

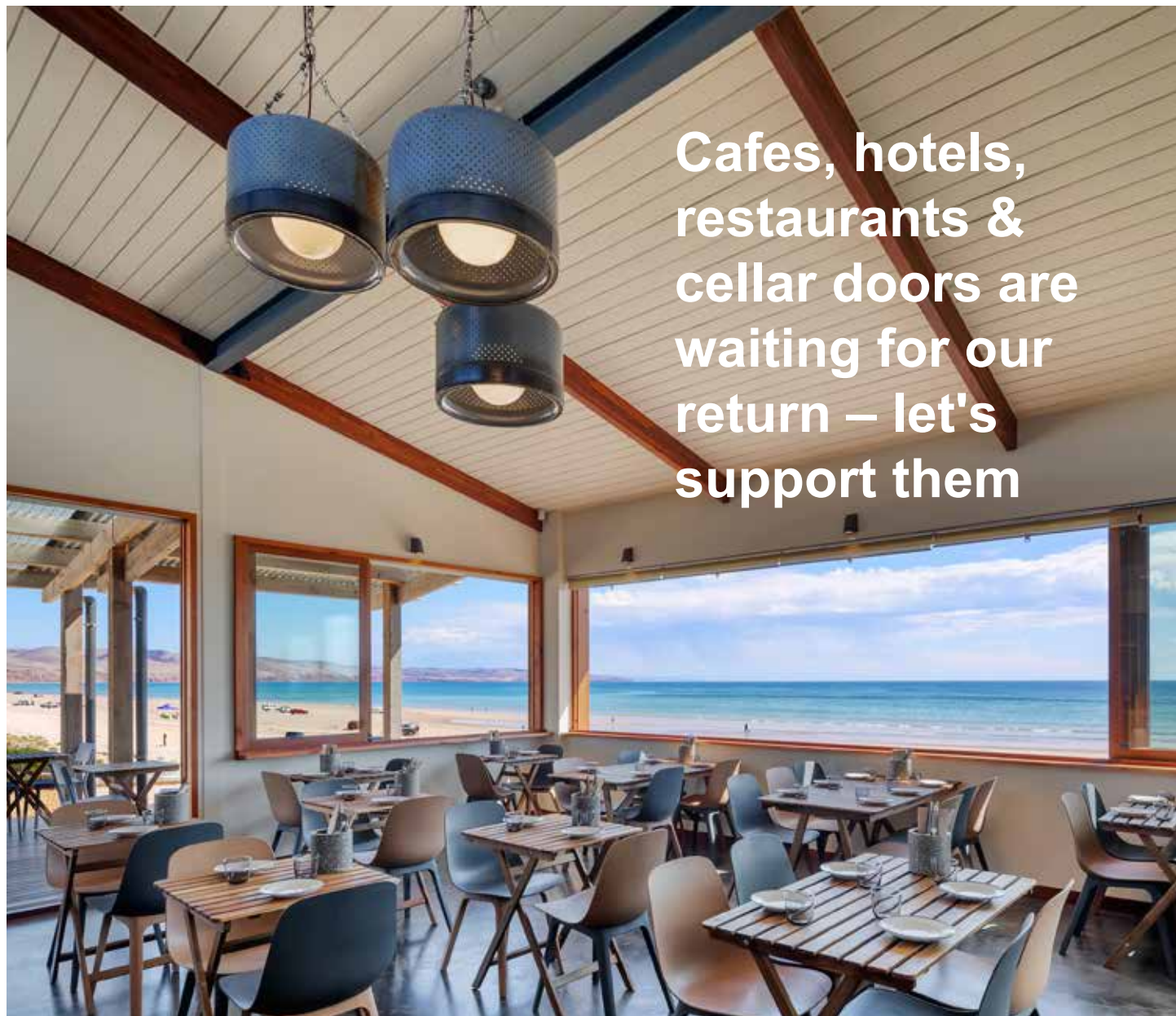


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June 2020 Vol. 9 #124

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HELLO...

Welcome to our June edition of Coast Lines. It's great to be back in print, and we sincerely thank our advertisers who have made this possible – please support them. Also, we have always been immensely grateful to our online readers who get their Coast Lines edition via facebook, Instagram, off the web or by email subscription. A special mention to Paul Wallis and his brilliant team at Finsbury Press, which prints this publication.

We have talked to Langhorne Creek playing coach James Sellar, who suggests that in these days of mental fragility among AFL players we should also be conscious of a need to support footballers in our community leagues as we emerge from coronavirus isolation.

We also chat to wine royalty in McLaren Vale – Malcolm Leask, a Bushing King from Hither & Yon.

Mrs Eatwave has some delicious recipes (the Gözleme is a must try) and there are the typical lame jokes.

We have refreshed our puzzles page – we hope you like the new challenges.

Thank you again for being with us. Take care.

– Ashley & Jenny

JUST A THOUGHT: If you doubt whether dogs can count, try putting three dog biscuits in your pocket and then give it only two of them.

They're waiting for you...

Whether it's grabbing a take-away cone of chips like this family pictured at the Flying Fish restaurant on the spectacular shoreline of Horseshoe Bay, Port Elliot, or a schnitzel and a pint in the front bar of the local pub, the hospitality industry awaits you.

Our tourism and entertainment sector has been devastated by the coronavirus – not forgetting the terrible bushfires on Kangaroo Island – and as the restrictions hopefully continue to ease we need to invite our family and friends to experience good old Fleurieu Peninsula & KI hospitality. Combined, tourism and hospitality is by far the biggest employment sector on the Fleurieu Peninsula. It's not just about the thousands of chefs, cooks, bar staff, baristas and those from associated businesses, but the countless school leavers this year who are hoping to find jobs in the industry.

At \$437 million p.a., the Fleurieu has one of the highest visitor expenditure contributions of any region in the state. There is a big picture here; it goes beyond our village.

As a small business, Coast Lines will help the cause when hotels resume to something close to normality – we're going on a pub crawl to find the coldest beers, best schnitzels and have a yarn with the publican. "What a great idea," Mrs Eat Wave didn't say. But it's all about being responsible, of course. It's where every-day locals meet and like to talk about everything but the coronavirus. (The things we do for your magazine).

We'll also promote the restaurants, cafes, eateries and cellar doors where we can, but it also takes the support of many.

Most of all, we're asking everyone to shop local. The need has never been greater.

**Cover: The Pearl Restaurant, Aldinga Beach.
Image: Aaron Citti (SATC).**

Above: Eating outdoors at the Flying Fish, Horseshoe Bay, Port Elliot. Image: Adam Bruzzone (SATC).



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June



HAPPY BIRTHDAY

We will celebrate the Queen's Birthday on Monday, June 8, even though Her Majesty Queen Elizabeth II turned 94 on April 21. We will continue to celebrate the birthday of Prince Charles and when Prince William succeeds him on the second Monday in June because technically the holiday is to celebrate the Monarch regardless who that may be, not their actual birthday. Australia has celebrated this since 1788. This year Western Australia will celebrate the holiday on September 28, and Queensland on October 5. This will be SA's last public holiday for 119 days, until Labour Day. For the record, the Royal Family's reign spans 37 generations and 1209 years. All of the monarchs are descendants of King Alfred the Great, who reigned from 871. Queen Elizabeth II is an amazing person, remarkable in the sense that she has held the longest reign of the only six Queens regnant or ruling – for 68 years from 1952 – following Queen Mary I (reigned for five years), Elizabeth I (45), Mary II (five), Anne (five), and Victoria (64). Technically, the most recent three were/are queens of the United Kingdom, not England.

Elizabeth Bowes-Lyon, better known as the Queen Mother, was the longest living Monarch having died in 2002 aged 101.



SPECIAL DAYS

Bowel Cancer Awareness Month: to raise public awareness of a disease that claims the lives of 80 Australians every week. www.bowelcancerawarenessmonth.org/

Cytomegalovirus (CMV) Awareness Month: International day highlighting CMV, a common virus that infects people of all ages. It is leading preventable viral cause of developmental disability. www.stopcmv.org

Wednesday, June 3: Mabo Day: Commemorates anniversary of 1992 High Court decision in the case brought by Eddie Mabo and others recognising existence of native title rights. www.aboriginalheritage.org/news/2013/mabo-day/



June 3-9 – National Heart Rhythm Week: Arrhythmias are responsible for as many as 33,000 sudden cardiac arrest deaths each year, many of which could be avoided with

greater public awareness of their risks and symptoms. www.aa-international.org/au/heart%20rhythm%20week

June 3-9 – National Haemochromatosis Awareness Week: awareness of this inherited iron overload disorder. www.haemochromatosis.org.au/haw/

Thursday, June 4 – International Day of Innocent Children Victims of Aggression: UN day acknowledges pain suffered by children who are the victims of physical, mental and emotional abuse. www.un.org/en/events/childvictimday/



Friday, June 5 – World Environment Day: Part of the UN's ambition to be world's biggest and most celebrated environmental action event. www.thinkeatsave.org/

Monday, June 8 – World Oceans Day: Raising global awareness of challenges faced by the international community in connection with the oceans. The oceans are a major source of food and medicines and a critical part of biosphere. www.un.org/en/events/oceansday/

June 10-16 – International Men's Health Week: Increase awareness of the importance of good health in men, boys and their families. www.menshealthweek.org.au/En/Default.aspx

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Friday, June 12 – World Day Against Child Labour:

A focus attention on the global extent of child labour and the efforts needed to eliminate it. www.un.org/en/events/childlabourday/



Sunday, June 14 C World Blood Donor Day:

A reminder of the importance of blood donation – 1 in 3 people will need blood in their lifetime, while just 1 in 30 people currently donate. www.who.int/worldblooddonorday/en/

Monday, June 15 – World Elder Abuse Awareness Day:

Seeks to prevent elder abuse incidents by giving information and encouraging community participation. www.un.org/en/events/elderabuse/

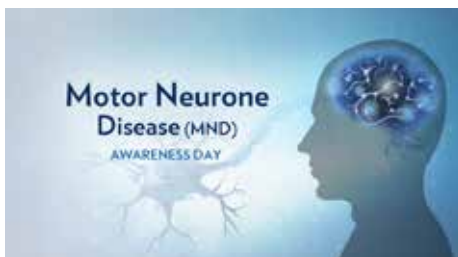
June 16-22 – Refugee Week: Used to inform public about refugees and celebrate positive contributions they make to Australian society. www.refugeeweek.org.au/

June 17-29 June – World Continence Week:

Every year individuals and organisations have contributed in reaching out to its local networks, including those who are, or are at risk of becoming, incontinent. www.continence.org.au/

Friday, June 19 – Red Apple Day: A highlight of Bowel Cancer Awareness Month to

support the vital work through the purchase of a Bowel Cancer Awareness Ribbon and apple themed fundraising activities. www.redappleday.org/



Sunday, June 21 – MND Global Day:

Raises awareness of Motor Neurone Disease (MND), a progressive neurological disease. www.mndaust.asn.au/global-day/

Monday, June 22 – Healthy Tuckshop Day:

Aims to spread awareness of the healthy tuckshop movement in Australia. Teachers, students and canteen managers sign the Healthy Tuckshop Pledge to declare a commitment to healthy and delicious menu options. www.tuckshoprevolution.com.au/

Tuesday, June 23 – International Widows Day:

UN day provides an opportunity to give special recognition to the plight of widows and their children in order to restore their human rights and alleviate poverty through empowerment. www.un.org/en/events/widowsday/

Friday, June 26- World Drug Day:

Day against drug abuse and illicit trafficking. www.un.org/en/events/drugabuseday/

Monday, 29 June 29 – World Scleroderma Day:

Scleroderma, or systemic sclerosis, is a chronic connective tissue disease generally classified as one of the autoimmune

rheumatic diseases. The day recognises bravery of those who live with this disease and to demand equal treatment and equal care for people with scleroderma. www.sclerodermaaustralia.com.au/



REMEMBERING HELEN

The United States of America recognises some ridiculous special days, but there is one that perhaps should be acknowledged internationally – *Helen Keller Day* on June 27.

Born on June 27, 1880, in Alabama, US, Helen (pictured above) suffered from an illness in her childhood that left her blind and deaf at the age of two. Despite her challenges she learned to communicate in sign language with the help of her teacher Anne Sullivan.

Continued P6



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YOUR BEST SELF

From P5

In 1904, Helen became the first deaf and blind person to earn a bachelor's degree in the US, and spent the rest of her life advocating for people with a disability. Helen's autobiography *The Story of My Life* was adapted to a movie in 1954, and in *The Miracle Worker* (1962) and the remake (2000). In 1955 Helen received an Academy Award for the documentary about her life. She died June 1, 1968, and remains an inspiration to everyone who has a disability. During her birth centennial in 1980, President Jimmy Carter proclaimed June 27 to be celebrated as *Helen Keller Day*. Meanwhile, the USA, with Donald Trump as President, this month will continue to celebrate *Onion Ring Day* on June 21 followed by *Typewriter Day*.



SOMETHING FISHY

Small-bodied freshwater fishes are under real threat across the region, and Dr Sylvia Zukowski, an Aquatic Ecologist at Aquasave-NGT is seeking help.

She is hoping people who have a dam or wetland on their Fleurieu Peninsula property will place some beautiful, small-bodied freshwater fish in them to help build up stocks.

These wild and threatened species have experienced historical declines compounded most recently by the prolonged and extreme Millennium drought. The local region –

representing a hotspot for small fishes – was profoundly impacted by the drought, with the significant deterioration and loss of aquatic habitat.

Four threatened small-bodied freshwater fishes – Murray Hardyhead, Southern Pygmy Perch, Southern Purple-spotted Gudgeon and Yarra Pygmy Perch – were significantly impacted with the latter two species believed to have become regionally extinct. Without urgent action they will become forever extinct.

Dr Zukowski said that luckily fish had previously been rescued and actions were being undertaken to establish a network of backup populations across the region.

“Through this breeding and surrogate refuge program fish have successfully been released back into the wild into their former habitats,” she said. “In reality, such conservation actions are necessary to help secure the long-term survival of the four target species in the region.”

If you have a potential dam and are willing for Dr Zukowski's team to survey the dam and assess its suitability as a refuge dam please contact her on 0438815489 or e: Sylvia.Zukowski@aquasave.com.au.

Image: Yarra Pygmy Perch by Michael Hammer.

CLUCK CLUCK!

The coronavirus has changed our lives in many ways. First we had a rush on toilet paper, and it seems also the *Gallus gallus domesticus* – the humble chook.

They have become as rare as hen's teeth with the community busy making pens for their domesticated fowls, not only as a means of 'something to do', but because of the No.1 purpose of these feathered friends – laying great eggs.

Jane Bascombe of Goolwa Garden Centre tells us that after an amazing rush on plant seeds – especially the veggie variety – people have remained desperate to buy



point-of-lay chickens, meaning they have matured to the stage where they should be starting to lay eggs, between 16-20 weeks old.

“If I had a 100 chooks to sell I am sure I would sell them in a day,” Jane said. “The rush on chooks is not just happening across the Fleurieu. A new stock feed place that also sells chooks opened up in Lobethal in the Adelaide Hills and they sold 170 chooks on their first day.”

Given this rush for chooks, we suggest you keep them well secured in the pen otherwise they'll escape to the beach like the one pictured above and meet foul play. Chickens are one of the world's most common and widespread domestic animals with at last count in 2018 – before the number of foxes also increased – a world population 23.7 billion.

We must also spare a thought for the rooster, which was always known as a cockerel or cock, with cockerel being younger and rooster being an adult male chicken.

The term 'rooster' originated in the United States as a puritan euphemism to avoid the sexual connotation of the original English 'cock', which we in Australia adopted.

Continued P8

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From P6

'Roosting' is the action of perching aloft to sleep at night, which is done by both sexes. The rooster is often portrayed as crowing at the break of dawn – the 'cock-a-doodle-doo' routine – but while many roosters crow shortly after waking up they can crow at any time of the day.

To stop a rooster from crowing make a collar out of double-sided Velcro to restrict the flow of air to its voice box and reduce the volume of its crowing. To put on the collar, place the rooster on your lap with its head facing away from you.

Australian football great Neil Kerley infamously found a different way to quieten them when he was the football manager at the Adelaide Crows (excuse the pun) during a training camp at Rapid Bay in 1992. Angry that the rooster next door was crowing in the morning, Kerley wrung its neck and hung it on the fence. The club had to apologise and compensate the owner.

WINNER, WINNER...

In case you have been sitting anxiously by the phone waiting for someone to call saying that you have won the magnificent Toyota Yaris, first prize in the Victor Central Shopping Centre lucky shopping draw, we bear news.

It has been won by a lucky shopper from Bordertown. We will reveal more once we have the full details.



GIVE US THE FLICK

The wonderful team at Victa Cinemas – Carol, David and Jarrad – believe that it will be at least July before the movies return to our local screens.

Obviously, it has been frustrating for everyone, and when the state government does give the all clear to open picture theatres again may we support Victa Cinemas more than ever before. So many country towns have lost their classic picture theatre – we must keep ours. 🍿



Draped in a royal mantle with sceptre in hand, arise Malcolm and Richard Leask of Willunga, the Bushing Kings of McLaren Vale, Head of the Winemakers and Defenders of the Great Drop.

Pardon the jest, but ever since their coronation after claiming 'Best Wine of Show' with their Hither & Yon 2018 Nero D'Avola at the 54th McLaren Vale Wine Show last October they have performed the occasional quirky 'royal' duty.

There's been fun like laying a royal paver on the main footpath whilst wearing plastic imperialism, but carrying this regality on behalf of the McLaren Vale Wine Tourism Association has also brought its serious 'royal' obligations – including this audience. Absent were airs and graces and downright snobbery for these brothers – Malcolm the producer and Richard the vigneron – are purely about this wine region and the values of a family business. There is a sign on a vineyard shed door on the foothills of McLaren Vale that also says a lot: *Made by Land*.

They moved here in 1980 because of their

Kings & nights around a table

dad's work, leaving his vineyard in the Hunter Valley, NSW, and became noted for their bravery in adapting to a fiercely competitive wine world; an admirable asset that could be applied to any business. With diplomas from Adelaide and Griffith universities, Malcolm (pictured) worked for corporate Lion (then Lion Nathan) on the wine side, and then into beer, craft beer both in sales and marketing, while Richard embarked on successful viticultural and winemaking based experiences.

"I went through the whole value chain of the Lion business, branding and managing

people as well," Malcolm said.

"We came back to start our wine journey 11 or 12 years ago; I was working with dad (Ian) to run the vineyard, plus we had a vineyard consulting business.

"Working for Lion helped me to understand the consumer element, which was interesting for Hither & Yon because essentially when we started it was all about the vineyard, place and vintage – very much about where it came from without necessarily a specific target market in mind.

Continued P10

People



From P9

"We created a consumer profile, which led us to changing our philosophy into something that was a little bit more modern, certainly consumer friendly.

"We produced nice fruitful, bright-and-easy drinking wines – those not necessarily traditional McLaren Vale. There was this thirst for diversity, and new variety development... a food-friendly nature and that expression of Mediterranean McLaren Vale started to come through.

"I feel that a number of producers who probably started around the same time as us and new producers coming through are speaking the same language. There is a lot of excitement around the region right now. "To me, the industry needed to change. We still need to understand wine does not compete with itself, but with a number of other products that people regard as lifestyle these days.

"People's spending is much more competitive than it used to be. They used to go to the pub and out to lunch, but now they're spending more on more boutique elements of food and coffee... out to brunch, all those things.

"In a channel perspective, the industry also needed to adapt in a digital consumer world where social media has become important." Hither & Yon (as in 'here and there' or H&Y) has worked hard to develop Asian markets, which according to Malcolm see the McLaren Vale Wine Region as a trendsetter. It has moved on from simplicity with a focus on Shiraz, Chardonnay, Cabernet Sauvignon and/or blends and that 'sunshine in a glass'



mentality.

"We are fortunate that this new Australian way still has a lot of room for growth," Malcolm said.

"A lot of people here are brand owners who actually grow and make the wines themselves opposed to just selling grapes or buying bulk wine off someone else and packaging it.

"There is a real character about what we do, and I think the environmental aspect has become a lot more important. There is a healthy sustainable nature about what we do in the McLaren Vale wine region.

"This is all something that overseas markets are seeking, and we have been able to translate that really well and get a message across; that we have beautiful wine from a beautiful place. And it's made by good people."

New plans for the Leask brothers include planting new varieties and moving to a regenerative agriculture model, which is again relatively new to Australia.

The new approach is the result of Richard travelling the world as one of 18 to receive a Nuffield Australia Farming Scholarship – the

only one from the wine industry – to study advanced agricultural techniques.

Since 1973 when David Hardy was named as the first Bushing King and his wife, Helen, Bushing Queen representing Thomas Hardy Wines – now there's some wine royalty – the recognition has not come without hard work. There have been many other significant achievers, especially record four-time Bushing winner Stephen Pannell, from whom the Leask brothers 'dethroned in a most audacious uprising' who have played a huge part in forging McLaren Vale's international reputation.

Most years there has been a 'Bushing King & Queen', but at the 2019-20 crowning it seems there was a challenge as to who would get up from H&Y and receive the gong – Malcolm and his wife, Kelly, or Richard and his wife, Sharon?

Malcolm said it was obvious. "This has always been about Richard and myself, and our wives, who have always been great support were happy to be in the background," he said.

"It is also about the 10 full-time staff, the casuals, contractors.

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Images: (from far left) 1983 Bushing Festival poster; H&Y cellar door at 17 High St, Willunga; Malcolm Leask; part of the H&Y collection (Josie Withers, SATC).

"We have a winemaker, but we make it at Gemtree Winery so there is also this element the winemaker is normally the hero. This year the Bushing King was just about two brothers who do a majority of everything in the brand together. "We could not be more proud to be named as the Bushing Kings, but it's not about us, it's the wine region. It represents the best

of what McLaren Vale does, and it is the best of what it does in Australia. It is on the world stage and here we all play a part. "For us it is the culmination of a lot of hard work in terms of our philosophy around long-term vision and our nature about what we do. It also represents traditions of McLaren Vale and particularly the variety used to make the wine with the Italian

heritage here and the modern style in which it was made.

"But inside, if you were to ask my biggest achievement in the wine industry I'd say it has been very much about the healthy nature of a family business. It is by far the most special thing to me.

"Mum, who passed away in 2016, had a lot of influence on me. She allowed us to be brave and show real personality with what we were doing with the wines. Mum encouraged us to be different, whereas dad was about all that integrity and respect and obviously long-term vision for what we are doing now."

Their parents obviously produced a nice blend. Long live the Kings and their Hither & Yon 2018 Nero D'Avola. 🍷

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It was 70 years ago that UCLA Bruins gridiron coach Henry 'Red' Sanders first delivered that classic line: *Winning isn't everything* (and with a pause)... it's the only thing. It's been flogged across the world of sport ever since.

The hallowed walls of country football clubs are covered in a plethora of clichés – *There is no 'I' in Team* they mostly profess.

Having gone through the system as a junior and senior player at Glenelg, 44 AFL games at Adelaide and Melbourne, two seasons with South Fremantle, and now for the first time as playing-coach in his third year at Langhorne Creek in the Great Southern Football League, James Sellar has seen and heard them all.

But rest assured, whatever lay ahead for James and his club in its bid for a third successive flag in a season cut by half with a scheduled July 11 start, we won't hear him repeat 'Red's' now tired line.

Of course, James, 31, loves to win, but to him '...the only thing' at the moment is the welfare of his players. This is the fibre of his make-up; the ethos of the proud Langhorne Creek Football Club – the Hawks.

These days the mental fragility of AFL players is exposed more than ever as a means of creating public awareness of the importance of seeking professional help, but James also advocates that as we emerge from coronavirus isolation we also need to be even more conscious of an overwhelming need to support footballers in our community leagues.

James is speaking firsthand. It was late in his second season with the Adelaide Crows in 2008, then aged 20, that he felt consumed by the pressure of expectation from within his football world.

He was No.14 pick overall at the 2006 AFL National Draft making him a countless victim of the demands of fans that players be at least 10-fold better than what they actually were. Often forgotten was that it took courage to play football at any level and immense talent to just make an AFL squad. James has always been an achiever at the highest level, but regrettably it has come at a personal price.

"I was diagnosed with depression... mid way through my second year," James said.

"Maybe 12 years ago there wasn't the

support for the players going through the same thing as there is now. It certainly was not a topic discussed as openly.

"It wasn't taboo or anything like that; it was just wasn't talked about as regularly or players weren't as comfortable speaking about it.

"I was in a pretty average place there for a while. I went through the whole process, and it took me a couple of years to come through. Depression can be cured; it's an illness that needs to be managed and it takes you a little while to get on top of it.

"The stress of coming in-and-out of the team, performance pressure, going to Melbourne with renewed expectation of others... you have this ideology of what football is going to be and it is completely different for a large percentage of players.

"You may have a partner or friend or a mum or dad you can confide in. It's not always their role and nor may they have the understanding to fix any problems you are having. Their role is support and to help you get the necessary professional care that you may need."

It's not all glitz and glamour.

"The emotional support for players is a lot better than what it used to be, and some personality types are more susceptible than others. It is what it is.

"It will be interesting in many ways for players coming back from the coronavirus at a community football level. There is a huge mental factor around middle-aged males being isolated for an extended period of time, as it is for all of society coming back interacting and seeing each other.

"Going into the lock-down, speaking to our

club presidents Rob Lyon and Ben Moore, our immediate No.1 focus was clearly the mental and physical wellbeing of our players and their families. For us it has always been about player welfare. I admire our club for that.

"Social media has been important during these difficult times. We encouraged players to be active and go for a run, not so much from a football or team perspective but getting the players out into fresh air, remaining healthy and at the same time helping their mind set.

"The welfare component for footballers, the elderly... everyone – it's exactly the same. We are social beings and we need interaction.

"At the end of the day, country footballers are not playing in the AFL. Yes, they are playing to win, but there is a huge social connection, the big part of country football that I really love.

"To me, being a great administrator or a coach of a club is about caring for everyone as people not just as players.

"We put together a May challenge for our players which included a series of runs, bike rides and so-on just to try and keep them active. It's about posting on our club page what is going on and what everyone is up to. It's that connection thing, which is so important in these difficult times.

"I would encourage anyone in a challenging mental well-being situation to seek professional help whether it be or local GP or psychologist. We need to understand the things affecting, and get on top of it all.

"You may have a partner or friend or a mum or dad you can confide in. It's not always their role and nor may they have the understanding to fix any problems you are having. Their role is support and to help you get the necessary professional care that you may need."

Neil Craig, his only coach at his both AFL clubs, was among those who provided James with tremendous help to find his way through some dark days.

"Neil helped me a lot," James said. "It's a tough thing being an AFL coach looking after 44 or 48 players at once.

Continued P14



Sport

From P13

You are under pressure to deliver results in a win-loss environment, yet Neil found time to teach me a lot as a player and as a person – that's the type of coach I want to be."

A touch of irony lay in the fact years after working through his depression challenges James married a psychologist – Sonia.

Amazingly supportive she has always been. They have a beautiful (and definitely active) three-year-old daughter, Skyler, and are expecting their second child in late June.

James is commercial operations manager for the South Australian Jockey Club looking after sales, marketing and events, so his appreciation for working hard to develop professional relationships runs deep at all sporting levels.

The Glenelg connection at Langhorne Creek comes with teammates Angus Lally, Jarred Kellock and Ben Moore, but it was also largely the family environment, an ethos for respecting each other that drew him to the Hawks.

"Generally, some players may go to a club because of the money being offered, but for me going to Langhorne Creek was all about the people there," James said. "It's great to feel the spirit that community football can offer; this is a good club.

"Having the maximum salary cap – and there are only a few country clubs that could afford to pay this now – puts pressure on your club's culture.

"Especially in country footy, these days so much comes back to the points system, loyalty, and keeping people and players around. Your club culture plays a big part



Langhorne Creek's 2018 and 2019 GSFL A-grade premiership sides.

in allowing you to recruit the right type of player. In my opinion the days of buying a premiership have gone; there is a lot more to success than ever before.

"Community football is going to need to attract players with things other than money whether it be mateship, family or other opportunities. That's how you keep the players; developing good relationships and creating a good environment for everyone." James cannot wait to start his coaching career whenever that may be – even perhaps not this season with a no crowds, no games policy

Like most sports, the GSFL has worked tirelessly and responsibly in its struggle working through seemingly impenetrable barrages of whether if, when, or how the games could be played.

The early theory was to start a nine-round season on June 20, then a July 11 start with the grand final as late as October, or scrap the entire season.

As James said, imagine the confusion, anxiety within young men constantly not knowing what was really going to happen. If the season is played, some suggest winning the flag this year will not carry the same weight of achievement because it will have been only a half a season.

James takes a vastly different view. "It will be much tougher," he insists. "Players from all clubs have been trapped in isolation confronting mental and physical challenges. That's a lot of pressure bottled up."

It has been widely acknowledged that season 2020 should have an asterisk etched in gold letters alongside it on the honourboard either representing a profound sense of achievement by the premier club in a shortened season, or simply 'season abandoned'.

But there should be two asterisks, the other meaning 'you were wrong Henry 'Red' Sanders'. Winning can never be everything as you claimed 70 years ago when the well-being of players is at stake, no more than there is this year.

There might not be an 'I' in team, but there's one in 'mental fragility'. 🌈





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'Neptune's Pearls' sculpture in Continental Park overlooking Horseshoe Bay.

Mayor Keith Parkes welcomes visitors to Alexandrina

Our local business community is thrilled to welcome you back to our beautiful townships. You can support local businesses and operators by bringing an empty basket or esky and purchasing regional produce. There is so much on offer from cheese, bread, fruit and vegetables, wine, spirits and beer.

Our Local Food Guide lists Alexandrina's open food businesses, and is available at alexandrina.sa.gov.au/business

Now is a great time to get out of your living room and into nature, and enjoy some takeaway or dine-in at a local café or restaurant while you're here. For inspiration, download our Local Food Guide from www.visitalexandrina.com/covid19.

At the same time, whether we are at home or on holidays, we all have a responsibility to keep each other safe – this means gathering in smaller groups, keeping our distance from others and washing our hands regularly.

Right now, the Government is recommending a gentle and cautious approach to re-establishing social connectors, so we ask everyone to keep up to date with State Government social distancing advice and please be patient as our local businesses adjust to the new 'roadmap' requirements.

For ideas on things to see and do during your stay, call our Visitor Information Centre on 1300 466 592 or jump online at visitalexandrina.com



Mayor Keith Parkes

'Framing our neighbourhood' Works progress on Strathalbyn Senior Citizens Building Redevelopment

Upgrades to the Strathalbyn Senior Citizens Building commenced as scheduled in April 2020, and local community groups are excited to see significant early progress.

The development will provide a hub from which a range of community development programs can be delivered in a functional and dedicated building.

The building will be home to both the Strathalbyn Senior Citizens Club and the Strathalbyn Neighbourhood Centre, creating a collaborative community centre that supports local and surrounding residents to engage in a range of programs and activities that bolster mental, social and physical wellbeing.

Recent works have included the new extension's foundation; including completion of footings, steel works and concrete pour. Above ground, the new building's structural framework has been constructed, with the initial above ground stages of plumbing and electrical works also commencing.

The next phases of construction include further plumbing and electrical works, and the installation of the ceiling lining to the renovated accessible toilet and kitchen area.

The potential impact of COVID-19 on construction timeframes is being carefully managed, with the upgrades expected to be completed in August 2020.



Port Elliot's Sculpture - Neptune's Pearls

Created by artists Chris DeRosa and Gerry Wedd

Port Elliot based artists Chris DeRosa and Gerry Wedd have paid homage to historic figure Jessica Louisa Hussey with installation of the public art work entitled *Neptune's Pearls*.

Hussey was born in Goolwa in 1862 and died in Port Elliot in 1899. During her lifetime she collected botanical specimens for state, national and international herbariums, with a particular interest in local seaweeds and spongia from local beaches. Her grave is in the Port Elliot Cemetery and she has descendants who are active members of the local community today.

DeRosa and Wedd were commissioned by Alexandrina Council in June 2019 to create the sculpture, following an expression of interest process, in which they responded to a brief giving consideration to the historical significance of Port Elliot and its position on South Australia's coastline.

Neptune's Pearls was installed in Continental Park overlooking Horseshoe Bay, one of the locations where Hussey collected specimens. It is made of mild steel and powder coated yellow, and includes interpretive information.

Since moving to Port Elliot 19 years ago, Chris De Rosa has become aware of the work of Jessica Hussey. De Rosa's own artwork has often featured a fascination with sea flora along the local coastline where she regularly swims. She was the recipient

of the Country Arts SA Breaking Ground award in 2016 and has work in the collection of the National Gallery of Australia.

Gerry Wedd is most widely recognised as a ceramic artist, as well as a long-time contributing artist for iconic Australian clothing brand Mambo. Wedd has had work tour nationally by JamFactory Adelaide in 2016, as well as work in the National Gallery Canberra, the Art Gallery of South Australia and The Powerhouse museum Sydney, among other arts institutions.

*Port Elliot based artists Gerry Wedd and Chris DeRosa pictured with the *Neptune's Pearls* sculpture*



Strathalbyn Town Centre Revitalisation

Exciting plans are forging ahead for Strathalbyn residents. Since securing grant funding from the State Government's Planning and Development Fund for the Strathalbyn Town Centre Streetscape Revitalisation project in June 2019, Council has undertaken a procurement process and enlisted the services of a landscape architect.

Project planning and design has commenced, and final plans will be revealed in the coming months. With an anticipated project timeline of 18 months, the project is anticipated to commence in late 2020. For project updates visit www.alexandrina.sa.gov.au/projectupdates



Supporting local Businesses

in response to COVID-19

Local businesses create local jobs. Supporting local has never been more important.

Council has endorsed a Business Support Package which outlines a range of initiatives to support local businesses in a time of crisis.

You can support local businesses by downloading our local food guide at alexandrina.sa.gov.au/business



Rent free period for eligible council building tenants

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Economic Development and Events Recovery Grant Program

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Jan–Feb 2021



Flexibility to further extend for 3 months (Jul–Sep)

should the economic issues remain ongoing, subject to further council approval



Automatic fee waiver

for specific businesses permits and licenses (up to the value of \$6,000)

Medium and long term time frame



To view the Alexandrina Business Support Package. For further information visit alexandrina.sa.gov.au/business or call the Business Support Hotline **8555 7455**



2020-2021 Grants Program

Recognising the significant impacts COVID-19 continues to have on our local communities, Alexandrina Council will be offering two new grants to the community, in place of its usual Community Grants Program.

Economic Development and Events Recovery Grant

Funding will be offered in two rounds. Round 1 will be open from mid-July to mid-August and Round 2 will open from mid-January to mid-February.

COVID-19 Community Reactivation Grant

Applications will open from mid-July and will be assessed on an ongoing basis until funds are exhausted.

For further information on both the Economic Development and Events Recovery Grant and COVID-19 Community Reactivation Grant will be available on Council's website from early July, visit at alexandrina.sa.gov.au/grants or sign up to the business database to be updated, visit alexandrina.sa.gov.au/business

We're here supporting our community during COVID-19

... and we say 'thank you'

We have experienced numerous changes in every-day in a very short amount of time since the spread of the coronavirus. The way we do business has changed also.

However, one thing that hasn't changed is the dedication by our four branches across the Fleurieu Peninsula in regard to offering essential banking services to the community.

While our branches have continued to be open to assist everyone with their banking needs, the safety of customers and our staff has been of paramount importance during this unprecedented time. With this in mind, if you are able to do your banking via other means please make the choice to not come into a branch. Instead, give us a call. If you do need to come to the branch, rest assured you will receive the same care as we have always been happy to provide.

Our caring staff are available to assist you with a wide range of banking needs, so why not give us a call at any one of our Fleurieu branches.

Pictured right is our staff sending appreciation to the volunteer directors of Fleurieu Community Enterprises Ltd and AlexInvest Community Services Ltd for their continued support of our branch staff.

Please take care!

Samantha Bitter

Fleurieu Business & Community Manager

M: 0448 788 650



Should you require assistance with your banking feel free to call us at any of our Fleurieu Peninsula branches:

Goolwa 8555 2288

Aldinga 8557 8166

Willunga 8225 2900

Victor Harbor 8551 3900

Markets



Scenes from recent markets... (above) Goolwa Cittaslow Goolwa Farmers Market, and (right) Willunga Farmers Market. Both markets strictly adhered to distancing regulations as a permitted essential service.



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Please advise us with your community market details

Like snails emerging from underneath a veggie garden leaf, markets across the Fleurieu Peninsula are re-emerging from the coronavirus restrictions. Among those around the state permitted to continue under government regulations because they were deemed as essential services – food only – has been the Willunga Farmers Market every Saturday.

The WFM had the fruit and vegetable stalls located in Willunga Recreation Park (across the road) and all the remaining – meats, eggs, bread, dairy, etc – in the regular site. The entire market was held on the Willunga Oval as a twilight market on

Anzac Day eve.

The Cittaslow Goolwa Farmers Market recently re-opened and will continue operating on the second and fourth Sundays of the month in Jaralde Park, Goolwa Wharf Precinct. Importantly, those who visited these markets since the restrictions took place observed all social distancing measures. As other markets start to resume, could organisers please advise Coast Lines so we can include them in our regular market guide – free of charge. Please email details:

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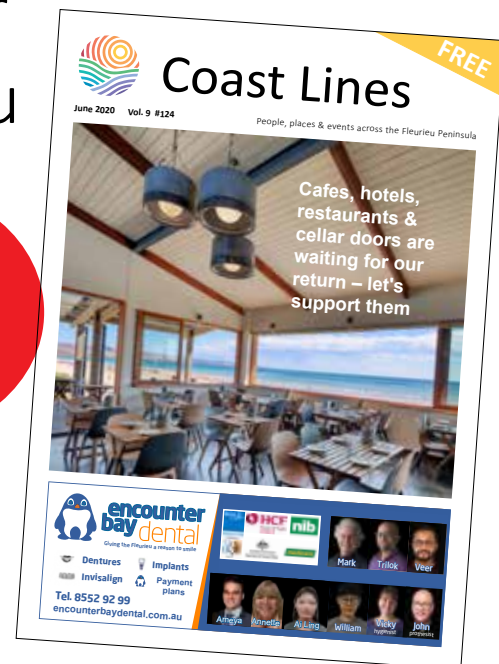
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- Incredible value – our rates are well below every other regular publication on the Fleurieu
- **Our rates include online advertising – we have a strong presence on facebook and Instagram, and we email an electronic version to more than 400 subscribers – strict privacy laws apply**
- We don't do contracts with our display advertisements meaning that you are not locked into advertising for more than one edition
- **Our ratio between editorial-advertising is not lower than 45-55%**
- We offer our tradies and other every-day operators the chance to advertise for as low as \$33 inc. GST a month in our business ads section - that's great value!
- **We focus on people, places and events – we do positive stories**
- The quality of our printing is first class – it's clean and the clarity means you can actually read your advertisement in true colour
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- We are based in Victor Harbor and have published Coast Lines since September, 2011.



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Business ads:	\$33
40mm deep x 61mm wide	

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Coast Lines is published by Ashley & Jenny Porter trading as Oscar Publications.
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Puzzles

Puzzle answers P27

Alfakodo

The aim of the puzzle is to allocate a number from 1-26 (right-hand column) to a letter of the alphabet (left-hand column), using the mathematical equations and clues provided. Only one number can be allocated to one letter. You can work out the numbers by using those letters that have numbers provided. For example in this puzzle (J) $Y+B = 20$ means that numbers for the letters Y and B, when added, equals 20. It also means J equals 20, so anywhere there is a J in the puzzle, it is a 20. If you go to the letter (E)- $J+B = 10$. Because J is 20, you can work out the value of B, and so on.

A	$R+B$	
B	$W-M$	
C	$T \times B$	
D	$C \div A$	
E	$J \div B$	10
F	$A+D$	
G	$K-U$	
H	$N+A$	
I	$C+G$	
J	$Y+B$	20
K	$R+E$	
L	$S+A$	7
M	$S+U$	

N	$L+K$	
O	$S+G$	5
P	$H \div B$	
Q	$V+D$	
R	$H-J$	
S	$G+A$	
T	$D+S$	12
U	$S+F$	
V	$T+B$	
W	$Y+A$	
X	$L+E$	
Y	$B \times Z$	
Z	$S+O$	

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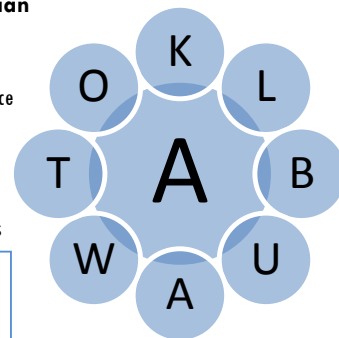
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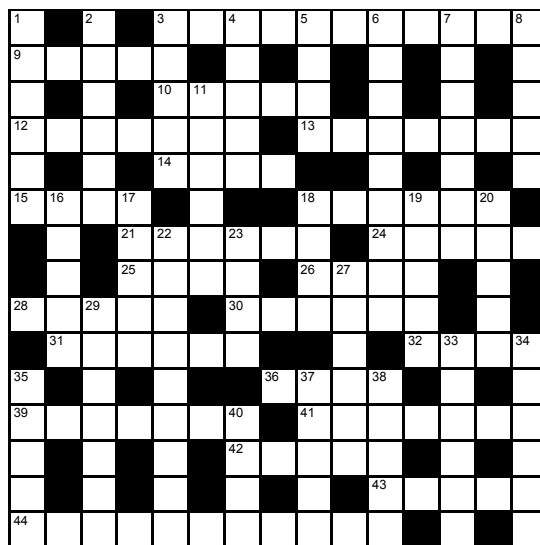
FOCUS An All Australian Word Game

- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

TODAY'S FOCUS Good: 9 words
Very good: 14 words
Excellent: 25 words



Crossword



Across

- 3 Bold undertakings
- 9 Subjoin
- 10 Choose by vote
- 12 Speaker's platform
- 13 Speech impediment
- 14 Woody plant
- 15 Numeral
- 18 Plays for time
- 21 Opposed
- 24 Instruct
- 25 Flank
- 26 Region
- 28 Postpone
- 30 Cold dishes
- 31 Outcome
- 32 Observed

36 Leave out

- 39 Place of learning
 - 41 Makes possible
 - 42 Change
 - 43 Musical instruments
 - 44 Acuteness of judgement
- Down**
- 1 Customer
 - 2 Complete agreement
 - 3 Make effort
 - 4 Motif
 - 5 Decays
 - 6 Controlled
 - 7 Kitchen utensil

8 Tempest

- 11 Remained secretly
- 16 Imply
- 17 Comforts
- 18 Close up
- 19 Letting contract
- 20 Tally
- 22 Violent hostility
- 23 Repose
- 27 Plunder
- 29 Tentacles
- 33 Colour
- 34 Leave off
- 35 Bitterly pungent
- 37 Measure of length
- 38 Card
- 40 Deserve

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Quiz



AUSTRALIAN SPORT

1. Which horse won the Melbourne Cup in 2002?
2. What was Sir Donald Bradman's batting average?
3. Who is Australia's only Formula One driver?
4. Who was the most recent Australian to win the men's singles title at Wimbledon?
5. Which Australian basketballer was named the most valuable player in the USA WNBA?
6. Which Australian has won the FIM World Motorcycle Championship five times?
7. Who was the first captain of Port Adelaide in the AFL?
8. Who was the first captain of the Adelaide Crows in the AFL?
9. Of our Australian male swimmers, who has won the most Olympic gold medals?
10. Who was the first Australian to win the U.S. Open golf championship?

AUSTRALIAN GENERAL KNOWLEDGE

1. How many countries are larger than Australia?
2. In what state/territory was the highest recorded temperature, of 53oC, recorded?
3. Australia has the world's largest sand island. What is its name?
4. In what year was Advance Australia Fair proclaimed as the national anthem by the Governor-General?
5. Do all states/territories have the same blood alcohol limit for non-probationary drivers?
6. What animal is on the Western Australia flag?
7. In what city did the Commonwealth Parliament first sit?
8. What animal featured on the 2 cent coin?
9. Who is the only person to have been awarded both the Australian of the Year and Young Australian of the Year titles?
10. In what state/territory would you find Ben Lomond National Park?

KIDS' QUIZ

1. What is Harry Potter's middle name?
2. Off what state would I find the barrier Reef?
3. What is the most eaten food in the world?
4. Which fairy tale had really, really, really long hair?
5. What is the largest land animal?
6. How often are the Commonwealth Games held?
7. If you were to bite a "Granny Smith" what would you be eating?
8. Which metal is heavier – gold or silver?
9. How many rings make up the Olympic Games symbol?
10. What is a group of Lions known as?

Quiz answers P27



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On a brighter note...

CONSIDER THIS...

After months of not being allowed to go outside a woman saw a man she knew walking on the footpath past her house. She immediately ran to the window and started yelling to him. Now she understands dogs.

Flat Earthers fear that 2 metre social distancing may push some people over the edge.

The nicest thing about the future is that it always starts tomorrow.

Money will buy a fine dog, but only kindness will make him wag his tail.

If you don't have a sense of humour you probably don't have any sense at all.

A good time to keep your mouth shut is when you're in deep water.

How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?

Why is it that at class reunions you feel younger than everyone else looks?

Why are a wise man and a wise guy opposites?

Why do overlook and oversee mean opposite things?

Why isn't 11 pronounced onety one?

What should you do if you see an endangered animal eating an endangered plant?

Happy birthday darling

Sandra wakes her husband Simon up and all excited she says: "It's my birthday – what did you get me, what did you get me?"

He has this dumb look on his face – he has obviously forgotten the day. Suddenly, he jumps out of bed and says to Sandra: "Wait here darling, I'll just get your pressie – it's outside."

A few minutes later he comes back into the bedroom with a present all neatly wrapped up and tied with a bow. Sandra unwraps it – it's a stick.

"You miserable sod, you bought me a stick for my birthday?!"

Simon says: "Darling it is no ordinary stick. It's a magic wand. Why don't you close your eyes, wave the wand around the room and say: 'Abracadabra!'"

And as Sandra waves the magic wand Simon shouts: "Oh my god, it really is a magic wand... it made all the other presents disappear."

This is love

A young Scottish lad and lass are sitting on a low stone wall, holding hands, gazing out over the loch. There is absolute silence.

The girl looks at the boy and says: "A penny for your thoughts, Angus."

Angus says: "Well, uh, I was thinking... perhaps it's about time for a wee kiss."

The girl blushes, then leans over and kisses him on the cheek.

He blushes. The two turn once again to gaze out over the loch. Minutes pass and the girl says again: "Another penny for your thoughts, Angus?"

Angus says: "Well, uh, I was thinking, perhaps it's now about time for a wee cuddle."

The girl blushes, then leans over and

cuddles him for a few seconds.

He blushes, and the two turn once again to gaze out over the loch. After a while, she says: "Another penny for your thoughts, Angus."

Angus says: "Perhaps it's about time you let me put my hand on your leg."

The girl blushes, takes his hand and puts it on her knee. He blushes.

The two turned once again to gaze out over the loch. The girl again asks: "Another penny for your thoughts, Angus?"

This time the young Scot glances down with a furrowed brow and says: "Well, dae ye no, think it's about time ye paid me the first three pennies?"

Boom, Boom...

A man can't undo the buttons on his sweater so he tries pulling it over his head but it gets stuck. He's at the hospital now, waiting to see a cardiologist.

Another bloke once got into so much debt that he couldn't even afford to pay his electricity bills. They were the darkest days of his life.

It's a costly week for a teenage girl. She can't use Facebook so she has to phone everyone to see what they are eating.

Aye, aye captain

It's the 1700s when Captain Bravo is on his tall ship sailing the treacherous seas off the coast of Spain. He shows no fear when facing the pirates; he's an amazing leader of men, a real hero.

One day, while sailing the seven seas, a lookout in the crow's nest spots a pirate ship heading towards them, and fast. The crew becomes frantic when Captain Bravo says to his first mate: "Bring me my red shirt."

The first mate quickly brings him his red shirt whilst bravely leading the fight, and the

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pirates retreat.

The next day, they are confronted by two pirate ships, and again Captain Bravo fights to the bitter end in his red shirt and they triumph in adversity. That night, as they drink their rum, the first mate asks Captain Bravo: "Why do you wear a red shirt when you face the enemy in battle."

Captain Bravo says: "If I am wounded in the attack, the shirt will not show my blood and thus, you men will continue to fight, unafraid."

The men around Captain Bravo sit in silence and marvel at the courage of such a man.

At dawn the next morning, the lookout spots not one, not two, but 10 pirate ships approaching from the horizon. The first mate asks: "Shall I bring your red shirt?" Captain Bravo calmly replies: "No. Get me my brown pants."

Doctor, doctor...

A man returns from a trip to India and is feeling very ill. He goes to see his doctor and is immediately rushed to the hospital to undergo a series of tests. The man wakes up after these tests in a private room at the hospital and the phone by his bed rings. The voice on the phone says: "This is your doctor... we have the results back from your test and I'm very sorry but you have an extremely contagious deadly disease." The man is horrified. He screams: "What's wrong with me... oh no, am I going to die... what are we going to do?" The doctor says: "Now calm down. We're going to put you on a strict diet of pizza, pancakes and pita bread." The man asks: "Will that cure me?" And the doctor says: "Well, probably not, but it's the only food that will fit under the door."

Spitting chips

A man stops at a fast food restaurant and spots a sign which offers 'Fat-free French Fries' so he decides to give them a try. After ordering he watches with disgust as the worker pulls a basket of fries from the fryer, which are dripping with fat. The worker throws them in a bag and puts them in the man's order. The man shouts: "Just a minute, those French fries aren't fat-free." And the worker says: "Yes, they are... we only charge for the potatoes, the fat is free."

Dog gone

George is inconsolable when his dog goes missing. His wife says: "Why not put an advertisement in the paper?" George does this and the weeks go by, but no response. He's devastated. His wife says: "What did you put in the paper?" And George says: "Here boy."

Dad jokes...

What instrument does a skeleton play? The trombone.

What do you call a dog that does magic tricks? A labracadabrador.

What did the alien say to the garden? Take me to your weeder.

Which knight is always startled? Sir Prize. What happens to a refrigerator when you pull its plug? It loses its cool.

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

Where do you buy chess supplies? At a pawn shop.

What did the wall say to the ceiling? Meet you at the corner.

What did one flag say to the other flag? Nothing. It just waved!



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Puzzle & quiz answers

QUIZ - Who am I? Comedian Tommy Little.

AUSTRALIAN SPORT: 1. Media Puzzle 2.

99.94 3. Mark Webber 4. Lleyton Hewitt 5.

Lauren Jackson 6. Michael Doohan 7. Gavin

Wanganeen 8. Chris McDermott 9. Murray

Rose 10. David Graham (1981).

AUSTRALIAN GENERAL KNOWLEDGE: 1. Five

(Australia is the sixth largest country: Russia,

Canada, China, USA, Brazil) 2. Queensland

3. Fraser Island 4. 1984 5. Yes 6. Black swan

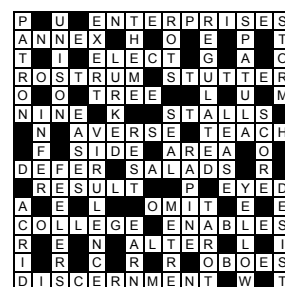
7. Melbourne 8. Frilled neck lizard 9. Cathy

Freeman 10. Tasmania.

KIDS' QUIZ: 1. James 2. Queensland 3. Rice 4.

Rapunzel 5. 6. African elephant 7. Every four

years 8. Apple 9. Gold 10. Pride.



A	B	C	D	E	F	G	H	I	J	K	L	M
3	2	24	8	10	11	1	26	25	20	16	7	19

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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Being homely

Fall in love with your house again

You have been in your home for a long time now and for whatever reason it's time to sell and stroll into the sunset. One of the first things your land agent says is "declutter your home; it will have a better chance of selling."

So you spruce the place up... those patches that always needed painting, the garden gets trimmed, and most of all the order of the day is to get rid of the 'unwanted'.

After torturous days you get there. You look around and say to yourself, 'hey, this place is quite nice – I don't want to leave'.

The thing is, for those who aren't selling, why not only imagine you are and get the place in order. Imagine you are buying your own house and think 'this is what I'd do if it were mine'. It's about taking that fresh look at what you have got and fall in love with your own home again.

Before we go on, there is no blame game here. Most of us lead busy lives and have been guilty of 'leaving things around the house'.

Go into the rooms one-by-one, sit down and think of the simple improvements or ways to do a make-over. Ask yourself these common four questions when it comes to decluttering – things you would need to do if you were selling:

Do I love this item?



Have I used this over the past 12 months?

Would I buy this item again?

Do I really need this item?

Trust us, you will know straight away whether to toss it or start using or loving it again.

You don't need two or more items of the same thing. Okay, you get then 'guilt' thinking this is wasteful, but tossing items out is absolutely necessary. This is a tough

game we are playing.

The reality of most cluttered houses is that most of the items – especially gadgets in the kitchen door, electrical items virtually hidden in the pantry that you haven't used in years, and clothes that you have fallen out of love with – may have a tad sentiment attached, but they really do nothing to make you feel good.

You need to be ruthless with the cleaning out, and when you do you will be surprised just how much every room in your house looks much better and makes you feel great.

Think about a colour change, and when you do decide whether curtains look tired. If they do, get the experts at your local decor shop in to help you make the change. Replace the cushions, put things in baskets and find places to always put the newspapers in. Look at your benches and think about what could be taken off and either stored in a cupboard or thrown out the back door. This is the new you.

A lot what we are saying here doesn't necessarily cost a lot of money, but it can have a huge effect.

Think about how you would need to clean up all the unnecessary items and spruce the place up if you were selling your home. If you're not selling, this is sure like thinking you have moved into a new one. 🌈

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The benefits and joys of gardening

There is no doubt as a means of coping during this coronavirus that puppies of all breeds and sizes have come into families and brought lots of enjoyment that will hopefully remain treasured memories.

They also come with a responsibility to care for them in the best way we can, and as the old saying goes 'you only get back what you put into them'.

In most cases, people who haven't had a puppy before may not know the importance of nutrition so we present the following based on an excellent report by Dr Gretta Howard representing *Black Hawk*, which produces a holistic pet food range – Australian made. Everything starts with your dog having a healthy diet, and we strongly recommend the *Black Hawk* range.

According to Dr Howard, puppies grow at a really fast pace – much faster than humans – so it is paramount that they receive a high-quality premium diet formulated for puppies. Their learning is properly supported with the right nutrients.

Your puppy's growing bones need the right calcium to phosphorus ratio, which has been formulated correctly in premium pet food brands, such as *Black Hawk*.

It is actually much harder to feed a balanced diet for puppies using home-cooked ingredients and these growing dogs may risk growth abnormalities. A premium puppy diet balanced for growth is what I recommend

for my clients.

Exercising a new puppy is also vital. Off-leash dog parks may not be open during this challenging period, but as a rule, Dr Howard doesn't recommend visiting these parks until the puppy reaches six months of age. She believes it is important they learn how to interact properly with other dogs before being in an uncontrolled environment.

While puppies are young, they tend to pick up more infectious diseases from dog parks, so this is another reason to avoid them. Other ways to physically exercise with your dog include games such as go fetch or hide and seek.

Dog walking is allowed and can be incorporated into your exercise regime during COVID-19.

Leash training is vital so that your puppy can be walked outside safely and enjoy the outdoors. Training is a fun and mentally stimulating way to interact with your puppy, but must be done in a positive manner in order to be effective and avoid fear.

Toilet training should be kept to a routine, and it is important never to get angry or punish your puppy if they do their business in the wrong spot. Take your puppy out first thing in the morning when he or she wakes up, after every meal and after each sleep and remember, take your rewards with you to encourage toileting in the right place. Enjoy! 🍌



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Currant Vanilla biscuits with White Chocolate

Ingredients

190g plain flour
1 tsp baking powder
125g butter (at room temperature)
1 tsp vanilla essence
90g caster sugar
40g desiccated coconut
40g currants

Topping

100g white chocolate
few drops of vegetable oil (if not using baking chocolate)

Method

Pre-heat oven to 160°C. Line a baking tray with baking paper.

Sift the flour and baking powder onto greaseproof paper or into a bowl and set aside.

Place butter in a large bowl. If butter is cold, microwave (in a suitable bowl) at lowest setting for 30 seconds or so, until slightly softened but not melted. Add sugar to the butter and using an electric mixer, beat at medium speed for about 4 minutes, or until the mixture lightens. Add the egg and

vanilla, and continue beating until mixture is smooth and combined. Add sifted flour, coconut and currants. Stir with a spoon until ingredients start to come together, then using clean hands mould the mixture into a large ball.

Take teaspoonfuls of the mixture and roll into balls then place them on the tray, leaving a little space in between. Flatten each ball slightly with the back of a teaspoon to form the biscuit rounds.

Place the biscuits in the pre-heated oven. Bake for 12-15 minutes, or until biscuits become a little golden around the edges. Do not over bake. Remove from oven and allow to sit on the tray for a few minutes, before transferring to a wire rack or board.

When biscuits have cooled, spread top with melted chocolate to which a few drops of vegetable oil has been added. To melt chocolate, place in a glass bowl and microwave at lowest heat setting for short bursts, until chocolate begins to melt. Remove from the microwave and stir with a round bladed knife, until all chocolate has melted. Do not over cook the chocolate. Makes 20 biscuits.

DAIRY-FREE SCONES

Ingredients

3½ cups self-raising flour
1 cup lemonade
1 coconut cream

Method

Pre-heat oven to 210°C. Line a baking tray with baking paper.

Sift flour into a bowl. Make a hole in the centre and add lemonade and coconut cream. Using a round-bladed knife, stir until the dough starts to come together. Dough should be moist, but manageable – adjust ingredients slightly if dough is too dry or too moist. Turn out on to a lightly floured board.

Complete bringing the dough together by gently kneading a few times, then using clean hands flatten to 2cm thickness. Using a scone cutter (do not twist the cutter when cutting) cut dough into rounds, and place close together on prepared tray.

Bake for 10-15 minutes until the tops of scones begin to turn golden.



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Gözleme

A traditional savoury Turkish flatbread and pastry dish...



Ingredients

- 3½ cups plain flour
- 8g instant dried yeast
- pinch of salt
- 3 tablespoons olive oil
- 2 tablespoons plain natural yoghurt
- 150ml warm water to be mixed with yeast
- 100ml warm water, extra

Filling:

- 500g flat mushrooms
- 100g baby spinach leaves
- 1 medium onion, finely chopped
- 1½ teaspoons red chilli flakes
- salt & black pepper to taste
- 180g Greek feta cheese
- olive oil

Method

Combine 150ml warm water (see note), yeast and salt in a cup. Stir, cover and set aside in a warm place for 5 minutes or until bubbles form on the surface.

Sift the flour into a large bowl. Once bubbles appear on the yeast mixture, make a well in the centre of the flour and add the yeast mixture, olive oil, yoghurt and extra warm water. Using a round-bladed knife, gently combine the ingredients, then using clean hands, bring the mixture together to form a ball (the dough should be slightly moist). Transfer to a floured board, and knead thoroughly to form a soft dough – if too moist, add a little extra flour.

Divide the dough into 5 pieces, knead each piece and roll into balls. Place the balls on a floured surface, cover with a damp cloth and leave to rest for 30 minutes, or until dough doubles in size.

While the dough is rising, prepare the filling. Halve and slice mushrooms. Heat two tablespoons of olive oil in a pan over medium heat. Saute onion until transparent (about 3 minutes), then add sliced mushrooms. Stir to combine, and continue cooking for five minutes, stirring occasionally. Remove from heat and stir through chilli flakes and salt and pepper to taste.

To assemble:

Once dough rounds have doubled in size, place some baking paper on a board or bench top. Sprinkle a little flour over the paper and using a

rolling-pin lightly coated with flour, roll out each of the balls of dough into thin, flat rounds (about 30cm in diameter).

Spread mushroom mixture over half of each round, leaving a little space at the edge of the mixture for sealing. Add a layer of baby spinach, and sprinkle crumbled feta cheese on top. Fold the pastry over the filling and press down around the edge to seal.

Heat a large non-stick pan to medium-high heat. Brush one side of the gözleme with a little olive oil and place in the pan to cook for about 3-4 minutes, or until golden brown. Brush the uncooked side with a little olive oil and then flip it over.

Cook for another 3-5 minutes, until golden brown. Once cooked, brush both sides of the gözleme with a little extra olive oil (to keep it moist). Can be eaten straight away, or placed in a warm oven while cooking the remaining gözleme. Cut into slices and serve.

Note: The warm water for the yeast should be at a temperature between 40°C and 44°C (ensure water is not too hot). Dough may be made on dough cycle of a breakmaker; gözleme could be cooked on an electric crepe maker if you have one.

Cooked gözleme that have cooled may be placed in a container or covered with gladwrap and stored in the refrigerator and reheated either on stovetop or in oven (180°C for about 8-10 minutes). They can also be wrapped in foil and frozen. Different fillings may be used. 🌍



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