

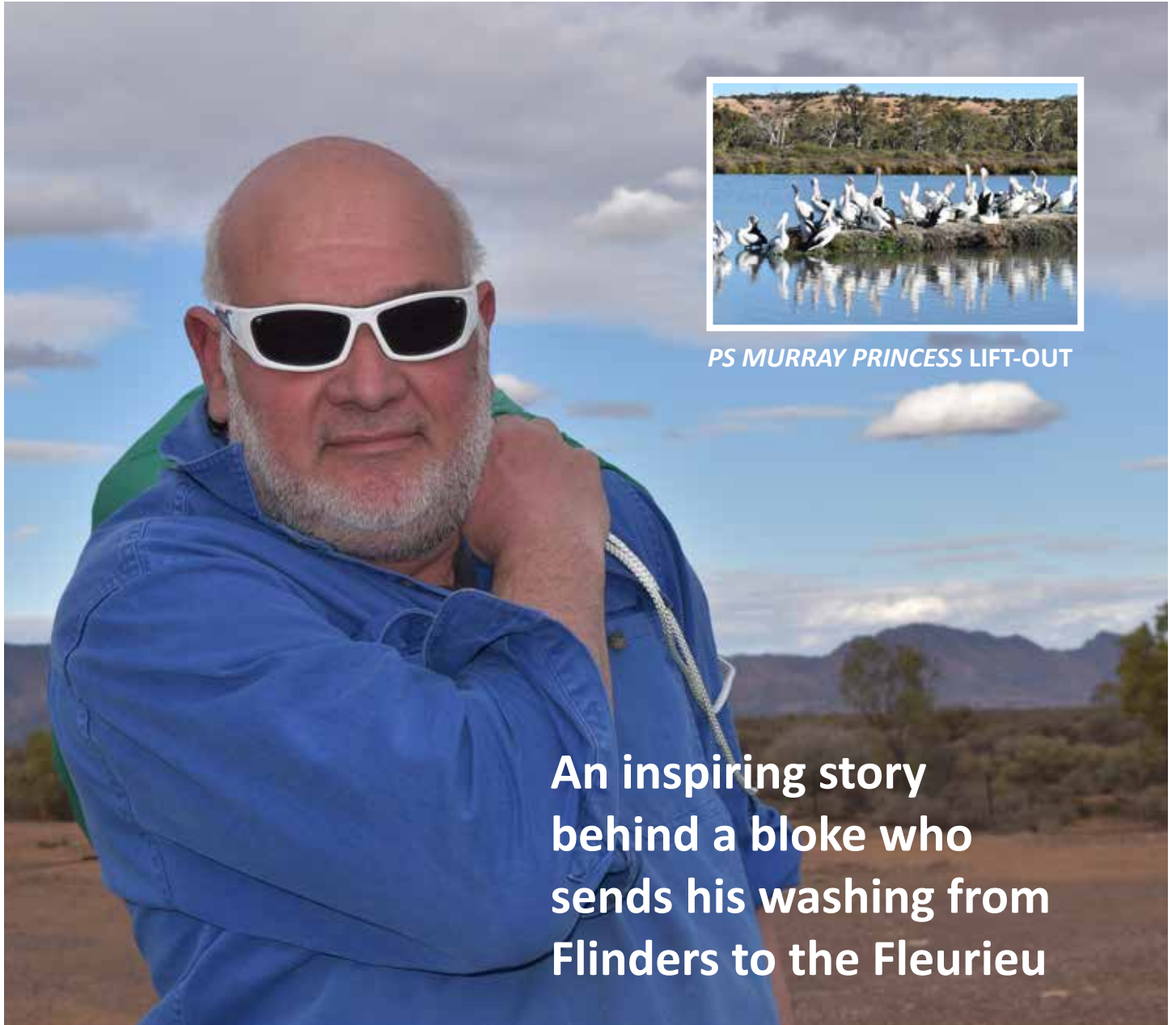


Coast Lines

FREE

September 2020 Vol. 10 #127

People, places & events across the Fleurieu Peninsula



PS MURRAY PRINCESS LIFT-OUT

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behind a bloke who
sends his washing from
Flinders to the Fleurieu



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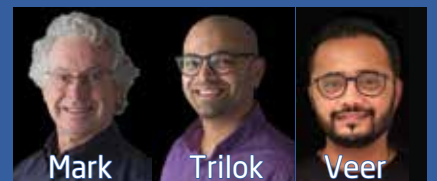
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COVER: We did a 1333km round trip to cover this story of David Scicluna who sends his dirty linen all the way from Blinman in the Flinders Ranges to Victor Harbor to get cleaned, and in the process the bus company is taking the Fleurieu to the outback just to help a lot of small businesses. **FULL STORY: P8**

Azi remi to Vogalonga Down Unda

Azi remi! as our Italian friends say – *raising the oars* – and there is every reason to celebrate with the inaugural Vogalonga Down Unda greeting Goolwa on Sunday, October 4.

The event – in the tradition of the famous Venetian Vogalonga held since 1974 – is a non-competitive celebration for all rowers or human-powered craft, and it is already capturing imagination and positive attention with Lakeside Goolwa as the major sponsor. This exciting new annual event is expected to be aligned with the biennial South Australian Wooden Boat Festival, starting April next year, making it one of the biggest events on the Fleurieu Peninsula. There have also been informal discussions with Alexandrina Council to use this event, which comes under the auspices of Cittaslow – another local Italian connection – for Goolwa to become the only second sister-city to Venice.



The Vogalonga Down Unda committee (from left) Mallee Bower, Brenton Carle, Roger Stainer, Bart O'Brien, Antonio Trimboli and Michael Piovesan. Absent: Ann Smith.

Our Vogalonga Down Under has evolved from the enthusiasm of Michael Piovesan, of Port Noarlunga, and it became a reality with the help of a committee – and especially tremendous support from council. The event was to be held last April, but like most things was postponed because of the coronavirus. For the first time since its inception Venice cancelled its Vogalonga

planned in May, meaning Goolwa could be the only place in the world to hold this marvellous tradition this year. Michael said the response from the greater Goolwa community for this local event had been outstanding.

Continued P4



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Welcome,

Your September edition, No. 127 sees us move into the tenth year of publishing Coast Lines, and we cannot thank our advertisers, distributors and readers enough for their support.

It represents nearly three-quarters of a million words, dear Mrs Eat Wave stressing over more than 400 recipes making sure they are healthy and easy-to-follow for the busy people in the villages, and a google of laughs with the lame jokes. We've also driven past a bakery 3402 times personally delivering more than half a million copies to more than 130 outlets who kindly help distribute them each month.

Your magazine would not happen without the amazing support of our advertisers – please support them the best you can – and thank you to everyone who has told us their story. And a big thank you to our facebook friends.

We produced Coast Lines fortnightly for the first 34 editions, with the cover of the first on September 15, 2011 pictured above.

Thank you for being with us. Take care.

Ashley & Jenny



VOGALONGA DOWN UNDA



REGISTER ONLINE AT: vogalongadownunda.et.au

From P3

"The sponsorship money is rolling in, and we have appreciated the support so much that we are now going to give them double value – carry over the sponsorship to the next event in April next year," Michael said. "It's a way of showing our appreciation for their ongoing commitment."

"There is a potential for a sister city relationship between Goolwa and Venice coming out of this event. It has been an underlying objective and we have floated the idea with council."

"Since we notified everyone of current registration and potential participants that we needed to revised the date we have noticed more registrations coming in every day, including one from ACT."

"At least two Italian clubs in South Australia that have been basically spawned from the Veneto region in Italy are aware of the event and we hope to get them more involved in time."

"Our first event in October will be like a trial to make sure we get everything right. We will do a survey of the participants to see how we can improve on the event."

The Vogalonga Down Unda is over two courses departing from the Goolwa Aquatic Club. The first is ideal for families with young children – 5-8km through the safe a protected waters of the Coorong Quays marina on Hindmarsh Island coming back

again. The main event is over a 12.5 km course heading east along the Goolwa Channel shoreline past the Hindmarsh Island Bridge, winding through the wetlands of the Currency Creek marine reserve and returning to the GAC.

As in Venice, whether you row sculls, tinnies, wooden dinghies, English skiffs, Irish currachs or paddle kayaks, canoes, dragon boats or SUPs you may enter so long as your craft is human-powered.

Entries close 11.59pm on the eve of the event, or when the 300 cap limit has reached to ensure everything remains well within the COVID-19 guidelines. The safety and well-being of all participants and volunteers will remain as being of paramount importance.

Significantly, in a special and greatly-appreciated offer of in-kind support, the Armfield Slipway & Boat Shed will lead all of the man-powered craft from GAC at 9am using the two boats used in the re-making of the movie *Storm Boy*, and the century-plus old boat *Lotus*, which its volunteers magnificently restored.

These craft will add special flavour to the event, and overall Michael hopes our Vogalonga Down Unda develops even closer relationship with the Italian community given that Goolwa is already a Cittaslow town.

Continued P5



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From P4

Through continued support of council, sponsors, and the Italian community – obviously together with backing of those in Goolwa and the region – the event has huge potential and may even double the number of entries next April. *Magnifica...* magnificent

Visit: vogalongadownunda.net.au



RIVER CRUISE

Coast Lines was a special guest of Captain Cook Cruises on the *PS Murray Princess* last month to prepare the special lift-out in this edition. We thank them sincerely – a wonderful experience. The crew did a marvellous job. See centrespread.

MurrayPrincess.com.au



SPECIAL DAYS

Blue September: Blue September is a nationwide awareness and fundraising initiative about all the cancers that affect men – not just prostate and testicular cancer, but also bowel, lung, liver, pancreatic and other cancers. www.blueseptember.org.au

Liptember Month. The Liptember Foundation is raising funds and awareness for women's mental health. Help start the conversation off by popping a little colour on; individuals are encouraged to register online and seek sponsorship from family, friends and co-workers for committing to wear the lippy throughout September. Funds raised are donated to the Centre for Women's Mental Health, Lifeline, Batyr,

RUOK?, The Jean Hailes Foundation and The Pretty Foundation. All funds raised are donated to the Centre for Women's Health and Lifeline. www.liptember.com.au

Foster Care Month: Raises profile of fostering in the wider community by promoting the great work done by existing substitute care services in both the Government and non-Government sectors.

Dementia Awareness Month: Alzheimer's Australia Activities held around the country to broaden understanding of dementia-friendly communities. www.fightdementia.org.au



Prostate Cancer Awareness Month: Raises awareness of the importance of men's health, and regular prostate checks. www.prostate.org.au/articleLive/

Save the Koala Month: Raises awareness for the conservation of wild koalas and their habitats. www.savethekoala.com/how-to-help/save-koala-month

Big Heart Appeal: The Heart Foundation saves lives and improves health through funding world-class cardiovascular research, guidelines for health professionals, informing the public and assisting people with cardiovascular disease. www.heartfoundation.org.au/campaigns/big-heart-appeal

Biodiversity Month: The Department of the Environment and Heritage provides support throughout the year with a variety of resources for local groups promoting biodiversity. www.environment.gov.au/biodiversity/month.html

Friday, Sept 4: White Balloon Day: This is the Braveheart organisation's day raising awareness and fundraising campaign to protect Aussie kids from child sexual assault. Part of National Child Protection Week. napcan.org.au

Friday, Sept 4: Badge Day: Part of Legacy Week, dedicated to caring for the families of deceased and incapacitated veterans. Over 100,000 war widows and 1900 children and people with disabilities benefit from the money raised. www.legacy.com.au



Sept 7-11: Women's Health Week:

Encourages women to focus on their health and wellbeing. www.womenshealthweek.com.au

TOUGH FOR LOCAL SPORT

It's been incredibly tough on our local sporting administrators and players throughout the coronavirus epidemic, and we say 'well done' to each and every one of them. It's obviously been a nightmare organising the curtailed seasons – some have not played at all – and far more concerning has been the mental health issues.

The Great Southern Netball Association has been particularly hit badly with only four clubs playing a 10-round season.

The eight-club Great Southern Women's Football League has played a seven-round season with the grand final atv Encounter Bay on Sunday, September 6, .

Continued P6





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ADVERTISING: Coast Lines values its advertisers who make this magazine possible. Bookings for advertising in our October edition close September 21. As always, thank you for any consideration in regards to advertising.

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September

From P5

GSFL

R9, Sept 5 – McLaren v Goolwa-Port Elliot; Myponga-Sellicks v Strathalbyn; Mount Compass v Langhorne Creek; Yankalilla v Victor Harbor; Encounter Bay v Willunga. Finals – qualifying: Sept 12 (Encounter Bay); elimination : Sept 13 (Mount Compass); second semi: Sept 19 (Willunga); first semi: Sept 20 (Yankalilla); preliminary: Sept 26 (Victor Harbor); grand: Oct 3 (Langhorne Creek).

GSNA

R9 Sept 5: Langhorne Creek v bye; Victor Harbor v Myponga Sellicks; bye v Willunga; R10, Sept 12: Victor Harbor v bye; Willunga v Langhorne Creek; Myponga v bye. Sept 19: semi-finals first v fourth (noon); second v third (noon). Final: winner 1 v winner 2 (noon).

OFF TO MARKET

If you would like your market included in this monthly section please email Coast Lines. There is no charge. 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 BEACHSIDE MARKET:

Second and fourth Sundays of the month 9am-4pm Soldiers' Memorial. Gardens. Call Robert 0428 568 222.

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

WILLUNGA FARMERS' MARKET: Every Saturday 8am-12.30pm at Willunga Town Square. Enq: 8556 4297 or Jeni 0411 049 570.



BASKET CASES

Given the fact Port Adelaide has been flying high this extraordinary AFL season we thought we would run this image of this crafty-looking wooden duck with the Power guernsey and obviously not too big for his boots.

The little fella is in an impressive team line-up of ducks including the master chef on the right, put together by Ellie Secomb as part of her new business venture Goolwa Goodie Baskets.

The business catch cry is *Delivering Joy!* and the Power has been doing just that for its fans so far. And for the Crows fans? Amazingly, their ducks are still in big demand.

There's no doubt, however, that it's all the top of the range genuine Fleurieu Peninsula and other South Australian iconic goodies at the best possible prices that is exciting the fans of fine food delights and, if you choose, a classic wine. The options are all tempting. Maybe, come the season's end the Crows fans will need a surprise 'cheer me up' Goolwa Goodie Basket and their duck will fly home next year. Well done Ellie, and best of luck to the Power fans! **T: 0438 820 821**
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Invertebrates worming way in

You may be pleased to know that our terrestrial invertebrates that are both 'man and woman' as one – our humble earthworms – are burrowing their way through Mount Compass and luring schoolchildren from the city. Fear not, it's a brilliant way of presenting the children with a STEM project based on a real-life situation using science, technology, environmental or maths problems to hopefully solve an issue facing a vermiprocessing company. It has evolved from 12-year-old Hayley Saunders of Seaview Downs Primary expressing her concern during an environmental lesson that farmers should stop using harmful chemicals and change to natural fertilisers.

The company is Australian Vermiculture, and its founders Brendan and Del Price have the problem of getting Hayley's message across to the broader community that the magic of worms is the answer.

Students from Seaview Downs and Brighton Primary recently visited the 'worm factory' and will hopefully come back with a feasible solution.

Del said the idea of a STEM project was to present them with a real problem. "It's about how do we best communicate with farmers and home gardeners regarding the importance of looking after soil health," she said.

"Kids are savvy on social media, but that's not the only way to communicate. They are



our next generation of farmers – buyers of food from the supermarket and so forth and influencing their choices."

The exercise is also a great way for the Fleurieu Peninsula to recognise another successful business doing its part for the environment. The venture started in Broken Hill in 1997, performed research and development in Mildura where it now manufactures bio-organic fertiliser products, established a worm farm over 39 acres at Mount Compass and set up another

processing plant at Seaford.

"We are a life science company that has been qualifying and quantifying research, and we have got to a stage now where we can expand it without wasting our time on surface area," Brendan said.

"We breed worms 21 times the mass volume every 21 days once we want to get into an industrial cycle.

"We can take about 14,000 tonne a year off pure worm castings (excretion) from this Mount Compass site alone. Everything that goes through a worm comes out as micro-organisms and bacteria in the other end in its billions and that is your soil health."

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My Hearing has a special interest in tinnitus management. If you want to discuss your tinnitus with and/or want to be a part of an obligation free trial of the latest scientifically validated tinnitus management devices please fill in the following and post back to My Hearing 41 Crozier Road, Victor Harbor SA 5211. Alternatively call My Hearing on 7522 4235 to arrange an appointment. Limited trials available.

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Being an Australian



We imagined Caroline Scicluna saying to her husband David in their North Blinman Hotel: “Any washing dear?” To which he replied: “Yes dear.”

Perhaps not exactly in those words, but there were 22 bags this day and he drove 36km to Parachilna in the Flinders Ranges to put them on a coach that had left Port Elliot 5.15 that morning, heading back via Copley 7am next day.

All up it's a 1405km trip to get clean sheets. Amazing really, but this is just a small part of a remarkable story in the life of Alan Bell, who has ran Genesis Transport & Removals for 25 years.

When Premier Roadlines, a giant in the South Australian industry, cut off the Flinders Ranges service 20 years ago Alan took it on in 2008 largely because he could see just how many every-day people and small businesses up north were struggling in isolation.

Now, 12 years on, he has yet to make a profit from this weekly trek. Thankfully, the transport and furniture removals side of the business enables him to prop-up the coach and freight costs.

According to Alan, it's about providing a service for people in desperate need of help, like picking up 75-year-old Kaye Jones on the way at Seaford. She is almost totally blind, and she needed eye surgery. “I live at Hawker, and if there wasn't this service I would have had to ask my friends to drive me to Port Augusta to catch another bus, and they're a lot older than I am,” she said. “Who's going to take me?”

Also aboard this particular bitterly cold morning from the Adelaide Bus Station pick-up were two hikers planning to walk the Heysen Trail from Parachilna to Cape Jervis in 60 days, and a young man who had been in Adelaide to see his family, which he otherwise could not do from Hawker. Over the past few years growing numbers of cyclists – many from interstate – have gone further to get on the Mawson Trail back to Adelaide.

With driver Ben Price behind the wheel, this

“

I could not afford to buy a vehicle that I needed to set up this business, and without the bus service I'd have nothing. The people in Port Elliot are a saviour for us. Besides, they are nice people.” - Dan Roden, who runs a nursery at Willmington.

service was also helping literally hundreds of operators to not only survive, but expand their business. It regularly delivers 70 crates of Fleurieu Milk to Melrose, Willmington, Quorn, Hawker, Parachilna, Leigh Creek and Copley. There are other sensational cafes along this journey like Flinders Food Co. in Hawker that make great coffee, and everyone says it's about the milk from the heart of the Fleurieu.

On the way Ben had to pick up one-and-half pallets of fruit & veg through the supplier Love'n it Fresh in Dublin, and drop boxes at cafes and stores. There were two boxes of chopped up potatoes and carrots from Barker Boy Processing in Mount Baker delivered to Copley, and made into pasties that night for a delivery to cafes on the way home.

Dan Roden, who runs a nursery at Willmington, collected 50 plants from Ben when they met on the side of the road, and on the way back sent plants to a northern-suburb distributor in Adelaide. “I could not afford to buy a vehicle that I needed to

set up this business, and without the bus service I'd have nothing,” Dan said. “The people in Port Elliot are a saviour for us. Besides, they are nice people.” Every week Genesis also picks up at least 16 x 200gm boxes of meat from butchers shops in Jamestown and Gladstone and again drops them off at hotels, cafes and people who live in the outback.

Ellen Litchfield, who lives north of Copley, makes these sensational lamb sausages, drops them into the Copley Caravan Park and Ben delivers them to the Teas on the Terrace in Quorn along with dozens of homemade Quandong Pies, and in Snowtown.

The examples of strengthening the Fleurieu-Flinders connection go on. There are other sources of supply for meat, and for that matter milk, but this is very much about quality and creating a reputation for shops in a tough market. The network created by Genesis is astonishing.

Ben has been doing this weekly Copley run for two and a half years, and loves every

trip... the never-ending sight of huge wedge-tailed eagles, emus, kangaroos and the salt bush across the amazing red soil. “It's great,” he said. “I guess the personal reward comes from meeting all these wonderful people who really appreciate what we do.” The Copley bus has picked up and delivered a vast array of supplies – even food from Mount Compass Feeds for the camels at Camel Treks Australia at My Little Station in Hawker. Huge sheets of timber were delivered this day to Copley. However, by far the most treasured occasional deliveries up north for Alan are the bunches of flowers on behalf of his wife, Shirley, who runs Allira Florist in Victor Central Shopping Centre. For the record, incredibly, they first met when they were teachers in the same class at Strathalbyn High, and now they both could give a lesson on how to be in the business of selling kindness.

“I guess we would be helping an amazing lot of small businesses,” Alan said.

Continued P10



Far left: Alan Bell. Top & above: Genesis driver Ben Prince, and unloading Fleurieu Milk with customer Susan Wild at the SJ & JA Wild Store in Willmington. Right: The fabulous Flinders Food Co. store at Hawker.

People



From P9

"We initially went out to the Arkaroola Wilderness Resort in 2010, and they jumped up and down and said they couldn't thank us enough. Unfortunately, six or seven years ago we realised it was too harsh on our vehicles and drivers, pushing them to the limit as to how far they could drive in a day.

"Copley became the last stop, and from when we took on the Fleurieu Milk run five years ago the freight service picked up.

"We have also done the Tour Down Under for 15 years. We are the sole provider for bus and bike transfers for the community ride. One year we did 1200 bikes and riders; it's tough going, but we appreciate the work and just get on with it and do the job.

"We feel the locals here and those up north appreciate what we do."

It has been far from easy. The coronavirus has seen the Genesis business income drop almost 80 per cent compared with last year, but Alan hasn't cancelled one trip because he knows how dependent his clients are on him.

Things get even tougher when considering every other bus or coach service in this state is reimbursed by the state government for free or reduced-prices for pensioners and other concession card holders, but not Genesis. The government doesn't see this as a regular passenger service, but a decision-maker should have joined us on this 36-hour trek – including 24 hours on the coach



Above left: Ben ready to head back from Copley early in the morning. Above: Dave and Shirl at their Copley Caravan Park & Bakery.

taking in pick-ups and regulatory stops – and discovering just how crucial this Fleurieu-to-Flinders run is to so many.

"Yes, it's a tough game, but to be honest, even though we haven't made a profit from the Copley run we feel good inside knowing that a lot of people are dependent on us and we've done our best to help them," Alan said. "I think it has been good for our south coast too; it's brought us closer to the Far North.

"When we took this on we thought we'd give it a go as a family venture, and to be honest we're too stubborn to give it up." It is astonishing to think so many small businesses could be linked to the service, including big David in the North Blinman Hotel who sends his washing, the hotel linen, to Sharna and Paul Collins of Sea Breeze Services in Victor Harbor, and picks up other supplies from the coach.

Dave and Shirl Mills, who run the Copley

caravan park & bakery, are among the many other characters up this way, and according to Shirl, they planned to stop here for 35 minutes to see a friend. "The friend's gone and we've been here for 35 bloody years since," she said.

Dave said the thing he loved about Copley was the nothingness. "It's bloody amazing." But beneath all of these characters with a crusty look from the wind-swept red sands you know there is tremendous respect and appreciation for Alan and his team. It's the same everywhere across the Flinders, and in the process people are talking about coming down on the bus for a holiday in Port Elliot. Indeed, a wonderful connection all round, but the question begs: why would anyone run this coach and freight service when they don't make a profit?

With a humbling smile Alan said: "I guess it's about being an Australian." And mate, he's a bonza one at that. 🌈

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Cover Image: Raymond, Claire, Eddy, Oscar and Kirby Yeoward pictured with Mayor Keith Parkes, Chief Executive Officer Glenn Rappenberg.



Our Local

ourlocalalexandrina.com.au

Alexandrina Council has launched an exciting new online platform, 'Our Local Alexandrina', showcasing a great range of shopping and dining experiences, as well as our many producers in the region. Our Local Alexandrina was born from an identified need to assist local business in the COVID-19 pandemic.

This period of social distancing, travel restrictions and forced closures has highlighted the need for, and the opportunity, a strong online presence can provide to supplement a 'bricks and mortar' shop front. The need for diversifying sales and service delivery models in an online environment has been proven and Our Local Alexandrina has been developed as the virtual 'front door' for shopping and accessing consumer information in the region.

Our Local Alexandrina collectively represents and overarches individual business's online activities to increase their reach.

Phase one of the project is now complete. This involved developing the site, inviting businesses to submit their information, and featuring them on a seamless, mobile responsive platform. The platform will be supported by a mix of online and traditional marketing methods. Almost 50 businesses are now featured with more expected to take up the free opportunity over the coming month.

Future stages are planned to include e-commerce functionality for businesses that do not have it, embedding high quality video content and hosting regular networking events with businesses featured to share early results and learnings.

The overall aim is to include the majority of relevant businesses in the region and showcase them in a contemporary and engaging way on a digital medium that is easily accessible. The website will build an online business community by supporting local business and directing consumers to a 'one stop shop' of all the amazing products and consumer experiences available in the Alexandrina area. Our Local Alexandrina will simultaneously reinforce local community support

for our economy and share the lesser known shopping and dining 'gems' locals are aware of with visitors to the region.

Shopping local in a regional context has always been important, but the COVID-19 pandemic has elevated the need to 'support local' and recognise the role local business plays in the broader community.

Be sure to follow Our Local Alexandrina on Instagram and Facebook and sign up at www.ourlocalalexandrina.com.au to receive regular updates on how you can support your local, be alerted to new additions and upcoming specials.



New High School on the horizon for Goolwa

Goolwa, for the first time in its history, is to have its very own High School from 2022!

Minister for Education the Hon John Gardner MP visited Goolwa in July to make the long awaited announcement. The State Government will invest up to \$10 million to refurbish and upgrade the former Goolwa campus of Investigator College, on the corner of Cadell Street and Glendale Grove.

It is a massive boon for the town and wider Alexandrina region, which is one of the fastest growing areas in regional South Australia, and until now, has been in need of a public secondary school to service the townships of Goolwa, Currency Creek, Middleton, Port Elliot and surrounding areas.

Over 600 students of high school age are currently leaving the wider Goolwa region, travelling up to 50km each day in buses on rural roads with no overtaking lanes to high schools in Strathalbyn, Mount Compass or Victor Harbor. These student numbers are projected to grow strongly in coming years. By 2026, Goolwa/Hindmarsh Island will be a town of 10,000 people, with an additional 200+ school age students expected in the Goolwa /Hindmarsh Island, Middleton and Port Elliot area.

Alexandrina Council, along with support from Member for Finnis David Basham MP, has been advocating for a high school in

Goolwa since 2017 when it was announced that Investigator College was closing its Goolwa campus at the end of 2018 to operate solely from its Victor Harbor location.

Alexandrina Council Chief Executive, Glenn Rappensberg is thrilled with the announcement. "Such an investment into education in Goolwa will be critical for attracting and retaining working-age families by providing access to quality secondary education, a precursor to employment, further training or tertiary education. The new school will also be a fantastic way to retain young people in the region and give them the skills they need to innovate, be engaged in a thriving regional economy, open businesses, and contribute their energy and creativity back into our community," he said.

This is a great outcome for the region and further highlights what a great place Alexandrina is to live, work and play.



Strathalbyn Senior Citizens Building

Exciting times are just around the corner for users of the Strathalbyn Senior Citizens Clubrooms as the much anticipated redevelopment nears completion.

The Strathalbyn Neighbourhood Centre will commence management of the building to deliver a variety of community development programs for local and surrounding residents.

Progress has continued on both the new extension, and within the existing building. Landscaping and paving work has commenced on the outside, with instant turf and garden beds not too far away.

Upcoming works include the final landscaping, and continued plumbing and electrical works.

Project completion is estimated for mid-August 2020.



Goolwa Skate Park

A new shelter has been built at Goolwa's Skate Park precinct on Glendale Grove. The solar powered shelter provides a great social space where you can recharge multiple devices using USB and Qi charge, and utilise the free public Wi-Fi.

Already a hive of activity for residents and visitors to Goolwa, this much needed addition to the Park will provide shade for our kids and parents, as well as a charging station for phones and other devices.

What's On

We welcome the government's easing of COVID-19 restrictions and are working hard to resume our services and reopen our venues. We thank you for your understanding as we transition our facilities to operate safely for staff, volunteers and the community.

Keep up to date with upcoming and new Council events by visiting Council's website alexandrina.sa.gov.au or the tourism website visitalexandrina.com



JamFactory Icon Angela Valamanesh:

About Being Here

The symbiosis between science, poetry and art inspires the beguiling oeuvre of Angela Valamanesh. Primarily known for her biomorphic ceramic sculptures, this exhibition also celebrates the artist's evocative drawings, watercolours, and mixed media works from her developing style of the late 1990s until present. About being here is the newest addition to the JamFactory Icon series, an annual solo exhibition honouring the achievements of South Australia's most influential artists working in craft-based media.

Where: South Coast Regional Art Centre, BF Laurie Lane Goolwa

When: Fri 11 Sep 2020 - Sun 1 Nov 2020

Gallery hours: Wed to Fri 11am-4pm, Sat and Sun 10am-4pm

Enquiries: jaw@alexandrina.sa.gov.au

Pure Fiction: Kit Chambers Solo Exhibition

These works are a continuum of the 2013 exhibition, 'Some Windmills are real but most aren't'. Kit's work is concerned with the existential question of perception and reality.

"Do you see what I see?" The reality is that even though we are looking at the same thing and may not be feeling the same way about it. The possibility of a true consensus is a fiction that uses fiction to exist; it is in constant creative flux.

Where: Signal Point Gallery, Goolwa Wharf Precinct

When: Fri 11 Sep 2020 - Sun 25 Oct 2020

Gallery hours: Mon to Sun 10am-4pm

Enquiries: jaw@alexandrina.sa.gov.au

Heartland: Worlds Apart

The members of the Goolwa Visual Art Group Inc. proudly present Heartland - Worlds Apart. Many of the artists have heart-warming memories of their youth in countries on the opposite side of the world. These local artists who now all reside in Alexandrina will present an exhibition showcasing their deep emotional attachments to places from the earliest recollections to the present day. Please note amended dates from original programming.

Where: South Coast Regional Art Centre, BF Laurie Lane Goolwa

When: Wed 19 August to Sun 18 October

Gallery hours: Wed to Fri 11am-4pm, Sat and Sun 10am-4pm

Enquiries: jaw@alexandrina.sa.gov.au



From the Inside Tokuremour

Photographer Richard Hodges journeyed into an ancient remnant Tea-Tree reserve, Tokuremour, in the Southern Fleurieu Peninsula of South Australia.

Richard collaborated with contemporary dance artist Tammy Arjona to explore the depths of Tokuremour Reserve, combining their art practices of movement and photography resulting in a rich, layered sensorial experience.

Where: Signal Point Gallery, Goolwa Wharf Precinct

When: Fri 30 Oct 2020 - Sun 6 Dec 2020

Gallery hours: Mon to Sun 10am-4pm

Enquiries: jaw@alexandrina.sa.gov.au

Annual Regional Youth Art Exhibition

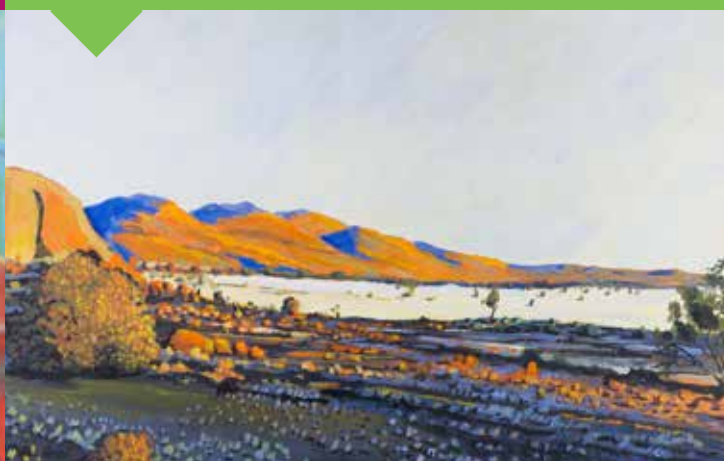
Alexandrina Council and the City of Victor Harbor collaborate to showcase the talent and vibrancy of young people from across the Southern Fleurieu Peninsula region. Young people aged 12-25 are encouraged to participate in a range of media.

Where: Signal Point Gallery, Goolwa Wharf Precinct

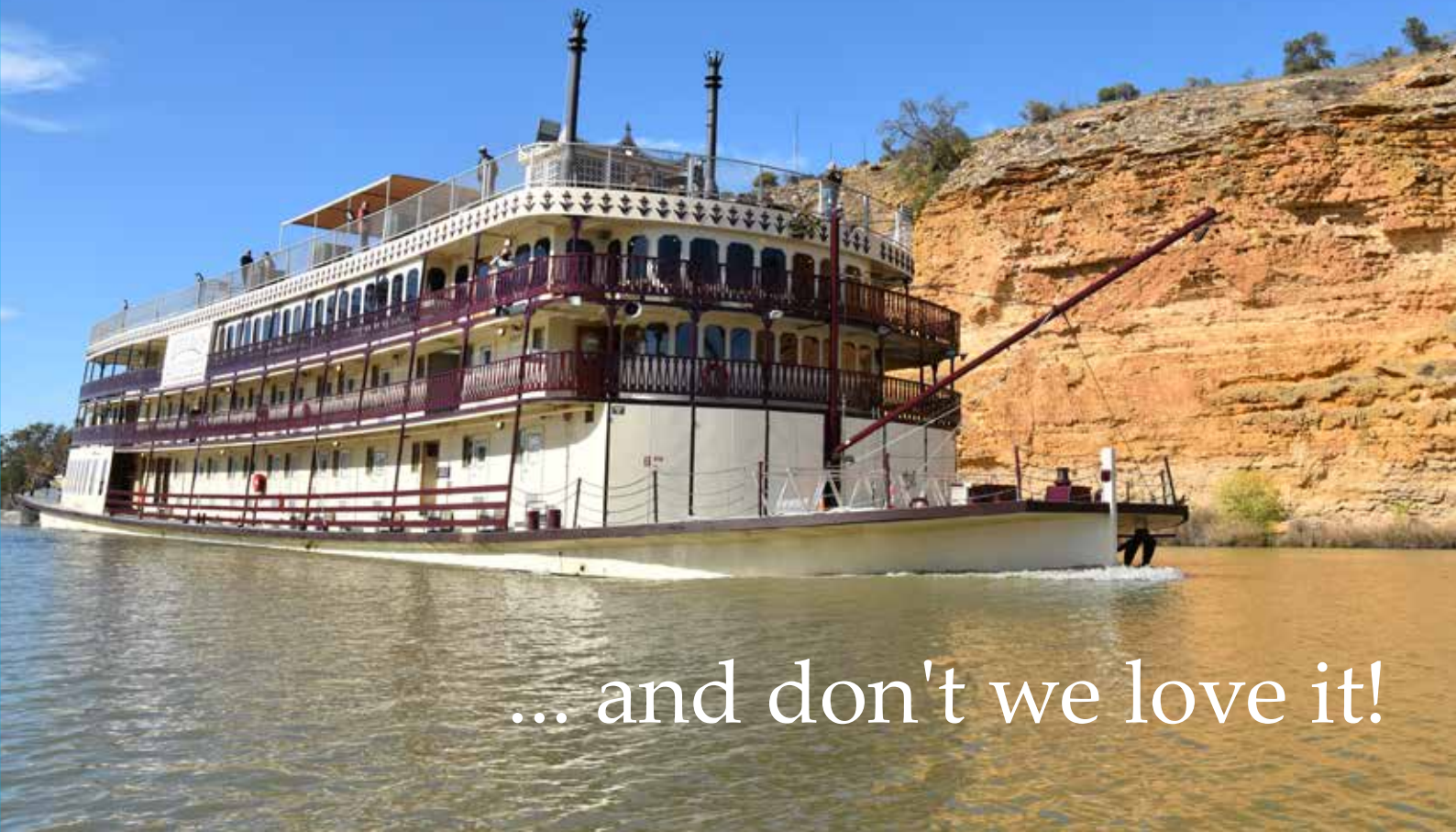
When: Mon 2 Nov 2020 - Sun 29 Nov 2020

Gallery hours: Mon to Sun 10am-4pm

Enquiries: jaw@alexandrina.sa.gov.au



This is South Australia



... and don't we love it!

Special feature

PS MURRAY PRINCESS

Our national anthem proudly declares our '*... land abounds in nature's gifts of beauty rich and rare*' and these wonders are now being cherished more than ever.

Welcome to Captain Cook Cruises and the opportunity to be on the awesome *PS Murray Princess*.

Here, nature is certainly at its stunning best, and it doesn't get any rarer for us than in the heart of the Mid-Murray where we have the only place in Australia – one of only 16 in the world – that has official accreditation as an International Dark Sky Reserve with no reflection of light. On a crisp, clear night through an electronic telescope with the help of guides you can see the Milky Way and planets align with the moon while the stars reflect on the still waters of the Murray.

This is a tour option not to be missed, and it's part of a carefully structured itinerary to suit everyone's needs at their own leisure.

There are currently three, five and seven-

night new cruise packages available each in sheer comfort with the utmost care and attention provided by friendly and ever-efficient staff.

For some, it represents a wonderful opportunity to expand their personal lifetime memories exploring the Murray, while others can't wait to create their own holiday dreams. And they are all special.

Some may prefer to soak up the sun on the top deck or read a book in the library, while others are out-and-about on a guided tour. It's about whatever you feel like doing, although everyone is mesmerised observing the stunning birdlife across amazing golden limestone cliffs and being fascinated by the friendly pelicans.

Most of all, the *PS Murray Princess* experience is about being made to feel special – spoilt, actually – whether travelling alone, celebrating an occasion with friends, or venturing as a group.

Captain Cook Cruises is part of the acclaimed SeaLink Travel Group and

with its profound experience and professionalism comes a mantra – *Cruise Safe. Cruise Well*. It's simple and definitely defining for those searching for that new adventure.

Welcome aboard, and please enjoy.



For more information on experiencing the cruises visit **MurrayPrincess.com.au** or call **1300 729 938**

Cruise safe. Cruise well.



Welcome aboard the **PS Murray Princess**, the biggest paddlewheeler in the southern hemisphere on Australia's biggest river, the mighty Murray. But it's the small things that really matter... the efforts of an amazing, smiling and caring crew who make sure that you have...

The time of your life

Every morning when Nick Sciancalepore takes approximately 60 steps to start work, he says to himself that he has the best office in the world. Of course, he does, he's the Captain, or Master of the *PS Murray Princess*.

His job is to guide our state's much-loved 67-metre long flat-bottomed, shallow-drafted, and high super-structured paddlewheeler at 6 knots carrying guests from around the world on an exciting adventure.

All done with ease, and Nick was really born for this. His grandfather was a fisherman in the quaint Italian town of Molfetta, and for as long as he can remember he has gone fishing with his dad.

Nick washed dishes on a cruise boat on the Port River aged 13, and by 16 he was a Deckhand on the *PS Murray Princess*. Now 30, and with river licences and sea-faring certificates as long as his wheel-turning left arm, Nick adds there isn't a day cruising along the Murray that he is not captivated by its stunning beauty.



This man's love for the river and the sea shines through, but there always has been a touch of romance with giant paddle wheelers since Frenchman Marquis Claude de Jouffroy glided the first in 1774.

Aboard the *PS Murray Princess*, everyone's story in the memory book becomes special thanks to the amazing, friendly, and caring staff of more than 20 – on this occasion led by First Officer Alina Hermann and Cruise Director Lisa Hibberd.

It's literally 'all hands-on deck' when it comes to them producing a wonderful

experience, and they even create the fun with their singing and making music with anything they can find after a great barbeque by the campfire. Come the final night they put on the most hilarious play. Brilliant; highly entertaining!

The meals are superb with provision to meet everyone's needs... scrumptious and healthy breakfasts, lunches and dinners.

While the Master takes command at the bow of *PS Murray Princess*, chef Ronald Ragbir masters the cuisine and should take a bow.



RELAX ENJOY THE VIEWS & NATURE'S GIFTS GO ON A SPECIAL GUIDED TOUR HAVE A GAME OF BOCCE FISH DREAM ALONE ON THE SUN DECK SEE THE STARS HAVE A WORK-OUT IN THE GYM PLAY SCRABBLE ENJOY A SUPERB MEAL GO SEE THE BAR MANAGER SHANE CONNELLY WHO MAKES THE MOST WICKED COCKTAILS THIS SIDE OF THE MISSISSIPPI

Enjoy. It's your holiday

Nick Sciancalepore, the boy who became a Master, says it's not uncommon to see kangaroos swim, across the Murray. If you like, you can sit at the helm waiting for them to jump while soaking up the sun or go on an informative, entertaining and exciting guided tour.

This, and so much more on the 'things to do' list on Australia's greatest river, sums up what a cruise on the magnificent *PS Murray Princess* is all about. It's what you want your holiday to be and it's right on board.

There are incredible sights along the Murray and brilliant places to visit – much depends on the cruise of your choice.

Options at most reasonable prices are on the 'must see' list, like the Sunnysdale Woolshed Show at Big Bend where Dave sheers a sheep, tells 'Dad' jokes and calls the sheep race. That night, you may experience the spectacular Dark Sky Night Tour... see the stars much closer, and upon return on a calm night to the *PS Murray Princess* watch them reflect on the Murray. It's that serene.

The visit to the Ngaut Ngaut Aboriginal Conservation Park – one of the most significant Aboriginal archaeological sites in Australia – is remarkable. Follow the easy access to the lower section that reveals ancient rock carvings, while the top section up 256 steps features remnants of early habitation and tools.

A key element of every *PS Murray Princess* cruise is presenting options of your choice, and again the *Cruise Well. Cruise Safe* message comes through loud and clear.

There is also plenty of entertainment and much laughter, especially with the Murray Princess Cup between contestants on hobby horses.

The *PS Murray Princess* does everything well, none better than remembering the number one reason why so many Australians are sharing their experience of a lifetime right in their own backyard – every cruise is about you.

MurrayPrincess.com.au



Pictured opposite page (left) *PS Murray Princess* captain Nick Sciancalepore, and the dining room. Above left-to right: The Woolshed Tour. Pelicans gather. Sam Stewart, a Mannum Aboriginal Community Association member and guide at the Ngaut Ngaut Aboriginal Conservation Park. Having fun by camp fire. Bar Manager Shane Connelly with his irresistible *Fascinating Pelican* cocktail creation.

Breathtaking nature at its finest...

Most people have seen a pelican, but when it is gliding on a perfectly still River Murray through thick fog in the early hours of the morning like the one above, incredible beauty comes to the fore.

The *PS Murray Princess* offers special encounters with nature, like cruising on Dragonfly, a flat-bottomed boat, slowly under the golden cliffs where you discover hundreds of Fairy Marten bird nests virtually alongside dangling Golden Orb spider webs.

There is also the opportunity to visit the native wildlife shelter at Sunnysdale Big Bend where some of South Australia's most curious animals are cared for until they can be released back into the wild.

Captain Cook Cruises offers 3, 4 and 7-night cruises seeing nature at its finest; all in the heart of our Mighty Murray River.



MAKE AMAZING MEMORIES ON THE

MIGHTY MURRAY

If you've ever promised yourself that you'd cruise the mighty Murray River, then now's the time!

Join Captain Cook Cruises on our beautifully appointed paddle wheeler, the PS Murray Princess and immerse yourself in fine dining, luxury and style on one of our specialty cruises. From native wildlife to inspiring vistas, we'll take you on a journey you'll always remember.

CRUISE SAFE CRUISE WELL

Please be rest assured that when cruising with us, we will be following strict COVID-19 safe guidelines along with our Cruise Safe, Cruise Well protocols.

EARLY BOOKING SAVER FARES

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3 Night Discovery Cruise from \$836pp*

4 Night Outback Heritage Cruise from \$1148pp*

7 Night Murraylands and Wildlife Cruise from \$1825pp*

7 Night Upper Murraylands Cruise from \$1984pp*

7 NIGHT MANNUM LOXTON CRUISE

Departs Mannum Fri 20 November, Departs Loxton Fri 27 November 2020. From \$2452pp*. Highlights include:

Wine tastings at Caudo Vineyard and Banrock Station

An Aussie barbecue beside the river

Ngaut Ngaut Conservation Park

Guided walking tours of Morgan and Swan Reach

7 NIGHT CHRISTMAS CRUISE

Celebrate Christmas on what will be a very special 7 Night Murraylands and Wildlife Cruise from Mannum to Blanchetown, departing on 23 December. From \$2270pp*.

Christmas festivities, carols and a traditional Christmas lunch

Visit the townships of Murray Bridge and Swan Reach

Explore the Ngaut Ngaut Aboriginal Reserve

5 NIGHT NEW YEARS EVE CRUISE

Welcome the New Year in during this 5-Night New Year's Eve Celebration Cruise departing Mannum on Wednesday 30 December 2020. From \$1622pp*. Highlights include:

New Year's Eve Dinner Dance

Cellar door tastings at Burk Salter Boutique Winery

Sunnydale Woolshed Show and riverside BBQ



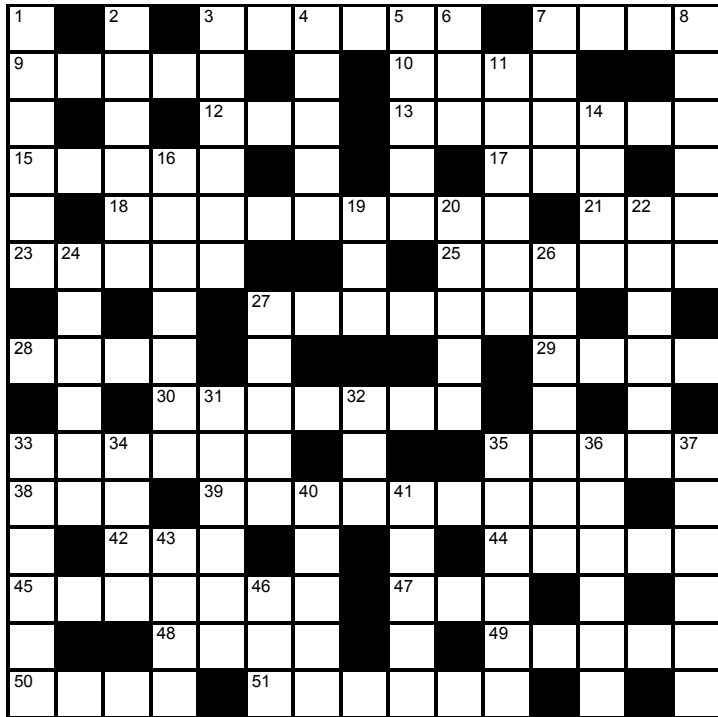
A *Brilliant* TRAVELS EXPERIENCE

For more information on our cruises visit murrayprincess.com.au or call us on 1300 729 938

*Terms and conditions apply, see website for details. ABN 69 007 122 367.

Puzzles

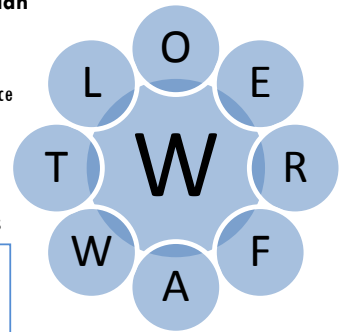
Puzzle answers P25



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: 17 words
Very good: 22 words
Excellent: 34 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 (Y) is worth 8 and F is $Y \times I$ so $I = 3$. It means that anywhere there is a (I) in the puzzle, it is an 3, and so on.

A	$P \times O$	10
B	$Z + Q$	
C	$O + A$	
D	$E + N$	
E	$B \div I$	
F	$Y \times I$	24
G	$R \times P$	
H	$F - T$	
I	$J \div S$	
J	$N \times P$	
K	$U + Y$	
L	$R + N$	
M	$T + P$	

N	$E + P$	9
O	$I + P$	5
P	$X - Z$	
Q	$H + I$	
R	$H + U$	
S	$J \div I$	
T	$Y + C$	
U	$E + O$	12
V	$W + I$	
W	$Q + E$	
X	$O + V$	
Y	$E + H$	8
Z	$W + S$	

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Crossword

Across

- 3 Makes effort
7 Firm hold
9 Subjoin
10 Duty list
12 Tooth on a wheel
13 Put to use
15 Over
17 Make brown
18 Stand for
21 Long-leaved lettuce
23 Used up
25 Charge with gas
27 Breathe
28 Rudimentary shoots
29 Sympathetic sorrow
30 Perform surgery
33 Of spring
35 Sanity

Down

- 38 Anger
39 Female theatre worker
42 Donkey
44 Kingly
45 Bank employees
47 Extinct bird
48 Mine entrance
49 Tracks
50 Gem
51 Decorations
11 Stifled laugh
14 Peruvian Indian
16 Deer's meat
19 Distress signal
20 Artless
22 Inflammation of the ear
24 Very poor person
26 Abundantly supplied
27 Staggers
31 Temporarily stopped
32 Tool
33 Winner
34 Actual
35 Thongs
36 Nullify
37 Join up
40 Inconsiderate speed
41 Dance
43 Kill
46 Edge

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A shop that cares with every opportunity

Right: The old op-shop bus in 1973. Below: Two of the many great slatwarts of the Lions Ladies Boutique, Margaret Dorton (left) and Merle Hirsch.



There are almost 3000 registered opportunity shops – or op shops as we lovingly refer them by – across Australia, each with predominantly sweet ladies selling used things once cherished by others.

They've been non-judgemental and welcoming with a smile ever since the Salvation Army opened the first recycling shop in 1880 as a means of helping men straight out of prison. Today they are for everyone; the needy and the upper-class bargain hunters and collectors. Among them is the Willunga Lions & District Auxiliary Boutique Op Shop in Aldinga Beach, perhaps best known as the Lions Ladies Boutique. It started out as the *Ye Olde Oddity Shoppe* in 1973 in a near broken-down bus bought in Bowhill for \$200.

Tens of thousands of people later, who have bought their pre-loved clothes, shoes, electrical items, trinkets and knick-knacks raising almost a million dollars for charities, this op shop on Butterworth Road is enjoying a renewed rush.

Leading nine or 10 volunteer helpers on a roster basis every Wednesday and Saturday from 7am-1.30pm for the past 16 years have been its president-secretary Margaret Dorton and treasurer Merle Hirsch.

On the first day of re-opening on June 10 after the easing of coronavirus restrictions Margaret said more than 100 people came and went in just one of the three sheds at



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the op shop and spent \$1260 overall. Not bad when most of the items were under \$4. "It's been busier than ever since," Margaret said. "I think people just want to get out." Actually, it's 'Measure Tape Margaret', a name that has stuck since she used to come in weekly with one around her neck to measure bits and pieces to make clothes. She became an easy and very willing target to recruit in 2004.

"Merle was asked to join the committee at the same time," Margaret said. "Back then we had one shed, then a second for storage, which led to a big double shed. We still needed space so we got Bertha, the name we gave to our shipping container.

"We open at seven both mornings every week because of the child care centre and kindergarten behind us. People come here early and they pop in. It used to be half past six... we'd put everything out and then sit around and have coffee and toast. We stopped doing that because of the restrictions, but that's okay.

"We rotate our stock with different tags for each month. When the clothes finish up left on the racks we put them in a trolley outside and sell them for a dollar.

"If they're still there in another month the Red Nose charity people come and collect them.

"Last month we had 80 garbage bags and 40 cartons of different things from other shops as well. Without Red Nose all of the clothing would all go into land fill. They sort it and divide it among organisations like Save the Children."

Merle believes that the op shop is busier than ever because there are a lot of people like her. "I just love op shops," she said.



"There's always the opportunity to grab a bargain, and it's also about helping the local community knowing that's where the money goes.

"I am proud to belong to a group that has helped charities for 46 years. It's amazing." Merle was unsure how much the op shop had raised since 1973, but checked the books and noted that this op shop had donated \$813,224 to 24 community organisations and charities over the past 16 years. It is an incredible effort.

"Everyone is proud of that," she said. "I just love being here. Sometimes it's to stand here and listen to someone or just give them a much-needed hug."

Margaret insists that nothing is hung on the racks that the volunteers would not wear themselves.

"I adopted that attitude right from the start," she said. "I don't believe in passing on something that is soiled or needs mending. If it's like that and good quality I will take it home and wash and mend it or whatever.

"We are all dressed by the op shop from inside to outside. Why would I buy a dress, jacket or skirt for \$50 when I can buy one for \$4? I am not too proud to say that. I feel that I am helping the organisations that we support."

Margaret and Merle leave no doubt the op shop is much busier than when they started. It's not always the people that have need that walk through the doors, but they agree the need seems much greater now. And when they do come in, no matter who they are they are greeted with a 'hello' and a smile.

"For me, this is about working with and helping people in the community," Margaret said. It adds to her 20-plus years in Leigh Creek in another life – many as president of CWA which also ran an op shop. You can see the care factor in everyone who volunteers in the Lions Ladies Boutique.

However, with Margaret, compassion runs incredibly deep. Her daughter-in-law works in a mortuary and is occasionally confronted by a need to console parents of a newborn baby no bigger than their hand who sadly has not survived. Margaret has crocheted hundreds of miniature blankets and the tiniest of beanies for each of these precious children. It's why she has the strength in the op shop to deal with the proverbial man who has no shoes. 🌈





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On a brighter note...

CONSIDER THIS...

At a movie theatre, which is your arm rest?

If people evolved from monkeys, why are monkeys still around?

Why is there a 'D' in fridge, but not in refrigerator?

Who knew what time it was when the first clock was made?

Why is what doctors do called practicing? Aren't they supposed to already know what they are doing?

Why isn't a fireman called a waterman?

Why are goods sent by ship called CARGO and those sent by truck SHIPMENT?

... and they said it:

"His ears made him look like a taxicab with both doors open." - **Howard Hughes (about Clark Gable)**

"He is not only dull himself, he is the cause of dullness in others." - **Samuel Johnson**

"I've had a perfectly wonderful evening. But this wasn't it." - **Groucho Marx**

"I didn't attend the funeral, but I sent a nice letter saying I approved of it." - **Mark Twain**

"Some cause happiness wherever they go; others whenever they go." - **Oscar Wilde**

"He has Van Gogh's ear for music." - **Billy Wilder**

"He uses statistics as a drunken man uses lamp-posts... for support rather than illumination." - **Andrew Lang**

Ahoy there maties

It's international Talk Like a Pirate Day on Saturday, September 19 so here are some of the lamest pirate one-liners - Dad Jokes - we could find...

Why don't pirates shower before they walk the plank? Because they'll just wash up on shore later.

Why is pirating so addictive? They say once ye lose yer first hand, ye get hooked!

Why are pirates called pirates? Because they ARRRR!

What happened when Bluebeard fell overboard in the Red Sea? He got marooned.

How did the pirate get his Jolly Roger so cheaply? He bought it on sail.

What has 8 legs, 8 arms, and 8 eyes? 8 pirates.

What do ye call a pirate with two eyes and two legs? A rookie.

What's the difference between a hungry pirate and a drunken pirate? One has a rumbling tummy, and the other's a tumbling rummy.

What does a dyslexic pirate say? RRRRRRA!

Why does it take pirates so long to learn the alphabet? Because they can spend years at C.

What lies at the bottom of the ocean and twitches? A nervous wreck.

How much did the pirate pay for his piercings? A buck-an-ear.

How much did the pirate pay for his peg and hook? An arm and a leg.

Where can ye find a pirate who has lost his wooden legs? Right where ye left him.

How do pirates prefer to communicate? Aye to aye!

Keep an eye on this

A guy is dining alone in a fancy restaurant and there's a beautiful redhead sitting at the next table. He's been sneakily checking her

Coast Lines News

September, 2020

**REVEALED:
Fattest knight
at King Arthur's
round table was
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He acquired his
size from too
much pi**

out ever since he arrived, but doesn't have the courage to start talking to her. Suddenly she sneezes, and her glass eye comes flying out of its socket toward the man. His reflexes kick in and he reaches out, plucks it out of the air, and hands it back to her.

The redhead is mortified. She says: "Oh my, I am so sorry." She then pops her eye back into place. She says: "Let me buy your dinner to make it up to you."

So he joins her table and they enjoy a wonderful meal together. Afterwards they go to the theatre followed by drinks at a bar. They talk, they laugh, she shares her deepest dreams and he shares his. She listens.

The guy is amazed at how everything has been so perfect and how incredible this woman is. He can't believe his luck. He says to the woman: "You are the perfect woman... are you this nice to every guy you meet?"

And she says: "No, you just happened to catch my eye."



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Quiz

A quip in time

An efficiency expert concludes his lecture with a note of caution. He tells his audience: "You need to be careful about trying these techniques at home."

Confused, someone asks why. And the lecturer says: "I watched my wife's routine at dinner for years and she has made lots of trips between the refrigerator, stove, table, and cabinets, often carrying a single item at a time. One day I asked her why she didn't try carrying several things at once?"

Someone in the audience asks: "But did it save time?"

And the experts says: "Actually, yes... it used to take her 30 minutes to make dinner but now I do it in 10."

Flying high

A plane is taxiing down the tarmac ready to take off at Adelaide Airport, abruptly stops, turns around and returns to the gate. After an hour, it finally takes off.

A concerned passenger asks the flight attendant: "What was the problem?"

And the flight attendant says: "The pilot was bothered by a noise he heard in the engine and it took us a while to find a new pilot." Meanwhile, a man walks up to the counter and asks for a round trip ticket. The agent asks: "Where to?" And the man says: "Right back to here."

Nearby a man tells the ticket lady: "Send one of my bags to Sydney, send one to Melbourne, and the other to Perth." She says: "We can't do that." And the man says: "Yes you can, you did it last week."

An airline ticket assistant notices that the customer behind him shows that his name is spelt Cole, Pheven. She asks: "Is this spelling correct?" The man says: "No, I told the reservation agent that it was Stephen spelt with a 'Ph'.

It's supposed to be footy finals time, so here's an AFL & SANFL finals quiz instead.

1. The best-on-ground player in the AFL Grand Final wins the Norm Smith Medal (pictured right) after the famous coach. Which club(s) did he play for?
2. When was the first Norm Smith Medal presented... 1979, 1981 or 1983?
3. Which VFL/AFL club has made the most finals series?
4. When was the current AFL final-eight system introduced? 1999, 2000 or 2001?
5. How many drawn VFL/AFL grand finals have there been?
6. Which was the last side to win an AFL final in extra time?
7. How many finals matches has Adelaide played since 1991? 30, 33 or 36?
8. How many finals matches has Port Adelaide played since 1996? 20, 23 or 26?

9. Richmond beat GWS Giants in the 2019 Grand Final, but which teams lost the preliminary finals?

10. In 1996 the AFL became an 18-club competition. Since then which club has won the most premierships?

11. When was the last time South Adelaide won a SANFL premiership?

12. Excluding the Adelaide Crows, which SANFL side has had the longest premiership drought after South Adelaide?

13. Which club has won the SANFL grand final by a record margin? Central District, Norwood or Port Adelaide?

14. Who coached Glenelg to its fifth SANFL premiership in 2019?

15. Who has won both a Jack Oatey Medal (SANFL) & Norm Smith Medal as best on ground in a grand final?

Answers P25

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Puzzle & quiz answers

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wore wort wortle wrote

H	E	E	X	E	R	T	S	G	R	I	P
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A	B	C	D	E	F	G	H	I	J	K	L	M
10	21	15	16	7	24	26	1	3	18	20	22	25

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
9	5	2	4	13	6	23	12	14	11	19	8	17

SPORTS QUIZ: 1. Melbourne (210 games & Fitzroy 17). 2. 1979. 3. Collingwood. 4. 2000. 5. 3 – 1948, 1977, 2010. 6. West Coast Eagles – beat Port Adelaide in the 2017 elimination final. 7. 36 (won 18, lost 18). 8. 23 (won 11, lost 12). 9. Geelong & Collingwood. 10. Hawthorn (4). 11. 1964. 12. Port Adelaide (since 1999). 13. Central District (125 points v - Central District 23.15 (153) d Woodville-West Torrens 4.4 (28), 2004. 14. Mark Stone. 15. Nathan Buckley (Port 1992 & Collingwood 2002).

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Write your own toy story

There are some fabulous looking toys for kids these days – and the big kids – and some toys cleverly displayed can really add to both their bedroom and family room. The key to this is finding that balance of not tormenting a child by the 'see but don't touch' rule, and making it look great for everyone including visitors by being nifty and colourful.

Feature toys can be a way of helping a child to take care of something special... they are their toys to show and share with family and friends, but when not in use they must be clean and back in their place. It can help a child feel proud to have something of they

consider their own special toy to be on display.

Apart from all this is that we, as big kids, also like to play games, and there are some toys that can fit nicely in the room especially with trendy décor. There are some stunning chess sets that look great on display and other gadgets to keep you amused.

You may have friends or family with young children who visit often, and depending on the ages it's not a bad idea to have an appropriate nice basket hanging on the wall – perhaps where you might have a photo displayed – and have a small soft toy in there that the kiddies can get out and

replace when they leave.

Wooden toys can always look terrific in a large coffee table, as can a superbly crafted timber aeroplane or car. Use your imagination – be a kid again! The idea is to make a special little person want to feel a sense of importance, and whilst doing this learn to care or respect special toys – plus the toys can brighten up your family room. Just make sure they have a 'home' and are not left laying around. As they say, toys can be toys. *Rainsford's by Design* in Goolwa have a great assortment.

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Our indoor plants are special, and we need to give them a little tender love and care if we want to keep them flourishing. Even though indoor plants are kept safe and sound within your home, there are always changes in temperature and humidity especially with a new season. Here are a few tips to keep them beautiful, happy and healthy:

TIME TO RE-POT

As your indoor plants grow it takes all the nutrients from the potting soil. Re-potting with a good potting soil will help replenish the lost nutrients and encourage new growth. Planting into a larger pot will allow the plant to flourish even more. The warmer weather that is coming won't cause much trouble as the new re-potted plant will have much more room to spread its roots.



FERTILISE IN SPRING

After hibernating through winter your indoor plants are now ready to grow. A good slow fertiliser will nourish your indoor plants and promote growth and good health. You can incorporate a slow release fertiliser into the potting mix at the time of re-potting. Ask your local nursery for the best fertiliser for your plants.

LEAF/FOLIAGE CARE

To keep your indoor plants healthy and pest free it is important to care for the foliage. A good wipe over with a clean damp cloth allows the plant to clean the air in your house.

Spring is also a great time to treat your plants monthly with a good pest and disease product. Eco Oil is a great product – healthy for plants and safe for humans and pets. It also assists with controlling pests including scale mealy bug. Make sure you regularly check your plants for pests and disease.

PLANT WATERING NEEDS

Over-watering can be the biggest problem with indoor plants. As the temperature rises and the light levels within your house increase you will need to change your watering practices.

Only water your indoor plants when they are dry. A good rule of thumb is pick up each plant if it is light it could be ready for a water. Put your finger into the soil or you can use a water meter.

The biggest failure with indoor plants is over watering. Be sure to give them a good deep water and then give them the chance to dry out between waterings. Always let them drain off before putting them back on to their saucers.



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Hope Gap

(M) Drama, romance starring Annette Bening, Bill Nighy. Directed by William Nicholson. A couple's visit with their son takes a dramatic turn when the father tells him he plans on leaving his mother. **Commences September 4.**



Fatima

(CTC) Drama starring Alba Baptista, Joaquim de Almeida, Harvey Keitel. Directed by Marco Pontecorvo. A trial of faith unfolds at the apex of World War I, when secrets are revealed to three courageous Portuguese children through a series of apparitions, while their doubting family and aggressive government officials try to silence them. **Commences September 4.**



Bill & Ted: Face the Music

(CTC) Comedy, music, sci-fi starring Keanu Reeves, Alex Winter, Samara Weaving, Brigitte Lundy-Paine. Once told they'd save the universe during a time-traveling adventure, two would-be rockers from San Dimas, California find themselves as middle-aged dads still trying to crank out a hit song and fulfill their destiny. **Commences September 11.**

The Secret Garden

(CTC) Drama, family, fantasy movie starring Dixie Egerickx, Colin Firth, Julie Walters. Directed by Marc Munden. When Mary Lennox's parents suddenly die, she is sent to live with her uncle, Archibald Craven, on his remote country estate deep in the Yorkshire moors. While exploring, she discovers a hidden magical garden. **Commences September 18.**



Trolls: World Tour

(G) Animation, adventure, comedy starring Anna Kendrick, Justin Timberlake, Rachel Bloom. Directed by Walt Dohrn, David P. Smith. When the Queen of the Hard Rock Trolls tries to take over all the Troll kingdoms, Queen Poppy and her friends try different ways to save all the Trolls. **Commences September 18.**



Rams

(PG) Comedy, drama starring Sam Neill, Michael Caton, Miranda Richardson, Asher Keddie. Directed by Jeremy Sims. A decades-long feud between two sheep farming brothers comes to a head when disaster strikes their flocks. **Commences October 16.**



Irresistible

(M) Comedy, drama starring Steve Carell, Rose Byrne. Directed by Jon Stewart. A Democratic strategist helps a retired veteran run for mayor in a small, conservative Midwest town. **Commences October 16.**



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Most of all, they are all working together to create exciting new touring options with Kym and Adona supplying their coach.

Also, Kym is hoping to drive some of the tours. Paul and Monica have been operating tours for 20 years and are delighted to be able to continue the tradition created by Victor Tours.

Monica grew up in Willunga, and Paul in Strathalbyn, so the southern hills and Fleurieu are a special place for them.

As with Victor Tours, a home pick up service is available for people in Victor Harbor, Middleton, Port Elliot and Goolwa taking holidays, and the program of day trips is also being re-started.

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Easy Cinnamon Oat Slice

Ingredients

2 cups rolled oats
2 tps cinnamon
½ tsp ground ginger
1 tsp baking powder
120g butter
2 tbsp honey

Method

Pre-heat oven to 180°C. Line a 28cm x 18cm slice tin with baking paper.

Place first four ingredients in a bowl.

Melt butter and honey in microwave or on stove top, and pour over the ingredients. Stir to combine. Using clean fingers press mixture into the bottom of a prepared slice tin. To finish compacting the slice, use a flat-bottomed glass to press down on the mixture.

Bake in oven at 180°C for 10 minutes, or until slice begins to turn golden around the edges.

Remove from oven and allow to completely cool in the tin before cutting into squares. Refrigerating the cooled slice for 30 minutes will make cutting easier, and prevent crumbling. Store in airtight container.

Note: If you don't have a slice tin the mixture can be pressed onto a baking tray lined with baking paper. Coconut oil can be used in place of butter, if preferred.



Moroccan Sausage Rolls

Ingredients

500g lamb mince
½ cup grated Haloumi cheese
½ cup toasted chopped almonds
3 tps Harissa seasoning
2 tbsps chopped fresh mint
¼ cup currants
1 cup fresh breadcrumbs
2 tbsps milk
salt & pepper to season
4 sheets frozen puff pastry
1 egg
½ tsp smoked paprika
sesame seeds

Yoghurt mint dressing

½ cup Greek yoghurt
1 tbsp fresh lemon juice
2 tbsps chopped mint
Combine all ingredients in a small bowl.

Method

Pre-heat oven to 180°C. Line a baking tray with baking paper.

Separate sheets of puff pastry and allow to thaw at room temperature. Combine breadcrumbs and milk in a small bowl, and set aside for a few minutes.

In a large bowl combine mince, grated cheese, toasted chopped almonds, Harissa seasoning, currants, salt & pepper, and fresh mint. Add softened breadcrumbs and stir to combine.

Cut each pastry square in half length-ways, and spoon lamb mince mixture down the centre of each half. Whisk the egg in a cup, and brush some of the egg down one side of the mince.

Take the pastry from the other side and roll it over the mince and onto the egg-covered pastry to make a 'roll'. Press down ends to seal. When finished, add smoked paprika to remaining egg and brush onto the top of each roll, then sprinkle with sesame seeds.

Bake at 180°C for 30 minutes, or until golden. Remove from oven and cut each roll into serving-sized pieces. Serve with yoghurt mint dressing.

Note: Harissa seasoning is sold in the spice section of supermarkets.

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Chocolate Hazelnut Lava Puddings

Ingredients

150g hazelnut chocolate
150g unsalted butter
pinch of coarse sea salt
2 eggs
2 egg yolks, extra
60g caster sugar
1 tbs plain flour

Method

Pre-heat oven to 200°C. Grease large muffin pan cups or individual ramekins with softened butter.

Break chocolate into pieces and chop any full pieces of hazelnut into smaller pieces.

Place in heatproof bowl and microwave for 30 second bursts on low heat, until chocolate has softened. Remove from microwave oven and stir to combine. Add butter and stir to melt. Microwave briefly if

needed to complete melting. Set aside.

Plate eggs and extra egg yolks, sugar and salt in a mixing bowl and beat with an electric mixer on medium speed for four minutes, or until egg mixture has lightened, and thickened slightly.

Add the chocolate mixture and beat on low speed to combine. Finally gently beat in the flour – do not overbeat.

Pour batter into the prepared moulds.

Puddings can be made in advance to this

point. Cover and refrigerate until ready to bake. Bring mixture back to room temperature before baking.

Puddings should be baked just before serving.

Bake for 10 -12 minutes in pre-heated oven. Puddings should be slightly firm on top.

Remove from oven and allow to sit in moulds for a few minutes before turning out onto serving plates. Makes 6.



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