



# Coast Lines

**November 2021** 

Vol. 11 #139

People, places & events across the Fleurieu Peninsula

















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# November



#### COVER STORY

#### LET'S BE SMART THIS SUMMER STAY SAFE

These amazing Aldinga Bay surf lifesavers and CFS volunteers from across the Fleurieu Peninsula pictured have been busy preparing for months to meet the annual challenges ahead.

Like our local police officers, ambulance, SES, Sea Rescue and health care crews they have messages for us – all about helping us to stay safe in this far too often tragic season.

Support them, and heed their advice. If you are unsure about the fire season and water safety check out the CFS and SA Surf Lifesaving websites.

Enjoy the summer. STORIES P4-5.



Pictured on cover and above left: Aldinga Bay Surf Lifesaving Club members (from left) mum Lilian, sisters Kristie, 16, and Emily, 18, and dad Andy, with Ray Thomlinson (far right), the club's vice-captain of patrols. They are pictured on the cover, and above by the club's magnificent new clubrooms.

Above: CFS Southern Group captains, lieutenants and senior officers at a recent

pre-summer season briefing held in Willunga (back row from left): Fred Diepgrond, Luke Trewartha, Robert Whicker, Simon Craik, Tony Welburn, Andrew Patterson, Steven Twigden, Mitchell Scobie, Deon Bester, Mathew Tinker. Centre: Matthew Kimmins, Stuart Evans, Stephen Wake, Kym Cavallaro, Jordon Sampson, Travis Creeper.

Front: Courtney Orrin, Terri Aparcana, Emma Whicker, Sean Mayo, Joel Hann.





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# Listen to our CFS and lifesaving volunteers

t is remarkable that if the brave men and women from 26 County Fire Service stations representing six groups across the Fleurieu each spent one hour attending to incidents during the 2020-21 financial year they would have collectively endured three years and two months of constant toil - and often in oppressive heat.

And If we used Aldinga Bay SLSC as an example, last summer it had 15,000 people packed on this beach on Australia Day, and 250,000 over a 10-day period.

Leaders from both services are now pleading for everyone to adhere to some basic rules, and to use common sense. They also represent the personal and family element of being a much-valued volunteer.

Rob Whicker, who is Kyeema group officer based at Aldinga Beach, has been involved in the CFS for 23 years, where his daughter Emma has also been with the CFS for 13.

"There are more than 300 volunteers in our six groups, and they all have families, all got jobs and they all sacrifice their time," Rob said.



Kyeema group officer Rob Whicker with his daughter Emma, who is also a CFS volunteer.

"At times it can have impact on you and your family, but we have support behind the scenes right from the top; we just have to call. I do it to give something back to the community, and the lot of mateship that is formed along the way which is so important. "There isn't a car accident resulting in serious injury or a fatality that doesn't leave some impact on you, especially when there are children involved. It doesn't hit you immediately because you have a job to do and you need to concentrate on that; it's afterwards. You need to talk to your family and try to handle it that way.

"You could be on the scene of an accident for eight hours. Multiply that by six per truck; it's a lot of personal time." Rob works for Drakes Supermarkets Victor



Harbor, and said his employer could not be more supportive in terms of allowing him to take time off to serve the CFS.

"The community generally supports the CFS well, but what we also need is for everyone to understand the dangers of the fire-risk season," Rob said.

Continued P5





#### From P4

"Good rainfalls through winter and spring have resulted in thick growth of grasses and crops. Once we start experiencing hotter days it will all dry out quickly and provide dense fuel loads.

"Everyone should be thinking about preparing... clean up around your home, remove flammable items from your house, and make sure the gutters are kept clear. "Firefighters are there to help where and when we can, but it's also the responsibility of residents to ensure their home is properly prepared.

"Make or update your five-minute bushfire plan (cfs.sa.gov.au). Prepare an emergency kit containing all the things that you need if you have to leave your home, things like medicines or prescriptions, keep sakes and important documents. Include your pets and animals in your plans.

"We work closely with the SES, but what is really important is everyone working together to help our communities stay safe."

#### Ray Thomlinson is vice-captain of patrols at Aldinga Bay SLSC and reminded us there was a lifesaving campaign a few years ago about 'crossing the line'.

"It remains relevant," he said. "Before you cross that line in the water understand your own abilities and understand the conditions of that particular beach or on that day," he said. "Every beach is different. If you can't swim you are looking at no further than

"Anyone who gets into trouble the next one to rescue needs to take the emotion and the personal duties of care out of it and decide are they capable of rescuing that person. I hate putting a statistic on it, but I estimate that in 50 per cent of rescues the person who gets into the most trouble is that next person that goes into the water because they are not capable of rescue, and while they are doing that no one has called emergency services. First thing to assess is whether it is actually safe to enter the water. "Whether you are a beach goer or a rescuer, if someone is in trouble call someone in advance before you do anything." The Aldinga club is a real family affair, especially for Andy Bedford, duty officer for southern region. His wife, Lilian is the youth development officer and safeguarding

children officer, and their daughters, Emily, 18, and Kristie, 16, are lifesavers with their silver and bronze medallions in aquatic rescue.

And don't dare mention "flamingo floaties" to the 70 qualified lifesavers at this progressive club – they constantly fear the danger they represent to unsuspecting users, especially children.

Ray said that small 'floaties' were a serious local hazard. "It is quite a shallow tidal beach, and we don't get a lot of rips or dumping waves," he said.

"It is a fairly safe beach other than we may get a few sand bars where those people knee deep may find themselves suddenly deeper if they are in a gutter.

"But the biggest hazard to me is the big hills to the south. In the afternoon a south-easterly wind blows and for a while, particularly the southern end, people might be sheltered behind the cliffs... then the wind picks up. If they are on anything that doesn't have a motor or oars they could end up in serious trouble.

"The conditions are different at all beaches. Southport is a surf beach and gets a nice wave while Port Noarlunga has the waves also but they are the dumping kind which can cause back and neck injuries. We don't get a lot of that here."

Andy said that if there are surf lifesavers on the beach talk to them, or look up the Beach Safe app. "The app has live data about the condition of all beaches, and it should be a must, especially for those with young children," he said.

Lilian said the Aldinga Bay club was obviously a huge part of this family for many years, and there were so many different ways people of all ages could become involved in surf lifesaving at any club without necessarily taking to the water.

To become a member of the Aldinga Bay SLSC visit www.aldingabayslsc.com.au iuniors are welcome to come out on a Saturday when the junior program is being conducted. To find your local club and other Beach Safe information visit: www. surflifesavingsa.com.au



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#### FI FURIFU ALIVE WITH SOUND OF MUSIC MAKERS

During awful times the coronvirus brought upon us some moaned and groaned, but an inspirational group in Victor Harbor simply sang its heart out.

In what is a remarkable building of community spirit, this diverse range of 20 singers aged from 17 to 70, who mostly were unknown to each other, became involved in a wonderful project – Rise 'n Shine – created by music professional Jen de Ness with amazing support from her equally-talented husband, ex-ABC music producer Bill Atkinson.

As the recording engineer/musician, Bill faced the huge challenge of recording whilst the singers needed to wear masks. The result was both uplifting and beautiful. Having probably never believed their voice would be heard, it has led these newlyintroduced singers to making a CD, the Rise 'n Shine Song, which will be launched at a free concert at Victa Cinemas on November 9 at 6pm.

The extremely talented creators and



Above: Jen de Ness pictured in a promotional shot for an international; concert. Above right: Rise 'n Shine logo and front CD cover designed by Ecco Marketing.

directors share a wealth of international experience. Jen, the principal actor/singer, creative director and original composer and arranger is known as a highly skilled, soulful performer who gives her all at every show be it outdoor concerts with thousands of festival goers or intimate jazz and cabaret clubs.

The group met for a number of weeks,

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and under Jen's direction it navigated the challenges of COVID19 safe practices to hone vocal and pre-performance skills whilst developing confidence, courage and camaraderie for group recording/performance.

"Participants loved the whole journey from workshops to recording space, saying they greatly valued the professional instruction and highly skilled leadership," Jen said. "It was an entirely uplifting experience in every way learning skills and techniques to get more out of our voices.

"The project was even more special because

of the original song written about our muchloved local area with the 'Masked Singers' feeling privileged to be part of this unique and fun experience during difficult COVID times.

"With the technical expertise of Bill the process and techniques used in the recording were most interesting."

After residing in the cultural centre of Fremantle for more than 20 years the directors of Jen De Ness Music and Ocean Studios were delighted to find a regional coastal community brimming with highly creative people who were open to building up a diverse creative community with new people, ideas and artistic projects.

The not-for-profit CDs will be given to radio

stations, libraries, artists/singers, sponsors and City of Victor Harbor. According to Jen, originally from Perth, it is a lasting and sustainable celebration of this vibrant community arts *Rise 'n Shine* project on Ramindjerri Land.

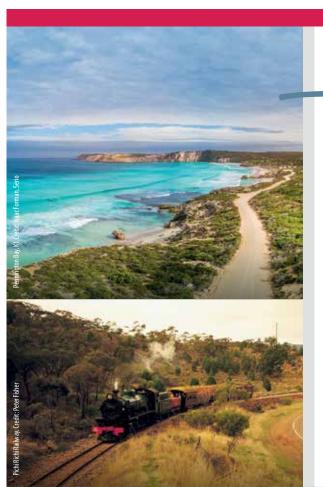
Limited free tickets for the concert are available at: https://www.trybooking.com/ events/landing/818557?bof=1 www.jendeness.com



#### LEST WE FORGET

We will honour those who sacrificed their lives at war on Remembrance Day on Thursday, November 11 at the 11th hour. The tradition was inaugurated by King George V in 1919 marking the end of hostilities in World War I, even though the war officially ended with the signing of the Treaty of Versailles on June 28, 1919. Remembrance Day evolved out of Armistice Day. During the Second World War many countries changed the name – member states of the Commonwealth adopted Remembrance Day, while the US chose Veterans Day.

Continued P8



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#### From P7

The public is invited to join a service organised by RSL sub-branches across the Fleurieu Peninsula, including Goolwa, which has added a new memorial area featuring pavers honouring those who served, and the Australian Defence Forces logo (pictured).

Well done to club president Howden Jennings, the committee and especially Bruce Long who played a big role in



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188 Main Road McLaren Vale SA 5171 08 8323 9066 firm@svlegal.com www.svlegal.com organising the pavers project. May we all remember the fallen by sharing a minute's silence on the 11th month, 11th day and 11th hour.

#### **BE READY**

Following on from our story on page four, the Country Fire Service will continue its bushfire saftety program this month with these free community meetings:

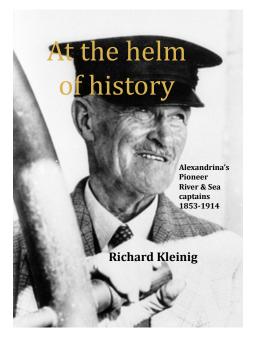
- Bushfire Ready Myponga and surrounds at Myponga Hall on Wednesday, November 3, 7-8.30pm.
- How To Write A Bushfire Survival Plan at Inman Room, Victor Harbor Recreation Centre. (Details to be confirmed).
- How To Write A Bushfire Survival Plan Yankalilla and surrounds at The Centre, Yankalilla on Saturday, Nov 27, 9am-1pm.



#### THE PITCH DOCTOR

The Fleurieu Support Group of the Royal Flying Doctor Service is holding a fundraising dinner at the South Lakes Golf Club on Tuesday, November 16 from 7-for-7.30pm. Guest speaker is internationally acclaimed former Adelaide Oval curator Les Burdett. The Fleurieu group has done a marvellous job supporting the Flying Doctor Service over may years, and it has never been forgotten. The RFDS is one of the largest and most comprehensive aeromedical organisations in the world, providing extensive primary health care and 24-hour emergency service to people that live, work and travel across the 7.69 million square kilometres of Australia.

The cost of the dinner is \$45 including a two-course meal. RSVP November 8, and bookings are essential. Phone Jenny 0418 824 594 or Lyn Roberts 0438 275 576; e: bbuscombe@internode.on.net



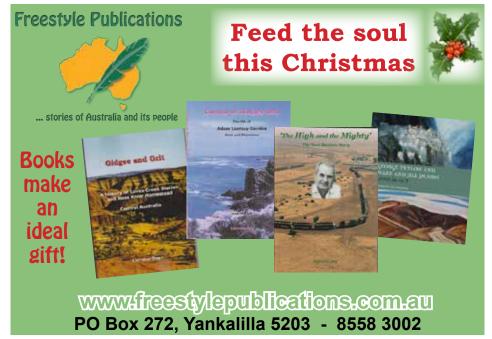
#### AYE, IT'S A GOOD BOOK

Richard Kleinig spoke of one day how he sat by the Goolwa Wharf Precinct and suddenly realised there was no evidence of our amazing, incredibly brave pioneering river and sea captains. He went home and went about writing a magnificent book about them: At the Helm of History.

Being Richard, he meticulously researched the 194 captains who played a major role in the history of the River Port of Goolwa and upstream, many of whom lost their lives in the most awful of circumstances between 1853-1914.

It is an wonderful recollection, but sadly shortly after he completed the book he died on August 27, 2020, aged 68.

Continued P9





#### November

#### From P8

With the help of a good friend, his dear wife Lee arranged for the book to be finally published in his honour, and that of the river and sea captains. It's worth buying a copy for \$12 from the Tourist Information Centre, Cadell St, Goolwa. Well done Richard & Lee. Now all we need is a memorial as part of the planned new redevelopment of these captains of the wharf precinct.

#### SPECIAL DAYS

Asbestos Awareness Month: Aims to educate Australians about the dangers of asbestos in and around homes because Australia has one of the highest rates of asbestos-related diseases in the world. www.asbestosawareness.com.au



**Movember:** A celebration of the moustache, highlighting men's health issues, specifically prostate cancer and depression in men. Mo Bros, supported by their Mo Sistas, start Movember clean shaven and then have the remainder of the month to grow and groom their moustache. au.movember.com

World Vegan Month: Ever considered going vegan, but not sure where to start? Vegan Month is dedicated to educating about vegan eating and lifestyles, and encouraging you take give it a go. www.vegansociety.com

Lung Health Awareness Month: Lung Foundation Australia is promoting lung health and focus on the impact of lung disease in the Australian community. www. lungfoundation.com.au/

**E-Tea Month:** Register to host a morning or afternoon tea with family, friends or

colleagues to help Epilepsy Action Australia generate awareness of epilepsy. www. epilepsy.org.au

Nov. 7-13: Perinatal Depression and Anxiety Awareness Week. Since 2005 PANDA has been leading the perinatal mental health sector in promoting the week to raise awareness about perinatal anxiety and depression, including signs to look for and where to go to seek support. www.panda.org.au



Nov. 8-14: National Cervical Cancer Awareness Week. Raises funds and promotes awareness and education around cervical cancer and the impact it has on Australian women and their families every year. Currently Australia is on track to be the first country in the world to eliminate cervical cancer by 2035, but only if we aren't complacent and women stay on top of their cervical health. www.accf.org.au

Nov. 13-21: Alopecia Awareness Week. Variety – the Children's Charity – is all about helping Aussie kids be kids. It's raising awareness and funds to provide wigs to children effected by alopecia. You may get involved by donating your hair to be made into a wig or hold a fundraiser to purchase a wig for a child. aaaf.org.au

**Continued P10** 





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#### From P9

**Sunday, Nov. 14: World Diabetes Day.** An event used to increase understanding of diabetes, and to raise funds for research. worlddiabetesday.org



Friday, Nov. 19: White Ribbon Day. Raises awareness among Australian men and boys about the roles they can play to prevent violence against women. The campaign calls for men across Australia to speak out and take an oath never to commit, excuse or remain silent about violence against women. www.whiteribbon.org.au/

Tuesday, Nov. 30: International Computer Security Day. Security is important when working with computers, the Internet or indeed any electronic devices. Use Computer Security Day to ensure that your passwords are regularly updated, your personal information is safe and secure, and your systems are protected. www.cybertalk. org



#### KICKING GOALS

The new \$10 million Goolwa Oval grandstand project is nearing completion, and it's looking great.

The two-story building includes changerooms, first aid rooms, umpire spaces, toilets, social spaces, a canteen, a kitchen, bar, multiple storage areas and optimum viewing for many spectators. It was originally due for completion in September, but given COVID-19 restrictions it has been a marvellous effort. The project is being facilitated by the

Alexandrina Council, which owns and manages the oval and adjoining recreation areas, with the support of both the federal and state governments totalling \$5.8 million. This is long overdue, and among the sports to benefit with a redevelopment of the entire complex are the Goolwa football, cricket, hockey, tennis and netball clubs.

#### LET'S ROCK

It's months away but you will need to get in early for your tickets to the Red Hot Summer Tour to that will rock Muwerang-Kent Reserve on Sunday, March 13 next year. Australian rock culture heroes and ARIA Hall of Fame inductees *Hunters and Collectors* will headline the 10th anniversary line-up of the tour. Special guests include James Reyne, *The Living End, The Angels, Baby Animals, Killing Heidi* and *Boom Crash Opera*.

Hunters and Collectors are banding together again specifically for this Red Hot Summer Tour. Tickets are on sale now and may be purchased from Ticketmaster.



#### ON THE FRINGE

After a successful event earlier this year the City of Victor Harbor will again host the Fringe on Tour in Victor Harbor in conjunction with the Artisan Markets on Sunday, February 27.

The Fringe is an open access arts festival with more than 6000 artists performing across 300-plus venues across the state.

Open access means that anyone can register to be a Fringe venue.

#### ON YOUR BIKE

The Victor Harbor Mountain Bike Strategy is an aspirational document that has been prepared to guide the collaborative planning, development and activation of a mountain bike trail network in the Victor Harbor area with links to the broader Fleurieu Peninsula.

There are concerns there will be significant traffic issues, especially along the narrow roads across the planned course off Inman Valley Road.



Image: www.liv-cycling.com

However, it is a magnificent concept. Trail networks usually attract significant visitors throughout the year, and contribute well towards local economies, which enhance the liveability of communities.

According to the City of Victor Harbor, the importance of mountain biking is

the importance of mountain biking is highlighted in regional and state-wide strategic planning that positions nature-based tourism as a low-impact approach to recover from natural adverse events for local economies.

When it comes to mountain biking the Fleurieu Peninsula has multiple advantages over other regional areas in the state. This includes close proximity to the Adelaide metropolitan area and access to a diverse range of connected natural landscapes. Some of the anticipated benefits of activating a mountain biking trail network include:

- 22,000 33,000 rides enjoyed by locals and visitors in the first two years
- \$3.3 \$5.3m annual spending generated for our region
- \$23m in benefits over a 10-year period.
   This includes regional income, health benefits and direct benefits.
- 15-25 jobs generated in sectors such as accommodation, food service, and mountain biking services.
- For every \$1 invested by Council, a \$5 return is made.
- For every \$1 spent there is a benefit of \$3 over a one-year period.

# Introducing Lou Nicholson

Lou Nicholson has declared she will be running as an independent candidate for the seat of Finniss covering the South Coast at the South Australian State elections in March.

She is now asking residents for their views and concerns on numerous issues including palliative care, climate change, water security, health services and roads.

Lou, from Goolwa, is passionate about genuinely advocating for the needs of 'Finniss in State Parliament'. She has sold her small business to concentrate on putting 'Finniss to the Front' and listening to concerns and aspirations of people in our communities.

Also, Lou believes her public listening forums have been a great way to meet locals, something she is committed to doing regularly if elected in March.

"I love working for Finniss," Lou said. "Even as a candidate I get such great enjoyment talking to people, learning about the needs of our electorate to develop strategies to start really moving forward on issues here.

"It is so important that people have access to their Member of Parliament on a regular basis. After all, they do work for us."

As a young mother of three, Lou is extremely concerned that our State Government is increasingly disconnected from the people.

"For example, they are not doing enough regarding climate change when this is an issue that concerns many, especially in our electorate of Finniss with its own unique situation of elderly residents, young families and significant agricultural activity," Lou said.

"What does the future look like for us, our children and grandchildren? What do we need to do now?

"As an Independent I can do more than relay the party position. I can speak up about issues, represent the voices of Finniss and really push for better quality of services."

The seat of Finniss has never been represented by a female or Independent Member of Parliament in the 29 years since it became an electorate. According to Lou it is time for a change and for someone free of party politics to be able to speak out for our incredible region.

As an Independent I can do more than relay the party position. I can speak up about issues, represent the voices of Finniss and really push for better quality of services." - Lou Nicholson

Lou, an occupational therapist, lives with her husband and three children in Goolwa, and has garnered a strong community of supporters with her forthright determination to make a difference for Finniss. She points to how Rebekha Sharkie has represented Mayo in the Federal sphere and wants to emulate that for Finniss at a State Level. A vote for Lou in March will be a vote for your own voice in Parliament.

If you haven't met Lou or would like more information head to:

www.finnisstothefront.com



"Your voice is important to me... what are the topics you are most concerned about?"

# **Brilliant** blue grass festival with strings attached

The Fleurieu on the western front will ease into the distinctive sound of acoustic stringed instruments with the muchanticipated eighth annual Wirrina Bluegrass & Acoustic Roots Festival from November 26-28.

After last year's late cancellation because of COVID-19 like most concerts across the nation this fabulous event at the Wirrina Cove Holiday Camp, Wirrina Cove has earned a huge cult following. We're talking about a rousing revival of excellent bluegrass, old timey, blues



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and roots music developed in the 1940s across America's Appalachian region. The genre derives its name from the band Bill Monroe & the Blue Grass Boys, and unlike mainstream country music bluegrass is traditionally played on acoustic stringed instruments.

A tireless committee has attracted superb acts including Japanese Australian banio maestro Montz Matsumoto from Tasmania, old-times duo Newberry Fog from Victoria and the Scott Creek String Ensemble, a group of under-12 primary school students who have performed at several festivals and community events.

Returning Wirrina Bluegrass headliners include the ever-eclectic Andrew Clermont's Supper Club, contemporary bluegrass band the Cherry Pickers, true traditionalists Bluegrass Junction and the veteran troupers of the River Pearlers.

The performers will also be running vocal and instrumental workshops and leading

jam sessions over the weekend in-andaround the campground kiosk. The open mic tent is quickly booked out every year. Bring vour instruments.

The Wirrina Bluegrass & Acoustic Roots Festival is a wonderful community event, meaning that to continue and create tradition it also needs the community to get involved. Volunteers are needed to help set up and run the show. Six hours of service equals a free weekend ticket e: wirrinabluegrass@gmail.com or text the festival team on 0428 263 795.

For tickets and festival program details visit irrinabluegrass.com Facebook: www.facebook.com/ WirrinaBluegrassl/ To book a camping site or a cabin contact Ben and Holly at info@ wirrinacoveholidaypark.com or T: 8598 3125. Quote special promotional code bluegrass2021

#### Adelaide Crows Fleurieu Supporters Group **Christmas Dinner**

Hotel Crown, Ocean St, Victor Harbor Friday, November 26, 6-for-6.30pm

Special guest speaker: #32 DARCY FOGARTY

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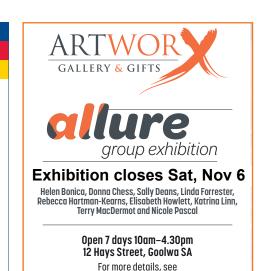
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better known as Gilbert, sat in the front garden at his Normanville home virtually camouflaged by a flowery shirt and orange-rimmed sunglasses with sneakers tied with orange laces.

With profoundness, somewhat not unexpectantly, he then delivered one of his philosophical pearls: "If someone said to me that I've got 24 hours before I die and with money not an issue, what would I like to do for that 24 hours, I would just think what would I like to do because there are so many things that I like to do."

"And when the chap says, sorry mate, but you've only got one minute left to make up your mind, I'd say, give me drink. What's the alternate in life, being grumpy?"

It nicely sums up Gilbert, 65; a character and a man with character. A lot of people are drawn to work in their garden, and after 30 years as an illustrator in the State Herbarium at the Adelaide Botanical Gardens he has now drawn what is in his garden. This work forms his exhibition *Gilbert's Garden* at Fleurieu Arthouse in Hardy's Tintara, Main Road, McLaren Vale from Sunday, November 14-January 10.

Significantly, the exhibition represents one of the few occasions that we may see Gilbert's intricate scientific work for which he is renowned.

"The Herbarium is not a place where herbs grow at all; it's where the scientists and botanists do their research," Gilbert said. "They change names, describe plants, give them names, note which group from what families they belong to, and rearrange in the order that botanist Carolus Linnaeus had set up hundreds of years earlier."

However, like Joseph Banks who was part of the First Fleet, these Adelaide botanists didn't do any of the paintings yet took



# Illustrating a day in the garden with happy Gilbert

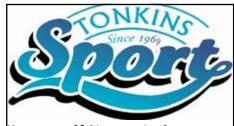
all the credit. It was Daniel Solander who presented our first illustrations in 1787. John Gould also falsely claimed credit for the drawings in his book *Birds of Australia* in seven volumes from 1840 – his wife did them.

"When I started I'd be drawing for botanists, but because they would be telling me what to do I was like their tool so I was not necessarily credited for doing all the illustrations," Gilbert said.

"The botanists argued that 'I'm controlling him, it's my study, my research'. It hasn't changed in more than 200 years. They would write manuscripts, and my job was to illustrate what they wrote.

"You may have two plants that look identical, but until you dissect the male or the female flower for example one has really fine hairs, and the other species doesn't. It





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goes right down to really fine research and often cameras cannot show that type of thing so they need an illustrator.

"I aspire to create what is in front of me; that's the challenge; to make it exactly as it is. You may not like what nature is doing with leaves, but if you change the shape of them then it's not that plant.

"You get artistic merit from how you put them on what we call the plate. The rest is totally ruled by botanists and botanists are ruled by nature.

"An illustration tells you more than a number of words, and a really good example is using a colour like red. How you see red and I see red is different, so when drawing something in the colour red people know what's red looks like."

Gilbert, a Churchill Fellowship recipient in 1988, is hoping to see lots of red dots on his illustrations at his exhibition indicating they have been sold, but if not he says it's okay as long as the people leave and say, 'oh wow, someone can do that'.

Hidden behind his pleasant, happy-go-lucky character and amazing work of intricacy is an interesting turn in life that would take him more than those philosophical 24 hours on which to elaborate. Australian-born, and fresh with a graphic art in advertising certificate he freelanced in Holland, moving place-to- place on a push bike and making pizza in Austria. He sold his landscapes, seascapes and portraits for food, accommodation and transport.

But life wasn't always good. Aged 21, he loved swimming and running — as he still does — and in Europe always stopped at a bird bath at the end of his daily route to wash his face after running. He contracted encephalitis, a disease borne by birds which causes inflammation of the active tissues of the brain. The disease left Gilbert in a coma for three months.

"The doctors thought I would end up in Glenside (hospital) as a vegetable because most end up that way or they die," he said. "It took me a year to learn to read, talk and walk again.

"I was really, really lucky that I survived. It changed my life... I still don't remember much prior to '77 – my first 21 years remain lost.

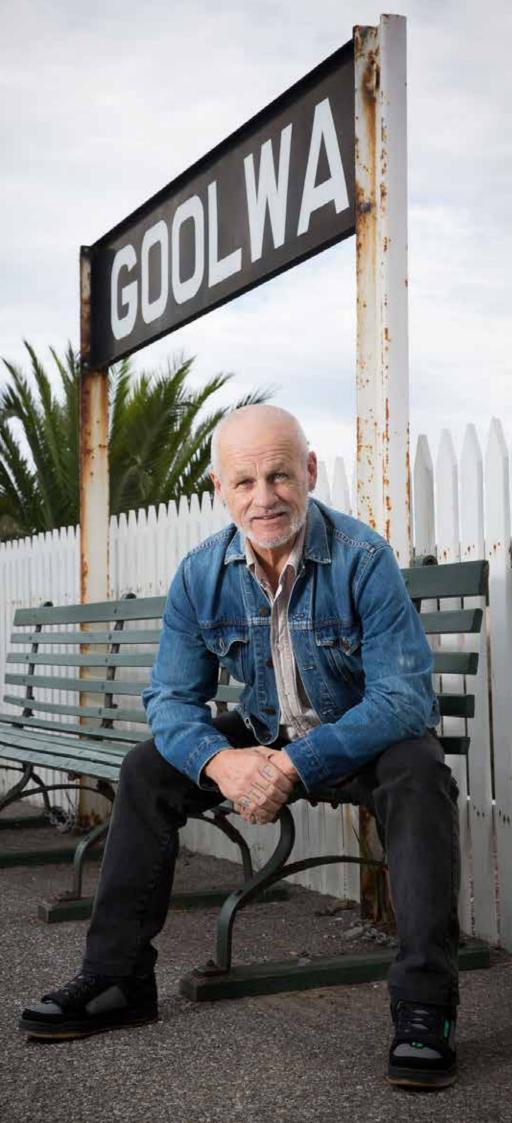
"It still has impact on my life in the way I enjoy it. I am a lot more free and caring. I don't worry as much. If I find out that I am going to die later today I'll sit back and also say hey, 'I've had a good life' and I would not change anything."

And why the orange-rimmed sunglasses and orange sneaker laces? "Orange is a very happy colour," he insists. "It also just happens to be the Dutch colours realting to my heritage and William of Orange."

Believe us, it would seem like our last 24 hours if we talked about this leader of the Dutch Revolt against the Spanish Habsburgs that set off the Eighty Years' War (1568–1648).

But hey, as Gilbert says, just get on with life and be happy.





# When life comes to a junction

STORY: ASHLEY PORTER

Stephen – his first name is suffice – says he has met a lot of people worse off than he has ever been, and it's something he will never forget. Astonishing, really, given that he has experienced homelessness at different times during his life.

There are many on our south coast currently sleeping rough; it can be a family, young person sleeping on a park bench, in a tent, 'couch surfing' or living out of a car, and in many cases through no fault of their own.

The issue is compounded by an increasing critical shortage of rental properties nationally because landlords are moving back in, selling, developing or moving family in to support them.

Jodie Price, an early intervention prevention worker at Junction based in Goolwa, said her team dealt with almost 400 clients annually, most of whom were desperately vying for a place to live with those otherwise financially secure. While the rent may have been advertised at \$350 p.w. in many cases the more affluent start bidding at the inspection... "I'll pay \$360 in rent" and then it's "\$370" and on it goes.

Given that Stephen, 63, who has spent most of his life around violence, has been a drug addict and an alcoholic which led to time in

Image: Jo-Anna Robinson www.photojo.com.au

prison you may be shocked that he's doing fine now, thank you, living in a small home in Goolwa – and with a rating as a 'perfect' tenant.

It is a remarkable recovery from bottomless pits of despair, an inspiration for others with seemingly insurmountable challenges. Like most who continue their own personal struggle, Stephen blames only himself, but because you are reading this story it may somehow lead them to find the courage to earn respect and importantly learn to like one's self.

Stephen's story is not uncommon; adopted at birth, and welfare officers removed him due to concerns of domestic violence. He was placed with another family and his second step-mother was worse. The violence and rejection continued in foster care.

The situation improved when Stephen was adopted and raised by an Aboriginal family, and has the greatest of respect for the man he refers to as his father, Tom, a Ngarrindjeri man. He has Tom's name tattooed on his hand in remembrance.

"I was always full of bitterness, resentment and anger as a kid," Stephen said. "People would say to me, geez you should be grateful for having a roof over your head, but I didn't want that; I wanted to get away from the violence so I chose to run away before I was 12.

"I was happier living and sleeping under a bush or in a hole than being in the situations I was in at some homes in the western suburbs of Adelaide."

As a teenager Stephen had tattoos on his ears and more followed, and Stephen explained that on the streets it meant that he was not a 'pretender' which encouraged grown men to confront him and say: "You think you're a tough boy so cop this."

Police – he called them 'coppers' – would arrive and Stephen often also challenged them to go out the back of the station to continue fighting. A detective left physical and mental scars that remain. Remand centres became Stephen's temporary home, but he didn't mind considering where he had come from.

"In those days I'd get out and learn to do whatever it took to feed my guts with something," he said. "I'd buy hot chips; they're cheap. Before long it was more about getting relief on wine and being high than eating food."

Stephen became an alcoholic a drug addict, attempted to take his life multiple times and committed crimes which related to frequent stints in prison.

Between hardened face lines bear signs of further tough times that led to struggles with job opportunities and relationships, but look deep into his steely blue eyes and you can no longer see hate and anger. It's Stephen's highlight reels of change that now 'maketh the man'.

These days he realises that some of those 'coppers' were alright and good to him; that the old sergeants could see past him as an abusive, angry little boy and actually helped. "I have respect for coppers now," he says. "I've learned that there is good and bad in every organisation."

Now, seven years later after going into detox, rehab and AA, Stephen hasn't had a drop of alcohol or touched drugs. Through supportive case management his worker in a rehab gave him a reference for housing and advocated on his behalf, and after many years maintaining this rental last year the lease expired and the owner moved back in.

Another turning point came when he was referred by his property manager to the 'Staying Home in the Fleurieu' program, where support is provided allowing people to sustain their current rental or through case management and obtain a new rental.

Stephen said that one of the hardest things having been in his situation and with a learning disability had always been filling out forms and dealing with organisations.

"With housing you've got to pay through apps and the way you pay your rent, electricity and water bills has also changed," Stephen said. "This causes me grief and Jodie still helps me get through this communication barrier.

"There are a lot of people who struggle with computer literacy. This experience has been a reminder that you need to ask for help and that there are organisations and services out there to support you."

Jodie sees Stephen as a really amazing man, someone who has given so much back to his community, has overcome them and is also reflective about them.

"Junction has told Stephen's story in different case studies and forums, and we



Jodie Price... "I just have so much respect for Stephen... he has touched the hearts of everyone."

affectionately refer to him as our 'pin-up' boy' – something that we share a laugh about as Stephen agreed to be placed on a Junction banner," Jodie said.

"I have so much respect for Stephen; he's a man of integrity and strength, and he has touched the hearts of everyone who has heard his story."

However, in small ways Stephen says he hasn't changed. He still walks around town and without reason feels he is being judged. "It's because for most of my life I've been an outcast and a rough nut," he adds.

"Trust me, I did not respect myself for all those years; I treated myself like others treated me. I still struggle with my mental health really badly because I guess part of me led me down my addiction and alcoholism road.

Continued P18

#### From P17

"I have my little niche in life now; I get on well with those who also care about other people; they're straight up and down.

Stephen turns his life experiences into a positive light when volunteering to support individuals, couples and families; it has enabled him to become an extremely good judge of character. He has the ability to provide empathy and can communicate with people of all ages.

"It is just a matter of having empathy," Stephen said. "I've been in their shoes and I know where they are at in life.

"Just because someone is an addict or an alcoholic or whatever doesn't mean they're stupid; they know how to play the system and they know that if you're treating them in the wrong way. I have a good connection with people, and my aim is to try and encourage others. If I can support them in changing their ways for the better then that's an achievement. It's not easy for anyone to adapt to change.

"It can be tough at times. I'm still learning not to allow my mind control me or to go with the thoughts that run into my mind. I did a lot of years with AA which gave me a good understanding of addiction whatever that may be.

"I volunteer to inspire and support people who are experiencing gambling problems, addictions and supporting their recovery. Through that entry point I can go and talk to people in rehabs and prisons.

"I try to give people in rehab some hope. I don't feel like I'm someone special; without my recovery it's just a sad story. It's about misery and pain, but with recovery I think I can give people in need that bit of hope and not sugar-coat everything.

"I've done a lot of damage over the years with drug and alcohol use and living tough, but I've learned how to eat properly and look after myself instead of treating myself like rubbish. I've learned how not to hate

//

Right now I want to get through life by myself and help all of the people around me. I want to leave some sort of footprint that is not selfish. Maybe it's what my maker put me on this earth for; to learn to love people and learn to respect myself."

#### Stephen

myself. I've had to learn to be disciplined and I've found that okay."

Despite all of Stephen's experiences and rejection in life's hard-luck cafes Stephen has never been without compassion. He likes to think that's what has always made him a good man deep inside.

"Homelessness is not about one set of circumstances; it isn't a thing in itself, but a result of a lot of contributing factors," Stephen said.

"A lot of people's problems are through relationships, full stop. Even mental health issues are the same – family, marriage, abuse... the cycle you get caught up in.

"What I encourage people to do in all these difficult situations is to try and break everything down and keep it simple – ask yourself what is most important for you. For me it was to get sober and clean so I could get my mind to make sense of something.

"You have to think and learn things that have substance like drinking water every day. It's so simple, but it's important for your health. It's a start; it fills your guts and you're less likely to think about drugs and alcohol. It's a combination of many supports in place."

When Stephen was much younger he had ambitions in life, but they weren't your normal kind. "I wanted people to respect me; I wanted to be a good fighter, but that wasn't something that I really needed in life." he said.

"To be able to talk about the pain and misery people are in you need to have lived through that.

"Right now I want to get through life by myself and help all of the people around me. I want to leave some sort of footprint that is not selfish. Maybe it's what my maker put me on this earth for; to learn to love people and learn to respect myself."

Stephen is okay now, but he still finds Christmas Day confronting. "I haven't had many Christmas dinners, and it's not that I haven't been offered," he said.

"I've said to friends who have invited me that I just find it very hard to come into this, loving family knowing that it's always been my thing that I don't belong because of the rejection and abuse I went through."

You do belong Stephen; you're not that unwanted scrawny little three-year-old anymore. Merry Christmas.

The Staying Home in the Fleurieu program is based in Goolwa and is currently funded by the Fleurieu Community Foundation and the Wyatt Foundation in Adelaide - with tremendous support from Junction.

If you would like to help the program please visit:

www.fleurieucommunityfoundation.org.au

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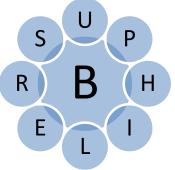
> Brakes

Puzzle answers P23

#### FOCUS An All Australian Word Game

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

TODAY'S Good: 13 words **FOCUS** Very good: 20 words Excellent: 34 words



#### Alfakodo

The aim of the puzzle is to allocate a number from 1-26 (right-hand column) to a letter of the alphabet (left-hand column), using the mathamatical 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 (J) is worth 5 and (W) 22, so (M) must be worth 17. Anywhere there is a (M) it is worth 17 and so on.

Q-L	
Y+N	
A+H	
Y+E	
I-H	
X+N	
A+Z	
U+Q	
R+J	
U+L	5
G-L	
T-X	
W-J	
	Y+N A+H Y+E I-H X+N A+Z U+Q R+J U+L G-L T-X

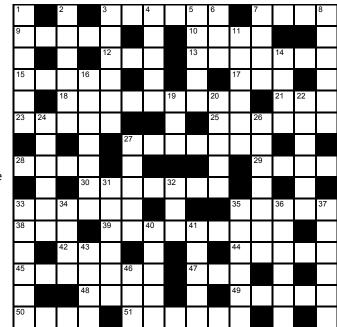
Z	W÷U	11
0	X×U	
Р	G-C	
Q	M-T	
R	L×L	
S	E×L	
T	V-P	13
U	H-Q	
٧	E+M	
W	T+R	22
X	J×U	
Υ	J×L	
Z	L×H	

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#### Crossword

#### Across

- 3 Strong and healthy
- 7 Keen relish
- 9 Snow leopard
- 10 Window glass
- 12 Fish
- 13 Utter repeatedly
- 15 Fact of being elsewhere
- 17 Hill
- 18 Stand for
- 21 Frozen formation
- 23 Thither
- 25 Sacrificial tables
- 27 Speech impediment
- 28 Legal document
- 29 Wading bird
- 30 Gem
- 33 Lime tree
- 35 Governs
- 38 Lyric poem
- 39 Lacking means of
- subsistence
- 42 Period of time
- 44 Closes up
- 45 Of units for easy
- construction
- 47 Perform
- 48 Island
- 49 Ooze out
- 50 Daybreak
- 51 Decapitate



#### Down

- 1 Blue pigment
- 2 Whole
- 3 Cookery instructions
- 4 Emblem of membership
- 5 Venomous ill will
- 6 Make lace
- 7 Naught
- 8 Motifs
- 11 Stinging plant
- 14 Operatic air
- 16 Scolded
- 19 Mineral spring
- 20 Nominated
- 22 Pleasure voyage

- 24 Dreadful
- 26 Testimonial
- 27 View
- 31 Decorations
- 32 Quick to learn
- 33 Appeared indistinctly
- 34 Require
- 35 Corroded
- 36 Association
- 37 Method
- 40 Lively frolic
- 41 Silly
- 43 Destroy utterly
- 46 Vestment



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# It's off to market-down the road, and...



The nationally-acclaimed Willunga Farmer's has a new patch – moving from the town square to Willunga High School. And the stallholders with their amazing quality and fresh produce couldn't be happier, and the market is popular as ever.

The weekly Farmer's Market, deemed an essential service throughout the pandemic, has operated across two sites – gratefully sharing the Willunga Recreation Park with other



markets and community sport. The WFM board was very much in favour of the market returning to a single site in Willunga Town Square, but with the July lockdown and continuing uncertainty over the COVID-19 restrictions the plans were placed on hold.

Jenni Mitton, general manager of the WFM, said the large open space at the high school provided a place to hold the market in an uninterrupted fashion despite what the COVID regulations delivered, and for the next 12 months would provide clear direction to the stallholders, staff, volunteers and shoppers.

The relocation in August has seen the return of special events including cooking demonstrations and workshops in the expanded space, along with buskers and room for shoppers to stay for breakfast







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and catch up with family and friends.

The WFM is open every Saturday from 8am-noon, and parking is available within the school grounds — with a gold coin donation to local community groups including the Willunga CFS and Willunga Bowling Club. Ample accessible parking is available in the southern carpark and the stall layout is safe and comfortable for shoppers.

Dogs are not permitted in the market area, but a shaded grassy area adjacent to the market stalls is designated 'dog friendly' for supervised dogs whilst you shop.

Twilight markets will be held at the High School location on Thursdays December 23 and 30 from 4-7pm.

The WFM was awarded the delicious. Produce Award for Australia's Most Outstanding Farmers Market in August, and is a finalist in the South Australian Tourism Awards for Excellence in Food Tourism with the winner to be announced on November 4.

"Come for the market, stay for the day," Jenni said.

Further information and weekly updates visit: willungafarmersmarket.com.au or follow @willungafarmersmarket

This is a free guide... please contact Coast Lines to make any changes.

#### CITTASLOW GOOLWA PRODUCERS & ARTISANS

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

# GOOLWA WHARF ROTARY MARKET: Goolwa Wharf, first & third Sunday of the month.

& third Sunday of the month. Rotary Club of Encounter Bay. 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, 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. Great stalls and wonderful family atmosphere.

#### PORT ELLIOT ROTARY MARKET:

First & third Saturdays of the month at Lakala Reserve, Young Street, Port Elliot from 9am-2pm. Wonderful food, fresh produce and home-made clothing and crafts.

**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 INDOOR CREATIVE CRAFT MARKET.

Senior Citizens Hall, diagonally opposite the Farmers Market first Saturday of the month from 10am to 3pm. 8552 7081.

#### **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.

#### WILLUNGA ARTISANS & HANDMADE MARKET: Second

Saturday of each month 9am-1pm. A curated market showcasing local art and handmade goods. Willunga Show Hall, Main Rd, Willunga.

#### YANKALILLA CRAFT & PRODUCE

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#### Puzzle answers from P19

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**Reference: Macquarie Concise Dictionary** 

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# On the brighter side...

#### **NEWS UPDATE**

**AFL MAGPIES TOLD TO PLAY HIDE AND SEEK BUT SAY GOOD PLAYERS ARE** HARD TO FIND

#### Frozen fish for tea

It's a bitterly cold winter's day, and an old man walks out to Barrage 99 at Goolwa and drops a fishing line. He waits patiently for hours desperately hoping for at least a bite. A young lad then walks up and drops his line next to him and within minutes he catches a big mullet. Then another one minutes later; then another, and again and again. The old man is not happy. He's tried to catch fish here for so many winters, but never one

The old man turns to the lad and says: "Son, I've been here standing in this freezing cold wind for hours without even a nibble. You've been here only a few minutes and you've caught a half dozen fish. I've got to ask, just how do you do it?"

The boy smiles and says: "Roo raf roo reep ra rums rrarm."

The old man says: "What did you say?" And

the boy says: "Roo raf roo reep ra rums

The old man says: "I can't understand a word you're saying."

And the boy spits bait into his hand and says: "You've got to keep the worms warm."

#### For the record...

A man's home is his castle, in a manor of speaking.

Sea captains don't like crew cuts.

When two egotists meet it's an I for an I. In democracy your vote counts. In feudalism your count votes.

If you don't pay your exorcist you get repossessed.

A flashlight is a carrying case for dead

What was the greatest thing before sliced bread?

The cost of living hasn't affected its popularity.

How can there be self-help 'groups'? Is there another word for synonym? Is it possible to be totally partial? Is Marx's tomb a communist plot? If swimming is so good for your figure how do you explain whales?

#### Old romance

Susan is at a dinner party when the guests start talking about romantic stories of years gone by. She recalls how her grandmother married her grandfather.

With her eyes glistening, Susan says: "My sweet grandmother told me during her final days of how she fell in love amidst the darkening and threatening skies over England during World War One."

The guests are enthralled. Susan adds: "She

was in her early 20s, and the man she was dating left for war. She told me they were deeply in love, and sent letters to each other every week."

Tears start flowing when Susan continues: "Grandma said it was during this time that she discovered just how wonderful my grandfather was; how he was the one man she truly loved."

One of the guests, also overcome with emotion, asks: "Did your grandmother marry your grandfather as soon as he came home from the war?"

And Susan says: "Oh no, grandma didn't marry him... my grandfather was the postman."

#### Boom, boom...

It's lunchtime and Davo and Wally walk into the Yankalilla pub, sit down and start to eat the sandwiches that their lovely wives made. The publican says to them: "Listen fellas, you just can't walk in here and eat your own food." So they swap sandwiches.

A bloke sits in his armchair shouts to his wife: "When I die, I'm going to leave everything to you, Love." And his wife shouts back: "You already do."

A group of mates gather for Smithy's funeral, and the minister asks them: "When you're in your casket and friends and congregation members are mourning over you, what would you like them to say?" And one bloke says: "Look, he's moving."

COVID news: Workers in the Sydney International Terminal baggage collection area report that case numbers are down.





See Andrew & the team

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# Man tells everyone about the benefits of eating dried grapes. He says it's about raisin awareness.

A woman comes home, screeches her car into the driveway, and runs into the house shouting: "Honey, pack your bags – I've I won the lottery! I've won the lottery!" The husband says: "Oh my god! What should I pack, beach stuff or mountain stuff?" And the wife says: "Doesn't matter, just be gone by the time I get back."

Two Mafia hitmen are walking deep into a forest in the middle of the night. One of them says: "I gotta admit, I'm scared out here." The other replies: "You're scared; I've got to walk back alone."

#### Consider your verdict

Perry Mason, the world famous defence lawyer, represents a man whom is on trial for murder. There is strong evidence against him even though there is no corpse. Perry is at his finest in these situations and after strenuously defending his client he delivers his closing statement.

Perry says: "Ladies and gentlemen of the jury, I have a surprise for you all. In just one minute the person presumed dead in this case will walk into this court room."

There is a huge gasp from the jury and the gallery. A minute passes, but nothing happens. Perry says: "I made up the previous statement, but you all looked at the door in anticipation so I therefore put it to you that there is reasonable doubt in this case as to whether anyone was killed and insist that you return a verdict of not guilty."

The jury retires and walks back into the courtroom a minute later and delivers its verdict: "Guilty."

Perry is stunned and asks the jury foreperson: "How could you have possibly

made that verdict; you must have some doubt because I saw all of you stare at the door waiting for the person presumed dead to walk through the door."

And the jury foreperson said: "Yes, we did look, but your client didn't."

#### Died happy

It's late on a Saturday night and three dead bodies — all tourists — are in the mortuary in London with very big smiles on their faces. The coroner calls the police inspector to tell them his results after the examinations. The coroner says: "First body: French tourist, 60, died of heart failure whilst out with his mistress hence the enormous smile. Second body: Scotsman, 25, won a thousand pounds on the lottery, caught the express to London and spent it all on whisky. Died of alcohol poisoning, hence the smile." The police inspector asks: "And what of the third body?"

The coroner says: "Ah, this is the most unusual one. Fred from Mc Laren Vale, Australia, 30, struck by lightning."
The inspector says: "Then why is he smilling?" And the coroner says: "He thought he was having his picture taken."

#### Dad jokes...

What do you get when you cross a chicken with a millipede? Drumsticks for everyone. What did one arithmetic book say to the other? 'We've got problems.'
What do Eskimos get from sitting on the ice

too long? Polaroids.

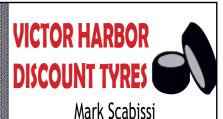
What lies on the ground one hundred feet in the air? A sunbathing centipede.

What do you call two spiders who just got married? Newlywebs.

Why was the Queen's room flooded? Because she has reigned for many years. Did you hear about the robbery in the laundry room? Two clothespins held up a pair of pants.

What was the reporter doing at the ice cream shop? He was getting the latest scoop.

Why did the vampire give his girlfriend a blood test? To see if she was his type.
Why don't elephants go skinny dipping?
Because they can't get their trunks off.
Why are movie stars so cool? Because they have so many fans.



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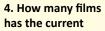




#### Bond is back. James Bond.

James Bond is finally back - in No Time to Die. To get you into 007 mode try this James Bond quiz...

- 1. How does Bond drink his martini?
- 2. James Bond began life as a crime novel character, written by which author?
- 3. Which Gen Z popstar sings the new Bond theme song, No Time To Die?



Bond, Daniel Craig, starred in?

- 5. How many Bond actors have been knighted by The Queen?
- 6. Who was the first actor to play James Bond?
- 7. In which 2002 Bond film would you find Halle Berry as Bond Girl Jinx?
- 8. What was Daniel Craig's first Bond
- 9. Which theme begins with the lyrics: 'This is the end. Hold your breath and count to ten'?
- 10. Which actor played Bond in Moonraker, Octopussy and The Spy Who Loved Me?
- 11. Which Swiss actress made waves as Honey Ryder, the first ever Bond Girl?
- 12. Which Bond film do you think has the highest rating on movie review site **Rotten Tomatoes?**
- 13. In 1967, which actor appeared as Bond in the 'unofficial' spy parody Casino Royale?
- 14. During which film does James Bond say: 'Well, I'm afraid you've caught me with more than my hands up'?

(Answers next page... don't cheat or Jaws from The Spy Who Loved Me will bite a chunk out of you.

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#### Ron's gone wrong

(CTC) Animation, adventure, comedy, family, sci-fi starring Zach Galifianakis, Olivia Colman, Jack Dylan Grazer. Directed by JP Vine, Sarah Smith. The story of Barney, an awkward middle-schooler and Ron, his new walking, talking, digitally-connected device. Ron's malfunctions set against the backdrop of the social media age launch them on a journey to learn about true friendship.

#### Riders of Justice (Danish)

(MA15+) Danish film with English subtitles. Action, Comedy, Drama starring Mads Mikkelsen. Directed by Anders Thomas Jensen. Markus goes home to his teenage daughter, Mathilde when his wife dies in a tragic train accident. It seems like an accident until a mathematics geek, who was also a fellow passenger on the train, and his two colleagues show up.

#### Eternals

(CTC) Action, adventure, d rama starring Angelina Jolie, Salma Hayek, Kit Harrington, Gemma Chan. Directed by Chloe Zhao. The Eternals, a race of immortal beings with superhuman powers who have secretly lived on Earth for thousands of years reunite to battle the evil Deviants. Advanced screening Wednesday, November 3; commences November 4.

#### No Time to Die

(CTC) Action, adventure, thriller starring Daniel Craig, Rami Malek, Ralph Fiennes, Lea Seydoux. Directed by Cary Fukunaga. James Bond has left active service. His peace is short-lived when Felix Leiter, an old friend from the CIA, turns up asking for help leading Bond onto the trail of a mysterious villain armed with dangerous new technology. Commences November 11.

#### Venom: Let there be Carnage

(CTC) Action, horror, thriller, sci-fi starring Tom Hardy, Woody Harrelson, Naomie Harris. Directed by Andy Serkis. Tom Hardy returns to the big screen as the lethal protector Venom, one of MARVEL's greatest and most complex characters. Woody Harrelson plays the role of the villain Cletus Kasady/Carnage. Commences November

#### A Boy Called Christmas

(CTC) Family starring Maggie Smith, Jim Broadbent, Kristen Wiig. Directed by Gil Kenan. Adapted from the best-selling book by Matt Haig. The origin story of Father



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Christmas is re-imagined in Gil Kenan's live action adaptation. An ordinary young boy called Nikolas sets out on an extraordinary adventure into the snowy north in search of his father, who is on a quest to discover the fabled village of the elves, Elfhelm. With him is a headstrong reindeer called Blitzen and a loyal pet mouse. Commences November 25.

#### Dune

(CTC) Sci-fi, fantasy, adventure, drama starring Timothee Chalamet, Zendaya, Rebecca Ferguson, Jason Momoa. Directed by Denis Villeneuve. A mythic and emotionally charged hero's journey, Dune tells the story of Paul Atreides, a brilliant and gifted young man born into a great destiny beyond his understanding, who must travel to the most dangerous planet in the universe to ensure the future of his family and his people. As malevolent forces explode into conflict over the planet's exclusive supply of the most precious resource in existence - a commodity capable of unlocking humanity's greatest potential - only those who can conquer their fear will survive. Commences December 2.

#### **Encanto**

(CTC) Animation, fantasy, family, musical, comedy, adventure starring Stephanie Beatriz, John Leguizamo, María Cecilia Botero, Diane Guerrero, Jessica Darrow, Angie Cepeda, and Wilmer Valderrama. Directed by Byron Howard, Jared Bush. The tale of an extraordinary family, the Madrigals, who live hidden in the mountains of Colombia, in a magical house, in a vibrant town, in a wondrous, charmed place called an Encanto. It has blessed every child in the family with a unique gift from super strength to the power to heal - every child except one, Mirabel. But when she discovers that the magic surrounding the Encanto is in danger, Mirabel decides that she, the only ordinary Madrigal, might just be her exceptional family's last hope. Commences December 2.

#### **BOND QUIZ ANSWERS:**

Goldfinger. 13. David Niven. 14. Diamonds Are 10. Sir Roger Moore. 11. Ursula Andress. 12. Day. 8. Casino Royale. 9. 5kyfall (by Adele). Moore. 6. Sir Sean Connery. 7. Die Another Eilish. 4. Five. 5. Two: Sean Connery, Roger 1. Shaken, not stirred. 2. Ian Fleming. 3. Billie



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## Eat Wave with Jenny

# Turkish Bread Pizza

#### Ingredients

400g Turkish Bread long roll

- 1 cup finely chopped broccoli florets
- 1 cup finely chopped mushrooms
- 1 cup chopped bacon
- 250g grated tasty cheese
- 1 bunch spring onions, thinly sliced
- ½ cup cream, or 1 egg



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

Cut Turkish Bread in half. Using a bread knife carefully slice one half lengthwise, down the centre, making two thin slices. Repeat for other half.

Place each piece crust-side down on a clean bench top or bread board.



#### **Topping**

Fry the chopped bacon in a pan over medium heat, until crisp. Remove from heat. Using a food processor (or a knife) finely chop broccoli florets, then finely chop mushrooms.

Place in a large bowl with the bacon, grated cheese (save some to sprinkle on top), and spring onion. Add cream (or beaten egg) and stir to bind the ingredients together.

Evenly distribute the topping mix onto the four slices of Turkish bread and spread to cover evenly with a rounded knife. Sprinkle

the reserved grated cheese on top.

Place on the baking tray and bake at 180°C for 20 minutes or until topping sets and turns light golden, and bread is crisp.

Makes a delicious light meal or snack, or can be cut into bite-size pieces prior to baking, and served as party finger-food.

**Note:** Topping ingredients can be prepared the day before and stored in refrigerator. The Turkish bread base can be used with other toppings of choice..

We thank Linda for this recipe.



## Eat Wave with Jenny

# Cranberry Bites

#### Ingredients

#### Base

1 cup self-raising flour ½ cup castor sugar ½ cup desiccated coconut ½ cup (110g) unsalted butter

#### **Topping**

(melted)

14 cup plain flour

½ tsp baking powder

½ cup castor sugar

½ cup dried cranberries (chopped)

½ cup raw walnuts (chopped)

½ cup shredded coconut

1 tsp vanilla extract

2 eggs, lightly beaten

2 tbsp desiccated coconut

We thank Flora for this recipe.



#### Method

make the base.

Preheat oven to 180°C. Line the base of a 20x30cm pan with baking paper.

In a large bowl combine flour, sugar and coconut. Add melted butter and mix well. Press mixture firmly in the baking pan to

To make the topping, sift flour and baking powder together into a large bowl. Add sugar, cranberries, walnuts, coconut and vanilla extract. Add eggs and mix well. Spoon the topping over the base and

spread with a round-blade knife, to cover evenly.

Bake for 25-30 minutes, or until golden. Remove from oven and sprinkle desiccated coconut on top to garnish. Cool thoroughly, then cut into small squares. Store in airtight container. Ready to serve

with tea or coffee. Great for party share. Enjoy!

Note: Sugar amounts can be reduced slightly if preferred.



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