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FREE

May 2021 Vol. 10 #134

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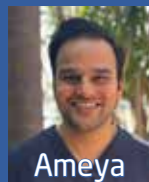
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May

COVER

Welcome to the Pritchard family of Yilki – that's Oscar, 11 on the left with mum & dad Marni & Dirk, and his sister Masey, seven. Oh, and with the family dog Dot. Marni and Dirk dared to do something that's uncommon these days – move the family to a farm and create a fabulous lifestyle and a rural business. P10-13: Life on a 'Fat Pig Farm'

GREAT OPPORTUNITIES

Resthaven, which was established 86 years ago to provide support and services to older people, is the new provider for the Commonwealth Home Support Program on behalf of the Alexandrina Council. The change will broaden Resthaven's delivery of high quality residential and community aged care services, and offer a range of new employment opportunities in health care across the region. FULL STORY: P13-15



MOTHER'S DAY OUT

One of our great organisations is the Fleurieu Community Foundation which does some amazing work helping our homelessness. Remember, in nearly all cases those impacted fell into difficult times through misfortune rather than self-infliction.

The great team is organising a fabulous Mother's Day weekend at a farm/cottage garden at 164 Back Valley Road, Back Valley on May 8-9 between 10am-4pm. Here's your chance to help the cause and have a great time.

Continued P3



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From P2

There will be plants, music, food, wine and cheese, garden sculptures for sale and a lecture on bees as well as extraction. If you have plants, jams or food to donate please call Pip on 0499 598 555.
www.fleurieucommunityfoundation.org.au

HAPPY MOTHER'S DAY!

It's a very special month for our mums – and our health care workers who help bring their children into the world. We start with International Midwives Day on Wednesday, May 5, Mother's Day on Sunday, May 9, and International Nurses Day on Wednesday, May 12.

We found some of these special people at the South Coast District Hospital – pictured right. We wish all the mums a Happy Mother's Day. May your day be just perfect. This is also a time when we have the *Miracle Month of May*, which raises awareness and funds for premature and sick newborns, their families and the hospitals that care for them. We personally share a thought for families and their newborn who have sadly passed away so young, and thank the health care professionals for doing their best.

This story is dedicated to Jaylen Beau Delbridge b. March 3, 2021 d. March 22, 2021.

RUN FOR RESEARCH

Here's a terrific Mother's Day idea on Sunday, May 9 – enter the annual Mother's Day Classic national fun run/walk. And it's all for a great cause – breast cancer research. In the 23-year history of the Mother's Day Classic almost \$38 million has been donated to the National Breast Cancer Foundation making it the single largest donor to this amazing organisation.

This is a national event, and our friends at McLaren Vale have signed up to take part this year – it needs more entrants to help the cause. You may run, walk or jog the Mother's Day Classic along the The Shiraz



Pictured (from left) are midwife Chloe Lane, Leanne Anderson with her one-day old baby Nathan weighing 7lb 4oz or 3.28kg, and registered nurse Andrew Van der Pennen.

Trail, Railway Terrace, McLaren Vale.
All participants will receive the ultimate Mother's Day Classic race pack full of goodies valued at \$30. Visit: www.mothersdayclassic.com.au

WELL, AN EXPO

There is a Fleurieu Coast Wellness Expo at Yankalilla Memorial Park Oval, Main South Road Yankalilla on Friday, May 21 from 11am-1pm. The expo, a partnership between the local council and Country SA PHN, is an innovative way for healthcare providers and well-being professionals to showcase services and expertise. There will be food, demonstrations, health checks and health information.

DO THE DIGGERIDOO

We ran a piece on Alastair Black who teaches the didgeridoo in our last edition, but we inadvertently also referred to him as 'David'. Sorry Alastair.



ENCOUNTERING OUTBACK

Encounter Lutheran College is sending team of 10 students on Operations Flinders next month, a magnificent program for youth from all backgrounds. It's about challenges, teamwork and developing leadership. The wonderful team at Harcourts South Coast has for some time supported the outback adventure, largely because of the program's outstanding success over many years, and has now organised a fundraising cocktail party for the college at McCracken Country Club on Saturday, June 5 from 7pm til late.

Continued P4



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From P3

It will be a bubbly affair and a 60s fashion parade. Be prepared to dance the night away. Tickets are \$50 plus booking fee at: [eventbrite.com.au/back-to-the-swinging-60s](https://www.eventbrite.com.au/back-to-the-swinging-60s) See advertisement page 6.

PAUSE FOR PAWS CAUSE

RSPCA's incredibly popular fundraiser Million Paws Walk is back after COVID-19 cancellations last year, but unfortunately not in Victor Harbor – only in Adelaide, Wallaroo and Port Pirie on Sunday May 16.

However, there's still good news for the 10,000 or more dogs across the southern Fleurieu Peninsula – there is a virtual challenge component of the event. Their owners can walk their four-legged friends 30 minutes per day during May and make a donation to help the RSPCA to help raise much-needed funds to support the charity's animal rescue, care and rehoming work. All going well the Million Paws Walk will return here next year, and by then these beautiful dogs pictured above will be well trained to walk proud and obediently. We saw them in the beginners' grade at the Fleurieu Dog Obedience Club under the guidance of head trainer David Rumble by Encounter Bay Oval. Their owners seemed to be concentrating harder, but these dogs have only just started training and have improved every week. About 40 dogs are trained here every Monday, and if you are interested in joining their owners simply be there on a Monday after 6pm.

Interestingly, Million Paws Walk organiser Sophia Hynes-Bishop said one of the few positives to come out of the difficult COVID-19 times was that last year more people than usual adopted a new furry family member from RSPCA shelters. "During March and April 2020, 1275 animals were adopted compared with 716 for the same period in 2019," Sophia said.



"There is no doubt that the companionship of dogs has helped many of us cope with the challenges of life during a pandemic."

Also, last financial year, RSPCA South Australia set a new adoption record with 5085 animals finding new homes. Well done. For further information on this year's RSPCA fundraiser visit: www.millionpawswalk.com.au/register/sa/register

Pictured (from left) Xanthe Lynch with her German shepherd Chase, George Bennett with his miniature poodle Charlie, Emma Moose with her blue heeler, and Julie-Ann Fulton with Huey, a Jack Russell.



STORY BY...

There were a few messages from readers regarding our Anzac Day tribute story *They each have a story to tell* in our April edition. It was about a young man named Ronald, better known as Max, an Aircraftman 1 who

in 1945 was part of an Australian contingent of 16,000 sent to Burma, and later Hiroshima which had been flattened after the atomic bomb was dropped ending war with Japan.

The story ended: "... And how do I know what Max did? He was my father." However, some readers were unaware who wrote the story.

Since our first edition of Coast Lines we have listed in an index our business details including 'STORIES: Ashley' Normally, in magazines and newspapers a byline is used, but I have written every story since September, 2011 and the magazine would have had my name on every one of them. It has also been a way of saying that Coast Lines is your magazine, not just ours, and Jenny and I have tried not to be self-indulgent.

However, one agrees that this particular Anzac Day story needed a byline. For the record, this is the first time in 134 editions that we have referred to one's self as 'I' in a story. So here is goes: By Ashley Porter. If you want self indulgence this byline first appeared on both the front and back pages of *The News* February 9, 1973. Thank you for reading Coast Lines.

SPECIAL DAYS



Kiss Goodbye to MS Month. Wear red lipstick and help kiss goodbye to MS. Help support people with MS through funding vital research into the cause, cure and better treatments for the disease. www.kissgoodbyetoms.org

Continued P5



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TEA FOR TWO

There are a lot of special days in May, and Jill and John Cunningham (pictured) of Victor Harbor have plenty of reasons to support or be part of them.

May 3-8 is Ride to Cure Diabetes, a cycling event in the Barossa Valley raising awareness and funds for type 1 diabetes. John has diabetes.

It's National Volunteer Week from May 17-23 – Jill and John were volunteers with the Fleurieu Cancer Support Foundation until COVID-19 limited their involvement. They cannot wait til they can again help out transporting those requiring treatment in city locations.

Jill is a cancer survivor so she knows only too well how much our volunteers who assist cancer organisations are appreciated. And Saturday, May 8 is World Red Cross Day, and having received its support when ill some years ago they support this wonderful organisation. John and Jill are also supporters of Australia's Biggest Morning Tea campaign



run by the Cancer Council on Sunday, May 23. This is the official day for the event, but anyone may host an event anytime throughout May or June. It's simple, fun and best of all for a great cause. All you need to do is set a date, brainstorm some

morning tea ideas, invite your guests and raise money to help support the fight against cancer. Meanwhile, it's tea-for-two in the Cunningham household. Visit: www.biggestmorningtea.com.au

From P4

Domestic and Family Violence Prevention

Month: Raises community awareness and promotes a clear message that domestic and family violence will not be tolerated in our communities. www.domesticviolence.com.au

Miracle Month of May: To raise awareness and funds for premature and sick newborns, their families and the hospitals that care for them. www.miraclebabies.org.au

Crohns & Colitis Awareness Month: Aims to bring attention to Inflammatory Bowel Syndrome, which affects more than 5 million people. www.crohnsandcolitis.com.au

May 2-8: Motherless Daughters Awareness Week. Dedicated to informing, supporting and connecting women and girls whose mothers have died, to help navigate the everyday and life's key milestones. www.motherlessdaughters.com.au/

May 3-8: Ride to Cure Diabetes. A great opportunity to raise awareness and funds for type 1 diabetes. Held in the Barossa Valley, riders choose to challenge themselves on one of three professionally run courses of 35km, 80km or 160km. jdrf.org.au

Wednesday, May 5: International Midwives Day. Celebrate the importance of midwifery. www.midwives.org.au

Saturday, May 8: World Red Cross Day. www.redcross.org.au

Continued P6



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From P5

Monday, May 10: World Lupus Day. International Lupus Congress. An autoimmune disease that may cause abnormalities in the function and structure of such vital organs as kidney, brain, lungs etc. www.worldlupusday.org/

Wednesday, May 12: Missing Orangutan Mothers Day. Orangutan Outreach.

Orangutan mothers and babies have an incredibly close relationship. Baby orangutans don't have a support network around to give them the many lessons of finding food, building nests and other survival skills. Because of the growing demand for palm oil, though, more and more orangutan mothers are being killed every year on the islands of Borneo and Sumatra. redapes.org

May 17-23: National Volunteer Week. Provides an opportunity to highlight the role of volunteers in our communities and to say thank you to the more than 6 million Australians. www.volunteeringaustralia.org

May 19-26: Schizophrenia Awareness Week. People with schizophrenia are among the most highly stigmatised and socially marginalised people in our community. www.onedoor.org.au

May 21-27: Macular Degeneration Awareness Week. Macular degeneration is the leading cause of blindness and severe vision loss in Australia. www.mdfoundation.com.au

May 25-26: Red Shield Appeal Doorknock. Signature fundraising drive which helps fund a vast network of social and community services. salvos.org.au



Wednesday, May 26: National Sorry Day. Continuing effort to achieve appropriate education, reconciliation and recognition for the Aboriginal stolen generation. www.reconciliation.org.au

May 27-June 3: National Reconciliation Week. Commemorate two significant milestones in the reconciliation journey - anniversaries of the successful 1967 referendum and the High Court Mabo

decision. www.reconciliation.org.au/nrw/what-is-nrw/

Friday, May 28: 65 Roses. Cystic Fibrosis Federation Australia encourages people to participate in a challenge themed around the number 65. Supporters have embraced this concept with many wonderful ideas for challenges. www.65roses.org.au/

Saturday, May 29: White Wreath Day. Celebrated in remembrance of suicide victims. Almost every Australian family is directly or indirectly affected by suicide. We are asked to display a white wreath in remembrance of those who have lost their lives. www.whitewreath.com



Sunday, May 30: World MS Day. Raises awareness, support and connect the 2.8 million people living with the condition worldwide. www.worldmsday.org

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VOGALONGA DOWN UNDA SUNDAY, MAY 16, 9AM-3PM



Lost gift to Adelaide from Penang finds its way here

The *Kooperasi*, a stunning six-metre dragon boat presented by the city of Penang to its sister-city Adelaide as part of South Australia's 150 year jubilee celebrations 35 years ago, will at long last be in the water again – in the Vogalonga Down Unda.

Another Malaysian ceremonial boat presented of the same type and design made by Low Boon of Penang – the only two of their kind – is missing, believed to have rotted beyond repair.

In an amazing recovery process, the *Kooperasi* – a Malay word meaning co-operation – was some years ago found on an Adelaide Hills property in extremely poor condition. It was restored as part of the Northern Youth Justice Team program through the Department for Human Services/Family and Youth Services by youths who had been ordered to undertake community service.

The boat was crewed by youth from the program to create as training in teamwork and personal presentation.

For whatever reason, the *Kooperasi* was barely used and in recent years was given to Dragonboat SA. Again, it wasn't used and had no room to store it, so the

Goolwa River Dragons club suggested the boat be best presented and used in Goolwa.

Local restaurant identity Olaf Hansen, who is on the Vogalonga Down Unda committee, gave the *Kooperasi* a much-needed paint in preparation for the event. Fiona Sanders, of the Goolwa River Dragons Club, said it was hoped the boat would be used and displayed on behalf of the Goolwa community in Goolwa during both the vogalonga and the SA Wooden Boat Festival.

"It is a beautiful boat and it is such a shame that no one seems to know what happened to the second boat that was presented to South Australia," Fiona said. Olaf said he admired the youth who worked on the *Kooperasi*, and thought it would be great if somehow they could be at the Vogalonga Down Unda to see the result of their superb work. 🌈

Pictured in the *Kooperasi* are (from left): Olaf Hansen, Julie Obst, Annie Beach (standing), Mark Starkey, Col Kelly, Chris Hocking, Noel Mulhall, Roonie Weeks, and at front right in a traditional Venetian Vogalonga shirt, event co-ordinator Michael Piovesan.

Further embracing the Italian connection

It was 15 years ago that Goolwa became the first outside of Italy to become accredited as a Cittaslow town, slowing down and improving the quality of life as inspired by its creator Paolo Saturnini as mayor of Greve in Chianti, a little town of Tuscany.

This beautiful connection ran deeper last year when Goolwa prepared to host the first-ever vogalonga outside of Italy, made famous in Venice 45 years ago with a flotilla of human-powered craft in a 30km parade in Venice up the lagoon to Burano.

This immensely popular event drew more than 8350 rowers from around the world in 2100 boats in 2019. There wasn't one there last year because of COVID-19, but will return on Sunday, May 23.

It comes a week after our own special event – the Vogalonga Down Unda starting from the Goolwa Aquatic Club on Sunday, May 16 from 9am.

During this course under the Hindmarsh Island Bridge and return the expected 200 local participants will do a traditional Venetian salute to Venice and Goolwa – the *Alza Remi*. It's a point where they will raise their oars or paddles, and if fixed lock arms. With this ceremonious *Alza Remi* will come a reminder of Goolwa's special connection with Italy, and how lucky we are to be able to hold the event given the grappling with grief from COVID-19 across the rest of the world.

The Vogalonga Down Unda deserves our utmost support. It is a wonderful, free and family fun event made possible by the incredible enthusiasm by its event co-ordinator Michael Piovesan, who saw a vision of how wonderful this could be for Goolwa whilst being part of a vogalonga in Venice a few years ago.

Our Vogalonga Down Unda is also about a dedicated working group under the auspices

FROM GOOLWA AQUATIC CLUB vogalongadownunda.net.au

Best vantage points to see the parade

The Vogalonga Down Unda is a free community event, and there are some great vantage points along the Murray River banks to see a flotilla of man-powered craft parade past. Craft will take to the water at the Goolwa Aquatic Club on Barrage Road at 8.30am. The event starts at 9am and craft will proceed upriver towards the Goolwa Wharf which is another great spot from which to watch the boats.

Once through the bridge participants will

turn back at three points along Liverpool Road so the riverfront along Liverpool Road will offer further good places to view from 9.30-11am.

Most craft will complete the course by noon-12.30pm, and participants will return to the Aquatic Club where the public is invited to have lunch/refreshments and enjoy live music until about 2.30pm.

Presentations will be held between 2-2.30pm, and the event will finish by 3pm.

of the Goolwa Aquatic Club, and especially the support of much-appreciated sponsors led by Lakeside Goolwa and associated groups including Cittalow. Alexandrina Council has also played a huge part in making this event possible.

As in Venice, the participants will be in rowed or paddled boats or craft of any weight and size as long as they are human-powered craft whether it be row sculls, tinnies, wooden dinghies, English skiffs, Irish currachs, canoes, dragon boats or even something by foot. Our event is also a parade not a race, and it will be special.

The Vogalonga Down Unda is in its embryonic stage and the concept can in time become a major event attracting numerous entries and visitors across Australia. It has already attracted entries from newcomers including crews from Renmark Rowing Club, Moana Surf Life Saving Club and Tyndale High in Murray Bridge supported by Reclink SA. Registrations close May 12.

The committee embarked on a daunting yet achievable task of building their own two-person traditional Venetian *sandolo* boat, but fell short by a few months of having it ready for this year. It is being made by Mount Barker boat builder Straydog Boatworks using traditional drawings acquired from a source in Venice.

Our Vogalonga Down Unda has already formed a great parallel with the biennial Wooden Boat Festival, which as been deferred until 2023 because of the significant redevelopment of the Goolwa Wharf Precinct.

This year's Aquafest run by the Goolwa Aquatic Club had to be cancelled in April, but when it returns next year Goolwa really will be a special place to be on the Murray. Meanwhile, come May 16, *godere!* as our Italian friends say; enjoy. 🍷



Goolwa River Dragons add support

The Goolwa River Dragons will be out in force for the Vogalonga Down Unda, and it's not surprising – the club's major sponsor is Lakeside Goolwa, which is also the major sponsor for the event.

An aim of the vogalonga is to promote the range of water activities and relevant clubs including the Dragons, which were formed in late 2019 by a group of A-grade paddlers with the intent of forming a competitive regional dragon boat racing team. Located in Coorong Quays Marina on Hindmarsh Island, it offers an incredibly friendly team atmosphere with training on Tuesday and Thursday evenings, and Saturday mornings. It can also train and race with its affiliated team in Adelaide. Dragon boating offers aerobic and physical fitness, along with team building, new



friendships and social inclusion for all ages from 10 to senior.

Come-and-try sessions are offered monthly by the Goolwa River Dragons from May-September, and the racing season is from September-March. Equipment is provided, and if interested in trying dragon boating contact Jerry 0429 648 609 or Greg 0408 819 674.

Pictured (from left) are club members Peter Alchin, Ashley Watson, Christine Graham, Tanya & Greg Mitchell, Jerry Sanders and Drew Akkermans. 🍷

Pictured: (from left) Oscar, 11, Marni, Dirk, and Masey, seven, with the family dog Dot.



Life on a 'Fat Pig Farm'

In this day and age it's surprising when the daughter of a maintenance worker on the famous Pichi Richi Railway and a son whose dad left Kangaroo Island to be an architect are now farmers.

Farming has traditionally been a generational thing; inheriting the land plus the hard work and mostly heartaches that comes brings with it. Many just opt to sell to developers or overseas interests.

Meet Dirk and Marni Pritchard of Yundi, a young couple who dared to be different. They knew relatively little about farming, and while admitting they were still finding their way they saw no reason why young couples shouldn't at least also consider doing the same thing.

We're in a different era to our pioneering farmers and their sons and daughters, but in many ways farming still as straight as the crow flies because according to Dirk and Marni we now have the internet.

It was a Tasmanian television show *Fat Pig Farm*, about people discovering how farming on a smaller scale can lead to a successful business and offer a wonderful lifestyle that became their catalyst. They merely added their adventurous spirit. Dirk said he was thinking more about his love for agriculture when he was younger



and gave credit to Westminster School's Ag department, especially his teacher Ian Young.

"I would work with him in the school holidays running the department whilst everyone else was on holidays," Dirk said. This couple is obviously not afraid of hard yakka. Dirk still has his home building business, Marni loves working two days a week in a kitchen/homewares/garden store called *Cookery* in the heart of Willunga, and their children, Oscar, 11, and Maisy, seven, have their own chores. Then there is the ongoing house renovations.

However, nothing impacts on their precious


family time; the fun times are always to be found. Even Dot the family dog gets plenty of attention.

According to Marni, much of the inspiration to further develop their farming goals continues to come from internet pod casts. They never imagined having 20 cattle and one bull, 10 sheep and a ram, and two sows and a boar that are slowly multiplying in the backyard. The guinea fowls, Muscovy ducks and quail are busy too, while bees do their thing over the traditional meadow flowers also prepared for market.


Marni believes that when young people look at farming they feel a necessity to have experience handed down by generations. But she adds, in this internet age you can gain confidence learning on the go, which at times can seem forever.


"You do something one way and you think, oh can do that better next time," Marni said. "You are always evolving. You don't need experience; you just need the motivation to have a go. There are also the far more experienced farmers, good people who are the first to help you along the way if you ask them. Young people shouldn't be frightened to take the challenge.

Continued P12



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People

From P11

"Most banks won't take the risk of giving you money to buy a farm because it is a business and they want a return. When we bought this property five years ago farming was not going great, but if you watch the podcasts on farming you can learn how to give yourself the best chance to make a business out of it."

A key to future success for Dirk and Marni is finding new market for their produce, and they have taken a huge step by receiving the annual Willunga Farmers Market Scholarship. It was developed in 2014 in response to the declining number of farmers in the industry nationwide and the aspirations and integrity of this young couple epitomises its very meaning.

The \$15,000 – along with accolades and encouragement – will be used to enhance their long-term plans of making their

property, Braeburn Farm, to be self-sufficient and even more eco-friendly. They have already modified a tractor that will now be used every few days to re-locate the guinea fowls in mobile coups to fresh grazing land whilst remaining safe from foxes and birds of prey. This soil becomes fertilised, which is great for the wildflower bunches and the scrub honey business. Importantly, this scholarship will create opportunities to sell their produce at the nationally-acclaimed Willunga Market, probably from November when these well-deserved recipients have fully set-up their operation. Dirk sees this an opportunity for Marni to continue her work with the birds... making the farm make them money rather than having to also go to work doing normal jobs.

"We are only a quarter of the way of where we want to be in our business plan, so getting the scholarship will help push us



up to getting market exposure and provide produce to our customers," Marni said.

"A lot of people may see us as being different. It has never been daunting; always exciting because it was something that we wanted to do for some time."

"Some people have said why bother being self-sufficient; just go to the supermarket, but we know there are people out there who want a home-grown produce. We did our own research."

"Muscovy ducks have the most meat. Dirk's uncle is from the UK and they did a lot of travelling through Europe every year where they actually eat more Guinea fowl than chicken. The taste is in between chicken and a duck. The meat is more pink in colour and it's sweeter, it has that mid-range flavour and its slightly smaller than a chicken. There's more meat on the Muscovy ducks compared with the Peking ducks that most people tend to buy."

Dirk also believes trends for some time have been changing

in terms of people wanting to eat healthy food. "The one thing that was surprising for me was discovering that with pork if it doesn't have a bone on it is generally imported meat," he said.

"It is believed that as much as 70 per cent of pork sold in some supermarkets is not from Australia. Most of the bacon is from overseas. It can be a much different story with your local butcher."

The Willunga Farmers Market Scholarship is a partnership with from the Hills and Fleurieu Landscape Board and is awarded to encourage farming on the Fleurieu Peninsula by an emerging business.

One hopes people will follow Dirk and Marni's farming dream, but will their children one day be part of a Pritchard generational farming change?

Oscar says he wants to be a painter. Maisy wants to be a teacher and "paint Maisy's master pieces".

Maybe they'll change their mind when they get older. If more young people don't become farmers we won't be able to eat 'real' food and there won't be any farm characters like Dot. 🌈

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Resthaven's new community role

The Federal Government's new aged care reforms has led to the Department of Human Services appointing Resthaven as the new provider for the Commonwealth Home Support Program (CHSP) in the Alexandrina Council area from July 1. The CHSP program supports eligible older people with services including minor home modifications, home maintenance and gardening, domestic assistance in the Strathalbyn area, transport and social support.

Alexandrina Council Mayor, Keith Parkes said he was delighted with the significant announcement, considering Resthaven's positive local reputation and proud history. "Resthaven is well established in our local community with offices currently located in Strathalbyn and Port Elliot, and has an extensive history of providing trusted services to support people to age well in the community," Mayor Parkes said. "Our team is committed to working closely with Resthaven to support people who access these services so as to ensure a smooth transition."



Pictured: Alexandrina Council CEO Glenn Rappensberg, Resthaven Executive Manager Community Services Sue McKechnie and Mayor Keith Parkes.

Council's transition plans and further information may be viewed at: alexandrina.sa.gov.au/transition
Resthaven Executive Manager Community Services Sue McKechnie said that as a trusted, leading provider of aged-care services in South Australia Resthaven welcomed the opportunity to expand its



capacity to support people to age well across the Fleurieu.

"Our team looks forward to working with the Alexandrina community," Sue said. Resthaven is one of a select few aged care providers to offer the full range of aged care support, with in-home care and support services, a wellness centre, retirement living and residential aged care all available on the Fleurieu Peninsula.

Resthaven is a highly respected not-for-profit, South Australian aged care community service associated with the Uniting Church. Its residential and in-home care and support options are offered throughout metropolitan Adelaide, Adelaide Hills, Murraylands, Riverland, Barossa Valley, Fleurieu Peninsula and Limestone Coast.

Visit: www.resthaven.asn.au

Exhibition really is a moment in time

Having an art exhibition opened by someone who has for decades helped those who had experienced a brush with death sounds like a metaphor, but Associate Professor Julian White AM really does work in a rather unusual landscape.

He is Head of Toxinology at Women's and Children's Hospital, renowned for his work treating snakebites, spiderbites and other bites, plus his venom research. Julian, pictured by ABC News in 2016 upon being awarded a Member of the Order of Australia for his significant service to medicine, also shares a great love of art. He is a long-time client at Artworx Gallery, which is launching its *A Moment In Time* exhibition at Hays St, Goolwa on Sunday, May 9.

It is a brilliant theme given that Julian's acclaimed medical work has largely been about just that for his patients – a crucial moment in time – as is capturing something special on the canvas or in another art form. Adding to the snake pit and paint connection, Julian co-authored a book on



snakes some years ago with Mark Judd, who by coincidence is exhibiting some of his superb paintings at this exhibition.

This *A Moment In Time* special event has brought together many other exceptional artists including Tom O'Callaghan (paintings), Carole Bann (paintings), Mike Barr (paintings), Peter Coad (paintings), Cindy Dale (wood), Wayne Dale (wood), Dean Fox (sculpture), Linda Robertson (paintings), Randall Sach (glass) and Chris Wake (paintings).

The exhibition will be held until Sunday, June 6. It follows the showcasing of countless other artists of note and their works in all forms by gallery owners John and Liz Francis over the past six years.





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Opening doors to new careers

Resthaven provides welcome care and support to older people across the Fleurieu Peninsula and Murraylands.

CEO, Darren Birbeck, says, 'Due to ongoing expansion, we are looking for people from all walks of life to support older people to live independently in their own homes, and in our residential aged care home.'

'Roles in the community include everything from Home Support Workers, Nurses, Coordinators and Allied Health professionals, while in residential care, Personal Care Workers, Nurses and hospitality and catering positions are available.'

'If you are looking for a career change where you can really make a difference, aged care may be for you.'

'I have personally found aged care to be a fulfilling and rewarding place to work. It is a growing sector with a strong future,' Darren says.

'It also provides many opportunities for career development.'

'A prime example of the opportunities available is Simon Blair, Manager Residential Services at Resthaven Port Elliot, at 3 Frederik Street, Port Elliot.'

Simon explains, 'I started working here in January 2020 as Care Coordinator, then that same year in November, I was appointed to Manager Residential Services.'

'At Resthaven, our staff are supported and provided the opportunity to progress where possible.'



Simon Blair

'It is a fantastic place to work, and I encourage anyone who is considering a position here to go for it.'

This sentiment is echoed by Melayni Bovaird-Cations, who benefited from a Resthaven scholarship to complete her Bachelor of Occupational Therapy at UniSA – and is now working as an Occupational Therapist at Resthaven Murray Bridge, Hills & Fleurieu Community Services at 37 Swanport Road, Murray Bridge, as well as the Strathalbyn and Port Elliot outreach offices.



Melayni Bovaird-Cations

Melayni says, 'I was keen to continue working with older people, and support them in living well by doing the everyday things they want and need to do, in both good and ill health.'

'A clinical placement with Resthaven Murray Bridge, Hills and Fleurieu Community Services, where I experienced working within a fantastic team who does exactly this, cemented my desire to work at Resthaven.'

'Working for a well-respected, dynamic organisation, that embodies its values at every level, is important.'

'I say a big thank you to Resthaven, for the opportunities and experiences I have enjoyed as I embark on my dream career as an OT in aged care.'

Resthaven offers new and encore career opportunities for people who share our values of trust, dignity and choice, and want to make a difference in the quality of life of older people.

To check out the wide range of long term, full-time, part-time and casual opportunities currently available across the Fleurieu, and South Australia, visit the Resthaven careers page:

<https://www.resthaven.asn.au/volunteering-careers/careers/>

Every day, Resthaven shares the lives and wisdom of older people and their carers, being one of only a select few aged care providers in Australia offering the full range of aged care service options.



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Puzzles

Across

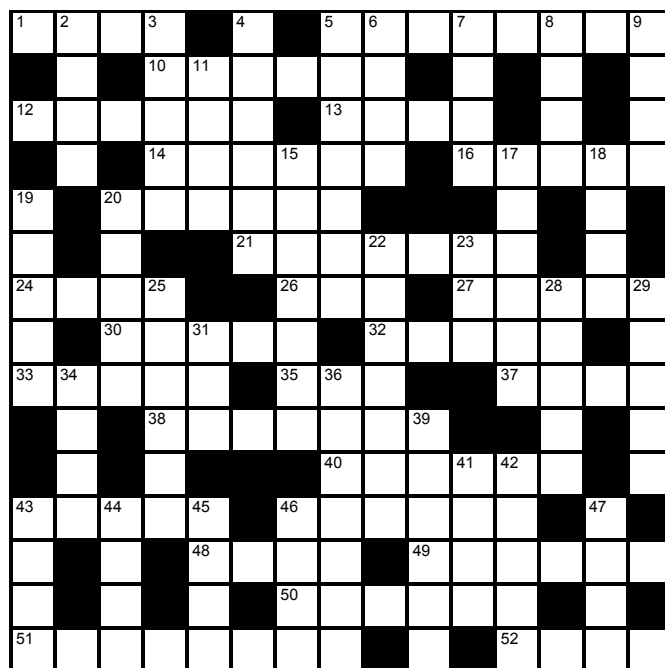
- 1 Probability
- 5 Mourned
- 10 Put before
- 12 Dental decay
- 13 Seeks charity
- 14 Scoffed
- 16 Hooked claw
- 20 Extreme fear
- 21 Subterfuge
- 24 Snare
- 26 Drink
- 27 Sovereign
- 30 Ascend
- 32 Stately
- 33 Weapon
- 35 Was ahead
- 37 Preservative
- 38 Cut off
- 40 Apprehend
- 43 Of the nose
- 46 Declare
- 48 Pimply condition
- 49 Things to be done
- 50 Vibration
- 51 Royal family member
- 52 Require

Down

- 2 Expensive
- 3 Tall tapering structure
- 4 Longing
- 5 Generous
- 6 Reduced sharply
- 7 Direction
- 8 Work hard
- 9 Daybreak
- 11 Bring up
- 15 Worthy of love
- 17 Makes void
- 18 Woodwind instrument
- 19 Locations
- 20 Vestige
- 22 Transmitters
- 23 Sphere
- 25 Liquid part of blood
- 28 Smallest amount
- 29 Proportion
- 31 Anger
- 34 Excuse
- 36 Rubbers
- 39 Visions
- 41 Therefore
- 42 Rear of a vessel
- 43 Tide attaining least height
- 44 Hindu garment
- 45 Secular
- 46 Insects
- 47 Timber-dressing tool

Puzzle answers P19

Crossword



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 (X) is worth 4 so (A), which is Y+X equals 10 means that (Y) must be worth 6. It also means that anywhere there is a (Y) in the puzzle it is a 6 and so on.

A	Y+X	10
B	F-S	14
C	J-W	
D	H×P	
E	U+C	
F	N+U	
G	A+S	
H	E+V	
I	Z+V	
J	U+Y	13
K	C+T	
L	E+W	
M	R+P	

N	R+C	
O	Q+J	
P	X÷P	2
Q	A÷P	
R	V×Q	
S	C+E	
T	G+Y	
U	K-G	
V	M-B	3
W	Y×P	
X	P×P	4
Y	T-G	
Z	O+V	

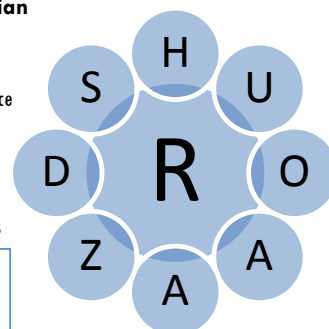
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FOCUS

An All Australian
Word Game

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

TODAY'S FOCUS Good: 9 words
Very good: 14 words
Excellent: 22 words



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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

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STRATHALBYN MARKET:

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 Puzzle answers from P20
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Puzzle answers from P16

Focus: aroha aura dora dour hard hazard HAZARDOUS hoar hoard hour ours rash rhus road rush sard shard shroud soar sour sudor surd

A	B	C	D	E	F	G	H	I	J	K	L	M
10	14	1	22	8	23	19	11	24	13	26	20	17

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
16	18	2	5	15	9	25	7	3	12	4	6	21

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

On the brighter side...

Love at first bite

A young man sees an elderly couple sitting down to have lunch in a cafe. He notices that they have ordered one meal and an extra drink cup. As he watches, the gentleman carefully divides the piece of crumbed fish in half, then counts out the chips – one for him, one for her, until each has half. The elderly man pours half of the soft drink into the extra cup and sets that in front of his wife. He begins to eat, and his wife sits there watching, gazing into his eyes and with her hands folded in her lap. The young man senses they are halving this meal because they cannot afford to buy two, and asks if they will allow him to purchase another meal for them so that they didn't have to share. The elderly gentleman says: "Thank you young man, you are very kind. We have been married 60 years and everything has always and always will be shared 50-50. I mean everything, our memories and the simple things in life like going out for lunch." Touched by this beautiful display of love, the young man then asks the wife whether she always sits there staring at her husband while he has his half of the meal first. She smiles back

at the young man, and says: "Oh no, today it is my husband's turn to use the teeth first."

NEWS UPDATE
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THE DOUGH

Remember this

A husband does something wrong in the household and his dear wife really tells him off good and proper. He apologises, and they move on. However, for years later the wife continues to bring up the incident. Finally, the husband has had enough. He says to her: "Honey, why do you keep bringing that up? I thought your policy was to forgive and forget." And the wife says: "Yes dear, but I just don't want you to forget that I've forgiven and forgotten."

School's back

The kids come back from Term One holidays at a Fleurieu Peninsula primary school and the teacher asks Johnny why is he late. He replies: "Because of the sign... School Ahead, Go Slow." The English lesson starts and the teacher asks him to begin a sentence with 'I'. Johnny starts to say "I is..." when the teacher interrupts and says: "No Johnny, you never start a sentence with I is." Johnny says: "Okay, I am the ninth letter of the alphabet." Next lesson is chemistry, and the teacher asks the class for the formula for water. Johnny puts up his hand and says: "H I J K L M N O." Confused, the teacher asks: "What on earth are you talking about?" And Johnny says: "Before we went on holidays you said the formula was H to O." As the day ends the teacher sets homework and she asks the class to write a composition on 'My dog'. The next day the teacher asks Johnny to stand up and explain why his composition is exactly the same as his older brother wrote a year earlier. And Johnny says: "It's the same dog."

Loo-natics in Victor

The Victor Harbor Police Station was burgled last week. Almost everything was taken, even the toilets were completely cleared. A SAPOL media conference was held yesterday morning at which the chief constable said they had nothing to go on at this stage. However, it was revealed at the press conference that a 95-year-old man was arrested in another matter relating to property damage. The chief constable was asked by a reporter: "How did you catch this man; did he have a record?" And the chief constable said: "Yes, Vera Lynn singing *White Cliffs of Dover*."

What's up Doc?

A group of psychiatrists are attending a convention. Four of them who are high-profile professionals decide to leave, and walk out together. Phillip says to the other three: "People are always coming to us with their guilt and fears, but we have no one that we can go to when we have problems." The others agree, and Phillip says: "Since we are all professionals, why don't we take some time right now to hear each other out – all with the ethics of a doctor-patient scenario?"



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What do you call someone who has broken their diet? A desserter.

The others agree, and the first one confesses: "I have treated a patient who is married and convinced her that to get well she needs to have an affair with me."

The second psychiatrist says: "I love expensive things so I find ways to cheat my patients out of their money whenever I can so I can buy the things I want."

The third one says: "I'm involved with selling drugs and often get my patients to sell them for me." They look at Phillip, who pauses and says: "Look, I know this is so unethical, wrong, terrible and you name it, but I have a confession also... I can't keep a secret."

No space like

Holmes

Sherlock Holmes and Dr Watson go on a camping trip. After a good meal and a bottle of wine they lay down for the night and go to sleep. Hours later, Holmes awakes and nudges his faithful friend and says: "Watson, look up at the sky and tell me what you see."

Watson replies: "I see millions and millions of stars."

Holmes says: "What does that tell you?"

Watson ponders for a minute and says: "Astronomically, it tells me that there are millions of galaxies, and potentially

billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you Holmes?"

Holmes is silent for a minute and then says: "You idiot, it tells me that someone has stolen our tent."

Dad joke

A dad is emotional when his son becomes a father for the first time. With tears in his eyes he presents his son with an amazing list of Dad Jokes copied from Coast Lines over the past decade.

His dad says to him: "It's now your turn... taking on the ultimate role of telling Dad jokes at the dinner table from the moment your newborn can talk, right through his school years when he can repeat your Dad jokes to the mates during recess, and when he brings a girlfriend home for the very first time."

His son has tears in his eyes and says: "Thanks Dad, I'm honoured."

And his dad says: "I'm Dad."

It's Mother's Day on Sunday, May 9 so here are some Mum jokes...

What happens to a refrigerator when you pull its plug? It loses its cool.

Where do you go to replace a missing chess piece? The pawn shop.

What did the big watch hand say to the small hand? Got a minute?

What do you get if you don't clean your mirror? A dirty look.

What do you call donating your body to a medical school? A dead give-away.

What do you get when you cross a werewolf with a ceramicist? A hairy potter.

Where does a judge eat lunch? At the food court.

Why isn't your nose 12 inches long? Because then it would be a foot.

What is a horse's favourite sport? Stable tennis.

How do you kill a circus troupe? Go for the juggler.

What happens if you get a gigabyte? It megahertz.

Why did the germ cross the microscope? To get to the other slide.

How do you know that your tiger is telling the truth? He's not a lion.

What did the rope say after it got tangled? Oh, no. Knot again!"

"What did the snake say to his girlfriend?

C'mon, let's hiss and make up.



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In a league of their own

Barrie Robran is regarded by his peers as South Australian football's greatest player. Three Magarey Medals and infinite respect as noted 20 years ago when elevated to 'Legend' status in the Australian Football Hall of Fame. His humility and sportsmanship is beyond reproach. He also epitomises the old saying that 'you can take the boy out of the country, but you can never take the country out of the boy'. Robran, now 73, said that he loved his playing days as a kid at North Whyalla in the 50s as much as his exemplary league career at North Adelaide and for South Australia. Come July 10-11 a football legion of 4000 including 500 players – men and women – and supporters from 24 country leagues canvassing six zones including our own Great Southern Football League will converge on Victor Harbor to contest the 2021 Think! Road Safety South Australian Country Football Championships. There

probably won't be a 'Robran' among them, but according to league president Terry Corcoran (pictured) it doesn't matter. "These players have their chance to be the best among the best country football has to offer in front of AFL and AFLW scouts and stamp their own mark on the game," Terry said. The championships support evidence that footballers are like water – they find their own level. When Robran starred for North Whyalla as a teenager a then-VFL scout contacted Essendon and said they should come over and sign him immediately. They ignored the tip. Some years later the scout said he had spotted an even better player than Robran at the same age playing for North Whyalla. Essendon officials arrived the next morning on a chartered flight and signed him on a 'Form 4' contract without seeing him play. The player was Greg Flanagan, who played

just two games for the Bombers in 1980, and later was a more than capable player for West Torrens. The point being, Flanagan was an exceptional junior, but never quite had the mental strength or ability to go further than he did. He had found his level in football, and deservedly should be proud of what he had achieved. And he enjoyed his football. Terry has been in this game for a long time including as a junior and reserves player at Glenelg, an assistant fitness coach at Willunga almost 40 years ago, eight years as a GSFL umpire, a small club role at Hawthorn during his 25 years in Melbourne, and after some years on a farm at Deloraine, Tasmania moved to Adelaide and has been president of the GSFL since 2019. "I suppose I've seen a lot a players with that water theory, finding their own level," Terry said. "It makes you feel good when you see those who have gone on from their country



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clubs to the SANFL and then AFL, but there are also a lot who really don't want to go that far; they are just as happy to play for their club no matter what level that may be. "The most pleasing thing is seeing kids go through the system and simply enjoying playing the game; that's the bottom line.

"There has always been something special about country footy. It runs deep with the rivalry between towns, and when you've got more than one in the same town like here with Encounter Bay and Victor Harbor there is no love lost between them.

"With our GSFL being aligned with netball it makes it even more of a family community day. It's why our league chose to play women's football on a Sunday so it would not impede too much on netball. Developing a strong women's competition has been wonderful for the game of football; it has added a new dimension."

Terry said the Think! Road Safety South Australian Country Championships was a great lead-in for country players – men and women – to represent their association, zone and eventually their state.

"A state team will be selected from male and female games and the scouts will be out and about," Terry said. "There is normally an interstate game against Western Australia, but not this year because of COVID.

"However, the team will be announced and the players will get their guernseys and gear. The interstate games will be played in Adelaide next year.

"No matter what sport or what level you play at there is that immense satisfaction

when you are selected among the best of your sporting environment. We encourage all of our players to progress from our league, and we're proud that clubs like Glenelg, Sturt and South Adelaide for this area have been blessed by good players going to them.

"The last couple of years there have been about 25 girls from our zone playing in the SANFLW and a half a dozen in the AFLW. The relationship with South Adelaide is healthier than it has ever been."

The Think! SA Country Football Championships have been held in its current format for 27 years, the first time in Victor Harbor. Based on previous championships including those at Port Pirie, Port Augusta, Renmark, Murray Bridge and Port Lincoln it will generate more than a half a million dollars in local revenue.

"This is going to be huge for the town," Terry said. "This wouldn't be possible without a \$30,000 and a \$5000 in-kind grant from the City of Victor Harbor. Its Mayor, Moira Jenkins, CEO Victoria MacKirdy as well as their staff have been incredibly supportive. They understood the value of hosting the championships from day one.

"The support from the State Government through its Think! Road Safety program and a host of other much-valued sponsors is also greatly appreciated.

"A lot of good football people like Kevin Curran, who has been our secretary/manager 43 years, and those at every club have worked very hard on these championships. They have made the

GSFL probably one of the most endeared leagues among the 24 in this state. We are financially stable. We have 10 good football clubs and 10 good netball sides who work together, and we have some of the best ovals and facilities in the state.

"We have a lot of great sponsors in the GSFL including Think! Road Safety program, West End, Fleurieu Milk, the local Telstra shop and FP*AG."

And we also have Terry Corcoran, who now lives in Adelaide suburbia. He came back here to help our local football because like Robran and everyone else still with country sport in them he hasn't forgotten where he has come from. Not bad for a mad Hawthorn supporter. 🌈

FACT SHEET

When: July 10-11

Where: Victor Harbor and Encounter Bay ovals.

Competing zones: Central, Eastern, Eyre Peninsula, Southern Districts, Murray South East, and Northern.

Southern Districts coaches: Mount Compass coach Peter Galbraith (men); McLaren premiership coach Dillon Bilney (women).

Record: Southern Districts has won the men's championship 10 times and been runner-up eight times since 1994, and the women won the inaugural title in 2018 and was runner-up last year.

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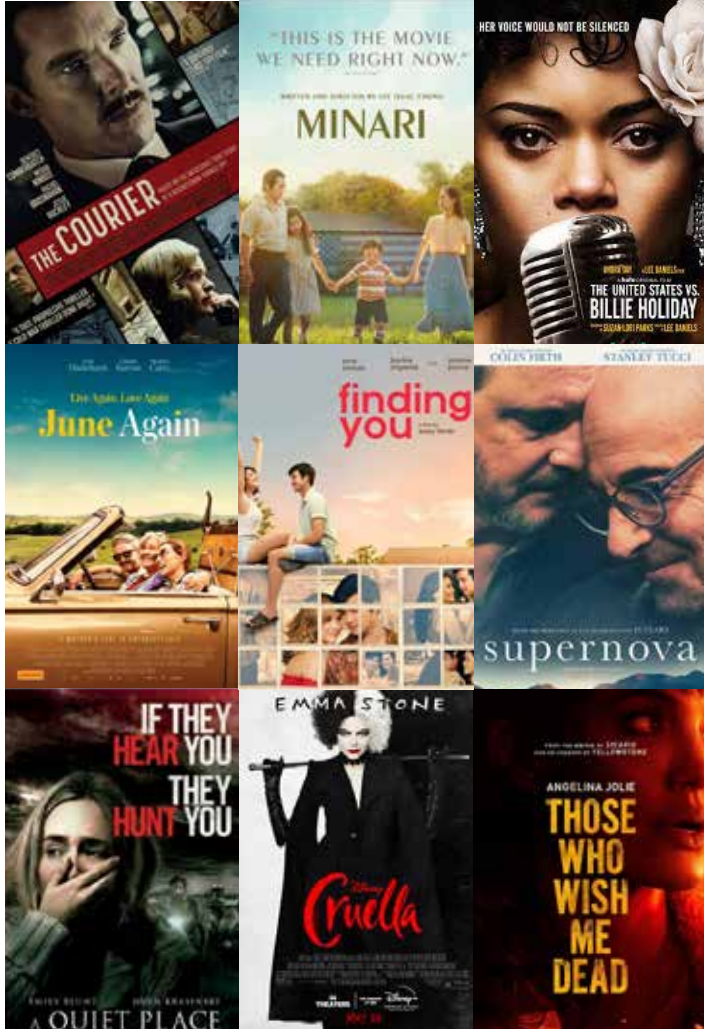
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The Courier

(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.

Minari

(PG) Korean Film with English subtitles. Drama starring Steven Yeun, Yeri Han, Alan Kim, Noel Kate Cho, Yuh-Jung Yoon. Directed by Lee Isaac Chung. A tender and sweeping story about what roots us, it follows a Korean-American family that moves to a tiny Arkansas farm in search of their own American Dream. The family home changes completely with the arrival of their sly, foul-mouthed, but incredibly loving grandmother. Amidst the instability and challenges of this new life in the rugged Ozarks, Minari shows the undeniable resilience of family and what really makes a home.

The United States v Billie Holiday

(MA15+ - strong themes, drug use and sex scenes). Biography, drama, music starring Andra Day, Trevante Rhodes, Garrett Hedlund. Directed by Lee Daniels. Follows Holiday during her career as she is targeted by the Federal Department of Narcotics with an undercover sting operation led by black Federal Agent Jimmy Fletcher, with whom she had a tumultuous affair. **Commences May 4.**

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June Again

(TBA) Comedy, drama starring Noni Hazlehurst, Stephen Curry, Claudia Karvan. Directed by JJ Winlove. A twist of fate gives family matriarch June a reprieve from an ongoing illness. Much to their amazement, June re-enters the lives of her adult children, Ginny and Devon, and learns that 'things haven't gone according to plan'. With limited time but plenty of pluck, she sets about trying to put everything, and everyone, back on track. When her meddling backfires, June sets out on a romantic journey of her own and discovers she needs help from the very people she was trying to rescue. **Commences May 7.**

Finding You

(CTC) Starring Jerome Ponce, Jane Oineza, Barbie Imperial. Directed by Easy Ferrer. Nel never forgets, literally. His condition called Hyperthymesia makes him remember everything in the past, and he uses it for his work as a journalist. He is plunged into an enigmatic journey when one day, his social media account pops up throwback posts he supposedly wrote about a girl who apparently broke his heart. **Commences May 14.**

Supernova

(M) Drama, romance starring Colin Firth, Stanley Tucci. Directed by Harry Macqueen. Sam and Tusker are travelling across England in their old RV to visit friends, family and places from their past. Since Tusker was diagnosed with dementia two years ago, their time together is their most important thing. **Commences May 21.**

Quiet Place to be Part 2

(M) Drama, horror themes, violence. Sci-fi starring Emily Blunt, Millicent Simmonds, Cillian Murphy. Directed by John Krasinski. Following the events at home, the Abbott family now faces the terrors of the outside world. Forced to venture into the unknown, it realises the creatures that hunt by sound are not the only threats lurking beyond the sand path. **Commences May 28.**

Cruella

(PG). Comedy, crime starring Emma Stone, Mark Strong, Emma Thompson. Directed by Craig Gillespie. Set in 1970s London amidst the punk rock revolution it follows a young grifter named Estella, a clever and creative girl determined to make a name for herself with her designs. She befriends a pair of thieves who appreciate her appetite for mischief, and together they are able to build a life for themselves on the London streets. One day, Estella's flair for fashion catches the eye of the Baroness von Hellman, a fashion legend who is devastatingly chic and terrifyingly haute. But their relationship sets in motion a course of events and revelations that will cause Estella to embrace her wicked side and become the raucous, fashionable, and revenge-bent Cruella. **Commences May 28.**

Those who wish me Dead

(CTC) Thriller starring Angelina Jolie, Jon Bernthal, Nicholas Hoult. Directed by Taylor Sheridan. A teenage murder witness finds himself pursued by twin assassins in the Montana wilderness with a survival expert tasked with protecting him – and a forest fire threatening to consume them all. **Commences May 28.**

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Spanish Tortilla Egg Muffins

Ingredients

2 tbsps olive oil
1 large potato, peeled and thickly diced
1 large red capsicum, seeds removed, thickly chopped
1 large red onion, diced
2 tsp smoked paprika
4 x 25g thin rye wraps
4 eggs, plus 2 egg whites
½ cup milk
salt & pepper to season
2 tbsp finely chopped parsley leaves
extra olive oil for greasing
grated cheese (optional)

Method

Preheat oven to 170°C. Line a baking tray with baking paper. Spread the potato, capsicum and onion over the tray, drizzle with 2 tablespoons olive oil and sprinkle with smoked paprika. Bake for 30 minutes or until vegetables have softened. Remove from oven and set aside.

Grease 8 standard-size muffin cups with olive oil. Using a round bowl or saucer approx 12cm in diameter, cut two circles from each wrap.



Gently press a round of the rye wrap in each muffin cup. This style of wrap is fairly thin - be careful not to break it (see note).

Divide the roasted vegetables among the muffin cups. In a small bowl whisk the eggs, extra egg whites, milk and salt and pepper.

Pour over the vegetables, sprinkle with the parsley and grated cheese if desired. Bake at 170°C for 25 minutes or until tortilla muffins are golden and set. Delicious served hot or cold.

Note: The Mountain Bread brand of rye wraps are ideal for this recipe. They are delicate, but if they split slightly when moulding into the muffin cup, it won't matter.

The liquid might leak out a little, but will set whilst cooking and won't affect serving. Ingredients can be adjusted to make 12 muffin cups, or leftover wraps can be frozen or used for lunches.

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YOUR BEST SELF

Roasted Brussels Sprouts with Honey Glaze

Ingredients

250g brussels sprouts
2 tbsp extra virgin olive oil
salt and black pepper
75g bacon, chopped
1 tbsp honey
¼ tsp crushed chilli flakes
1½ tbsp apple cider vinegar
25g salted butter
1 tsp fresh orange zest
100g goats cheese (chevre)
½ cup pomegranate arils

Method

Preheat oven to 200°C. Line a baking tray with baking paper, Wash and dry brussels sprouts. Trim stems if needed, and place cut side up on the tray. Drizzle them with a olive oil and season with salt and pepper. Turn each sprout over so cut side is down, leaving a space between each one – this helps them to become crisp on the outside.

Sprinkle the chopped bacon around the brussels sprouts. Roast on a lower rack of the oven (just under centre) until brown on top and cooked through – about 25 minutes (see note below).

While they are cooking, place honey and crushed chilli flakes in a small saucepan and bring to the boil over medium heat. Boil for 30 seconds then remove from heat. Add butter and stir until melted. Add apple cider vinegar and orange zest – stir to combine and set aside.

When sprouts are cooked through and browned, remove from oven and transfer to a serving platter. Drizzle the honey glaze over the top and sprinkle with pomegranate arils. Serve with chevre cheese.

Note: Oven temperature and cooking time can be adjusted as required. Brussels sprouts can be cooked, and honey glaze can be made in advance. Sprouts can be reheated in oven, or for a short burst in the microwave oven, prior to serving.



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