

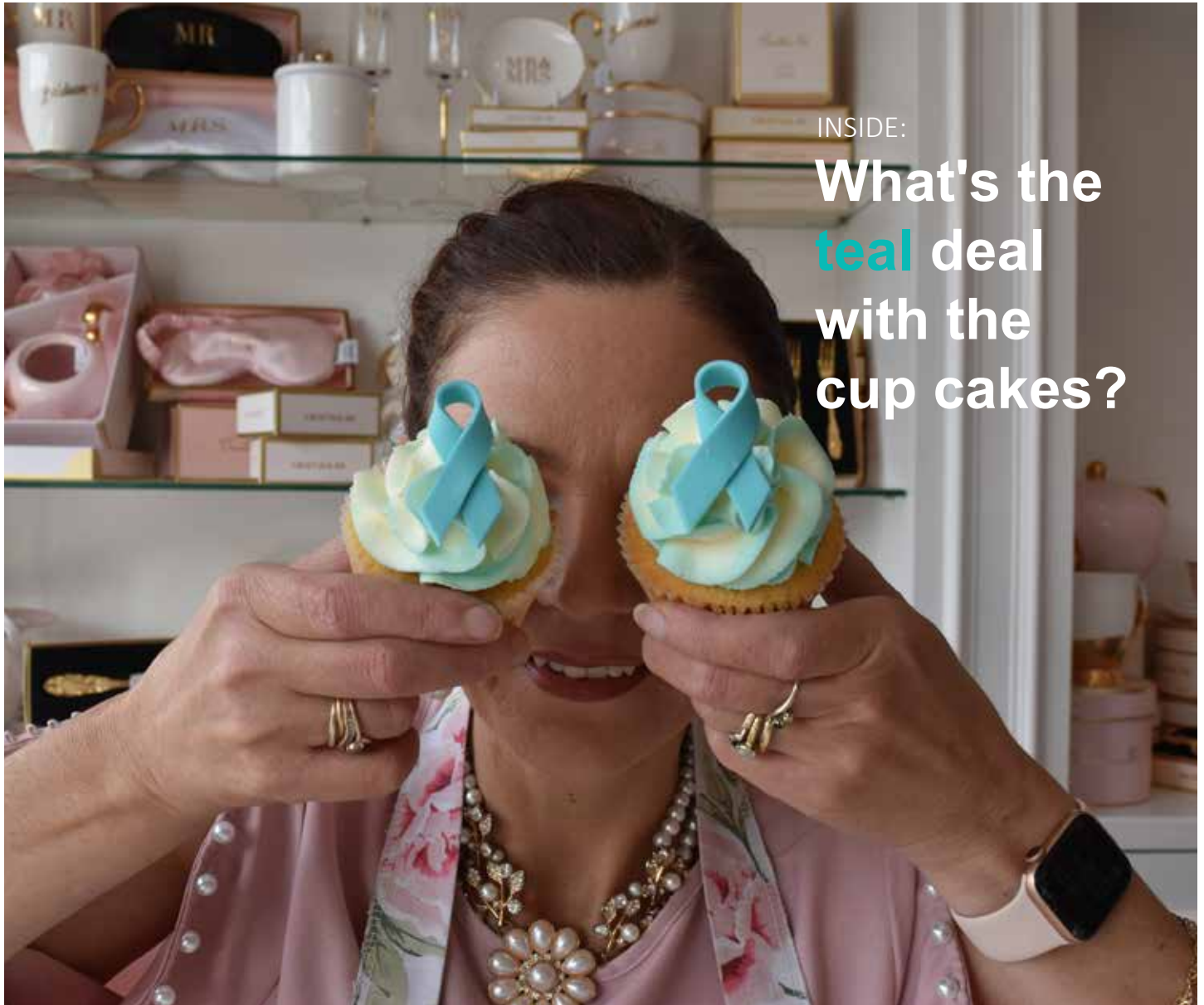


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February 2020 Vol. 9 #120

People, places & events across the Fleurieu Peninsula



INSIDE:

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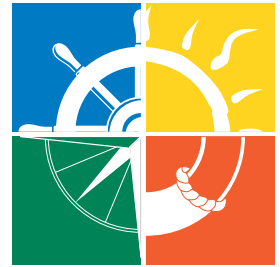
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We have been consumed by profound grief resulting from bushfires across Australia. We continue to be overawed by the bravery and personal sacrifices of fire fighters and other volunteers. And we feel for everyone's personal loss. Some wonderful organisations and ordinary people have set up fundraising appeals including Bendigo Bank. Through its philanthropic arm - Community Enterprise Foundation - Bendigo Bank has partnered with The Salvation Army to establish an appeal with 100% of donated funds going directly to communities in need. Please visit: www.bendigobank.com.au/appeals/bushfire-appeals



February



COVER: TEAL-ICIOUS

Why the icing eyes? To grab your attention, and it has worked. The teal colours and ribbon symbolise International Ovarian Cancer Month and Natasha Field, who created a fabulous tea and cup-cake shop *Tealicious* in Willunga, got into the spirit of the photo fun to encourage everyone to get behind this great cause.

Join Natasha or organise your own tea party

or any other fundraising activity – it's all about creating awareness to help save lives. Teal ribbons will be worn throughout this month with the official awareness day for ovarian cancer being Wednesday, February 26.

Natasha, who is also pictured left, has supported other special days, and we can all do our part no matter how small to get behind this latest campaign.

Willunga is also hosting Judith's Walk on Sunday, February 23 from 6am-1pm, an annual fundraising and awareness event in memory of Judith Rowe, who sadly lost her battle with ovarian cancer in March, 2017.

Organised by Rotary Club Seaford, the walk is from Rose Garden, Aldinga Road, Willunga. Contact: 0414 396 103 harrisrenshaw5@gmail.com

Ovarian Cancer Australia needs help to create awareness and raise much-needed funds for research. More than 1600 women in Australia this year will be diagnosed with ovarian cancer. Of them, over 1000

will succumb to the disease. Only 46 per cent will survive five years post diagnosis – well below the average for all cancers in Australia.

Concerning is that 44% of Australians with a family history of ovarian cancer have not discussed the risk with their GP. Let's chat about it over a Teal-icious cup cake and a cuppa. Visit: ovariancancer.net.au



DAY OF THE LEAPLINGS

So the Leaplings are able to celebrate their birthday on Feb 29. "It's my birthday," they squeal as if it were some rarity. Actually, it's a one in 1461 chance of being born on this day.

Continued P4



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February

From P3

We have a leap year because, with a modern day calendar of 365 days, a complete revolution around the Sun (one solar year) takes approximately 365 days and 6 hours.

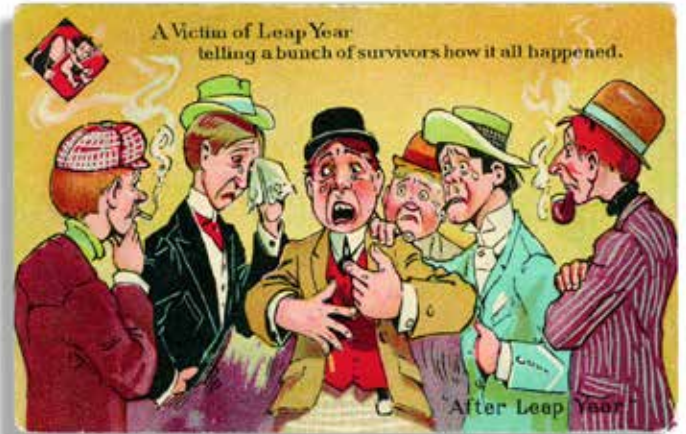
An extra 24 hours thus accumulates every four years, requiring that an extra calendar day be added to align the calendar with the Sun's apparent position. Without the added day, in future years the seasons would occur later in the calendar, eventually leading to confusion about when to undertake activities dependent on weather, ecology, or hours of daylight.

February 29 is special for a genuine reason – it is Rare Disease Day, first held in Canada in 2008 and now commemorated internationally. According to the *Journal of Molecular Medicine*, Ribose-5

phosphate isomerase deficiency is the rarest disease in the world with MRI and DNA analysis providing only one case in history. A young patient was discovered in 1984 to be experiencing, among many terrible things, the wearing away of tissue in the largest and deepest part of the brain due to aging. Still today the molecular cause of the genetic pathway malfunction is not understood. Now a test for the kids: if you were born on February 9, 2000, how many birthdays would you have had? One. You can only have one birth day, but this February 14, 2000 you would have celebrated it five times.

THERE'S NO ESCAPE

There is added romance to St Valentine's Day on February 14 in a Leap Year because traditionally it means a woman can ask a man to marry.



This dates to the fifth century when St Bridget complained to St Patrick about women having to wait for so long for a man to propose.

If we look up *Wikipedia* the biggest event on Feb 29 for mankind seems to have been in 1980 when American Gordie Howe of the then Hartford Whalers made National Hockey League history by scoring his 800th goal.

Of the top 48 list (it couldn't rake up 50) of 'celebrities' named who celebrate a birthday on Feb 29 there were no images for 15 of them; that's how big this day is. And named as the most famous? Danielle Aaliyah, some YouTube star.

In sport, another a household name, Nelson Asofa-Solomona, a New Zealand rugby league player, tops the list.

Why this shameless sledging (in jest, of course) of the Leaplings? Jealousy, really. Wouldn't it be nice to feel forever young by having celebrated your birthday so few times. Or doesn't it work that way? Anyway, hope our one in 1461 Leaplings have a great day.



SPECIAL DAYS

Throughout February
Don't Wait Until It's Too Late
- Bowel Cancer Australia.
National awareness campaign for bowel cancer and

encouraging more Australian's to screen for the disease. www.preventbowelcancer.org/
International Childhood Heart Disease (CHD) Awareness Day. HeartKids aims to raise national awareness for all aspects of children's heart disease. www.heartkids.org.au
Heart Research Month including Feb 14: Day of Hearts. Heart Research Australia raises awareness about the devastating impact heart disease has on families, friends and communities, and the importance of supporting life-saving heart research to find new ways of preventing, diagnosing and treating heart disease. www.heartresearch.com

FebFast aims to give individuals the tools and opportunity to reflect, change and break existing routines that inhibit wellness, starting with alcohol consumption. febfast.org.au/
Feb 14: V-Day is a global activist movement to end violence against women and girls. vday.org/
Feb 18: International Asperger's Day. Highlighting the significance of Asperger syndrome for both society and individuals, also illustrates one of the many challenges to the newcomer trying to understand the autism spectrum. www.asperger.asn.au
Feb 26: Business Clean Up Day – Clean Up Australia. Do your part to promote a clean, healthy and sustainable environment. www.cleanupaustraliaday.org.au

Continued P5

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February

From P4

Numerous official fundraising events for the Bushfire Appeal have been planned across the Fleurieu Peninsula, and we will do our best to promote them all – it can be a matter of deadlines and timing. e: info@coastlines.com.au



THEY WILL ROCK YOU

The fabulous crew at Cinemallunga is saying "We will, we will rock you" and they will when it presents *Bohemian Rhapsody* at the Willunga Recreation Park Hall on Saturday, February 15. It's one of the group's big productions for 2020 and it will support the Bushfire Appeal with proceeds going to the desperate people of our state who have lost everything and to assist in the huge loss of stock/animals/bees etc.

Dress-up in real *Queen* style and from 6pm enjoy a glass of Shottesbrooke wine and purchase food provided by Motivation Australia. Party Band *Generator* will get the Summer Spectacular rocking for around an hour with the usual shenanigans before the movie starts at around 7.30 pm. There will be a *Bohemian Rhapsody* community choir and registrations may be made via the Trybooking website for ticket holders only. You may attend practice nights in advance of the event – www.trybooking.com/BHPWY.

Tickets A \$22, C \$17, U13 \$12 available at I am Tall Poppy and/or www.trybooking.com/BGYUU. It's a brilliant movie, and a great cause.



YOU'RE THE VOICE

If you think you sound good singing in the shower then please take note. After three highly-successful shows of Big Sing McLaren Vale another is planned for Tatachilla Lutheran College on September 12-13. Big Sing McLaren Vale is run by a group of eight volunteers who are passionate about the arts, and music performance. Previously they were part of a team that ran the highly successful McLaren Vale Carols, held annually for more than 20 years and regarded by many as the start of the festive season in the town.

Organisers expect more than 250 singers from overseas and around Australia to start registering in March. All voices – soprano, alto, tenor and bass – are welcome. There is no audition process.

The Big Sing performance will then be taken to the Adelaide Festival Theatre.

Facebook: Big Sing McLaren Vale
/ e: hello@bigsing.org.au / www.bigsing.org.au

Continued P6

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From P5

SPORTS DAYS

Australia is set to host its biggest ever women's sporting event – the ICC Women's T20 World Cup 2020. It promises action-packed cricket with the 10 best teams playing 23 matches in six host cities from February 21-March 8. There are five warm-up matches at Karen Rolton Oval, Adelaide: Sun, Feb 16 South Africa v Sri Lanka & England v Aus; Tues, Feb 18 Aus v South Africa & England v Sri Lanka; Fri, Feb 19 New Zealand v Thailand. Tickets from \$20 (adults), \$5 (child).

Australia will also host the men's ICC World T20 Cup from Oct 18-Nov 15.

Australia's men's team will tour South Africa for T20 matches on Feb 21 (Johannesburg), Feb 23 (Port Elizabeth), Feb 26 (Cape Town), and a ODI in Paarl on Feb 29.

AFL footy is back – the AFL Women's competition starts with Richmond v Carlton on Friday, February 7, with the Adelaide Crows' first match against Brisbane Lions on Sunday.

The season features four new teams, 120 new players and 13 new venues played over eight weeks in two conferences with the three-week finals series culminating with the grand final on Saturday, April 18.

The AFL season starts on Thursday, March 19 – again with Richmond v Carlton.

Of course, the big event of 2020 is the Tokyo Olympic Games from Jul 24-Aug 9 followed by the Paralympic Games from Aug 25-Sep 6. Put these other events on your bucket list:

Apr 9-12: US Masters Golf, Augusta.

Until Mar 14: Rugby union Six Nations in UK, Ireland, France, Italy.

May 11-17: US PGA Championship, Harding Park, San Francisco.

May 18-June 7: Tennis – French Open.

May 23: Football FA Cup Final. Wembley Stadium.

May 30: Football UEFA

Champions League final, Istanbul.

June 16-19: Golf – British Open. Royal St George's, Kent, England
Aug 31-Sep 13: Tennis – US Open, New York.



A CLASSIC EVENT

McLaren Vale is gearing up to take a step back in time with its 15th annual Vintage & Classic event on the April 4-5 weekend. It's a celebration of old-time motoring and a great mix of food, wine, music and the arts. There will be a huge charity dinner at Serafino Wines on the Saturday night with funds going to the McLaren Vale & District War Memorial Hospital and the local CFS units at McLaren Vale and McLaren Flat. Australian motor racing legend Fred Gibson is the guest speaker. His wife, Christine, was also an amazing driver having become one of only 28 women to have challenged the men at Bathurst during her wonderful career between 1968-84.

The feature event of the Classic – the grand parade of more than 600 special vehicles – will head down the main street of McLaren Vale on the Sunday from 11am.

Vehicles then proceed to a host of participating wineries where visitors may see the cars and motorcycles up close.

Participants are encouraged to dress in clothing from the era of their vehicle, or anything from 1930-90.

Continued P8

New Year, New Opportunity Volunteer with COTA SA in Yankalilla

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

As a volunteer Aged Care Peer Champion you will support older people, individually or in small groups in your community to understand, navigate and engage with the My Aged Care systems.

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Chat to Paloma Wraith, Volunteer Coordinator on 08 8232 0422 or pwraith@cotasa.org.au

More information about the My Aged Care Support Program is available at www.cotasa.org.au/programs



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A smiling couple, a woman with brown hair and a man, are shown from the chest up. They are both wearing white shirts and holding wine glasses. The woman has her arm around the man's shoulder. They are on a boat, with the water and a blue sky in the background.

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February

From P6

There will be prizes for the best-dressed vehicle, participant, shop and winery. Visit: www.vintageandclassic.com.au



ART & PIC SHOW

Entries for the 2020 Goolwa Art and Photographic Exhibition at Signal Point from April 4-18 close on Monday, March

9 – if not before should the competitions be fully subscribed early as in previous years. There is \$22,250 in prizemoney on offer involving more than 25 awards including the \$15,500 for art/paintings with the acquisitive Alexandrina Art Prize carrying \$10,000. The photographic prizes total \$5750. Visit: www.goolwaexhibition.org.au / contact e: goolwaexhibition@gmail.com or Roger Shelden 0418 825 706.

KEEP THEM FLYING

The South Coast Branch of the Royal Flying Doctor Service is holding another Women of the Fleurieu Dinner at the Fleurieu Function Centre, Goolwa on Tuesday, February 18 from 7pm. Guest speaker is community

champion Carol Gaston AM, who has been sponsoring girls in Bangladesh through World Vision since 1983. Recently she had the opportunity to spend time with them through World Vision in their home town of Chittagong, India, and will convey the experience. Bookings by February 10 essential; \$30 inc. two course meal. T: Jenny 0418824594 or e: bbuscombe@internode.on.net
The local RFDS crew is also having a fun lawn bowls night at Goolwa on February 25 at 6pm – flat soled shoes or bare feet. Cost \$12 inc. T: Neville 0428191290 or e: nwoolcock09@bigpond.com or Jody 8555 2545 e: goolwabc@bigpond.com

location – home, work or the local coffee shop with Vanessa, its local mobile consultant. For the record, Hastwell Travel & Cruise is a member of Travellers Choice – winner of Australia's Best Travel Agency Group Award in 2019 – and a finalist in the McLaren Vale Business & Tourism Association for Professional Services and People's Choice Awards in 2019. As a member of Travellers Choice, it has exclusive TripADeal products including Diamond Deals are only available through Travellers Choice agents, and you can now book locally. Contact: 83232922 or Vanessa 0403226329.

ON A HEALTHY NOTE

The Independent Living Centre's mobile unit outreach caravan will visit Strathalbyn on Thursday, February 20 from 10.30am-3pm. It will be stationed at Coleman Tce (car park at the end). The state government service provides free professional advice on techniques and equipment to assist with everyday activities. An experienced occupational therapist will be in attendance. The service is open to all members of the public including those with a disability, injury or illness, carers, health professionals and organisations/services. Supported by Lifetime Support. www.sa.gov.au/disability/ilc

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GET THE TRAVEL BUG

Local tourism has been at the forefront given the bushfire tragedy, but for some time now increasing numbers on the Fleurieu Peninsula have also been heading the other direction. Hastwell Travel & Cruise, a full service travel agency in its 30th year of operation, has been busier than ever meeting the needs of holiday makers heading overseas.

The locally-operated and owned company with offices in McLaren Vale and Frewville also reports the choice of destinations has varied more than ever. The business offers meetings at your preferred

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Investigator College is entering an exciting new era – moving its Goolwa campus to the one at Victor Harbor, which is undergoing further development, and appointing a new principal for the first time since 2002. With the changes the ethos remains, but the vision has become wider.

Making a difference

It took a Pakistani activist for female education Malala Yousafzai, who in 2014 became the youngest Nobel Prize laureate, to remind us that one book, one pen, one child, one teacher can change the world. The reality is that as thousands of children who started or returned to more than 20 schools across the Fleurieu Peninsula this week probably had never heard of her nor her words of inspiration and hope.

However, the essence that every current student can be the best they can and somehow change this planet filled with grumblers for the better has perhaps never been more pertinent at Investigator College.

It is experiencing its biggest change since evolving from Glendale College in 2002 with a campus in both Victor Harbor and Goolwa and Don Grimmett as principal.

Now with a combined campus in Victor Harbor, and the appointment of John Robinson as the new principal the ethos remains, but the belief every student can make a difference by

merely being a good, kind person has never been stronger.

John wants to develop a culture where it is cool to achieve; celebrate success in a place of high and equal standards. "Aim for the sky," he's telling the students. But with it comes a reminder that while achieving your best possible results is important, it's not everything.

"This week was the first day of school for many, but at the end of the last day to come it's really important that you are a good person, have enjoyed good experiences and made good connections that may last a lifetime," John said. "Most of all, you feel proud of being whom you are."



“

It is about growing good citizens, and part of that is about making the right choices and doing what is right when no one is looking; that great sense of self belief. It's about being a kind person, and nothing should be at the expense of good manners and respect.”

– new Investigator College principal John Robinson

"I want our students to feel proud to attend Investigator College with its Anglican connection with schools in Adelaide, Melbourne and Sydney – in fact, around the world – and be the very best they can in an environment of high standards in Victor Harbor.

"It is about growing good citizens, and part of that is about making the right choices and doing what is right when no one is looking; that great sense of self belief. It's about being a kind person, and nothing should be at the expense of good manners and respect."

John joins Investigator College with impressive credentials including as principal

of Trinity College North, assistant principal at St John's Grammar, deputy head of Scotch College and head of its Mitcham Campus. He has presented Positive Education conferences around Australia. Along the journey opportunities emerged to move to higher-profiled city-based schools including those in Sydney, and with the utmost respect it is reasonable to ask why Victor Harbor? It has a lot to do with John being a 'country boy' at heart having been raised on a sheep and barley farm outside of Yorketown on Yorke Peninsula.

Continued P10

From P9

"Country life taught me the importance of community," John said. "I mean seeing the good of people; I really believe in that, helping them to discover their strengths. It's about kindness and helping those need."

"I was attracted by Victor Harbor's community aspect. I like to know everyone... as principal connect with every student, every parent every grandparent and every pet. I love the coast and I really enjoy the fact that it is a community still. I am looking forward to engaging with our stakeholders." And the pet reference was not made lightly. John and his wife Cathy, also an independent school teacher – they have three daughters – currently enjoy a property in Mount George in the Adelaide Hills, which among other things has become a haven for caring for unwell horses, dogs looking for homes, and ringtail possums among the growing list of their injured wildlife. It underlines his kindness factor.

The closure of Goolwa campus and further expansion of Victor Harbor campus is significant, and John is acutely aware of the positives and the sensitivity this brings. Again he turns to a need for good communication with parents and students. "I have a big emphasis on making sure the Goolwa families and students are really looked after and feel that strong sense of belonging – it is really important," John said. His delivery of positive education talks relates to the well being of students, staff and community.

"A lot of leaders neglect the staff, but I have made it a big focus," John said. "It has become perhaps my main area of lectures around Australia. If you have the staff in a

state where they feel really valued they will go the extra mile because they want to.

"It is a wonderful thing to see a flourishing staff. I walk into schools and they say, 'sure, we've got well being programs and we've got a pot plant in the staff room', and I look at the staff and they look despondent. It is something special when a staff can come together and grow together and open up together."

"Positive education covers student well-being. The strong emphasis is on resilience – you need that in this world. You have to bounce back from adversity and see negative experiences as setbacks rather than something permanent from which you cannot recover."

"I have an extremely positive outlook on today's generation; it wants to learn. It cares for the environment and others. Young people of today are switched on, they are globally connected and are interested in problems not just along our south coast but the world. They are open to new learning and together bring that wonderful side of technology. They absorb that and take it to a whole new level."

"I am excited by what today's generation can bring to the world. I want our students to be part of a world class school, one never neglecting that community spirit and having an emphasis on well being. Being kind is so important."

Malala Yousafzai's theory that it can take one one book, one pen, one child, one teacher to change the world is solid, but maybe it also takes kindness that John constantly talks about to hold us together while we live the dream. Like Malala, we can only hope. 🌍



Local film festival to get exposure

The rapidly evolving Fleurieu Film Festival is presenting a series of films as part of the Adelaide Fringe Festival – in the city at Mercury Cinema on Thursday, February 20, and at the Arts Centre, Gawler St, Port Noarlunga on Wednesday, February 26.

Fleurieu Films at the Festival will be 10 short, family friendly films made by local filmmakers for the Fleurieu Film Festival. It includes dramas, comedy, music and a documentary – each eight minutes long. There will be a Q&A session and refreshments after the films.

The Adelaide Fringe Festival, which was inaugurated 60 years ago, will be held from February 14-March 15, and will provide wonderful exposure for our next Fleurieu Film Festival in 2021 under the theme of *Wild*. Submissions close January 10, 2021 with the festival from February 13-14, 2021.



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They're different in old Clayton town, as they are across the waters to Clayton Bay, who proudly mark 'Duck's Hospital' in Dunn's Lagoon by Snag Cove on the tourist map. Between them they have about 300 permanent residents living in 18 streets, but dare not suggest it's just one little town here; they still say there's two. Some simply haven't got over the renaming of Clayton to Clayton Bay in 2008, and adding to the quirkiness is the fact the opening of new public toilets in 1970 – yes, something special is planned in this golden anniversary year – is also listed on the map. Indeed, different to possibly every other South Australian town, but in a remarkably good, fun-loving sense. We can talk of the 230 migratory birds from Siberia, Alaska, Japan and China that join the other 27,000-or-so here each summer, the 50 new residents over the past year which continues to make Clayton Bay possibly Australia's fastest-growing town percentage wise, and the 10 new houses in recent months. But setting this place apart is the community hall that came 15 years after the toilets. It's in this hall that the local community association meets, and where special people over the years have made this town different for all the better.

Among them is Leonie Henderson, who on Australia Day was most deservedly named as the Alexandrina Council Citizen of the Year.

By her own observation, and with our utmost respect, very few of the ratepayers had probably never heard of her before, but there's a lot of us outsiders who don't know much about Clayton Bay either. Leonie's humbleness tells us this award is about everyone who has made this town, its hall and community association what it is today. She is probably right, but the council still picked the right torch bearer. Having spent 15 years as a seasoned holidaymaker, Leonie came here almost a decade ago and has been on the association for nine years, including as secretary and



The character of Clayton and its characters

four as president. Evidence of change by the committee comes with upgrades to the hall, Stobie poles decked in art, a new shed as part of a new recycling plan, the development of a nursery, and a Southern Frog breeding program which is possibly the only one of its kind in Australia. Clayton Bay is a destination, not a drive-through town, and the experience is priceless. It has created the biggest and the best bonfires to welcome the winter solstice, and a hootenanny with good old fashioned toe-tapping square dancing. Locals have built a big pizza oven behind the hall on top of the old tank stand and

come out on a Saturday night with their own creations and cook it alongside each other. And come Saturday, April 18 Letho Kostoglou, the new community association president, will bring Mozart to the hall – Letho is an acclaimed classical pianist and will perform with Port Elliot resident Ana Marina, a brilliant opera singer. And a pizza is included in the cover price; what else would you have?

They do different things here, but according to Leonie what makes a great community is great people. "What makes Clayton is its size and the passionate people that we have here," she said.

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"The friendliness... the fact people don't feel pressured to be involved; everything is at their leisure. There are opportunities to be involved or just come along.

"So much has been written or said about our country's community spirit during the bushfire tragedy, and rightly so, but I think in every country town that spirit has always been there deep inside. Like others, we support each other no matter what. We have had our times of drought, personal losses that have really impacted on the town, and we've all been alongside each other.

"The association was formed to run the hall, and to pay its way we had fundraising events which morphed into the Clayton Bay Community Association. We have a commitment to maintain the hall, but in more recent times we changed to have a far greater focus on reaching out to people and getting them to become part of events; a chance to feel part of a community." The association has family and single memberships covering about 300 people – almost the entire town – yet according to Leonie it struggled to fill a committee this year.

"We're not alone with this," Leonie said. "A committee is one thing, but it's important to take up people's offer to help out. They'd say, 'oh, I'd love to help out' so now we specifically say 'okay, can you please help out here' rather than just leave the situation hanging, and they do willingly help out. "In time there are always going to be core tasks that will need a committee to take them to that next step, but maybe committees need to start taking on more of a coordinating role and getting people who cannot go on committees or whatever reason to help share the workload." Leonie also volunteers at Goolwa with Cittaslow and the Wildlife Support Group,

and up to last October was on a committee at Strathalbyn for the Rural Women's Gathering, which received an event of the year award.

Again, Leonie stresses there are so many who share this with her because without their support and enthusiasm nothing would have happened.

"Again like everywhere else, we struggle to get younger people to volunteer," Leonie said. "I am hoping it will be different for us as time goes on. There are some younger families arriving so we are hopeful they will pick up some roles. We also have to allow for the 200-plus people who don't live here full time to help out.

"Sometimes it all gets down to personalities. I am just part of a group that just clicks – it gets things done and reaches out to people in all sorts of ways. I know other committees that just don't get on this way.

"Clayton Bay has special people like Carol Richardson, Pat & Peter Smytherman, Brian Lewis and Laurie Hepworth and many others who are deserving of this award."

And if you still don't think Clayton Bay is different, beyond the community plantings each year and turning tadpoles into rare frogs, Leonie actually likes social media because facebook has helped people they somehow don't see in this small town. But then, aren't there are two towns, Leonie? "Well, actually," she said. "There is old Clayton and new Clayton Bay, but then Carol and Laurie live up on the point of the peninsula so we call that part Clayton Heights or Plastic Clayton." Imagine that, a town that can share a joke about itself. You've got to love this place; Snag Cove, the letter boxes, benches all covered in mosaic, home-made pizzas and the golden-year toilet block. Call it what you like; it's home to some wonderful people including our Citizen of the Year. 🌈

New classes available for U3A

School is back for thousands of youngsters across the Fleurieu Peninsula, and also for the not-so-young at the University of the Third Age across our south coast.

There is another big difference – there's no homework, exams or degrees. According to U3A South Coast president Sue Gelade U3A is all about learning, creating, discussing whilst socialising with members volunteering to take classes for other members.

The U3A, a not-for-profit organisation, began accepting enrolments for 2020 a few weeks ago with more than 30 courses on offer, and there are still places available. Annual membership is \$40, plus \$2 per lesson to cover venue hire at either Victor Harbor or Goolwa.

The yearly program is varied and including play reading, music appreciation, dance, book groups, history research, philosophy to poetry, and gardening. Language classes are popular – French, French, German, Italian and Latin – and added this year are courses on art discussion, anything craft and Celtic music.

The U3A was launched on the south coast in the 1980s, and is part of an international movement that started in France in 1973 with aims including the education and stimulation of mainly retired members of the community – those in their third 'age' of life.

To enrol: u3afleurieu@gmail.com or visit: www.u3afleurieu.org



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Bean there, done that

Ben Tugwell is a safety consultant and there is no risk in saying he makes a coffee of world class. He has three medals to prove it. This self-taught coffee roaster and founder of Fleurieu Roast from McLaren Vale picked up international awards at the 2019 Golden Bean – not bad when considering it was only pressure from his customers to enter just days before entries closed.

Industry leaders and coffee professionals gathered in Port Macquarie late last year for three days of blind taste-testing of more than 1500 entries from Australia and New Zealand. Ben won a silver medal in the 'Espresso' category with his Café Meilleur, and bronze medals in the 'organic' Espresso category with Café Meilleur, and in a milk-based category with Café J'Adore. Ben, pictured with his awards, imports the finest of beans from South America, particularly Guatemala, and uses his own technique to roast them in small batches inside a quaint roastery shed within the Aldinga Arts EcoVillage opposite the Aldinga



sports complex on Port Road. The success led to him opening a pop-up coffee shop during the summer holidays – and obviously the word got around about his success based on the support. And what makes Ben's coffee so great? It's all in the quality of the beans and how you roast them, he says. The art of making a great coffee with pod machines is not to over extract to try and get more value from the pot. "Less is more flavour," he adds. Visit: www.fleurieuroast.com.au

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Puzzles



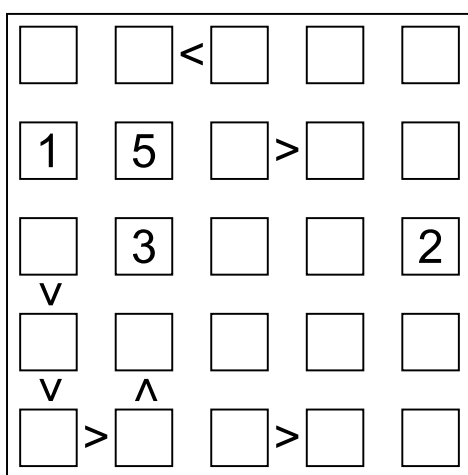
Target Time

Average 38, Good 44, Excellent 50+.

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*

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.

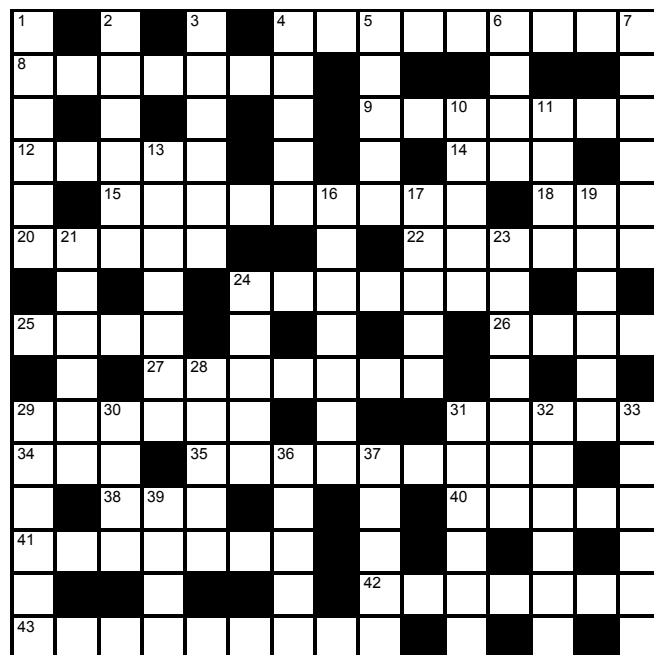
Futoshiki



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Answers page 18

Crossword



Across

4 Compute
8 Flamboyant manner
9 Hard rock
12 Fact of being elsewhere
14 Lair
15 Freed
18 Indicate assent
20 Inconsiderate speed
22 Against
24 Breathe
25 Wicked giant
26 Stylish
27 Be mirrored
29 Of spring
31 Raised platform

34 Anger

35 Produced
38 Boring tool
40 Said further
41 Soup containers
42 Bird with large bill
43 Keeps under
Down
1 Spatter
2 Garden pests
3 Writer
4 Tree
5 Not heavy
6 Solitary
7 Frees from faults
10 Snake
11 Taverns
13 Bird

16 Severely simple
17 Expel by legal process
19 Outdoor excursion
21 Fisher
23 Repeated from memory
24 Weapon
28 Bird of prey
29 Winner
30 Bring up
31 Firm
32 Slave to a habit
33 Conclusion
36 Cosy retreats
37 Harvests
39 Have on

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Community markets

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

CHRISTIES BEACH - ORIGINAL OPEN

MARKET: The Reserve, Beach Road, Christies Beach first and third Sunday of each month 8am-1pm. T: 0405 025 968.

CITTASLOW GOOLWA FARMERS MARKET:

Sunday, February 9 & 23 from 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.

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THE VALE MARKET:

McLaren Vale and Fleurieu Visitor Information Centre, Main Rd, McLaren Vale from 10am-3pm on Monday holidays 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:

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.

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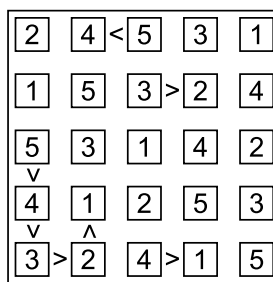
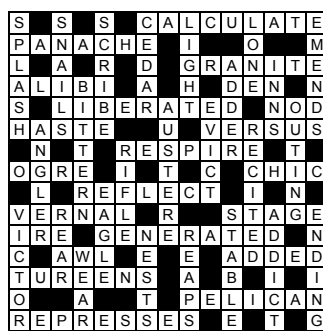
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The attorney says: "Well, I met with your wife today, and she informed me that she invested \$5000 in two pictures that she thinks will bring a minimum of \$20 million. I think she could be right."

John replies enthusiastically: "Well done! My wife is a brilliant businesswoman. You've just made my day. Now that I know I can handle the bad news – what is it?"

And the attorney replies: "The pictures are of you and your secretary."

Boom, boom...

The boss is upset because his secretary ignores the phone every time it rings. "You must answer the telephone," he tells her sternly. And the secretary replies: "Why? It's always for you."

A new neighbour asks a little girl next door if she has any brothers and sisters. She replies: "No, I'm the lonely child."

A neutron walks into a bar and says: "I'd like a beer, how much will that cost me?"

The bar person gives him a beer and says: "There's no charge."

Davo is pounding away on a laptop when a man asks: "What are you writing?" Davo says: "A book." The man asks: "What's it about?" And Davo says: "I don't know, I can't read."

Bazza tells his mate over a beer at the local: "It's a five-minute walk from my house to the pub, but I can't work it out – it's 35-minutes from the pub to my house." And his mate says: "Wow, that's staggering."

A chap gets a new job at a guillotine factory,

Laugh Lines

and the first morning he says to his wife: "I'll be heading there shortly."

A man complains to his doctor: "I've been to three other clinics and none of them agree with your diagnosis." The doctor replies: "Just wait until the autopsy, then they'll see that I was right."

A distraught senior citizen phones her doctor's office. "Is it true, is it true... I need to know that the medication you prescribed has to be taken for the rest of my life?" The doctor says: "Yes, I'm afraid so, but there's no need to worry." The old lady screams: "Don't worry! The prescription is marked 'no refills'."

An English professor announces to the class: "There are two words I don't allow in my class. One is gross and the other is cool." And from the back of the room a voice asks: "What are the words?"

Missing you...

Nick, Jed and Sam are shipwrecked on a deserted island and are walking aimlessly along the beach when they discover a magic lamp. They rub the lamp as hard as they can, and sure enough out pops a genie. The genie says: "Since I can only grant three wishes, you may each have one."

Nick says: "I've been stuck here for years. I miss my family, my girlfriend and my life. I just want to go home." Poof! Off he goes home.

Jed says: "I've been stuck here for years as

well. I miss my family, my girlfriend and my life. I wish I could go home too." Poof! Off he goes home.

Sam starts crying uncontrollably. The genie asks: "My dear Sam, what's the matter?"

And Sam says: "I wish my friends were still here."

Close shave

Steve goes into a barber shop for a shave, and while the barber is foaming him up Steve mentions he has trouble getting a close shave around his cheeks.

The barber says: "I have just the thing". He takes out a small wooden ball from a little drawer, and adds: "Just place this between your cheek and gum."

Steve places the ball in his mouth, and as he starts to receive the closest shave he has ever experienced in his life he starts shaking uncontrollably. The barber says: "Are you okay?"

Steve says: "I'm frightened I am going to swallow the small wooden ball."

The barber says: "Oh, don't worry about that... if you swallow it just bring it back tomorrow like everyone else does."

Dad jokes...

Why do the French eat snails? They don't like fast food.

What do sprinters eat before a race? Nothing, they fast.

What's the difference between a well-dressed man on a bicycle and a badly dressed man on a unicycle? Attire.

What kinds of songs do planets like to sing? Nep-tunes.

Did you hear about the guy whose whole left side was cut off? He's all right now.

Did you hear about the robbery in the laundry room? Two clothespegs held up a pair of pants.



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A Beautiful Day in the Neighborhood

(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, 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 scepticism, learning about empathy, kindness, and decency from America's most beloved neighbour.

Jojo Rabbit

(M) Comedy, drama, war movie starring Roman Griffin Davis, Thomasin McKenzie. Jojo is a lonely German boy who discovers that his single mother is hiding a Jewish girl in their attic. Aided only by his imaginary friend - Adolf Hitler - Jojo must confront his blind nationalism as World War II continues to rage.

1917

(MA15+) Drama, war movie starring Dean-Charles Chapman, George MacKay and Daniel Mays. Two young British soldiers during the First World War are given an impossible mission: deliver a message deep in enemy territory that will stop 1,600 men, and one of the soldier's brothers, from walking straight into a deadly trap.

H is for Happiness

(PG) Family movie starring Richard Roxburgh, Emma Booth and Miriam Margolyes. Directed by John Sheedy. A twelve year old girl with boundless optimism and a unique view of the world, is inspired by the strange new boy at school and sets out to mend her broken family - whatever it takes. **Commences February 7.**

Just Mercy

(M) Drama starring Brie Larson, Michael B. Jordan and Jamie Foxx. Directed by Destin Daniel Cretton. World-renowned civil rights defence attorney Bryan Stevenson works to free a wrongly condemned death row prisoner. **Commences February 7.**

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Wednesday coffee session

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

Richard Jewell

(CTC) Biography, crime, drama starring Paul Walter Hauser, Sam Rockwell and Brandon Stanley. Directed by Clint Eastwood.

American security guard Richard Jewell saves thousands of lives from an exploding bomb at the 1996 Olympics, but is vilified by journalists and the press who falsely reported that he was a terrorist.

Commences February 14.

The Peanut Butter Falcon

(CTC) Adventure, comedy, drama starring Zack Gottsagen, Ann Owens and Dakota Johnson. Zak runs away from his care home to make his dream of becoming a wrestler come true. **Commences February 14.**

Seberg

(CTC) Biography, drama, thriller starring Kristen Stewart, Yvan Attal and Gabriel Sky. Directed by Benedict Andrews. Inspired by real events in the life of French New Wave icon Jean Seberg. In the late 1960s, Hoover's FBI targeted her because of her political and romantic involvement with civil rights activist Hakim Jamal.

Commences February 21.

Emma

(CTC) Drama, comedy starring Anya Taylor-Joy, Josh O'Connor and Tanya Reynolds. Directed by Autumn de Wilde. Based on the classic Jane Austen novel. **Commences February 28.**

Miss Fisher and the Crypt of Tears

(CTC) Adventure, mystery starring Miriam Margolyes, Essie Davis and Ashleigh Cummings. Directed by Tony Tilse. After freeing a young Bedouin girl from her unjust imprisonment in Jerusalem, Phryne Fisher begins to unravel a decade-old mystery concerning priceless emeralds, ancient curses and the truth behind the suspicious disappearance of Shirin's forgotten tribe. **Commences February 28.**

Les Misérables: The Staged Concert

(CTC) Musical, theatre - main cast Matt Lucas, Michael Ball, Alfie Boe and Carrie Hope Fletcher. Directed by Nick Morris. Featuring an all-star cast, Cameron Mackintosh's spectacular sold-out staged concert version of the musical phenomenon Les Misérables is an absolute must-see! **Sat Feb 29, Sun March 1 and Wed March 4 only.**

Peter Rabbit 2: The Runaway

(CTC) Adventure, comedy, family, fantasy movie starring Margot Robbie, Domhnall Gleeson and James Corden. Despite his efforts, Peter can't seem to shake his reputation for mischief among the other

rabbits. Once he adventures out of the garden Peter finds himself in a world where mischief is appreciated, but soon his family come to bring him home. **Commences March 20.**

Honey Walnut Bliss Balls

Ingredients

120g walnuts
30g dark chocolate (70% cocoa)
250g Medjool dates, washed & pitted
1 tbsp cacao powder (or cocoa)
1 tbsp extra virgin olive oil
1 tbsp honey
1 tsp vanilla essence
extra cacao powder for dusting



Method

Place walnuts and chocolate (broken into small pieces) in a food processor bowl and process until chopped into very small pieces. Add all other ingredients and process until the mixture forms a ball.

If mixture is too dry, add a tablespoon of water to mixture to help form the ball.

Using clean hands, roll the mixture into balls (about 3cm in diameter) then roll each ball in extra cacao powder to coat.

Place the balls in an airtight container lined with grease proof paper, and refrigerate for at least an hour before serving. Makes about 14 balls, which keep up to a week refrigerated.

Have nbn[™] questions? We have the answers.

See the team at your local Telstra Store Victor Harbor.



Gourmet Hot Dogs

Ingredients

1 tablespoons olive oil
1 tablespoon butter
2 red onions, peeled, halved, thinly sliced
2 tablespoons white wine vinegar
2 tablespoons brown sugar
1 teaspoon fennel seeds
6 good quality frankfurts
4 tbsp tomato relish
150g brie cheese, thinly sliced
baby rocket leaves, stems removed, rinsed
6 hot dog rolls

Method

To make caramelised onion, heat olive oil and butter in a pan over medium heat. Add onion and fennel seeds and stir to coat, then reduce heat slightly and cook for 10 minutes, or until caramelised – stirring occasionally. Stir through white wine vinegar and brown sugar, and cook for one more minute. Set aside until ready to serve.

On medium heat bring a wide saucepan or frying pan of

water to simmering point – there should be enough water in the pan to cover frankfurts. Reduce heat slightly, add frankfurts and simmer for about 8 minutes, or until heated through. Keep warm until ready to serve.

Pre-heat oven to 150°C. Split rolls lengthwise down one side (leave the other side uncut), place rolls unopened on an oven tray and warm in oven while frankfurts are cooking.

To assemble – open warm rolls and spread cut sides with tomato relish. Place the drained warm frankfurt lengthwise on the bottom cut side of the roll, and top with caramelised onion. Place slices of brie on top and finish with a layer of shredded baby rocket leaves. Makes 6 hot dogs.

Note: Adjust ingredients to number of hot dogs required. Any leftover caramelised onion can be refrigerated.

Hot Smoked Salmon Salad

Ingredients

2 baby cos lettuce (or 1 medium)
1 Lebanese cucumber, peeled and sliced
1 avocado, peeled and sliced
8 semi-sundried tomatoes
handful of bean sprouts, washed
150gms wood roasted salmon or hot smoked salmon
2 eggs, hard-boiled and cooled

Dressing

3 tablespoons extra virgin olive oil
4 tablespoons freshly squeezed lemon juice



Method

Remove leaves from cos lettuce, trim and wash. Dry with salad spinner or paper towel. Cover a serving plate with the lettuce leaves. Evenly distribute the cucumber slices, avocado slices, semi-sundried tomatoes, and bean sprouts over the lettuce. Remove skin from base of salmon and slice into bite-size serving pieces, then add to the platter. Remove shells from hard boiled eggs, and slice each in half and add to platter.

Dressing: place the olive oil and lemon juice in a small bowl and whisk to combine. Serve the salad drizzled with the dressing. Serves 2.

Note: One of our favourites is Premium Wood Roasted Salmon with Blackened Spice.

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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.

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Country Cup	7480 0167
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