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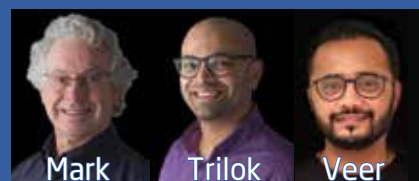
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We've always been about helping small businesses across the Fleurieu Peninsula, and that is why we have drastically reduced our advertising rates for this May edition.

And everyone can help by buying local, especially from our advertisers who make your free magazine possible. Please support them.

Regrettably, we're online only this month, but we expect to resume printing with our June edition.

And to continue helping all businesses across the region we are offering a special deal – up to 20% off all advertising throughout the winter months.

Here are some other great reasons to advertise in Coast Lines:

- We have the biggest and widest circulation network of any regular publication on the Fleurieu Peninsula – we distribute almost 6000 copies
- Incredible value – our rates are well below every other regular publication on the Fleurieu
- Our rates include online advertising – we have a strong presence on facebook and Instagram, and we email an electronic version to more than 400 subscribers (strict privacy laws apply)
- The quality of our printing is first class – it's clean and you can actually read your advertisement in true colour.

## Our winter rates

Full page	\$605
1/2 page	\$375
1/3rd page	\$283
1/4 page	\$235
1/6th page	\$165
1/12th page	\$95
Business ads:	\$33

Check our website for more details.

We hope you enjoy the May edition of your magazine. Take care.

Ashley & Jenny  
Publishers



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## May

### COVER

As difficult as it was, James Stewart (left), one of the south coast's most talented artists, graphic designers and signwriters, raised a smile while holding his art piece *Ned Kelly's wife* in his Goolwa workshop. You may have seen James' amazing work – bits 'n pieces of metal used to create the cow at Port Elliot and Kenny Blake on his motorbike at Strathalbyn honouring the great champion, plus murals and other forms of stunning art in the galleries. But he's just like any other artist around the world right now, finding things tough because few people are buying art in these hard times caused by the coronavirus and

artists haven't been eligible for the special benefits.

James was also one of many who had worked incredibly hard on pieces to enter in the Goolwa Arts & Photographic Exhibition in April, which regrettably had to be cancelled. So many people put in so much time, effort and expense with no return. We decided to call in on James as a means of highlighting the plight of all artists, who like most musicians and other performers – not to mention the galleries and studios – need our support.

The arts and culture sector is crucial to the Fleurieu Peninsula so let's don't forget them. And like James, somehow create a smile.

Continued P4



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From P3

## MUM'S SPECIAL 97

Australians will honour and thank their mums for the 97th time as one of 97 countries around the world that celebrates Mother's Day on the second Sunday in May – this time Sunday, May 10. It will be difficult than most Mother's Days of past given the restrictions with the coronavirus, but you can still make mum feel extra special by sending flowers across the Fleurieu Peninsula – just ring Shirley at Allira Florist at Victor Central Shopping Centre on 8552 3954 or 0418 812 747 (see above). We don't apologise for the free plug – we need to support our local businesses. Mother's Day stems from 1908 when Anna Jarvis held a memorial for her mother Ann in West Virginia, United States of America recognising her, among other things, as a peace activist who cared for wounded soldiers on both sides of the American Civil War. Anna became resentful when Mother's

Day – the spelling deemed as singular by U.S. Congress – became commercialised by Hallmark with cards. However, it was Janet Heyden, a resident of Leichhardt, Sydney, who first started a campaign in 1924 to collect gifts for lonely aged mothers on Mother's Day, and the world followed. Given the enforced restrictions due to COVID-19 it will be a Mother's Day with a huge difference this year, and we hope they, and the very special 'mum carers' still have the great day they so dearly deserve.



## IT'S YOUR TURN

The isolation we are currently enduring has meant the old board games are being played for the first time in years. They include *Monopoly*, which is celebrating 85 years of not going past 'go', being sent to jail and collecting \$10 because it's your birthday when it's not really. The irony of this wonderful game is that, while the properties are based on streets in London, the game is derived from *The Landlord's Game* created by American Lizzie

Magie in 1903, and first published in 1935 by American company Parker Brothers, which was absorbed into Hasbro in 1991. Most players over the years have stuck to their favourite token or their symbol, and the die-cast metal battleship is a favourite based on surveys by players. The Battleship was originally used by Parker Brothers in a game called *Conflict*. When that game failed it was easy enough for the company to take the pieces and use them in *Monopoly*. Since then, it has also been used in the game *Diplomacy*. However, the most loved of all is the Scottie Dog, one of three new tokens added in the 1950s. The token received the most votes to keep when new tokens were added in 2017. The most popular new token was the Cat. And clearly the least popular? The Iron. Really, who loves their iron? It's your turn; enjoy.



## SPECIAL DAYS

**Friday, May 1, Kiss Goodbye to MS:** Wear red lipstick and help kiss goodbye to MS – and support MS Australia. [www.kissgoodbyetoms.org](http://www.kissgoodbyetoms.org)

Continued P6

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# Rebekha Sharkie MP

## Federal Member for Mayo

### COVID-19: IMPORTANT INFORMATION

The World Health Organisation has declared the Coronavirus COVID-19 a pandemic. The situation is changing rapidly

In order to stay up to date with the latest information head to **[health.gov.au](https://health.gov.au)** or **[sahealth.sa.gov.au](https://sahealth.sa.gov.au)**

Or call the 24-hour COVID-19 Triage Hot Line on  
**1800 020 080**

#### Testing clinic located at the South Coast District Hospital

The clinic can be accessed via the Bay Road entrance near the pedestrian crossing. You will be asked some screening questions and you will then be advised about what to do next.

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# May

From P4

## 65 Roses Month, The National Cystic

**Fibrosis:** Campaign to encourage people to participate in a challenge themed around the number 65. [www.65roses.org.au](http://www.65roses.org.au)

## Crohns & Colitis Awareness Month:

Creating attention to Inflammatory Bowel Syndrome, which affects more than 5 million Australians. [www.crohnsandcolitis.com.au](http://www.crohnsandcolitis.com.au)

**Art for Epilepsy Month:** Brings together the talented Australian artists in support of those impacted by epilepsy in an online auction. Each work contains the colour purple, the internationally recognised colour for epilepsy, and are auctioned off through [www.epilepsy.org.au](http://www.epilepsy.org.au)



## Domestic and Family Violence Prevention

**Month:** Raising awareness and promoting a clear message that domestic and family violence will not be tolerated [www.domesticviolence.com.au](http://www.domesticviolence.com.au)

**May 4-7, Ride to Cure Diabetes:** Organised by Juvenile Diabetes Research Foundation to raise awareness and funds for type 1 diabetes. Held in the Barossa Valley, riders choose to challenge themselves on one of three professionally run courses of 35km, 80km or 160km. [www.jdrf.org.au](http://www.jdrf.org.au)

## Monday, May 4 – International Star Wars

**Day:** After the phrase *May the Force be with you* often spoken in the Star Wars films became a famous quote, fans commonly say *May the Fourth* be with you on this day.

## Tuesday, May 5, World Asthma Day:

Highlights need for ongoing care and vigilance in managing asthma. [www.nationalasthma.org.au](http://www.nationalasthma.org.au)

## Friday, May 8, World Red Cross Day:

Celebrates the important work done by staff and volunteers of the Red Cross and Red Crescent movements. [www.redcross.org.au](http://www.redcross.org.au)

## Sunday, May 10, World Lupus Day:

International Lupus Congress raises awareness about Lupus, an autoimmune disease that may cause abnormalities in the function and structure of such vital organs as kidney, brain and lungs. [www.worldlupusday.org](http://www.worldlupusday.org)

## Tuesday, May 12, International Nurses Day:

The anniversary of Florence Nightingale's birth is used to celebrate the role nurses play in the care of their communities. [www.australianvolunteers.com](http://www.australianvolunteers.com)



## Friday, May 15, Tuberous Sclerosis Complex

**Global Awareness Day:** Focuses on the fact TSC is a devastating rare disease that affects more than 2000 individuals in Australia and thousands more carers, families and friends who live with the impact of the disease. [tsa.org.au](http://tsa.org.au)

## Sunday, May 17, International Day Against

**Homophobia and Transphobi:** A worldwide celebration of sexual and gender diversities, and to rally to help push for a world free of prejudice. [dayagainsthomophobia.org](http://dayagainsthomophobia.org)



## May 19-25, National Palliative Care Week:

It is an issue that will affect all of us at some point in our lives, whether as a patient, carer, family member, neighbour or friend. It's important that all Australians are aware of what care and support is available to them at the end of their lives and how they can receive it. [www.palliativecare.org.au](http://www.palliativecare.org.au)

## May 19-26, Schizophrenia Awareness

**Week:** The aim is to reduce stigma towards people affected by schizophrenia, bust myths about schizophrenia, and promote help-seeking by people affected by schizophrenia and their carers. [www.onedoor.org.au](http://www.onedoor.org.au)

Continued P7

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From P6

**May 20-26, National Volunteer Week:** It is the largest celebration of volunteers and their work in Australia, and provides an opportunity to say 'thank you' to the more than 6 million Australians who volunteer. [www.volunteeringaustralia.org](http://www.volunteeringaustralia.org)

**May 21-27, Macular Degeneration Awareness Week:** MD is the leading cause of blindness and severe vision loss in Australia. An annual event designed to raise awareness and to encourage those most at risk - people over 50 - to have their eyes tested and macula checked. A free macular degeneration information kit is available from the Macular Disease Foundation Australia by calling the Helpline 1800 111 709. [www.mdfoundation.com.au](http://www.mdfoundation.com.au)

**Friday, May 29, Wear White at Work:** Donate a gold coin to show your support for mental illness sufferers and families of suicide victims. The White Wreath Association provides 24-hour support for anyone who is in need, by providing advocacy, assistance and support to both families and individuals who have been affected by a mental illness or suicide. T: 1300 766 177. [www.whitewreath.com](http://www.whitewreath.com)

Continued P8



## COTA SA is still here to help you

Although COTA SA unfortunately cannot see you in person during this time of COVID-19 we are still available to help you.

Perhaps more than ever you or a loved one may need independent guidance to connect with **My Aged Care** and understand the support services available through the system. Even if you are already receiving My Aged Care services at home you may have some questions. We can assist.

Please do not hesitate to call - we will call you back. Fleurieu COTA SA volunteer Peer Champions are keen to speak to you:

**Marilyn Henderson 0456 390 059**

**Julianne Smithson 0476 179 609**

For more information or support please contact:

**COTA SA Aged Care Specialist Support Worker Helen Morley**

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From P7

## HAIL THE KINGS OF WINE

It's not often that you see a pair of kings on the pavement, and while occasion was rather subdued because of the coronavirus it was nonetheless a significant moment presented by the McLaren Vale Business Association.

Brothers Malcolm (left) and Richard Leask last October won the highest honour at the 54th annual McLaren Vale Wine Show with their Hither & Yon 2018 Nero D'Avola, which among many things comes with recognition on a paver on the main street.

The small ceremony usually promotes the next MGA Insurance McLaren Vale Winemakers Bushing Luncheon with more than 100 wineries entering more than 700 wines for judging, but understandably details for this year's awards have yet to be finalised.

The event is acknowledged internationally, and in the meantime King Malcolm and King Richard, Knights of the Wine Realm, are enjoying every moment. We can assure you that neither wear their royal mantle while in their magnificent cellar door castle, or establishment, in High St, Willunga.



## PAWS DAY PAUSE

Sunday, May 17 was set aside for the RSPCA's annual, much-loved national dog walking event *Million Paws Walk*, but given restrictions due to the coronavirus it has been changed to *Walk This May* for this year. The replacement event will see dog owners

taking their pooches for a special walk around their neighbourhoods and backyards. The day will be tied together using the hashtag #MillionPawsWalk and #MPWDogsSquad so all walkers can connect and share photos of their dogs and walk routes on social media. 🐾



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# There is light at the end of the tunnel



COVID-19 has made it significantly easier for us to drown in negativity, especially in Victor Harbor in a region seriously dependent on tourism. However, there is light at the end of the tunnel, and yes, as the idiom says, it's a train – the SteamRanger.

We are talking about the \$40 million redevelopment of The Anchorage site that within 18 months will deliver 126-room 4.5 star accommodation, a 400-seat convention centre and 266 spaces in a car park all run by the equivalent of more than 100 full-time jobs. It will inject \$12.4m annually and life into local business and make this a destination for international tourists. This is real.

The project has received planning approval, and the building approval process and tenders will be sought in coming months. Work will commence by early next year and completed about 12 months later.

Behind this ambitious and most certainly feasible development is Phillips Land Co, which has owned The Anchorage the past 20 years with building developer Greg Phillips as CEO. It comes with the backing of the Wyndham group, which operates almost 8000 hotels in 80 countries making it the largest hotel operator in the world, and the support of the state government through Tourism SA, and especially the City of Victor Harbor.

However, before we get into why this project will be of paramount importance to South Australia, the entire Fleurieu Peninsula and especially this town, allow us to convey a little fable told by Frank Abagnale Snr in that brilliant movie *Catch Me if You Can* (2003) based on the true story of his son who swindled millions with fraudulent cheques before becoming a FBI consultant.

It's about two little mice who fall into a

bucket of milk; the first gives up and drowns and the second swims so hard that he turns the milk into butter and walks out. It sums up a lot of things right now.

The developers are like that second mouse; everything seems so insurmountable to others, but they're prepared to work incredibly hard to avoid this town sinking. It is not being dramatic – local businesses are haemorrhaging; there isn't a rush from other investors to create another catalyst that will bring people here to generate turnover and create jobs.

Contrary to misinformed doomsday sayers, The Anchorage project on Franklin Pde is going ahead as planned, and even amidst these months of seemingly endless peril there is every reason to be excited.

Greg is an astute businessman, and among his early visions of this project was thousands of more tourists staying in Victor Harbor and on their first day jumping



aboard SteamRanger. He says it would soon justify a need to upgrade the line from Adelaide to Victor Harbor via Mount Barker and Strathalbyn, and provide meals as it chugs-along through our spectacular Fleurieu Peninsula. It's a great vision. And if this sensational SteamRanger dream were to evolve based on economic viability, Victor Harbor and surrounds will be saying 'catch me if you can' in the race among states and regions for tourism dollars that will eventually hot up again.

Greg said the project was about changing the business model in Victor Harbor so there would be people here all year. "The potential occupancy rate through winter has always been grossly underestimated... we are thinking of much higher than 60 per cent," Greg said.

"But if we work on 60% we will have visitors staying down there and all jumping on SteamRanger, going out to the Aquarium, walking to places shopping and eating at restaurants – not just The Anchorage. Everybody will benefit.

"I have had The Anchorage for 20 years and the biggest issue has been the seasonal nature of the business. Everyone does well in holidays and at Christmas... it doesn't give you the cash flow or any ability to redevelop or improve the property because there are not enough good months.

"The whole purpose of the exercise for me, which I did a couple of years ago was to source an international hotel group. The Wyndham group doesn't move in the markets that we do. They don't book out their accommodation through the normal channels like we all do. They have their own marketing structure including a loyalty program with 59 million people listed.



"The Australasian headquarters for Wyndham on the Golf Coast is a 10 storey building. It is a massive call centre. All the bookings are done from there and they have been crying out for a four and a half star hotel accommodation.

"That is part of the problem here; there is nowhere to stay. If you are a tourist in Adelaide you may go down to Victor for the day and come back; they don't use a destination hotel where they work the Fleurieu out of Victor. That's the way Wyndham sees it.

"For Australian tourists it's an average 3-5 nights and for international tourists it's 9-10. You get people to stay down here and spend their money at Victor rather than in Adelaide. That was the whole purpose of going down this avenue.

"People aren't coming to Victor from overseas or around the country to sunbake – they are coming to do things. If they come and stay virtually no one is not going to

jump aboard SteamRanger or experience the aquarium. The brand is destination tourism. There will be professional packages.

"This is the right type of project and in the right spot for Victor. It's in the middle of town; walk to everywhere. The views are just unbelievable. If people want to go to Victor they want to be on the water. It's got a lot going for it.

"The people at Wyndham cannot believe they are going into a tourism area of this size and what's available and offer all through the Fleurieu and there is no one else down here. It is exciting. It will make a lot of difference to the way we do things here."

Greg said the coronavirus outbreak would not impact on the potential start of the project.

Continued P12



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From P11

"There are going to be a lot of hospitality places that will not be reopening throughout Australia," he said. "That is the way reality is. It's sad and it is tough at all times to make ends meet, especially in Victor where it is so seasonal.

"I have already spoken to all the staff at The Anchorage about the impact of the virus. There's no talk of not opening up again. There is no risk of that: we are ready to roll. We will start trading the day we are allowed to trade again.

"We're are in a different situation to a lot of businesses because my core business (Westside Constructions SA Pty Ltd) is building in Adelaide, and we have some very strong projects in the pipeline. The Anchorage is not a stand-alone business that is just hanging on, and the building business backs up other investments like The Anchorage.

"We want to change the business model to get trading not three or four months of the year and then hang on, but get trading right through the 12 months.

"The economy is understandably volatile at the moment, but while it may have an impact from a process point of view the project has not changed. It is locked in.

"A major part of the development is the carpark. There is no point in having a facility like this without resolving some of the carpark issues.

"The unique about tourism in Victor opposed to a lot of other places is that 70-80 per cent of the people drive here so you have to have the carparks. If this development was, say in Adelaide with 120 rooms, we would need to provide 30 car parks and most would be used by others in the CBD. In Victor you would be kidding yourself. A lack of car parking has been an

issue talked about for 20 years."

The SA Tourist Commission report *Realising the potential of the regional visitor economy 2020* clearly demonstrated that the standard of tourism accommodation in regional SA was lagging behind other states.

SATC also explained that with greater vision and unique accommodation the Fleurieu Peninsula was in the best position of all 12 tourism regions to grow tourism in SA. Some people refuse to see this opportunity.

The Fleurieu Peninsula is SA's most-visited regional area – far more than the Barossa Valley and Adelaide Hills combined – with the most recent figures showing the Fleurieu had 2.5 million annual visitors with overnight stays totalling 730,000.

Victor Harbor has a reputation for rejecting development plans, and many are justified. Who could forget in 1973 when 400 ratepayers vented their anger at a meeting and the 1050 people who signed a petition

presented to state parliament against an Adelaide consortium building a casino and airstrip in Victor Harbor. There were big plans for the Crown Hotel, and on it goes. The Anchorage development is different.

Importantly, Greg acutely understands the value of heritage and its delicate alignment with development, which is why the current corner of The Anchorage site will be carefully restored and overall the entire complex will fit nicely into the town's character.

There is also his admission that he never thought this new development would have been approved 20 years ago. "The timing is now right," Greg said. "The business community and the town needs this." And Victor Harbor really does need this development. One just hopes our local businesses can survive until then, long enough to see the SteamRanger's light at the end of the tunnel. 🌈





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# Aye, a good book on captains... now we need a memorial

## RICHARD KLEINIG:

Devoted local history buff who moved to Goolwa upon retiring as a magistrate in 2012.

“I love history – more the better,” Richard says. He was the author of *A Guide Behind the Lines* (2013) which traced those from the Fleurieu Peninsula & Kangaroo Island who served in WWI & WWII. It was launched by our previous Governor of South Australia Kevin Scarce on the 11th of the 12th in 2013 at 14.15 hours.

Almost since then he has been busy working on another marvellous book *Pioneer River & Sea Captains*. It is the continuing result of six years researching in libraries, the local family history room in Goolwa, websites and books.

“I gathered various other bits and pieces and cobbled them together for stories,” Richard said.

It brings to life some remarkable tales of triumph and woes, certainly tragedy involving the 196 captains of the era, from Anderson to Yelland.

However, Richard's real passion is honouring our pioneer mariners within the Goolwa Wharf Precinct – the heroic riverboat and sea-faring captains.

Richard is campaigning for an appropriate memorial, which is most rightly deserved. From this strong belief came the idea for the book – they should be going hand-in-hand. Well done Richard. He tells his story...

Continued P14



# People

From P13

“

The most fascinating story was a tragic one of enormous proportions. John Davis, who was captain of the *P.S. Providence*, a steamer built at Currency Creek by an American chap Daniel Myrick, who came out here with the whaling boats.

One day in 1872 they were up the Darling River near Kinchega Station heading off with a huge load of wool when unfortunately the engineer put some cold water into a super-heated dry tank.

As the newspaper report of the day said, it was 'shivered to atoms', and five people, including the captain were killed.

The explosion was heard up to nine miles away. One was a Chinese cook was blown into a tree, and the boiler from the *Providence* still sits on the bank of the Darling River. Debris was blown onto the banks 250 yards both sides.

There was Thomas Johnstone who was captain of the *Lady Augusta* heading off to Goolwa to Albury.

He got as far as the Finnis River when two

of the crew were scalded to death when the boiler exposed inside the boat.

The tragedies tell us of the challenges our 195 pioneer sea and river captains faced – of them six were killed in accidents and another six died from accidental drowning.

But there were also many great events of historical significance, the moments of amusement in finding out that Thomas Johnstone had a cousin George Johnson who spelt his name differently, as did brothers John Barbour. Remarkably, John was a castaway, alone on a Fijian Island, for nine years before being rescued.

Of the captains 65 were from England and 30 or more from Scotland. It was how a part of Goolwa near the wharf is still known today as 'Little Scotland'.

The most enjoyable part of writing this book was finding out that these stories actually happened... things that we didn't know about them. But over these years it also made me think that there is really nothing here in Goolwa to commemorate

this history. We have the *Oscar W*, but it was built after these pioneering days in 1908 – and in Echuca.

The only thing that belongs to Goolwa is the paddle wheel of *Captain Sturt* sitting here in the water rotting. I think we've got to get some bureaucrat to change his mind. It was a magnificent vessel.

I wrote to the Alexandrina Council five years ago saying that it was viable to have a memorial for these pioneer mariners. Local artist James Stewart – he does magnificent work – came up with a vision which incorporated the paddle wheel of the *Captain Sturt P.S.* to be a feature of a memorial on the Goolwa Wharf. The powers to be in Adelaide said we can't touch it... this is the last remaining replica of those paddle steamers sitting there rotting until its doom. That's shocking. It can have a second shot at life as a piece in the memorial. I hope we get the bureaucrat to change his mind. This is our history.” 🌈

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### RIHANN KOEKEMOER:

Owner of Ellis Butchers of McLaren Vale in the lower level of the Central Shopping Centre, Main Rd, McLaren Vale.

There is an old saying that becoming a vegetarian is a big missed steak. Apologies to the vegetarians of this world who could make a lot of jokes about the carnivores. However, it nicely sums up Ellis Butchers in McLaren Vale. Meet the owner Rihann Koekemoer. There are steaks and mistakes, and the biggest one is not devouring one carved from cuts in his not-so-ordinary fridge which was made in Perth and cost \$120,000. The fridge basically dries out the meat up to six months depending on the variety, and according to Rihann the process involves enzymes breaking down the fibres in the meat and thus making in a lot more tasty. Head butcher Ian Shaw said the dry ageing created a dark line or crust around the primal muscle that becomes exposed to the outside air, a look rarely seen from standard refrigeration.

Continued P13



Maintaining the traditional quality at Ellis Butchers in the lower level of the Central Shopping Centre McLaren Vale are head butcher Ian Shaw (left) and owner Rihann Koekemoer.



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## People



From P12

"It is indicative of a superior product," Ian said.

Given the restrictions caused by COVID-19, Rihann said there was a need to quickly learn how to adapt to the situation.

"One of the things we have tried to help re-invent our business is to focus more on the retail side," Rihann said. "It has been a positive all round."

"We have lost 60 per cent of our business due to restaurants closing, but the upside has been that the excellent meat that was going to the restaurants is now available to everyone. And we have not put up prices – we kept them as they were."

"We are now looking at home deliveries, and working better with people with

a disability and those in aged care by presenting better options like getting orders in and delivering. It has also been about keeping the staff in a job.

"We see ourselves, especially in these times, as an essential service. All the butchers in the shop see themselves as frontline workers, and we try to keep them healthy."

Ellis Butchers employs 10 full-time butchers, and another eight part-time employees. The retail and wholesale operation specialises in Angus and special breed beef. It offers cooked ready-to-carve roasts for parties, homemade bacon and ham, and is a stockist of South Australia's finest smallgoods. Rihann has had the business for just over 12 months, and takes pride in being only the third owner since 1954 when Lloyd Ellis and his sons established it and set the incredibly high and consistent standards.

"We thank the public for their support in these very difficult times," Rihann said.

"It has always been great, and much appreciated."

And what does Rihann like to take home for dinner? "My favourite is grass-bred rump... it's good value, a versatile cut, and it never disappoints."

Visit: [ellisbutchers.com](http://ellisbutchers.com)

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# People

From P17

## THE CANDLESTICK MAKER – JOHN HORLIN- SMITH:

Co-owner of the  
Coorong Candle Co.,  
Hindmarsh Island

John Horlin-Smith moved to Hindmarsh Island permanently five years ago and found himself burning the candle at both ends. He purchases the supplies and makes candles in his garage. He also makes the packaging, helps distribute the products,

and sells them under the trade name Coorong Candle Co brand. Not bad for someone who retired having spent most of his working life as an artist (painting) and a vigneron at

Clarendon.

"It keeps me busy," John said. "I really enjoy making the candles. It's a great hobby as well as a business.

"I always had a fascination for candles, and when I was in Clarendon there were some in a shop and I thought I could do that. I taught myself using the internet and my own knowledge of production, and we started the business off three years ago. "My daughter Stephanie (Tuominen) was doing a graphic arts course at the time and with a friend Lyn (Davies) and they messed around with designing the packaging. It presents well with what we wanted to do, and they became a share of the business.

"The business took off well, and forced me into constant construction in the shed at home.

"We have focused on very fragrant candles – they're well scented. They are 100 per cent natural soy, not a blend, so they are fine for the environment. If you use paraffin you are using a by-product of petroleum. Soy is the best you can get."

Soy wax is made from pure soybean, and is totally natural. It produces a most attractive creamy white candle that burns clean with little smoke, emitting a cleaner, stronger smell. John says the wick was the most important part of the candle because it drives the burn, determines how the candle will

burn, and for how long. "We use 100 per cent cotton wicks that are zinc and lead-free, and have a proper core for rigidity, and enhanced burning properties," he adds.

Stephanie lives in Adelaide and makes some of the The Coorong Candle Co products, and helps distribute them to more than 40 outlets across the city and Fleurieu Peninsula. You may find them here at Coorong Clothing Company, Cittaslow Goolwa and Goolwa Pharmacy in Goolwa; Toffish Home (Strathalbyn); Mega Health, Victor Harbor Visitor Information Centre, National Trust Victor Harbor (Victor Harbor); Oasis Gardens Function Centre (Belvidere); Mount Compass IGA; Jacq in a Box Giftware Aldinga Shopping Centre; and Sails Restaurant (Clayton).

Other products the Coorong Candle Co produces include home fragrance sets, travel candles, reed diffusers, goat milk soap, bath bombs and accessories.

And does Stephanie use candles for clean energy in the household? Heck no, her husband Adam insists. He is a talented actor with appearances in *Underbelly Razor* – plus a stint as the crimson *Power Ranger* – among his list of credits, but perhaps he's best known as the guy in those annoying TV ads encouraging us to "make the connection to natural gas". 🌍

Visit: [coorongcandleco.com.au](http://coorongcandleco.com.au)



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# Men swear by their menswear (still)

ALAN & BEV

KLUSKE:

Celebrating 35 years in their men's and ladies' clothing business Mr Menswear in Ocean St, the heart of Victor Harbor.

There was thunder clap and lighting on April 29 when Alan and Bev Kluske celebrated 35 years in their clothing business, cleverly named Mr Menswear, in the heart of Victor Harbor.

It was nothing compared with the trials and tribulations from starting in Harbour Traders, moving to No. 7 Ocean St and shifting to No. 23 with the help of locals who happened to be walking by while council was preparing to rip up the bitumen. They then went through Mr Keating's recession that we had to have, the Global Financial Crisis, and now the coronavirus while council prepares to dig up the road again.

Challenging indeed, but as Alan and Bev said, not without all the indelible friendships bonded by a lot of laughs. From a community point of view, not without Mr Menswear supporting one club or organisation after another, sponsoring fundraising events for local charities and pouring their heart and soul into the town in between working hard for Rotary. The town owes Alan and Bev a lot, not that for one minute have they ever expected such recognition.

The anniversary is special to them, and it's an opportunity for us to be reminded of not

only their commitment to Victor Harbor but that of so many other local traders who also deserve our support in return. Bev said that after all these years they were still trying to please everyone, which is something you don't get with a smile online.

"Trying to provide the best for customers doesn't change," Bev said. "When we started we could go to Adelaide to agents who worked from old houses and you could top up your stock easily."

"Eventually all of those agents disappeared and stock came out of Melbourne."

Alan stresses how they have always been very particular not to order without not feeling the fabric or not knowing the content. "The rag trade over the years has been known to do substitutions," he added. "With the agencies based in Melbourne, we go there twice a year."

And so the men – and there's ladies wear here as well – stroll through Victor Harbor wearing the latest fashion trends from Melbourne. The sad thing is that this wonderful, classic rag trade has died in many of our regional towns, and if we order online so will this one eventually.

Meanwhile, the point of difference at our special No. 23 Ocean St is the constant bantering amongst staff and customers.

Here, there are many a tale to be told, like 10 years ago when a chap who came in a half-hour before closing time on a Saturday morning to buy a suit for his daughter's wedding that day because his other suit was in the dry cleaners and he didn't realise it was closed. Undeterred, Mr Menswear fitted him like a treat, and Mrs Menswear came in and sewed the hems allowing the chap to



walk his daughter down the aisle.

A few months ago the same man came in to buy another

suit to walk his second daughter down the aisle and they still laughed about the first time. It's why people shop local. 🇦🇺

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# COVID-19 and food safety

Coronavirus has gripped the world forcing many to radically change their lifestyle, including the way they shop and prepare meals.

The Food Safety Information Council believes we need to not only adhere to measures to help prevent the spread of COVID-19 whilst shopping, but those who may not normally buy-up big for meals two weeks in advance realise the risks of food poisoning at home.

Alarming, under normal circumstances Australia's health system is placed under enormous strain every year by an estimated 4.1 million food poisoning cases resulting in 31,920 hospitalisations and one million visits to doctors.

Handwashing with soap under running water for 20 seconds and drying them for 20 secs is of great importance, including after shopping or receiving home deliveries.

If you grow your own fruit and vegetables don't water them with grey water from washing machines, baths, showers or handwashing. When picked, the produce should be washed under running water before eaten – but not using hand sanitiser or body soap as it may contain nasty chemicals.

Food must be used or frozen by its use by date. Check any storage instructions on packaging such as *store under 4°C, keep frozen or use within 3 days of opening package*.

Food may still be sold or eaten after its best before date, but may have lost some nutrition or quality. Put newly purchased



items at the back of the pantry shelf or fridge so you use older items first.

Many of us do bulk cooking of soups, casseroles and stews for freezing. If so, divide the food into small containers like take-away containers so that it cools faster, label with the date, and refrigerate or freeze. Don't let the food cool to room temperature as bacteria can grow and dangerous toxins may form.

Use any refrigerated food within 2-3 days, or freeze it.

If you purchase home-delivered food – groceries or takeaway – make sure hot food, or food that needs refrigeration or freezing isn't left more than an hour on the doorstep. In regard to refreezing food, it is safe to refreeze food that has been defrosted. For example, if you defrosted too much meat for dinner – as long as it hasn't been left on the bench to defrost.

Refrozen food may be slightly watery and lose a little quality as freezing breaks down

the food structure. You may also defrost food to cook into a dish and then refreeze the dish. You can usually find out how long various foods will last in the freezer from information on the lid or door of your freezer.

Don't take food poisoning risks. Reduce the chances by always washing your hands, chopping boards and utensils after handling raw meat, raw poultry and egg shells. Use a meat thermometer to cook riskier foods such as sausages, hamburgers, rolled roasts, minced meat and leftovers to 75°C in the centre.

Eggs are nutritious and convenient, but raw or slightly cooked egg dishes such as mayonnaise, eggnog, health shakes, steak tartare and mousses are a food poisoning risk and best avoided. Use a fridge thermometer to check your fridge is always running at 5°C or below.

And... if the kids are bored whilst stuck at home you might want to tidy out the pantry, freezer and fridge and see who can find the most out of date item that needs tossing out. 🍷

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# Puzzles

Answers P27

## Crossword

### Across

- 3 Characteristic  
7 Excuse  
9 In abundance  
10 Giver  
12 Following  
13 Wanderer  
15 Interior  
16 Said further  
17 Effacement  
19 Comforts
- 22 Catalepsy  
25 Kitchen  
sideboard  
27 Exterior  
29 Birds  
30 Heckles  
32 Drink of the  
gods  
34 Army chaplain  
37 Medicated  
sweet
- 40 Capital city  
42 Disconcert  
43 Cavities  
44 Competitor  
45 Place  
46 Cherry-coloured  
47 Young horse  
48 Cried, as a cat

### Down

- 1 Light  
2 Shuts  
3 Barbers  
4 Direct attention to  
5 Notions  
6 Hill  
7 Poke  
8 Sighted  
11 Commanded  
14 Blood vessel  
16 Crafts  
18 Bitterly pungent  
20 Sky blue  
21 Happening  
23 Fragrance  
24 Unclouded  
26 Lustre  
28 Practical person



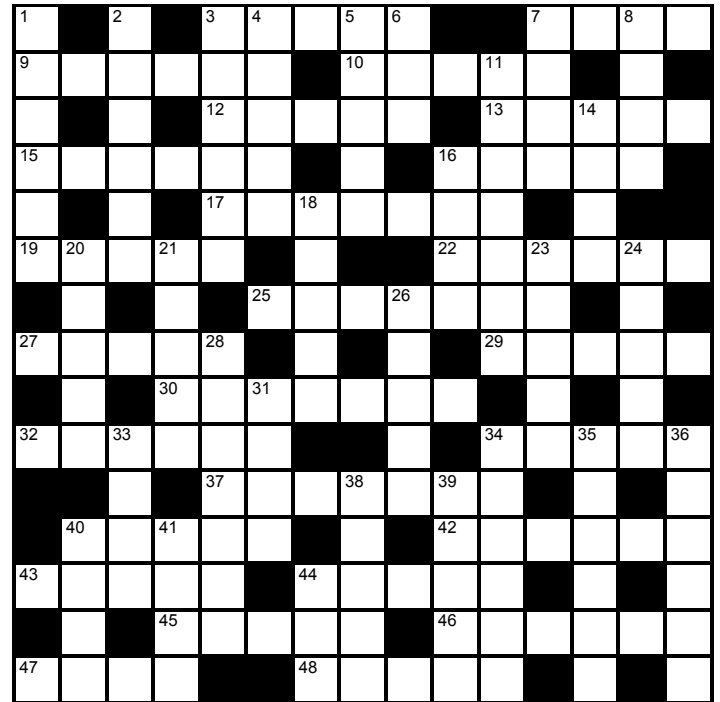
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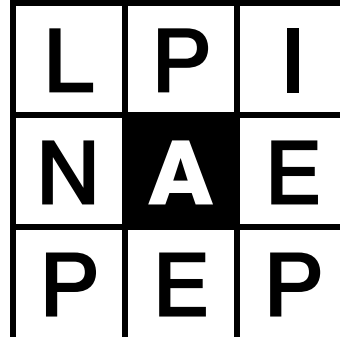


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- 31 Love god  
33 Fuel  
34 Chimed  
35 Keep under
- restraint  
36 Made level  
38 Omit in  
pronunciation
- 39 Girl's name  
40 Sport  
41 Repose  
44 Male sheep



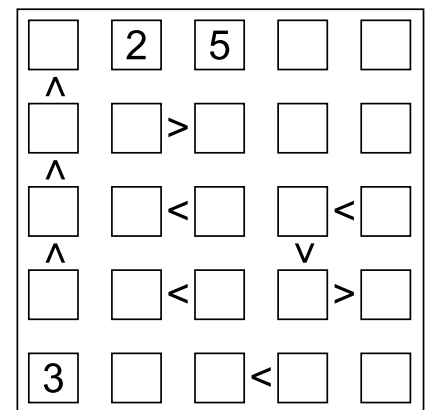
## Target Time

Average - 20, Good - 25, Excellent -31+

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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# Quiz

1. Who won the 2015 AFL premiership?
2. When were the Olympic Games previously held in Tokyo?
3. Who was the captain of Australia's team that won the Women's World Cricket Cup in 2020?
4. How old is American singer-songwriter Madonna? a) 57. b) 59. c) 61?
5. Who sang 1987 pop hit *Love Shack*?
6. What is a pangolin? a) mammal. b) musical instrument. c) bicycle.
7. What movie won Best Picture at the 2019 Academy Awards?
8. How many *Lord of the Rings* films are there?
9. Which cartoon character lives in a pineapple under the sea?
10. What role did Matt LeBlanc play in American sitcom *Friends*?
11. What year was the very first model of the iPhone released?
12. Which email service is owned by Microsoft?



13. What does the car BMW stand for (in English)?
14. Which country invented tea?
15. What name does deer meat go by?
16. Which bone are babies born without?
17. What is your body's largest organ?
18. Which continent is the largest?
19. What is the name of the world's longest river?
20. What was the name of the group Justin Timberlake used to be part of?

21. What did A.E. Frick invent in 1887, which are now worn by thousands if not millions of people?

22. Which 1954 novel by William Golding focusses around a group of British schoolchildren attempting to govern themselves after they find themselves stranded on a tropical island?

23. Who is pictured above?

24. Which Apollo mission (number) of 1972 saw the last of the 12 NASA astronauts land on the moon?

25. Autumn King, Figaro and St Valery are varieties of which vegetable?

26. Which street cat rose to fame in 2016 with the release of a movie based on the real life story of a homeless man called James Bowen?

27. What was the first fully animated feature film released

by Walt Disney?

28. What nationality is actor Liam Neeson?

29. What line follows '15 men on a dead man's chest'?

30. What is the four-letter name given to a horse's ankle?

31. Phillips, London and Ratchet are all types of what?

32. Which large animal is the only creature thought to produce its own sun tan lotion from its natural secretions?

33. Who composed the songs 'Puttin on the ritz', 'I've got my love to keep me warm' and 'White Christmas'?

34. Where in London is there a bronze statue of Charlie Chaplin?

35. What is the name of the actress who played Hilda Ogden in *Coronation Street*?

**Answers: P23**

## Do you enjoy meeting new people?



- ✓ Would you like to help people in need?
- ✓ Do you have good attention to detail?
- ✓ Are you confident working with numbers?

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# On a brighter note...

## Believe it...

An egg salad is really just a chicken salad that is really underdone.

There are no new sins; the old ones just get more publicity.

There are worse things than getting a call for a wrong number at 4am; for example, it could be the right number.

No one ever says "It's only a game" when their team is winning.

I've reached the age where 'happy hour' is a nap.

Money can't buy happiness, but somehow it's more comfortable to cry in a Jaguar than in a Ford.

After 60 if you don't wake up aching in every joint, you're probably dead.

Always be yourself because the people that matter don't mind and the ones that mind don't matter.

The meaning of opaque is unclear.

"I wasn't going to get a brain transplant, but then I changed my mind."

Have you ever tried to eat a clock? It's very time consuming.

I'm reading a book about anti-gravity. I can't put it down.

If there was someone selling marijuana in our neighbourhood, weed know about it.

## Boom, boom...

A man steps onto the bathroom scales and a recording says: "Please use social distancing, one person at a time."

Meanwhile, his neighbour, who is a known burglar, is climbing through a side window of his house when 12 heavily-armed police from the Victor Harbor station stop him and ask what he is doing. And the man says: "I'm working from home."

## Seen this be-fore!

With the pubs closed, Davo decides to go and see his mate Steve and have a few beers in his 'man cave'. They usually have a bet or two on the horses at the pub, but they can't do that either.

Steve turns on the telly, and because there is no live sport there is only the replay of the 2015 British Open. Davo is crazy on golf and knows every British Open winner since Peter Thompson won in 1965.

It's a three-way play-off in this 2015 Open between Zac Johnson, Louis Oosthuizen and Marc Leishman. Desperate for a bet, Davo says: "Steve, I'll bet you \$10 that Oosthuizen wins this play-off."

Steve can't believe it; he remembers sitting there with Davo when Johnson won the play-off four years earlier... Leishman bailed out first and Oosthuizen just missed a vital putt to continue the play-off. Steve says to Davo: "You're on mate."

They watch the finish of the play-off, and of course Johnson wins The Open.

Steve says: "I can't believe you mate, I know that you saw that 2015 play-off live and you know all the winners of the British Open since Thompson... why did you bet on Oosthuizen?"

Davo says: "Yeah, but Oosthuizen watched the ball roll left-to-right last time and I thought he would have known that when he lined up the putt for a second time."

## Point the finger

A man is working on a construction site when he accidentally cuts off all of his fingers with an electric saw.

He rushes to the emergency room as quickly as he can. His doctor looks at his hands and says: "Give me the fingers, and I'll see what I can do."

The man shakes his head and replies: "But I don't have the fingers."

Confused, the doctor asks: "Well why on earth didn't you bring them?"

And the man says: "Because I couldn't pick them up."

## Under her wing

A happily married man has only one complaint – that his wife is always nursing sick birds.

One July evening he comes home to find a raven with a splint on his beak sitting in his favourite chair. On the dining room table there is a feverish eagle pecking at an aspirin. In the kitchen his wife is comforting a shivering little wren that she found in the snow.

Furious, the husband goes over to where his wife is towelling down the cold little bird. He says: "I can't take it any more – we've got to get rid of all of these damn..."

The wife cuts him off mid-curse, and says: "Please dear, not in front of the chilled wren."

Continued P27



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From P26

## Tough call

A politician from Canberra visits a hamlet on the Fleurieu and asks the villagers what their needs are.

The village leader speaks up and says: "We have two basic needs honourable Sir. Firstly, we have a hospital but no doctor."

Upon hearing this the politician says: "This is disgraceful." He grabs his mobile phone, dials a number and starts talking loud enough so everyone hears. The politician rants how someone in Canberra must organise right now to fix this problem. He hangs up and says to the villagers: "There will be a doctor here tomorrow morning. Now, what's the other need?"

And the village leader says: "We don't have any mobile coverage anywhere in the village."

## Howdy stranger

A cowboy rides into town and stops at a saloon for a drink. Unfortunately, the locals always have a habit of picking on strangers. When he finishes his drink he discovers that his horse has been stolen. He goes back into the bar, handily flips his gun into the air, catches it above his head without even looking and fires a shot into the ceiling.

The cowboy yells: "Which one of you sidewinders stole my horse?" There's dead silence.

With a fit of rage the cowboy says: "Alright, I'm gonna have another beer, and if my horse ain't back outside by the time I finish I'm gonna do what I done in Texas! And I don't like to have to do what I done in Texas!"

There's a shuffle of boots among the locals. They're scared as. The cowboy true to his word has another beer, walks outside, and his horse has been returned to the post. He saddles up and starts to ride out of town when the bartender wanders out and asks: "Say partner, before you go... what happened in Texas?"

And the cowboy says: "I had to walk home."

## Dad jokes...

**What did one eye say to the other?**

Between you and me something smells.

**What is half of infinity?** Nity.

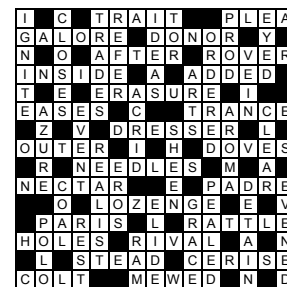
**What is small, red and whispers?** A hoarse radish.

**What's got a trunk, four legs and lots of keys?** A piano up a tree.

**What has 40 feet and sings.** A choir.

**What position does a ghost play in hockey?** Ghoulie.

## Puzzle & quiz answers



1	2	5	4	3
2	5 > 3	1	4	
4	1 < 2	3 < 5		
5	3 < 4	2 > 1		
3	4	1 < 5	2	

TARGET TIME: allee, alien, alpine, anele, anil, anile, appel, apple, elan, ilea, lain, lane, lapin, lean, leap, nail, nape, nappe, neap, nipa, pail, pain, pale, palp, pane, panel, panpipe, peal, penal, pineal, PINEAPPLE, plain, plan, plane, plea, plena.

### Quiz answers from P21

1. Hawthorn. 2. 1964. 3. Meg Lanning. 4. c) 61. 5. B-52's. 6. a) mammal. 7. Green Book. 8. Three. 9. Spongebob Squarepants. 10. Joey. 11. 2007. 12. Hotmail. 13. Bavarian Motor Works. 14. China. 15. Venison. 16. Knee cap. 17. The skin. 18. Asia. 19. The Nile. 20. N' SYNC. 21. Contact lenses. 22. Lord of the Flies. 23. Federal Minister for Health, Dr Greg Hunt. 24. Apollo 17. 25. Carrot. 26. Bob. 27. Snow White and the Seven Dwarfs (1937). 28. Irish. 29. Yo ho ho and a bottle of RUM. 30. Hock. 31. Screwdriver. 32. Hippopotamus. 33. Irving Berlin. 34. Leicester Square. 35. Jean Alexander.

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# Being homely



## A cushy job

This impressive image above highlighting Bassett Furniture finely crafted in a town by the same name in Virginia, United States of America may be tiny with just 1100 people, but it tells a big story about something also small and important – cushions.

It follows some basic rules that we can all follow in our own home, none more important than letting the style and the mood of the room tell you how many cushions to use. Imagine this image with an even two cushions both sides; for most it probably doesn't quite work.

Selection is also about identifying your colour range. Some rooms like this one have soft, warm colours, but others can be bold with their bright colours on the walls and scattered items adding a splash of creativity. Of course, it depends on your personal taste, but when it comes to moulding your style it's about grabbing two or three of

those colours whether they be soft or bold and transferring them into your cushion range. Don't let the cushions clash, but don't be afraid to give them the freedom of being a feature of the room.

If a more traditional feel is about you then an even number of scatter cushions is the go... perhaps choose two matching solid square colours and put these in each corner of your sofa, and have two smaller matching patterned cushions place in front of them. However, if you want to be different, definitely creative, then think about an odd number and don't be afraid to almost suffocate the lounge or sofa with a range of scatter cushions as long as you maintain that vibrant, deliberate array of colours that help bring the room to life.

When visualising how you would like your special room to be enhanced with cushions think about its actual size. It seems common sense not to have too many cushions for the

size of the sofa and then not being able to place them to actually use them for their purpose beyond the great look and feel – comfort.

Traditional settings tend to have the cushions nice and neat as if they have just come out of the box, but sometimes you can make this special room feel real homely by giving them a karate chop. Putting a dent in one or two of them sends a clear message – and we're not talking about toughness here – that this is a room to be lived in and to make your partner or friends feel right at home.

Not everyone can afford some superbly-crafted furniture, but with a simple creative ways like saying, 'hey, I like these colours and I want to enhance them through my quality cushions I bought on special' then you can go a long way to bringing a room to life. And don't forget; we like to be comfortable in life. 🌈

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# How my garden grows

with Jane from Goolwa Garden Supplies

## The benefits and joys of gardening

Amongst the millions of words spoken about the saddening calamity that has consumed us there was a line that 'we have been brought back to earth'.

We have in different ways, and given the restrictions upon us it's not such a bad thing if we're talking about getting into the garden.

Gardening has always been this immensely enjoyable pastime for many – it starts off as an interest, the satisfaction of growing vegetables and serving them on the family dinner plate, or planting flowers and watching their beauty unfold.

However, often forgotten in this 'interest' that becomes a passion – perhaps an obsession for some – is the fact gardening is both healthy for the body and the mind, and for many an opportunity to create lifelong memories with their children. Sportspeople warm-up before taking the field, and if you haven't done gardening for a while this is a must to prevent unnecessary strain on your back. Recognise your limitations and get into gardening gradually – you will be amazed how much fitter you will start to feel.

Perhaps most of all, gardening is like a game of chess; you're not thinking about anything but your next move. It is easy to say 'don't get stressed' about what is happening in the world around us, but while you are in the garden planning and preparing what you would like to grow, and ultimately tending to the care of the veggies or flowers or whatever then hopefully that is all you tend to think about.

Gardening is also something that you can enjoy doing with your partner or your children. The kids love it, and for those of us who have those childhood



memories cherish them. It is a wonderful way to teach children about the importance of eating vegetables, not forgetting the nature aspect. The look on their faces when they are eating something they actually grew from a seedling is priceless.

The bottom line is that growing your own vegetables can save money, and is there to be enjoyed. It can bring us closer together, which is not always easy given the health and in most cases financial concerns they can weigh heavily upon us. So let's start a garden...

Of course, your garden depends on what area you have, but a raised garden bed made from galvanised iron may be ideal. If you are new to gardening ask your local gardening shop what soil and fertilisers are best, and once the veggies are growing the most proven and safest products to use to help keep them healthy and free of bugs. Here are some suggestions what you may grow in autumn and winter:

- Beans
- Broccoli
- Cabbage
- Carrots
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- Lettuce
- Peas
- Potatoes
- Radish
- Rocket
- Spinach
- Spring onions
- Strawberries 🍓



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## Vegetable & Pearl Barley Soup

### Ingredients

**100g pearl barley**  
**3 tablespoons olive oil**  
**1 medium onion, peeled & diced**  
**1 large potato, peeled & diced**  
**1 large carrot, diced**  
**3 sticks celery, diced**  
**1 medium zucchini, diced**  
**1 leek (white part only), diced**  
**4 cloves garlic, crushed**  
**50g pancetta, chopped**  
**1½ litres chicken or vegetable stock**  
**2 tablespoons chopped fresh flat leaf parsley**  
**freshly ground salt & pepper to taste**  
**2 tablespoons olive oil, extra**

### Method

Place the pearl barley in a fine sieve and rinse under running water. Set aside to drain. In a large saucepan or stock pot, heat three tablespoons of olive oil on medium heat. Add chopped onion, and cook for a minute or two, until opaque. Add potato, carrot, celery,

zucchini, leek and garlic, and saute for 10 minutes, stirring occasionally. In a separate pan heat a small amount of olive oil and cook pancetta over medium heat until lightly crisp – about 2 minutes. Remove from heat.

Add heated stock (see note below) to the vegetables, then stir through pancetta and pearl barley. Cover and simmer over low heat for one hour, or until pearl barley has softened, stirring occasionally.

Remove from heat, season with salt and pepper, and stir through extra olive oil and parsley. If planning to serve soup straight away, allow to rest with lid on for 15 minutes prior to serving, to allow flavours to blend. Serves 6.

**Note:** Ensure stock is heated before adding to vegetables. This recipe is suitable for making in electric pressure cooker. If intending to serve as a light meal, would suggest making double quantity. This recipe makes six large bowls of soup.

## LEMON SLICE

### Ingredients

#### Base

**1½ cups plain flour**  
**½ cup icing sugar**  
**150g butter, melted and cooled**

#### Topping

**395g tin sweetened condensed milk**  
**1 tablespoon grated lemon zest**  
**½ cup freshly squeezed lemon juice**  
**1 egg**  
**2 tablespoons plain flour**  
**1 teaspoon baking powder**

### Method

Preheat oven to 170°C. Line a slice tin (22cm x 28cm) with baking paper.

**Base:** In a bowl, stir together the plain flour, icing sugar, and butter. Press evenly into the prepared tin. Bake for 15 minutes, or until slightly golden.

**Topping:** In a jug (or bowl) whisk together the sweetened condensed milk, lemon zest, lemon juice, egg, plain flour and baking powder until mixture is smooth.

Pour the topping evenly over the base and bake for 25-30 minutes, or until set. Allow to cool, then refrigerate. Cut into small squares to serve.



A special recipe kindly provided by Ellis Butchers, lower level Central Shopping Centre, McLaren Vale. See more superb recipes on their website: [ellisbutchers.com](http://ellisbutchers.com)

## Beef chilli con carne sweet potatoes



Serves 4. Preparation time 15 mins; cooking time 15 mins

### Ingredients

**500g lean beef mince**

**2 sweet potatoes (approx. 300g each), scrubbed**

**1 tbsp olive oil 1 red onion, finely chopped**

**400g can kidney beans, rinsed, drained**

**400g jar arrabbiata pasta sauce**

**½ cup grated tasty cheese**

**Coriander sprigs, pre-made coleslaw or salad leaves, lime wedges, to serve**

### Method

Prick the skins of sweet potatoes several times with a fork. Lightly spray sweet potato with oil and place on a plate lined with paper towel. Microwave on HIGH (100% power) for 8-10 minutes or until just tender. Set aside.

Meanwhile, heat oil in a large non-stick frying pan over medium-high heat. Add onion and cook for 2-3 minutes until softened. Add mince and cook for 4-5 minutes until browned. Add beans and sauce and simmer for 3-4 minutes. Season to taste.

To serve, cut sweet potatoes in half lengthways. Top with mince mixture. Sprinkle with cheese and coriander. Serve with coleslaw or salad and lime wedges.

### Tips

Beef strips would also work well in this recipe.

Use your hands when adding the mince to the pan – it will help separate the mince.

Leftover chilli con carne may be used to make sloppy joes – fill soft burger buns with warmed mince and salad.



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