



# Coast Lines

FREE

March 2021 Vol. 10 #132

People, places & events across the Fleurieu Peninsula



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GUIDE**

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# March



## MORE POSITIVE SIGNS OF NEAR-NORMALITY

The Goolwa Rotary Art & Photographic Exhibition is back this month, and Festival Fleurieu, 15 days of art and fun across the western side of the peninsula, is also returning from April 3.

There's a testing new marathon heading through McLaren Vale in April followed by a return there of the Vintage & Classic, and the Vogalonga Down Unda is returning in May.

It tells us that the Fleurieu Peninsula is starting to get back to some degree of normality as we end the first year of cancellations during COVID-19 life. However, the South Australian Wooden Boat Festival is off again until 2023, but not because of the coronavirus. Rather than hold this festival next year as previously planned, after great deliberation Alexandrina Council decided to have it in April, 2023 to coincide it with the opening of the exciting redevelopment of the Goolwa Wharf. The festival would have been seriously disrupted because of the extensive works to the Goolwa Wharf Precinct next year.

The new 2023 date also allows a great opportunity for Goolwa to balance its events and bid for a key point in the 2022 Tour Down Under.

Here's a run down of some of the main events coming up, and we have a big four-page feature on Festival Fleurieu starting on page 11.

**Image: The Goolwa Art & Photographic Exhibition's annual poster, a superb painting by talented artist Katie Wyatt.**

## ART & PHOTO EXHIBITION

Like countless other events, the brilliant team at Rotary Goolwa is excited to resume its annual Goolwa Art & Photographic Exhibition at Signal Point Gallery from March 27, ending Easter Monday, April 5. After being forced to postpone last year exhibitors have responded magnificently with 700 superb works expected to be. More than 3500 people saw the 2019 exhibition at the Goolwa Wharf gallery, and once again it deserves great support.. There will be 21 individual cash awards plus four art material vouchers with a total value of \$22,500.

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# Coast Lines



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## P11-14: COVER

Pictured (from left) Anika Nicholls, her sister, Chelsea, and Alicia Wollaston in front of one of the impressive paintings by Nicole Black on the walls of the Foodland Shopping Centre at Normanville. They have been mentored by Nicole, and have been working on an exciting new project *One-One Fleurieu* as part of the 2021 Festival Fleurieu from April 3-17. We present a four-page guide to this fabulous festival that brings communities together across the western Fleurieu and beyond.





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## March

From P3

There are 15 awards for art/paintings with \$16,500 prizemoney including \$10,000 for 'best painting' (acquisitive) and 10 cash prizes from \$1500-\$250. There are awards for entrants under 18, and a cash prize for the 'People's Choice' award.

The photographic section carries \$5750 prizemoney over 10 awards including \$2000 for the Goolwa Shopping Centre 'best photograph' award.

[www.goolwaexhibition.org.au](http://www.goolwaexhibition.org.au)

## ON THE RUN

More 1500 people will be 'on the run' with the inaugural Leconfield Wines McLaren Vale Marathon meeting over the April 10-11 weekend.

This inclusive event, supported by City of Onkaparinga, has been developed by Great Southern Runs to encourage runners to visit and explore the McLaren Vale and Fleurieu Coast region, promote healthy, active lifestyles, and provide fundraising opportunities for charities and local community groups.

The 13km, 6km and the McLaren Vale Mile events will be held on the Saturday



starting and finishing at Leconfield and Richard Hamilton Wines. On the Sunday, the marquee 42.2km marathon race will start from Myponga, and a half marathon (21.1km) from Aldinga Oval.

The race village will host a weekend-long market showcasing the best of our local produce, crafts, sporting, health & well being businesses, and an outdoor cinema on Saturday evening – all open to runners, locals and visitors alike.

**Contact: race director Matt Evans 0415 883 117 or [hello@greatsouthernruns.com](mailto:hello@greatsouthernruns.com)**  
**Information/registration: <http://greatsouthernruns.com/mvm/>**

## ROLL OUT THE CLASSIC

Long-time car enthusiasts – mostly younger than their vehicles – will roll nostalgia along the Main Street at McLaren Vale in the 16th annual Vintage & Classic on Sunday, April 18 from 11am.

Continued P5



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From P4

It is a wonderful celebration of classic motoring – including motorcycles and participants/locals in vintage fashion – while presenting the best local wines, gourmet foods and entertainment the region has to offer.

An initiative of the McLaren Vale Business & Tourism Association, with great support from the City of Onkaparinga, it is a free community event within a COVID-19 friendly environment.

More than 500 vintage and classic motor vehicles will begin their parade from Serafino Wines on Kangarilla Road before rolling out on to the main street, which will be closed for about an hour.

Upon conclusion of the parade cars of specific makes will go to other participating wineries, the number slightly limited this year because of COVID-19: Shottesbrook, Kay Brothers, Paxton, Hardy's Tintara, Fox Creek, Hastwell & Lightfoot, Penny's Hill Cellar Door, McLaren Vale Visitor Centre, Hugo and Shingleback.

Australian motor racing legend Craig Lowndes, a seven-time Bathurst 1000 winner and three-time Supercars Championship winner, will be the guest at a

special (sold out) charity dinner at Serafino on the eve of the Saturday, April 17. All proceeds from the McLaren Vale Vintage & Classic will go to McLaren Vale Hospital, local CFS and Southern Koala Rescue.

[www.vintageandclassic.com.au](http://www.vintageandclassic.com.au)



## GOOLWA DOWN UNDA

The Vogalonga Down Under will see a flotilla of man-powered boats of all kinds parade past at their own pace the Goolwa Wharf Precinct on Sunday, May 16.

It's a version of the famous Vogalonga rowing event first held annually in Venice in 1974, which for the second year has been cancelled in May.

Our local event is gaining rapid support, and here's a great way to be involved.

The organising committee led by Michael Piovesan, who came up with the concept of having a Vogalonga here, is aiming to build a classic Venetian Sandolo. Using traditional drawings acquired from a source in Venice, Straydog Boatworks of Mount Barker has created digital plans for a two-person boat. The kit will be assembled by volunteers under the guidance of an experienced wooden boat builder. The wonderful team at Armfield Slipway & Boatshed has expressed interest in providing advice and mentoring to the group building the boat. Purchase of the kit is expected to cost \$10,000, and the project needs donations. For \$50 or more you can be offered lessons in Venetian rowing and Michael tells us it's great fun. If you would like donate or perhaps volunteer to help build one of these boats – whether or not you are planning to participate in our Vogalonga – contact Michael on 0415 448 657 or e: [michangpiovesan@gmail.com](mailto:michangpiovesan@gmail.com) or visit Venetian Rowing SA on facebook.

**Image: The Coorong Dragons pictured during last year's event.**

Continued P6



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## March



From P5

### A GARDEN TWIST

If there is a positive (no pun intended) out of COVID-19 it's that a lot of small businesses have become more innovative, like our friends at Goolwa Garden Supplies in Gardiner Street.

Proprietors Dave and Jane Strange now have a permanent food van *The Twisted Fig* selling classics like a cob loaf stuffed with butter chicken and pappadams, and a Mexican cob loaf filled with Mexican pulled beef with guacamole salsa and corn chip. And they are supporting other local suppliers. Brilliant. Grab a bite and a great coffee Monday-Friday from 8.30am-2pm.

**Pictured: Two of the friendly team members at *The Twisted Fig*, Shy-Ann Dennes (left) and Holly White.**



### A LOT OF RUBBISH

We are kindly asked to pick up the rubbish around us on Sunday, March 7 – Clean Up Australia Day.

Clean Up Australia Limited is a not-for-profit Australian environmental conservation organisation founded by Australians Ian Kiernan and Kim McKay in 1989, and has done magnificent work. So far 18.3 million Australians have donated their time as part of Clean Up Australia activities over the past 30 years taking 36 million donated hours during which 380,000 ute loads of rubbish

were taken to the dump. Similar campaigns have spread the world.

However, as South Australians let's remind ourselves this was preceded by Keep South Australia Beautiful established in 1966.

It was the first litter reduction campaign, which was followed by the Keep Australia Beautiful National Association Ltd in 1975 of which KESAB is a member.

This is all a lot of rubbish, some may say, but the bottom line is that if we picked up our own rubbish we wouldn't need to constantly remind everyone who did what first.

**www.cleanupaustaliaday.org.au**



**A 1907 postcard featuring the Easter Bunny. (Wikipedia)**

### CHRISTIANS OR THE EGG?

No question, the egg came first. According to *Wikipedia*, the practise of decorating eggshells is ancient with decorated, engraved ostrich eggs found in Africa 60,000 years ago.

It is believed the Christian custom of Easter eggs, specifically, started among the early Christians of Mesopotamia, who stained eggs with red colouring "in memory of the blood of Christ, shed at His crucifixion". The Christian Church officially adopted the custom, regarding the eggs as a symbol of the resurrection of Jesus in 1610. German Lutherans helped Easter Bunny distribute the first non-chocolate Easter Eggs to children in 1682.

Continued P7

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From P6

Happy Easter – and please drive carefully. And the first chocolate Easter eggs? The Cadbury chocolate company imported a revolutionary press in 1866 that cut half of the fat content, resulting in a much smoother and better-tasting dark chocolate. This press also allowed chocolate to be easily moulded, and the company released its first line of chocolate Easter eggs in 1875, hollow and filled with sugar almonds. Thank you.

## HOLD YOUR HORSES

We've had the AFL Grand Final in Brisbane, but you may not realise that horse racing took our Adelaide Cup and ran it at Flemington in Melbourne in 1885. It followed a financial collapse by the South Australian Jockey Club when the Totalizator at racetracks became legal. The biggest crowd for an Adelaide Cup meeting was 50,000-plus when Peerless Fox won its second successive Cup in 1951. Why this trivia? Because some may suggest this has as much relevance today as having a public holiday for the Group 2 Adelaide Cup on Monday, March 8. Great race, but aren't there better reasons for a holiday?



## BRAVO TIMBO & TEENS

There have been numerous bike runs for charities over the years, all well supported with a lot of heart. There's another coming through our way from Saturday, March 20, and like the others it deserves a mention because of a great cause, Canteen for teenage cancer patients.

For one rider, Tim Jones, of Mount Barker, it is extra special because he was supposed to go on a seven-day fundraising ride to Melbourne last year in memory of his great mate Tony Pearce, who died July. Unfortunately, COVID-19 put a stop to the trek, but being a determined and kind-hearted sports and fitness bloke Tim chose to join this Canteen ride to achieve his same personal reasons.

Well done Tim, and cheer him and about 35 other riders on as they leave the city from Calvary Hospital, which is one of the appreciated sponsors, on a seven-day ride over 1000km riding up 11,800m of climbing elevation – that's the equivalent of riding over Mount Everest and Mount Kosciuszko. We'll see them whiz through over 140km to Normanville via Willunga Hill on day one, 137km to Goolwa on the Sunday, and 135km to Hahndorf on the Monday. They finish at Mount Lofty on March 26. Let's help Tim reach his own personal target of \$5000. Find out more and support the cause by clicking 'Tim Jones' or 'Timbo' on the Canteen website at: [raiseit.org.au](http://raiseit.org.au)

Continued P8



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**THE PIRATE'S**  
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**Pictured:** Some of the members of the Club Fleurieu Garden Shed (from left) Georgie Evans, Jim Green, Leslie Miller, Rosemary Adam, Sue Bruyn, Chas Bruyn and garden co-ordinator Sally Withers.

From P7

## JOIN THE CLUB

The fabulous and very young at heart crew at Club Fleurieu have been planning a long list of events at their Yankalilla clubrooms this year, including right down to the very basics that perhaps many of us should be doing – getting out in the garden.

It's autumn and those with 'green fingers' have put the enclosed garden in such fine shape that all the fruit and veggies that are ripening are soon to go out on food stalls. There's also a chance of expanding the garden because so many love working in there.

Club Fleurieu's spacious grounds also feature a rose garden with rotunda, fruit orchard, barked garden and sprawling grassed area reaching down to Bungala River.

Things have got back to being as 'normal' as

one can be in a friendly and safe COVID-19 environment with the barbeques being fired up and the happy hours back on. It's an over-50s club – a great way to meet people – and it's your call to get involved in as many or as few activities as you wish. There's dancing and rock 'n roll classes, themed lunches and dinners like a Steak 'n Red night.

The club has excellent facilities including a bright air-conditioned hall with bar, screen and stage, a games room and a large verandah.

Members enjoy wide ranging social activities including Tai Chi, Scrabble, cards, bingo, Mah Jong, mosaics and quilting. There are the bingo and quiz nights and occasional bus trips.

Give the club a call on 8558 2053. Club president Louise Allstrom and the happy crew would love to see you there.



## RETURN OF 817

The Goolwa RSL Sub-Branch is set for a bigger than normal Anzac Day commemoration on Sunday, April 25 with a return of the 817 Squadron for the first time since its final Freedom of Entry in 2011.

The 817 Squadron, originally formed as part of the Royal Navy's Fleet Air Arm for service during World War II, was adopted by Goolwa from 1986. It will now fall in behind the incumbent commissioned 818 Squadron, whom will lead the Anzac Day dawn service and parade along Cadell Street.

Also, for the first time women who served behind the RAN Dignitary with the 817 are likely to be commemorated during the service.

As part of the Anzac Day tribute, singer John Shurmann from *I was only 19* record fame, and the *Vagabond Band* (formerly *Red Gum*) will perform at South Lakes Golf Club on Friday, April 23. The entertainment, and a three-course meal, costs \$150 with tickets first offered to Goolwa RSL Sub-Branch members, and if not sold-out then to the public.

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## NEW NAME FOR RDA

The Riding for Disabled is a magnificent organisation that helps bring out the ability and beautiful character in young people despite their day-to-day challenges. Now, after 40 incredible years of changing their lives and providing immeasurable moral support for their parents and carers our local branch has a new name – the Southern Fleurieu for the Disabled.

This special 'family' which includes some amazing volunteers headed by club president Sue Vincent has also just celebrated the 10th anniversary of relocating to Morgan Park. It is a marvellous achievement by all, and certainly not without the generous support of local sponsors.

Importantly, this organisation, which needs to work incredibly hard to survive and provide these crucial services always focuses on the children without self-

plaudits. There is encouragement, as demonstrated a few weeks ago when Shasta received a Southern Fleurieu for the Disabled encouragement award on her favourite pony, Scout. The supplied image of Shasta and Scout left sums up the spirit of this place so well. Visit: [www.rdasa.org.au](http://www.rdasa.org.au)

## SPECIAL DAYS

**National Epilepsy Awareness Month.** Be part of the movement and help spread the word by wearing purple on March 26. [www.epilepsyaustralia.net](http://www.epilepsyaustralia.net)

**1-7: Hearing Awareness Week.** One in six Australians is deaf, deafblind, hearing impaired or has a chronic ear disorder. Learn more. [www.hearingawarenessweek.org.au/](http://www.hearingawarenessweek.org.au/)



### March 10-14: World's Greatest Shave.

Leukaemia Foundation. Every hour somebody in Australia is diagnosed with lymphoma, myeloma or leukaemia. This day has raised in excess of \$120 million since 1998 used to support patients and families living with these disorders, and blood cancer research. [www.worldsgreatestshave.com](http://www.worldsgreatestshave.com)

### March 10-16: World Glaucoma Week.

Raises awareness of the worldwide leading cause of irreversible blindness – aims to raise funds to continue research in glaucoma. [www.worldglaucomaweek.org](http://www.worldglaucomaweek.org)

**March 15-21: Kidney Health Week.** One in three Australians is at increased risk of kidney disease. This is a national community campaign to raise awareness of the importance of our kidneys, and to shine a light on prevention and early detection of kidney disease, which affects an estimated 1.7 million Australians. [www.kidney.org.au](http://www.kidney.org.au)

**Friday, March 19: National Day of Action against Bullying and Violence.** Bullying. No Way! [bullyingnoway.gov.au/NationalDay](http://bullyingnoway.gov.au/NationalDay)

**Sunday, March 21: International Day for the Elimination of Racial Discrimination.** [www.un.org/en/events/racialdiscriminationday/](http://www.un.org/en/events/racialdiscriminationday/)

**Sunday, March 21: World Down Syndrome Day.** Down syndrome is a naturally occurring chromosomal arrangement that has always been a part of the human condition. [www.un.org/en/events/downsyndromeday/](http://www.un.org/en/events/downsyndromeday/)



**Sunday, March 21: Harmony Day.** A day of cultural respect for everyone who calls Australia home from the traditional owners of this land to those who have come from many countries around the world. [www.harmony.gov.au/](http://www.harmony.gov.au/)

**Wednesday, March 24: World Tuberculosis Day.** A UN event designed to build public awareness. [www.stoptb.org/events/world\\_tb\\_day/](http://www.stoptb.org/events/world_tb_day/)

Continued P10

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From P9

## AUSSIE, AUSSIE, AUSSIE...

Terrance Crabb has an amazing collection of Australian-made motor vehicles in his Goolwa Beach home garage/showroom. Maybe not as far back as 1900 when Bruno Hammer was the first to build a car in South Australia, a one-off automobile in Mount Torrens, but nonetheless genuine Aussie classics.

They are his 1966 Chrysler Valiant Regal VC sedan, 2008 Ford FG G6E sedan, 2010 Holden WM Statesman sedan, 2014 Holden VF Sedan Craig Lowndes Edition, and a 2015 Ford FG XR6 ute.

To Terrance, they are each special for their own particular reasons or features, but if he had to choose just one he said it would be his 8-cylinder Holden VF Sedan because it was No. 158 of only 233 made, representing one car for each Holden dealer in Australia at the time. The lucky buyers went to the Red Bull Centre in Queensland where Lowndes hosted a barbeque. The old Chrysler built in 1966 is also deep in the heart with his late father, Brian, having worked there at the time.

Terrance, who was the man behind Aldinga Turkeys business which at the



time employed 5000 people and were outnumbered by turkeys, said all this was about reminding everyone to buy Australian.

"I will go out my way to buy Australian-made products because it creates jobs," Terrance said. "You buy something that is made here you know someone has had a hand in this."

"These are Australian cars and now the factories are gone. You don't see American cars anymore; you see a KIA or Hyundai." In his own special way Terrance wanted to pay tribute to the Australian car industry



by commissioning James Stewart, a gifted local artist, to characterise his cars and hand paint them on his garage wall. It's a classic tribute.

By the way, Terrance selects his cars for the appropriate occasion – the gold-coloured ute grabs the most attention. And are you surprised that he doesn't drive them when it's raining? 🌧️

**Pictured (above left):** The painting on the wall by artist James Stewart and **(above right)** with Australian-made car enthusiast Terrance Crabb (left) and his 2014 Holden VF Sedan Craig Lowndes Edition.

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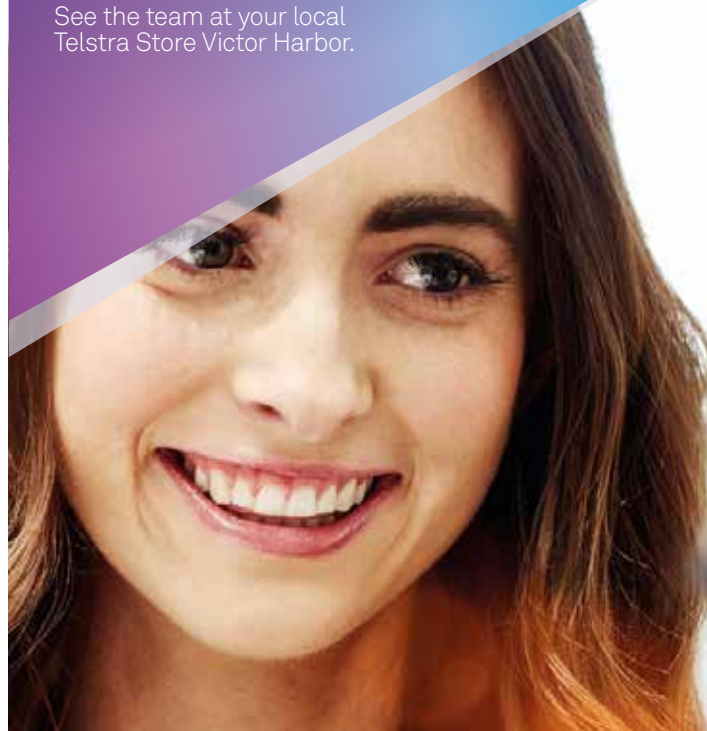
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# Welcome to one heck of an arty party

**T**he ninth biennial Festival Fleurieu from April 3-17 will expose vivid colour splashed on doors across communities while local artists express their imagination leaving musicians, thespians and dancers to delight audiences of all ages.

From visual art on everything from walls to trees and a trail of crazy coloured doors through moments in time over tastings of fine local wine and scrumptious food, the experience will be brilliant.

But then, it always has been a wonderful, community-driven event since the embryonic days under the Leafy Sea Dragon Festival banner from 2005, and now their doors are open even wider having invited their extended neighbours to take part. The festival starts with *Carnival Fleurieu*, a free family event to enjoy, celebrate and experience the beauty of the region, the new Normanville green space and joyous spirit of the western Fleurieu community.

There is *Light up Fleurieu*, a new program showcasing numerous events across the festival that have a specific focus for young people across the region.

And the festival ends with *Beach Fleurieu*.



For the first time it will be partnering with the Normanville Surf Life Saving Club to hold an all-inclusive family fun day on the beach, – a perfect location.

This festival has to be special when the three councils that border each other on the Fleurieu Peninsula – Yankalilla, Victor Harbor and Alexandrina – share a not-often-enough common stage to express the wonderful

artistic talent by our youth across the entire region.

But more than this, according to Judith Adams (pictured), the new producer of the Festival Fleurieu, is a stunning opportunity to demonstrate the importance of our arts and cultural programs at community level.

While acknowledging the significance of festivals at a higher level, especially the current Adelaide Festival of Arts until March 14 and the Adelaide Fringe until March 21, Judith believes the outcomes that Festival Fleurieu delivers at a community level are no less important.

“Festival Fleurieu is a wonderful example of hundreds of every-day people working together – volunteers helping painters, sculptors, musicians, entertainers and alike express what they do best – to help make communities feel good about themselves,” Judith said.

“Even people like myself with no artistic ability whatsoever but absolutely a love for being around the scene and just working with people makes it a really positive, enjoyable festive place to be. It is a tonic, especially after last year (COVID-19) and it still is one.

Continued P12

Complete program guide: [www.festivalfleurieu.com.au](http://www.festivalfleurieu.com.au)



## ART

### ART STUDIO TRAIL

### ENVIRONMENT HISTORY & HERITAGE

### FOOD & WINE

## LITERATURE

### MUSIC & PERFORMANCE

### YOUNG PEOPLE & FAMILY ACTIVITIES

[www.festivalfleurieu.com.au](http://www.festivalfleurieu.com.au)

From P11

"The pristine Fleurieu is a tight community... everyone sees this festival as something to look forward to because it is a completely community festival and not something put on by the council, although it assists with funding and support.

"It's extraordinary when you think about it; all driven by the community which it makes it more special and personal. It's the opportunity to express yourself or work with people to enhance the talents of others.

"It also enables people who may be struggling financially to see something special and be joyful. It's something for the entire family. It's incredibly important for those who not only come along, but for those who participate and sometimes that gets forgotten.

"It's not just how many people who walk through the door or pay tickets, it's about those behind the scenes putting on the event; volunteers who have worked tirelessly. It's a real community involvement that doesn't go on for just two weeks."

As with countless events, the coronavirus

has presented challenges. Judith recalled the frustration and uncertainty last July; the difficulty of asking every-day people across the region to commit to something and not knowing whether any part would go ahead. She continues to admire the belief and enthusiasm of everyone involved, especially the board consisting of Desmond Ford as chairman, Libby Robertson (secretary), Joy Whellum (treasurer), Rachael Azzopardi, Maurene McEwen and Amanda Wallis. Judith said the extra effort into engaging younger people across the Fleurieu Peninsula had already shown outstanding results, and acknowledged the support from Carclew, South Australia's only multi-art form and cultural organisation dedicated to artistic outcomes by and for people aged 26 and under. It provides young people with opportunities to try different art forms, supports emerging artists to develop their craft and advocates for youth arts practice. "The festival has always been predominantly held within the Yankalilla District Council, but this year our *One One Fleurieu* project created in collaboration with the Yankalilla

Alexandrina and Victor Harbor councils will broaden our horizon," Judith said.

"It is exciting because usually the younger people isolate... they stick together and become pigeon-holed in their own council area. This project with funding from Carclew is bringing all these voices together and nothing like this has been done before.

"It is also important to recognise the voice of the Yankalilla-based festival as well. It is a beautiful combination when you have the whole region coming together and really promoting the region.

"Personally, I have only just moved from the city to the region. From an outsider's perspective all three council areas are very different and it's great that Festival Fleurieu can really showcase the absolute beauty of the western Fleurieu and its community."

Judith said the efforts of past organisers and supporters of the festival could not be under-estimated, and as it continues to go forward the basic objective of taking art to the people will not be diminished.

"From the start artists opened up their studios allowing people to engage with each

## THE YOUNG HEARTS OF THE FESTIVAL AT RAPID BAY

Rapid Bay Primary School has for some time been 'punching above its weight', in terms of turning out some fine, well-educated young people despite having no more than 50 students and needing to make the best of its resources.

A small school, but the dedicated teachers and enthusiastic students have always made a big contribution to the Festival Fleurieu and other community events.

Their efforts this year go in hand with a touch of typical kindness from within the western Fleurieu community. Well respected local artist Mark Pearce sadly died last year,

and as a means of honouring him his family donated his unfinished ceramics work to the school.

The students have been busy under supervision cleaning, painting and firing the ceramic art, which will be displayed and auctioned during the festival. Proceeds will go back to the Pearce family as a means of recognising Mark's marvellous contribution to art and the community, and for facilities at the school.

Well done to the school's outstanding principal Jenna McArdle, teachers, staff, students and the Pearce family. It's what

Festival Fleurieu is all about.

The local community is also behind plans at some stage this year to light up the Cape Jervis lighthouse – the only one on the peninsula – illuminating a vision of a storybook of the area. It is a result of grants from Festivals Australia, and Country Arts SA.

By coincidence, the brilliant display will be during the 150th anniversary year of the original lighthouse, opened on August 10, 1921. It was 23 feet high and fitted with a kerosene wick.

Young children, mostly students from



other; the artists trail was created and it was fantastic,” Judith said.

“For people like me who cannot draw or paint, to be able to look behind the curtains and doors and see how these things are made is inspiring.

“There continues to be long-term benefit in this trail. You may even discover your own passion to go out and try something.

“Art is so important in terms of culture and mental health. It is an opportunity to explore or investigate and assess to find out what other possibilities are out there for you.

“Importantly, this festival is affordable, and it gives people the opportunity to try something different. Who knows where that can lead to.

“This festival is about promoting the culture on the Fleurieu and using art as a means of giving the community a voice. Sometimes we miss this important role in art.

“Our festival events broaden horizons, and a very good example is *Shakespeare the Bard* organised by Books & Words in Normanville. If you love Shakespeare then it presents an unusual way of seeing it performed, but if you only know a little bit or nothing at all about Shakespeare then it is also a good way to get a tempting taste of what it is all about, which can lead to all sorts of possibilities.”

Apologies to the Bard, but this amazing Festival Fleurieu is not “*Much adoe about Nothing*” as he wrote 400-plus years ago. Check the festival website: there is plenty to do. It’s discovering *where art thou...* see, the festival can bring out the inspiration and culture in all of us. 🌈

#### P14: Fresh look with *One-One Fleurieu*

Rapid Bay Primary, were only too pleased to have their photo taken (right) at the replacement lighthouse, erected in 1972 with an automatic electric light of 41,000 candella, as a means of helping to promote the festival.

Shining lights, the lot of them, but it was some task taking the image while trying to contain their excitement with the forthcoming festival. But hey, this festival is about having fun, isn't it?

And thanks to the school, the kids and their mums 'n dads/carers.



## 9th Biennial Festival Fleurieu April 3-17

### A fresh, youthful approach with *One-One Fleurieu*

**F**estival Fleurieu 2021 has grown into taking art across the region into the future by engaging and training today's generation.

This includes presenting a new element – *One-One Fleurieu* – named because 11 per cent of Yankalilla's population represents its youth.

This project is being produced-coordinated by Chelsea Nicholls, an early career artist and a promising and emerging arts producer under the guidance or mentorship of the council's arts and cultural facilitator Peta Johnston, who has since taken on the role as social enterprise manager at Carclew.



The evolving leadership path was also demonstrated when talented young local artist Nicole Black mentored a group of emerging artists including Chelsea on a mural project in Normanville last October.

Chelsea said the *One-One* challenge was part of the overall youth program of the festival.

"We put together some additional art workshops as a final product projecting the outcome of three workshops to the side of the RSL building in Yankalilla for the opening of the festival," she said.

"We will also be projecting Coral Street for a week during the festival."

The lighthouse project – *Light it up Fleurieu!* – represents another fresh

approach by the committee including Desmond Ford as chairman and Judith Adams as the new festival producer because for the first time the festival has invited its neighbouring council regions. Highly-successful workshops for those aged 14-25 were held in Goolwa, Victor Harbor and Yankalilla last month. The commitment to increasing the engagement with young people stems from the Festival receiving a grant from Country Arts SA early last year. It offered young people in the region an opportunity to participate in and create work for the 2021 Festival Fleurieu. Aims included discovering how those within the community wanted to contribute to the festival, and as a means of supporting their creative aspirations. 🌈

[www.festivalfleurieu.com.au](http://www.festivalfleurieu.com.au)

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# Let's feel better about ourself

## FLEURIEU WELLBEING

The fall-out from our first year of life with COVID-19 has exposed a great need for mental health and wellbeing programs. It's always been there; now it's just far more obvious. Perrin Whimpress, a clinical advisor and mental health practitioner, and his wife, Kim Hubert, a psychology practitioner and education director, have not only extensively studied and worked within this environment but shared a personal experience relating to the pressurised role as a carer. Within this incredibly broad spectrum under the cover of health care they see an often ignored element – who is caring for the carer, recognising their common need for wellbeing support? Given their experience along different paths in best practice with a genuine care factor, it made sense when in November, 2019 they pooled their intellectual resources to form Fleurieu Wellbeing, based from Aldinga Beach. The website describes it as a positive psychology counselling, coaching and education service that creates positive change and builds hope, resilience and wellbeing for people. It's basically about offering help in a less clinical environment to those struggling to cope for whatever reason. Obviously, COVID-19 has exacerbated an evolving crisis, and there is a common need to make the emotional roller-coaster ride more comfortable while adjusting to issues or simply helping people feel better about themselves.

Perrin and Kim mentor a group of practitioners who work for themselves under the brand or banner of Fleurieu Wellbeing. "Part of this is doing professional development and education with us," Kim said.

"They share our journey having been carefully selected to make it a good fit for the meaningful culture that we want to create. We also have a range of referring practitioners that we work with in the system."

Among key elements offered is wellbeing coaching – guiding clinicians through a process that looks at domains of wellbeing in terms the evidence-based science and



Pictured: Perrin Whimpress and Kim Hubert.

applying the techniques and skills for them to use. There is also an education base in collaboration with the South Australian Medical & Health Research Institute in Adelaide, adopting their best practices. Kim believes it is crucial for people to be able to access simple navigation through the National Disability Insurance scheme. "It is an evolving system that has enabled people to feel they have control of their own lives; it is meaningful," she said. "I know that not everything works for everyone, but there are some things that we can do to raise our wellbeing despite mental illness. There are scientific language and theories around this, but having actually lived the experience drove me to look at what the science basis was around this." Perrin said that state government statistics acquired as part of its wellbeing plan was that we once thought mental illness

affected one in five people, but it was actually 50 per cent of the population that had experienced problems or had known someone who in turn had affected them. "And that was pre-COVID," he added. "Now the problem is huge. We know that the demand has out-stripped what is available. The waiting list for psychology and other key community mental health services can be up to two years. "No one is immune. Working with SAMRUI and delivering the wellbeing programs is about offering the community tools and resources in a very relaxed way. It's not a course, but an informal learning process as a result of rigorous research that has been really well received." Kim said that we can ask what's mental health and wellbeing, but the reality is that not even those doing the science can agree on a definition. "It is so individual," she said. "We acknowledge now that everyone's needs are different and that it's subjective. It's a self-assessment kind of thing and what we need to do as a population. "It is an option, low cost and accessible to anyone who is interested. There is the removal of barriers that people may sometimes place. It's not about a mental health course, but what wellbeing can mean for everyone differently."

[www.fleurieuwellbeing.com](http://www.fleurieuwellbeing.com)



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# Steering through a service maze

## ACCEPT CARE

**T**oday's generation has followed from days where having a disability came with a stigma. Outcasts comes to mind. Rima Niemz's parents, who migrated from Syria, have for some time endured mental health illness among other things, so she has experienced this often hidden world that is out there. For this reason, Rima always wanted to try to make a difference, and while dealing with prejudice eventually became easier navigating the right services available to best help her parents was always a greater challenge. Rima is now general manager of Accept Care, a support services business to assist those within the community living with a disability and/or mental health issues. Accept Care, which has offices in North Adelaide and now in the main street of McLaren Vale at The Meeting Place, supports those in the aged care sector by providing an opportunity for people to live their best life. And it's this like-experience amongst the Accept Care team that enables it to deliver a profound sense of responsibility and raise the care factor. On a good day the staff shares a wonderful sense of achievement, and on more challenging days it keeps



Members of Accept Care at its McLaren Vale office, Susie Born (left), a service coordinator, and Rima Niemz, general manager.

searching for answers as it would if clients were family. "We can provide coaching or mentoring, and encouragement to enable people to feel confident to develop the skills they need to do every-day-things," Rima said. "We help them navigate the system so they know what services are out there; how they can access as much of the support they need depending on their circumstance. "We provide in-home support – we have more than 100 casual support workers who support people in their homes involving things like personal care and hygiene, social support, transport. We help build a person's capacity to be more independent which is an important part of their mental wellbeing. "There may be some social needs where there might be some anxiety or panic

catching public transport or being amongst crowds. Some people struggle when leaving their own house... it can be traumatising." Susie Born, a service coordinator at Accept Care, said helping people in need to develop relationships or friendships was a crucial element of life that was often forgotten. "So many people are isolated for so long, and often they don't have any connections at all," she said. "This can be a huge part to starting their personal journey to being the best physically and mentally. "Sometimes loved ones around people may see something that is not right and they do not know what to do about the situation. The barriers can vary and the sign posts aren't simple to follow either. People have good experiences finding things out, others not so good but everyone tries their best. "There those who have cared for their loved ones for such a long time, and with this often comes the fear they too are ageing. Before long they also need the support but feel stuck in a situation asking where can they go. They also need help in finding out the services available."

There can be no charge for the services that Accept Care provides. If someone is looking for support and if for whatever reason it was not the appropriate service then from the initial meeting it would point them in the right direction. It is an information sharing and referral type situation; making the right connections and opening doors in the best interests of the clients.

Rima said that with the introduction of NDIS last year an increasing number of service providers had joined the market, but her experiences both at home and in business told her daily that the best thing about Accept Care was its genuine compassion and care.

"We really do care about the people we support, and we want to make a difference," Rima said. "The heart is in it. That's why I love what I do. We have the right people in roles to carry this philosophy through."

[www.accept.care](http://www.accept.care)

A promotional poster for the McLaren Vale Vintage & Classic event. It features a black vintage car on the left and a woman on a red motorcycle on the right. The text at the top reads "McLaren Vale Vintage & Classic" in red and black. A red sign on the right says "APR 17-18". At the bottom, it says "Charity Dinner Sat 17th April at Serafino" and "Street Parade Sun 18th April 11-00am". It also mentions "Dress in your favourite era. Prizes for best efforts." and "Cars, food, music and wine at participating wineries after the parade." The footer includes "Supporting McLaren Vale & District War Memorial Hospital, local CFS and Southern Koala Rescue." and the website "www.vintageandclassic.com.au" with a note "COVID Rules will apply."

**McLaren Vale**  
*Vintage & Classic*

APR 17-18

● Charity Dinner Sat 17th April at Serafino ● Street Parade Sun 18th April 11-00am  
Dress in your favourite era. Prizes for best efforts.  
Cars, food, music and wine at participating wineries after the parade.

Supporting McLaren Vale & District War Memorial Hospital, local CFS and Southern Koala Rescue.  
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# Wander Discover Enjoy

Alexandrina Council

## Keep in Touch



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## How changes to the State planning system will affect you

The new planning system will launch on **19 March 2021**, and everyone living and working in South Australia will have access to clear and consistent planning policies.

The State Government's new Planning and Design Code will replace individual council Development Plans and will allow all development applications to be submitted and tracked online via the Australia's first state wide ePlanning platform. The platform will also help you search property zoning, find an accredited

professional, review development rules, and track major projects and development activity across the state.

If you're planning on undertaking development, you may need approval before you get started. To find out if approval is needed for your project, you can access the Approval Wizard at [plan.sa.gov.au](http://plan.sa.gov.au)

**For further information or to access the system, visit Council's website [alexandrina.sa.gov.au](http://alexandrina.sa.gov.au) or visit Plan SA at [plan.sa.gov.au](http://plan.sa.gov.au) or phone 1800 752 664.**



## Goolwa's new 'Jet Ski Park'

Jet ski and Personal Water Craft (PWC) enthusiasts across the state are celebrating as redevelopment works on the Barrage Road, Goolwa near completion for the designated 'Jet Ski Park.'

This fantastic purpose-built designated jet ski area will become a popular family-friendly area for PWC users to base themselves for a fun day on the water. The works consist of demolishing the existing building and resurfacing the carpark in limestone rubble and multiple landscaped garden beds.

Solar smart benches providing shelters and recharging of compatible devices will be installed for the Park users, as well as a large shelter amongst the grassed area. Signage and bollards made from recycled plastic will be installed as part of the environmentally friendly landscape design. The project is expected to be completed during March 2021 so head down to Goolwa and enjoy the new facilities..

## SOUTH AUSTRALIA'S PLANNING SYSTEM IS CHANGING - 19 MARCH 2021



Find out more at [www.plan.sa.gov.au](http://www.plan.sa.gov.au)



## New research 'Hub' for the Murray Mouth, Lower Lakes and Coorong

Federal Member for Mayo, Rebekha Sharkie, brought fabulous news to the region in December, with the Federal Government announcing \$8 million for a Research Hub.

The new 'Coorong, Lower Lakes and Murray Mouth Research Hub' will be overseen by the Goyder Institute for Water Research, with its principal office to be located in Goolwa.

The Federal Government investment in our river systems will support and drive resilience in our communities. Given Goolwa's location at the end of the Basin and on the edge of the internationally renowned Coorong, it will be well supported by the region's highly engaged and informed community.

The Research Hub presents a wonderful opportunity for the Alexandrina region, our people and of course the iconic Coorong, Lower Lakes and Murray Mouth ecosystems.

Alexandrina Council appreciates the ongoing support of the Australian Government, our local Federal Member for Mayo Rebekha Sharkie and our many community stakeholders for achieving such a great outcome for the region.

To see Council's most recent Media Releases and project announcements please visit our **website** at [alexandrina.sa.gov.au/media](http://alexandrina.sa.gov.au/media)





# Alexandrina 2040

## Alexandrina on the move towards 2040

Following a detailed community consultation period, the draft A2040 Community Strategic Plan was presented to Council at its February Council meeting.

The plans will pave the way for the rollout of a four-year delivery plan which will introduce a series of Annual Village Conversations leading to the development of Village Innovation Plans by all townships by 2024. This initiative will help guide and influence future Long Term Financial Plans and Asset Management Plans.

The A2040 Community Strategic Plan is supported by a 'future thinking' video and story-telling narrative and evokes a great sense of pride, capturing the feedback of over 2,000 residents and visitors who ultimately informed the design and the collective vision of a **Liveable, Green and Connected** future as we head towards 2040.

Alexandrina has great ambition as a community – almost anything is possible by 2040. It will take determination, creativity, energy and resilience – characteristics that have been well demonstrated in the past 12 months.

Keep an eye on Council's website and social media, as dates and locations of the Village Conversations are announced.

They will run throughout 2021 across all townships, giving residents an opportunity to further shape our vision towards 2040.

**The A2040 Community Strategic Plan, along with videos, audio and supporting documents can be viewed at**

**[mysay.alexandrina.sa.gov.au/a2040](https://mysay.alexandrina.sa.gov.au/a2040)**

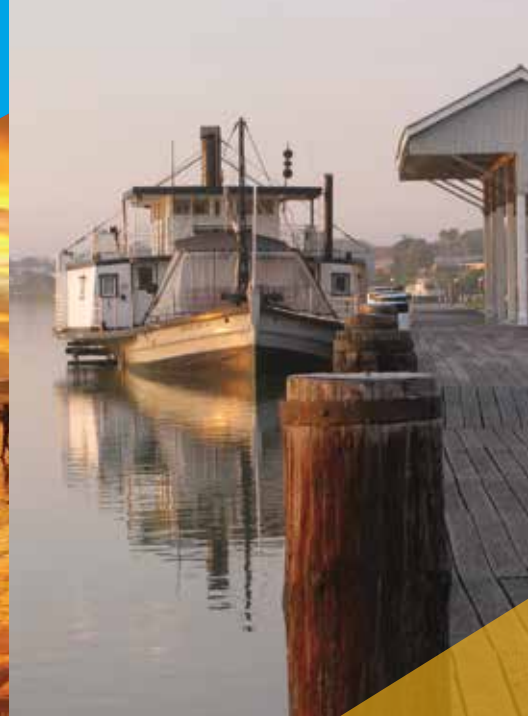
## Neighbourhood Watch reach an honourable milestone

The Goolwa (272) Neighbourhood Watch group celebrated their 30th anniversary on Friday 5 February 2021 at the Goolwa Regatta Yacht Club and were joined by fellow members, Alexandrina Council CEO Glenn Rappensberg and State Member for Finnis David Basham.

For the past 30 years, the Goolwa Neighbourhood Watch group have worked with SAPOL and the

community to ensure the Goolwa community remains safe, connected and informed. While their purpose is aimed at minimising crime, they do many great things for our community. Their community newsletters, fundraising and accessibility has seen the town prosper to its safe, friendly and welcoming reputation.

Some of the current programs the group contributes to include the Goolwa Primary School Breakfast Club and first aid training for volunteers of the Sailability program at Goolwa Regatta Yacht Club.



## PS Oscar W running full steam ahead

**Have you been for a cruise on the PS Oscar W yet?**

Goolwa's own, wood-fired Paddle Steamer from yesteryear, runs regular cruises from the Goolwa Wharf Precinct. You can take in the sites around the River Port of Goolwa or take a cruise to Clayton Bay for a fully catered two-course lunch. What a great way to spend a Sunday afternoon!

Bookings can be made at the Goolwa Visitor Information Centre, or online at [visitalexandrina.com](https://visitalexandrina.com)

You may have heard that the much-loved South Australian Wooden Boat Festival is not happening this year but there is still plenty to cheer about on the weekend of 17 and 18 April.

The Goolwa Wharf Precinct will be abuzz with familiar activities including vintage yacht races, cruises on the PS Oscar W, and the PS Marion (which is making the trip downstream from Mannum), trips on the Cockle Train and more.

There are more activities to announce in coming weeks, so keep an eye on the SA Wooden Boat Festival website [sawoodenboatfestival.com.au](https://sawoodenboatfestival.com.au) to enjoy a nautical and fun-filled weekend in beautiful Goolwa.



## Casting Shadows\*

This exhibition showcases recent works inspired by a love of the outdoors, capturing spirit of place with an emphasis on direct experience felt space, storytelling, wonderment and isolation. "Dreams, imagination, and mystery combine to create my individual perspective, transcending what is to what may be. Mysticism and reality come together standing firmly on solid ground." Peter McLachlan

**When:** Until 14 March

**Location:** Signal Point Gallery, Goolwa Wharf Precinct

**Enquiries:** jaw@alexandrina.sa.gov.au



## Smart Digital Marketing for Business - DIY Smartphone Photos and Videos

This entertaining, hands-on workshop will empower you with simple disciplines and tricks to boost your confidence and take better photos and videos. Learn how to sharpen smartphone skills, brighten up your Instagram feed, make your Facebook and LinkedIn profiles more engaging, capture client testimonials and staff profiles. Register online. Free for Business Alexandrina members - join today.

**When:** 23 March 10am-12pm

**Location:** Strathalbyn Racing Club, 164 Dry Plains Road

**Registration:** businessalexandrina.com.au

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 the community, staff and volunteers.

## Fringe weekend in Goolwa

### The Goolwa Caravan\*

7 March at the Goolwa Wharf Precinct

### That Boy

7 March, 7.30pm at Centenary Hall, Goolwa  
Bookings via [adelaidefringe.com.au](http://adelaidefringe.com.au)

### Casting Shadows\*

7-14 March, solo exhibition at the Goolwa Wharf Precinct  
See full details above

### Enquiries:

[jaw@alexandrina.sa.gov.au](mailto:jaw@alexandrina.sa.gov.au)



### Alexandrina Youth Theatre and Film

Mondays during school term

**Location:** Centenary Hall Goolwa

**Enquiries:** [jaw@alexandrina.sa.gov.au](mailto:jaw@alexandrina.sa.gov.au)

### Robyn Stacey - Ray of Light\*

3 March to 11 April

**Location:** South Coast Regional Art Centre, Goolwa

**Enquiries:** [jaw@alexandrina.sa.gov.au](mailto:jaw@alexandrina.sa.gov.au)

### Resilience and Wellbeing Workshop

9 March at 10am

**Location:** The Hub 12 Cadell Street, Goolwa

**Enquiries:** [businessalexandrina.com.au](mailto:businessalexandrina.com.au)

### Food Matters - Strathalbyn

11 March at 10am

**Location:** Strathalbyn Neighbourhood Centre, Parker Avenue, Strathalbyn

**Bookings:** [alexandrina.sa.gov.au/libraryevents](http://alexandrina.sa.gov.au/libraryevents)

### Food Matters - Goolwa

25 March at 6.30pm

**Location:** Goolwa Library, Cadell Street, Goolwa

**Enquiries:** [alexandrina.sa.gov.au/libraryevents](mailto:alexandrina.sa.gov.au/libraryevents)

### Goolwa Art and Photographic Exhibition

27 March to 5 April

**Location:** Signal Point Gallery, Goolwa Wharf Precinct

**Enquiries:** [goolwaexhibition@gmail.com](mailto:goolwaexhibition@gmail.com)

### Smart Digital Marketing - Blogging

30 March at 10am

**Location:** Oasis Gardens, 726 Langhorne Creek Road, Belvidere

**Bookings:** [businessalexandrina.com.au](mailto:businessalexandrina.com.au)

### Through an Invisible Wall - Margie Hooper solo exhibition\*

10 April to 30 May

**Location:** Signal Point Gallery Goolwa Wharf.

**Enquiries:** [jaw@alexandrina.sa.gov.au](mailto:jaw@alexandrina.sa.gov.au)

### Juggling vs Magic

14 April at 11am

**Location:** Centenary Hall, Goolwa

**Bookings:** [visitalexadrina.com](http://visitalexadrina.com)

### Mermaids and Sailors\*

15 April to 30 May

**Location:** Signal Point Gallery Goolwa Wharf.

**Enquiries:** [jaw@alexandrina.sa.gov.au](mailto:jaw@alexandrina.sa.gov.au)

### Mainly Mozart

17 April at 7pm

**Location:** Clayton Bay Community Hall  
**Bookings:** [visitalexandrina.com](http://visitalexandrina.com)

### Sweet As Swing

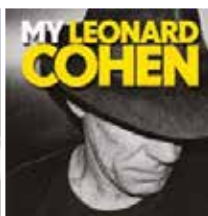
23 April from 11am and 2pm

**Location:** Centenary Hall, Goolwa  
**Bookings:** [visitalexadrina.com](http://visitalexadrina.com)

Keep up to date with upcoming and new Council events by visiting the website  
**[alexandrina.sa.gov.au](http://alexandrina.sa.gov.au)**  
or the tourism website  
**[visitalexandrina.com](http://visitalexandrina.com)**

\*Free Event!





Leave your hat on...

# Fabulous Fringe shows set for Victor

The Victor Harbor Town Hall is about to be temporarily transformed into The GC Grand Central, a brilliant Adelaide music and entertainment venue, from Friday, March 5 to Sunday, March 7.

There will be eight performances of seven different shows, part of some fabulous Fringe Festival entertainment presented by The GC which will continue in the city until March 21.

The Fringe has been held since 1960, and with great support that the Victor Harbor concerts deserve it could lead to a lot more first-class acts of international class spreading to the south coast.

With new shows to the Fleurieu Peninsula, the old Town Hall in Coral Street will certainly come alive – all in COVID-safe compliance. The GC presents:

**Stewart d'Arrietta and My Leonard Cohen – Friday & Saturday 7pm:** A critically-acclaimed and world-renowned show.

**L.A. Dreaming, Friday, 9pm:** Playing music from LA's greatest artists including Fleetwood Mac, Crosby Stills and Nash, Carole King, Neil Young, Linda Ronstadt.

**Amelia Ryan & Libby O'Donovan: Saturday, 2.30pm:** Cabaret Festival hit *Unsung* is a special Saturday matinee performance.

**Helpless: Saturday, 9pm:** Tributes to rock legends with a one-off show dedicated to the music of a Canadian favourite, *The Songs of Neil Young*.

**The Beggars Sing The Seekers: Sunday, 4pm:** Hear them sing *The Seekers* - a wonderful show.

**Stewart d'Arrietta and My Joe Cocker – Sunday, 6pm:** Stewart is also bringing to stage in Victor the Australian premier of an all-new show *My Joe Cocker*. Stewart's soulful delivery is perfectly matched to the legendary music of this great rocker with classic songs including *Feelin' Alright*, *The Letter*, *A Little Help From My Friends* and *Leave Your Hat On*.

**The Bald Eagles: Sunday, 8pm:** These Fringe favourites with their new outing *Back on Tour*.

The GC is also presenting some brilliant Fringe shows in the city – 10 performances that are likely to be among the most popular of the entire festival. The first-class entertainment also includes a Fringe-first



Stewart d'Arrietta

season of the *JJ Cale* tribute *After Midnight* by Oz music veteran Don Miller Robinson. Recent Fringe nostalgia hit *Cat*, *Neil & Captain Fantastic* and tribute stalwarts *The Bald Eagles* round out this high calibre program.

Since starting as a Fringe venue-operator in 2016 The GC Grand Central has supported the live music scene in Adelaide. The new Fleurieu location is its response to the difficulties of 2020 and a step towards taking more of the Fringe to audiences outside the city – all with a definitive Fringe vibe.

**Tickets via FringeTix: 1300 621 255.**

**Advance purchase only. No door sales. Visit: [thegcadelaide.com.au](http://thegcadelaide.com.au)**



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\* LA Dreaming (5/3 at 9:00)

\* Amelia Ryan and Libby O'Donovan: *UNSUNG* (6/3 at 2:30)

\* Helpless: *The Songs of Neil Young* (6/3 at 9:00)

\* Beggars Sing *The Seekers* (7/3 at 4:00)

\* My Joe Cocker (7/3 at 6:00)

\* Bald Eagles *Back on Tour* (7/3 at 8:00)

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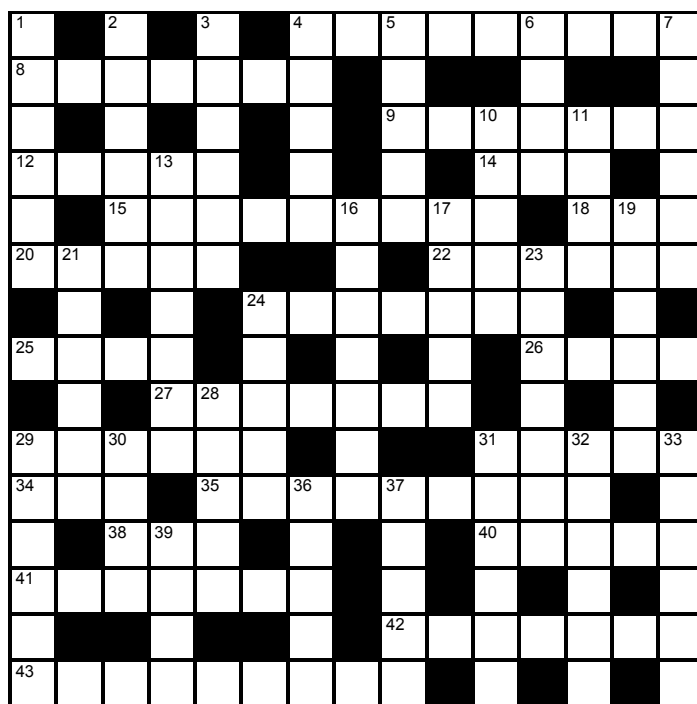
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## Puzzles

### Crossword

#### Across

- 4 Dispersed  
8 Go before  
9 Asserts positively  
12 Upright  
14 Consumed  
15 Lifting  
18 Pull forcibly  
20 Fruit  
22 Charge with gas  
24 Exact  
25 Fashion  
26 Undermines  
27 Arachnids  
29 Interruption  
31 Of the tides  
34 Perform  
35 Continue steadfastly  
38 Kimono sash  
40 Make merry  
41 Having likeness  
42 Tending to erode  
43 Restored confidence



### 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 7 so (U) is (G) divided by (C) so (G) must be 21. It also means that anywhere there is a (U) in the puzzle it is a 3 and so on.

#### Down

- 1 Call for aid  
2 Buy back  
3 Defeated  
4 Dark brown  
5 Fact of being elsewhere  
6 Way out  
7 Amount to be taken  
10 Wise men  
11 Stiff hair  
13 Nearest  
16 Seesaws  
17 Fasteners  
19 Imagined perfect state  
21 Of foreign origin  
23 Breathe  
24 Composure  
28 Apple of the eye  
29 Mooring cable  
30 Minute particle  
31 Extreme fear  
32 Free from  
33 Lounged  
36 More uncommon  
37 Flowed back  
39 Prejudice

A	O+W	
B	Z×O	
C	D+I	7
D	N÷N	
E	U+N	
F	I×O	
G	O+Q	
H	U+W	
I	O+K	
J	K+Q	
K	H÷C	2
L	O×K	
M	K+V	

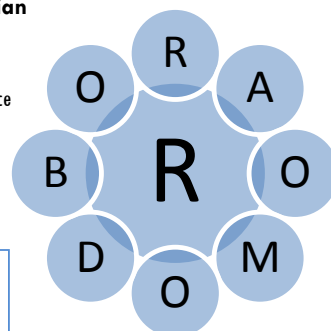
N	U×U	
O	F÷I	4
P	L+K	
Q	K+A	
R	D+X	
S	W+K	
T	K+R	
U	G÷C	3
V	A+D	
W	N+K	
X	B+K	
Y	K+F	
Z	U+K	

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### FOCUS An All Australian Word Game

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

**TODAY'S FOCUS** Good: 12 words  
Very good: 16 words  
Excellent: 22 words



Puzzle answers P27



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# On the brighter side...

## NEWS UPDATE

### DUCKS ATTACK PURE BREAD DOG

#### A purrr-fect breed

A man is walking down the road when he sees a pet shop. There in the window is a cat with a sign: 'Genuine Netherlands cat'. The man says to himself: "I've been breeding cats for years and I've never heard of the Netherlands breed."

He goes into the shop and asks the pet shop owner: "How Dutch is that moggy in the window?"

#### Chute, ask questions later

A plane going down over the desert with only three parachutes on board. There are four people on board – the smartest man in the world, the best doctor in the world, an old priest, and a young nerd.

The doctor says: "People need me for my medical skills" as he grabs the first parachute pack and jumps. The smartest man in the world says: "People need me for my intelligence" who also grabs a pack, and jumps.

The old priest looks at the nerd and says: "I have lived a long and happy life. You take the last chute." The nerd smiles, and says: "Don't worry, there are enough chutes for

the both of us. The smartest man in the world just grabbed my backpack."

#### Drinks on me

Davo walks into a bar and has a couple of beers. When he's finished the bar person says he owes \$16.

Davo says: "Hey, I paid, don't you remember?" The bar person says: "Well, if you say you paid for your beers then you paid."

Davo goes outside and tells his mate Smithy that the bar person can't keep track of whether his customers have paid. Smithy then rushes in, orders a beer and later pulls the same stunt. "The bar person replies: "If you say you paid, I'll take your word for it." Smithy walks out and sees another mate, Steve, and tells him how to get free drinks.

Steve hurries into the bar and begins to drink double scotches when suddenly the bar person leans over and says: "You know, a funny thing happened in here tonight. Two men were drinking beer, neither paid and both claimed that they did. The next guy who tries that is going to get punched right in the nose."

And Steve says: "Don't tell me your troubles mate, just give me my change and I'll be on my way."

#### Test for Tex

Adelaide Crows coach Matthew Nicks walks into the changerooms before a game, looks over to his star player Tex Walker and says: "I'm not supposed to let you play since you failed maths in Grade 6, but we need you in there. So what I have to do is ask you a maths question, and if you get it right you can play."

Tex gets a bit nervous, but agrees. The coach looks into his eyes intently and asks: "Okay Tex, now concentrate... what is two plus two?"

By now, Tex is shaking. He says: "Four." Nicks shouts: "Did you say four?" Text thinks for a moment, and says: "Yes." Nicks gets all excited when all the other players in the room start screaming: "Oh come on coach, give Tex another chance."

#### Give her a break

Suzie is driving her little Mazda 3 with her friend Stephanie in the front passenger's seat. They're going down a steep hill at Carrickalinga when Suzie realises that she can't slow down. She shouts to Stephanie: "The brakes won't work and we're going to go over the cliff at the end of the road." Calm as anything, Stephanie says: "Oh, don't be a panic merchant.... there's a stop sign at the end of this road."

#### Hello chaps

A bloke walks into a chemist shop at Strathalbyn asking for something for his chapped lips. The pharmacist takes a close look at them and makes the comment this is the worst case of chapped lips he has ever seen.

The pharmacist says to the bloke: "On the way home stop at that dairy farm on the corner and wipe some cow manure on your lips."

The bloke is bewildered. "Will that help my chapped lips?"

And the pharmacist says: "No, but it will stop you from licking them."

#### On the greens

Max asks his mate Russell why he has the nickname of "Bias". He adds: "You've never played lawn bowls or been a commentator, so why would they call you that?"

Russell says: "Yeah, I now they call me Bias... it's just that my kids are always saying to me 'buy us this' and 'buy us that'."

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To the person who came up with the number zero,  
thanks for nothing.

## Knock, knock...

Mr Hubert Snogleglass, the Managing Director of a big corporation, can't decide whom to give a manger's job – one of two men, or a woman – so he asks each of them the same question.

He asks them: "If you were forced to go through one of the following doors, which door would you go through with 100% certainty you'd stay alive: a), a door with a man with a gun behind it, b) a door with a tiger who hasn't eaten in seven years behind it, or c), a door with an electrical chair behind it?

The first man says a), the man with a gun. The second says c), the electric chair, and when the woman says )b, the tiger, and the manager asks why? And the woman says: "If the tiger hasn't eaten for seven years it would be dead."

## Slow pace

Neville is upset because his champion racing snail has lost all of its winning form. In desperation he takes the snail's shell of to reduce the weight and make it more aerodynamic.

With hope in his heart, Neville sets the snail for the feature event at the Spring Snail Carnival, but sadly the snail still fails to run a place.

Racing writers gather around Neville and drill him why his star snail failed yet again. With a tear in his eye, and under extreme pressure, Neville says: I took the shell of to make my snail run faster, but it didn't work... if anything it made him more sluggish."

## Time is tickin'

Joe clocks off for lunch. Sits down on the work site and opens his lunch box that his wife prepared that morning. Her notices something really strange so he calls the Victor Harbor Police Station.

"Officer, officer," Joe shouts. "I've just found two wires sticking out of my sandwich... it looks like a bomb."

The officer asks: "Is it tickin'" And Joe says: "No, I think it's beef."

## Dad jokes...

**What kind of noise does a witch's vehicle make?** Brrroooooom, brrroooooom.

**What's brown and sticky?** A stick.

**How do you get a country girl's attention?** A tractor.

**Why are elevator jokes so classic and good?** They work on many levels.

**What do you call a pudgy psychic?** A four-chin teller.

**What did the police officer say to his belly-button?** You're under a vest.

**What do you call it when a group of apes starts a company?** Monkey business.

**What kind of drink can be bitter and sweet?** Real-tea.

**What do you call a naughty lamb dressed up like a skeleton for Halloween?** Baaad to the bone.

**Want to know why nurses like red crayons?** Sometimes they have to draw blood.

**What would the Terminator be called in his retirement?** The Exterminator.

**Why do bees have sticky hair?** Because they use a honeycomb.

## Puzzle answers from P22

FOCUS solution: bard barm boar board  
BOARDROOM boor brad broad brood broom door  
dorm drab dram droob moor ramrod road roam  
roar rood room

A	B	C	D	E	F	G	H	I	J	K	L	M
15	20	7	1	12	24	21	14	6	19	2	8	18

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
9	4	10	17	23	13	25	3	16	11	22	26	5

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A	R	B	S	C	A	T	T	E	R	E	D	
P	R	E	C	E	D	E	L	X	O			
P	D	A	P	I	N	S	I	S	T	S		
E	R	E	C	T	I	B	A	T	E	A		
A	E	L	E	V	A	T	I	N	G	T	U	G
L	E	M	O	N	E	A	E	R	A	T	E	
X	S	P	R	E	C	I	S	E	O			
M	O	D	E	O	T	L	S	A	P	S		
T	S	P	I	D	E	R	S	P	I			
H	I	A	T	U	S	R	T	I	D	A	L	
A	C	T	P	E	R	S	E	V	E	R	E	O
W	O	B	I	A	B	R	E	V	E	L		
S	I	M	I	L	A	R	B	R	O	L		
E	A	E	E	R	O	S	I	V	E			
R	E	A	S	S	U	R	E	D	R	D		

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# A 'red hot' day at Morgan Park

The wheels are in motion – harness racing is returning to Morgan Park on Easter Sunday, April 4.

We can expect the best-available fields for the Victor Harbor Harness Racing Club's premier events, the Amos Vac Pacing Cup and the Pacing Cup and the Skyvalley Trotters Cup – the most significant events in the club's proud history. They each carry \$10,000 prizemoney, which has attracted great interest from owners and trainers from around the state.

However, club president Lynton Bishop believes this holiday meeting isn't just about the club, but the industry as a whole and especially tourism and the business sector across the Fleurieu Peninsula. "People come from everywhere to stay at Victor, and our much-welcomed travellers support local businesses along the way and in Victor Harbor," Lynton said. "We get more people at our race meetings than anyone else apart from Globe Derby when they have their cup.



"We are trying our best promote harness racing. We need more people involved in the industry... purchasing horses at country venues which is the lifeblood of the industry. As a club we are contributing to the overall stake money. "As a committee and with the support of our members we do everything we possibly can to make it a top meeting – improving the facilities, attracting quality of the horses... everything to make it a great experience so

those attending will want to come back.

"We have also very much appreciated the support of local people and especially our sponsors who make our meetings possible. Also, we cannot thank local people who attend our meetings; their support plays an important part in making our club successful. The facilities are good and we go to great effort to ensure it is a great family day."

This is the first of two meetings at Morgan Park this year – the other will be held late December.

It's a full TAB meeting with gates opening from 11am. There are excellent bar facilities and food stalls, and if you like dabbling with a little wager there will be bookmakers supporting the full TAB service. The VHHRC first held a meeting at its original track in Encounter Bay in 1948, and moved to Morgan Park in 1997. The 1000 metre track is regarded by many in the industry as being one of the best in Australia in regard to shape and the surface.

[www.vhhrc.com](http://www.vhhrc.com)

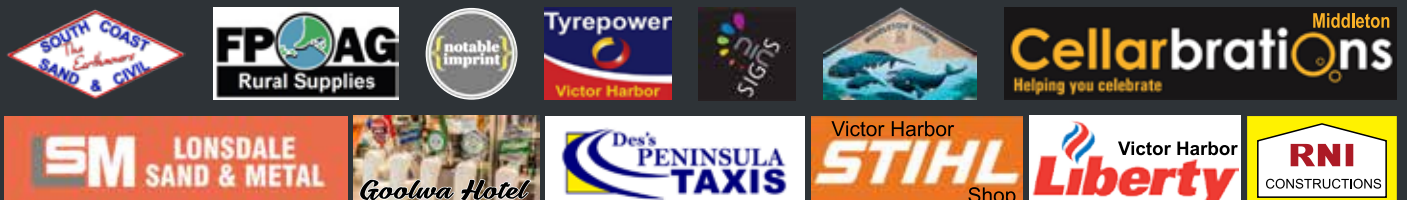
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**A**ged seven, Dave Lloyd was a determined little kid who locked himself in the shed almost days on end at his Broadview home and played his heart out on his sister's near-battered piano. No lessons, but in a short time with basic 1-5-6-4 and C-F-G chord progression he made those ivories dance.

A few years later, when Don McLean released *American Pie* – 50 years ago this May – his sister's boyfriend gave Dave his old drum set, and he also belted that unmercifully. Now 60, with heart problems and having literally survived Don's lyric '... *the day that music died*', he's still young and striking drum licks like a man possessed. Dave declares his mission is to make music on our south coast come alive again; really alive. Some may remember those iconic music festivals in Goolwa 30 years ago; bands rocking in pubs and clubs til midnight right along the coast. He wants to put soul into a festival again.

His old band *The Boogiemens* got back together five years ago, and over the past four months its huge cult following has deepened even further because of some

# The Boogie man in the Juke Joint

amazing performances at the relatively new Murray Delta Juke Joint run by Dave and his business mate, Greg Button.

The venue was previously Wreckers Bar with heavy metal gigs, a transformed wreckers shed in the industrial Dowdodd Crescent, Goolwa.

Other very talented performers have sang the blues at the Juke Joint – with superb impromptu performances from the floor also – but in this remodelled music club that breathes the soul of New Orleans it's *The Boogiemens* that most come to hear. We're talking about the irrepressible lead vocalist Steve Brown, and also immensely gifted artists Michael Hutton (guitar), Richard

McDonald (piano), Ron Kosmider (base), and of course Dave on drums. They call New Orleans '*the big easy listening*', and it also sums up these guys who are great at what they do.

For Dave and Steve, it rekindles priceless memories from when they formed the band 30 years ago this year, not that long after Steve was busking in Ocean Street, Victor Harbor.

In 2017 Steve won the *Memphis Blues Challenge* that sent them to New Orleans. Dave describes him as 'the man with the golden voice who makes the room light up'.

Continued P30



From P29

"Steve has such great stage craft; I have never seen anything like it in terms of local performances with the utmost of respect to others."

For most part, Dave's life of music since tickling the piano keys as a kid has co-existed with a most interesting and far from normal working life. It has been filled with adventure, at times been life-threatening, which overall dismisses the notion he's your ol' rock 'n roller stereotype.

In his words, Dave recalls sitting in a government Grenfell Street office in Adelaide doing his thing for years working on policy legislation and promoting koalas. "I have an urban planning background," he adds. "I was doing surveying and working in a publishing and communications unit with the National Parks & Wildlife and urban planning section."

It was only in 2014 that he earned his Master Degree in Urban Planning, and this background led to him to the fields of post-disaster emergency responses for a variety of companies. He was there at Lampuuk Beach, Banda Aceh in Indonesia where 9000 people lived but only 150 survived the 2004 Boxing Day Tsunami. He was also at Léogâne, the epicentre of an earthquake that devastated Haiti in 2010, and after

"It's a music venue that happens to serve grog. It's not a pub that happens to have bands. You are here to hear the music..." - **Dave Lloyd**

Typhoon Haiyan flattened the Philippines in 2014.

The Indonesian experience later saw him work on-and-off over three years on Nais Island, and taking 30 surfboards from Goolwa to American workers. It was a special place for him having surfed there 25 years earlier between working on a water sanitation project for a non-government organisation. He fell in love with a lady named Ilda, who was living next door, and they have been married since.

It is an amazing background, but the bad elements came at a price – being engulfed in stressful, intolerable conditions in Haiti led to three heart operations.

"I have AF (Atrial fibrillation) meaning my heart does weird things," Dave said. "I have played some good gigs with this and felt terrible, but there was no way I could never let anyone know because it meant I was unreliable."

"I was scared I wouldn't get any more gigs; I really was. If you have 11 people on stage in

a venue there is a fair bit of money involved. If you say, 'oh, sorry, I can't play' then no one plays."

"It is still my biggest fear; that if I have a stroke I won't be able to play the drums. "Excluding my family of course, if I couldn't do music there is a long distant second to anything else that lights my wick. If you have a passion for something you fall back on it. That's what you live for. Now, if I couldn't play I could still run the venue."

Dave's journey goes deep, but for years every twist lead to getting the band back together with more passion and at times hilarity than *Jake* and his brother *Elwood* in that 40-year-old classic movie *The Blues Brothers*.

The thorn that always stuck in him was the day Herbert Jaensch played in a tent at a festival in Victor Harbor 30 years ago. Some may ask, who? He was a Scottish folk musician, an acoustic guitarist, singer-songwriter who recorded at least 25 albums. His work was said to have influenced music

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greats like Paul Simon, Elton John, Bernie Taupin, Bernard Butler, Donovan, Neil Young, and here he was in a half-full tent in downtown Victor.

Dave still sees this wasted opportunity to hear greatness as a key reason behind his passion to make sure the music doesn't die down here for all time. It also comes from the streets of soul and jazz in New Orleans in the heart of the Mississippi Delta. With whiskey bars and music places he also visited in Mississippi and Georgia that the folks for countless years had referred to a 'Juke joints', it's easy to see why they called this Goolwa music club Murray Delta Juke Joint.

"There's only one river delta in Australia, and there's only one juke joint in Australia and both are right here," Dave said with much pride. He loves this town.

"Our place is definable by geography and now by name," he said. "It was an AC/DC shop; hard rock. People loved it, and Chris and Anita Browne did an amazing job building the infrastructure and making it council compliant, but with the utmost respect I have for them to me a lot of people found it was too loud and brash; a different market.

"We turned it into a blues venue, a rockabilly venue, a multi-genre venue.

Anyone could come here and if they've left with their ears ringing then we've done the wrong thing. This is about quality music gear that Greg and I mix ourselves.

"You have to play for the room. It's like the Adelaide Festival Theatre purely in terms of stage sound; it's incredible and it makes the musos play great.

"I have done hundreds, no probably thousands of other gigs and I have never previously heard the singer, just noise going to the people. This stage is about the band going, wow, how good is this. People go real quiet because they can hear themselves in safety and quiet. It's another real muso thing.

"A lot of ordinary bands do their thing because they're frightened to do anything else; the volume covers them. Wow, we're powerful, and we're gutsy they think, but they don't have any finesse. On our stage you can't get away from anything.

"It's a music venue that happens to serve grog. It's not a pub that happens to have bands. You are here to hear the music.

"When the performers are on the stage I ask for them to be given respect; if you are going to talk, talk outside. People say, yeah, hell man, that's great."

The remarkable this is that the Friday night or weekend jamming cost \$18 a head. There

hasn't been better value since this writer absorbed the whiff of joints from other sardines at a packed Elton John concert at Memorial Drive back in '83.

It's been a long stage show for *The Boogiemens* since those Victor Harbor pub and Goolwa festival days, always with a lot of support from local fans and great friends like the crew at the Royal Family Hotel where they attended a wake for an amazing bloke, Steve Bilecki, five years ago. The band had broken up for 10 years, but the sincere reverence and respect of the occasion saw them pick up their guitars and drumsticks again. The band was back.

Don McLean was wrong; the music didn't die that day in '71. Bands break-up, change and get back together again, and Dave reminds us music still has a pulse on our south coast. Don't we love the spirit of musos. But watch out, the Boogie Man is coming. 🌈

<https://www.facebook.com/Mdjukejoint/>

Images (from left): Murray Delta Juke Joint owners Greg Button and Dave Lloyd. *The Boogiemens* band on stage, and (from left) Dave Lloyd, Ron Kosmider (base), Michael Hutton (guitar), Steve Brown and Richard McDonald (piano). Part of the unique decor.



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### **Days of Bagnold Summer**

(M) Comedy starring Earl Cave, Monica Dolan, Rob Brydon and Tamsin Greig. Directed by Simon Bird. Fifteen-year-old Daniel lives with his divorced mother Sue. Daniel, who would rather listen to Metallica than his librarian mother, can't wait to spend his summer holiday with his father and his father's new wife in Florida. When the trip is cancelled, Daniel and Sue, who have a strained relationship, face six long weeks together in the dull British suburbia.

### **The Little Things**

(M) Crime, drama, thriller starring Denzel Washington, Rami Malek and Jared Leto. Directed by John Lee Hancock. Deputy Sheriff Joe "Deke" Deacon joins forces with Sgt. Jim Baxter to search for a serial killer who's terrorising Los Angeles. As they track the culprit, Baxter is unaware that the investigation is dredging up echoes of Deke's past, uncovering disturbing secrets that could threaten more than his case.

### **Blackbird**

(M) Drama starring Susan Sarandon, Kate Winslet and Sam Neill. Directed by Roger Michell. Lily suffers from amyotrophic lateral sclerosis and is planning to pursue euthanasia with the help of her husband Paul and invites her family and her longtime best friend Liz to the house so they can spend her final days together. But there's tension between her daughters, the uptight Jennifer and the wayward Anna, and it threatens to destroy her perfectly laid-out plan.

### **Promising Young Women**

(MA15+) Thriller, comedy starring Carey Mulligan, Bo Burnham, Emerald Fennell and Alison Brie. Directed by Emerald Fennell. Nothing in Cassie's life is what it appears to be -- she's wickedly smart, tantalisingly cunning, and she's living a secret double life by night. Now, an unexpected encounter is about to give Cassie a chance to right the wrongs from the past.

### **Penguin Bloom**

(PG) Drama starring Naomi Watts, Andrew Lincoln and Jacki Weaver. Directed by Glendyn Ivin. Penguin Bloom tells the true story of Sam Bloom, a young mother whose world is turned upside down after a near-fatal accident leaves her unable to walk. Sam's husband, her three young boys and her mother are struggling to adjust to their new situation when an unlikely ally enters their world in the form of an injured baby magpie they name Penguin. The bird's arrival is a welcome distraction for the Bloom family, eventually making a profound difference in the family's life.

### **Raya and the Last Dragon**

(CTC) Animation, action, adventure movie starring Kelly Marie Tran, Gemma Chan, Awkwafina, Alan Tudyk. Directed by Don Hall, Carlos López Estrada. In a realm known as Kumandra, a re-imagined Earth inhabited by an ancient civilization, a warrior named Raya is determined to find the last dragon.

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## High Ground

(M15+) Action, thriller starring Simon Baker, Jacob Junior Nayinggul and Jack Thompson. Directed by Stephen Johnson. In a bid to save the last of his family, Gutjuk, a young Aboriginal man, teams up with ex-soldier Travis to track down Baywara, the most dangerous warrior in the Territory, his uncle.

## Nomadland

(M) Drama starring Frances McDormand, David Strathairn. Directed by Chloe Zhao. Following the economic collapse of a company town in rural Nevada, Fern (Frances McDormand) packs her van and sets off on the road exploring a life outside of conventional society as a modern-day nomad. The third feature film from director Chloé Zhao, NOMADLAND features real nomads Linda May, Swankie, and Bob Wells as Fern's mentors and comrades in her exploration through the vast landscape of the American West.

## The Courier

(M) Thriller starring Benedict Cumberbatch, Merab Ninidze, Rachel Brosnahan and Jessie Buckley. Directed by Dominic Cooke. The true story of a British businessman unwittingly recruited into one of the greatest international conflicts in history. Forming an unlikely partnership with a Soviet officer hoping to prevent a nuclear confrontation, the two men work together to provide the crucial intelligence used to defuse the Cuban Missile Crisis.

## This is Port Adelaide

(M) History, sport, documentary directed by Nicole Miller. THIS IS PORT ADELAIDE takes viewers across the 150-year journey of Australia's most successful football club and then goes behind the scenes as the club was repeatedly challenged in 2020 by the impact of a global pandemic, in what was to be its 150th celebratory season. The film shares passionate first-hand accounts from players and one-eyed supporters who bleed for the club. Release date changed – coming soon.

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### CITTASLOW GOOLWA FARMERS MARKET:

Jeralde Park, Goolwa Wharf on Sunday, March 14 & 28, 9am-1pm. Enquiries: Jane 0419 855 148.

### GOOLWA WHARF ROTARY MARKET:

Goolwa Wharf, first & third Sunday of the month. Rotary Club of Encounter Bay. T: 0459 786 469.

### MOANA MARKET:

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

**MYPONGA MARKET:** Main Road, open weekends & public holidays Sun 9.30am-4pm. Art, books, toys, leatherwork, records, vintage bric-a-brac, waffles and gelato. Enquiries: Ryk 0405 235 243

**NORMANVILLE FARMERS MARKET:** Held at the town centre Main Road on the first Saturday of each month from 9am-1pm - with 40 stalls - great family atmosphere.

**PORT ELLIOT ROTARY MARKET:** First & third Saturdays of the month at Lakala Reserve, Young Street, Port Elliot from 9am-2pm.

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**STRATHALBYN MARKET:** Next to Gilberts Motor Museum in High Street, Strathalbyn third Sunday of the month 8am-3pm. Local produce, bric-a-brac, crafts, plants, jewellery, trash-and-treasure stall.

### VICTOR HARBOR BEACHSIDE MARKET:

Esplanade, Soldiers Memorial Reserve second & fourth Sundays of the month 9am-4pm.

**VICTOR HARBOR FARMERS MARKET:** Fresh produce at Grosvenor Gardens, Torrens St every Saturday from 8am-12-30pm. Enquiries: 0438 858 667.

**WILLUNGA FARMERS MARKET:** National award-winning market on main street every Saturday 8am-12.30pm. Enquiries: 8556 4297 or Jeni 0411 049 570.

**WILLUNGA QUARRY MARKET:** Buy local produce, gifts and search for bargains. Aldinga Road, every second Saturday 8am-noon. Contact Rob Hall 0408 897 393.

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# Sweet 'N Salty POPCORN



## Ingredients

- ⅔ cup 'popping' corn
- 2 tbsp ghee
- ½ tsp salt, finely ground\*
- 1 tbsp pure icing sugar, sifted
- 1 tbsp ghee, melted (extra)

*This recipe involves heating butter on a stove top. It is important not to overheat the clarified butter (ghee) to the extent that it begins to smoke. It is better to start with a lower heat. Do not leave the heating butter unattended at any time. If there is excessive smoke, remove pan from heat (with lid on), and allow to cool - always have a heatproof surface nearby to place the hot pan on. Start recipe again with a different saucepan.*

## Method

Add 2 tablespoons of ghee to a large saucepan and place on stove top with temperature set just below medium. Add two corn kernels and place lid on saucepan. If there is any sign ghee is starting to smoke, lift pan from heat, reduce heat immediately, and after a minute return pan to heat. When the corn kernels pop remove the pan from the heat, remove popped corn and add the rest of the corn kernels to the pan. Shake to distribute corn over the base, wait 30 seconds then return pan to heat and cover with lid, leaving a small gap to allow any steam to escape. The kernels should begin to pop within a few minutes. When popping slows remove pan from heat and transfer popcorn to a large bowl, discarding any unpopped kernels.

Sprinkle half a teaspoon of very fine salt over the popcorn (see note below) and toss through to coat. Then add 1 tablespoon sifted pure icing sugar and stir through. Finally pour over 1 tablespoon of melted ghee and stir through. Quantities of salt, icing sugar and ghee can be adjusted to taste. Delicious served warm or cold. Can be stored in airtight container.

**Note:** Corn suitable for popping must be used, and can be purchased from supermarkets. Ghee can be found in their Indian food, oils or butter sections. Ghee has a high smoke point and gives the popcorn a buttery flavour and crisp texture.

\*The salt needs to be fine so that it sticks to the popcorn. Ground salt can be made finer using a mortar and pestle, if you have one.



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# Smoked Salmon Spaghetti



## Ingredients

2 tbsp olive oil  
200g spaghetti\*  
1 small red onion, chopped  
2 cloves garlic, crushed  
1 small bunch broccolini  
150g hot smoked salmon, sliced\*\*  
8 cherry tomatoes, quartered  
1 long red chilli, deseeded and chopped finely  
½ cup cooking cream  
1 tsp dried dill  
50g crumbled feta  
salt & black pepper to season

\*Other pasta such as penne, fettuccine etc may be used.

\*\* Note hot smoked salmon is different to (cold) smoked salmon. The hot one looks similar to cooked fish.

## Method

Cook spaghetti in a large saucepan of boiling water, as per packet instructions. If using fresh spaghetti, cooking time will be reduced. Drain cooked spaghetti in a colander.

While spaghetti is cooking, prepare sauce. Wash broccolini, trim ends and slice into bite-size pieces (including stems). Heat oil over medium heat in a large frypan. Saute onion in oil for 3 minutes or until softened. Add crushed garlic and stir for one minute. Add chopped sliced hot smoked salmon and chopped broccolini, reduce heat to medium-low and simmer for 2 minutes, or until broccolini is heated through and slightly softened.

Add red chilli, cooking cream and dill and stir for another minute. Increase heat slightly, then add the drained pasta and stir until sauce and spaghetti are combined.

Finally add tomatoes and crumbled feta, season with salt and pepper, and gently stir to heat through.

Serve immediately topped with extra crumbled feta if desired. Serves 2-4



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“Furthermore, Beltone Imagine also has a rechargeable option. Rechargeable hearing aids make day to day use of hearing devices so much easier. They are convenient, cost effective, and assist independent management for those with dexterity and vision issues. No more fear of running out of power, purchasing disposable batteries, no fiddling or dropping tiny batteries, they also allow a lot more direct streaming time of phone calls and music to hearing aids. They are also better for our environment!”

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Are you avoiding social gatherings? Is it challenging to be in noisy social settings and still being able to hear to keep the conversation rolling? Are people commenting that you are raising your voice or shouting or perhaps, you are turning the TV's volume to a maximum? These are some of the most common signs of hearing loss.

“Over time, hearing difficulties lead to feelings of isolation and frustration. People can start making excuses to avoid noisy environments and social settings. Hearing loss is also linked to increased risks of depression, memory and concentration decline, and early onset dementia,” says Dean Laird from My Hearing Centre.

Maintaining conversations is just one of many struggles for people suffering with

hearing loss. You may not realise how much of our hearing we depend on to keep us away from danger. Imagine not being able to hear a car before you see it, giving you a few seconds notice as you prepare to leave your driveway. In a work setting, you may not hear a forklift reversing from behind you, making you a walking target. And not all dangers are loud either. It could be an infant's cry or a neighbour's call for help.

Whether you're struggling with hearing loss or are concerned about a loved one, it's important to remember that a consultation with an audiologist can be life changing. “They will first go through a series of questions and discuss your hearing challenges to understand your listening needs are and your lifestyle goals. Your audiologist

will find a tailored solution that will work for you,” says Lisa McBride, Senior Product Specialist at GN Hearing, manufacturers of the Beltone brand of hearing aids.

“Beltone is a well-known respected and innovative global hearing aid brand particularly in the US market backed by one of the largest hearing aid companies in the world” says Laird.

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