



# Coast Lines

FREE

November 2019 Vol. 9 #117

People, places & events across the Fleurieu Peninsula

## Pip Forrester: Sharing the Fleurieu's food experience



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VICTOR HARBOR



## Victor Central... a feast for the senses

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Whilst you are shopping you will be able to enjoy a coffee or a bite to eat at one of the cafés located throughout the mall.

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# November

## COVER

Meet Pip Forrester, one of the Fleurieu Peninsula's great 'foodies'. She is pictured at home, but you can often see her at the Willunga Market, of which she is chair. Pip is also heavily involved with the Fleurieu Food group, which is playing a huge part in the region's economy including a big tourism push. **P13: FULL STORY**

## CIAO GOOLWA

This superb image taken by immensely talented photographer Kate Elmes was used on the front cover of the 2017 SA Wooden Boat Festival program, highlighting the busy 'sail past' during the festivity.

Thought that was busy? Wait til the River Port of Goolwa has it's own Vogalonga Down Sunday, April 26 next year.

A Vogalonga is a regatta of traditional Venecian boats floating along the channels of Venice, and our own Vogalonga Down Unda will be the first time one has been held outside of this beautiful Italian city. It has the potential to become a huge tourist attraction.

Behind the concept is Michael Piovesan, who was one of more than 8000 rowers on 2700 craft that took part in the 45th Vogaonga in Venice last May, and came home thinking 'we've just got to have one'. And it is most fitting that Goolwa, having become the first town outside of Europe in 2008 to be accepted as a member of Cittaslow, which also originated in Italy carrying the philosophy of quality of life being important, is the first to hold a Vogalonga outside of Italy.

Michael spent four years in Venice teaching



English, and through his close association with our Cittaslow almost immediately thought of this latest connection with Italy. There will be all kinds of floating boats on the Murray – big yachts, small yachts, fishing boats, dragonboats, kayaks, surfboards and canoes. The flotilla will cover a main course of 12.5km and a short

course over 5-8km.

Of course, there is still incredible amount of work ahead needed to make this Vogalonga Down Unda a great event that it can be, so get behind it and support as a volunteer or as a sponsor.

Continued P4



## Smart move for retirement living

Talk with Nat on **08 8159 3480**  
 or [njohncock@ach.org.au](mailto:njohncock@ach.org.au)

[achgroup.org.au/retirement-living](http://achgroup.org.au/retirement-living)

Your small pet is welcome.

### Elkanah Village



Selected units  
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**Morphett Vale**

1-3 1 1

**For sale from \$206,990**

- Tranquil garden setting
- Relaxed lifestyle in village community

### Kapara Mews



Unit 10  
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**Glenelg South**

2 1 1

**For sale \$485,000**

- Relaxed, secure lifestyle
- Glenelg amenities on your doorstep

### Yankalilla Mews



Unit 4  
 175 Main Sth Rd  
**Yankalilla**

3 1 1

**For sale \$298,000**

- Spacious 3-bedroom unit
- Independent living with services if you need

# November

From P3

Find out more at <https://vogalongadownunda.net.au/history/> or call Michael on 0145 448 657 or visit: Venetian Rowing SA on Facebook.

## SPECIAL DAYS

**E-Tea:** Register to host a morning or afternoon fundraising tea to generate awareness of epilepsy. You'll receive a free goodie pack and access to loads of resources like posters, games and invitations. T: 1300 37 45 37. [www.epilepsy.org.au/fundraise/e-tea/](http://www.epilepsy.org.au/fundraise/e-tea/)

**Movember:** A month-long celebration of the moustache, highlighting men's health issues, specifically prostate cancer and depression in men. Mo Bros, supported by their Mo Sistas, start clean shaven and then have the remainder of the month to grow and groom their moustache. [au.movember.com/](http://au.movember.com/)

**9-16: Australian Food Safety Week.**

Food Safety Information Council will be encouraging consumers to buy and use food thermometers to cook food safely with the aim of reducing the 4.1 million cases of food poisoning in Australia each year. [www.foodsafety.asn.au](http://www.foodsafety.asn.au)

**9-17: Alopecia Awareness Week.**

The Children's Charity raises awareness and funds to provide wigs to children effected by the condition. You can get involved by donating your hair to be made into a wig or hold a fundraiser to purchase a wig for a child. [aaaf.org.au/alopacia-awareness-week/](http://aaaf.org.au/alopacia-awareness-week/)



**14: World Diabetes Day.** An international event used to increase understanding of diabetes, and to raise funds for research. [www.idf.org/worlddiabetesday](http://www.idf.org/worlddiabetesday)

**22: White Ribbon Day.** The White Ribbon Campaign aims to raise awareness among Australian men and boys about the roles they can play to prevent violence against women. The campaign calls for men across Australia to speak out and take an oath swearing never to commit, excuse or remain silent about violence against women. [www.whiteribbon.org.au/](http://www.whiteribbon.org.au/)

**30: International Computer Security Day.**



Use the day to ensure that your passwords are regularly updated, your personal information is safe and secure, and your systems are protected.

## REMEMBRANCE DAY

As we approach the 11th hour on the 11th day of the 11th month – Remembrance Day – in this, the 100th year since the end of World War 1, it is important to acknowledge why a red poppy remains a symbol of sacrifice and remembrance across the globe.

With it comes one of the most famous war-time poems, *In Flanders Fields*, written by noted Canadian pathologist and army physician, Lieutenant-Colonel John McCrae

(1872-1918).

In a tribute to McCrae, it was written by Canadian Linda Granfield that he treated soldiers' wounds at the Second Battle of Ypres in Belgium (April 22-May 25, 1915), the first battle in which poison gas was used as a weapon, resulting in lung damage and death. He tended soldiers in a bunker with a dirt floor with light provided only by lanterns and the doorway.

One particular soldier's death during the battle profoundly moved McCrae – Lt. Alexis Hannum, a 22-year-old civil engineer on May 2, 1915, when a German shell exploded at his feet. His remains were gathered into an army blanket and buried nearby.

As the officer present, McCrae officiated



# November

at Helmer's graveside service, and the next morning McCrae jotted down this most famous of war poems in 20 minutes during the Battle of Ypres.

In the horrific setting of hastily-built cemeteries alongside active battlefields, red poppies sprang from the bombarded soil. Birds sang despite the deafening sounds of war. In just a few lines, McCrae called upon the living to join the war effort so that Helmer and millions of other soldiers in the First World War would not have died in vain.

After initially being rejected, *In Flanders Fields* first appeared in the December 8, 1915 edition of the British magazine *Punch*, but without his name. However, the public noticed the poem and it was soon being memorised, copied into letters, set to music and translated into multiple languages. The poem was also used to raise \$400 million for the war effort.

By January 1918, McCrae had provided medical care for troops in the British Expeditionary Force for more than three long years. Worn and weakened, on January 23, 1918, McCrae died of pneumonia and meningitis at the No. 14



British General Hospital in Wimereux, France. He was 45 years old.

## SCHOOLIES WEEK

We can hear the groans by the 'oldies' already, but our new school leavers are excited about coming to Victor Harbor for Schoolies Week from November 16-22. The local businesses who make extraordinary profit off the teenagers are even more excited.

This the 40th year of an official Schoolies Week, which started on the Gold Coast. Since then this experience has spread to all states except Tasmania, which becomes busy with mainland tourists this time of the year.

In recent years, school leavers have headed overseas to places like Bali, Vanuati, and Fiji where whole islands have been dedicated to schoolie celebrations.

If we welcome the generally well-behaved school leavers to Victor Harbor then there is more chance they will return in later years as tourists and spend more money here.

Well done to all of our school leavers, and remember: your TER score is not the most important thing in life.

## SPORT

**Tennis:** Nov 9-10 Federation Cup final Australia v France at RAC Arena, Perth; Nov 11-17 ATP Finals, London; Nov 18-24 Davis Cup, Madrid.

**Golf:** Nov 21-24 World Tour Championship, Dubai.

**Soccer/A League Adelaide United:** v Sun, Nov. 10 v Brisbane Roar (h); Fri, Nov. 15 v Gold Coast Mariners (a); Sat, Nov 23 v Melbourne City (h); Sun, Dec 1 v Wellington Phoenix (h).

Continued P6

## The Strand Gallery

### Defining Moments

October and November  
More than 70 artists present  
9" x 5" paintings as homage  
to the Australian  
impressionist of the 19th  
century.

41 The Strand Port Elliot  
Weekends 10.00 til 4.00



# November

From P5

**Cricket:** T20 Aus

v Pakistant Series

Nov. 8 Perth. Test

v Pakistan (m): Nov

21 Gabba; Nov 29

Adelaide. Nov 9:

Adelaide Strikers (w) v

PerthScorchers Karen Rolton Oval,

Adelaide; Nov 10: Adelaide Strikers (w)

v Melbourne Stars, Karen Rolton Oval,

Adelaide; Nov 11 Marsh Sheffield Shield v

Tasmania, Adelaide Oval; Nov. 17 Marsh

One-Day Cup Redbacks (m)v WA, Karen

Rolton Oval, Adelaide.

Para-athletics: Nov 7-15 World

Championships, Dubai.



## BATTLE OF WATERLOO

Weeks have passed by now, but one suspects that all but Richmond supporters are still mentioning the name of one of the world's greatest plumbers, who would have celebrated his 163rd birthday on Grand Final day, September 28. We speak of Thomas Crapper, who invented the toilet. Because of him, we read more magazines, check our phone messages and facebook more often, come up with brilliant ideas,

and solve the world's problems. Ever since an American soldier during WWI saw Crapper's trade name on a cistern and said 'I'm going to the Crapper' and started new army slang, his name has been used in vain. However, as we sit and ponder on Thomas' super S-bend revolution may we be grateful in more ways than one by seriously acknowledging World Toilet Day on November 19, a United Nations campaign to raise awareness of the health and economic problems developing countries faced without proper sanitation. Maybe we could think about the fact, according to the UN, 4.2 billion people live without safely managed sanitation – more than half the global population; that 673 people still practise open defecation worldwide, and globally at least 2 billion people use a drinking water source contaminated by faeces. It helps put everything into perspective.

By the way, a recent survey has found that the more features your mobile phone has, the longer you will spend on the toilet. Be cautious though, your mobile contains 18 times more bacteria than a toilet handle or button while you endure the Game of Thrones.

After your visit, visit: [www.worldtoiletday.info](http://www.worldtoiletday.info).

## KARL LENDS A HAND

Our extremely talented artist Karl Meyer of Exhibition Studios has deservedly received enormous priase for his brilliant sculpture at the beginning of Ocean Street, Victor Harbor.

Karl, of Parawa, has also been given a big



hand for his *Hand in the Sand* (pictured) in Queensland. His magnificent sculpture won the People's Choice Award 2019 @ Strand Ephemera at Townsville, and the Artist Peer Award 2019 @ SWELL Sculpture Festival at Currumbin on the Gold Coast. Karl's work here was officially opened last month by Mayor Moira Jenkins at the highly successful Street Party put on by the Victor Harbor Council. Well done Karl!

## ARTWORX WORKS

Liz and John Francis are presenting yet another brilliant free exhibition – *Mission* – in their Artworx Gallery in Hays Street, Goolwa until November 17.

It brings together some of the finest artists across the Fleurieu Peninsula– Rod, Bax, Cheryl Anne Brown, Jon Carl, Dean Fox, Eliza Piro, Miertje Skidmore, Lise Temple, Randall Sach, Lindy Sando, Vaughan Taylor and Simone Lyon. The *Mission* exhibition highlights what the gallery is all about – showcasing wonderful Australian art, not only as stand-alone pieces in the gallery, but through regular exhibitions and social media.

Continued P8

# TINNITUS... RELIEF IS NOW AVAILABLE!

**My Hearing is seeking adults to trial the ZEN tinnitus management system.**

Tinnitus is the perception of sounds or noise within the ears with no external sound source. It is most often described as a buzzing, ringing, humming or whooshing noise which can be consistent or periodic. While tinnitus can be related to aging, ear infections, high blood pressure and even ear wax, it is most strongly and commonly linked to damaged sensory cells in the inner ear and is tightly associated to hearing loss. Data suggests that in excess of 18% of the population will suffer tinnitus at some stage. At its worst tinnitus is recognised as a major affliction and is considered a potential sign that there is a fault in the hearing system, usually a hearing loss. While some lifestyle changes can help to reduce tinnitus (eg, limit caffeine, lower stress levels) there is no known cure. However, at My Hearing we have demonstrated that good quality hearing aids with the specifically designed tinnitus management program (ZEN) incorporated within the sophisticated technology can reduce, and in some cases, even eliminate tinnitus. The results are overwhelmingly positive. If you suffer from tinnitus, My Hearing are here to help you. We have intensive training on the ZEN management system which will ensure that you have the best chance possible to enjoy silence once again.

My Hearing has a special interest in tinnitus management. If you want to discuss your tinnitus with and/or want to be a part of an obligation free trial of the latest scientifically validated tinnitus management devices please fill in the following and post back to My Hearing 41 Crozier Road, Victor Harbor SA 5211. Alternatively call My Hearing on 7522 4235 to arrange an appointment. Limited trials available.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Describe your tinnitus and the effect it is having on you: \_\_\_\_\_



**Phone 1300 970 558 or visit 41 Crozier Road, Victor Harbor**

Appointments are also available at one of our conveniently located clinics across the Fleurieu Peninsula consulting in Goolwa, Strathalbyn, McLaren Vale & Kangaroo Island.

**MY HEARING**  
LIFE SOUNDS GREAT



## STOP THE NOISE!

**Tinnitus management with ZEN technology**

- The patented ZEN technology is offered exclusively in discreet Widex hearing aids which are available at My Hearing.
- ZEN is sound therapy for daily use and can be used to avoid complete silence while wearing them, thereby reducing your focus on the tinnitus.
- Counselling with the experienced Dean Laird at My Hearing, who is trained in managing tinnitus with ZEN, can increase your chances of improving your quality of life.
- Whether tinnitus is mild or severe, ZEN can help by providing users with a unique and clinically validated strategy to help.

**"Local, Independent, Experienced"**



# What's the catch? There isn't one promise!



## OUR No Catches PROMISE

We always tell people that the only catch when you retire at Lakeside Goolwa, could be some fish from your private mooring.

- ✓ We'll walk you through the whole 'move out move in' sales process.
- ✓ We'll give you a hand so that your house looks its best and sells quickly for the best possible price – **free of charge with no kick-back.**
- ✓ We'll build your new home before you settle on your old house.
- ✓ If your house sells early and we haven't finished building your new home, we'll **provide free accommodation** until handover\*.
- ✓ While we're building we'll **store your furniture** for you – **free of charge**\*.
- ✓ We'll help organise and **pay for a furniture removalist.**
- ✓ All with **NO HUGE EXIT FEES!**

See more at [lakesidegoolwa.com.au](https://lakesidegoolwa.com.au) or  
call our friendly staff (08) 8555 2737.

 **Lakeside**  
Goolwa *We're for real!*

Even better, call by 10am-4pm weekdays or make a weekend appointment. *Coffee's always on.*

\*Terms and conditions apply. See our website.

# November

From P6

It also encourages, educates and promotes art works of all forms to the local community and visitors from afar. Liz and John have regularly presented themed exhibitions in recent years, and have provided great opportunities for emerging and renowned artists to present their works. The *Mission* exhibition is free. Visit: [artworxgallery.com.au](http://artworxgallery.com.au) or call 8555 0949 for further information.

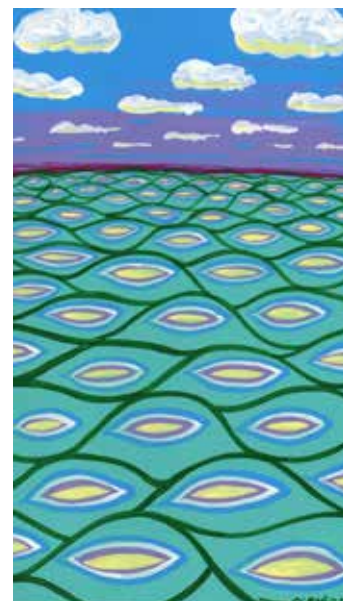
## EXHIBITION AT THE STRAND

This vibrant and engaging work (right) by Goolwa-based artist Barbary O'Brien is part of a fascinating exhibition *Defining Moments* continuing at The Strand Gallery, The Strand, Port Elliot this month. Featured are more than 80 artists across the Fleurieu Peninsula, and is special in the sense it will present art not only in a variety of mediums, but

on a small boards about 9 x 5 inches.

*Defining Moments* embraces the impressive history of exhibitions of small works, first and most notably in 1889 in London by the Australian Impressionists, Tom Roberts, Charles Conder and Arthur Streeton who painted on cigar boxes. This exhibition was considered a defining moment in Australian art.

*Defining Moments* is presented



by Sonya Hender of The Strand Gallery, and is naturally delighted by the significant response of many fine artists. Among them is Harry Sherwin, who was quoted as saying: "I always silently thank the Impressionists, both French and Aussies, for their great achievements in taking art out of the studio and refreshing the eyes for modernism."

Adapting their technique to work on such small boards specifically for this exhibition has been challenging for the artists who usually prefer to work on large canvases. Most have found working on small panels refreshing, giving them a chance to experiment and discover new ways of working.

**For further information on the *Defining Moments* exhibition at The Strand Gallery, The Strand, Port Elliot call: 0419 501 648**

## Volunteer with COTA SA in Goolwa

Are you 50 or older, familiar with My Aged Care, or have lived experiences of the My Aged Care systems?

COTA SA is seeking a volunteer Aged Care Peer Champion in the Alexandrina Council region. Peer Champions offer one-on-one support to seniors living independently to help them understand and navigate the My Aged Care systems. They also run small group sessions expanding on the successful COTA SA My Aged Care Support Program in regional South Australia.

If you would like to find out more please contact Paloma Wraith, Volunteer Coordinator on (08) 8232 0422 or [pwraith@cotasa.org.au](mailto:pwraith@cotasa.org.au)

More information about the My Aged Care Support Program is available at [www.cotasa.org.au/programs](http://www.cotasa.org.au/programs)

COTA SA gratefully acknowledges the financial and other support from Country SA PHN and the Australian Government Department of Health



## Need advice on My Aged Care?

COTA SA's experienced volunteer Aged Care Peer Champions are available to provide free independent information and practical assistance to individually help you understand aged care support services and navigate My Aged Care.

### Greater Fleurieu Medical Centre

82 Main Street, Yankalilla

**Every Wednesday, 10.00am - 12pm**

For more information contact:

**Dorothy Hewitt, Peer Champion**  
**0476 179 609**

### Victor Harbor Library

1 Bay Road, Victor Harbor

**Every Monday, 10.00am - 12pm**

For more information contact:

**Marilyn Henderson, Peer Champion**  
**0456 390 059**



COTA SA gratefully acknowledges the financial and other support from Country SA PHN and the Australian Government Department of Health

## BLUEGRASS

### FESTIVAL A HOOT

The eighth annual Wirrina Bluegrass and Acoustic Roots Festival from November 22-24 has again drawn excellent bluegrass, old timey, blues and roots musicians.

Bands from here and interstate include *The Cherry Pickers*, *Bluegrass Junction*, *Flying Engine Trio*, *Backwater*, *Slim Dime* and *the Prairie Kings*, and



# November

*Made in Taiwan*, an ensemble of veteran musicians who first played together in Taiwan 25 years ago.

Complementing the strong bluegrass line-up are acoustic acts including singer songwriters Jen Lush and Tasha Coates and the *Henk Groot Trio*. Popular duo *The Borderers* will headline the Friday night concert.

Musicians will also present vocal and instrumental workshops and leading jam sessions. The picking and jamming goes all weekend in and around the campground kiosk and the open mic tent is quickly booked out every year. Bring your instruments.

It's a relaxed and welcoming community festival that needs volunteers to help set up and run the show. Six hours of service earns a free ticket.

Contact [wirrinabluegrass@gmail.com](mailto:wirrinabluegrass@gmail.com) to get involved. For tickets and program details visit the website at <https://>

[wirrinabluegrass.com/](http://wirrinabluegrass.com/)  
To book camp site or cabins contact Ben and Holly at 08 8598 3125 or [info@wirrinacoveholidaypark.com](mailto:info@wirrinacoveholidaypark.com)

## HO, HO, HOPE TO SEE YOU

You know it's this time of the year the big fellow in the red suit is working hard when you receive the first of the Christmas invitations – this one at the Inman Valley Community Market on Saturday, December 7 from 10am-2pm.

Kate from the general store where the pizzas are irresistible tells us it is a Christmas-themed market where you will find the perfect gift for young and old. We hope so because you will be supporting a local artist and crafters. Stall enquiries ring 8558 8242 or e: [inmanvalleymarket@gmail.com](mailto:inmanvalleymarket@gmail.com). Follow on facebook or instagram. 🍷



IDEAS ON THE FLEURIEU PRESENTS

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ON THE FLUERIEU

SUNDAY 10TH NOVEMBER  
MT COMPASS FOOTBALL CLUB  
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**\$10**

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BY REAL FOOD LIFE!

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[www.trybooking.com/BGDYW](http://www.trybooking.com/BGDYW) [www.ideasonthefleurieu.com](http://www.ideasonthefleurieu.com)

# SANTA PAWS IS COMING!



.... so it's time to spoil your pets like our Macey with the BEST prices on all supplies and accessories - PLUS we have some great Christmas gift ideas from our extensive garden range!

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Pet Supplies  
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**OPEN 7 DAYS**  
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**T: 8555 3408** 

[www.goolwagarden.com.au](http://www.goolwagarden.com.au)

There's a population boom evolving in Clayton Bay. We're talking about breeding the nationally vulnerable *litoria raniformis* – the southern bell frog – at a newly created conservation facility. The program is attracting far-reaching attention because 20 years ago there were about 50 known populations of the species and now there is just one.

Irony lay in the fact saving the southern bell frog project started with a meeting by chance between seemingly the most opposite of species on which they focus – Peter Mirtschin, an acclaimed herpetologist dealing with dangerous snakes that eat frogs, and Regina Durbridge with her amazing passion and knowledge of frogs. It drew other frog lovers institutions and the government into action, which led to Peter and his wife Mia donating \$100,000 to FAME, an Australian conservation organisation with an excellent record of delivering successful outcomes. The project is managed by the not-for-profit environmental organisation Aquasave-Nature Glenelg Trust.

Now, after months of planning, the frogs are doing their 'thing' with the Clayton Bay Nursery & Environment Group and the local community association facilitating the program.

According to Peter, Regina and Dr Sylvia Zukowski, an aquatic ecologist also involved in the program, the effort into this unique project by volunteers in Clayton Bay has been remarkable.

Peter said there were 140 threatened species within the region, but obviously it was an insurmountable task simultaneously saving them all. In some ways it got down to saving the southern bell frog or the tiger



## In case you haven't read-it, read-it...

snake also on the endangered list that eats them. He said the correlation of these species was no coincidence, and the more publicly acceptable frogs won handsomely. Regina said the purpose-built facility, with support of Alexandrina Council, at Clayton Bay was a crucial step in saving the ground-dwelling southern bell frog that can grow up to 104mm long in varying colours from dull

olive-brown to bright emerald green. "During the millennium drought (2007) I joined Frog Watch, sending through recordings of frog noises on my phone, and it was two years before I got to hear a southern bell frog," Regina said. "I did not know they existed; there was this big, beautiful frog, and my interest turned into a passion and I became known as the frog





Peter Mirtschin and Regina Durbridge with a southern bell frog (pictured far left).

Australian bitten birds come here to feed on frogs, now we see very few.

“There is a myriad of threats to the southern bell frogs, and having people involved in frog monitoring by actually going out and recording them gives scientists a better picture of how frog numbers are tracking in the area.”

Dr Zukowski said proactive interventions were urgently required to conserve the southern bell frog species.

“This facility at Clayton Bay fills a critical need to provide a secure local population and support future translocations to the wild,” she said.

“It will also allow for improved understanding of reproductive biology, ecology and ecophysiology, and investigation of threats like tolerances. It will increase community awareness and engagement.

“In these ways, the Clayton Bay Conservation Facility is fully consistent with the recovery objectives outlined in the national plan for the species.”

May we suggest we leave the handling of Tiger snakes to Peter. 🐍

lady. I guess it's about making a difference where you can.

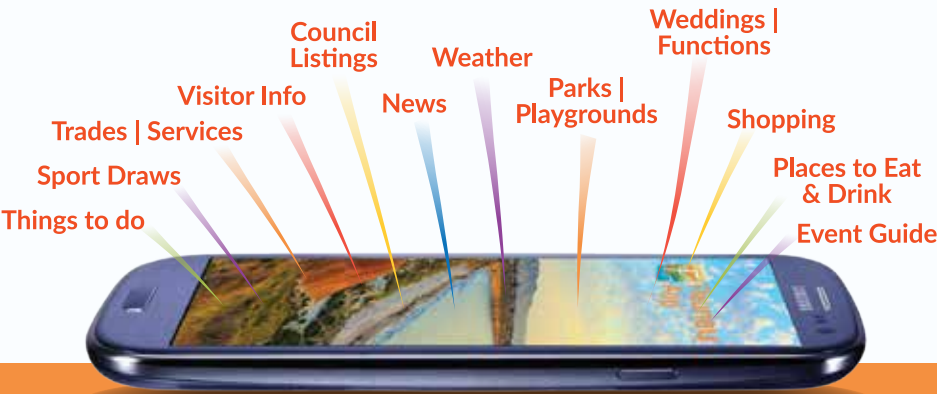
“The southern bell frogs were in big numbers in the 1970s, but they have declined dramatically, a lot from the chytrid fungi. Carp and mosquito fish predate on the frogs' spawn and tadpoles. There was the drought; water level management is an ongoing issue.

“Everything has an impact on our environment. Tadpoles are very good at cleaning water and frogs are an important food source for other animals like tiger snakes. We used to have thousands of

Visit: [fame.org.au](http://fame.org.au) and download the app: [frogwatchsa.com.au](http://frogwatchsa.com.au)

# Is your business listed yet?

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Julia Brown is a highly-trained naturopath and remedial massage therapist who likes to delicately share with us her simple things to do today. Exercise within reason, carefully choose what she eats, and if she watches TV tonight make sure it is inspirational.

It doesn't mean we shouldn't watch a replay of a Crows match from last season; merely that we are what we eat, and what we put into our mind affects our physical well-being.

Nothing new perhaps, but those who need this subtle reminder most tend hide behind a facade that we are not talking about them. But please read on because Julia's holistic approach to natural therapies and complimentary health is undeniably convincing. Her story should also be inspirational to those who wish they had another job; for that matter, a job. There is no 'look at me' here from Julia – far to the contrary – merely a realisation with things like a carrot freshly plucked from the soil retains its nice, sweet taste and the natural sugars haven't turned starchy as they do when sitting in coolrooms and shelves for months on end. Also, that study options are always there, and if you are already into herbal tablets realise that a particular magnesium tablet doesn't fit all

# Taking pathway to wellness is only natural

magnesium deficiencies.

The job: Julia started in an accountancy firm thinking numbers, but for 20 years found herself tired to creating business networking systems behind a computer screen. "I always felt like this wasn't where I should be," Julia said.

"I always had a lot of energy in my hands and I used to love massaging my mum as a little girl. It was something that I really wanted to do, but it was never an occupation when I left school.

"It was 2003 when I had some long service leave and I thought I would give a massage therapy course a go. I just loved it; it just

resonated with me. With my business backing I did the paperwork and got the business module organised. I was up and running. I started part-time two days a week and set up a clinic near where we then lived, in Blackwood.

"When we moved down here to McLaren Vale I loved it so much. I found that people here were a lot friendlier; they smiled all the time, not just when I had a baby in the pram or a puppy. I started to get more clients so I started to look at naturopathy.

"The children started school and I thought, it's now or never. If you don't start getting into the study mode time flashes by. I was



“

*Yes, there is a strong need for awareness of what foods are good for you, but good health is not just about diet.”*

– Julia Brown

**Pictured right: Julia Brown with her McLaren Vale Business & Tourism Association Award presented last month by its secretary Anne Rhodes.**



always inquisitive. I had been going to a lot of Bio-Practica (evidence-based product range) seminars on homotoxicology (science based medicine), learning about the cells and how they functioned and could be repaired.

“I was at seminars that I was not even qualified to attend, and I thought, yeah, there is a lot more to all this.

“I enrolled in a college and heard a naturopathist speak at a seminar. Sometimes people aren't in alignment with what they are telling other people and I really liked how he practised what he preached. I studied with him. I worked hard at it and five years later I became a naturopath.

“I am still studying, and for me it will never end. I get surprised every day how in-depth naturopathy can be because of the scientific evidence base.

“They are proving it more and more with scientific studies how effective things are. I am ever-surprised at how deep-seated people's issues can be... how you need to chip away slowly finding your way through and peel the layers off without going beyond depths.”

Julia cannot offer or suggest a diagnosis; she doesn't pretend to be a doctor. But she shares an incredibly strong belief in evidence-based practice when it comes to naturopathy. It means she uses science driven evidence-based products, and with her qualifications and skills there is confidence and belief.

“You can buy something off the shelf, but there is no guarantee of it not being oxidated,” Julia said. “It is about quality. It may have fillers and extenders in it; you don't know sometimes.

“I hear from clients, 'I tried vitamin C but it didn't work', but I ask whether it was buffered vitamin C because that works differently to another vitamin C. People say magnesium gives me the runs, well, if it is magnesium oxide that's what it does. Not all magnesium tablets are the same... the best may be magnesium bisglycinate or a citrate form for a particular need.

“The fish oil that we have is from very clean waters and it is tested after being put into capsule. It is not oxidised; it's not something imported that may have come from fish in dirty waters.”

Julia believes most of our common ills come from the gut, and a theme to health issues largely relates to gluten, dairy and sugar products.

“Yes, there is a strong need for awareness of what foods are good for you, but good health is not just about diet,” Julia said. “It's exercise, time-out, spiritual, community, the whole cycle. If you don't have a healthy mind set you are going to be stressed and release a lot of free radicals in your body. “You need the big picture in mind, not just diet and exercise. What else is happening in your life, are you getting involved with other things, networking with people? Spiritual connectness is important; how it all relates to your health and well being.

“Some things relate with work, the way that you operate especially in a stressful environment, and it needs addressing both mentally and physically. Some people come just for naturopathy or just massage, and some for both.

“When I treat someone and touch their skin it might be tight skin which is an indicator they are acidic, or someone that may have lumpy skin suggests they may be holding

onto cortisol elevating their stress levels. A good way to get rid of it is to exercise – if able to – because it makes you feel alive.” Having felt engulfed in a typical office environment Julia has enjoyed the self-discipline that comes with running a business from home. Her clients obviously like it having last month received her second McLaren Vale Business & Tourism Association Award for best home business, along with previously being judged the business offering the best customer service. She accepted her last award with her daughter, Hayley.

The awards are something of which Julia is immensely proud, especially because she knows her dear mother, Rita, who died 12 years ago, always loved those massages she gave her as a child. Her passing was not easy for Julia, as other challenges are not for so many, and to unearth a long hidden ambition to become a qualified massage therapist, combined with naturopathy the past three years is a marvellous achievement filled with emotion. According to Julia, her studies and focus on natural therapies and contemporary health has enabled her to also discover a lot about herself.

“It has changed how I shop, how I eat,” Julia said. “My son (Jack) used to get up and have toast with lots of jam for breakfast. Now that I make myself a smoothie or a fruit platter, maybe an omelette, eggs and bacon with lots of greens that are very alkalising, he eats it too.”

Imagine that, evidence-based practice proving a 16-year-old really can be converted to eating his mum's healthy food. It's the only possible non-natural thing in this household. 🌈



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Bendigo Bank and its community banking represents trust, reliability and a strong commitment to our customers and the community in which we live . This was evident to the 130 people in attendance at the Willunga Recreation Park redevelopment 'Stage 1' opening event, held on September 25, and supported by the Willunga Customer Service Centre and Aldinga Beach Community Bank branch. Attendees were invited to view the new changeroom facilities and deck, while the committee unveiled plans for Stage 2, including a new entrance, upgraded kitchen/ bar area, and a sprung timber floor for the stadium.

In the past 12 years of community banking across the Fleurieu Peninsula we have reinvested \$559,500 directly back into the

local community through sponsorships, donations and support for many local clubs, groups and organisations. This has only been possible due to the support of our customers. Just by having their banking with us, they have contributed back into our local community in many ways.

If you would like to find out more about how banking with a Community Bank not only makes sense from a community standpoint, but also how Bendigo Bank can help you succeed financially with great rates, products and services, please feel free to contact us via email, phone or on Facebook and Instagram to see how we can help you.

*Meagan Harrison*

**8557 8166**

[meagan.harrison@bendigoadelaide.com.au](mailto:meagan.harrison@bendigoadelaide.com.au)

## Where you may find us supporting the Fleurieu this month

Cittaslow Smoke Off

Royal Flying Doctors Service

Willunga Farmers Market

Fleurieu Future Leaders Program

## Tip of the Month

Daylight saving is here and the days are getting warmer. More days spent on the beach and in parks, which leads to more lost/stolen sunglasses, keys and phones.

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**Goolwa: 8555 2288**

**Aldinga: 8557 8166**

**Victor Harbor: 8551 3900**

## Supporting the Fleurieu Community







# Home grown cooking

**F**ilippa Forrester, loved by all as Pip, was born in Sydney, spent most of her childhood following her father who worked for UNESCO in Paris, London, Tehran and the United States of America. She achieved her secondary schooling at the history-enriched Farringtons School in Chislehurst, Kent. In 1981 Pip became a cordon bleu cook in Paris, a restaurateur of note, an integral part of the formation of the wonderful Fleurieu Food organisation in 2003 of which she is chair, and for most of two decades a dedicated volunteer with the nationally-acclaimed Willunga Farmer's Market, also now as chair.

We add champion for fine local food to an impressive CV filled with international flair and culinary expertise, so the question begs: what's for dinner?

Perhaps a *Crusted polenta tart with pesto, courgette & gruyère*? Maybe it's pie night at her modest Willunga home, but like our humble local cooks she won't be kneading her own special pastry, instead grabbing a sheet out of the freezer or buying a family-size pie from the local Willunga Bakery. This is Pip, the queen of soul searching flavours, yet a down to earth genuine

foodie whose real insatiable appetite is promoting the local producers and providers across the entire Fleurieu Peninsula to remind us we have something very special to share.

According to Pip, you can lay on Balios Beach on the largest of the Greek Islands having a traditional salad with cucumber, tomato, feta and olives, and feel as if it is the most fantastic thing you have ever eaten.

But to her it's really about tasting what's from the region, in the region and with people from the region who understand how to serve it.

"You come home and make that same salad from theoretically the same ingredients and you are sitting in your garden and that Greek salad doesn't taste the same at all," Pip said.

"It's the region or the ambience. It is the ultimate food experience, and that's what Fleurieu Food is about. There is nothing on the Fleurieu Peninsula that is going to be better than anything else in the world, although our olives go close.

"Food is special everywhere. It is not necessarily the food itself, but the proximity

to the consumer. It's about eating what is the freshest; fresh is best from a nutritional and a flavour point of view. The apple you pick off your tree here today and eat tomorrow is far superior in every level to the apple grown in Victoria that has sat in a cool room for 12 months.

"The local lettuce, local herbs... it has to be better than anything brought in by a truck from interstate. It's obvious, isn't it?"

"A lot of this regional thing for me is actually about building business, building capability in the regions. Shopping regionally means that you are creating something regionally that builds the local economy.

"If you created a product in Willunga that develops a good market in Adelaide and then Sydney and Melbourne you are buying from the local farmer, using local people to make it happen, and if you repeat that story 100 times you are boosting the local economy and keeping people employed in the region. "To me that's a really important part of what Fleurieu Food is about; it's not just the food itself, it's what the food does for this region."

Continued P 16

# FleurieuFood



F L E U R I E U P E N I N S U L A

From P15

According to a recently released SA Tourism Commission report *The South Australian Visitor Economy Sector Plan 2030*, the Fleurieu Peninsula is expected to reach a target of generated tourism income of \$460 million in 2019. In 2020 it will be \$509m – the highest expected income of any of the 11 regional SA sectors.

Significantly, the report also defined the most popular activity when tourists come to the Fleurieu Peninsula was eating-out or dining at a restaurant and/or cafe. This represented 62 per cent of the reasons with 'going to the beach' second at 52%.

The importance of presenting a superior food and hospitality tourism element compared with other SA regional areas was not lost on Pip.

"Look at Willunga," she said. "It used to be a thriving town and then the Victor Harbor Road was developed and bypassed us in the 1970s.

"Willunga died, and it didn't come alive again until the Willunga Farmer's Market started in 2001. It put focus on our town again.

"Today there are nine places in Willunga where you can have a cup of coffee and the vibrancy is getting stronger. New businesses are starting; people are keen to invest. There are art studios; 18 years ago they weren't here."

Pip said the notion of knowing that you can buy fresh local food at the Willunga Farmer's Market, and meet the actual farmers or suppliers who had produced this food was a significant tourism factor.

The culinary passion came from her father, Colin, who died when Pip was just 15. "He was a bon vivant, a lover of good food, fine wine and people, and my mother (Inez) was a very good cook," she said with much pride.

"In France, food was part of my every-day life. There, it is not dining out; home cooking and quality food was important

and it had a big influence on me.

"For me, food is also about connecting people, family, communities, business. Think about how often people connect or do business a round a meal. My family eating a meal together at the table was always important."

When Pip moved back to Sydney in the late 1970s she waited on guests in restaurants to survive through her university days, and it was the same upon moving to the Fleurieu. It was an era when the The Barn in the main street of McLaren Vale – its popularity remains – was one of the very few good places to have a meal.

The attraction Pip saw in the hospitality game led to her taking on the Salopian Inn in 1988, which over an 18-year span she turned into one of McLaren Vale's most popular restaurants.

"I loved the Salopian as a customer; food was my thing," Pip said. "It was very hard work and financially stressful. Restaurants don't make much money; you are always on the edge, and that's when I came to appreciate local produce.

"Russell Jeavons, from Russell's Pizza in Willunga, was my first chef, and he was a great scavenger. He'd go and pick the carob beans off the tree up the road. He gathered so much around the town that he didn't have to pay for, and between us we really started to value what we could get locally.

"It made sense with my French background because a lot of French cuisine is around regionality. If you are in Lorraine the food is different from the food in the south west;

if you are in Brittany it is different from Auvergne.

"That was part of my DNA thinking about food; the quality of the produce and where it came from made sense. I am talking about late 80s, early 90s when it wasn't fashionable. Everyone says 'we use local produce' and then you look at the menu and you say, no you don't, you can't get home-grown bananas in McLaren Vale.

"I miss the regular contact with customers and working with chefs. It was love and hate with them at times, but I have always respected chefs especially those who think about what they are doing.

"Chefs play such an important role in our lives; they often introduce to us mere peasants new products. It was not that long ago that avocado was not such a big part of our meal.

"Look at the way we are now eating at home; a lot more Asian food. That was introduced to us by chefs well before shows like *Master Chef* came along. They'll get a product and use their skills and creativity to do something with it.

"Regional produce brings so much to the Fleurieu Peninsula in terms of tourism and it adds something special to the menu at a local restaurant, hotel or cafe, but like a lot of things it all starts at home.

"Eating seasonally is more nutritional, more flavoursome and better value. Why pay for something exotic like a pomegranate from America that's \$5 because it's out of season?

"My favourite dish is anything to do with duck... duck with cherries; I love it. I love lamb in any form."

Given Pip's commitment to volunteering, including on the board of the McLaren Vale & Districts War Memorial Hospital, what is she having for tea tonight?

"Nothing fancy," she says. "I am cor don bleu trained for goodness sakes (she laughs), but I'm like anyone else; it's Tuesday and I don't want to make a pie starting with making my own pastry."

If it is pie night, they make some amazing ones to die for with homegrown produce at the original, locally-owned Willunga Bakery. It's a homely place, this town of Willunga.

Bon appétit. 🍷

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# FleurieuFood recipes

*With kind permission from Fleurieu Food and the relevant chefs who produced a series of recipe cards we present recipes using ingredients sourced locally.*



## Slow Cooked Lamb Shoulder with Potato Galette, Beetroot & Mint Relish

Presented by chef Rob Kolencik,  
The Old Vine

### Ingredients

2 tbsp olive oil  
2 tsp ground cumin  
2 tsp sweet smoked paprika  
1 tsp ground black pepper  
1 tsp ground cayenne  
1 tsp ground cinnamon  
2kg lamb shoulder, bone  
(Fleurieu lamb from Wakefield Grange)  
6 cloves garlic  
Juice & zest of 1 lemon

### Potato Galette

This can be made the previous day  
100g butter  
2 sprigs rosemary, chopped  
Murray River salt flakes  
& freshly ground black pepper to season  
1kg desiree potatoes

### Beetroot Relish

1 bunch beetroot, peeled & grated  
1 granny smith apple, peeled & grated  
1 small onion, finely chopped  
1 tsp cumin seeds  
1 cinnamon stick  
 $\frac{3}{4}$  cup red wine vinegar  
 $\frac{1}{2}$  cup caster sugar  
6-8 sprigs of mint

Method / Continued P18



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## Slow Cooked Lamb Shoulder with Potato Galette, Beetroot & Mint Relish

### Method

#### Lamb

Preheat the oven to 150°C. In a small bowl, mix the cumin, paprika, pepper, cayenne, cinnamon and lemon with 1 tablespoon fine sea salt. Rub the lamb with the oil and spice mixture. Place the lamb in a roasting pan. Scatter the garlic over and pour 1 cup of water into the baking dish. Cover the lamb tightly with foil and cook for 4 hours, or until the lamb is tender. Uncover and cook for 30 minutes longer, or until the lamb has caramelised slightly. Set aside to rest for 30 minutes. Pour the cooking liquid from the baking dish into a small slim container, allowing the fat to rise to the top. Transfer the cooking liquid to the refrigerator to cool.

When cool enough to handle, carefully remove the bones from the lamb shoulder: the bones should remove easily. Tear the meat into uniform pieces discarding any excess fat.

Once you've removed the meat from the bones, transfer the warm boneless lamb meat to a lined baking dish and cover with another piece of baking paper. Place another baking dish on top of the lamb, and carefully weigh down the lamb. Put in refrigerator and leave to press overnight. Cover and refrigerate the cooking liquid. Cut the pressed and chilled lamb into six rectangles. Preheat the oven to 230°C (210°C fan-forced). Place the lamb on a baking tray with baking paper; cook for 10 to 15 minutes, or until the lamb is heated through and looking a little crispy. Remove any fat from the cooking liquid and reheat to drizzle over the lamb when serving.

#### Potato Galette

Preheat oven to 200°C. Brush a 20cm springform pan with melted butter. Combine

remaining butter and chopped rosemary in a small bowl. Peel potatoes and slice as thinly as possible (a mandolin is best for this). Make a layer of potatoes in the base of the pan, overlapping slightly in a spiral working from the centre. Brush with some rosemary butter and season lightly with salt and freshly ground pepper.

Repeat layers, brushing each with rosemary butter, and seasoning every couple of layers. When you make the final layer, press down to compact the potato, before giving a final brush of butter.

Stand pan on a baking tray, cover with foil and bake for half hour. Uncover and cook a further hour, until potato is tender and the top is golden brown.

Allow to cool with a weight on top before slicing. Run a knife around inside of the pan and release the sides. Cut into wedges; reheat to serve.

#### Beetroot Relish

Combine all ingredients except sugar in a large saucepan over medium-high heat. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally for 10 minutes or until softened.

Stir in the sugar until dissolved. Bring to a simmer. Cook uncovered, stirring occasionally for 15 minutes or until reduced and thickened (will keep in refrigerator for 2 weeks). Stir in the roughly chopped mint just prior to serving.

**Recommended wine pairing:** Grenache, Shiraz Mourvèdre blend



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Presenting two recipes  
by Billy Doecke, Willunga  
Farmers Market



## Beetroot Salad

### Ingredients

250g baby spinach  
100g snow peas  
2 cobs fresh sweetcorn  
3 beetroot, boiled & peeled  
3 sprigs mint  
Juice of 1 lemon  
Splash olive oil

### Method

Chop beetroot into large chunks.  
Shave kernels from corn cobs with a sharp knife.  
Rip the mint leaves and chop the snow peas into two or three pieces each.  
Combine all ingredients in a large salad bowl and drizzle the lemon juice and olive oil over the top. Toss together and serve chilled.

**Recommended wine pairing:** Chenin Blanc



## Hell's Eggs

### Ingredients

4 eggs  
150g mushrooms, chopped finely  
½ red capsicum, chopped finely  
½ cup chorizo, chopped roughly  
2 hot chillies, sliced finely  
2 cups strongly flavoured cheese  
1 jar passata  
butter  
2 tablespoons of dukkah

### Method

Preheat oven to 180°C.  
In 4 ramekins, place a dollop of butter in the bottom of each and add mushrooms. Layer with passata, then add chorizo, capsicum, some cheese then chilli. Add more passata, then break an egg into each ramekin, taking care not to break the yolk.

Add the final layer of passata and sprinkle with cheese and dukkah.  
Cover each ramekin with foil and place in a roasting pan. Fill pan with water until comes half way up each ramekin.

Place in oven and cook for 20 minutes, or until the egg whites are cooked through. Serve immediately with crusty bread drizzled with olive oil.

**Recommended wine pairing:** Rosé

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# COMMUNITY MARKETS

**A free guide... to join the list or make changes  
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**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](mailto:ebrotarymarkets@gmail.com)

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#### INMAN VALLEY COMMUNITY MARKET:

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Saturdays 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 Rd, McLaren  
Vale from 10am-3pm on Monday holidays  
January 27, March 9, April 13 & June 8.

**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](mailto: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](http://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. Enq:  
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](mailto:greenlightnetworkwillunga@gmail.com)

**WILLUNGA QUARRY MARKET:** Second Saturday  
of the month 9am-1pm at Aldinga Rd,  
Willunga. Enquiries: 0408 897 393.

**YANKALILLA CRAFT & PRODUCE MARKET:**  
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Agricultural Hall, Main Rd, Yankalilla. Enquiries  
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## I hear nothing

A Mafia Godfather finds out that his bookkeeper cheated him out of \$10 million dollars. His bookkeeper is deaf, which was the reason he got the job in the first place – so he would not hear anything that he might have to testify about in court.

The Godfather, and his attorney, who knows sign language, confront the bookkeeper about his missing \$10 million. The Godfather tells the lawyer: "Ask him where my \$10 million is."

The attorney, using sign language, asks the bookkeeper, who signs back: "I don't know what you are talking about."

The attorney tells the Godfather: "He says he doesn't know what you're talking about."

The Godfather pulls out a pistol, puts it to the bookkeeper's forehead and shouts:

"Ask him again!" The attorney signs to the bookkeeper: "He'll kill you if you don't tell him!"

The bookkeeper signs back: "Okay, you win... the money is in a brown briefcase buried behind the shed in my cousin Enzo's backyard in Queens!"

The Godfather asks the attorney: "Well, what'd he say?"

The attorney replies: "He says you don't have the guts to pull the trigger."

## Mr Dapper goes out

An elderly gentleman, well dressed in great-looking suit with a flower in his lapel, his hair well groomed, and smelling slightly of after-shave, goes to an upscale cocktail bar. Within minutes, this dapper chap spots an elderly lady. The gentleman walks over, sits alongside her, orders a drink, and in a warm voice says: "So, tell me, do I come here often?"

## And I leave you...

Herman is on his death bed. His dear, caring nurse, his loving wife of 40 years and their two daughters and three sons sit silently offering love and words of kindness in his darkest hour.

# Laugh Lines

He opens his eyes, and says to the nurse:

"Bev, I want you to take my homes on the top of Crozier Road in Victor Harbor.

"My darling wife, take the beachside apartments in Port Elliot.

"And my children, my darling children, please take all my houses at Hayborough." Bev the nurse can't believe it. She says to the wife: "Your husband must have worked so hard to accumulate all of this wealth to own so much property."

And the wife says: "Oh no, he's hardly got a cent to his name. He has a newspaper round."

## Close shave

A bloke sticks his head into a barbershop and asks: "How long before I can get a haircut?" The barber looks around the shop full of customers and says: "About two hours." The guy leaves.

A few days later, the same guy sticks his head in the door and asks: "How long before I can get a haircut?" Again, the barber looks around at the shop and says: "About three hours." The guy leaves.

A week later, the same guy sticks his head in the shop and asks: "How long before I can get a haircut?" The barber once more looks around the shop and says: "About an hour." The guy leaves.

The barber turns to his mate and says: "Hey, do me a favour; follow that bloke and see where he goes. He keeps asking how long he has to wait for a haircut, but he never comes back."

The mates returns later, and the barber says: "Okay, where does that bloke go?"

And the mate says: "Your house."

## Still firing

A tough old cowboy counsels his grandson and says if he wants to live a long life, the secret is to sprinkle a pinch of gunpowder on his oatmeal every morning.

The grandson does this religiously and lives to the age of 110. He left four children, 20 grand-children, 30 great-grandchildren, 10 great-great-grand-children and a 50-metre hole where the crematorium used to be.

## Dad jokes...

**Why did the student wear glasses in math class?** Because it helps to improve division.

**What is it that even the most careful person overlooks?** Their nose.

**What's the most musical part of a chicken?** The drumstick.

**Why do birds fly south in the winter?**

Because it's too far to walk.

**What do ducks watch on TV?** Duckumentaries.

**What did the time traveller do when he was still hungry after dinner?** He went back four seconds.

**What did the man say to the wall?** One more crack like that and I'll plaster ya.

**What do you get when you put your radio in the fridge?** Cool music.

**What kind of tea is hard to swallow?** Reality.

**Did you hear about the sensitive burglar?** He takes things personally.

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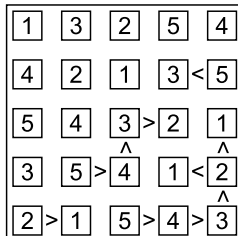
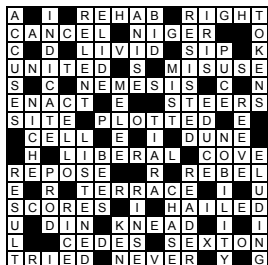
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## Puzzle answers from P21

TARGET TIME: ache, aitch, canthi,  
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chef, chief, CHIEFTAIN, chin, china,  
chine, chit, chitin, each, etch, ethic,  
ethnic, faith, fetch, fiche, finch,  
fitch, haft, hance, hate, heat, heft,  
hint, ichnite, inch, itch, neath, niche,  
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## Proud night for McLaren Vale RSL Sub-Branch

As a follow-up on a story in an earlier edition, the crew at the RSL McLaren Vale & District Sub Branch had a huge night to celebrate the centenary of the formation of the club, on October 10, 1919.

The many guests at the dinner included His Excellency the Honourable Hieu Van Le, Governor of South Australia, and his wife Mrs. Lan Le, who were greeted by RSL McLaren Vale president Mr Brian Flavel and his wife Coralie with an honour guard of cadets from 605 Sqn RAAFC under command of FO Chris Williams. Deputy Commissioner of DVA SA Janice Silby, Trevor Whitelaw, who is chair of board and vice-president of RSL SA Branch, and Vietnam veteran Keith Payne VC, plus members of RSL sub-branches from Willunga, Morphett Vale, Port Noarlunga Christies Beach, Goolwa, Colonel Light Gardens and Victor Harbor were also among the 114 guests to celebrate the event.

The centenary year coincides with a special Remembrance Day on November 11 in the 100th year since the end of World War I.

**Pictured (from left) McLaren Vale RSL Sub Branch secretary Cliff Gibson, president Brian Flavel, vice-president RSL SA State Branch Trevor Whitelaw and wife Jo, with His Excellency and Mrs Lan Le.**

# It takes a lot of pluck to win this race

Since January 15, 1991 we have marvelled at Wikipedia; an electronic encyclopaedia at your finger tips. Want to bake a cake then there are thousands of recipes. If you are searching for origins, time lines and every conceivable fact and you just call up Wiki. What word is spelt wrong in the Wiki dictionary? Wrong, of course.

But as much as Wiki is so clever, it reveals the world's first ever rubber duck race was in Ottawa "sometime in the nineties". Wrong. The Strathalbyn Duck Race, which some Strath diehards cheekily suggest is bigger than that horse race that stops a nation that was ran the other day, actually held a duck race before Ottawa, in 1990. After months of training the field of 2500 ducks we are set for the 29th annual Strathalbyn Duck Race presented by the Rotary Club of Strathalbyn along the Angus River by the Soldiers Memorial Gardens in Albyn Tce on Sunday, November 10 from 10am-3pm.

It's a free event, but the excitement on the children's faces is priceless. The fun officially starts at 11am with a host of family events, food stalls and guest appearances, including those by perennial stars like the giant Moby Duck which keeps an eye on the ducklings, and Cluck a Duck who waddles around saying quack to unsuspecting kids.


You may buy a numbered duck, and if your duck floats past the winning post first you collect \$1000. Second prize is \$300 and third \$200. All placegetters are drug tested. There is also a Corporate Duck race and the Best Dressed Duck competition.

The friends at SteamRanger are putting on a special service from Mount Barker to Strathalbyn for the event from 10am-3.20pm. Visit: [www.steamrangerheritagerailway.org/event/great-south-australian-duck-race-special/](http://www.steamrangerheritagerailway.org/event/great-south-australian-duck-race-special/)



**Pictured: Entrants in the Strathalbyn Duck Race pictured look exhausted after another gruelling training session on the Albyn River. The favourite is on the third to bottom row, 14 along.**

Why is Rotary called Rotary? According to Wiki the first members chose the name because initially they rotated subsequent weekly club meetings to each other's offices, although within a year the Chicago club became so large it became necessary to adopt the now-common practice of a regular meeting place. See, Wiki knows almost everything.

almost everything. 



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# Camping under stars to watch them

The Australia Day celebrations will be bigger than ever in Willunga next year – and in real Aussie style with a throng of interstate tourists camping at the local oval in the midst of the Santos Tour Down Under. Willunga's incredibly daunting hill climb has captured worldwide attention since the first TDU in January, 1999, and it now will be the first time the race – the 151.5km Stage 6 – will also finish here.

It completes a huge focus on the Fleurieu Peninsula with the 149.1km Stage 5 from Glenelg at 10.40am ending at the Esplanade, Victor Harbor at 2.40pm on Saturday, January 24.

Creating camping sites at the Willunga Recreation Park over three nights from January 24-26 with both powered and non-powered sites has largely been possible with the start of a magnificent \$5 million redevelopment. New onsite shower and toilet amenities have been officially opened, and work has commenced on new clubrooms and a grandstand facility. The camping area is within walking distance of the town centre enabling tourists to experience local cafes, pubs and artisan shops. Book: <https://www.trybooking.com/BFHVO>

Facebook link: <https://www.facebook.com/events/392320401436778/>  
Further information contact secretary@willungarecpark.com.au

The international men's and women's racing calendars will commence as part of the event, with the Santos Women's Tour Down Under staged from January 16-19 followed by the Down Under Classic on January 19, and the six-stage men's Santos Tour Down Under from January 21-26.

Stage 5 sets out from Glenelg towards the Fleurieu Peninsula, but this time the peloton will head to Strathalbyn to then deviate south to a finish in Victor Harbor. This stage could suit a breakaway, with a final climb just before the finish a chance to split the peloton before the finish in Victor Harbor. With the final State 6, the peloton will take on the traditional route from McLaren Vale to Willunga, Aldinga Beach and Tatachilla before tackling two climbs – including the finish – of notorious Willunga Hill.

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

Riders battle p Willunga Hill during the 2019 Santos TDU. Image: Meaghan Coles (SATC).

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### **Terminator: Dark Fate**

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### **After the Wedding**

(M) Drama starring Michelle Williams, Julianne Moore, Billy Crudup. Directed by Bart Freundlich. Seeking funds for her orphanage in India, Isabelle travels to New York to meet Theresa, a wealthy benefactor. An invitation to attend a wedding ignites a series of events in which the past collides with the present as mysteries unravel.

### **Judy**

(M) Action, drama, sci-fi starring Renée Zellweger, Jessie Buckley, Rufus Sewell. Directed by Rupert Goold. Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts. **Commences November 8.**

### **Last Christmas**

(CTC) Comedy, romance starring Emilia Clarke, Emma Thompson, Henry Golding. Directed by Paul Feig. Kate is a young woman subscribed to bad decisions. Her last date with disaster? That of having accepted to work as Santa's elf for a department store. However, she meets Tom there. Her life takes a new turn. For Kate, it seems too good to be true. **Commences November 8.**

### **Charlie's Angels**

(CTC) Action, adventure, comedy starring Naomi Scott, Kristen Stewart, Ella Balinska. Directed by Elizabeth Banks. Reboot of the 2000 action comedy based on the 1970s television series. A new generation of private detectives working for the mysterious Charlie. **Commences November 15.**

### **Ford v Ferrari**

(CTC) Action, biography, drama starring Christian Bale, Matt Damon, Caitriona Balfe. Directed by James Mangold. American car designer Carroll Shelby and driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary race car for Ford and challenge Ferrari at the 24 Hours of Le Mans in 1966. **Commences November 15.**

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### Knives Out

(M) Comedy, crime, drama starring Toni Collette, Daniel Craig, Chris Evans, Jamie Lee Curtis. Directed by Rian Johnson. A detective investigates the death of a patriarch of an eccentric, combative family. **Commences November 29.**

### Frozen II

(CTC) Animation, adventure, comedy starring: Kristen Bell, Idina Menzel, Josh Gad. Directed by Chris Buck, Jennifer Lee. Anna, Elsa, Kristoff, Olaf and Sven leave Arendelle to travel to an ancient, autumn-bound forest of an enchanted land. They set out to find the origin of Elsa's powers in order to save their kingdom. **Commences November 29.**

### Addams Family

(CTC) Animation, comedy, family starring Oscar Isaac, Charlize Theron, Chloë Grace Moretz. Directed Greg Tiernan, Conrad Vernon. An animated version of Charles Addams' series of cartoons about a peculiar, ghoulish family. **Commences December 5.**

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### Ingredients

- 200ml crème fraîche
- ¼ cup pure icing sugar
- 200ml double cream
- ¼ cup unsalted pistachio nuts, shelled and chopped
- 3 tbsp fresh lime juice
- 1½ tbsp honey
- 125g fresh raspberries
- 1 tablespoon freshly chopped mint leaves

### Method

Line a small loaf pan with plastic wrap, leaving extra at sides and ends to cover semifreddo.

In a large bowl beat the crème fraîche with an electric mixer until soft peaks form – about 1 to 2 minutes.

Add icing sugar and beat until combined and smooth. Add the cream and beat on low speed to combine, then mix on high speed until stiff peaks form – about 2 to 3 minutes.

Using a spoon gently fold through chopped pistachio nuts. Spoon into prepared loaf tin and spread evenly with a rounded knife, then seal top with overhanging plastic wrap.

Freeze until set - for at least four hours or preferably overnight.

Just before serving, prepare fruit topping. In a bowl whisk together lime juice and honey (briefly soften honey in microwave if needed).

Add raspberries and stir gently to combine. Set aside for five minutes, stirring occasionally.

Turn the semifreddo onto a platter (you might need to run a round blade knife around the edge to loosen), and allow to sit for a few minutes to soften slightly.

Add chopped mint to the fruit. Place a slice of semifreddo on individual serving plates (or bowls), top with fruit and drizzle with honeyed lime juice. Serves 4.

**Note:** Sliced peaches or strawberries may be used in place of raspberries. Ingredients can be increased proportionately to accommodate a larger loaf tin, and to serve more people.

If you don't have a loaf pan other similar sized dishes/pans could be used.



# Satay Pasta Salad

## Ingredients

250g spiral pasta  
2 tbs peanut paste, crunchy or smooth  
2 tbs sesame oil  
1 tbs light soy sauce  
2 tbs rice wine vinegar  
1 tsp honey  
¼ tsp red pepper flakes  
1 tbs water  
¼ cup chopped roasted peanuts  
1 Lebanese cucumber – peeled, seeded and thinly chopped  
1 medium carrot, peeled and grated  
1 small red capsicum, seeded and diced  
100g green beans, sliced  
4 spring onions, green part only, thinly sliced



## Method

Cook pasta according to packet instructions. Drain in a colander, rinse under cold water and set aside to cool.

In a bowl whisk together peanut paste, sesame oil, soy sauce, rice wine vinegar, honey, red pepper flakes and water (or place in a jar and shake vigorously to combined).

Place cooled pasta in a large bowl, and gently stir

through peanut sauce until all pasta is coated. Toss through prepared vegetables. Transfer to serving dish and sprinkle with chopped roasted peanuts. Salad is best covered and refrigerated for a few hours, to allow pasta to absorb the sauce. Delicious as a side salad or light meal.

**Note:** Canned chick peas (drained and rinsed) can be added. Chopped roasted peanuts are available from the baking section of supermarkets. Peanut sauce ingredients can be adjusted to taste.



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In the heart of McLaren Vale you will find the McLaren Vale Central Shopping Centre – home to Coles, Romeo's Foodland, BWS and The Reject Shop.

The Centre offers shoppers an array of gourmet products and local produce and the very first Romeo's walk in Cheese Room.

McLaren Vale Central has fresh food, cafés, an award winning bakery and a variety of dine-in or takeaway food. With services ranging from banking, travel and real estate to fashion, health and beauty, it really is your one stop place to shop.

Located on the main street of McLaren Vale with over 500 car parks, McLaren Vale Central offers a shopping experience that you're sure to enjoy.

ANZ Bank	13 13 14
BWS Liquor	8323 8882
Terry White Chemmart	8323 8318
Coles	8324 4100
Commonwealth Bank	13 22 21
Country Cup	7480 0167
Country Life Fashions	8323 8451
Ellis Butcher	8323 8230
Enva	8333 5400
Fana Body Care	8323 9957
Flight Centre	1300 604 467
Jae's Kitchen - Asian Takeaway	0421 347 340
Kicco McLaren Vale	8323 7688
Manfield Newsagency	8323 8473
McLaren Vale Bakery	8323 7476
McLaren Unvaled	8323 8432
Mistry Kwik Foto	8323 9305
Romeo's Foodland	8232 7700
Raine & Horne	0411 707 161
Spa Clubs 24 Fitness	8323 8044
The Reject Shop	8323 9705
ATM's - ANZ, CBA, NAB and Westpac	

