4



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From P3

Pictured among the many volunteers getting their hands dirty whilst helping the GCC pick lives this particular morning are Leah Grace, Deb Hausler, John Moore, councillors Margaret Gardner and Melissa Rebbeck, and GAC commodore Graham McKee.



THIS MONTH

It is National Diabetes Week from July 13-20 – a great reminder to eat healthy food. If you have concerns ask your doctor for advice or contact the Help Line team at the National Diabetes Services Scheme, an initiative of the Australian Government administered with the assistance of Diabetes Australia – 1300 136 588. NDSS says there are three things you need to know about diabetes:

- It is not one condition – there are three main types of diabetes: type 1, type 2 and gestational diabetes
- All types of diabetes are complex and require daily care and management
- Diabetes does not discriminate, anyone can develop diabetes.

Remember: get checked for type 2 diabetes. You can visit itsabouttime.org.au to do a free risk assessment

Continued P6

NOW WE'RE ONE!

Oscar Publications is now offering its advertisers and readers far greater value! From this July issue we are combining both our Coast Lines & Wine Coast Lines magazines into one great read under the banner of Coast Lines.

We will continue to cover the Fleurieu Peninsula from Strathalbyn to Goolwa-Victor Harbor, across to Cape Jervis on SeaLink to Kangaroo Island, to Normanville, Yankalilla, Myponga, Mount Compass, and our Wine Coast magazine region spanning from Aldinga, along the magnificent coastline to Christies Beach and across to McLaren Vale and Willunga.

This follows requests from readers of both magazines to include more information on the other. The focus remains on people, places and events – still without gripes 'n grizzles. You may have already noticed a change with our new masthead – a combination of the magazines with the symbol, designed by Eleven Inks, embracing the sun, earth, coast and vines that make our Fleurieu Peninsula so spectacular. We have proudly supported local suppliers, and Coast Lines will continue to be printed by SA Design & Print, in Hill St, Port Elliot.

The change to a combined edition is significant for our advertisers because we are now taking them to a far broader region – at the same advertising rate. Since launching Coast Lines in September, 2011 your magazine has become by far the most widely-distributed regular magazine across the Fleurieu Peninsula with 6000 FREE copies now distributed



over three days from the first Wednesday of the month. It is available monthly from more than 150-plus outlets including tourist information centres, shopping centres, caravan parks, places of interest and especially from our advertisers. Visit our website to find out where we go. Our advertising rates are considerably lower than other like-publications. Our rates also include online advertising that reaches our online readers from afar – we cannot thank our facebook friends enough, and those who receive a free copy of Coast Lines via email.

We are about promoting businesses, tourism, and all things great across our region. However, your magazine would not be possible without the support of our advertisers and distributors. We also sincerely thank our readers, especially those who support our advertisers. Thank you for being part of our journey.

Ashley & Jenny Porter
Publishers

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Face Painting & Fairy Fun

11am - 1pm
Outside Coles



From P4

Learn the 4Ts – the early warning signs of type 1 diabetes – tired, thirsty, thinner, toilet).

Mrs Eat Wave presents a healthy recipe with kind permission from Diabetes Australia on page 26.

Visit: www.diabetesaustralia.com.au



NAIDOC WEEK

We will proudly celebrate NAIDOC Week – National Aborigines and Islanders Day Observance Committee – from July 7-14. This year's theme is *Voice. Treaty. Truth.* Let's work together for a shared future. NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

Visit: www.naidoc.org.au

GREEN FINGERS

The 'green fingers' in Clayton Bay have been incredibly busy again. It's wonderful Nursery and Environment Group and treasurer Con Boerma reports they are back into the selling of local native plants plus some those that are non-invasive at its

nursery on Alexandrina Drive between the Community Hall and the CFS.

"Now that we finally have had some rain plants can be put in the ground, and our nursery can supply seedlings of plants native to this regions as well as some garden varieties," Con says.

Note the dates: Saturdays July 6, August 3, September 7 and October 5 from 9.30am-noon. SALA is also coming up in August and the team will also sell plants on August 24 & 31 from 10am-2pm. Enquiries 0418 838 003 or 0427 970 375.

HOW GOOD IS THIS?

The McLaren Districts Lions Club has kindly donated a beach wheelchair to the Aldinga Bay Surf Lifesaving Club. The official presentation of the wheelchair was made to club president Paul Hibbard on Saturday, June 22 on the beach at Aldinga Bay. It is part of Surf Life Saving SA's push to make our beaches more accessible to people with a disability, and for the wonderful people at the Lions Club of Willunga to help the energetic crew at the ABSLSC to make this happen is yet another example of great community spirit.



SPORT

If you survive Showdown XLVII on Saturday, July 6 there are some even bigger events this month.

The following day the FIFA Women's World Cup, the quadrennial international football championship contested by the women's national teams of the member associations of the Fédération Internationale de Football

Association, wraps up in France.

In England, after 45 preliminary 50-over matches or 2250 overs or 13,500 balls plus sundries between 10 nations the semi-finals of the ICC Cricket World Cup will be on Tuesday, July 9 and Thursday, July 11, with the final on Sunday, July 14 at 7.30pm (CST). Hooray Ashleigh Barty for winning the French Open, and now we're already into The Championships, Wimbledon at the All England Club concluding with the men's final on Sunday, July 1-14.

The gruelling 106th Tour de France is on from July 6-28.

The Australian Diamonds netball team will be going for a remarkable 12th Netball World Cup title from 15 attempts since the first championship in 1963 in Liverpool, England from July 12-21. The venue, the Liverpool Arena, has a capacity of 11,000. Rory McIlroy will be hoping he can claim his second British Open Championship in his home country at the Royal Portrush Golf Club in Country Antrim, Northern Ireland from July 18-21.

July is a great month for international sport – and then we start the Ashes Test series in England from August 1-September 16.

CLUB PLUG

Like most sporting and community clubs the Aldinga Senior Citizens Club is looking for new members. It's surprising, really, given all of the weekly activities on offer including lessons and games of bridge, eight-ball, indoor bowls, bingo to name a few, and just a plain good time and a laugh at special dinners and functions.

This friendly club has served the local community since the early 70s, and has members from Myponga, up the coast and across to McLaren Vale. You can even hire the hall.

The club is based on the corner Quinliven and Valiant roads. Give Richard a call on 0439 029 641 to find out more.

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July

WILLUNGA ALMOND BLOSSOM FESTIVAL JULY 27-28

A special weekend is looming for Willunga on July 27-28 with more than 10,000 people expected to experience the 50th annual Almond Blossom Festival at the local community hall and showgrounds. The festival celebrates the first blossom of the season – an important part of the history and landscape of the area – and showcases all of the many fabulous things about Willunga. There will be something for everyone – the local farmers' market, live music, craft activities, giant games, carnival rides and more market stalls, and a great fireworks display on the Saturday from 7pm. Sunday's fair day begins in High Street with a parade leading to the festival's market stalls, free family activities on the oval plus live music, petting zoo, pony rides, dog agility show food trucks and carnival rides. The festivities wind-up with a huge luncheon on the Monday – a BBQ at the Festival Hall, Main Road, reminiscent of the early days of this festival. Lunchtime entertainment will be provided by Willunga Primary School students. Cost is \$17 for 3-course meal or \$12 for 2-course.

However, it is the weekend activities that will again be the big attraction.

SATURDAY

11am-9pm. Adult \$8, family \$20 (up to 4 children), concession/student (5-16) \$5. Tickets online.

Almond Hub: Children's almond trail, almond cooking demonstrations, Australian Almond Board display, 'Meet the Grower' sessions.
Oval: Miss Fairy, Kids Craft with Girl Guides, giant games with Girl Guides, animal nursery, target golf & mini golf, roving entertainment.
Marquee: Live music all afternoon.
Festival Hall: SciWorld Interactive Science Show, Fleurieu Folk Festival Jam Session, local artist exhibition, market stalls.
Old Show Hall: Games for all ages
CWA Rooms: Almond cookery competition

SUNDAY

Street Parade 10am High Street, Willunga. Gates open: 10:30am-4pm. Adult \$8, family \$20 (up to 4 children), concession/student (5-16) \$5. Tickets online.

Almond Hub: Children's almond trail, almond cooking demonstrations, Australian Almond Board display, 'Meet the Grower' sessions. Enter the Almond Cracking Competition at 1pm at the Wood 'n' Logs Truck
Oval: Kids craft & giant games



www.almondblossomfestival.com.au

with Girl Guides, children's almond trail colouring competition, Old McDonald's Farm Animals, wood turning display, dog agility demonstrations, target golf & mini golf, roving entertainment, Miss Fairy
Marquee – Live music all day
Festival Hall: Local artist exhibition, Scout's Soup Kitchen, market stalls
Old Show Hall: Games room for all ages

CWA Rooms: Almond Cookery competition

Venue

Willunga Recreation Park, Main Road, Willunga

Contact

Heather Williams: 0434 069 993
e: info@almondblossomfestival.com.au
<https://www.facebook.com/>

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See it for what it is

It was the famous French artist and sculpturalist Hilaire-Germain-Edgar De Gas (b. 1834 d. 1917), whose works were far more definitive than his name, who told us: *Art is not what you see, but what you make others see.*

An incredible amount of truth lay here in the magnificent sculpture *Elemental* being currently constructed by our own Karl Meyer, of Parawa, to be featured on the Hindmarsh Rd corner leading into the second stage of the Ocean Street upgrade in Victor Harbor. Work is expected to be completed in September.

With a wry grin, Karl concedes it won't please everyone and there will no doubt be emails criticising his work and especially the Victor Harbor Council for wasting the ratepayers' money.

But will these critics actually see what this six-metre piece of twisted stainless steel embedded in a five-tonne clump of igneous

rock – one of the oldest of its kind on earth – really represents? Probably not. Many of these critics, who have every right to express their view, probably also profess there are just two things in Victor Harbor – Granite Island and The Bluff. Remove

the word 'just' from here and maybe the proverbial glass is half full. Karl sees the magnificent splendour of these iconic landmarks. He visualises himself from above looking at the granite folding down through to Port Elliot and



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the connections in the landscape. He goes around to Waitpinga Cliffs and sees more formations unfold and a remarkable coastline, an ancient landscape. Hilaire-Germain-Edgar De Gas would have also seen this.

In a few months time one sincerely hopes that we see the bigger picture in *Elemental*, just like we can in other stunning contemporary pieces by Karl in cities and communities around Australia, perhaps none more beautiful and heart-rendering than *Connection*, with its folding hands, at Centennial Park.

"If you look at Victor Harbor there is so much energy in the life of the landscape; of the island," Karl said. "It's a powerful place. For me that was one of the things in this artwork, to try and express that energy and the landscape.

"This not going to be a giant Fairy penguin or a giant whale or something of that nature. This is deliberately starting to move into abstraction. Fundamentally, it is trying to express that uplifting energy in the environment.

"Part of this sculpture is the earth, the sky and the wind. If go back to some of these core parts for me it is how do you show that, the marine environment, the idea that you can actually see the wind and this energy coming through the landscape. You experience that.

"A lot of it is celebrating vibrancy of community and also building a visitor engagement. It is more than a photo opportunity; it has that finding element. You are pointed to down the main street to this beautiful view with the commercial interests on one side and you have the old side on the left.

"You literally come to the roundabout and there is signage and everything else clearly articulating where to go.

"A big thing for me is trying to express in a mildly abstract way that is not literal. Ultimately, it is a celebration of the landscape and the natural beauty.

"Fundamentally, the sculpture has to be of place, and this is the big part about Victor Harbor. This piece is more about trying to show the amount of energy, the waves, wind, landscapes – it's all raw and there is a reason why people want to get inspired and want to be around it.

"You look at Victor Harbor and it's a beautiful spot, but it kind of gets lost. It's

liken when you sit in a pond you say, this is the pond, but when you actually look at it you say it's a beautiful pond."

Karl has an impressive background in design, and over the past 12-15 years has moved predominantly into artworks working in a huge shed in Edwardstown. It has been a move from a foundation of understanding materiality into how to expresses shape, form, colour, materials and those kinds of things.

In many ways his point of difference is defined by what an outdoor sculpture appears to be about. "When I see something I think about how much it is about the place and how much it is about the artist," he says.

"I think part of an artist's journey is to make sure they are a vehicle for the place and not somewhere to put a mark on top of something... it is just ego, and that is not me. It has to be about place.

"Does someone say, wow, that was interesting, but why is it here? It opens up a question of where they are rather than who was that artist. That is a fine balance."


Karl realises that as an artist of public works there is a need to resonate with people. There is always that percentage that he will never ever satisfy and have the ratepayer comment.

"Art is something that brings out the beauty and the inspiration in all of us, no matter how old," he says. "No matter what age or what gender, we should all look at it and say, that's kind of uplifting and I feel something."

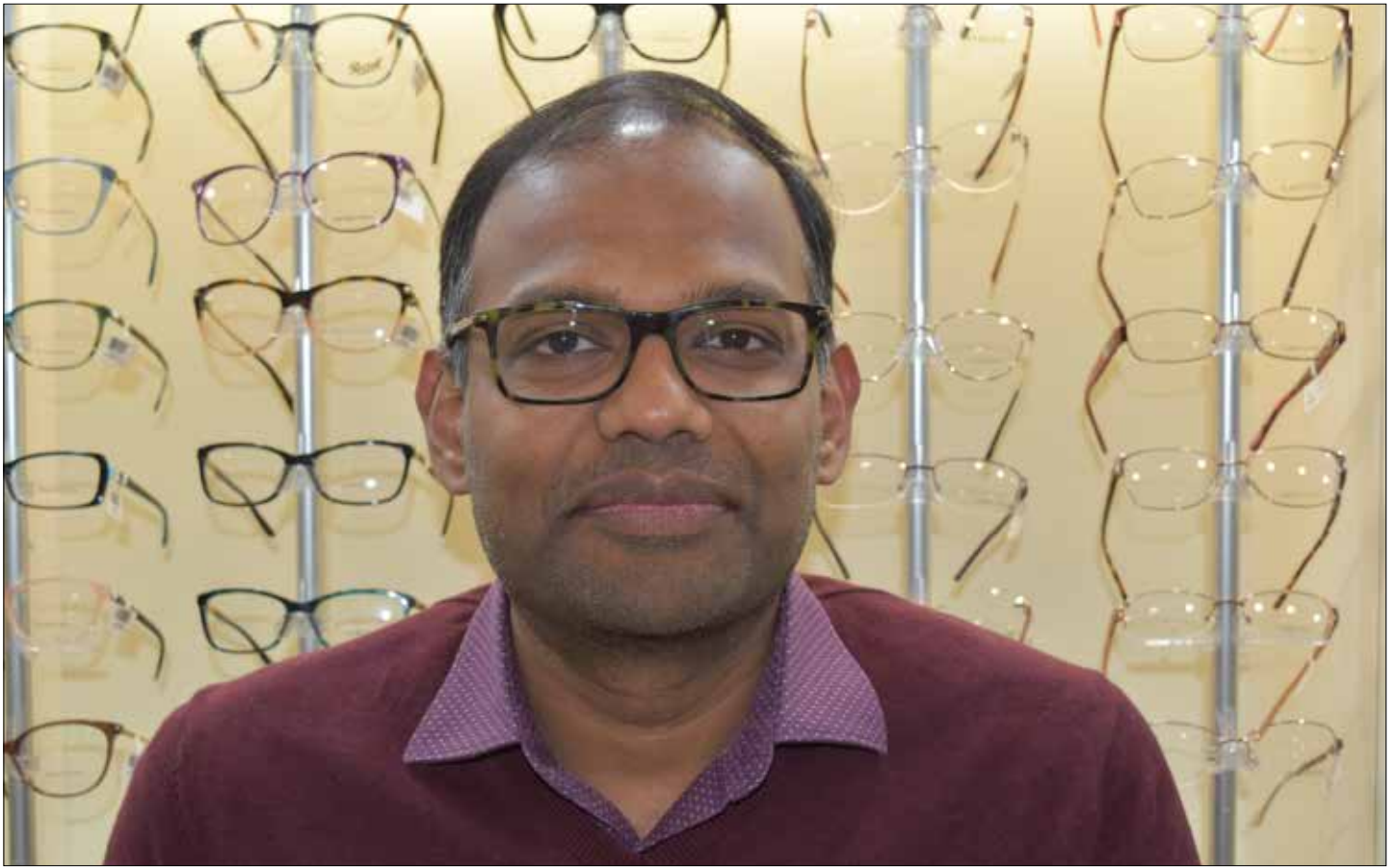
Far from being lost on Karl is the fact he and his partner Rachel and their three children, have many years ahead of them driving through the main street of Victor Harbor looking at his sculpture, *Elemental*.

"You express yourself and you say, hey look at my big sculpture, but it's really like buying a jumper," he professes. "Do you buy one knowing it is still going to look good in 10 years, or do you buy one that's bright orange with stripes through it that's going to last a season?"

"I'm the kind of guy who takes the 10 year one."

But then, if you do wear a bright orange jumper with stripes through it is not what you see, but what you make others see. It's why art is seen differently by everyone. 





People who live in glasses house

Senthil Murugappa, who comes from middle-class India, is an optometrist at OPSM in Victor Central Shopping Centre. He's also a mad Indian cricket fan, so amidst the International Cricket Council World Cup fever you may have already put up a barrier. However, there is a lot to like and respect about this 'bloke' with the best of Australian ideals.

Should one follow the noble game of cricket you may appreciate that now is not exactly a fine moment to crank up the word piano and write a few pearls of wisdom about someone with an Indian background. But we will. His name is Senthil Murugappa, and with trepidation amidst the challenges our chaps are enduring in the ICC World Cricket Cup 50 limited overs matches we mention how this father of three admits to sitting through the darkest of nights over many years glued to the *cricinfo* internet site following India's ball-by-ball progress when its Test matches are not televised live. This passion for Indian cricket borders on our pain, all in jest of course, because if we see Senthil in a different light – like he does this best as an optometrist with OPSM at Victor Central Shopping Centre – in a special way he has an immensely proud Aussie character about him.

It's about regularly volunteering his time and professional expertise going into remote areas of Central Australia and setting up eye clinics to treat those among Aboriginal communities. From his early optometry study years in his hometown Chennai on the Bay of Bengal in south-eastern India he was inspired by the work of New Zealand-born Dr Fred Cossom Hollows (1929-93), whose humanitarian work restoring eyesight for thousands of people in Australia and many other countries became legendary. When Senthil moved to Sydney 15 years ago to achieve his Masters Degree at the University of NSW, where Dr Hollows had previously been an Associate Professor of Ophthalmology, his idealistic notion of helping others evolved. Senthil then worked in Darwin for five years from where in his spare time he visited Aboriginal communities in Nhulunbuy on

the Gove Peninsula, Katherine and Alice Springs. Since moving to Victor Harbor almost three years ago he has bundled his week-long appointments at the Maari Ma Health Primary Health Care clinic in Broken Hill as part of his commitment with the NSW government-funded Visiting Optometrist Scheme into four days allowing him time to visit remote communities. Often enduring oppressive heat across rugged terrain, he has mixed with Aboriginal communities outside of north-west NSW towns like Wilcannia and Menindee and gained their trust and friendship, offering free eye tests and treatment.

In Senthil's own genuine words this doesn't come close to the legend created by Dr Hollows and the now world-renowned work of the Fred Hollows Foundation, and is embarrassed by the hint of any comparison. However, he has been inspired by Dr Hollows, and we can say his passion to help others is nonetheless in the spirit of a proud Australian.

"You need to try and understand the culture of our Indigenous communities and go with the flow," Senthil said.

"You want them to come and have their eyes tested; you don't want to put any obstacle for that service. For them, it's not only about looking after the eye health it's feeling comfortable to come and do the test. Even if they have some eye health problem they are not going to come in without that relationship.

"In the outback there is a common deficiency. Trachoma is a big problem

"When a 40 year-old in these remote communities sits in my chair and I examine their eyes without knowing their age I expect him or her to be 55."

**—Senthil Murugappa,
optometrist with OPSM
at Victor Central Shopping
Centre**

among Aboriginal communities, as is glaucoma; relatively simple conditions to treat, but if not treated can lead to blindness.

"There is this 10-15 year gap where a non-Aboriginal person may get a cataract in their mid-60s, but a person with Aboriginal heritage may get it in their early-mid 50s. Their eyes deteriorate for multiple reasons including genetics and lifestyle.

"When a 40 year-old in these remote communities sits in my chair and I examine their eyes without knowing their age I expect him or her to be 55.


"This work has made me feel personally rewarded and rich deep inside from the contact with members of the Aboriginal communities and working in these remote areas. You soon realise there are other health issues besides eye care that they require, but you can only do what you can.

"In mainstream Australia if a person has

a problem with eyesight it is a given that the person will wear glasses, and it's the same with cataracts; they seek the health initiatives put in place by a wonderful health care system and avoid going blind. "In some poor places in India they don't even know about getting their eyes checked. They believe this is how everyone sees everything.

"Of course, wherever you go if the ailments are not treated there is blindness, but the health system here is so good. Significantly, optometry has the only provision where you can bulk bill through Medicare except for special tests or scans, and most people don't need a scan. Anyone who has any eye problem in Australia can confidently get their eyes checked without cost which is a big thing."

Senthil, and his wife, Meenu, have three boys aged 13, 10 and six, and see the best in Victor Harbor, which they say has a vibrant community rather than the view shared by many that it is just an ageing town. The positive approach is shared among the staff of five which has 70 years experience in optics, and focuses on being a 'people place' with their eye health care a premium objective.

There you go, a host of puns and free plugs for a business run by a mad Indian cricket fan. It's just not cricket, as they say. But while our mate Senthil is particularly painful when it comes to cricket until reminded that the Aussies have won the ICC World Cup a record five times, he's a 'bonza bloke'. Thank you. 

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Toy Story 4

(G) animation, adventure, comedy (some scenes may scare very young children). Directed by Josh Cooley, starring Tom Hanks, Tim Allen, Joan Cusack. When a new toy called "Forky" joins Woody and the gang, a road trip alongside old and new friends reveals how big the world can be for a toy.

Yesterday

(M) comedy, fantasy, music. Directed by Danny Boyle, starring Himesh Patel, Lily James. Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that

The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation.

The Secret Life of Pets 2

(PG) animation, adventure, comedy (Mild themes and animated violence). Directed by Chris Renaud, Jonathan del Val starring Patton Oswalt, Kevin Hart, Harrison Ford. Max the terrier must cope with some major life changes when his owner gets married and has a baby. When the family takes a trip to the countryside, nervous Max has numerous run-ins with canine-intolerant cows, hostile foxes and a scary turkey. Luckily for Max, he soon catches a break when he meets Rooster, a gruff farm dog who tries to cure the lovable pooch of his neuroses.

Spider-Man: Far from Home

(CTC) action, adventure, comedy. Directed by Jon Watts starring Zendaya, Tom Holland, Jake Gyllenhaal. Following the events of *Avengers: Endgame*, Spider-Man must step up to take on new threats in a world that has changed forever.

Wild Rose

(M) drama, music. Directed by Tom Harper starring Jessie Buckley, Julie Walters. Fresh out of prison, a Scottish woman juggles her job and two children while pursuing her dream of becoming a country music star. She soon gets her chance when she travels to Nashville, on a life-changing journey to discover her true voice. **Commences July 19.**

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The Lion King

(CTC) animation, adventure, drama. Directed by Jon Favreau starring Seth Rogen, Donald Glover, Chiwetel Ejiofor. Simba idolises his father, King Mufasa, and takes to heart his own royal destiny on the plains of Africa. But not everyone in the kingdom celebrates the new cub's arrival. Scar, Mufasa's brother – and former heir to the throne – has plans of his own. The battle for Pride Rock is soon ravaged with betrayal, tragedy and drama, ultimately resulting in Simba's exile. Now, with help from a curious pair of newfound friends, Simba must figure out how to grow up and take back what is rightfully his. **Commences July 19.**

Late Night

(CTC) comedy, drama. Directed by Nisha Ganatra starring Emma Thompson, Mindy Kaling, John Lithgow. A late-night talk show host's world is turned upside down when she hires her first and only female staff writer. Originally intended to smooth over diversity concerns, her decision brings about unexpectedly hilarious consequences as the two women who are separated by culture and generation become united by their love of a biting punchline. **Commences July 26.**

Wednesday coffee session

Coffee sessions are held Wednesdays from 10am outside of school holidays. Come along and enjoy coffee & cake, door prizes and a new release movie in a friendly, relaxed atmosphere. Cost: \$12.

McLaren Vale Business Association awards

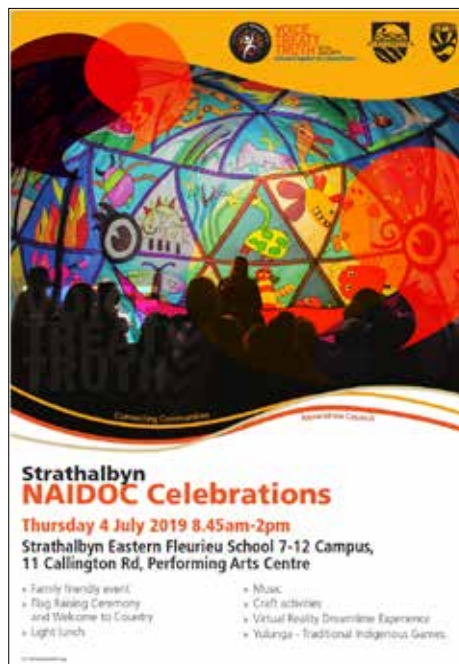
Planning is now well underway for the 2019 McLaren Vale Business Awards. Held annually, the awards have been running since 2002 and acknowledge the hard working local businesses in the McLaren Vale Region.

Culminating in an awards presentation night at Hardy's Tintara Winery in late October, local businesses are nominated by their customers with the winners being assessed by an independent judging panel.

The volunteer committee from the McLaren Vale Business Association is working together to ensure this year's awards are a wonderful showcase of local businesses of the region, and invite you to your say by nominating your most worthy businesses.

Nominations open on Friday, July 7 across a range of categories including retail, trades, professional & business services, tourism, hospitality and home-based business.

Visit www.mclarenvalebusiness.com.au/awards to nominate now or for more information.



Spirit Australia

The theatrical brilliance of a boy and his pelican friend Mr Percival in the remake of the classic film *Storm Boy* continues to send ripples of adventure across our spectacular Coorong National Park.

In this wake of brilliant cinematography and story-telling across stunning sand dunes and on the edges of water life, the extraordinary experience this movie portrayed has significantly heightened interest in what is a truly stunning region steeped in our heritage.

To cope with the demand, Spirit Australia Cruises has launched exciting new tours for all ages. Hundreds of school children state-wide and visitors from afar have come aboard specific cruises and discovered their own spirit of the Coorong.

Spirit Australia Cruises is now operating two vessels conducting carefully

tailored public tours into the Coorong National Park: 'Spirit of the Coorong' & 'Cruise the Coorong' offering a complimentary range of cruising tours from 90-minute cruises through to full-day expeditions. They are not to be missed.

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- Are you a club or community group in the Goolwa area?
- Do you have an event or community project you need support with?

If you answered 'yes' to any of these questions, then keep reading...

Over the past 12 years the Fleurieu Peninsula Community branches collectively have reinvested more than \$500,000 back into the Fleurieu community, and as part of that the Goolwa & District Community Bank® board has been delighted to reinvest more than \$170,000 back into projects, initiatives and events within the Goolwa area.

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Samantha Bitter – Fleurieu Business and Community Manager

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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, 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

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 month, 9am-4pm, at Soldiers' Memorial Reserve, Victor Harbor. Enquiries: 8556 8222.

VICTOR HARBOR CREATIVE CRAFTERS MARKET: First Saturday of month 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

WILLUNGA ARTISANS & HOMEMADE MARKET: Old Show Hall, Main Road, Willunga second Saturday of each month 9am-1pm. T: Mary 0414 361 817.

WILLUNGA FARMERS' MARKET: Every Saturday, 8am-12.30pm at Willunga Town Square. Enquiries: 8556 4297 or Jeni 0411 049 570.

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.

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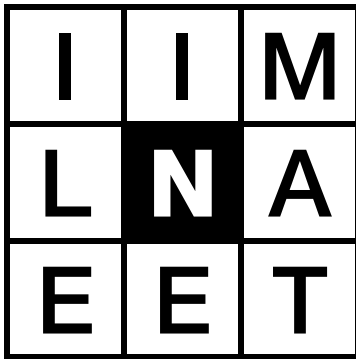
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Puzzles

Puzzle answers P22
(and don't cheat!)

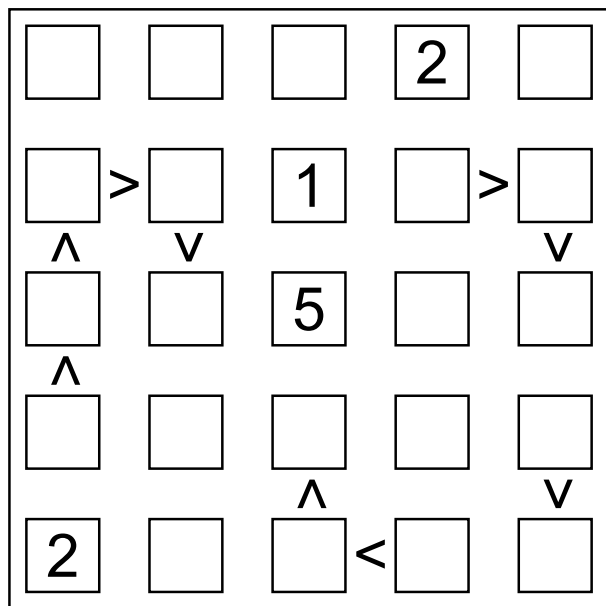
Target Time



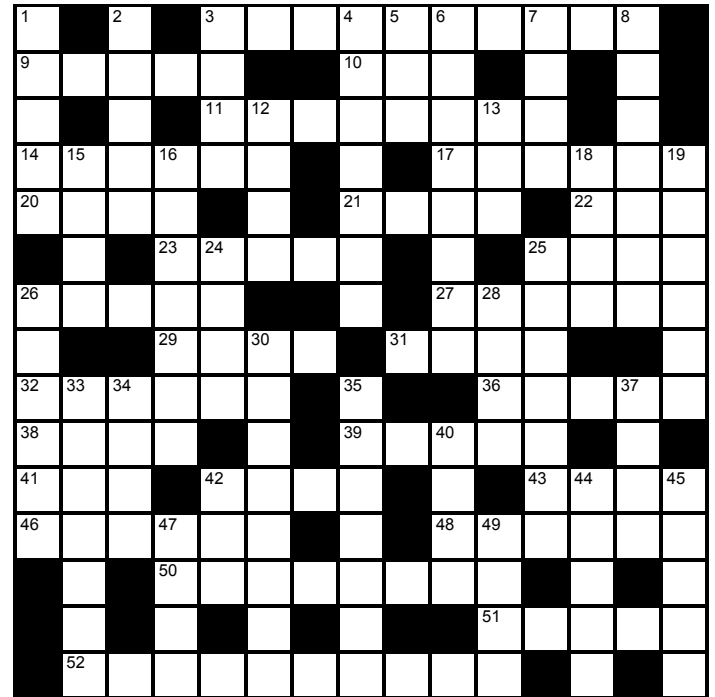
Target: Average 44,
Good 50, Excellent
57+.

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

Futoshiki



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



Crossword

Across

- 3 Bold undertaking
- 9 Lukewarm
- 10 No score
- 11 Wild prank
- 14 Fiery
- 17 Uproar
- 20 Liquor dregs
- 21 Old stringed instrument
- 22 Also
- 23 Concise
- 25 Corn spikes
- 26 Shock
- 27 Skin eruptions
- 29 Mountain lake
- 31 Serpents
- 32 Calm
- 36 Roof's projecting edge
- 38 Love god

Down

- 1 Take by theft
- 2 Garden tool
- 3 Biblical garden
- 4 Made possible
- 5 Tear
- 6 Large shallow dishes
- 7 Article
- 8 Look into closely
- 12 Agitate
- 13 Owing
- 15 Harvest
- 16 Landed properties
- 18 American state
- 19 Throws
- 24 Dash
- 25 Attempted
- 26 Fix a tax
- 28 Copied
- 30 Going back
- 33 Built
- 34 Duty list
- 35 Stopping place
- 37 Poem of heroism
- 40 Uncommon
- 42 Encountered
- 44 Melody
- 45 Irritable
- 47 Soothe
- 49 Whirlpool

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Laugh Lines

Folklore

A girl suffers a cruel fate and finds herself knocking on the Pearly Gates.

This voice bellows: "Before you may come in you must answer three very simple questions."

Frightened, the girl says: "Yes Sir."

The man says: "How many days in the week start with the letter 'T'?" The girl thinks about it and says: "Two - today and tomorrow."

The man feels he has no choice but to give her a pass. He then asks a much harder question: "How many seconds are there in a year?" Quick as a flash the girl says: "Twelve."

The man is flabbergasted. "How on heaven could you come up with that?"

The girl says: January 2nd, February 2nd, and so on." Again, a reluctant pass.

The man asks the third question: "What was the first name of the swagman in Waltzing Matilda?"

And the girl says: "Andy."

The voice says: "Andy? Are you really saying Andy?"

And the girl sings: "...Andy sang as he watched and waited till his billy boil, You'll come a Waltzing Matilda with me."

Have we met?

A drunk walks into a bar, and after staring for some time at the only woman seated there he walks over to her and kisses her on the cheek. She jumps up and slaps his face. He immediately apologises explaining: "I'm so sorry, I thought you were my wife. You look exactly like her."

The woman says: "Why you worthless, insufferable, wretched, no good drunk!"

And the man says: "Funny, but you even sound like her."

Quacker night

A circus owner walks into a bar to see everyone crowded about a table watching a little show. On the table was an upside down

pot and a duck tap dancing on it. The circus owner was so impressed that he offered to buy the duck from its owner.

After some wheeling and dealing, they settle for \$10,000 for the duck and the pot.

Three days later the circus owner runs back to the bar in anger: "Your duck is a ripoff! I put him on the pot before a whole audience, and he didnt dance a single step!"

And the former duck owner asks: "Did you remember to light the candle under the pot?"

Oh dear

An elderly lady sees a little boy crying his eyes out. "What's the matter?" she asks. The little boy says: "It's my birthday and this morning I was given a new bike, a football and a tennis racquet, and this afternoon there is a big party for me with clowns, lots of lollies and cakes, and heaps of more presents."

The woman says: "But you should be very grateful." And the boy says: "I am."

The old lady says: "Then why are you crying?"

The boy says: "Because I am lost."

Boom, boom...

A golf stick walks into a local bar and asks the bar person for a pint of beer. The bar person refuses to serve him. "Why not?" asks the golf stick. And the bar person says: "You'll be driving later."

Number 12 walks into a bar and asks the bar lady for a pint of beer, but she refuses. The Number 12 asks: "Why can't I have a beer?" And the lady says: "Because you are under 18."

A bloke walks into a bar and orders a double scotch. The bar person picks him up and throws him out. Another customer watches everything and says to the bar person: "Why did you do that?" The bar person says: "I hate it when the Smith twins come in here."

A bloke goes to the doctor's and says:

"Doctor, doctor... on the first of July for the past 10 years I have had heartburn." The doctor says: "Next time take the candles off the birthday cake."

Dad jokes...

What two things can you not have for breakfast? Lunch and dinner.

What is the world's longest punctuation mark? The hundred metre dash.

Why did the cow jump over the moon? Because the farmer had cold hands.

Where do you go if you want to go on a diet? A paint store – you can get thinner there.



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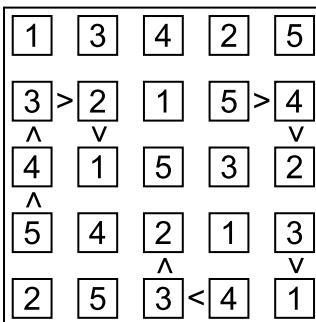
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BADMINTON

The net result is great fun

At first it looks like a *Wiggles* convention, what with all their multi-coloured plain team shirts and the bubbling energy and laughter. They jump around hitting these feathers that float despite the force at which they are hit with a racquet. Some liken it to *Play School* given the fact they're at Investigator College, Victor Harbor Campus on a Thursday night. Welcome to badminton, and the shuttlecock crew of Victor Harbor which loves belting this open conical shaped thing that never seems to go far because of its 16 overlapping feathers embedded into cork. It's a great social night; friendly competitiveness, and while this family environment may not have all the aristocracy of the sport's origins when children of the Eighth Duke of Beaufort played in the Great Hall of his Badminton House in Gloucestershire as early as 1860, the sport still demands its sense of nobility. Badminton is regarded as the fastest racquet sport in the world because of the predominant wrist action, certainly not for the pace we noted with sports store guru Allan Tonkin moving around the court. He loves every moment, testimony that it's a game for shapes, sizes, ages and abilities and everyone loves the banter (we hope he does).

As a nation, we are hardly good with this racquet based on the fact our best ever result in the Olympics was in the sport's first-ever Games, in Barcelona 1992 when Anna Lao reached the quarter-finals. It was a fine achievement, but there is nothing to suggest it will be improved at the Games of the XXXII Olympiad in Tokyo from July 24-August 9, 2020.

Tim Mignanelli, who is president of the Great Southern Badminton Association, said it wasn't a setback not being a mainstream



sport that demands premiership or medal glory. "Badminton is an alternative sport that appeals to people because it is tactical, physical without deliberate contact, and individual or team players enjoy hitting the shuttlecock as hard as they can," he said. "From our perspective, it has a strong social aspect. You may never have played sport at any level yet virtually anyone can pick up the basics of badminton, and with some developed coordination play well and enjoy the game. Being the best player does not relate to being the tallest or the strongest. "Badminton is also one of the few sports where grandparents can be on the court with their children and grandchildren." The local competition comes under the banner of the Great Southern Badminton Association, but it is actually a club that organises its own competition – one of 12 around the state. Victor Harbor has seven teams of eight players, plus 20 fill-ins with growing numbers turning up at the magnificent Investigator College Victor Harbor Campus Arts & Sports Centre on Tuesday nights for a hit-out. Here, beginners may get help from one of its best players, and great ambassadors, Yulius Tejoseputro, a brilliant, Indonesian-born player with coaching accreditation.

Tim, Yulius and the hard-working committee of eight would love you to come out at 7.30 and enjoy the entertainment. Witness Allan, known as Shonky Tonk, move at full pace. You're also welcome to see the grand final on September 12. Expect a good return if you share in the banter.

**Enquiries: Tim 0431 041 666;
e: timmig63@gmail.com**

Pictured (top, from left): Luke Hodge, Yulius Tejoseputro, Nina Brequet, Brynn Hayes, Julie Holdsworth, and Tim Mignanelli.

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GAC back on course

After four years at the helm in mostly troubled waters Graham McKee has stepped down as commodore of the Goolwa Aquatic Club.

The club, which is celebrating its 60th year, is now far more financially viable, but an immediate concern is whether anyone will be prepared to take on his role at its annual general meeting on Sunday, July 28.

"I hope so," Graham said. "I just need a break. A lot of people before me over our 60 years have put in an enormous amount of effort into this club, and for the sake of the town the tradition must continue."

GAC struggled financially after developing its new clubroom facility on Barrage Road in 2012, but after council intervention, incredible hard work and implementing new budget measures it has worked its way through issues. As planned, the club has remained on schedule in reducing its original \$1.4 million debt to the Alexandrina Council, which took over the complex, and membership is recovering slowly but well, currently at 350 including 80 children.

"Everyone knew the club had its problems, but we have moved forward because no one wanted to see it die," Graham said.

GAC is the legal entity of the sailing and speedboat clubs, and in recent years has been strengthened by the joining of the well-organised and successful dragonboat racing club, the Coorong Dragons. A long-



time positive has been a vintage boat club, while the speedboat committee has organised a highly-successful Aquafest since the opening of the complex in 2015. Graham would personally like to see a return to cruising boat activities to help broaden the membership base.

"The social side of the club here in the clubrooms on a Friday night is becoming more popular by the week, which is just great," Graham said. "We share a tremendous relationship with the Goolwa Regatta Yacht Club, which is planning to slightly alter its course for its Friday night racing next summer to add to the excitement of our members watching them go past near our clubrooms. It's free entertainment."

"The GRYC genuinely cares for everyone who shares this Murray River, and especially what is best for the town, and it is wonderful for clubs to be able to work together."

The amusing thing is that during Graham's tenure as commodore his twin cockpit fibreglass 313 marinised motor has remained idol, and is still under renovation.



He smiles, and says he'll get there one day, but his wife Deb, and their two children will wait and see.

"I will still be involved with the club in some way, but the timing is right for someone to take over as commodore," Graham said.

"We have mended a lot of wounds, and now it's up to everyone to try and put back that proud history into this club and take it forward. I am sure we will."

"The committee members in recent years have worked extremely hard and they deserve to share in more success. We have some really good people in this club; there is a lot of pride."

Maybe we should join Graham and the crew on a Friday night and find out for ourselves.

Membership enquiries: www.goolwaquaticclub.com

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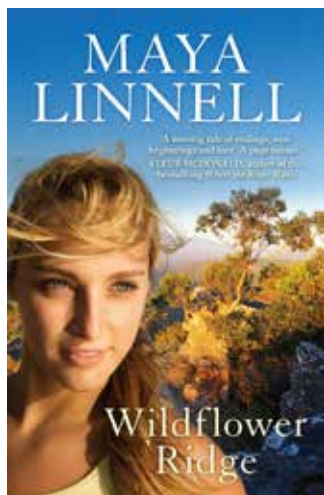
An exciting new name in Australian fiction is coming to the Victor Harbor Library on Thursday, July 4 to launch her debut novel, *Wildflower Ridge*.

Maya Linnell, a former rural journalist turned author, has been described as a 'sparkling entry into the rural romance arena'.

Wildflower Ridge is a heartfelt story about farming families, country communities and second chances. The novel had touched the hearts of readers Australia-wide since being released last month by Allen and Unwin and will appeal to fans of Fleur McDonald, Rachael Johns, Karly Lane and Rachael Treasure.

Having grown up in the South East, Maya's love of writing evolved from a passion for books and libraries, then into a career in journalism and now rural romance. Maya also blogs for *Romance Writers Australia* and lives in Victoria with her family.

"I've enjoyed many family holidays in Victor Harbor over



the years, and I can't wait to discuss books and writing with library members," Maya said. "Bring a book to be signed or bring a friend and borrow one of the library copies in digital, audio or paperback. Personalised copies of *Wildflower Ridge* will be available for purchase on the day. The free event starts at 11 am at the Victor Harbor Library on Bay Road. Bookings are encouraged: call 8551 0730 or visit www.mayalinnell.com

Marine licence exams

If you are planning to get into boats and jet skis then here is a chance to help the hard-working fundraising team at Victor Harbor R-7 School at The Parkway, Victor Harbor by gaining your marine licence there on Thursday, July 18 from 6.30pm sharp. Valid ID required.

Enter behind the main administration building. Adult licence (16 and over) costs \$55. The SA Recreational boating Safety Handbook should be studied. Download: <https://www.sa.gov.au/topics/boating-and-marine/marine-publications/sa-recreational-boating-safety-handbook> or available at the school front office.

Junior/special permit (12-15) \$20. Exam for special permit. You are required to provide a boat and complete a practical exam within six months. Further info: 1300 363 805.

Proceeds to VHR-7 School

program designed to cater for the needs of disengaged primary school students. Bookings/ payments: Victor Harbor R-7 School 8552 1166 or Contact Deb 0418 856 265.

Eat Wave with Jenny

It is National Diabetes Week from July 13-20 – a great reminder to eat healthy food. To highlight this event we present two of their wonderful recipes with kind permission of Diabetes Australia and LiveLighter. Visit: www.ndss.com.au

Spicy Orange Chicken with Baked Vegetable Parcels

Ingredients

8 skinless chicken drumsticks
2 oranges (juiced)
4 cloves garlic
1 tablespoon ground cumin
freshly ground black pepper
1 tablespoon honey
grated rind of one orange
700g pumpkin
500g sweet potato
1 red onion
440g chickpeas (canned)

Method

Preheat oven to 200°C (180°C fan forced).
Peel the pumpkin and sweet potato and cut into 1cm cubes. Cut the red onion into wedges. Drain and rinse the chickpeas. Divide orange juice, crushed garlic, cumin and pepper evenly between two cups, stir to combine. Add honey and orange rind to one cup for chicken marinade. Place chicken in a medium sized baking dish, pour honey marinade over and toss to coat chicken. To make vegetable parcels,

cut four 50cm lengths of both baking paper and foil. Place foil on a flat surface, top with baking paper. Divide the pumpkin, sweet potato, onion and chickpeas amongst the parcels. Pour marinade from second cup evenly over parcel vegetables. Fold the long sides of baking paper and foil over filling to enclose, tuck short sides under to seal.

Place parcels on a tray and bake with chicken, uncovered, for 15 minutes

Turn legs over and cook for a further 15 minutes until chicken is browned and cooked through, and vegetables in the parcels are tender.

Divide chicken between plates, spoon over any pan juices. Vegetable parcels can be placed on plates, to be opened at the table, or spoon vegetables and sauce onto plates before serving. Serve immediately. Serves 4.

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Date & Muesli Slice

Ingredients

2 medium apples
½ cup water
¼ cup margarine
2 cups seeded dates, chopped
2 cups natural muesli
½ cups plain flour
½ cup wholemeal plain flour
1 teaspoon cinnamon

Method

Preheat oven to 180°C (160°C fan forced).
Line a slice tin (approx. 18 x 28 cm) with baking paper.
Grate whole apple coarsely (skin on) and discard the core. Place grated apple, water, margarine and dates in a saucepan and bring to the boil. Reduce heat, cover and simmer for a 5 minutes until the apple and dates are soft.
Cook uncovered for a further 5 minutes,

stirring occasionally until mixture thickens to a paste-like consistency. Remove from heat and allow to cool slightly.
While apple and date mixture is cooking, place muesli in a large frypan. Stir over low-medium heat for 5 minutes until lightly browned.
Sift flours and cinnamon into a large bowl, returning husk remaining in the sieve to the bowl. Add muesli to the flours and stir to combine. Add the apple and date mixture

to the dry mixture and stir through until completely combined.
Spoon into prepared tin, then using clean hands moistened with a little water, press mixture evenly into the tin. Bake for 20 minutes until firm and slightly golden on top.
Cool in tin before cutting into pieces. Slice is suitable for freezing.

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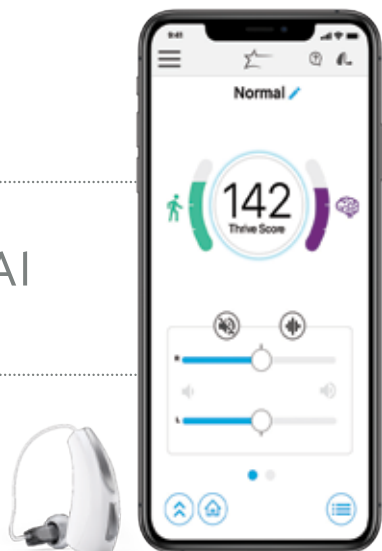
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