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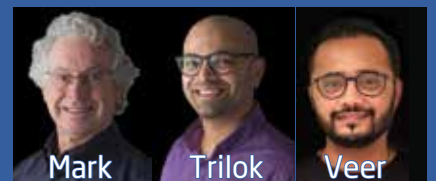
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COVER

Members and friends of the Rotary Club of McLaren Vale all set for the National Hat Day organised by Australian Rotary Health on Saturday, October 10. **FULL STORY P16-17.**

Pictured (back row from left) Bronwyn Kenny, Judith Lamb, Margaret Cuttington. Front: Olivia Sorre, Briony Casburn, Kevin Lamb. Absent: Barbara Hayman, Steve Head, Josiah Stanley.

With an Itty Bitty help from their friends

Meet 18-month-old Billy with his carer Wade Simpson. This adorable Southern koala currently lives next door to his close mate Itty Bitty, Al Capone (he's unfriendly), Harry and another handsome brute named Freddy Mercury because he thinks he's a drama queen and doesn't mind using his excellent voice.

Welcome to the Southern Koala Rescue outfit in Onkaparinga Hills launched by Wade and his wife, Mish, two years ago. It is an amazing example of working incredibly hard for a wonderful cause, and it hasn't been easy with Wade running his Sprint Auto Parts and Auto Hose business in McLaren Vale, and Mish travelling also working full time as a data scientist.

Continued P4



P6-7: RAA REGIONAL SAFETY GRANTS

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Above: Itty Bitty (left) with little Billy. Right: Mish & Wade (right) being presented with their cheque by McLaren Vale Vintage & Classic chairman Trevor Sharp.

From P3

But in a strange turn of events, the coronavirus has been an unlikely godsend. It forced the cancellation of the McLaren Vale Vintage & Classic in April, and in a remarkable act of kindness nearly all the entrants told the organisers to keep their entrance fee and give it to charity. Those who didn't had lost their jobs because of COVID-19.

The Vintage & Classic committee, with Trevor Sharp as chairman, donated \$2500 to Southern Koala Rescue, \$6000 to the McLaren Vale & District War Memorial Hospital to purchase a new Niki T34 pump used during palliative care, and \$750 each to the CFS brigades of McLaren Vale and McLaren Flat. The paid-up sponsorship money will be used for the planned 2021



event next April.

Wade said the donation would go towards building a new enclosed recovery rescue centre costing \$120K allowing the koalas to climb big trees before being let go, and purchase a trailer and wood mulcher/chipper. Previously, with five koalas currently munching on 35 branches daily Wade and Mish had to fill up his work truck weekly with the left-over sticks to take to the dump.

The Southern Koala Rescue only became a

charitable organisation in March, and overall it has been a personal challenge. They bought the 22-acre property so they would have space to help the koalas recover, and are working on planting thousands of gum trees – watering them by hand – to feed them.

"We have started an Eucalyptus plantation, and the amount of leaves they eat is phenomenal," Wade said. "We have 50 different species, and the kind people at McLaren Vale Rotary Club has also been helping us with this."

"It's a very narrow selection of leaves the koalas will eat – there are over 1000 Eucalypt varieties and of them they only eat the leaf of about 100. You find very few of the right variety in one area."

"If the koalas are hand-raised and are in a small enclosure they can't built up the muscle they really need to. Once they seem healthy we send them to a pre-release enclosure that Gemtree Wines built for us in their wetlands in McLaren Vale."

"We keep an eye on them and when they can do their own thing in here and are stress free we let them go out back into the wild." It's been hard going, alright, but this amazingly dedicated couple love every moment when it comes to helping the koalas.

Itty Bitty was just 300gm when he arrived at the centre having been dropped from considerable distance from a tree by its mother under who was under duress during a heatwave. It is common in their struggle for self-preservation. Freddy Mercury was attacked by a dog, sadly another common occurrence.

But it's not that common when a young couple dedicate just about every moment outside of their working life to save one of nature's precious gifts. If you would like to join all the Vintage & Classic 'petrol heads' and help Southern Koala Rescue go to their facebook page.

Continued P5

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The South Lakes Golf Club will be going pink and blue all in the name of raising awareness for breast cancer and prostate cancer during its Wednesday competition day on October 14. It used to be an event just for men, but now keen members are chipping in with the donations shared between these great causes. The club has raised thousands of dollars in recent years for men's and women's health issues – well done. Pictured right are club members Linda Capon and Noel Tonkin.

South Lakes also has a huge event coming up – its November Week sponsored by Lakeside Goolwa from Monday, Nov. 1-Thursday, Nov. 5 incorporating a big Melbourne Cup day. Everyone is welcome - entries close Friday, October 22. e: info@southlakesgolf.com.au or T: 8555 2299.

Now it's 'Ma 'n Par' Day at South Lakes



WILLUNGA JIGSAW COMPETITION

From P6

BIT-BY-BIT OF FUN

Calling all the frustrated, stressed-out jigsaw puzzlers – the third annual Willunga Jigsaw Competition is on again at the town's Festival Hall on Saturday, November 7. Glory awaits you.

If you think this is hardly a fiercely contested game of skill and wit, think again. These competitions have become so popular that the Australian Jigsaw Puzzle Association was launched this year with state championships in the process of being organised. COVID-19 restrictions permitting, the Australian Championships will be held in Melbourne on November 21 and the world titles in Spain, in September, 2021.

And the media will ask the entrants at the world titles: "How do you think you will go?" to which they will reply: "Bit by bit." It's basically what this fun night at Willunga is all about – scrambling to find the right pieces bit by bit. This competition started as a quirky family-friendly fundraiser to

support the redevelopment of the town's community-owned Recreation Park. In 2018 we had 22 teams tackling the same 250-piece jigsaw – an image selected from submissions within the area and made into a puzzle. Last year a championship division was added where the 500-piece jigsaw of a greyscale historical photo was more than a challenge, with the winning team having just under 100 pieces unplaced after the limited three hours elapsed.

This time it's a 252-piece jigsaw for teams of four (ideal for a family-oriented experience); a 500-piece puzzle for teams of four (a challenge to finish within the three-hour time limit), and the 500-piece bruiser for teams of two with the winners earning the title of South Australian Jigsaw Champions 2020. There is a total of \$1000 prizemoney up for grabs.

Identical sealed jigsaw puzzles will be

presented to each table. The first table to complete the picture wins. With a maximum time limit of three hours, if no team finishes their puzzle within the allotted time the one with the fewest loose pieces wins. The groups get to keep these limited edition Willungacentric jigsaws.

Those who can't find enough keen people to make up a table are invited to contact the organisers, who will coordinate mixed teams. Refreshments will be available.

Cost: \$20 per person for teams of four or \$25 per person for teams of two. Spectators welcome.

Bookings online: <https://www.trybooking.com/BKREF>

Info: jigsaw@willungarecpark.com.au

Competition organisers: 0418 807 529 (Brian) or 0402 892 425 (Graham).

Continued P8



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Regional Safety Grants

In the early 1900s founding members of RAA successfully lobbied the Adelaide City Council to raise the speed limit by 2mph to an eye-watering 10mph, and petitioned for improved road conditions.

Now, having become South Australia's largest membership organisation RAA remains relentless in its campaign to not only advocate for road safety, but to support community projects that promote better, safer living for South Australians.

This commitment was significantly expanded seven years ago years with the introduction of RAA Regional Safety Grants totalling \$50,000 each year to support organisations to improve safety within our community.

Applications for 2020 are now open until October 30.

RAA Regional Safety Grants offer community groups, schools and not-for-profit organisations in regional SA the opportunity to apply for funding to support local safety projects, programs or activities.

Applicants may apply for any amount of

funding between \$500 and \$10,000 inc. GST. When applying, applicants will need to detail how much funding they need and how it will be spent.

As a guide, projects that are likely to be strongly considered may include safety issues relating to our roads, fire precaution, and implementing measures to add to the safety of children whether it be at school, where water is concerned, personal safety or simply safer playground equipment.

RAA's Regional Safety Grants is an annual program committed to giving back to South Australian regional communities and its members.

Completed applications will be assessed by a selection panel in November and winners will be notified.

Among the grant recipients last year were several Country Fire Service brigades, which allowed them to purchase crucial firefighting, rescue and first-aid equipment to enhance the level of service they are able to provide to their communities.

Sporting, surf lifesaving and Returned

& Services League organisations also received grants, as did primary schools and community progress associations.

More than 70 applications were received last year from regional community groups for the annual grants, which provided them with much-needed support.

Since the grant's inception in 2013-14 RAA has provided more than \$360,000 in funding to 114 worthy causes across the state. It has been about proudly sharing a common goal of keeping South Australians safe since it was formed 117 years ago.

How to apply for RAA Regional Safety Grants:

Visit: raa.com.au/safetygrants or RAA Victor Harbor shop for more information and assistance with your application at 66 Ocean St, Victor Harbor.

RAA Regional Safety Grants offer community groups, schools and not-for-profit organisations in regional SA the opportunity to apply for funding to support local safety projects, programs or activities.



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From P7

SUPPORT THROUGH ART

The Fleurieu Refugee Support Group encourages our community to consider the opportunity to welcome asylum seekers and refugees.

It would like us to gain both an understanding of their background and their present needs in this country, and develop an appreciation of their potential.

You may add your support by attending a special art event: *Welcome – we are one* which is sponsored by this wonderful group. It has opened a competition for students from Myponga, Yankalilla, Rapid Bay, Victor Harbor, Port Elliot and home schooling to prepare art works for submission to a panel of judges at the end of this school term. It will culminate in an exhibition and awards presentation at the Yankalilla Agricultural Hall on Saturday, October 3 from 2-5pm.

STUDENT ART COMPETITION AND EXHIBITION

“Welcome – We Are One”

As part of Refugee Week 2020, we aim to raise awareness of the vulnerability of refugees settling in our country, which has been heightened by the impact of COVID-19. We are launching a visual art event which will culminate in an exhibition of students' art, based on the 2020 theme “Welcome – We Are One”, to be held at the Yankalilla Showgrounds Hall on Saturday 3 October 2020.

We invite your school to be part of this event, as an opportunity to raise awareness in our community about diversity and equality. Local students' age categories 5-11 and 12-18 years are invited to submit a painting, drawing or sculpture based on our theme.

GET IN TOUCH FOR FULL DETAILS:
 Bill Page 0438 198 819 or refugeefleurieu@gmail.com
 Bill Harris 88552 3004 or deacbill@dodo.com.au
 or visit us on Facebook at Fleurieu Refugee Support

Refugee Week

Fleurieu Refugee Support Group

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HISTORIAN OF THE YEAR

It seems rather appropriate that our newly named South Australia Historian of the Year Paddy O'Toole lives in the Willunga, which can quite rightly pride itself as being in the heart of our regional history.

Paddy wrote a book, *Fragments of Time: The Lives and Works of the Willunga Slate Carvers*, which was published in 2019. It is the result of four years of meticulous research and travel within Australia and overseas, and tells us how slate was first discovered by Europeans in Willunga in 1840, a year after the district was first occupied by colonists.

“For me, it was about making sure the story was told and the details didn't get lost,” Paddy said. “I started looking at the slate carvings in detail, and how you could actually see patterns.”

A \$5000 grant from the History Trust of South Australia assisted in the publication of the book of 197 pages and over 200

historical photographs and images of slate carvings.

Paddy would like to believe history is more relevant than ever and is getting stronger in the schools. “It's hard for children to appreciate history,” she said.

“If politicians knew more about history they would behave differently to what they do.

Mark Twain said that Australian history was like a series of beautiful lies, and sometimes I think South Australian history was written by Jules Vern sometimes because it's so amazing, the things that happened here.

“We had one of the most progressive constitutions in the world, and the Real Property Act (1886). A lot of things happened that were not only leading edge but bleeding edge.

“Somehow a lot of our history has been lost. A lot of our history at an Australian level revolves around the eastern states, but our state history is unique.”

Fragments of Time: The Lives and Works of the Willunga Slate Carvers is available at the Willunga General Store and online at Open Book Howden. RRP: \$32.



ONE FOR THE BIRDS

Should you happen to spot your neighbour with binoculars in hand taking a photo of this bird hiding in the bush in disguise, don't be concerned – he or she might be birdwatching. The big Aussie Backyard Bird Count is on again during National Bird Week from October 19-25.

BirdLife, our nation's largest bird conservation organisation with the clear aim of stopping extinctions, is asking us to count our feathered friends (not the chooks) and enter your findings on the Aussie Bird Count app or website.

Remarkably, National Bird Week has been held for more than 100 years making it one of Australia's longest-running community conservation events.

Continued P9

Mr menswear *est. 1985*

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Thomas Cook	Levi	Canterbury
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Alan & Bev Kluske
 23 Ocean St Victor Harbor Phone: 8552 2356

From P8

This year, with so many people interstate stuck at home, it's never been a better time for us to get involved and be part of this massive community event.

Further information: e: birdweek@birdlife.org.au or www.aussiebirdcount.org.au

AT THE BARRIERS

By the time you read our next edition we will have a new Melbourne Cup winner, and the United States of America will have concluded its 59th quadrennial Presidential elections, both on Tuesday, November 2. No horse has won the Cup from barrier 18 since barriers were introduced in 1924, so why not this year seeing that everything has been different?

Failing that, Joe Biden to win the election and Master of Reality to win the Cup, a long way ahead of Donald Trump and Russian Camelot.

It's Trump, 74, with his \$2.1 billion personal assets and his Republicans with their conservatism platform against Joe Biden, 78 on November 20, and his Democrats with their modern, social liberalism. Donald Trump is not pictured on the opposite page.

HOWL-O-WEEEN

It's Halloween on Saturday, October 31 and it will be different this year with much of the trick-or-treating being prevented because of COVID-19 restrictions.

Of course, some resent the growing example of us following this Americanism, but for those who just like the fun of it have a great time.

This World Animal Protection is using the occasion as a means of promoting awareness to help protect animals from suffering. It's calling on animal lovers to bring together their friends, families, work colleagues and school friends to host a Howl-o-ween event, and rather spend heaps on lollies donate to the cause. Failing that, give your dog a treat for a trick.

Visit: www.worldanimalprotection.org.au

LABOUR DAY HOLIDAY

South Australia, ACT and NSW will have their Labour Day holiday on Monday, October 5. It celebrates the improved economic and social conditions of workers and especially the achievement of a working day with a maximum of eight hours. On 21 April, 1856 Stonemasons and building workers on building sites around Melbourne stopped work and marched from the University of Melbourne to Parliament House to achieve an eight-hour day.



SPECIAL DAYS

Big Cake Bake: A delicious way throughout October to raise funds for Red Cross and help bake the world a better place. www.bigcakebake.org.au/

Breast Cancer Awareness Month: Supporting other women living with the disease. www.advancedbreastcancergroup.org.au

Great Cycle Challenge Australia: Children's Medical Research Institute encourages people of all ages and fitness levels to get on their bikes and ride to fight kids' cancer. greatcyclechallenge.com.au

Oct 4-11: National Amputee Awareness Week. Limbs 4 Life empower amputees with knowledge and support to make a real difference. www.limbs4life.org.au

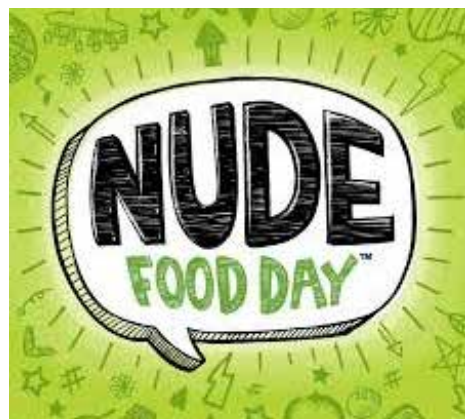
Tues, Oct 6: World Cerebral Palsy Day. A global innovation project to change the world for people living with CP and their families. worldcpday.org

Fri, Oct 9: Odd Socks Day: The Grow organisation's light-hearted approach to reminding people that anyone can have an odd day. Stigma is undoubtedly still one of the biggest barriers to people seeking help and recovery from mental illness. www.oddsocksday.org.au

Oct 10-18: Mental Health Week. A national awareness event to raise awareness of the importance of mental health and wellbeing in the wider community. www.mentalhealthvic.org.au/

Oct 11-17: National Carer's Week. Recognises and celebrates the 2.6 million Australians who are carers in our communities. www.carersweek.com.au

Oct 11-17: Anti Poverty Week. Aims to strengthen public understanding of the causes and consequences of poverty and hardship around the world and in Australia. www.antipovertyweek.org.au



Nude Food Day: Can be celebrated any day. Nutrition Australia/nationwide initiative developed to encourage kids and parents to eat well and live well, and eliminate all unnecessary packaging and wrapping that goes into schools. www.nudefoodday.com.au

Mon, Oct 12: World Arthritis Day. Raises awareness of arthritis, an often painful disease that affects millions of individuals across the globe. www.worldarthritisday.org/

Oct 13-19: National Nutrition Week. Encourages Australians to learn about making healthy food and lifestyle choices. www.nutritionaustralia.org/national/national-nutrition-week

Thurs, Oct 15: International Day of Rural Women. Recognises the critical role and contribution of rural women, including indigenous women, in enhancing agricultural and rural development, improving food security and eradicating rural poverty. www.un.org/en/events/ruralwomenday/

Continued P10



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From P9

Thurs, Oct 15: Pregnancy and Infant Loss Remembrance Day. On this international day parents and families across Australia honour their babies who passed away from miscarriage, stillbirth or postnatal causes. 15october.com.au/

Tues, Oct 20: World Osteoporosis Day. Raises global awareness of the prevention, diagnosis and treatment of osteoporosis and metabolic bone disease. www.osteoporosis.org.au

Fri, Oct 23: Loud Shirt Day. Fish out that awesome Hawaiian shirt you've been hiding in your wardrobe and get it on to help give deaf children the gift of sound and speech. www.loudshirtday.com.au/

Oct 24-Nov 1: Children's Week. Celebrates the right of children to enjoy childhood, and a time for children to demonstrate their talents, skills and abilities. www.childrensweek.org.au

Sat, Oct 24: World Polio Day. Rotary Club campaign to increase the importance of the global eradication of polio. www.endpolio.org/worldpolioday

Fri, Oct 30: National Bandanna Day. Aims to raise \$1.7 million to help young people living with cancer. The theme for this year's event is *Attitude is Everything - Buy It, Wear It.* www.canteen.org.au/bandanna-day/

Sat, Oct 24: United Nations Day. Marks the anniversary of the founding of the United Nations in 1945. www.un.org/en/events/unday/

Fri, Oct 30: Day for Daniel (Morcombe). A national day of action to raise awareness of child safety, protection and harm prevention. www.dayfordaniel.com.au/

HELP AVAILABLE AT COTA

Do you or a loved one get overwhelmed and frustrated trying to understand the My Aged Care systems?

Julianne Smithson and Marilyn Henderson are Fleurieu Peninsula COTA SA volunteer aged care Peer Champions who can assist you in understanding the aged care systems and help you work out what the options are. Julianne and Marilyn are local friendly faces who offer flexible support by chatting on the phone, seeing you at community venues or



meeting at another mutually agreeable time or location.

This is free and independent support, funded by Country SA PHN.

Make a call today:

Phone Julianne on 0476 179 609 or meet her at the Community Hub, Corner of Goolwa Tce and Loveday St, Goolwa, between 10am-11.30am on Monday October 12 & 19, or November 2 & 16
Phone Marilyn on 0456 390 059 or meet her the first Monday of each month at Victor Harbor Library, between 10-11.30am.

For more information contact Helen Morley, Country Programs Officer, COTA SA. Free call 1800 181 324: e: acs@cotasa.org.au / visit www.cotasa.org.au

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Goolwa Regatta Yacht Club commodore Randal Cooper in front of his pride and joy, *Wylo XI*, a 1929 Restricted 21.

Sign of the times

It has been well documented, but nonetheless remains astonishing that in 1854 the Goolwa Regatta Yacht Club became the first club of its kind in Australia. Well before William Gilbert Grace picked up a cricket bat or Wills and Harrison invented our game of football, which historians now present evidence that it was first played by Aborigines.

In other words, it's old in Australian terms; in its 166th year. However, come the club's open day on Saturday, October 10 when members do a traditional sail-past of the new commodore Randal Cooper by the clubrooms on Barrage Road there will be something new – an updated club sign. Hardly something to shake the jib and rattle the rudder some may suggest, but for the sport of sailing and the passionate pastime of many, it is significant. The refreshed and yet to be completed image suggests that not even the GRYC is too old to think differently to attract new members.

As Randal said, with the likelihood of some boats 'put in mothballs' because of the



impact of COVID-19 like it has affected all clubs, there isn't a better time for a different approach.

It started with a new committee building on many years of great achievement, including a professional marketing strategy using expertise within.

"The change of signage might not seem much, but to make us more visible and to foster people's interest you have to put on a professional visual display," Randal said.

"They'll say, 'I wonder what that is or what is the club like' and hopefully they then realise

they are welcome to come in and find out. "The club did a fantastic job of bouncing back after the drought in the nineties, but the COVID-19 is knocking us around more in terms of membership. Each time a club experiences a big setback it loses one or two years of members joining. You end up with gaps and you need to physically go out and attract the members that you have missed out on.

"We have a marketing guru in Ben Howell who is taking us into the 21st century. At our age we shouldn't resist his ideas on change... the idea is to make out you're resisting, but in the back of your mind you know they're all good ideas (he laughs). "With COVID-19 restrictions in mind, as a club we need to have more open days and encourage our members to bring down friends, relatives – anyone they meet – and meet and just take them for a sail.

Continued P10



From P9

"Forget the racing or competition for a while and focus on just getting people back in the water. We have a fantastic asset here in Goolwa and places like Clayton Bay, Milang and Meningie with these rivers and lakes, but we don't use them.

"We have got so many places now that you can get on a boat and spend an hour and a half sailing or motoring... you can go to Clayton and the restaurant there or come to Coorong Quays or Hector's on the Wharf. You can duck around the corner here to Currency Creek and have a barbeque at the back or your boat or eat sandwiches and listen to the wireless. It's a lot better that staying at home.

"We have to try and reintroduce people to all the little fun things that you can do. If you have friends that aren't boaties then take them to Clayton even if it's just for an icecream – it's a great day out. There's wildlife – everything is going on, and I never get tired of it. It's a fun thing to do in summer.

"The Coorong... it's the biggest jewel in

South Australian's crown, but it's only the Veenstra family that's running things down there. It's magnificent and as a club we need to encourage people to go sailing or boating and get them to experience this great part of our world."

Randal is a bit of a character, if you haven't guessed, but always with handling his role as commodore with the utmost respect it commands. His enthusiasm for the club and promoting its inclusiveness is proving crucial in these difficult times.

You couldn't meet a more down-to-water bloke than Randal, who at the age of nine made a Heron dingy with his dad, Ron, on the family's front verandah at Victor Harbor. His dad was commodore at the Victor Harbor Yacht Club, as was Randal, and his son, Harry.

Randal has been a member at GRYC for 22 years sailing in *Wylo XI*, a 1929 Restricted 21 which he said the family restored from a pile of 'sticks'. He also has a 1934 yacht *Nerana*, again restored after finding it in a shed on the Brisbane River that he races with friends on Friday nights come the summer. "It's

like having a netball team on your boat – so many of you getting involved getting around the course," he says.

"Both yachts are registered with Australian Maritime Museum as a historic relic. We take them out and thrash them on the course.

"People assume that because a boat is vintage you're going to look after it and you do, but it's still a yacht race.

"Every sailor is proud of his or her boat. It can be a 12ft dinghy or a 20ft river boat – they are very proud of it. You can ask the simplest question and they will talk to you all day about their boat and they will invite you on board. They love it.

"The beauty of boating and sailing in Goolwa is that you like to invite people to enjoy it with you. They become involved, and when you tell them that you have a club event they'll say they'd like to come. You end up with groups of friends."

Randal said he put his hand up to be commodore because he believes that when a sport has given you so much over the years you have to give back to the sport.



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Image: Graham Scheer (SATC)

“You have to step up and take a role in the administration of it,” he stresses.

“We have a lot of things happening here thanks to the efforts of so many within the club. The charity arm of the Freemason's has so kindly given us a new boat for the Sailability program that we proudly run. It's far more practical for those who volunteer because it has a seat and a steering wheel whereas the other one had a tiller steer.

“We have exciting things happening with the Milang Regatta Club... they're going to build a new clubhouse with a new jetty at the front, and we're looking at conducting more events that go there. We have been trying for years to have a race down the Coorong but each time there has been a hurdle that we couldn't get over. We are going to work harder to make that happen.

“The immediate focus is rebuilding the

membership and it's going to take some new thinking on that because you have to be connected these days. You have to be sending out information to people and get them excited, curious and interested and that's where these younger people can come to the fore. It's going to take the younger members to get the club back to where it was as one of the premier yacht clubs in South Australia.”

Ben is the GRYC membership officer and declares the club is strong with 132 senior, 40 veteran, 169 associate, 34 junior/student and 38 who are part of its brilliant sailability program.

“We are a club full of young people,” he said.

Randal said he just wanted to get the message across that everyone is welcome to the club.

“If you walk into any yacht club, golf club or football club you just have to say, 'hi, I'm visiting' and before you know it you're made welcome,” he said. “We're no different, and you might be invited on a boat. And every opportunity to volunteer will be pointed out to you (he laughs again).

“We might seem aloof or standoffish to some, but lots of people are just shy.” Our Randal with one 'l' is not one of them, and you don't need a sign saying that he's a proud commodore and passionate about his club.

And he never misses an opportunity, saying: “Tell everyone we're open Friday nights for social distancing and sit-down drinking, and if anyone would like to practise both they are welcome to come along.” 🍷

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At some stage we might all need a 'Davo' in our life

Walk4PTSD
supporting the
RSB K9 program
Saturday, October
24, 11am

His name is Dave, a big, black and beautiful brute of a five-year-old Labrador-German Shepherd-cross who wouldn't hurt a flea if he ever had one. It's highly unlikely given that his owner Annette Lambert is constantly alongside, ever fussing. And Dave also looks after her in an incredibly kind way.

Dave is a support dog trained by the Royal Society for the Blind, a wonderful program helping those confronting Post-traumatic stress disorder, simply known as PTSD.

The reality is that many have stopped reading this story already because, if we may suggest, they have a "Nelson eye", coined after the inspirational British naval officer Horatio Nelson, who in 1801 deliberately looked through a telescope using his blind eye to ignore a signal to withdraw from battle with the Norwegians. He won.

Here, many tend to not want to get involved in a conversation with PTSD fearing 'they are different'. The irony is that some with this condition don't mix either, but it's not by



choice. We're not just dealing with Vietnam vets – you may be surprised that Australia has sent 30,000 men and women into 36 peacekeeping missions since 1947 and 16 have died. Too many on the frontline at home – our incredibly dedicated doctors, nurses, ambulance officers, police officers, firefighters and so on have also sadly succumbed to PTSD, and have welcomed support from buddies like Dave.

We can each help this program of vital importance by being part of the second-annual Walk4PTSD supporting the RSB K9 program from Soldiers Memorial Reserve to Kent Reserve, Victor Harbor on Saturday, October 24 from 11am.

Behind this event is the Victor Harbor RSL sub-branch, particularly its vice-president Glenn Bickley, who would love you to bring your dog for a casual 2km walk, and



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Marilyn Henderson 0456 390 059
Victor Harbor & surrounds
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VETERANS' HEALTH WEEK

OCTOBER 24 - NOVEMBER 1



if you don't have one still be kind enough to go through MYCause and lodge the \$5 registration as a donation.

The event raised \$3000 last year, plus more at a function later on the the RSL clubrooms at the Roos Club, Victor Harbor. The walk was to be across Granite Island, and despite these RSB trained dogs being leashed and come under the Disability Discrimination Act 1992 (Cth) the Fairy penguin supporters objected.

For Annette, who was in the Royal Australian Navy for 14 years until 2009, mainly on the *HMAS Manoora*, having Dave alongside her

has become a necessary part of her life. She was also on *HMAS Kimbla*, including her last deployment during the aftermath of the 2004 Boxing Day tsunami off the west coast of northern Sumatra, Indonesia.

"Dave is special because he has been such a great support to me," Annette said. "He gives me something else to think about... he slows my anxiety down; I have to think about him instead of me when I go out. "I actually talk to a lot more people now. Before I used to duck-in and out of places like supermarkets without talking to anyone, and now I actually have to stop talk to people because they want to talk to Dave. "I am not sure how I would have coped through the COVID-19 lockdown if Dave wasn't there for me."

Victor Harbor RSL sub-branch president Phillip Dunn said a lot of the troops had needed a lot of support relating to PTSD, and at a lot of places they didn't get it. "The more we can rally around them the better they will be," he said. "This walk is more than just raising much-needed funds; it's about showing support."

The South Coast Vets are also a strong part of this team effort, organising the meanest and best sausage sizzle for the day, and as always helping out however possible. Glenn obviously sees the bigger picture in support of service men and women, and our first responders in life-threatening situations.

"After World War I we called it Shell Shock, it was Battlefield Fatigue after World War II and come Vietnam we recognised it as Post Traumatic Stress," Glenn said. "We now widely recognise it as PTSD throughout the community and it's always been there alongside us, people trying to cope from trauma.

"There are a number of triggers that can initiate PTSD especially in a military context – any operational conflict and humanitarian peacekeeping mission. You look at Rwanda when UN peacekeepers weren't allowed to take any action and saw people massacred. "It was quite dramatic for me processing

some scenes as a police officer, but in time you realise the community is becoming more aware of a need for offering support. Through this Walk4PTSD we want to reach the veterans and local frontliners out there, whatever conflict or mission or role in our community, and help them. It's about education and working on this as a community."

More than ever the RSB needs more funds to train support dogs like big Dave – we're not quite on the 'Davo;' terms yet, but never mind, he loves everyone. Please contribute to the cause and to RSB: <https://www.mycase.com.au/events/walk4ptsd>

Pictured far left: Annette Lambert with her loyal support dog Dave, and left also with others working for a great cause (from left) Victor Harbor RSL president Phillip Dunn, vice-president Glenn Bickley, and Leon Verco of the South Coast Veterans Association.

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The **Eight** of Hearts in District 9510

Briony Casburn, president of the Rotary Club of McLaren Vale, came up with this idea of buying secondhand books, wrapping and placing them into an old suit case, then selling them for \$5 as part of this wonderful organisation's campaign *Lifting the Lid on Mental Illness* from October 10-25.

Who knows, you might get lucky and pick a book on Donald Trump (maybe not lucky), Marie Kondō's *The Japanese Art of Decluttering and Organizing* (your home), or one by Janet Evanovich, described as the 'Queen of kick-ass crime' including a best-seller *Hard Eight*.

Appropriate really, for this is a story of Briony's club which has only eight members. Of the 1053 Rotary clubs in Australia, only 56 have fewer than this one that fits into District 9510. It's also one of 84 clubs under the South Australian umbrella.

Joining Briony (pictured) are Bronwyn Kenny, Kevin Lamb, Margaret Cuttington, Olivia Sorre, Barbara Hayman, Steve Head and Josiah Stanley.

We also lifted the lid on this remarkable group and discovered that never have truer words been spoken than their slogan: *A small club with a big heart*.

Pertinently, Briony doesn't see this as being about her or just her club that gathers at The Meeting Place in the Main Road of McLaren Vale on the first and third Mondays of each month, but Rotary itself – the 35,000-plus Rotary International clubs with their 1.2 million members across the globe.

While having only eight members when the average is 24 Australia-wide means the delivery of outcomes is done differently, but it doesn't change the fact they all share the focus of helping others.

Here at McLaren Vale there is no sergeant-at-arms collecting sometimes silly little fines nor do they have a guest speaker at every meeting over dinner. The small numbers also raises a need to create new avenues to support the community, like they did when they asked the local Mitre-10 store to donate plants which the community bought with the proceeds going to the McLaren Vale & Districts War Memorial Hospital garden project. It's about being smarter.

"Rotary is evolving with a new generation, and there are different fits," Briony said.

"My husband's club at Unley is very white collar. They meet every week and they have a guest speaker. They have a thrift shop and with it the power of money to really do projects overseas and locally big time. They have been around 85 years and we started in 1973.

"Members from this club may not fit in that one, and others might not fit into ours, and it's a shame in a way because people can miss out being a Rotarian.

"There is this perception in the community that all Rotary clubs are the same and they're only for the wealthy, but they are not; they just have the same ethos.

"I say try a few clubs before you join. Some people may not be in a position to put in a lot of hours volunteering as an



individual, but it is easy because there are no expectations when you work as a team... you can step-in-and-out and any contribution is welcomed and valued. "Credit to all the past hard workers and the 27 club presidents of our club, but we are trying to update what is already here and remind ourselves why we are doing this. "For us it's about enjoying ourselves. We respect volunteers who have families and other things to do, and we try not to impose too much on their time.



October is Mental Health Month: 1 in 5 Australians suffer a mental illness every year. Why not organise or support a 'hat day' event with proceeds to mental illness research. www.hatday.com.au

overseas, but we also help our our local communities. It is satisfying particularly if you have skills to offer.

"People come to this area like McLaren Vale because of that community feel, and when they see the Lions Club, Rotary Club, the ambos and CFS logos you know it is a caring environment. That's why they live here; because we all look after each other.

"Seeing what is happening overseas has given me a balance in life and Rotary has been the vehicle to a smorgasbord of life. You can choose what is your passion, and from the little things that you do big things happen to help others."

The McLaren Vale team members said inclusiveness was also a key factor in joining Rotary. The diversity was reinforced in June when for the first time in Australian Rotary history a transgender, Sorel Coward, was inducted as president of a club, at Unley. There is also a Rotary club of LGBT. Brilliant. The Rotary Club of McLaren Vale has always made a difference. It's there for the Australia Day barbeques and they say Kevin is the king of them. His wife Judith is 'a friend of Rotary' and is also a much-valued helper.

Bronwyn is a musician new to the club and has already set up the eight-piece Bumblebee Brass Band raising money to bring children from the Pacific to Australia and New Zealand for medical aid.

In recent times the McLaren Vale team worked with other Rotary clubs to distribute \$12 million worth of goods in 47 shipping containers in warehouses in the RAAF Edinburgh base as a result of the Royal Adelaide Hospital project. It included helping Wade & Mish Simpson of the Southern Koala Rescue with medical equipment, and picked up chairs for the local hospital.

Rotary McLaren Vale has given donations to the Willunga Recreation Park, the crew at the old Willunga Courthouse which helps so many other organisations, and donated three shelter boxes valued \$1000 each which went to disaster zones overseas. It has also worked hard with other Rotary clubs supporting the international

campaigns to eliminate polio off the planet, and when that's done they'll take on *Rotarians against Slavery* then *Rotarians helping Disaster Aid*.

Come Wednesday, November 18 the impact Rotary can have on our community doesn't hit our Fleurieu harder and more graphic than its mock accident that it has performed in Willunga for 22 years. A street is cordoned off, and an ambulance siren sends a shiver down the spine of residents at 10am. Two cars from Aldinga Crash Repairs that have supposedly crashed are at the scene with police in attendance, as is the CFS cutting through with the jaws or life. Willunga High students are among the 'injured and fatalities'; parents come in screaming; Alfred James Funeral takes the 'deceased' away. Finally, there are the court proceedings in the community hall; all so real.

It is reasonable to assume a life, if not many, has been saved from this demonstration. Again, it tells us that the size of a club really does not matter if it has a big heart – and especially when they are beautiful people like here at McLaren Vale.

And talking about a big heart, our husband and wife Rotarians first met when Jerry asked Briony on a date to a Rotary meeting. How romantic can you get? Maybe, if you go to the Meeting Place to support the *Lifting the Lid on Mental Illness* campaign from October 10-25 you might pick a book on romance. Failing that, for the time of your life join this Rotary club, or as Briony says, any Rotary club just as long as you join this marvellous organisation. 🌍

www.rotarymclarenvale.org.au



"Rotary is an easy gig to choose. It works. Personally, I just want to be nice to people and how can I do that by myself? Rotary is number one in the world for a service organisation where 98 per cent of the monies go to projects. Whatever we earn, no one tells us what to do – we use those funds to go into any project that we choose as a club.

"It's that old saying think globally and act locally, and we have an opportunity in Rotary to do both. We have our sick children

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TIP OF THE MONTH: *Stay Safe Online!*

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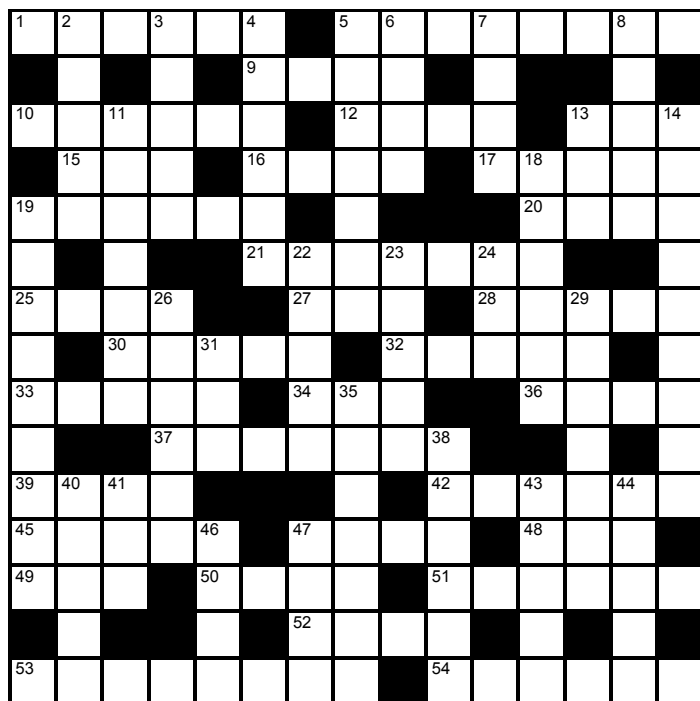
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Crossword

Across

- 1 Aircraft shed
- 5 Make fun of
- 9 Eastern ruler
- 10 Of cattle
- 12 Clock face
- 13 Wet spongy ground
- 15 Vigour
- 16 Young goats
- 17 Efface
- 19 Withdraw from federation
- 20 Paradise
- 21 Garments
- 25 Let fall
- 27 Utilise
- 28 Waterway
- 30 Radiolocation
- 32 Stop
- 33 Savoury
- 34 Quick to learn

Down

- 2 Over
- 3 Ingrained dirt
- 4 Emitted fumes
- 5 Enigmas
- 6 Part of the eye
- 7 Not working
- 8 Unbound
- 11 Winners
- 13 Wicked
- 14 Produces
- 18 Oppose
- 19 Calming drugs
- 22 Bucolic
- 23 Cults
- 24 Period of time
- 26 Customer
- 29 Wordy
- 31 Stain
- 35 Bullfighter
- 38 Walks
- 40 Expel by legal process
- 41 Perfect score
- 43 Token of membership
- 44 Numeral
- 46 Roman garment
- 47 Festivity

Across

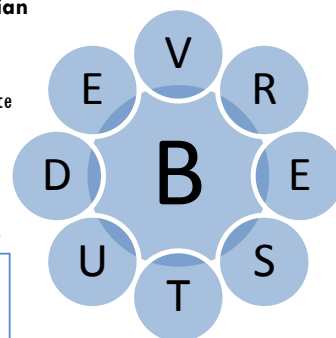
- 36 Easy pace
- 37 Practical person
- 39 Power of rejecting
- 42 Automaton
- 45 Happening
- 47 Lose colour
- 48 Tree
- 49 Transgression
- 50 Was indebted to
- 51 Snakes
- 52 Ugly amphibian
- 53 Long flowing ribbon
- 54 Country

Puzzle answers P23

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: 11 words
Very good: 16 words
Excellent: 26 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 (C) is worth 3 and M is $E \times C = 15$ so $E = 5$. It means that anywhere there is a (E) in the puzzle, it is a 5, and so on.

A	H+G	
B	U+Q	
C	B-M	3
D	K+P	
E	M÷C	
F	A×L	
G	Q+C	
H	F-X	
I	L×Y	
J	U-A	1
K	C×C	
L	H÷C	2
M	E×C	15

N	L+M	
O	J+G	
P	Q+H	
Q	O÷L	
R	H+P	16
S	G+R	
T	H+D	
U	W-P	
V	C+B	
W	C+V	
X	A+G	
Y	C+O	
Z	L×H	

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Laugh Lines

The 159th running of the Melbourne Cup will be at Flemington on Tuesday, November 3, and more than likely the horse we get in the sweep will be observing social distancing. Here's some 'horsin around' til the big event...

Needed the run

There's a cricket field next to the Flemington racetrack, and this poor lonely horse sticks his head over and watches the cricket match. "He says to one of the captains: "Any chance of a game?"

The team is short, so the captain reluctantly gives the horse a go, and for bit of a laugh he sends the horse out to open the batting. First ball – whack! The horse hits four runs. Second ball – six! The horse makes 20 runs off the first over. The captain is at the other end and he's amazed. He says to the horse: "Look, you're in good form so what say I dab at the ball and we go for a quick single to give you the strike?"

The horse agrees. Next ball the skipper pokes the ball through mid-off, and yells: "Run!" Incredibly, the horse just stands there, and the captain gets run-out. He yells at the horse: "Why didn't you run you stupid horse?"

And the horse says: "If I could run I'd be in the Melbourne Cup not playing this silly cricket game."

At the starting gates

A promising colt bred named Neddy, which was bred for distance, is doing some incredible trackwork times and the owners start dreaming of a Melbourne Cup win.

However, every time the trainer puts him in a race Neddy just won't live up to the expectations so the trainer puts him out for a lengthy spell. The trainer says to the now four-year-old: "Listen Neddy, you better perform this time in otherwise, well, you know..."

The horse comes back and again does great trackwork, but when put in a race he just won't pass the fillies and mares, finishing well back in the field every time.

The trainer says to Neddy: "Sorry, mate, but you need to be gelded." Neddy is horrified, but nonetheless after the operation his trackwork over 3200m is exceptional and somehow he gets a start in the Melbourne Cup. He's the favourite for the race that stops a nation.

There are more than 100,000 race fans at the track, and millions watching world wide. The big race comes, and with the hopes of his trainer, owners and the tens of thousands who have backed him at short odds are excited.

The race starts, and Neddy, this strapping gelding with so much promise, canters 50 metres and then heads back to the starting gates.

The jockey gets off Neddy and says: "What in the heck was that all about?"

And Neddy says: "After my operation how would feel if some bloke on a microphone and live on radio and TV tells the whole world: *They're off!*?"

Big odds

After a big day at the track on Cup day Robbo goes into his local pub and says to his mate: "I put \$20 on a horse in the third at Flemington and it came in at twenty five to one." His mate says: "Wow! You must be rich." And Robbo says: "Nah... the other horses came in at 12.30."

Protest

Freddy, the hot favourite for the Melbourne Cup, is running fifth at the 800 metre mark when he suddenly gets hit in the head by a leg of ham. Undeterred, Freddy plugs away when he gets hit by some coleslaw, and it runs all over his face.

The jockey keeps control, but at the 600m Freddy gets whacked by a bread roll. Despite this, he moves closer to the race leader; he's second. Then whack again! A salt & pepper shaker hits him right between the eyes, then a tube of salad dressing and slices of salami and fritz.

Once more, the jockey steadies Freddy and starts his big run wide. Freddy gives everything he's got, but unfortunately gets beaten by two lengths. Freddy's trainer and owners are furious, but the jockey says: "Don't worry, I'm going to protest."

The trainer says: "Protest? You didn't get within three metres of the winner throughout the race."

And the jockey says: "I know boss, but Freddy was hampered between the 800 and 600 metre mark."

Shifty move

A bloke goes to hire a trailer on the morning of the Cup, but can only get a horse float. He heads towards home near Flemington to fill the float with furniture when a police officer tells him to pull over because he's speeding 40km above the limit.

The policeman is angry for putting other people in danger, and demands an explanation.

"Look," says the bloke. "I'm a stablehand for David Hayes, and I have one of two of his starters in today's Melbourne Cup in the float... I have to get it to Flemington in a hurry otherwise it will miss the race."



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The officer is impressed, and takes the opportunity to look in the float at possibly the Melbourne Cup winner. The float is empty, and the cop is really angry this time. "What's going on?" he demands. And the stablehand says: "Oh no, David Hayes has given me the scratching."

Amazing

Two Melbourne Cup runners are standing in their stalls before the race and one says: "I've won 18 of my 22 races and broken three track records." The other horse is impressed. He says: "Wow, it's Mr Ed." And what about the man who was hospitalised with six plastic horses inside him. The doctor described his condition as stable.

More horse talk

A horse walks into the local pub and puts \$100 on himself to win the Melbourne Cup. The girl behind the bar is amazed. "I can't believe it," she screams. "I can't believe it." The horse says: "What, that I can talk?" The girls says: "No... that anyone with your form would bet on yourself."

Meanwhile, the Cup winner goes to the movies that night and sits next to a woman who asks: "Are you a horse?" The horse says "Yes". The woman says: "What are you doing at this movie?" And the horse says: I really liked the book."

Jumped at the start

The winner of the Melbourne Cup goes to the big celebration ball that night and arrives at the front door. The doorman says: "Look, I know you won the Melbourne Cup, but you can't come in without a tie; people will think you're here looking for trouble.

The horse races back to his car and gets a set of jumper leads and ties them around his neck.

He goes back to the ball, and the doorman says: "Hey, because you won you can come in with those jumper leads, but don't be starting anything."

Punters' pal

After getting beaten in a photo finish in the Melbourne Cup, the favourite limps into a bar near the Flemington race track. He orders four pints and downs them quickly. He then says to the barman with a hoarse throat: "Buy all of these poor souls a drink on me."

After "booing" him at the track, they all cheer the beaten hot favourite.

The barman says: "Hey big fella, that was really nice of you."

The horse says: "Yeah, but you wouldn't say that if you knew what I've got."

The barman feels sorry for him: "What have

you got, a sore tendon, a sore hoof?" The horse says: "Na, only \$2 and a carrot."

Dad jokes

Which side of a horse has more hair? The outside.

What do horses watch on TV? N-e-i-g-h-b-o-u-r-s.

What do race horses eat? Fast Food.

What do you call a scary female horse? A nightmare.

What do you call a horse that can't lose a race? Sherbet

How did the jockey ride at Flemington on Friday, stay for only three days, and ride out on Friday? His horse's name was Friday.

What do you call a horse wearing Venetian blinds? A zebra.

When do vampires like horse racing? When it's neck and neck.

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and the incomparable Johann Strauss Orchestra have become a much-loved tradition at this time of every year. Music brings people together, brings hope and brings joy - and we need this now more than ever. All tickets \$20 - no complimentary or discount tickets. Saturday, Oct. 16 & Sunday, Oct. 17 at 1.30pm.

The Three Tenors: Voices For Eternity

Live music, concert starring Luciano Pavarotti, José Carreras and Plácido Domingo. It's been 30 years since these magnificent tenors made their historic

debut as *The Three Tenors* at the ancient baths of Caracalla on the eve of the 1990 Football World Cup. *Three Tenors: Voices for Eternity* celebrates the emotional highlights of that first concert and the sequel in Los Angeles. With brand new interviews and never-before-seen backstage footage, this documentary offers a fascinating insight into the rivalries and friendships of the legendary opera stars from 1990 through to Pavarotti's passing in 2007. All tickets \$16 - no complimentary or discount tickets. Saturday, Oct. 24 & Sunday Oct. 25 at 1.30pm, and Wednesday, Oct. 28 at 4pm.

Plus regular movies - all tickets all sessions \$13



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.

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.

Astro Kid

(CTC) Animation, adventure, comedy starring Landon Beattie, Laura Post and Keith Silverstein. Directed by Eric Tosti. Upon the destruction of their ship, Willy is separated from his parents. He lands on a



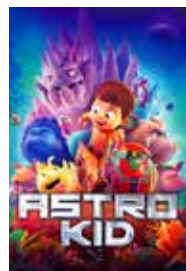
Rams

(PG) Comedy, drama starring Sam Neill, Michael Caton, Miranda Richardson and 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.**

No Time to Die

(CTC) Action, adventure, thriller starring Daniel Craig, Rami Malek, Ralph Fiennes and Lea Seydoux. Directed by Cary Fukunaga. James Bond has left active service. His peace is short-lived when Felix Leiter, an old friend from the CIA, turns up asking for help, leading Bond onto the trail of a mysterious villain armed with dangerous new technology. **Commences November 13.**



Peter Rabbit 2: The Runaway

(CTC) Adventure, comedy, family movie starring James Corden, Elizabeth Debicki and Margot Robbie. Directed by Will Gluck. Thomas and Bea are now married and living with Peter and his rabbit family. Bored of life in the garden, Peter goes to the big city, where he meets shady characters and ends up creating chaos for the whole family. **Commences December 26.**

Wonder Woman 1984

(CTC) Action, adventure, fantasy movie starring Gal Gadot, Chris Pine, Pedro Pascal and Kristen Wiig. Directed by Patty Jenkins. Fast forward to the 1980s as Wonder Woman's next big screen adventure finds her facing two all-new foes: Max Lord and The Cheetah. **Commences December 26.**



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Looking after your garden

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Time to get into the garden!

Thank goodness the miserable cold is passing us by, and now it's time to warm up by enjoying working in the garden. There is a lot to be done, including:

GETTING YOUR BEDS READY

Don't rush in to getting your veggies planted on the first day of sunshine as the soil needs to warm up a little. The most productive beds are those that have had a bit of care and time taken to prepare.

Find a north facing site with plenty of light but still protected from the harsh heat. Remove the weeds by hand or a good organic weed spray.

Dig your area over adding good composts and organics to enrich the soil with nutrients.

A week before you plan your planting visit your local nursery and choose your edible seedlings keeping in mind what you like to eat.

Keep your seedlings in the punnets to harden off for a couple of days and mature a little at home. Make sure plot is weed free once more and plant referring to the labels instructions. Water the plants.

UNWANTED VISITORS

With juicy new leaves, flowers, buds and branches the little pests are up and ready for a feast. There is a host of these hungry critters including sap sucking scales to the chewing insects of beetles moths and grubs. Whilst you may be tempted to use the harsh hitting chemicals always look for an organic alternative first such as Eco oils and powders.

Take a stroll through your garden in the early or evening hours and see what pests are come alive. As always, a well maintained garden is a healthy garden.

HANG IN THERE

Hanging baskets re popular once again. Almost anything acan be grown in them

from flowers, ferns, herbs and vegetables. Always get a bigger basket than you think you need .Your plants will love it and quickly overflow. Word of warning: make sure your beam and hook is strong enough to hold it when full of soil plants and water. Watering is the main issue with hanging baskets as they need watering every day or so. Dripper systems are a great way to go.



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A growing number of Australian farms are being bought by international interests, including some across the City of Victor Harbor region. It's understandable given that it's a tough life and it's not easy borrowing money from the bank to buy one.

One day we may be asking ourselves...

Who's minding the farm?

It was 75 years ago that New York born George Segal bought a chicken farm and when threatened with bankruptcy he declared that farming with live animals was a seven day a week legal form of slavery. He diversified, to say the least, and became a painter and sculptor before fame as an actor and musician. Inspiring indeed, but some suggest farmers remaining within the Victor Harbor Council boundaries might not make it on stage so they may want to think of other options.

We see farmers as Lords of the Manor – after all, 94 per cent of the region forms agribusiness activity of some kind which generates \$39 million to the economy

annually – but for generations they have remained asset rich and cash poor. The most concerning factor is that 91% of our local farmers are aged 56 years or older – 56% in the 65-plus sector – and in a majority of cases it appears they may be the last of their generation to work the land. If you are interested in taking a farm on for the first time, try going to the bank to borrow the money to buy one. Sandy Nott, 39, is a second-generation farmer originally from Tintinara, and has worked a property at Inman Valley for 27 years. He and his wife Bree have 500 Black Angus breeders on 900ha, and Sandy looks to the eldest of their four children, Preston,

hoping that one day he too will choose to be a farmer. He says he wants to be, but then he's only nine.

If Preston, or his siblings Avabelle, seven, and twins Harry & Hattie, four, choose another path in their working life, Sandy asks who is going to mind the farm. And as much as many of us may resent the idea of overseas interests buying up our farms, the fact is the traditional Australian-born farmers aren't falling from the proverbial trees on the properties.

"The return on capital from a farm is not that flash, hence why the banks don't want to lend money," Sandy said. "You really need \$10-or-\$12 million in land asset plus

Pictured: Sandy Nott (left). The Nott family (right) on the farm (from left) Avabelle, Bree, Hattie, Preston, Sandy and Harry.

everything else on top as far as machinery is concerned to be able to make anything out of it.

"Agricultural land is getting very expensive, not only here but down the South East. It's pushing the younger generation out unless their families have an existing property to borrow against to get more land.

"It's a difficult situation, it really is. I don't know how we can bring young people to work on the land. The hours are long, and they won't work them especially if they are not interested in working on a farm.

"Things are perhaps better nowadays in this generation, but there's still a lot of assets tied up. You can find 8% in shares versus 4 or 5% on a farm down here and you work real hard.

"It takes a lot of determination sometimes, but if you don't put the hard yards in you don't get the returns. The hours are long; for me 10 or 11 a day, but I enjoy it. They can climb to 14 a day three months of the year when we are seeding and cutting.

"You've got to be dedicated to the farm, but you're also trying to spend more time with the family. Finding that life balance is one of the hardest things in farming. It's just one of the many reasons why there are only a handful of primary producers my age down here. There's not many; they're mainly hobby farmers."

Sandy said there was no doubt they were able to keep their cash flow going because of the additional income from another property in Springmount near Myponga, and doing contracting and consulting work. The City of Victor Harbor recently released findings of its 2020 Agribusiness Survey after having identified agribusiness and the



rural sector as being important to the future prosperity of the region.

It has since earmarked agribusiness and food production as a vital growth industry given its position as a fundamental human need and a growing appetite globally for the supply of clean and green food.

Perhaps the most encouraging response to the survey taken before COVID-19 was that it would appear our local farmers are increasingly optimistic about the future, and the likely performance of their farm business. Of the 75 surveyed, 35% projected improvement during the next 12 months while 56% expected performance to be as same as 2019.

In regard to growth constraints on their business, 56% indicated rising overheads and utility costs as their major concern among the multiple choices with taxes and

government charges at 54.93%.

Sandy and Bree said life on the land wasn't as easy as perhaps many may assume, but by no means was there any hint of complaining. They appreciate everything they have, and are quick to acknowledge there are so many families finding life so much tougher.

Their greatest asset, they say, are Preston, Avabelle, and the twins Harry & Hattie.

"Next year they will all be at Investigator College, which gives children every opportunity to be the best they can, and they're happy," Bree said. "That's what is really important in life."

Preston and Avabelle help their mum and dad a lot, and love the farm life. Hattie and Harry love the three family dogs, and Hattie wants to be a painter, not a farmer. George Segal would have loved that. 🌈

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Special holiday editions offer from Coast Lines!

Here's a great offer for all tourist operators and the hospitality industry for the upcoming summer holidays...

Coast Lines is producing a special lift-out on places to see & things to do and the best eateries at cafes and pubs right across the Fleurieu Peninsula for our December 2020 & January 2021 editions.

And because everyone has been hit hard by COVID-19 and small businesses need to recover, we're offering 1/3rd page advertisements in the feature lift-out for just \$308 inc. gst - that's only \$154 per edition - a saving of \$400 compared with our normal rates.

If required we can do all the artwork, take the images and write about why holidaymakers should enjoy the holiday experience that the Fleurieu Peninsula is offering.

We focus on people, places and events - and we will reach thousands of tourists this summer with 12,000 copies of this lift-out in your free monthly magazine. We go into tourist information centres, shopping centres, caravan parks, bakeries and shops and places of interest plus we have a huge presence online - www.coastlines.com.au

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SATC image: The Oceanic experience (Ryan Cantwell).



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Coast Lines

QUICK POP QUIZ

1. Which singer has the most UK No. 1 singles ever?
2. Who is the only singer to have ever performed more than one *James Bond* theme song?
3. Who is the only musician ever to have been awarded the Nobel prize for literature?
4. Which *Beatles* song was banned from the BBC for its lyrics?
5. What is David Bowie's real name?
6. What is the real name of Davy Jones from *The Monkees*?
7. By what name is Cherilyn Sarkisian is best known?
8. American singer Stefani Joanne Angelina Germanotta is best known by which stage name?

9. What is the name of *The Beatles'* first album?
10. What is the name of Elton John's biopic film?
11. What is the opening line to *Queen's* song *Bohemian Rhapsody*?
12. Eurovision sensation *ABBA* came from which country?
13. *Every Picture Tells a Story* was the title of an album released by which artist in 1971?
14. What was the real name of Shirley Straun from *Skyhooks*?
15. Where was John Farnham born?
16. Who was the first Australian or Aussie act to record the first No.1 hit in England?

Answers at bottom of this page.



Coast Lines

Coast Lines is a free monthly magazine published by Ashley & Jenny Porter trading as Oscar Publications ABN: 36 199 338 125

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Ashley 0402 900 317

ADMINISTRATION / WEBSITE:

Jenny 0422 269 325

ADVERTISING: Coast Lines values its advertisers who make this magazine possible. Bookings for advertising in our November edition close October 15. As always, thank you for any consideration in regards to advertising.

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Off to market we go...



CITTASLOW GOOLWA FARMERS MARKET: Jeralde Park, Goolwa Wharf precinct Sundays October 11 & 25, 9am-1pm. Enquiries: Jane 0419 855 148.

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MOANA MARKET: Pioneer Hall, Nashwauch Cres, Moana. Second Sunday of the month 9am-1.30pm. Enquiries: Jo 0412 630 518.

MYPONGA MARKETS: Main Road, every Sat & Sun 9.30am-4pm. Enquiries: Rick 0405 235 243

PORT ELLIOT ROTARY MARKET: First & third Saturdays of the month at Lakala Reserve, Young Street, Port Elliot from 9am-2pm. Wonderful food, fresh produce and home-made clothing and crafts. COVID-19 marshalls will be present.

VICTOR HARBOR BEACHSIDE MARKET: Esplanade, Soliders Memorial Reserve second & fourth Sundays & every Sunday in January and public holidays 9am-4pm.

VICTOR HARBOR FARMERS MARKET: Grosvenor Gardens, Torrens St, Victor Harbor every Saturday 8am-12.30pm at Enquiries: 0438 858 667.

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

Have nbnTM questions? We have the answers.

See the team at your local Telstra Store Victor Harbor.



POP QUIZ ANSWERS: 1. Elvis Presley. 2. Shirley Bassey. 3. Bob Dylan. 4. I am the Walrus. 5. David Jones. 6. Davy Jones. 7. Cher. 8. Lady Gaga. 9. Please Please Me. 10. Rocketman. 11. Is this the real life? 12. Sweden. 13. Rod Stewart. 14. Graeme Straun. 15. Dagenham, England. 16. The Seekers - I'll Never Find Another You (1965).

Eat Wave with Jenny



INGREDIENTS

1 tbsp sesame oil
500g beef mince
1 medium red onion, chopped
2 cloves garlic, minced
2 tsps freshly grated ginger
500g cauliflower florets
1-2 cauliflower leaves, thinly sliced
1½ tsps curry powder
2 tsps paprika
½ tsp salt
100g small portobello mushrooms, sliced
200g broccoli florets, chopped
light sour cream to serve (optional)

METHOD

Grate or food-process cauliflower into small pieces resembling rice.

Heat oil in a pan on medium heat, add onion and cook for a few minutes, then add ginger and garlic and continue cooking for 1 minute.

Add mince (stir to break up) and cook until browned and cooked through (about 8-10 minutes) – stirring occasionally. Add cauliflower (and sliced leaves), curry powder, paprika, salt, mushrooms and broccoli and cook until added vegetables have softened (about 5 minutes).

Can be served with light sour cream. Serves 4.

Note: This dish has a 'crunchy' texture. If a 'creamier' texture is preferred, add beef or vegetable stock (or water) when adding vegetables. Other vegetables can be used in place of or in addition to mushrooms and broccoli.

A SEAFOOD PLATTER BY THE SEA AUTUMN DOESN'T GET ANY BETTER!



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Monday, October 26 is RSPCA Cupcake Day when you are invited to bake cupcakes (or any other baked item of your choice) to help raise much needed funds to fight animal cruelty. Visit: www.rspcacupcakeday.com.au

Lemon Ricotta Cupcakes

with Cream Cheese & Honey Frosting

Ingredients

225g plain flour*
½ tsp bi-carb soda
2 tps baking powder
¼ tsp salt
⅓ cup caster sugar
¾ cup smooth ricotta
½ cup buttermilk
1 egg, at room temp
1 tbsp lemon zest
3 tbsps lemon juice
¼ cup olive oil

Method

Pre-heat oven to 180°C. Place 12 large patty pans on a baking tray (or place them in a 12-large cup muffin pan). Sift the first four dry ingredients into a large bowl. Whisk together remaining ingredients in a separate bowl or jug, then add to the dry ingredients. Stir gently to combine. Spoon enough mixture to two-thirds fill each patty pan. Bake at 180°C for 18 minutes, or until cupcakes are springy to touch. Cool on wire rack before icing. If using muffin pan allow cupcakes to cool for several minutes before transferring to wire rack.

Cream Cheese & Honey Frosting

Ingredients

250g cream cheese
50g butter
¼ cup honey
½ tsp lemon juice

Method

To make frosting, cream cheese and butter should be at room temperature. Both can be softened very slightly in microwave for 10-15 seconds using lowest power setting, if needed.

Place all ingredients in a bowl and using a hand-held electric mixer, beat at medium speed for two minutes, or until smooth and creamy. Frosting can be piped or spread on to cupcakes. Serve the same day, or refrigerate until ready to serve. Cakes will stay moist for several days.

Note: We used 'cake' plain flour (available at supermarkets) for this recipe. Softer and lower in protein than standard plain flour, it helps create moist soft cakes. This recipe can also be made as a round cake using a 23cm round cake pan.



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