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July 2020 Vol. 9 #125

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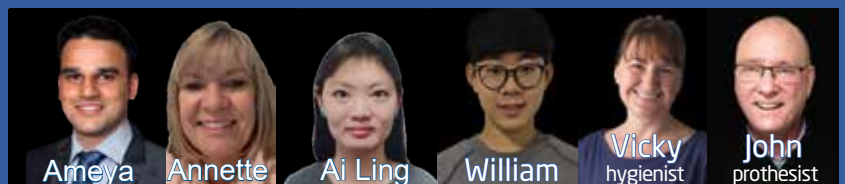
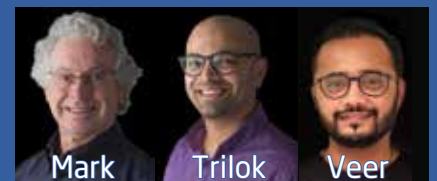
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July

PRICELESS FLAG FOUND

Melissa Smith, group leader of the Victor Harbor Sea Scouts, was looking for items of interest to display at an open day when she found a box beneath unwanted items in a storeroom of its Hindmarsh Road headquarters.

She placed the box aside and didn't think much about it as the coronavirus had put an end to the open day. Inside was an old flag, a Union Jack, and initially she thought it was a bit too ragged and nothing special. Then she read the letter inside - it was the last Union Jack brought back to Adelaide from World War I.

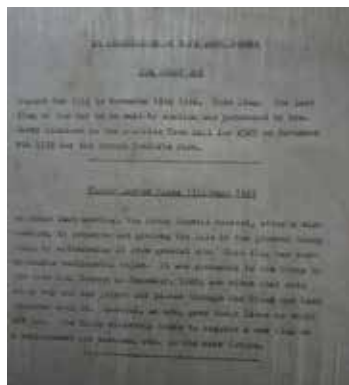
The note read:

An inscription of this pole reads:

THE GREAT WAR

August 1st 1914 to November 11th 1918.

The last flag of the war to be sold by auction



was purchased by Mrs. Barry Bickford in the Adelaide Town Hall for £525 on November 8th 1918 for the French Comfort Fund.

The note also included:

Victor Harbor Times 13th May, 1949

At their last meeting the Group Council decided, after a discussion, to preserve and prolong the life of the present Troop flag by withdrawing it from general use. This flag has considerable sentimental value. It was presented to the Troop by the late E.D. Bowman in December, 1928, and since that date every boy who has joined and passed through the Troop has been invested with it. Several, as men, gave their lives in World War two (sic). The Troop sincerely hopes to acquire a new flag as a replacement for parades, etc. in the near future.

Continued P4

FRONT COVER

Kate Smith and Charlie Vandersteegen of Chocolique, based in Aldinga Beach.

FULL STORY: P15-17

JUST A THOUGHT

Eventually, you will reach a point when you stop lying about your age and start bragging about it.

 **Coast Lines**

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HELLO,

We welcome Donlan Lawyers, Resthaven, Artworx and South Lakes Golf Club as our new advertisers, and we also thank all of our regular advertisers, readers and distributors. This edition comes with a warning – we can assure you that you will feel like eating Belgian chocolate after you read the feature on a fabulous couple who make it with lots of love.

We discover our local sea scouts organisation is just as relevant as it was decades ago, and we talk about the sale of our picture theatre and why it's having trouble screening new movies.

Most of our time has been spent on our new series – a pub crawl. It's about promoting our friendly mine hosts in an industry that has been hit harder than most. It's also great to see a new restaurant open – Swagman (see the advertisement opposite page).

Enjoy Mrs Eatwave's recipes, share a laugh with us, and shame on those who criticised the Crows after the Showdown loss to the Power. Jeepers, it was June and going into the match not having lost a match since March was an amazing effort compared with previous seasons. Take care.

-Ashley & Jenny



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From P3
Melissa (pictured) said that when she realised the significance of the Union Jack flag – it is now of considerable value – the Victor Harbor Sea Scouts committee decided that in the best interests of the town, and respect for those who served our country, the flag should be exhibited somewhere special other than in the group's clubrooms. "We sent the flag to Adelaide to be frozen in a special container because we were told there were tiny bugs in the flag that were slowly destroying it," Melissa said. "We will then get the flag encased suitably for display. "This flag is very special to the Victor Harbor Sea Scouts, but this is really for everyone to appreciate. The community has always supported us for 110 years. "Many of us feel that the ideal place to display the flag may be within the Victor Harbor Council building." Melissa admitted that, without the coronavirus forcing the group to cancel its

open day to celebrate its 110th year she may have just displayed the flag without realising its significance. "I am just so glad that I saw the letter at the bottom of the box explaining the flag's history, and how it had been eventually donated to the Sea Scouts," Melissa said. "The flag has seen it's best days, but it remains a very visual memory of all of those who served our country. We are pleased to be able to honour them. "It is also special to so many past sea scouts who had be invested using this flag." **P15-17: Scout's Honour**

TOKYO 2021



TO TAKE PART

Malawian-born Cate Campbell was expected to be awarded an immeasurably proud honour this July 24 – walking into the Tokyo Olympic Stadium as our first swimmer to be Australia's sole flag bearer at an Olympic Games since Andrew 'Boy' Charlton (pictured right) in 1932. Of course, the Tokyo Olympics, first held here in 1964, at this stage have been deferred to July 23 next year. If Japan continues to struggle with the coronavirus the Games will be cancelled. Instead of watching our Cate on Friday, July 24 we're left with listening to Bruce at an AFL venue with no fans. However, one



hopes that along this road of uncertainty, the intolerable racial hatred stirred internationally from the United States of America, may we still acknowledge the spirit of the Olympics this month with the centenary of the first unfurling of the world's most recognisable symbol – the Olympic flag bearing the five rings. The Olympic flag was created under the guidance of Baron Pierre de Coubertin in 1913 and was released in 1914. It was first hoisted in 1920 in Antwerp, Belgium at the 1920 Summer Olympics in the main stadium. The five rings represent the continents of the world – Europe, Asia, Africa, The Americas and Oceania. It was said the colours – blue, yellow, black, green and red on a white field – were composed from every competing nation's flag at the time. It was also Baron Pierre de Coubertin who first delivered us the Olympic creed, which says in part '*the most important thing is not to win but to take part*', which right now in another way has never been so profound. This is great sporting history, and while we wait for the Tokyo Olympics mascots *Miratowa* and *Someity* to welcome us to Japan may we recommence training for our own mind games at the Fleurieu Aquatic Centre, which has re-opened. Everything that has happened this year should remind us how lucky we are to have the facility that is there to enjoy. Remember, *the most important thing is not to win, but to take part.*

Continued P5

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SPECIAL DAYS

JulyEYE: The RANZCO Eye Foundation tells us to get our eyes tested throughout July – 75% of vision loss is preventable or treatable if detected early enough, yet every 65 minutes an Australian loses part or all of their vision.

www.eyefoundation.org.au/juleye

July 11: World Population Day. In 1989, the Governing Council of the United Nations Development Program recommended that we observe this day, and the focus this year from the 1994 discussion where 179 governments recognised that reproductive health and gender equality were essential for achieving sustainable development. In demographics, the world population is the total number of humans currently living, and was estimated to have reached 7.8 billion people as of March 2020. It took over 200,000 years of human history for the world's population to reach 1 billion, and only 200 years more to reach 7 billion.



July 14-20: National Diabetes Week.

Awareness about diabetes in Australia. The campaign aims to educate on the risk factors for type 2 diabetes and how type 2 can be prevented. www.itsabouttime.org.au



Sunday, July 19: National Pyjama Day.

Thousands of schools, businesses and groups will be encouraged to stay in their PJs to show support for The Pyjama Foundation's work with Australian children in foster care. www.thepyjamafoundation.com/

July 20-25: National Wound Awareness Week.

About 300,000 Australians, mostly elderly and on pensions, suffer lower leg ulcers requiring regular care. The Australian Wound Management Association is working with its 3000 nurses, doctors and allied health members to bring about equity of care and improve quality of life.

Continued P6



Don't let your dog or cat read this...

Meet little Cedric, a happy, healthy and definitely spoilt Havanese puppy in the Niederer household in Victor Harbor. It's National Desexing Month, and, well... Cedric might be in line for the little 'snip' when he turns six months in September.

The National Desexing Network (NDN) runs a nationwide referral system every July offering discounted desexing to dog and cat owners who qualify. Veterinary clinics across the Fleurieu Peninsula should be involved to help reduce a growing number of stray cats killing off wildlife.

The NDN argues that desexed pets are less prone to wander, become lost and fight. Their territorial behaviour such as spraying indoors is reduced, and are less likely to suffer from anti-social behaviours. They become more affectionate and better companions. However, not for one moment could

we imagine our Cedric getting into mischief.

For the record, the Havanese breed, from the bichon family, dates back to Cuba in the 1500s. Originally, Tenerife dogs came to Cuba with Spanish farmers and noblemen in the early 1500s. These dogs developed into the Havanese with little, if any outside influences and became the national dog of Cuba.

During Fidel Castro's revolution – 67 years ago this month – some Cubans fled to the United States of America with their Havanese, and 11 of these dogs became the foundation stock for the Havanese of today.

How could you leave someone special like Cedric behind knowing that Castro, among many things, was an outspoken hater of dogs?

Visit: ndn.org.au

July

From P5

July 21-26: National Farm Safety Week.

Aims include raising awareness of farm safety issues in rural communities across Australia. www.farmsafe.org.au

July 22-28: National Pain Week. Aim is to contribute to the de-stigmatisation of the experience of chronic pain; work towards creating healing relationships between the person in pain and their pain clinician/s; and to reduce the isolation and suffering of people in pain. www.nationalpainweek.org.au/



Friday, July 24: Stress Down Day: A fundraising event by Lifeline Australia to help cover the cost of running its 24 hour telephone counseling line – 13 11 14.

Workplaces participate by enjoying a day of stress reducing activities, including wearing casual dress to work, in exchange for a donation to the cause. www.lifelinehunter.org.au



Sunday, July 26: White Ribbon Night. Join communities across Australia to unite in support of bringing an end to violence against women by having a night in to get the word out. www.whiteribbon.org.au/night

Sunday, July 26: Schools Tree Day.

Promoted by Planet Ark, each year 250,000 Australian school students participate in Schools Tree Day, a special event just for kids. Students are encouraged get involved and plant some trees for a healthier planet. treeday.planetark.org/schools/

Tuesday, July 28: World Hepatitis Day

(UN). World Hepatitis Day raises awareness of chronic hepatitis A, B and C. www.worldhepatitisalliance.org/



July 28 - August 4: Donate Life Week.

Awareness week to promote organ and tissue donation and is led by the Organ and Tissue Authority as part of the Australian Government's National Reform Agenda to increase organ and tissue donation rates.

Thursday, July 30: Gastroschisis Awareness Day.

Gastroschisis is a birth defect that causes the intestines to protrude from a hole in the abdomen, typically to the right of the umbilical cord. averysangels.org



Thursday, July 30: International Day of Friendship.

Proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities. www.un.org/en/events/friendshipday/



The National NAIDOC Committee has postponed NAIDOC Week 2020 (July 5-12) in the interest of safety for our communities. This decision was not taken lightly.

The National NAIDOC Awards scheduled for Saturday, July 11 in Alice Springs will not go ahead as planned.

Organisers are in the process of finalising a new date for NAIDOC Week 2020 – towards the end of the year – and will continue to work closely with the National Indigenous Australians Agency and its partners for NAIDOC Week 2020. Visit: www.naidoc.org.au

Friday, July 31: World Ranger Day.

Commemorates park rangers killed or injured in the line of duty, and celebrates the work rangers do to protect the world's natural and cultural treasures. www.internationalrangers.org

SCHOOL'S OUT

Our students have had it tough this year because of the coronavirus, especially those in Year 12 so we hope they all enjoy their holidays from July 4-19.

It puts us in line with the other states except Victoria and Queensland which started the holidays a week earlier.

For the record, Term 3 in SA is from July 20-September 25, and Term 4 October 12 -December 11. 🌈



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SALA

SALA – South Australian
Living Artists Festival –
from August 1-31

Like everything, SALA – the South Australian Living Artists – Festival has been hit with a brush or two of bad luck because of COVID-19, but typical of the explosion of imagination that it always delivers there is still plenty of scope on the artists' palette. SALA will still go ahead throughout August, but unlike those since 1998, as an initiative of the Australian Commercial Galleries Association designed to promote and celebrate local South Australian artists, the platforms are different.

Last year the month-long festival attracted more than 9000 participating artists to over 600 venues across the state – not to mention tens of thousands of viewers – but because of the uncertainty surrounding restrictions relating to social distancing, organisers placed greater emphasis on inviting registrations of online events. These include online exhibitions, video artist talks, virtual studio tours and physical exhibitions within State Government compliance. With limitations eased, there will also be



the usual exhibitions meaning SALA will actually grow into a broader spectrum and encourage new exhibitors to take part. It will also deliver the art experience through this new online arena.

Given the enormous challenge of putting together the 2020 festival and obviously the locations being an unknown factor the entire program will be released online rather than in print.

Galleries on the Fleurieu Peninsula that have supported local artists for many years will again open their doors throughout the festival.

This includes Artworx in Hays St, Goolwa, which is gathering the works of more than 50 artists under the one umbrella for its 'Double Delight' Exhibition – each of the artists providing two of their best pieces for sale. There will be special Artists in Residence days.

Among the participants is mosaic artist Cheryl Rogers, who is running a solo exhibition at The Whistlestop Restaurant across the road daily during restaurant hours until July 19. A fine example of her great work is pictured above. 🌈

FREE SALA LISTING

Coast Lines is inviting all artists across the Fleurieu Peninsula participating in SALA 2020 online or in a studio/gallery to email the details of their exhibition so we may publish them in our August edition. As a means of helping our artists through these difficult times there is no cost involved. Please state name of exhibition, artist(s) involved, medium, place and time, and a brief description of the exhibition.

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Big care factor despite birthdays poles apart

It has been claimed that Australia is working its way through its worst financial position since the Great Depression in 1935 when Resthaven was formed as a home mission of the Methodist Church to assist those in great need and care.

Now 85 years on, as we all emerge from the coronavirus, Resthaven is still playing a vital role in communities with its residential aged care homes across South Australia, including the past five years in Frederik Street, Port Elliot.

The Port Elliot centre may be young, but its historical roots also run deep. While Resthaven started as a home mission of the Methodist Church supporting the many older people who relied on Christian charity to survive during the depression, another 82 years earlier this south coast site was the Port Elliot Primary School, our pioneering

days when life too was a challenge. Set behind the site of this historic Port Elliot 'Old School', the home of Resthaven Community Services has itself been 'top of the class' with its unrelenting and professional support for older people who enjoy living independently in their own homes. It's about caring in a friendly environment.

Adding to this special community link is that some of the children who were taught in

this historic building have become residents here at Resthaven in their older years, meeting friends from years gone by and creating valued new friendships. The celebration of the birthdays, albeit 80 years apart, is special because the history of the school continues to be engrained in the impressive style of the Resthaven complex, which since 1935 has prided itself on a remarkable care factor helping those in need. 🌈



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Scout's honour.

MELISSA SMITH, group leader of the Victor Harbor Sea Scouts, which is celebrating its 110th year.

They've been to the moon, ran the United States of America and been stars of the stage and screen. There's a Wimbledon champion, a world English football hero that 'bends them like Beckham' because he is Beckham, a host of rock stars and one of the world's richest men, Bill Gates, who gave us Microsoft. They have all been scouts or girl guides, and have their official badges as proof – scout's honour.

We now welcome you to the Victor Harbor Sea Scouts, formed in 1910 – remarkably just two years after the boy scout movement was founded in Great Britain by cavalry officer, Lieutenant General Robert Baden-Powell, and a year after Australia's first club. Obviously, this local journey – shared with an equally-proud separate identity, the Victor Harbor Girl Guides since 1912 that still uses a quaint house build 16 years later on Hindmarsh Road – has been special, an integral part of the lives so many boys and girls, instilling them with the values of life. Years ago scouts and guides swore an allegiance to Her Majesty, Queen Elizabeth II – herself a member of the girl guides at the age of 11 – and to God, reciting an oath providing a framework and philosophy for living. They call it their Law.

But our sea scouts and girl guides have changed. There is no mention of the Queen, even though Her Majesty remains patron of Girl Guides and presents the Queen's Guide Award. The Christian ode has been replaced by 'spiritual beliefs' to appease everyone. It is the way of our world now.

Like so many sports and organisations, our local sea scouts have struggled over the years with numbers and volunteers, largely because the kids have been playing with Bill Gates' software.

Continued P10



Victor Harbor Sea Scouts group leader Melissa Smith. Note the photograph of Her Majesty Queen Elizabeth II at the top.

THE PROMISE

*On my honour, I promise
To do my best,
To be true to my spiritual
beliefs,
To contribute to my community
and our world,
To help other people,
and to live by the Scout Law.*

THE AUSTRALIAN SCOUT LAW

*Be respectful:
Be friendly and considerate.
Care for others and the
environment.
Do what is right:
Be trustworthy, honest and fair.
Use resources wisely.
Believe in myself:
Learn from my experiences.
Face challenges with courage.*

THE GUIDE LAW

*I will strive to:
Respect myself and others
Be considerate, honest and
trustworthy.
Be friendly to others.
Make choices for a better
world.
Use my time and abilities
wisely.
Be thoughtful and optimistic.
Live with courage and strength.*

From P9

However, Melissa Smith, who is group leader of Victor Harbor Sea Scouts, believes more than ever the movement is relevant. She pays tribute to a great band of parents who over the past three years has been of tremendous help, prompted by the realisation the group was seriously close to folding without it.

Melissa dedicates herself to the sea scouts even though her son, Cadan, chose to be no longer a member, and sees the natural progression from joeys (ages 5-7), club scouts (8-11), scouts (11-14) to venturer scouts (15-18) as a wonderful personal training experience.

Not only that, after Cadan stepped out of scouts Melissa remained as group leader – the highest position in the club – because she felt the connection helped her grow as an adult.

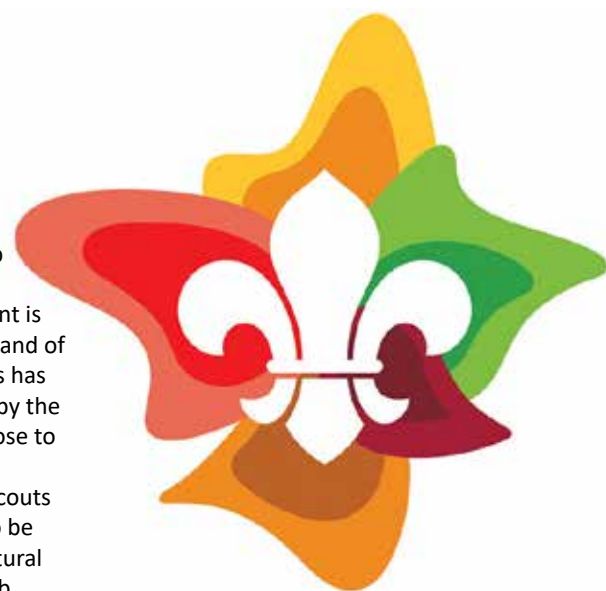
The commitment started five years ago last March at her first AGM, and as per norm she was elected secretary and by the end of the meeting as chairperson. Husband Kep also found himself on the committee.

“I just love it,” Melissa said. “Having come from Woomera, where the community spirit is strong, I looked at becoming involved with a lot of groups when I first arrived. I volunteered for the sea scouts because my son was part of the group, and I'm glad. “I would like to believe scouts and guides have the same relevance as they have always held in society, but I think it has changed slightly.

“You hear stories of ‘when I was a scout years ago’ when they could carry a pocket knife, or would catch food and cook it, whereas we don't do that now because there are so many regulations. There are policies and safety precautions; there is so much more responsibility looking after the youth now.

“It has changed, but perhaps not the beliefs, especially if we try to instil in them as they come in as joeys and teach them all about the promise and what it means. It's a promise not only to the group, but to the individual as well. It is still strong.

“The scout movement has become more diverse, more into cultural diversity. We have two promises they can now make – it's a personal choice. Not everyone is religious. We have had a couple of families (Australian heritage) who found it a little off-putting to say they abide by the Queen. That's okay,



Scouts
AUSTRALIA

to each their own. They also had their own religious beliefs, a choice which we should respect.”

There is not a lot of difference between sea scouts and scouts because they cover numerous activities like sailing kayaking, abseiling, rock climbing, orienteering, caving, diving and camping. They join in district, national district and world-wide events like jamborees, and organise overseas trips.

Scouts had a jamboree over 10 days for the older members at Woodhouse in the Adelaide Hills last year, and a three-day cuboree there for those younger. At this stage there is an opportunity for joeys to venture into the snow fields interstate. Melissa said the biggest challenge for the Victor Harbor sea scouts was finding volunteers and maintaining numbers. “It's not easy getting new recruits,” she added. “Obviously, our programs need to be about fun and be exciting to hold them through the whole term and the journey through scouts.

“We have 32 registered youth – the most we've had has been the mid-40s. The numbers have remained relatively stable, and we seem to lose a couple during the winter months. We don't do a lot of activities during the winter because it is wet and cold; we do more camp fires, camp-fire cooking. We have the occasional camp but not as often as we do in the summer. “Fundraising helps to cover a lot of running costs, and we were successful with a couple of grants.

"I see the look on their faces, the expression of achievement and gratitude that they have done it, well, it spills on you. It's fantastic. It's rewarding because not only are you helping them you are helping yourself." –

Melissa Smith

"Membership is \$58 annually which goes directly to Scouts SA and covers insurance and registration... term fees are \$69.50 per term (four). Some may say it's not cheap, but it's not expensive either compared with some sporting groups.

"When you first start it can be dear with the uniform added, but what the kids get from their membership is well worth the money. Some nights we have a three course meal here, and they do camp fire cooking. We make gifts for Mother's and Father's Day; it all costs money.

"They are taught leadership, teamwork and life skills that last forever. It's about their personal development as young people. What price do you put on all that? You can't."

Scouts and guides have long been about badge work – being recognised for things they like doing – it may be photography, cooking, craft or sports. Each badge costs the club \$2, so again the operational expenses rise.

The international scouts body has implemented changes during the past year, especially relating to badge work, and the Victor Harbor branch is now set to embrace them.

The journey is now specific to the child, but still following the beliefs that scouts have like religion and other things. Like any change, not everyone is happy.

The Victor Harbor Sea Scouts had its deferred AGM on July 1, and Melissa said there had been times during these important events when she feared the group may shut the doors.

"Three years ago I said if we didn't get the support from other parents we might have to close down, and the response was terrific," Melissa said.

"We had new families come in, and while some may not want to be on the committee

– not everyone can – they have helped in so many other ways. It has been most appreciated.

"I'll keep on doing this for now; I love it. It's rewarding to me.

"I look around the room and see the 32 youth, seven uniformed leaders and seven adult members consisting of five committee members and two other helpers. We are in this together.

"I just love seeing the kids achieve so much. Not all kids play sport, and we offer something different.

"I've seen kids here come out of their shell. They come in so reserved and quiet, and by the time they go through each section or achieve something that they thought they could never do is special.

"I see the look on their faces, the expression of achievement and gratitude that they have done it, and well, it spills on you. It's fantastic. It's rewarding because not only are you helping them you are helping yourself.

"I see myself as a very quiet person – I don't like standing up talking to a group. I still get jittery on opening nights and things, but during the COVID-19 I made Anzac biscuits and filmed myself making them as a means of helping the kids cook. It's no big deal really, but I never thought I could do something like that. No way. Because of sea scouts within myself I have built confidence and grown.


"There have been so many things that have happened here that has made me feel so good inside. Just seeing these young people grow is amazing."

The Victor Harbor sea scouts were to celebrate their 110th year in May, but it was deferred because of the coronavirus. It will be held soon, and why not call in and see what these fabulous groups do at their clubrooms on Hindmarsh Road. You will be impressed – scout's honour. 🌈


Visit: www.sa.scouts.com.au

The Victor Harbor Sea Scouts is for boys & girls. To join e: gl.victor@sa.scouts.com.au or ring Scouts SA: 1800 SCOUTS


The VH Sea Scouts has four terms and meets at its clubrooms on Hindmarsh Road Tuesday nights – Joeys (ages 5-7) from 6.30-7.30pm & Cubs (8-11) 6.30-8pm & Thursday nights – Scouts (6.30-8.30pm).




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hotelelliot.com.au



Matt Kelly's auntie Rita and uncle George had the 'poor man's' Hilton on the corner of Burbridge and South roads in 1981 when 'The Biker', Mr Leatherman himself, Glenn Hughes, got out of a taxi and walked in larger than life. "Hello boys," he declared to the 'rough necks' in the front bar. He was meant to be at the Hilton International with the other band members of the *Village People* – the construction worker, cowboy, cop, Indian chief and G.I.

It's just one of the amusing stories that have poured non-stop out of pubs, and Matt, having been in one since he was eight when his family got into the business has heard most of them.

Working and/or part-ownership links through his family ties with the Franzone group, which owns hotels including The Bath, The Cremorne and Hyde Park – plus the Grange Hotel and Queen's Head in years gone by – led to 'doing his own thing' by taking on the Elliot.

Now, after seven years this October in the Elliot, Matt has also entered a partnership in The Kentish Hotel, North Adelaide. It means

Pleasing people in the village

he knows the pub game, and has a clearly defined view on the most important aspects to help make it be successful.

"Looking after your staff is the most important cog in your business," Matt said. "Yes, you have to have a good product and you have to service it well, but you need to educate your staff in that service area and department.

"I don't claim to know everything about hotels, but it's not a hard industry... you just have to acknowledge people and make them feel welcome.

"I place a lot of value on the comfortability factor that we offer. People are mostly of same ilk, they mingle, they feel

comfortable, they don't feel threatened. It all adds up to a good atmosphere.

"Locals and tourists come in and say 'hello' to each other and recognise faces. Over the period of time I have been here I can see that growing. People are nice to each other, like every place in the hospitality industry should be."

The Elliot is a great family pub. The faintest of hint of trembling comes from Shaun Tait, who has a share in the hotel. He is the most likeable, down-to-earth friendly bloke you could ever meet, but with the nickname of 'Wild Thing' from his first-class cricket days people imagine the fear inside batsmen when he pelted cricket balls down the pitch

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at them at 155 k/ph.

The responsible behaviour factor goes further being an incredibly popular tourist grazing patch throughout the year, not just summer. They mosey on down from the nearby caravan park or drive from afar to the railway line on The Strand, and for most part the fine character of this south coast gem is judged by those who are regular characters in the front bar or dining room. Also, as strange as it may seem, hotels are often best judged by their toilets. Here, they are always clean. It means there is a strong care factor.

Of course, there is much more to the Elliot that went towards it winning Best Bistro/Casual Dining – Country at the AHA SA

Awards, as well as being a finalist in the national awards in the same category. It's just 350 metres from beach destination Horseshoe Bay and 650m from whale spotting at Freeman Lookout. Catching the Cockle Train or Steam Ranger, with the Port Elliot Railway Station situated outside the hotel adds to the unique character. Matt said that even though it was important to have a good bar trade, the Elliot's focus was more on food.

"Everyone has to have their own niche market in terms of what they do and what they attract," Matt said. "My main focus is our food and service, and everything takes care of itself."

Chef Jeff Della-Mina serves excellence on a

plate. You must try the lamb shanks, pork bellies, scotch fillet, salt & pepper squid and now flathead. The pizza to eat in or takeaway is sensational.

A lot of other pubs across the Fleurieu Peninsula also offer superb cuisine in pleasant surrounds, but what separates the Elliot from many, especially in the city, is the fact that you have the owner pouring you a cold beer most of the time.

In a humbling manner, Matt sees this as important because, apart from enjoying the company of his customers and meeting those just passing through, it's a reminder that it is really their pub and he's there to serve them. He also sees the look on the faces of the 30 regular casuals – as many as 40 in the summer – and he instantly knows they want to be here because they too like the atmosphere.

There are seven out-of-sight poker machines, TAB service and the hope of winning X-Lotto. There's an 8-ball table and entertainment most Saturday nights. Something for everyone, including great-value meals for seniors representing slightly smaller serves of chef Jeff's regular top dishes. There's no drop in quality here. Most of all, the locals and tourists alike relax here, get to know each other, share a laugh and solve the world's problems. That's the Elliot. Please enjoy. 🌈



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Keeping up in a changing world

In ever-changing times we have been forced to look at how we go about our day to day lives. Whether it be going to the doctor, educating our children, buying groceries or even doing our banking the need for reflection is there.

This has been truly a unique experience – a once in a lifetime experience. We've seen communities rallying together to support each other like all good communities do. We all know local businesses have never needed our support more than they do now.

Despite all the change that we as Australians have endured we have responded to it so well.

In my business, we have seen a rapid transformation in how our customers are transacting. We have seen a positive spike in customers changing from in-branch transactional banking with their passbooks to using EFTPOS and other digital means to access their funds. They realise it is not hard to transition, how it makes life a little easier, and in these times a little safer.

We have supported many Fleurieu businesses in their 'new normal' and have heard some fantastic stories about how these great businesses have used this time to restructure their business models and reopen

with a different service proposition that will allow them to grow and become more sustainable and robust for the future

It has been very clear that across our four locations in the Fleurieu we have been able to continue to provide a high level of customer service in more ways than traditional 'cash transactional' banking. With customer preferences continuing to change we are servicing our customer in a variety of ways.

As our customers increasingly choose between traditional and new ways banking we have identified a need for a more mobile team that will allow us to work alongside our customers and the community while still supporting those who like to come in and see us.

We would love to talk to you more about how we can support your banking needs and make life easier for you beyond COVID-19. Give us a call to have a chat and let us help you with your new reality.

Samantha Bitter

Fleurieu Business & Community Manager

M: 0448 788 650

Contact us for a chat today...

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TOP TIP OF THE MONTH

Are you thinking about a change or what's next? Now is a great time to review your investment and residential property loans to make sure they still meet your needs and are at a competitive interest rate.

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CHARLIE VANDERSTEEGEN & KATE SMITH of Chocolique, makers of fine Belgian chocolate based in Aldinga Beach.

Making chocolates straight from the heart

WARNING! WARNING! Don't read the following story – it will encourage you to eat real chocolate.

There always seems to be a hint of romance when you talk about chocolate. For Charlie Vandersteegen and Kate Smith it started without them knowing, working in the heart of Brussels a few kilometres apart.

Charlie was the bored in the insurance business, and Kate, who then lived in Essex, England, was on a 10-year global journey selling oil contracts to car dealerships. They migrated to Australia about the same time and met through a dating service when they discovered their other passion – chocolates. Hundreds of truffles later they created this beautiful business called Chocolique, based in Aldinga Beach.

It sounds like heaven, but the reality in life is that like any small business it takes a lot of dedication, indeed skills and knowledge to make chocolates, first discovered in southern Mexico by the Aztecs in 450BC. The Aztecs believed the cacao seeds were a gift of Quetzalcoatl, the god of wisdom, and used them as a form of currency. Some say they still buy a many a heart.

Charlie said whilst working in an office



environment he wanted to do something else, and enrolled in a chocolate-making course to find balance in his life. For two years on Thursday nights from 6-10 he learned to make chocolate, marzipan, lollies, and of course, truffles. Brussels is, after all, the birth place of truffles, and may we also have a statue for Mr Jean Neuhaus.

It was this Belgian pharmacist in the 1800s who made moulds piped with medicine mix and tricked unwitting kiddies into taking their dose. In 1912, his grandson evolved this idea into the Belgian praline – or as we call it, truffle – chocolate filled with delight. God bless him.

Continued P16



“Don't think that chocolate is a substitute for love. Love is a substitute for chocolate.”

— Miranda Ingram

“Chocolate is comfort without words... chocolate is happiness that you can eat.”

— Ursula Kohaupt

From P15

Also, when chocolate came to Europe in 1912 it was the Belgian monks who actually started to blend it with vanilla and sugar to create today's process of making chocolate. With this in mind, and Belgian chocolate rating alongside Switzerland and Germany as makers of the world's finest chocolates, Charlie going to the 'chocolate factory' to learn how it's done at night school is not so unusual in Brussels.

However, it has been Charlie's willingness to keep learning, and retaining the traditional methods rather than taking short cuts that over the past 10 years has quietly earned Chocolique its fine reputation. Add this with Kate's love for cooking including helping with the chocolate making, her business acumen including marketing, and we have a nice mixture.

And dare we say it, part of Kate's job description and KPIs is tasting the new chocolates Charlie creates. Gawd, someone has to do the hard work.

“I loved every moment at the chocolate school where I learned how to temper, how to make truffles,” Charlie said. “It was hobby back then.

“When I migrated to Australia I started working for Westpac, but I soon realised this wasn't for me. I guess it was security and for money that sent me here, but in my heart I wanted to start a chocolate business.

“In the beginning making chocolates was very amateurish, hand-wrapping every chocolate. I knew I had to be a bit more commercial. I went to the markets with my truffles and Australians would come along and say ‘that's interesting, but where's your Rocky Road, where's your clusters and dipped apricots?’.

“I said, what is Rocky Road? Not enough people bought my chocolates so I had to adapt to my market. Rather than ffer what I made in Belgium and educate the Aussies what I thought was good, they told me what they wanted. It was a good lesson for me.

“I looked up how to make Rocky Road and I thought, that's easy, but I made it with quality chocolate – Callebaut, a brand which has made the finest Belgian chocolate since 1911.

“Callebaut is one of the biggest manufacturers of fine chocolate in the world. They have their own chocolate academy as well. One of the courses I did there – it was very expensive but worth every Euro – gave me more knowledge on what flavours you could combine. It was fascinating to see how they made chocolates.

“When Kate and I moved into our house at Aldinga Beach we turned an outdoor area into a special purpose area that was temperature controlled in order to make chocolate.”

According to Charlie, the art of making the finest of fine chocolate is all about the tempering, achieving the smoothest of smooth texture.

“I started off hand-tempering all my chocolate, and as we started to sell some we invested in a tempering machine and then another, one for milk and the other for dark chocolate, which is milk free,” Charlie said. “Skiers talk about how there's good snow and bad snow. It depends on the crystals; with them you have nice crisp snow. It's the same with chocolate.

“If you melt your chocolate you get no crystals; it's liquid. Chocolate has cacao butter in it, and you need to temper it to create these good crystals. Without them and you let it set the mixture will go white easily and melt quickly. It will have no ‘snap’ to it when you break it.

“By promoting the growth of these positive crystals, when it sets you get your nicer snap, a nice sheen in the chocolate. It gives a better mouth feel to it.”

Pink chocolate became a craze following a *Master Chef* episode, and Charlie uses it for special creations.

“There is speculation on how it's made, and

“What you see before you, my friend, is the result of a lifetime of chocolate.”

— Katharine Hepburn

it's secretive of course,” he said.

“Callebaut have a patent on it... they say it's from the ruby cacao bean, but we believe it's partially unfermented cacao beans that produce the colour. It has a unique flavour, almost yoghurt-like. We make this into a bar. “I need to bring this pink chocolate to 50 degrees, and then I have to cool it down to 31. You can't be 32 because it won't work. For milk chocolate it's 27-28, and that's the margin you have. That's the downside. You are continuously tempering and untempering.”

If you haven't guessed, the technical side to making chocolate is virtually an obsession for Charlie, which is great for us because his passion comes out in his work. Like Kate, he is obviously proud of their achievements, and they love making chocolates together, but taking over a chocolate world is not part of a business plan for this delightful couple.

“There is absolutely no doubt there is scope to upscale the business, but we're not sure that we want to take this too far,” Kate said. “Up scaling means moving out of here and getting business premises. We would be working harder, employing people, and with that comes stress and investment.

“We are happy with what we are doing. When you work up to that next level there are contracts, staff, more commitments. It's not so easy and there is not the lifestyle that we enjoy now.”

You will find Mr & Mrs Chocolate under the Chocolique banner luring the weakest of chocoholics at markets including the Willunga Quarry Market, Cittaslow Goolwa Farmers Market, Victor Harbor Farmers Market, and in the Hills at Stirling and Mount Barker. Chocolate fountains may also be hired.

Eateries across the Fleurieu Peninsula offer support, places like Harvest of the Fleurieu at Mount Compass, and Belicious and Nino's Victor Harbor. People crave for the wicked hot chocolate spoon blocks (pictured right) – 40 grams of Belgian chocolate dipped into

“True strength is when you can break a bar of chocolate into four pieces with your bare hands – then just eat one.” – Unknown

hot milk. Jacob's Creek Winery cannot get enough of them. Chocolique also supports local businesses as much as it can.

Now it's confession time. Kate, do you eat on the job? “When you work with chocolates every day I don't find myself eating them all the time like I did at first,” she said. “Obviously here are some things we have to taste when we are adding essential oils for flavour or testing the intensity.

“We can enjoy chocolates. We do tend to make what we like, and it's so much fun making them. My favourite? The 85% almond clusters. I like very intense dark chocolate.”

Charlie loves a beautiful Belgian butter ganache truffle (pictured bottom left) – with the name stemming from the truffle that you find in the forest, the shape of something very irregular, not round. He rates chocolates with German marzipan, which is an almond paste, a close second. For the record, they make vegan dark truffles made with 85% Valrhona – premium French chocolate with a dash doTerra wild orange essential oil tossed in 70% dark chocolate flakes. Yummy.

Also, after travelling to Australia six times Charlie thought it was time to settle here because he loved the people, climate and fresh air. “Brussels is nice, but there is not much fresh air,” he says. “Some people say there is no perfect place to live”

Yes there is Charlie, in a chocolate factory in Aldinga Beach. Imagine truffles, not waffles for breakfast, having a fruit fix with oranges coated in chocolate, and something hearty with freckles inside... 🍌

Writer's note: We warned not to read this, but you did, didn't you? You chocoholic.

www.chocolique.com.au



On a brighter note...

CONSIDER THIS...

My wife is on a tropical food diet, the house is full of the stuff. It's enough to make a mango crazy.

I am terrified of elevators. I'm going to start taking steps to avoid them.

I bought shoes from a drug dealer once. I don't know what he laced them with, but I was tripping all day.

I used to hate facial hair. But then it grew on me.

Today is my wife's birthday. I said to her: "Can I get you a diamond necklace for your birthday?" She said: "Nothing would please me more." So I got her nothing.

I started work today at a factory making models of Dracula. There's only two of us on that line, so I have to make every second count.

I didn't say it was your fault, I said I was blaming you.

In filling out an application, where it says 'In case of an emergency, notify...' I answered 'a doctor'.

You do not need a parachute to skydive. You only need a parachute to skydive twice.

I used to be indecisive, but now I'm not so sure.

To be sure of hitting the target, shoot first and call whatever you hit the target.

Roast of the day

A little girl is watching her mother make a roast beef. She cuts off the ends, wraps it in string, adds seasoning and sets it in the roasting pan.

The little girl asks her mother why she cut the ends of the roast off.

After some thought, her mother replies: "Because that's the way my mother does it."

The little girl asks her grandmother why she cuts the ends off the roast off before cooking, and after some thought her grandmother replies: "Because that was the way my mother did it."

The little girl's great grandmother is quite old and in a nursing home. She goes there with her mother and grandma to see her, and again asks the question: "Great grandmother, why did you cut the ends off the roast off before cooking?"

The great grandmother looks at them and says: "So it would fit in the pan."

Number is up

A man goes into a doctor's office feeling ill. The doctor checks him over and says: "We'll have to do some blood tests."

Next day the doctor rings him with the results. He says: "Sorry, I have some bad news – you have Yellow 24, a really nasty virus. It's called Yellow 24 because it turns your blood yellow and you usually only have 24 hours to live. There's no known cure so just go home and enjoy your final precious moments on earth."

The man is distraught. He goes home and tells his wife, who says: "Well, we might as well still go to bingo tonight dear."

So off they go to bingo. With his first card the man gets four corners and wins \$35. Then, with the same card, he gets a line and

wins \$320. Then he gets the full house and wins \$5000. Then the National Game comes up and he wins that too, getting \$750,000. The bingo caller gets him up on stage and says: "Mate, I've been here 20 years and I've never seen anyone win four corners, a line, the full-house and the national game on the same card. You must be the luckiest bloke on earth."

"Lucky!" the man shouts in anger. "Lucky... do you know I've got Yellow 24?"

And the bingo caller says: "Bloody amazing, you've won the meat tray as well."

Lot of interest

Harry and Jane are flying overseas for a two week holiday to celebrate their 40th wedding anniversary. Suddenly, the captain announces: "Ladies and gentlemen, I am afraid I have some very bad news... our engines have ceased functioning and we will attempt an emergency landing. Luckily, I see an uncharted island below us and we should be able to land on the beach. However, the odds are that we may never be rescued and will have to live on the island for the rest of our lives."

Thanks to the skill of the flight crew, the plane lands safely on the island.

An hour later, Harry asks Jane: "Did we pay that \$5000 Visa card bill that we owed when you went on one of your shopping splurges?"

The wife says: "Oh Harry, we're about to die on this island and you're worried about me going shopping and still owing the Visa card bill."

And Harry says: "No darling, the bank will find us."



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Hard to bear

An 80-year-old man is having his annual check up and the doctor asks him how he's feeling.

The man says: "I've never been better... I'm rich and I've got an 18-year-old bride who is pregnant and having my child. I've never been happier."

The doctor considers this for a moment, then says: "Well, let me tell you a story. I know a guy who is an avid hunter. He never misses a season. But one day he's in a bit of a hurry and he accidentally grabs his umbrella instead of his gun. He's in the woods, and suddenly a grizzly bear appears in front of him! He raises up his umbrella, points it at the bear, and squeezes the handle. The bear drops dead in front of him."

The elderly man frowns and replies: "That's impossible. Someone else must have shot that bear." And the doctor says: "Exactly."

Brave soul

A man arrives in heaven and is met by St Peter at the pearly white gates.

St Peter looks through the man's book and says: "I don't see any reason why we should let you in. You don't seem to have done anything worthy in your life."

The man replies: "What about the time I was driving and saw a woman with a flat tyre beside the road? A bunch of bikers had surrounded her and were giving her a hard time. I stopped and got out and they turned on me so I grabbed a tyre iron and told them to back off."

St Peter's eyes widened in awe. He asks: "You really did that? When did this happen?"

And the man says: "Five minutes ago."

Boom, boom...

A scientist clones himself, but the experiment creates a duplicate who uses very foul language. As the clone curses and swears the scientist finally pushes it out of the window and falls to it's death.

The scientist was arrested for ... making an obscene clone fall.

A neighbour drops in on a friend and finds her sitting at the kitchen table, staring blankly at a half-empty cup of coffee; her three kids squabbling loudly in the other room.

She asks: "What's wrong, Marge?" Marge says: "I have morning sickness." Surprised, the neighbour says: "I didn't even know you were pregnant." And Marge says: "I'm not, I'm just sick of mornings."

A woman confides to her girlfriend: "My ex-husband wants to marry me again." The friend says: "How flattering." The woman replies: "Not really. I think he's after the money I married him for."

Dad jokes...

Why did the computer need a jacket?

Because it kept freezing.

What time do ducks wake up in the morning? At the quack of dawn.

Why did the teacher write the lesson on the window? She wanted it to be clear.

What do you call a blind dinosaur? Do-you-think-he-saur-us.

What did the farmer say when he saw his cows coming over the hill? "Here come my cows coming over the hill."

What did the farmer say when he saw the cows coming over the hill wearing sun glasses? "He didn't say a thing. He didn't recognise them."



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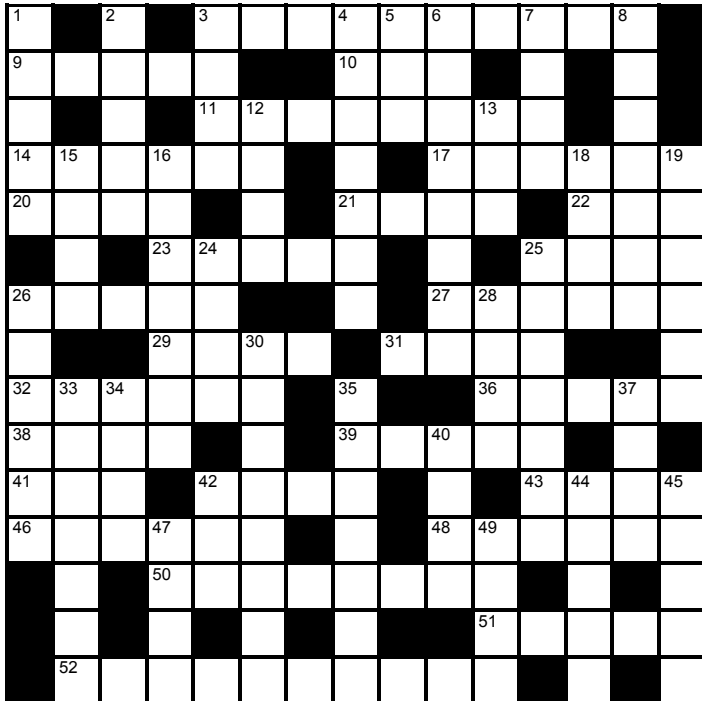
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Puzzles

Puzzle answers P23



Crossword

Across

- 3 Understand
9 Softly (mus)
10 Fishing pole
11 Asking hospitably
14 Esculent
17 Encourage
20 Auction
21 Dry
22 Metal-bearing rock
23 Bird
25 Roman garment
26 Condition
27 Prepared for publication
29 Scourge
31 Consumer
32 Electrical unit
36 Keen
38 Falsehoods
39 Presentation
41 Do wrong

Down

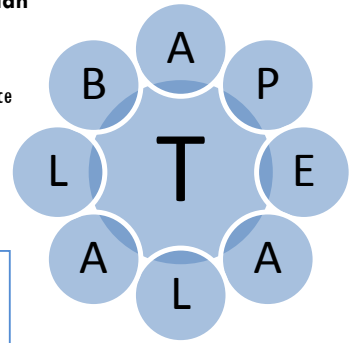
- 42 Close up
43 Otherwise
46 Food dressings
48 Compositions
50 Make active
51 Scoundrel
52 Bold undertaking
1 Secret agents
2 Trivial objection
3 Wind in rings
4 Confidential
5 Decay
6 Large buildings
7 Ova
8 Branch off
12 At hand
13 Indicate assent
15 Move quickly
16 Insects
18 Sound car horn

- 19 Library user
24 Equipment
25 Long angry speeches
26 Climbs
28 Horned ruminant
30 Academic year division
33 Wonder
34 Country
35 Long and tedious discussion
37 Not hard
40 Encourage in crime
42 Dry, of champagne
44 Big
45 English county
47 Salient angle
49 Dry and withered

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: 13 words
Very good: 21 words
Excellent: 30 words



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 (L) is worth 7 (S + A). It means that anywhere there is a L in the puzzle, it is a 7, and so on.

A	I-E	
B	P+F	
C	N+V	
D	V÷A	3
E	A×P	
F	G÷A	
G	H+B	26
H	A×A	
I	D+O	
J	W+H	
K	A+Z	
L	A+D	
M	W-Q	

N	L×A	
O	Q+D	
P	A+S	
Q	D+T	
R	H+O	
S	G-J	
T	X+D	
U	A×Y	
V	U÷H	6
W	T+H	15
X	M+S	
Y	L+S	
Z	C+S	

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Quick quiz

The AFL season is back, but how well do you know all of the clubs, especially those you don't barrack for?

1. Who was the first player to kick 10 or more goals for the Adelaide Crows?
2. Who is the captain of the Brisbane Lions?
3. Who was Carlton's last premiership coach?
4. When did Collingwood last win an AFL premiership?
5. Who has kicked the most goals for Essendon in a match – John Coleman, Ted Freyer or Matthew Lloyd?
6. Who was the first coach of Fremantle? (Pictured)
7. When did Geelong last win an AFL premiership?
8. Who was the first coach of the Gold Coast Suns?
9. When did the GWS Giants join the AFL?
10. Before Alastair Clarkson, who was the last person to coach Hawthorn to a premiership?
11. How many premierships has Melbourne won since the end of World War II... five, six or seven?
12. Who has kicked the most goals in a season for North Melbourne? Doug Wade, Malcolm Blight or John Longmire?
13. Who has won Port Adelaide's best & fairest award (John Cahill Medal) the most times?
14. Who wears the No.1 guernsey Richmond?
15. Who was the last St Kilda player to win a Coleman Medal (leading goalkicker in H&A season)? Tony Lockett, Fraser Gehrig or Nick Riewoldt?
16. Who has coached the most games at either South Melbourne and/or Sydney Swans?



17. Who has kicked the most goals in a match for the West Coast Eagles: Scott Cummings, Peter Sumich or Josh Kennedy?
18. Who won the Western Bulldogs best and fairest award in 2019?
19. Who has won the most VFL/AFL premierships?
20. Who has played the most VFL/AFL games?
21. Who was the first Adelaide Crows player to walk out on the field in the first game in 1991?

Quiz answers P23


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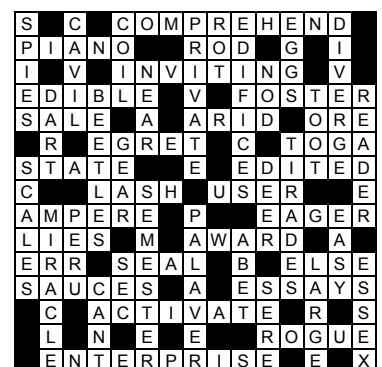
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Puzzle & quiz answers

1. Scott Hodges (11.4 v Geelong, R23, 1992 FP).
2. Dane Zorko. 3. David Parkin (1995). 4. 2010.
5. John Coleman (14.5 (v Fitzroy, R7, 1954, WH).
6. Gerard Neesham. 7. 2011. 8. Guy McKenna.
9. 2012. 10. Alan Joyce (1991). 11. Seven (last in 1964).
12. Doug Wade (103.49 in 1974) and Malcolm Blight (103.66 in 1982).
13. Warren Tredrea and Kane Cornes (both four times).
14. Nick Vlastvin. 15. Fraser Gehrig (74 goals in 2005).
16. John Longmire (219 games since 2011).
17. Scott Cummings (14.1 v Adelaide R4, 2000).
18. Marcus Bontempelli (third win).
19. Essendon and Carlton with 16 each.
20. Brent Harvey (432).
21. This was a trick question - Paul Patterson as an on-duty policeman!

FOCUS: abate abet ablate alate ballet bate
beat belt beta bleat late leapt PALATABLE
palatal palate pallet pate patella peat pelt
petal plat plate pleat table tale tall tape
teal tell



Alfakodo:

A	B	C	D	E	F	G	H	I	J	K	L	M
2	22	16	3	18	13	26	4	20	19	25	5	1

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
10	17	9	14	21	7	11	24	6	15	8	12	23

The market place



Understandably, it has been extremely difficult for organisers of markets and their stall holders across the Fleurieu Peninsula in light of the coronavirus restrictions. Some farmers markets have been able to operate by heeding precautionary measures recommended by the Australian Farmers Market Association and their local council. Other markets are expected to get the 'all clear' shortly, but given the

uncertainty it is best to check with your local council or contact the market representative. Most markets are planning to reopen in July, but this may change. Could organisers please advise Coast Lines by email as soon as possible with updated details allowing us to inform our readers. There is no cost involved with this market guide – it is a community service.

E: info@coastlines.com.au

CITTASLOW GOOLWA FARMERS MARKET: Sundays, July 12 & 26 from 9am-1pm at Jeralde Park, Goolwa Wharf precinct. Enquiries: Jane 0419 855 148.

VICTOR HARBOR FARMERS' MARKET: Every Saturday 8am-12-30pm at Grosvenor Gardens, Torrens St, Victor Harbor. Enquiries: 0438 858 667.


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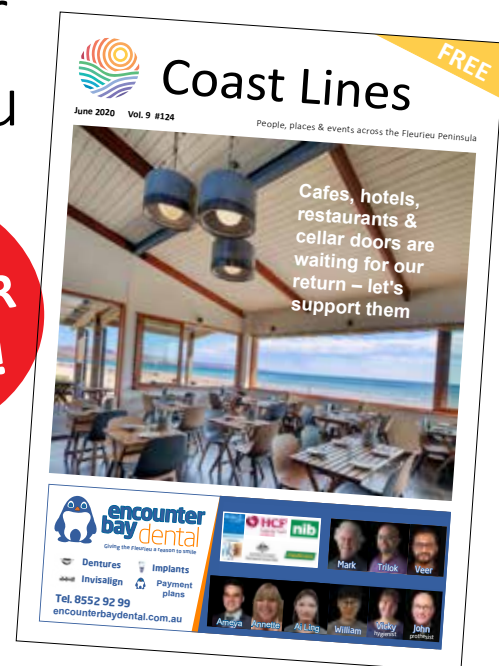
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Being homely

Having faith in quality blinds

If you would like to cover a window or sliding door then think about roller shades, bamboo blinds, Venetian blinds or perhaps Roman shades. Don't worry if you are confused by the choice – most people are. Then we get into fabric, shades and drapes. These days the choices are great, and the most common mistake people make is thinking 'everything is too expensive' and they go for the cheapest option. Forgotten is that whatever you cover your window or door with it can be a feature of the room. Your choice doesn't need to be over-expensive, but don't risk making the entire room look 'cheap'.

Go to a good interior design shop that is keen to show you all the options. Take in images of the room, or maybe get them to call in and offer their expert advice on what best suits your room within your budget. Think about what you actually use the room for... Roman shades can look beautiful in almost any home, but if the children and the family dog are going to constantly walk out of the room and come back in wet and muddy then obviously the soft fabric style is going to get shabby very quickly. A huge consideration is privacy. Shades can be just that – shading you from the sun whilst inside and helping to prevent your furniture and lounge suite from fading. When they are down during the day you can see out clearly, but remember at night when



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you have the lights on people can see in unless you pay extra for higher quality with far more effective block-out features. In some cases, roller-shades may be a good option in terms of complete privacy and excellent security.

Custom-made blinds may be that little extra, but if you go to the right décor shop which has someone installing them who knows what he or she is doing you can be assured

they look great.

There are so many choices to make, especially with the style to best suit your home, personal taste, price options and durability so getting that 'expert' opinion is definitely worthwhile.

And perhaps the best advice is this: if you are unsure how to put blinds or curtains up, don't even think about trying to do it by yourself. 🌈

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There are some great recipes using broad bean (left) and spinach. Grow your own!

Keep your garden happy in winter

Gardens are a lot like us, really. They need plenty of love throughout winter – warmth to help survive the cold, frosts, heavy rains and dry spells. Our gardens can suffer from a reduced amount of sunshine just as we do. There are also the times when we actually have dry spells during the winter and your plants may need a light watering.

There is nothing better to do on a nice winter's day than getting out in the garden, and some of the key things on your 'things to do' include feeding citrus in late July. Make sure that you use a good citrus fertiliser such as Gyganic Fruit and Citrus made by Neutrog, a great South Australian brand.

Sow vegetable seeds like:

- Carrots
- Broad bean
- Peas
- Radishes
- Spinach.

Get a hurry on if you want to plant rhubarb crows and asparagus. Strawberries may be

put in now as well.

Winter is also a good time to grow herbs, especially:

- Mint
- Rosemary
- Basil
- Parsley
- Thyme

There is also the winter pruning to be done. Your first job should be any roses in your garden, but be careful in frosty areas. Be vigorous leaving three or four main stems.

Prune Hydrangeas, wisteria and grapes when they become bare. Cut ornamental grasses almost ground level to rejuvenate.

Winter also means taking good care of your lawn. Be sure to keep it watered if we have a dry spell.

It's always a good idea to get rid of weeds by using a selective herbicide. Also apply a really good quality fertiliser – we recommend Gro Life.

And stay warm, if that's possible.

Winter is also a time when the sails are out and about at night – be careful how you use snail bait if you have a pet. 🐾



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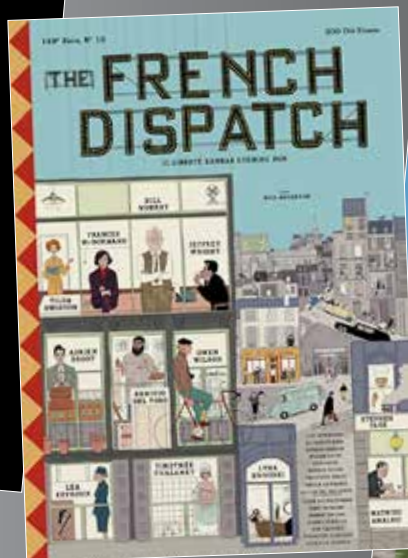
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Sale of iconic theatre as movies remain on hold

Victa Cinemas, which has been a landmark of Victor Harbor 97 years, has been sold to the City of Victor Harbor.

The council will continue to run it as a picture theatre in Ocean Street from October 31 as part of a planned magnificent arts and cultural hub incorporating the old town hall and the adjacent former RSL sub-branch building.

The cinema, which has been operated by David and Carol Stonnill since 2005, has been on the market for some time. They will retire, and Jarrad Jenkins will be retained as manager. The theatre has been upgraded while closed in recent months.

As we enter the new financial year, it has been 99 days since Prime Minister Scott Morrison introduced restrictions on life as we once knew including the closure of cinemas because of COVID-19.

While the restrictions have been considerably eased, Victa Cinemas is now hamstrung by the market in the United States of America, which is not expected to reopen its movie theatres until October. It means that

America is not releasing its movies via satellite, and all cinemas outside the US, not just Victa Cinemas, are affected.

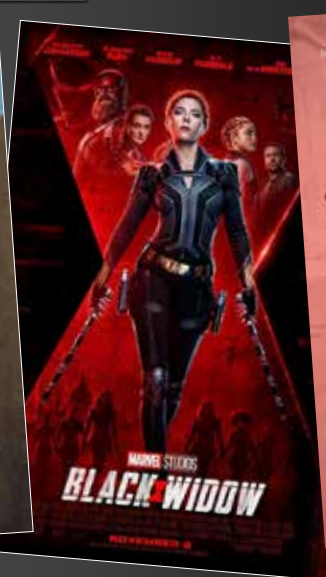
However, Australian movie chains are currently negotiating to either bring back some movies from recent years or release a limited supply.

Victa Cinemas was due to reopen on July 3, and at the time of going to press this was most unlikely. Despite this, the theatre remains confident of showing some movies soon – see updates on its website: www.victacinemas.com.au

Among the much-anticipated movies that would have been released by the US market had the coronavirus not happened include two *Mission Impossible* movies with the second – No. 8 of the series – now not due to come out until 2022. There are two *Spider-Man* movies on hold, and the much-anticipated new James Bond movie *No Time to Die*, which was set to be released in March has been deferred until November.

A few of the affected movies will be released through the Disney+ or Netflix networks.

www.victacinemas.com.au



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Some of the movies waiting to be released from the U.S. ...

A Quiet Place Part II
Antebellum
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Blue Story
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Candyman
Charm City Kings
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F9
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The Flash
Free Guy
The French Dispatch
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Greyhound
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Last Night in Soho
The Lovebirds
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The Many Saints of Newark
Minions: Rise of Gru
Mission: Impossible 7
Mission: Impossible 8
Morbius
Mulan
My Spy
The New Mutants
The Nightingale
No Time to Die
Nobody
The Personal History of David Copperfield
Peter Rabbit 2: The Runaway
Praise This

Raya and the Last Dragon
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Untitled Indiana Jones movie
Untitled Spider-Man: Far From Home Sequel
Untitled Spider-Man: Into the Spider-Verse Sequel
Venom: Let There Be Carnage
Without Remorse
The Woman in the Window
Wonder Woman 1984
Working Man

Eat Wave with Jenny

Caramelised FENNEL & POTATO soup

Ingredients

1kg fennel bulbs
2 shallots, peeled & diced
2 tbs olive oil
2 large potatoes (600g total), peeled & diced
1 litre good quality chicken stock or vegetable stock
2 tsp fresh lemon juice
¼ tsp white pepper
salt to season (optional)
Cashew cream (see recipe) & chopped fennel fronds to serve

Method

Wash the fennel bulbs and remove the shoots and fronds at the top, and slice off the hard base at the bottom. Set aside fronds for garnish. Cut each bulb lengthwise into quarters, then slice into 1cm wide pieces.

Heat the olive oil in a large pan over medium heat. Add the sliced fennel and diced shallots. Continue cooking until the fennel starts to brown, stirring occasionally. Reduce heat to medium low and continue



cooking until the fennel begins to caramelise, stirring occasionally (approx 10-15 minutes). Transfer to a large saucepan. Add the fennel and shallots, stock, diced potato and white pepper to a large saucepan. Simmer over low heat until the fennel and potato are tender (about 35-45 minutes), stirring occasionally. Remove from heat, and add lemon juice.

Allow to cool, then puree using a stick blender, or upright blender. Soup can be reheated immediately, or stored in refrigerator until ready to serve. After reheating, place in serving bowls and stir through a heaped teaspoon of the cashew cream, and sprinkle with snipped fennel fronds. Serves 4-6.

Note: Onion can be used instead of shallots, but has a stronger flavour. Do not confuse shallots with spring onions. Thickened cream or crème fraîche may be used instead of cashew cream.

Cashew Cream

1 cup raw cashews
½ cup water

Place cashews and water in a bowl, and soak for one hour. Transfer to a blender or food processor bowl, and blend until smooth. More water can be added for a thinner texture if preferred. Store in refrigerator for up to four days. Can be frozen for up to six months.



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Slow cooked Beef Ragu

Ingredients

1 tbs olive oil
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1 brown onion, diced
2 cloves garlic, minced
400g tin diced tomatoes
4 tbs tomato paste
¼ cup beef stock
¼ cup red wine
2 tbs dried Italian herbs
500g cooked pasta
grated Parmesan cheese to serve

Method

Heat the olive oil in a large pan over medium-high heat. Season the steaks with salt and pepper, then place in pan and sear one side for a few minutes, then turn and sear the other. Place steaks in the bottom of the slow cooker.

Place the diced onion in the pan and cook on medium heat until transparent. Add minced garlic and continue to cook for

another minute – then spoon the onion and garlic over the steaks.

In a bowl whisk together the diced tomatoes, tomato paste, beef stock, red wine and Italian herbs. Pour the mixture over the steaks.

Cook for 7 hours on low, or 5 hours on high. Cooking time will depend on slow cooker – meat is ready when it starts to fall apart but is not too dry. When meat is cooked, remove from the slow cooker, place on a plate and shred with two forks. Return shredded meat to the slow cooker and stir through the sauce.

Cook pasta as per packet instructions. Add drained pasta to the slow cooker and stir to combine. Serve topped with grated Parmesan cheese. Serves 4-6.

Note: Chuck steak is whole, not cubed. The Beef Ragu is suitable for freezing. Extra beef stock can be used instead of red wine if preferred.



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