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January 2020 Vol. 9 #119

People, places & events across the Fleurieu Peninsula



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holiday
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JANUARY 2020

COVER

Whether you are local or visiting this fabulous Fleurieu Peninsula region, summer time is about making fun while the sun is shining. And if you are really adventurous why not jump out of a plane from 10,000 ft like this couple on the front cover over Lake Alexandrina. It's a great image by Greg Snell (SATC).

Unsure what to do these holidays? Turn to page 13 for a comprehensive 10-page guide to some of the many things to see and things to do. They can become life-long memories shared by everyone, especially families – and not necessarily expensive. This is about precious time.

We should be thinking road safety every

month, but January is particularly important with so many people venturing through unfamiliar territory. May we all have patience and be careful. Just a thought... skydiving may be less dangerous than driving on our roads.

And while we are thinking safety, our beaches are definitely not the safest so please swim between the flags set up by our local surf lifesaving clubs. Heed their advice. We sincerely hope that you have a Happy New Year, and once again thank you to our supporters who make your magazine possible – Ashley & Jenny.

AUSTRALIA DAY/SURVIVAL DAY

The National Australia Day Council has sanctioned events throughout the nation to celebrate the past, present and future of the country on Australia Day, January 26.

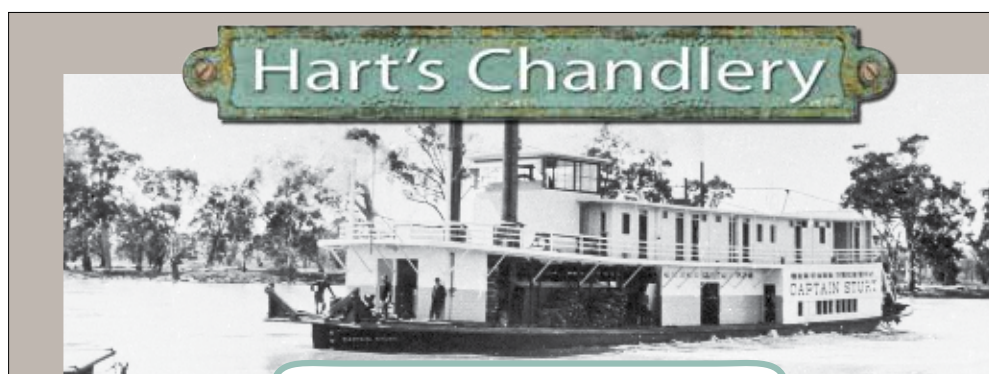
It is officially a commemoration of the day that the First Fleet landed in Sydney Cove in 1788, as well as a celebration of all the achievements of our country.

Contact your local council to check out Australia Day celebrations in your area. January 26 is also Invasion Day or Survival Day when other sections of the community refuse to celebrate Australia Day as part of an ongoing fight for the recognition of the abuse of Indigenous people's rights.

Continued P4



Port Willunga Beach, a great holiday spot. Image: Michael Haines (SATC)



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January

From P3

The first "Australia Day" was held on July 30, 1915 to raise funds for the World War I effort. It wasn't until 1935 that all states adopted a common date and name for Australia Day to be held on January 26. It took until the 1940s for Australia to get its national holiday in place, and it wasn't until 1984 that the National Australia Day Committee was federally funded.

HELLO LITTLE ONES

Monday, January 20 is World Penguin Day, so think about going on a guided tour on Granite Island and saying hello to the little ones.

Despite all of our modern science there is much conjecture as to actually how many types of penguins there are. Most suggest 17-20, the largest being the emperor penguin with adults on average 1.1m tall and weighing 35kg, and the smallest our own little blue penguin, also known as the fairy penguin, at 40cm and 1kg.

World Penguin Day is designed to remind us that some species



are extinct; it's a celebration of one of the world's most loved creatures and a call to action for their conservation.

For the record, a group of penguins on land is a waddle, and a similar group in the water is a raft.

IN MEMORY

Monday, January 27: International Day of Commemoration in memory of the victims of the Holocaust. It has been acknowledged by United Nations on the day that the Auschwitz Concentration Camp was liberated in 1945. www.un.org/en/holocaustremembrance/



CHINESE NEW YEAR

The Chinese New Year of 2020 falls on Saturday, January 25, and the festival will last to February 8. It is the a *Year of the Rat*, the first in the 12-year cycle of Chinese zodiac.

If you were born in the *Year of the Rat* – previously 2008, 1996 and so on, you are said to be optimistic, energetic and liked by all. You are sensitive to the emotions of others, but are stubborn with your opinion. Your personality is kind, but due to weak communication skills your words may seem impolite and rude.

On the financial side, you like saving and can be stingy. However, your love for hoarding will sometimes cause them to waste money on unnecessary things. Sound familiar, or are you squeaky clean? You seem very nice, but you are still a rat.

GIVE US A SONG

There is every chance this year we will hear a lot more of the brilliant music by Kate Bush, *Guns 'N Roses*, and Robert Plant,



lead singer and lyricist of legendary band *Led Zeppelin*. The United Nations General Assembly declared 2020 as the International Year of Plant Health (IYPH).

The question begs: if we go into our backyard glasshouse and sing their timeless hits will it make the plants happy and grow?

This has been debated since 1848 when German experimental psychologist and professor of physics Gustav Theodor Fechner argued that plants had souls and like humans they desired for and benefited from the companionship, conversation and nurture of others. Fechner believed that plants not only enjoyed the sound of music, but would be encouraged to grow better and bigger if we spoke or sang to them.

Nonsense some say, but the theory is that when we sing we expel carbon dioxide, which the plant needs to absorb to allow it to go through the process of photosynthesis and grow. In turn, the plant releases oxygen back to you, which is both beneficial and important for your health.

SWAP 'N JUMBLE

The the Historic Motor Vehicles Club, Victor Harbor is having its annual Swapmeet & Autojumble at Encounter Bay Oval on Sunday, February 2, and we're told it's going to be 'bigger and

better than ever'.

We have no doubt because it's presenting a new format. The day is combined with a huge 'Show 'n Shine' with trophies for best vehicles – veterans, classics, caravans, hotrods, modified, utes and trucks. There's also a new section 'sell your car'.

For the uninitiated, buyers line-up before the sparrows awake on the Ring Road. Gates open for sellers at 6am, and for buyers an hour later. The rush is always on for collectables, rare items, memorabilia at bargain prices. It's a haven for motoring enthusiasts and vehicle restorers, anything under the umbrella of automobilia, rare spares and parts, books and much more goes before most of us wake up.

Sellers sites range from \$15 and includes entry for two people with extra cost for bigger cars/trailer, and under cover sites \$30. Prepaid bookings essential: 0488 528 331. Gates open for sellers only Saturday, February 1, 2-9pm, and camping sites available.

It's \$5 for buyers with children free, and the Encounter Bay Football Club will have the best breakfast, lunch and snacks this side of the Black Sump.

THE EYES HAVE IT

Optical shops across the world have been waiting for this... a promotional play on words with the year 2020. We even grabbed at this with our special holiday guide starting on page 13.

But in eye world, what really is 20/20 vision? We're told visual acuity is usually measured with a Snellen chart, named after named after Dutch ophthalmologist Herman Snelle. Snellen charts display letters of progressively smaller size. 'Normal' vision is 20/20, meaning that the test subject sees the same line of letters at 20 feet that person with normal vision sees at 20 feet. Also, 20/40 vision means that the test subject sees at 20 feet what a person with normal vision sees at 40 feet.



Hosted by the Historic
Motor Vehicles Club,
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VICTOR HARBOR SWAPMEET & AUTOJUMBLE + SUPER SHOW 'n SHINE

Encounter Bay Oval, Ring Road, Victor Harbor, February 2

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January

However, contrary to wide belief, 20/20 is not the best possible eyesight. For example, 20/15 vision is better than 20/20. A person with 20/15 vision can see objects at 20 feet that a person with 20/20 vision can only see at 15 feet.



MONTH OF TENNIS

The top 18 countries in the ATP Cup Standings, and Australia as the host wild card, will contest the inaugural **ATP Cup** in Brisbane, Perth and Sydney from January 3-12.

Every member of the Top 10 in the ATP Rankings – including including Serbia's Novak Djokovic, Spain's Rafael Nadal and Switzerland's Roger Federer – and 27 of the top 30 have committed to play at the ATP Cup, which will serve as the spectacular launch of the 2020 ATP Tour season.

Australia's No.1 male Alex de Minaur (NSW) will headline the men's field at the **Adelaide International** at Memorial Drive from January 12-18. He joins the men's field alongside Canadian Felix Auger-Aliassime with world No.1 Ashleigh Barty (Qld) and Romanian Simona Halep (ROU) to lead the women's event. There is \$2 million in prizemoney at the week-long WTA and ATP combined tournament.

The **Australian Open**, the Grand Slam of the Asia/Pacific, will be played at Melbourne Park from January 20-February 2. It carries a staggering \$62.5 million prizemoney – second only to the US Open. Last year's Aus Open attracted 780,000 fans.

Our first AO was played in 1905, and up to 1988 on grass courts. The event was rotated between Melbourne (55 times), Sydney (17), Adelaide (14), Brisbane (seven) and Perth (three). Even New Zealand got into the act as the AO was played in Christchurch in 1906 and Hastings (1912). Since 1988 the event has been played on a rebound ace surface at Melbourne Park (formerly Flinders Park).

IT IS CRICKET

There's more cricket in Australia this month than you can poke a stick at. There is the **Australia v New Zealand Test series** at the SCG from Jan. 3-7, and a week later the Australian lads start a **one-day series against India** in Mumbai. There is the men's **Big Bash Series**, including the Adelaide Strikers (men) playing Adelaide Oval home games against Sydney Sixers on Jan. 8 (3.10pm); Melbourne Renegades Jan. 12 (3.10pm); Brisbane Heat Jan. 17 (3.10pm); Melbourne Stars Jan. 22 (6.40pm); & Hobart Hurricanes on Australia Day, Jan. 26 at 6.40pm.

Soccer: Adelaide United plays away in the A-League against Sydney FC on Jan. 4, and against Perth Glory on Jan. 11, and is at home to Melbourne Victory at Hindmarsh Stadium, on Jan. 17 at 7pm.

LET'S ROCK 'N ROLL

Here's your big chance when you return from holidays and people ask what did you do, you can say: "I became a rock 'n roller." Jacquie Treagus is conducting yet another rockabilly dance course over four Friday nights on January 10, 17, 24 and 31 for learners to the advanced. It's about meeting people and having fun. Contact Jacquie on 1300 710 097. Visit: <https://www.eventbrite.com.au/e/learn-to-dance-rockabilly-4-week-course-jan-10-17-24-31-tickets-80201756613>

Continued P6

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From P5

YESTERDAY'S POWER RALLY

The 24th Yesterday's Power Rally presented by the Milang Vintage Machinery Club will be held at Milang Oval on the weekend of January 18-19.

This classic event featuring magnificent displays of working and restored old farm machinery, tractors and implements of yesteryear attracts enthusiasts from across the state. The pre-1973 tractor pull is highlight – the bragging rights are enormous.

Cost is only \$7 per person; children 12 and under free. Visit: <http://milangrally.info/>

IT'S NOT RUBBISH

We've gone green and our councils across the Fleurieu Peninsula have gone even greener.

The Fleurieu Regional Waste Authority has made changes for the holiday season. The fellow environment-friendly team at Onkaparinga Council tells us that from now on kerbside green organics bins will be collected fortnightly instead of every four weeks. Bin collection dates can be found at www.onkaparingacity.com/waste or download the My Local Services app. Council is also providing compostable bags free of charge for 12 months for residents to collect kitchen scraps and recycle them through the green organics collection service. Following this initial period the bags will be available for purchase from council. The existing bulk green organics drop off service will continue, and has not been affected by the changes.

Pictured: Don and Linda Hart.



FROM 'CHIP AHOY' TO A RETURN OF THE CLASSICS

There were early days from 1974 in one of South Australia's now iconic sailing events, the Milang-Goolwa Freshwater Classic, when a likeable sailor Don Hart not only won the event but played trombone in the band *Joe Fish and the Chips* from the back of a truck.

Now as we approach the the 2020 race from January 18-26 the focus of the Goolwa Regatta Week – presented by the Goolwa Regatta Yacht Club – Don is playing a different role.

With his wife, Linda, Don has taken over the Captain Sturt Boat Supplies shop on Liverpool Road, Goolwa, and is helping today's competitors prepare for the big race. "The Freshwater Classic does so much for the region, especially with tourism and local business trade," Don said. "People come

from interstate to compete, and they see our wonderful town."

After sharing a long history in Goolwa Don set off in 1999 to work in the boating industry while Linda was a high achiever working in the disability and health care sector.

Don competed in with world sailing titles and many national championships, and one of the many treasured prizes was the Freshwater Classic in 1993 aboard *Rhino Juice* with Kym Scott. Fortunately, the new business has a far more simpler name than the band and the boat – Hart's Chandlery, Captain Sturt Boat Supplies. And for something different, they also run an e-bike business from here.

Goolwa Regatta Week is about fierce but friendly competition, fun events for children and entertainment. The program includes: Saturday, Jan 18: 1-4pm: Marina Challenge - Southern lagoons, Coorong Quays Hindmarsh Island.

Sunday, Jan 19: Aqua spectacular, Sailability regatta, dinghy racing, Goolwa Vintage Boat Club yacht race, sand castle competition, pool toy race, radio controlled yacht regatta – all at GRYC.

Friday, Jan 24, 6pm: Kies Hardware Dash for Cash GRYC.

Saturday, Jan 25, 8-10am: Big Breakfast GRYC; 1pm: Goolwa Regatta Yacht Club; 6pm: Dinner Milang Regatta Club.

Sunday, Jan 26, 6am: Breakfast Milang Regatta Club; 9am: Finnis River Vineyard & Coorong Quays Hindmarsh Island Goolwa Freshwater Classic Yacht Race starts from Milang; 7.30 pm: presentations at Goolwa Regatta Yacht Club.

The GRYC does an amazing job putting on this premier event. Visit:

www.goolwaregattaweek.com.au

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The 22nd Santos Tour Down Under from January 10-16 will roll through the Fleurieu Peninsula in spectacular and gruelling fashion.

It will attract tens of thousands of tourists from overseas and interstate – plus a world-wide television coverage presenting all of the magnificent scenery the region has to offer.

The Fleurieu has perhaps the greatest focus – Stage 5 finishes at Victor Harbor, and Stage 6 starts at McLaren Vale and ends with a climb up the incredibly tough Willunga Hill.

This is Australia's premier road race, and it will showcase the best of endurance bike riding with the Women's TDU over four stages from January 16 through the Adelaide Hills and finishing in Flinders St, Adelaide.

From here the next day January 18 it's men's cycling starting with a 51km 'warm-up' classic followed by six stages of the TDU 2020 from January 19-26 – Tanunda-Tanunda; Woodside-Stirling; Unley-Paracombe; Norwood-Murray Bridge; Glenelg-Victor Harbor; McLaren Vale-Willunga Hill.

The TDU is part of the Union Cycliste Internationale – cycling's world governing body. It brings together the world's greatest road races, including the biggest stage races of the sport, the Tour de France, the Giro d'Italia and the Vuelta a España.

This year's TDU will welcome one of the greatest cyclists of this generation with retired Swiss professional Fabian Cancellara taking centre stage both on and off the track. He is a four-time World Time Trial Champion, reigning Olympic Time Trial Gold Medallist, 11-time Grand Tour stage winner and winner of countless one day Classic races spanning his 17-year cycling career.

Welcome to one of Australia's biggest sporting events – right in our backyard.

The bikes are coming



STAGE 5: Glenelg - Victor Harbor Saturday, January 25

Start: Glenelg 10.40am. **Finish:** Victor Harbor 2.40pm. **Approx. distance:** 149.1km
Duration: 4 hrs

10.40am: Start Race Neutral Colley Tce, Glenelg to Jetty Rd, Glenelg. **10.57** Race start Marion Rd, Sturt on to Southern Expressway. **11.24** Exit Expressway on to Main South Rd, Huntfield Heights. **11.27am:** Patapinda Road at

Old Noarlunga Hotel. Left to Victor Harbor Rd on to Seaview Rd, McLaren Vale; on to Kays Rd, Whittings Rd, McLaren Flat.

1145: Right turn from Whittings Rd, Blewitt Springs Rd on to Main Rd, McLaren Flat.

11.48: Ziptrak Sprint #1 Main Rd, McLaren Flat at Rose Crescent. To McLaren Flat, to Dashwood Gully Rd, Kangarilla on to Mawson Rd, Meadows.

12.21pm: Ziptrak Sprint #2 Mawson Rd, Meadows at Meadows Memorial Hall. On to Macclesfield Rd. **12.33pm:** Right turn on to Venables St/Strathalbyn Rd, Macclesfield; on to Adelaide Rd, Strathalbyn; left at roundabout from Adelaide Rd to East Tce, Strathalbyn.

12.51: San Remo Pasta Feed Zone East Tce,

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Strathalbyn between North Pde & Gollan Ave.
12.52: Right at roundabout from East Tce on to South Tce, to Sandergrove Rd, Strathalbyn. Becomes Alexandrina Rd, Strathalbyn to Goolwa, Cadell St, Hays St, Hutchinson St, on to Port Elliot Rd.

13.56: Goolwa Rd, Middleton at Mindacowie Guest House. **14.01:** Becomes North Tce at Strangways Tce, Port Elliot. Right to Tottenham Court Rd, on to Waterport Rd; left to Crows Nest Rd, Port Elliot.

14.10: Subaru King of the Mountain – Kerby Hill (cat. 2) Crows Nest Rd, Port Elliot.

14.17: Left to Victor Harbor Rd, Mount Jagged, right at roundabout from Victor Harbor Rd on to Welch Rd. Becomes Armstrong Rd at Waggon Rd, Hindmarsh Valley. **14.37:** Left from Armstrong Rd on to George Main Rd slip lane, Victor Harbor, on to Victoria St.

14.39: Right turn from Victoria St on to Island St on to the Esplanade, Victor Harbor.

FINISH: Esplanade, Warland Res.

Be Safe Be Seen Stage 6:

McLaren Vale - Willunga Hill

Sunday, January 26

Start: Main Rd, McLaren Vale 10.40am

Finish: Brookman Rd, Willunga Hill 2.28pm

Distance: 151.5km. **Duration:** 3.48 hrs

10.40am: Start Race Neutral Main Rd, McLaren Vale near Tatachilla Rd; Start: Left Main Rd, McLaren Vale near Reeves St, to High St, Willunga; left to Aldinga Rd, to Main South Rd, Aldinga.

11.06: Right Main South Rd to Norman Rd, Lower Esplanade, Aldinga Beach. Veer right to Jetty Rd, Port Willunga to Port Rd, left at Quinliven Rd, Aldinga on to Main South Rd.

11.30: Right to Tatachilla Rd, Maslin Beach. Left to Caffrey St, McLaren Vale. Right to Main Rd, McLaren Vale End lap #1; start lap #2.

11.49: Main Rd, Willunga at Kell St; left to High St, Willunga, U-turn on High St, near Old Bush Inn Hotel, left to Aldinga Rd, Willunga.

12.01pm: Left to Main South Rd, Aldinga to Norman Rd, right to Lower Esplanade, Aldinga Beach.

12.16: Ziptrak® Sprint #1 Esplanade, Snapper Point near Butterworth Rd.

12.19: Veer to Jetty Rd, Port Willunga, right to Port Rd to Main South Rd, Aldinga to Tatachilla Rd, Maslin Beach. Left to Caffrey St, McLaren Vale, right to Main Rd near Tatachilla Rd. **End lap #2, start lap #3.**

12.49: San Remo Pasta Feed Zone Main Rd, Willunga at Kell St. Left to High St, Willunga, U-turn near Old Bush Inn Hotel, left to Aldinga Rd to Main South Rd, Aldinga.

13.06: Right to Norman Rd, Aldinga to Lower Esplanade, becomes the Esplanade.

13.16: Ziptrak® Sprint #2 Esplanade, Snapper Point near Butterworth Rd.

13.19: Veer right to Jetty Rd, Port Willunga, left at Quinliven Rd, Aldinga left to Main South Rd, right to Tatachilla Rd, Maslin Beach. **13.36:** Left from Tatachilla Rd to Caffrey St, McLaren Vale, right to Main Rd, McLaren Vale near Tatachilla Rd. **End lap #3.**

13.49 Left to High St, St Matthews St, to Brookman Rd, Willunga Hill.

13.54: Subaru King of the Mountain #1 – Willunga Hill (cat. 1) Brookman Rd, Willunga Hill. Left to Range Rd, to Pennys Hill Rd, to McMurtrie Rd, McLaren Flat. Left to Main Rd, Willunga at Kell St, left to High St, Willunga, left Old Willunga Hill Rd to Brookman Rd, Willunga Hill.

14.28 FINISH: Subaru King of the Mountain #2 – Willunga Hill (cat. 1) Brookman Rd, Willunga Hill.

SATC images (opposite page from top left) by photographers Megan Coles; Chris Auld.



Prizemoney boost for Goolwa Art & Photographic Exhibition

Entries for the seventh annual 2020 Rotary Club of Goolwa Art and Photographic Exhibition at the Signal Point Gallery, Goolwa, from April 4-18 have opened.

The event incorporates the coveted and acquisitive The Alexandrina Art Prize, which has doubled in prizemoney to \$10,000.

Roger Shelden, chairman of the Goolwa Art and Photographic Exhibition, expects more than 3000 people to attend the show, many during the Easter holidays.

"We have expanded the successful themed \$1000 art award – *Essence of Place* – to include a \$500 photographic award," Roger said.

"This is a creative interpretation of the essential nature or reflection of Goolwa or the surrounding area."

Overall, the 2020 exhibition will carry \$22,250 prizemoney over 25 awards – \$15,500 in art/paintings with 10 cash prizes, and \$5750 for photographic entries including \$2000 for the best photograph.

Visit: www.goolwaexhibition.org.au

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The meaning of art life

They say a picture tells a thousand words, but for Tim Shierlaw, chairman of the Victor Harbor Art Show, a painting hides a story.

The annual exhibition is a project of Rotary Victory Harbor, and there will be 1400 entries – including for the first time sculptures – on the lawns of Warland Reserve from January 11-18, tipping the total proceeds from the 41 art shows over \$1.6 million.

Of this remarkable amount, about 12 per cent has supported overseas programs like the Umoja Project, an orphanage in Kenya, and housing or water projects in Fiji, India and Timor-Leste. It even contributed to the Christchurch Massacre Fund.

Tim has twice been to Kenya where there are 2.6 million orphans, many of whom walk several kilometres in 40-degree heat to line-up to receive a tray of rice, beans and a bread roll – their only meal for the week. He will go back there again this year.

Proceeds from each painting sold at our art show represents a mere drop in this sea of seemingly Kenyan hopelessness, but Tim also sees how it helps him personally. Another worthwhile local project this art show has supported is the Ocean-to-Outback Bike Ride for Mental Health, and Tim freely opens himself up to having endured mental health issues for 15 years. It represents an exceptional twist in kindness; experiencing the immense personal reward that comes with giving it to others as a Rotarian, and on the other hand knowing what it means to be a recipient of such a profound blessing.

Despite years of medication and Electric Convulsion Therapy, and especially amazing support from his caring family – his wife, Kate, and their children Alex, 18, Ella, 14 – Tim quietly responded “not really” when asked whether he was okay. He had to leave



his successful accounting business in Victor Harbor when he moved to Adelaide in 2016. He is highly unlikely to work at the same level again. He comes back here fortnightly to attend Rotary meetings.

“I am better than I was in terms of mental health because I now know how to deal with it,” Tim said. “The improvement started as soon as I opened up to it. For years I have gone on medication after medication. I get minor relief... I feel better knowing what my day can be about.

“Rotary has been very important to me during this time. It is my escape and keeping my connections with the community. The support that I have here is amazing.”

Tim had previously been chairman of the Victor Harbor Art Show for three years up to 2016, and said he felt good to have

played a small part in what this event had done for the town over the years. We are talking about countless projects like creating a helicopter pad at South Coast District Hospital, providing an Australian Rotary Health Research Fund PhD scholarship, youth projects and the Dr Fred Heddle Scholarship which supports financially restrained children mainly in tertiary education.

“We will soon work on a viewing and information deck at Kings Beach,” he said with much pride.

However, not for one moment does he see his contribution greater than any other Rotarian. “Every year there are about 200 volunteers who work on the Victor Harbor Art Show, a project of Rotary Victor Harbor,” he added. “Some do one four-hour shift,



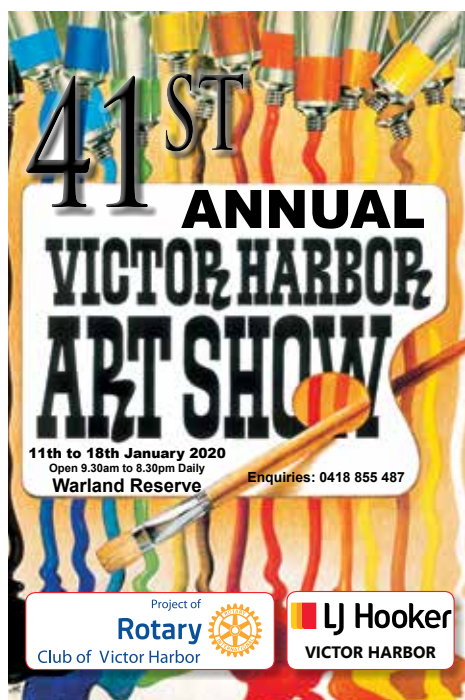
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others do eight shifts.

"Rotary Victor Harbor should feel very proud of what it has achieved with the art show over 41 years. When it first started it was in a small tent and they'd bring the paintings out every day and put them on mesh screens and at night cover them with brown canvas. Rotarians would sleep in little tents overnight.

"We would hang 400 paintings the days before we went to an indoor marquee. We have shown as many as 1600 entries, and this year for the first time we will have sculptures included.

"We are so proud to have as judge Yvonne East, a former resident of Victor Harbor. She was an art student when living here and has since enjoyed a remarkable career having twice been a finalist in the coveted Doug

Moran National Portrait Prize, and currently lectures in art and design at the University of NSW.

"The chairman's role is from the July to the end of February each time, and I like to do my part because it's community. It's not about one person; that's what Rotary is. We have 55 members and we each contribute in some way.

"I am not an artist, but I have bought a lot of art and I have an appreciation for art."

You may have noted the subtle change to Rotary Victor Harbor's name - the reference to 'club' has been removed. According to Tim, today's generation doesn't seem to like the concept of being tied to a club, and by not mentioning it there is hope Gen Y will at least contemplate being part of its programs and ideals. The core values including indelible friendships remain.

Tim will look at the 1400 entries at this year's Victor Harbor Art Show and discover something special in each one. In the strangest of ways he will see a bike. With a wry grin he spoke of how Rotary had supported him with his mental health issues through the big bike ride, and until its conception he had never imagined he would join those who wear Lycra and ride a bike. See, every painting hides a story. Tim's is about courage and knowing the value of being kind and receiving kindness. 🌈

The 41st Victor Harbor Art Show will start with a special ticketed-preview on Friday, January 10, and then be open to the public until January 18 from 9.30am-8.30pm. Entry including a program is adults \$8, with children under 16 age free. Proceeds go to Rotary community projects.

Visit: www.victorharborartshow.com.au

WE'VE GONE GREEN



We're into a new decade and an exciting new age in printing – your Coast Lines magazine has gone 'green'. It is now printed by Finsbury Green.

The emissions from the entire production process have been reduced. They are measured and monitored under the Australian Government's National Carbon Offset Standard (NCOS) guidelines – supplied and managed by the Carbon Reduction Institute (www.noco2.com.au). Our December issue represented a saving of 496kg of CO2.

Finsbury Green is one of the most sustainable print solution providers in the world. It's environmental leadership and credentials developed over 17 years are independently verified on an annual basis.

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A new year so why not a new me?

A new year – and let's make it a happy one – and for many it means new New Year resolutions.

One of the most common resolutions is wanting to save more money so the financial strain of getting right into the Christmas festivities and buying family members, partners and friends presents next year is not so hard.

We've probably all 'over done' the festive season spending, and here's a great way to relieve that pressure – why not open your own special savings account.

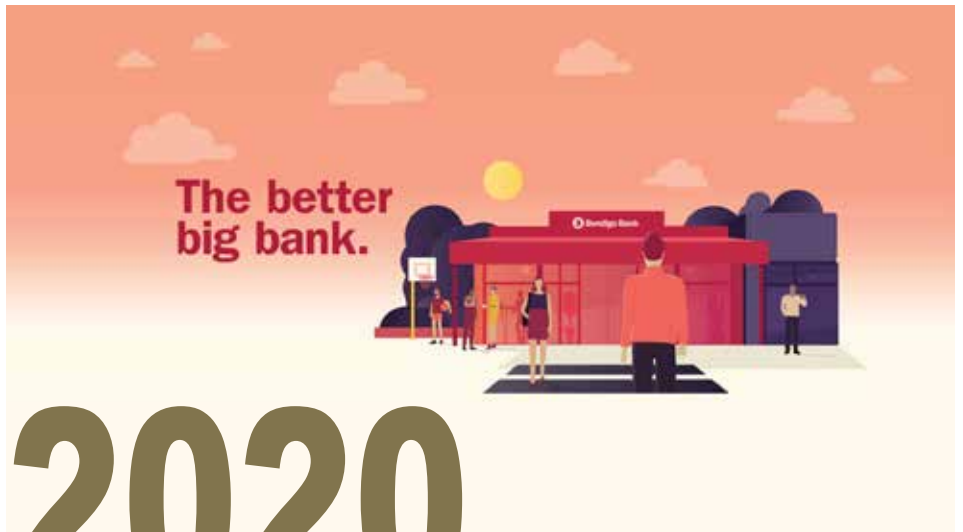
Everyone has their own personal limit what they can put aside, but the result is the same – sheer relief and that 'thank goodness I did that' response approaching next festive season.

It's easy whether you are a new or existing Bendigo Bank customer – and it can all start with just \$1.

All you need to do is speak to one of the team across our four Bendigo Bank locations on the Fleurieu Peninsula – Aldinga, Goolwa, Victor Harbor or Willunga. The team are

Where you may find us this month

- **Midcoast Surf Life Saving Club**
- **Willunga Tennis Club**
- **Willunga Business & Tourism Association**
- **Aldinga Business & Tourism Association**
- **Tour Down Under**



ready to help you start your saving plan for 2020.

This is all about saving for something special within your own personal needs – doing it bit-by-bit rather than be faced with a mountain of bills all at once next Christmas when it should be a time of joy. Whatever your end-goal may be, we want to help you reach it.

Whether it is a savings plan, a car loan, a home loan or just a chat to see how you are tracking, we have friendly staff across the Fleurieu ready to help.

It's that magical time of year where some of us may have all indulged (a little too much figgy pudding and egg nog perhaps) and are now readying ourselves for the year ahead.

Let's start 2020 with a plan, and it starts right here with your community bank.

Meagan Harrison | Customer Relationship Officer

Phone: 08 8557 8166 |
Email: Meagan.Harrison@bendigoadelaide.com.au

Call in and speak to one of our friendly staff about how we may help you...

Aldinga: Aldinga Central Shopping Centre, 32/1 Pridham Blvd. T: 8557 8166

Goolwa: Goolwa Village Shopping Centre, Shop 3A/33 Hutchinson St. T: 8555 2288

Victor Harbor: Victor Central Shopping Centre, 16 Torrens St. T: 8551 3900

Willunga: 9 High St, Willunga. T: 8225 2900

Fleurieu 2020 vision



Places to see, things to do this summer

Welcome to your 2020 summer guide. Whether your eyes are peeled on the dolphins from The Big Duck around Granite Island as pictured above, riding a bike along the 7km Shiraz trail from McLaren Vale to Willunga or investigating the spectacular western coast, enjoy your holidays on our Fleurieu Peninsula. It's so much fun that we live here.

VISITOR INFORMATION CENTRES:

Fleurieu Coast: 163 Main South Rd, Yankalilla. T: 8558 0240

Goolwa: Lot 4 Goolwa Tce, Goolwa. T: 1300 466 592

McLaren Vale & Fleurieu: 796 Main Rd, McLaren Vale. T: 8323 9944

Strathalbyn: 20 South Tce, Strathalbyn. T: 1300 007 842

Victor Harbor: 1 Esplanade, Victor Harbor. T: 8551 0777

Above image: David Hancock www.hypervision.com.au

Appreciation to South Australian Tourism Commission (SATC) team for images inside.

2020 Fleurieu vision... places to see, things to do this summer

From P13

VICTOR HARBOR-PORT ELLIOT-MIDDLETON

Welcome to our journey around the Fleurieu Peninsula starting from **Granite Island**, Victor Harbor. Here we discover the **Oceanic Victor** experience. Hand feed and interact with various sea species including the amazing Southern Bluefin tuna, either from the surface or jump in and swim with them, along with a variety of other marine wonders. Prices from \$120 or \$150 with a seafood platter. It's one of life's 'must experience' activities. www.oceanicvictor.com.au

The **Little penguins** on Granite Island have increased in numbers and come twilight time the family would love a guided tour. Cost \$25. Call 1800 557 094. www.oceanicvictor.com

The Big Duck boat tour is exhilarating. See seals and dolphins off the spectacular cliffs behind Granite Island and The Bluff. Different packages available and this life-long memory is definitely worth checking out. Book online: thebigduck.com.au or call



1800 442 203.

Take the **horse drawn tram**. This is the only year-round service of its kind in the world and the kids love it. A mighty Clydesdale pulls the tram – it actually rolls along with an easy pushy hand – and the views are stunning. **Ride a camel** on the foreshore or have a lot of fun playing **mini golf** by the start of the causeway.

The South Australian Whale Centre by Warland Reserve is both educational and entertaining. There are three floors of exhibits. Look out for special holiday activities. Buy a pass combination for both the Whale Centre and a return ride on the horse drawn tram. www.sawhalecentre.com Go to the movies at **Victa Cinemas** in Ocean

Street or simply explore the precinct. Walk along the shoreline to the bridge by the Hindmarsh River estuary and the kids will love going through the walkways through the mangroves and sand.

Urimbirra Wildlife Park on the Adelaide & Armstrong Road corner is a fabulous family event – get up close to a koala, perhaps hold a big friendly snake and see some unusual animals. Children's farmyard is popular. www.urimbirra.com.au

For those who like native gardens the **Nangawooka Flora Reserve** across the Adelaide Road is very good. Established over two hectares, it is well set-out and the birdlife is special.

Head north to Sawpit Road, Hindmarsh



The Oceanic Victor experience.



10-12 Hays Street,
Goolwa

artworxgallery.com.au
admin@artworxgallery.com.au

Open throughout January
10am-4.30pm

T: 8555 0949

SATC images: horsedrawn tram & SteamRanger (photographer Graham Sheer), and Flying Fish Cafe at Horseshoe Bay (Adam Bruzzone).



Horseshoe Bay, Port Elliot:
David Hancock www.hypervision.com.au

Valley to **Softfoot Alpaca** and experience a private guided farm and sanctuary tour. During the day get on terrain buggies and get up close to alpacas and see kangaroos and koalas; at night experience the Softfoot Marsupial Sanctuary. T: 0498 336 488 / www.softfoot.com.au
Further up Adelaide Road 17km from Victor Harbor is the **Alexandrina Cheese Company**. Taste the finest of handmade award-winning cheese – and the milkshakes are sensational.
Jump aboard the **SteamRanger** and take a ride on the Cockle Train or one of the giant steam engines like the *Duke Of Edinburgh*. This is a lifelong memory for the kids – book

online: www.steamranger.org.au or call 1300 655 991. You are on Australia's first passenger service line – first stop **Port Elliot**. While some choose to go on the history-filled rail line, others follow one of the best **bikeways** all the way to Goolwa. Port Elliot has some great shops of mall kinds off the main road up **The Strand**. See the olde style shop where Mr Percival strutted his stuff in the *Storm Boy* movie. There is a great walking trail at the end that offers breathtaking coastal views, and follow it around to Horseshoe Bay. Here, you will find **The Flying Fish**... buy a cone of sensational chips and eat them on the beach or the lawns, or dine inside.

The **Southern Fleurieu Historical Museum** at the nearby showgrounds in Wright Street is extremely well presented and interesting. The old-time displays and farm machinery from yesteryear are special. www.sfhmuseum.net.au
Going through **Middleton** you will see more superb coastal views – and there are some excellent places to surf.
The **Fleurieu Aquatic Centre** on the corner of Beach & Waterport roads, Hayborough is a must visit for the family – three pools for all ages and capabilities. The facilities are first class; it's a well-managed environment.

Continued P16

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From P15

GOOLWA-COORONG

Arriving at Goolwa on the SteamRanger represents the only place in the world where a steam train meets the paddle steamers at the **River Port of Goolwa**. See the **P.S. Oscar W.** in all its glory. Go into the nearby Visitor Information Centre and find out all the special trips available. This is a special part of Australia – go over the Hindmarsh Island Bridge and see the **mouth of the mighty Murray River**. Enquire

about a special visit to the privately-owned **Mundoo Island cattle and sheep station** enriched with history. mundooisland.com.au or T: 8555 2242.

Without doubt one of the best experiences in this region is exploring the amazing wetland wilderness of the **Coorong National Park** on board the *Spirit of Coorong*. There is a range of cruises from 6-1.5 hours. See the growing population of fur seals, and flocks of pelicans and other birdlife. Go on a Cruise the Coorong tour - 6 hrs or 2.5 hrs – and feel the amazing history and respect for the Ngarrindjeri people. www.cruisethecoorong.com.au. Also enquire about Cruise the Coorong tours: www.cruisethecoorong.com.au

Another great activity is **Canoe the Coorong** – immerse yourself in the serenity and natural beauty. Enquire about all-inclusive day, sunset and overnight camping tours. Kayak hire. www.canoeethecoorong.com or 0424 826 008.

The Goolwa Beach is an amazing stretch, and if you would like to learn to surf then Phil at the internationally-accredited **Ocean Living Surf School** is your man. There are lessons for beginners to the advanced, and private or group coaching. www.olsurfschool.com.au or 0487 921 232. Maybe collect some **pipi on Goolwa Beach** - it's the season. There is a magnificent **playground** on Barrage Road just past the

Goolwa Aquatic Club – a great time for all families. Another good spot for the children is the **Goolwa Animal Farm** on Airport Road, Goolwa. Get up close to a wide variety of farm animals and go for a pony ride. www.goolwaanimalfarm.com.au

For the more adventurous, while on Airport Road go on an open cockpit gyroplane with **Fleurieu Gyroplanes** www.flyagyro.com.au or 0488 884 976. It is an exhilarating experience. And while you are at the airport enquire about going skydiving.

Goolwa is very much an arts & culture town. A visit to **Artworx** in Hays Street is a must. See a wonderful doll museum and doll shop at **River Dolls** of Goolwa at 33 Cadell Street, and while you're there grab some irresistible traditional and favourite lollies.

CLAYTON BAY-MILANG-LANGHORNE CREEK-STRATHALBYN

Driving through Currency Creek to **Clayton** and **Milang** you will see much-varied terrain compared with the coastal towns – and it is stunning. You are entering **Lake Alexandrina** country with its amazing river and birdlife. These are destination towns and definitely worth visiting.

Clayton Bay offers stunning scenery, as is Milang which is steeped in history,



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www.thebackyarduniverse.com.au
0488 705 224

SATC images - Above: Milang at dusk (Brian Hatchard). Right: Picking up a bargain in Strathalbyn (Mike Annese).

SATC images: Canoe the Coorong (Brenton Clarke); collecting pipi at Goolwa Beach (Ian Routledge).



especially with its old railway and farm museums. The highlight is **Yesterday's Power Rally** at Milang Oval on January 18-19. It brings people from country areas all over the state to see the old machinery. Continue along the edge of Lake Alexandrina towards **Langhorne Creek**, one of the most under-rated wine regions of South Australia. The first must-stop and experience is at **Newman's Horseraddish Farm**. It's interesting and a fabulous spot for lunch. From there you can turn right to **Monarto Zoo** about 30km away, or left to the main stretch of Langhorne Creek where there are six wineries each offering something special. This is only 30 minutes from Goolwa, and the places to eat over a quite sensational wine are definitely worth the journey. Monarto Zoo is an amazing experience. The tours are well organised, and they take you right up close to giraffes, lions, rhinos and much more. The huge monkey enclosure is very entertaining.

Strathalbyn is not much further on from Langhorne Creek – about 30 minutes from Goolwa if you take the direct route. The town is full of character; an antique collector's delight. The old Gilbert Motors site in High Street has been turned into the **Gilbert's Motor Museum**, and it is brilliant. You don't need to be a classic or vintage car buff to be enthralled by the displays in a century-plus old building. The town has a rich history with motor vehicles and motorbikes, and you must see the amazing metal sculpture of the legendary motorbike racing champion Kenny Blake, made by well-known Goolwa artist James Stewart.

There are some very good eateries and shops in Strathalbyn, and on the outskirts is **Glenbarr**, a heritage-listed homestead built for Scottish pioneers in 1842. While noted for its heritage features, Strathalbyn offers much more, even a great skate park for kids.

Continued P18

41ST ANNUAL VICTOR HARBOR ART SHOW

11th to 18th January 2020
 Open 9.30am to 8.30pm Daily
Warland Reserve

Enquiries: 0418 855 487

Project of

Rotary

Club of Victor Harbor

LJ Hooker

VICTOR HARBOR

2020 Fleurieu vision... places to see, things to do this summer



ON A BIKE

The Encounter Bikeway is one of the best and most scenic trails in South Australia. It is a 30km on-road and shared trail that links Victor Harbor to Goolwa through Port Elliot and Middleton. The bikeway is shared by cyclists, walkers, skaters, rollerbladers and wheelchairs.

We're talking about an easy trail suitable for all ages – great family day-out. Why not ride one way and return

on the Cockle Train – but check whether there is space on the train for your bike. Contact the SteamRanger office 1300 655 991.

If you struggle to ride a normal bike don't despair – this may be for you... there is e-bike3 hire at Captain Sturt Boat Supplies, Goolwa, and several hire spots for SA eBikes.

SATC image: Encounter Bikeway (Adam Bruzzone).

... OR HIKE

There are some sensational walking trails along our spectacular south coast, through the Deep Creek Conservation Park, on Kangaroo Island and along our western Fleurieu beaches. Climb The Bluff at Encounter Bay and then walk to King's Beach or beyond to Waitpinga Beach – amazing scenery. Visit: <https://www.walkingsa.org.au/walk/find-a-place-to-walk/heysen-trail-south-coast/>



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MOUNT COMPASS- WILLUNGA-McLAREN VALE

Back-tracking slightly to Goolwa and heading west we come to **Mount Compass**. There is a beautiful bakery in the main group of shops, and on the outskirts heading towards Adelaide you will find **Harvest of the Fleurieu**. They sell genuine local produce here including delicious fresh strawberries – and you can pick your own. There is another strawberry farm on the road to Myponga. Mount Compass is also home to a blueberry farm, trout and many other wonderful home-grown foods.

Willunga is enriched in history as the site from which slate was originally obtained for many of Adelaide's classic heritage buildings. Dedicated volunteers can take you on a heritage trail of this beautiful town – it's a worthwhile walk 'n talk. www.nationaltrust.org.au/event/willunga-heritage-walks-the-courthouse-loop Check whether the fun crew from **Cinemullunga** is having a film night in the local hall, and make time to visit the Australian award-winning **Willunga Farmers' Market** held every Saturday. Willunga is also on the edge of the world-acclaimed **McLaren Vale Winery Region**, and the local eateries are magnificent. For the pie & pasty connoisseurs of this world,

the original **Willunga Bakery** has the best on the Fleurieu.

Follow the main road and you are right in the heart of the wine region. There are countless wineries right across McLaren Vale and McLaren Flat that have superb cellar door facilities, many of which also offer great places to dine. The best thing to do is call into the **McLaren Vale Visitor Information Centre**, which is also home to the **McLaren Vale Wine & Tourism Association**, and get some ideas. <https://mclarenvale.info/>

Both Willunga and McLaren Vale feature prominently in two stages of the Tour Down Under from January 16-19. (See preview P8-9)

There are so many wineries to recommend, but Maxwell Wines on Olivers Road, Wirra Wirra on Strout Road, and Hugo Wines on Elliot Road, McLaren Flat are special.

Of course, **The Cube at d'Arenberg Winery** on Osborn Road is amazing, definitely worthy of the national attention it has received and the thousands of visitors it attracts annually. The wines and food are sensational, the art is as brilliant as it is strange, and overall it is one great adventure.

Continued P20



SATC images. From top left: Tour Down Under heading to Willunga (photographer Chris Auld); among the region's great wineries... Alpha Box and Dice (Sven Kovac), Lake Breeze Wines (Robyn Follett), and Wirra Wirra Vineyards (Jonathon van der Knapp).



From P19

However, McLaren Vale is more than just a wine region – it has so much more to offer including eight boutique breweries. There are some very good local tour operators who can help make the Willunga-McLaren Vale experience a safe one – try **Chook's Little Winery Tours**: www.chookslittlewinerytours.com.au

CHRISTIES BEACH- NOARLUNGA-SEAFORD- ALDINGA

Welcome to a special part of South Australia's coastline; pristine beaches relatively so close to the city, and within minutes of one of the world's finest wine regions, McLaren Vale.

The carefully planned **coastal paths** offer sensational walking and cycling trails overlooking magnificent views. You may meander down to the **Onkaparinga River** to the recreation park and go kayaking or stand-up paddling. Catch a fish or two.

Aldinga Beach is one of the few not-out-of-the-way beaches where you may drive onto the clean sand and park your car for the day. So simple, yet it delivers a life-long memory. The region has a strong connection with the arts; visit the Port Noarlunga Art Centre in the Old Institute Building on Gawler Street, Port Noarlunga. Sauerbier House at 21 Wearing St, Port Noarlunga is brilliant – an innovative artspace providing a platform to support cultural exchange through contemporary visual arts. And look out for the mural trails on this journey.

There is a marina at **O'Sullivan's Beach**, and what a better time than this summer than to learn how to scuba dive. If you enjoy this adventure then you must go on a scenic flight with **Adelaide Biplanes**. Imagine the aerial views of this spectacular coastline. The business is located at Aldinga Airfield, Colville Dr, Aldinga. Visit: flythedream@adelaidebiplanes.com.au

This **St Vincent's Gulf experience** is also very much about discovering the amazing food and wine amidst superb ambience, especially at award-winning restaurants like

Hortas on the beachfront of Port Noarlunga, and the Star of Greece in equally sensational surrounds at Port Noarlunga. If you're looking for a great pub you must go to the Victory Hotel at Sellicks Beach.

This coastal region from **Christies Beach to Aldinga** is full of pleasant surprises, and even though it is so close to Adelaide and major shopping centres it is a great place for the family to stay for a holiday.

MYPONGA-YANKALILLA- NORMANVILLE-WIRRINA- SECOND VALLEY-RAPID BAY

Travelling west through **Myponga** is one of the 'hidden secrets' of the Fleurieu Peninsula – **Myponga Beach**. You feel 'miles' from the coast and suddenly you drive down to a spectacular, clean and almost secluded beach with magnificent views. Further on this journey there is another turn-off to the magnificent **Myponga Reservoir**, again offering wonderful scenery. Take a picnic; enjoy the sunshine.

The road leads to **Yankalilla** where the first stop for most is the bakery. You can also get a great meal across the road at the family-friendly Yankalilla Hotel. There are quaint coffee shops and places of interest. Another good drive is turning into Inman Valley Road and on to Kemmiss Hill Road, which takes you through some spectacular hill country offering sensational views right across to the **Deep Creek Conservation Park**. You come out to the hamlet of **Inman Valley**, and then back into Yankalilla.

Just before entering **Normanville** there is a turn-off on the left on Hay Flat Road to the **Ingalalla Falls**, another top spot for the family to enjoy.

Get back on the main South Road leads to Normanville. Head past the caravan where there is a great little cafe in front of what has to be one of the shortest jetties in Australia – but it's quaint and a superb area for the kids to play.

Continuing north from Normanville we come to **Carrickalinga** and its pristine beach and amazing sunsets.

Continued P21

Left: Snorkling at Port Noarlunga (Adam Bruzzone). Above: Normanville Beach (Graham Sheer). Right: Second Valley (Lachlan Birrell).

2020 Fleurieu vision... places to see, things to do this summer

From P20

Turn south and we head to **Links Lady Bay**, and as the name suggests the golf course has a strong links course character. At this turn off there is the old home of Comic Court, the 1950 Melbourne Cup winner, and is now the **High Country Trails** horse riding centre. Experience an hour-long horse ride through the heritage dunes of Normanville Beach. T: 0408 795 373.

Continue driving on the Main South Road to **Wirrina Cove**, which is a great spot at night to go stargazing with **The Backyard Universe**. The business also operates from McLaren Vale and Port Elliot weather permitting of course – www.thebackyarduniverse.com.au

There is some amazing coastline along this journey through Rapid Bay – has a great jetty for fishing – **Delamere** and to **Cape Jervis** where the ferries head from to

Kangaroo Island.

From Delamere follow the signs to the **Deep Creek Conservation Park** – and heed restrictions and rules. Headquarters off Tapanappa Road, Delamere and please note permit required; fees apply. Walk through 4500ha of pine forest to 18km of incredible coastline. Enquire about 4WD access to **Boat Harbour Beach**. T: 8598 0263. Bookings 8558 0240 or www.environment.sa.gov.au

The Delamere road takes us back east through the rich farmlands of **Parawa**. Stop off at the **Waitpinga Beach** where the surf is great and the fish off the golden sands are nearly always biting.

Just further on is **Waitpinga Farm Quad Bike Adventures**. Get on a four-wheeled motorbike and drive through natural bushland with local farm animals. Bookings essential. T: 8552 3558 or: www.waitpingafarm.com

Continue driving and you look down at sensational views of **The Bluff** and **Victor Harbor**. To the right is Granite Island where this journey started. You have covered one of the special places Australia has to offer, and we do every main part of this 450km journey over two days every month delivering copies of this magazine you are reading.

We hope you enjoy everything great the Fleurieu Peninsula has to offer. 🌈



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:

Sunday, January 9 & 23 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:

Quarterly - visit facebook page for updates. 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, Cox St. Great stalls. Local live music.

McLAREN VALE FLEURIEU SA ARTISAN MARKET:

First Saturday of each month.

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

VICTOR HARBOR ARTISANS MARKET:

Surrounding the art show on Warland Reserve on Saturday, January 11. Also on Easter Saturday, April 11.

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. 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

WILLUNGA QUARRY MARKET:

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

YANKALILLA CRAFT & PRODUCE MARKET:

Third Saturday of the month 9am-1pm at Agricultural Hall, Main Rd, Yankalilla. Enquiries 8558 3346.

Puzzles

Puzzle answers P26

(and don't cheat!)

Target Time

E	T	W
K	U	S
R	C	A

Target: Average 35,
Good 42, Excellent 47+.

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*

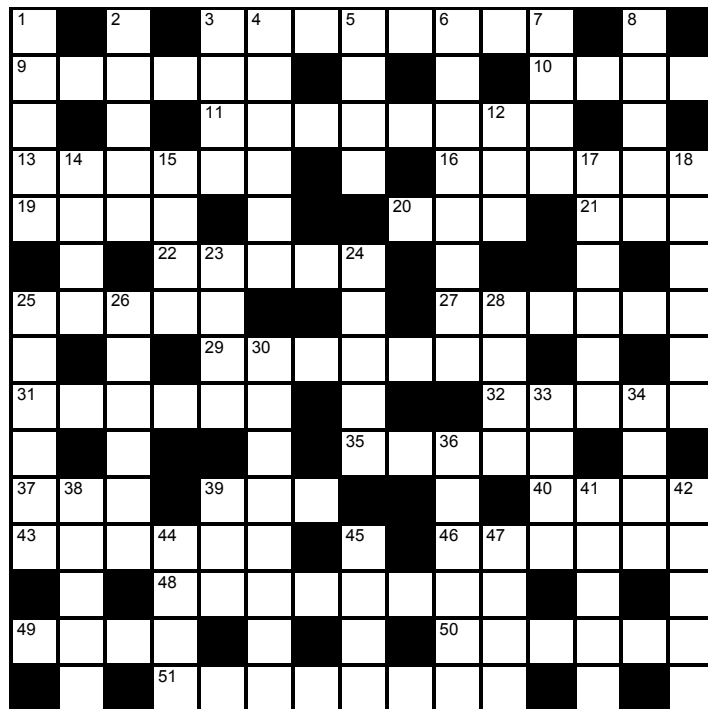
Futoshiki

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

Crossword



Across

- 3 Agreement
- 9 Rubber
- 10 Musical instrument
- 11 Divert the mind
- 13 Proverbs
- 16 Fortress
- 19 Row of people
- 20 Fate
- 21 Donkey
- 22 Make void
- 25 Sound loudly
- 27 Hang loosely
- 29 Sundry
- 31 Metal castings
- 32 Vapour
- 35 Indian soldier
- 37 First woman
- 39 Spirit
- 40 Wan

Down

- 1 Of the kidneys
- 2 Heathen
- 3 Yield
- 4 Prayer
- 5 Makes lace
- 6 Large snake
- 7 Small drinks
- 8 Playthings
- 12 Domestic animal
- 14 Clock face

- 15 Equipment
- 17 Confused state
- 18 High regard
- 23 Nidus
- 24 Vegetables
- 25 Newlyweds
- 26 Fisher
- 28 As well
- 30 Edible
- 33 Kind
- 34 Qualified
- 36 Conditional release
- 38 Oral
- 39 Corded fabric
- 41 Assumed name
- 42 Borders
- 44 Flower
- 45 Deeply engrossed
- 47 Love god

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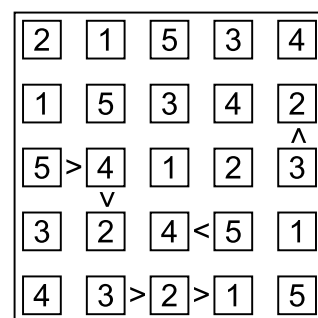
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PUZZLE ANSWERS FROM P23



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TARGET TIME: Average - 35, Good - 42, Excellent - 47+

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Lost for words

Three handsome male dogs are walking down the street when they see a beautiful, enticing, female poodle named Penelope. The three male dogs fall all over themselves in an effort to be the one to reach her first, but end up arriving in front of her at the same time.

The males are speechless before her beauty, slobbering on themselves and hoping for just a glance from her in return.

Aware of her charms and her obvious effect on the three suitors, she decides to be kind and tells them: "The first one who can use the words 'liver' and 'cheese' together in an imaginative, intelligent sentence can go out with me."

Larry, the muscular black Lab says: "I love liver and cheese."

Penelope the poodle says: "Oh, how childish... that shows no imagination or intelligence whatsoever."

She turns to the next one. Gary, the tall, shiny Golden Retriever says: "I hate liver and cheese."

"My, my," says Penelope, "I guess it's hopeless. That's just as dumb as the Lab's sentence."

She turns to the last of the three dogs and says, "How about you, little guy?"

Little Clarrie the Chihuahua gives Penelope a smile, a sly wink, turns to Gary the Golden Retriever and Larry the Lab and says: "Liver alone, cheese mine."

Doctor, doctor...

A distraught senior citizen phones her doctor's office. "Is it true, is it true?" she shouts. "I need to confirm it right now... that the medication you prescribed has to be taken for the rest of my life?"

The doctor tells her: "Yes, I'm afraid so, but there's no need to worry."

"The lady screams: "You're saying to me don't worry! The prescription is marked 'No refills'."

Meanwhile, in the other rooms, a bloke named Tony asks his doctor about his pain knee.

Laugh Lines

The doctor places his stethoscope on Tony's kneecap and he hears a tiny voice saying: "Lend me some money, lend me some money."

Tony then tells the doctor his ankle hurts also.

Again, the doctor puts his stethoscope on where Tony feels the pain. The doctor can hear another tiny voice saying: "I want to borrow money quickly, lend me some money!"

The doctor turns to Tony and says: "This is far more serious than I thought... your leg is broke in two places."

Pre-planned

Dulcie and Ethel are elderly ladies who meet for the first time since leaving high school, and Dulcie asks: "You were always so organised in school, did you manage to live a well planned life?"

Ethel says: "Oh yes, my first husband was a millionaire, my second husband was an actor, my third husband was to a preacher and now I'm married to an undertaker." Dulcie asks: "What do those marriages have to do with a well-planned life?"

And Ethel says: "One for the money, two for the show, three to get ready and four to go, go, go!"

Poetry in motion

Queen Elizabeth is visiting an Edinburgh hospital. She enters a ward full of patients, and notices that they're all dressed in street clothes and have no obvious sign of injury or illness. Her Majesty approaches a patient and greets him. The patient replies: "My heart's in the Highlands, my heart is not here, My heart's in the Highlands, a-chasing

the deer."

The Queen is confused, but smiles and moves on to greet the next patient. The patient responds:

"Some hae meat an' canna eat, And some wad eat tha' want it, But we hae meat an' we can eat, so let the Lord be thankit."

Even more confused, and smiling even more broadly, the Queen moves on to the next patient who immediately begins to chant: "My love is like a red, red rose that's newly sprung in June; My love is like the melody that's sweetly played in tune." Now very confused, the Queen turns to the accompanying doctor and asks: "Is this a psychiatric ward?"

And the doctor replies: "No, no Your Majesty... this is the serious (Robert) Burns unit."

Dad jokes...

What happens to a refrigerator when you pull its plug? It loses its cool.

What did the dolphin say when he bumped into the whale? I didn't do it on porpoise.

What did the clock say to the watch? Tock to you later.

How do you start a book about ducks? With an introduction.

What did the salt say to the pepper? "Hey, what's shaking?"

Why are there fences around graveyards? Because everyone's dying to get in.

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Star Wars: The Rise of Skywalker

(CTC) Action, adventure, fantasy starring Daisy Ridley, Adam Driver, Mark Hamill and Carrie Fisher. Directed by J J Abrams. The surviving Resistance faces the First Order once more as Rey, Finn and Poe Dameron's journey continues. With the power and knowledge of generations behind them, the final battle commences.

Cats

(CTC) Comedy, drama, family movie starring Idris Elba, Taylor Swift, Jason Derulo, Rebel Wilson, and Judi Dench. Directed by Tom Hooper. A tribe of cats called the Jellicles must decide yearly which one will ascend to the Heaviside Layer and come back to a new Jellicle life. Based on Andrew Lloyd Webber's popular musical.

Jumanji: The Next Level

(PG) Action, adventure, comedy starring Karen Gillan, Dwayne Johnson, Jack Black and Kevin Hart. Directed by Jake Kasdan. A team of friends return to Jumanji to rescue one of their own but discover that nothing is as they expect. The players need to brave parts unknown, from arid deserts to snowy mountains, in order to escape the world's most dangerous game.

Little Women

(G) Drama, romance starring Saoirse Ronan, Emma Watson and Meryl Streep. Directed by Greta Gerwig. Following the lives of four sisters, Amy, Jo, Beth and Meg, as they come of age in America in the aftermath of the Civil War. Though all very different from each other, the March sisters stand by each other through difficult and changing times.

Spies in Disguise

(CTC) Animation, action, adventure starring Karen Gillan, Tom Holland and Will Smith. Directed by Nick Bruno and Troy Quane. When the world's best spy is turned into a pigeon, he must rely on his nerdy tech officer to save the world.

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A Shaun the Sheep Movie: Farmageddon

(G) Animation, adventure, comedy, family, fantasy, sci-fi movie starring Justin Fletcher, John Sparkes and Chris Morrell . Directed by Will Becher and Richard Phelan. When an alien with amazing powers crash-lands near Mossy Bottom Farm, Shaun the Sheep goes on a mission to shepherd the intergalactic visitor home before a sinister organisation can capture her. **Commences January 9.**

My Spy

(CTC) Action, comedy, family movie starring Dave Bautista, Kristen Schaal and Ken Jeong. Directed by Peter Segal. A hardened CIA operative finds himself at the mercy of a precocious 9-year-old girl, having been sent undercover to surveil her family. **Commences January 9.**

Bombshell

(CTC) Drama starring Charlize Theron, Nicole Kidman and Margot Robbie. Directed by Jay Roach. A group of women decide to take on Fox News head Roger Ailes and the toxic atmosphere he presided over at the network. **Commences January 16.**

Dolittle

(CTC) Adventure, comedy, family, fantasy movie starring Robert Downey Jr., Tom Holland, Emma Thompson, Rami Malek, Michael Sheen, Ralph Fiennes and Selena Gomez. Directed by Stephen Gaghan. The story follows the eccentric Doctor John Dolittle, a former physician who lives with and treats animals, claiming that he can communicate with them. **Commences January 16.**

Go!

(PG) Family movie starring Richard Roxburgh, Frances O'Connor and Dan Wyllie. Directed by Owen Trevor. Jack is trying to win a Go-karts race by learning how to drive from the girl of his dreams. **Commences January 16.**

Beautiful Day in the Neighbourhood

(PG) Biography, drama starring Tom Hanks, Matthew Rhys, Chris Cooper and Susan Kelechi Watson. Directed by Marielle Heller. Two-time Oscar®-winner Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighbourhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life

friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Emmy winner Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbour. **Commences January 23.**



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MARINATED MUSHROOMS

Ingredients

300g small button mushrooms
2 tbs virgin olive oil for sautéing
½ cup virgin olive oil
½ cup freshly squeezed orange juice
½ cup white wine vinegar
1 tbs orange zest
4 fresh sage leaves, finely chopped

1 tbs dried chilli flakes
1 tsp black pepper
4 garlic cloves, peeled and halved

Method

Wipe the mushrooms with a damp cloth and trim stalks. Heat 2 tablespoons virgin olive oil in a frypan over medium heat. Add mushrooms and sauté for 5 minutes, tossing regularly. Remove from heat, allow to cool slightly then transfer to sterilised jars.

In a saucepan heat virgin olive oil, orange juice and vinegar until hot, but not boiling. Remove from heat and stir through remaining ingredients. Pour marinade over the mushrooms and seal while hot. Allow to cool, then store in refrigerator. Serve at room temperature. Makes approx 3 x 200ml jars.

Note: Small Portobello mushrooms can be used. Dried chilli flakes can be adjusted to taste. Marinade will solidify in fridge, but will return to liquid at room temperature.

Chocolate Banana

Ingredients

3 medium ripe bananas (approx 1½ cups mashed)
½ cup cacao powder
2 tbs maple syrup
1 tbs coconut oil
1 tsp vanilla extract
1½ cups almond milk
3 cups baking oats*
2 level tsp baking powder
pinch of salt

Method

Preheat oven to 180°C. Line an 28cm x 18cm slice tin (or similar) with baking paper. Place bananas in a large bowl, and mash with a fork. Add cacao

powder, maple syrup, coconut oil (melted), vanilla extract and almond milk and whisk to combine. Add rolled oats, baking powder and salt, and stir with a spoon until combined. Spoon into prepared slice tin, using the back of the spoon to spread evenly. Bake for 30 minutes, or until cooked through and springy to touch. Remove from oven. Allow to cool slightly before turning onto a wire rack or board. When cool, cut into serving sized bars, transfer into an airtight container and store in refrigerator. Ideal for breakfast – can be

Oat Bars



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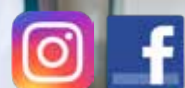
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Ingredients

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4 cocktail truss tomatoes, quartered
2 spring onions, sliced
100g leg ham, cut into pieces
40g salami, cut into quarters
1 small red capsicum, diced
½ cup Kalamata pitted olives, halved
1 small red onion, halved & thinly sliced
100g Danish feta, cubed
2 tbs grated Parmesan
¼ tsp dried chilli flakes, optional

Cook pasta as per instructions – until al dente- cooked but firm. Drain with a colander and set aside to cool.

Italian Vinaigrette

3 tbs white wine vinegar
½ cup virgin olive oil
1 tsp freshly squeezed lemon juice
2 tsp maple syrup, to taste
1 clove garlic, minced
1 tbs minced onion,

2 level tsps Dijon mustard
1 tbs finely chopped fresh Italian parsley
½ tsp dried basil
½ tsp dried oregano
½ tsp sea salt, or to taste
1 tbs finely diced red capsicum
¼ tsp dried chilli flakes, or to taste

Method

Place all ingredients in a bowl and whisk together, or use an electric blender and blend until smooth.

To assemble salad, place cooked pasta and salad ingredients in a bowl. Pour enough vinaigrette over to coat. Leftover dressing can be refrigerated. Cover salad with cling wrap, and refrigerate for one hour minimum. When ready to serve, transfer to a serving bowl. Serves 4.

Note: Ideal as a light meal or a side dish. Pepperoni can be used instead of salami to add some 'heat', or maybe try replacing the meat with calamari. Cook squid rings in a large pot of boiling salted water, uncovered, until just opaque- 40 to 60 seconds. Drain in a colander and immediately transfer to a bowl of ice cold water to stop the cooking process. When squid is cool, drain and pat dry with paper towel.



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