



Coast Lines

FREE

February 2022 Vol. 11 #142

People, places & events across the Fleurieu Peninsula

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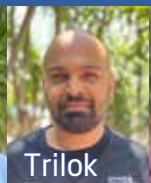


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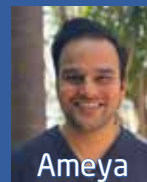
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Coast Lines is published by Ashley & Jenny Porter trading as Oscar Publications.

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STORIES & ADVERTISING: Ashley 0402 900 317

ADMINISTRATION / WEBSITE: Jenny 0422 269 325

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POSTAL ADDRESS: PO Box 2078, VICTOR HARBOR SA 5211

Printed by Finsbury Green.

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FEBRUARY

We talk to two very special Megans this month – Megan Caldersmith (above left), a dressmaker in McLaren Vale, and Megan Wibley, general manager of the Victor Harbor Horse Tram Authority – and both have a great story to tell.

Megan C, a dressmaker, designed and made the beautiful dress worn by McLaren Vale model Miah McCarthy pictured on our front cover. Megan tells us how fashion has changed with few doing their own sewing. We present a special feature and photo shoot by outstanding photographer Deb Saunders starting on **P12**.

P8: Megan W and the amazing team behind our famed horse drawn tram in Victor Harbor has some exciting plans that can lead to a world first. It is taking this tourism gem to a whole new level.

P6: It's the end of the road for the 2022 McLaren Vale Vintage & Classic because of COVID restrictions, but there may not be another one because the creators and event organisers for the past 16 years – Trevor and

Sandra Sharp – have stepped down from the roles and at this stage no one looks like taking it over.

P20: Boxing Day was the 85th anniversary of the Australian Grand Prix in Victor Harbor – renamed South Australian GP because of our centenary – so Chiton resident Rod Lovell decided to mark this special occasion with a painting on an old shed wall, and was greeted by a special passer-by. It was almost 26 years ago that he made world headlines when he ditched a DC3 in Botany Bay and saved 25 lives.

Our February edition also has some brain activation with puzzles, more lame jokes that will make you groan, a complete local movie guide, and Mrs Eat Wave has some more great recipes for the family.

As always, thank you to our advertisers, distributors and readers. We hope you enjoy edition #142.

Jenny & Ashley

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Hey Nick, Nat, Paddy, Mack...

Give a dog a home

The proverbial saying '... you're in the dog house' is now far from being easy in reality for our canine friends.

According to Carolyn Jones, RSPCA South Australia media relations manager, this time of the year is always busy with unwanted pets given for Christmas surrendered to this magnificent organisation established here 146 years ago.

But it has been our national current rental housing crisis that has seen a huge rise in dogs – and cats, rabbits and guinea pigs – being surrendered to RSPCA SA, especially across the Fleurieu Peninsula given that its main shelter is in nearby Lonsdale. It's not always easy finding landlords willing to accept pets.

One puppy grateful for a home is Juno, a beautiful 12-week old Husky-Staffy X with light blue eyes temporarily adopted by Donna and Tom Morris of Aldinga (pictured). Under the system this caring couple – they said 'we'll never get another dog' after their



previous love Konan the Husky died two years ago – have the puppy for a month before determining whether to adopt him. Just look at them; there's no doubt they will. Carolyn said RSPCA SA was moving towards a foster care model because it was better for the animals to be in homes than in shelter environment, especially dogs where their behaviour may deteriorate.

"A lot of people may be uncertain about taking on an animal so when you do foster


caring it's a really great way to give it a test run," she said.

"Sometimes dogs and cats need time living with skilled foster carers to overcome behavioural issues before they can be made available to adopt.

"We have recognised that animals fare much better psychologically in a loving foster home than in a shelter environment.

Continued P4

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If you are interested or would like more information relating to fostering a pet RSPCA SA is holding an 'Adoptathon' from Friday, February 11 to Sunday, February 13 at its Lonsdale shelter – 25 Meyer Rd. Animals will be available for a reduced fee and there will be other incentives. Follow RSPCA SA on facebook or check on its website that week: rspcasa.org.au - image: RSPCA SA website.

From P3

"We provide everything – food, equipment, vet support – and the carer provides a loving home and time. It's a great way to give animal ownership a trial-run, especially with the support of our knowledgeable staff, and many people end up adopting the animals they foster."

Donna and Tom said after two weeks Juno had already brought a lot of love and fun into their home, and could not speak more highly of the back-up support of RSPCA SA – it's from where they also adopted their cats Sooty and Ekky.

Sadly, Juno was surrendered to the organisation when only six weeks old as one of a litter of five puppies, together with their

mum after their owner passed away.

Throughout December the RSPCA SA had 50 puppies and 55 dogs adopted, and another 33 on either trial adoptions or being fostered. Also adopted were 132 cats and 191 kittens, plus 23 rabbits and guinea pigs. RSPCA SA currently has more than 1100 animals in care across SA and more than 60 per cent are in foster care.

"We are always on the lookout for more foster carers" Carolyn said.

The question begs: how could anyone resist a puppy like Juno with her adorable light blue eyes? Our 'we'll never get another dog' Donna and Tom certainly couldn't. A kind couple indeed. 🐾

IT'S BACK

Cittaslow Goolwa presents At the Wharf! on Signal Point Lawns on Friday, February 25 from 5-8pm. There will be hot food available along with beer, soft drinks, top quality local wine and live music from *Matt and the Maniacs* BYO chairs, or maybe just a blanket to sit on.

Food from home is welcomed, but strictly no BYO alcohol to comply with licensing regulations. Covid 19 arrangements apply. There will be a great evening like this on Friday, March 13.

SPECIAL DAYS

Ovarian Cancer Awareness Month:


Ovarian Cancer Australia is highlighting the symptoms of ovarian cancer and raising funds for its programs. **Thursday, Feb 24:**

Teal Ribbon Day. You are invited to purchase and wear a teal ribbon from Ovarian Cancer Australia to help raise awareness of ovarian cancer. Teal ribbons may be purchased from Ovarian Cancer Australia, Chemmart Pharmacies, Spotlight and Brazilian Butterfly. www.ovariancancer.net.au


Wednesday, Feb 2: World Wetlands Day.


The UN event marks the signing of the Ramsar Convention, an intergovernmental treaty that calls for the member countries to maintain the ecological use of their wetlands. www.environment.gov.au/water/wetlands/world-wetlands-day

Continued P5



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Monday, Feb 14: Sweetheart Day. It's Valentine's Day, but this Sweetheart Day organised by HeartKids Australia is about raising awareness of childhood heart disease and encouraging donations to continue its work in providing support, advocacy, growing awareness and enabling further research into children's heart disorders.
www.sweetheartday.org.au

From P4

Feb 7-13: Tinnitus Awareness Week. This year's activity will be based around the campaign 'Together for Tinnitus' which is intended to increase our visibility, generate discussion about tinnitus and raise awareness of the work being carried out and support provided. www.tinnitusaustralia.org.au



Sunday, February 13: Apology Anniversary. National Sorry Day Committee (NSDC) set the day as a mark of respect of the achievement that was the apology to the Stolen Generations. It is a reminder to the broader public, politicians and policy makers that sorry is more than a word. healingfoundation.org.au

Friday, Feb 18: International Asperger's Day. Highlights the significance of Asperger Syndrome for both society and individuals, and illustrates one of the many challenges to the newcomer trying to understand the autism spectrum. www.asperger.asn.au

Monday, Feb 28: Summer's Day. KidSafe. On this day each year stop and remember all the children who lost their lives as a result of an unintentional injury, and acknowledge those children and families living with the consequences of preventable injury. www.summersday.com.au

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McLaren Vale
Vintage & Classic

End of the road in sight

STORY: ASHLEY PORTER

Nearly every community event, particularly something as big as the McLaren Vale Vintage & Classic, needs to be driven by volunteers.

After organising 16 fabulous parades down the main street collectively lined by more than 100,000 people illuminating local businesses all in the name of raising nearly \$100,000 for the local hospital, CFS and to save koalas – key organisers Trevor and Sandra Sharp (pictured) have proverbially ran out of petrol.

This year's event, which was planned for Sunday, April 3, was cancelled mid-January because it was near impossible to meet the necessary Health SA COVID-safe plan requirements.

And unfortunately, it's most unlikely there will be another Vintage & Classic in the near future regardless of the pandemic – Trevor and Sandra have understandably 'had enough' and no one is expected to put their hand up to take on the incredible workload. As Trevor bemoaned, they 'created a monster' and it is not an unfamiliar story. It takes special people to put on special events, and it is nearly always an impossible



task to replace those left to do so much. McLaren Vale's Sea & Vines and Bushing festivals have also gone by the wayside in recent years; community events have drained the best of volunteers.

For the 200-plus enthusiasts who had entered their vehicles for this year's Vintage & Classic – 600 were expected to take part including many from interstate – and the wineries involved, the cancellation came with huge disappointment.

This has been unlike any other vehicle event of its kind, probably in the southern hemisphere, with a fundraising dinner on the Friday night over the past 12 years drawing famed guest speakers including rally champion Ed Ordynski, F1 and Indianapolis 500 driver Vern Schuppan, F1 World Champion Alan Jones and Supercars hero Craig Lowndes. The grand parade – free to the public – on the Sunday has been preceded by 'show and shine' by the entrants, later dispersing to participating packed wineries.

The Vintage & Classic has not only been great for McLaren Vale, but South Australia. No one is expected to step up as replacement volunteers to organise this event in future years, a challenge that really needs three paid people costing \$200K annually causing significant rises in entrance fees and sponsorship. This would not make the event viable.

Sandra emailed 900 people on the event's data base who had entered or been involved at some stage over the past five years, and only one person said they might be able to help run the annual event. And that's not taking it over.

"A lot of emails said, 'oh it's the best event that we have come to and please don't finish it', but let's face it, you can't keep doing it forever," Sandra said. "We're in our 70s and we want to have some life."

Trevor added many had been suggested to help out, but the crux of the matter was that this event needs someone to be there driving it, offering first-hand knowledge support, and he cannot do this anymore.

"There have also been those recommended who run vehicle-related events, but they do it for money," Trevor said. "If we charged those who enter their vehicles more – ours has been \$30 the last few years – and said someone else is going to pocket \$20,000 or more you wouldn't get anyone to go in the event."

"This event was set up to always break even. It has never been about someone making money."

"No one could run this without the passion for cars so you cut out 60 per cent of possibilities. You need someone really keen, but these types spend their time playing around with their own cars and don't have the time to run the show."

"The amount of hours organising is horrendous, and that's the biggest problem trying to get someone else to take over. You can have some great people on the committee, but you still need someone to run or oversee the operation."

"Yes, we created a monster. I think it grew bigger than we ever thought it could from the initial stages."

For 16 years, including 2020 when the event was cancelled three weeks prior because of the COVID outbreak, they have started



planning for the next classic from the previous July with the commitment virtually non-stop in the approaching three months. The decision by Trevor and Sandra to stand down should come as no surprise. Trevor made it clear during the past two years that they were unable to continue heading the organising committee, and if someone else didn't put their hand up it was going to come to an end.

"The whole thing was set up by the McLaren Vale Business Association when I was chairman," Trevor said.

"I brought up the idea from an English magazine about a town that was also looking for more people to walk down it's main street, going into the cafe and shops. This has been extremely successful. Over the years all the accommodation has been taken up. The motels, B&Bs and the caravan park have been full."

Sandra recalled conversations over the years with local business people saying the Vintage & Classic was their biggest trading day of the year; in 2019 Paul from Oscars going down to the local hall on the day to borrow as many chairs as he could to put in his restaurant because of the number of people there.

Trevor spoke of the numerous examples of how friends would come to the town to meet for breakfast and watch the parade. "In the past even wineries that weren't part of it had a huge spin-off with a lot more people into their cellar doors," he said. "Last year the bakery at McLaren Flat sold everything by two o'clock and it was the same with the bakeries here in McLaren Vale.

"We feel proud, yes absolutely. Everyone in the town knows about the event. They'd ask if it's on again and I'd say 'yes, of course', but not now."

Sandra realises they are not alone when it comes to volunteering and organising an event of some kind and so much is left for so few to do. "It's hard, but at some stage you have to give it up," she said.

They've certainly done their share of community work. Trevor was in the local business association for 25 years – many as chairman – while Sandra was secretary. This was besides running two businesses in the building trade, Trevor being a Scouts leader and Rotarian which saw him cooking barbeques almost every weekend, and Sandra elected as an Onkaparinga Council member, and on the McLaren Vale and Districts War Memorial Hospital board. The Vintage & Classic has been run under the auspices of the McLaren Vale Business & Tourism Association, and while its committee has achieved so much for the community over many years there is no one currently on there that has the required intimate knowledge of cars, indeed the passion, to grip such an event. There are 'Indians' but the 'chiefs' cannot be found. Yes, enough is enough, as Trevor and Sandra lamented, yet they said they would do it all over again because the biggest reward was raising money to buy a heart monitor, plus electric operated beds and chairs for the local hospital. Like the vintage and classic cars that have rolled down the main street over the years, they don't make 'em like that anymore. 🌈

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STORY / IMAGES: ASHLEY PORTER

Courses for horses

The leading lady says to Tom Booker aka Robert Redford in that 1998 classic *The Horse Whisperer*: "I've heard you help people with horse problems", and he replies: "Truth is, I help horses with people problems."

Clever lines, and later they ride off into the sunset across spectacular remote Montana mountains causing emotions to flow down cinema isles.

Soon, far from Hollywood and as part of a world first, there is every chance it will be actually the horses helping people from all over Australia with their problems right here in downtown Victor Harbor. It is an amazing story; the makings of a blockbuster in its own right.

Our horse drawn tram is the only one in the world that runs all-year round; it is an incredibly valuable tourism asset. In what started out as a round-table discussion among staff of the Victor Harbor Horse Tram Authority – and continued with a supportive board – on how it could become self-sufficient rather than rely heavily on City of Victor Harbor financial support became an astonishing, realistic vision.

Equally remarkable is that 18 months ago a daring elderly lady, wobbly on her feet, parked her car perilously on Ring Road and shuffled across to be closer to the Clydesdales in a paddock.

She met the general manager for the tram operation Megan Whibley – best known as Meg – who asked if she was okay. The acquaintance and events triggered a wave of ideas.

"The lady said she had everything wrong with her including cancer and was dying," Meg recalled. "She said, 'I just want to spend time with the horses while I can'." What this led to – as we progress in this story – is nothing short of brilliant.

"At the time the lady saw us there were iron droppers on the ground everywhere; it was dangerous so we organised for her to be close to the horses at the causeway," Meg said.

"It was this meeting by chance – she could have killed herself the way she parked her car – that it made me think surely there has to be people prepared to pay money just to be out here with the horses. If we could give them a safe environment and someone to educate them on what we do and how we do it I think we could make money out of this."

Weeks later Meg spoke at Rotary about the importance of the horse drawn tram, but the conversation later was only about the horses; how they would re-trained to clip-clop over the new causeway, what they ate for breakfast and marvelled at how gentle these horse giants really were.

More than ever Meg realised a need to process more information relating to the operation. The experience was similar to when she ran Greenhills Adventure Park, which was created by her much-admired parents Bill and Margaret McKenzie; how bus loads of school kids would come to learn how things were done, and left with lifetime memories.

The stables are currently archaic – there is

no power – but thanks to a Building Better Regions Grant (Round Five) of \$203,000 and matched by council plans are under way to build a new facility with 10 stalls on land on Canton Pl, off Henderson Rd, which the authority now leases from council.

But questions remained around the staff room table: finding a need to generate new income without going back to council.

Meg said the conversation started with a suggestion to allow visitors to walk through a walkway in the proposed centre of the stables to a souvenir shop. Then why not have a kitchen/cafe.

The Building Better Regions Grant is largely aimed at creating infrastructure, jobs in the region and tourism. Meg's dream is to not only develop a visitor's centre, but create a new business doing behind-the-scenes tours with the Clydesdales.

"It will suit small or larger groups like schools," Meg said with much enthusiasm.

"We will have a conference room which will also be part of the education concept. It won't be a big room, but we are going to have an open-decking area out from that.

"There is this beautiful tree area already there so we can just lend to ourselves going out to form a yarnning circle and the group will be able to see the horses.

"My big dream is to do a long lunch table down the middle of the stables with all the horses in their stalls eating; courses with horses. I can see this vision; people will pay a lot of money just to have this unique experience.

Continued P10

Images: Meg walking Isabella by the stables on Canton Pl. For the record, Isabella's right foreleg has black feathers while the other three have white, which is uncommon. Right: The black Clydesdale is Chester, a two-year-old new to the team and with plenty of development and training ahead of him.





Albert is pictured pulling the tram with ease – an average-sized man could push it because it rolls easily.

This great tourism asset is run by the Victor Harbor Horse Tram Authority, which was established in October, 2018 as a subsidiary of the City of Victor Harbor under Section 42 of the Local Government Act 1999.

Those currently on the board are councillor Carol Schofield and independent members Rachel Kennedy, Paul Brown, Nigel Catt and Natasha Hunt. The Authority has 12 people working three equivalent full-time and casual positions led by Meg Whibley as general manager.

From P9

"We like to think that at some stage in the future international tourists will come to Victor Harbor to share this. It could be a package; have lunch with the horses and send them off with their Akubra hats and Drizabone coats then have a ride on the tram in the afternoon.

"I can just see this all blending and create a high-end option. It's a long way off with no internationals, but it's a dream."

But Meg's crowning vision came when Meg's assistant Tamar Herron approached her in December 2020 saying she wanted to study, in general terms, equine therapy.

Tamar told her the course was working with horses with a lady in Victoria online and the cost was around \$7000. Given the daunting quest at hand to raise much-needed funds most managers would have not-so-politely dismissed the notion, but Meg, being someone with vision investigated in great detail and immediately recognised the significant benefit there could be for not only for the authority and Victor Harbor, but South Australia.

As part of this wonderful transformation Tamar, Meg and another staff member Shana Taylor are doing the first Australian model in training and certification pathway in Equine Assisted Psychotherapy & Equine Assisted Learning at the Equine Psychotherapy Institute in Mount Prospect, western Victoria.

It is an online course over 40 weeks with Meggin Kirby, who 11 years ago founded the company and has impressive credentials – a psychotherapist, gestalt psychotherapist, equine assisted psychotherapist, animal assisted psychotherapist, and mental health social worker of 23 years.

Megan explained that it was normally quiet on the property at the institute. "The horses are just there," she said. "You then observe them and the interactions that may occur, and you do lots of inquiry into what made them feel this way. All this turns into a session.

"The horse will walk away. Horses are about being here and now; they don't think about tomorrow. They mirror, they don't necessarily need you but sometimes they do.

"If all their basic needs are met with food and so on, they are just happy. If you put someone with them they are suddenly there for you. It is really amazing.

"Tamar said she thought we could use this study and working with the horses in the

“
This pony just had my back the whole time I was talking. It would take a step away, but when my emotions started to flair telling my story it stepped right in behind me and put its head right next to me, nuzzling up around my neck.” – Meg Whibley

new stable area, and we loved the idea. She was prepared to partly pay for it, but I saw this as personal development, and when I took it to the board it all happened.

“Five weeks into her course Tamar said, Megs, you've got to do this... if you don't you won't know what we are delivering it and how we are delivering it. The board agreed.

“The thing with this course is that you have to know about yourself first, and have an understanding all of your quirks and why you think like you do and so on. If you can't sort yourself out you can't help anyone else.

“I went to Kersbrook and had my first session with another equine psychologist... it was basically what you do including how you set up, but it was all about the horse.

“I had one come up right behind me and I told the psychologist I was nervous because it wasn't a horse that I knew; a pony which normally bites and nothing like my three horses at home.

“The horse reacted to my emotions; I couldn't believe it. The experience – and this was just the start – was simply amazing.

“I couldn't stop thinking day and night how we could take this down the line to corporate team building. Big groups. It's a new thing.

“I would imagine that you could have as many as 30 people and break it down to different groups working with one or two horses say with eight people at a time.

“Our Clydesdales wouldn't be the only horses either because they may seem intimidating to some people. We would need some smaller horses.”

There was no doubt this encounter with the pony, and the huge possibilities of transforming this program into an immensely successful arm of the Horse Tram Authority was exciting for Meg. The response and continued support from the board and the City of Victor Harbor, and of course the greatly appreciated grant has been heartening

But her biggest surprise came when she discovered something special, certainly sensitive, about herself.

“I have always had horses, but for various reasons I don't ride that much these days,” Meg said. “But this course has given me a whole new lease of life as to why I have horses – I have discovered that riding them

is not actually what I need them for.

“I now feel being with my horses walking and chatting with them – I sometimes sit out there at a table in the middle of a paddock – has given me the reason why I need to be with them.”

The horse drawn tram across the causeway has always been special; it has implanted millions of life-long memories since 1894 – excluding when a Fergusson tractor was used from 1956-86. Now we're talking about a cafe and a souvenir shop and having courses with horses.

Add the phone pics, pats on the long faces and discovering your inner-self by having a horse come up behind you nuzzling into your shoulder can be something unique in this world when mental health issues have never been more openly addressed.

Think of what it can mean for those with challenges; people like that dear lady who shuffled across a busy road. Now Meg and her team can make it happen.

We don't need Tom aka Robert the horse whisperer, just someone to tell the world about this out loud. 🌈



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When Megan Caldersmith was a young girl she would make her own clothes and everyone thought that she had bought them from John Martin's in Rundle Mall; they were that nice. Now, it seems, compared with years ago relatively few people sew their own seams. They are slowly becoming the...

Last of the DRESSMAKERS

STORY: ASHLEY PORTER

One hundred and seventy five years ago the 'knocker uppers', as they were called, lost their job. They would tap on glass windows with a long pole or shoot peas to wake Londoners up, but they went by the wayside when a Frenchman patented an adjustable mechanical alarm clock.

Forget not our local milkman and baker who delivered to our front door, kids of the fifties who set up 10 pins in bowling

alleys, Encyclopædia Britannica salesmen, telephonists and linotype operators. They became dinosaurs, the lot of them.

Those were the days we may sigh, but meet Megan Caldersmith. She sows, and it's also the clever name of her business She Sews in the main street of McLaren Vale. It's because of her exceptional skills and creativity, and that of many other traditional dressmakers, that there is hope of not losing another ageless art – dressmaking – against mounting odds in literally a material world.

Continued P13

From P12

Her grandmother, Pearl, who matched her beautiful name with amazing lace, and her mother, Ros, a wonderful seamstress and now a potter and artist, were dressmakers. Megan had it in her heart to follow them at a young age, but there seems no way her three teenage children will follow suit. Not many others are likely to either; it's a generational thing.

According to Megan, the difference these days is that we live in a consumer world where clothes are cheap. "But they are rubbish," she adds.

"When we grew up you would go into David Jones and buy a coat for \$500 and it would last you 10 years. Now they buy them online for \$150, but they'll buy five in 10 years because they are rubbish. It's fast fashion made in Bangladesh or China and they eventually go into landfill.

"People don't do a lot of sewing these days because they need to work, and Australia stopped manufacturing years ago.

"When I started my first bridal business in Norwood there was no such thing as alterations because all the dresses were manufactured in Queensland... you could put your measurements in and they were made to size. When you bought a pair of pant they came in four lengths – long leg, medium leg and so on. These days everything is manufactured overseas and it's cheaper to add 5cm on every pant than grade it in those lengths.

"Everyone needs to have their pant taken up unless they are exceptionally tall and the wastage goes into the environment which

"I am totally addicted to weddings... I've always loved them; dealing with brides. I love the fine work, love custom-made work. I'll never get sick of it. I absolutely love it."

- Megan Caldersmith

is ridiculous. And because we don't do much manufacturing here we don't import as much fabric so sewing has become very expensive. But here, there is quality."

And then there is the sewing machine.

"They have changed over the years and they're now terrible." Megan bemoans.

"They're plastic; they're cheap and they're rubbish.

"You can buy a machine for \$200 and it bounces around as you sew – it's hard to sew properly. I got to the point where I got this semi-industrial machine that they don't make anymore from Bernina International. It's solid; made of metal. I bought my first one 15 years ago and it would have been \$8000, and now every time someone trades one in Otto, the Bernina guy in Walkerville, rings me and I buy it. They don't make them

like that these days. It's just the way things are; people want everything cheap, and the quality isn't there."

Yet, for all of Megan's frustration the way dressmaking has changed she has no thought of getting out of the 'rag trade'; it's always been her passion, and always will.

"I am totally addicted to weddings," she said. "I've always loved them; dealing with brides. I love the fine work, love custom-made work. I'll never get sick of it. I absolutely love it."

She must. When she was at Betrothed on Norwood Pde some years ago she worked on 150 wedding dresses a year for 12 years. Last November she worked 12-hour days six days a week.

Megan has conservatively made more than 5000 wedding dresses during her 27 years in the trade, and has seen the styles change slowly about every five.

"Generally they are very classic so the change in style is small," she said. "It's interesting in terms of the business... I find that when the dresses are very simple the retail on them is less, but there are more embellishments with jewellery and veils so the overall amount ends up about the same.

"At the moment lace is very much in fashion so everything else is simple. Wedding dresses are very classic... the trends are subtle. There are some fringy-type, really fashionable things. I am still doing classic trends like the Audrey Hepburn style that I did 25 years ago. The bo-ho (bohemian), rustic-like dresses are very popular."

Continued P14



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People

From P13

According to Megan there were few weddings at the start of the pandemic, but now they are very much in vogue again and she is as busy as ever.

Irony lay in the fact that when COVID shut down the state it probably saved her business and encouraged a positive change in its operation. The hours remain crazy, but importantly there is great support from her husband Matt, the head red winemaker at Hardy's'.

"There was no bridal work when COVID-19 started, but I stayed open in the shop for general alterations," Megan said.

"Our local Federal Member Rebekha Sharkie had a virtual map for anyone who stayed open for essential workers, and when I emailed her I got so much work while a lot of others who did general alterations from home had to close.

"The government was recruiting nurses, ambos and police so they came in with their pant hems. We also do cotton face masks with a dollar donated from each one to the Hutt Street Centre, which is my preferred charity. So far we have donated \$5000. That saved us – pant hems and masks – and I was able to keep on my staff member Renee."

The pandemic brought a need to change the She Sews operation to 30 per cent bridal, 30% custom and the rest on alterations on other dresses purchased and general alterations.

"There is a bit of a movement going on now for the homemade look, and I think it's great there is a niche handy-craft market, but that's not what I do," Megan



said. "I have always tried to be an absolute perfectionist. It is what I was trained to do."

The discipline and skills set didn't just come from her grandmother and mother. Megan has a Associate Diploma in Fashion and a Associate Diploma in Marketing. Previously she did a Bachelor of Fine Art, but saw its limitations.

"You need a different skills for general alterations and bridal design," Megan said. "Drafting patterns and fitting people is a dying art. However, I had a couple of young girls doing work experience and they enjoyed it so I am going to mentor them. One is doing costume design and the other fashion design.

"I like to think there will always be people who are interested in dressmaking, but unfortunately the market as it is now has trained the next generation to buy really cheap clothing.

"Years gone by dressmaking was taught in schools, but not any more. It's textile arts, which is great course, but it's not the same and you have to wonder where the next generation of dressmakers will come from.

"If there's one key to sewing well it's taking your time. Don't rush it, but then as I said I am a perfectionist. People will say 'do this quickly I don't care what it looks like', and I then tell them they have come to the wrong place; I am not the right person."

Equalling this passion for dressmaking – especially bridal gowns – and what her exceptional talent means to her clients is an overwhelming community spirit; her support for Hutt Street Centre and a love for McLaren Vale.

"We always wanted to live here," Megan said. "The Fleurieu has so much to offer. We have enjoyed living in different regions – Adelaide, Denmark (WA) and another wine region, the Coonawarra – but this is the pick."

And, of course, it is home to the making of stunning wedding dresses. No pressure, but to the bachelors of the Fleurieu it's St Valentine's Day on Monday, February 14, and girls, Megan can be contacted at:

195b Main Rd, McLaren Vale. e: megan@shesews.com.au and you may find her on [instagram](#) and [facebook](#) 🌐



COVER & P15-18 PHOTO SHOOT:

Photography: Deb Saunders (Aldinga Beach).
www.debsaundersphotography.com.au M: 0414 447 536

Model: Miah McCarthy (McLaren Vale)

Hair: Lisa, at Beyond Beautiful Style Lounge. 135 Main Rd, McLaren Vale;
T: 8323 8324

Custom garments: Megan Caldersmith at She Sews. 195B Main Rd, McLaren Vale. e: megan@shesews.com.au

Location: Maslins Beach

She Sews.



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Willunga Farmers Market turns 20

The Willunga Farmers Market will celebrate a magnificent 20 years on Saturday, February 19. It represents more than 1000 weekly markets full of fresh local produce and wonderful community connections. Winner of the delicious Produce Award for the nation's Most Outstanding Farmers Market in 2021, and inducted into the SA Tourism Hall of Fame for Excellence in Food

Tourism in 2021 – Willunga Farmers Market is now home to more than 80 farmers and producers from the Fleurieu Peninsula.

The pandemic forced a change of home by the town intersection to the Willunga High School, but the atmosphere is as good as ever and just as popular. Chefs Todd Steele, Karena Armstrong (Salopian Inn &



Director of Tasting Australia 2022) & Jordan Theodoros (formerly Sticky Rice Cooking School & Peel St Restaurant) will help celebrate the birthday by sharing their favourite recipes using fresh market produce from

8am-noon. Willunga Farmers Market was set up to provide a venue for small producers to sell their finest and freshest first-quality food the region has to offer. 🌈

CITTASLOW GOOLWA PRODUCERS & ARTISANS MARKET: Holiday season changes at Jeralde Park, Goolwa Wharf - on Sundays February 13 & 27 from 9am-1pm. Enquiries: Jane 0419 855 148.

GOOLWA WHARF ROTARY MARKET: Goolwa Wharf, first & 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: This nationally-acclaimed market will be held at the Willunga High School grounds every Saturday. 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 MARKET: Quality stalls & fresh produce at the Agricultural Hall, Main South Rd, Yankalilla every third Saturday of the month 9am-1pm. Contact Judy 0411 287 201 or Mattie 0447 044 721. 🌈

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From saving lives to re-living history

STORY: ASHLEY PORTER

Former pilot Rod Lovell couldn't hide the hint of amusement at the suggestion he had gone from saving lives to saving history.

Almost 26 years ago he made headlines when he ditched a chartered DC-3 into Botany Bay because of engine failure, a decision under extreme pressure that ultimately saved the lives of 25 people.

Our Bureau of Air Safety Investigation refused to accept evidence that it was due to engine failure, and Rod was publicly scorned. He's been fighting for justice ever since.

Then, 15 years later Chesley 'Sully' Sullenberger landed his US Airways Flight 1549 on the Hudson River, in which all 155 passengers and crew survived, and Tom Hanks deservingly depicted him as a hero in the movie *Sully*.

"That's the way it goes," Rod said. He is now bringing into history back to life again, this time in the back yard of his Chiton



home. It was 85 years ago that Les Murphy roared past there on his way to winning the Australian Grand Prix – known as the South Australian Grand Prix to mark its centenary – in what was described as 'amazing speed at an average 68½ m.p.h'.

More than 50,000 people lined the circuit through Victor Harbor and Port Elliot on this Boxing Day, 1936 – 32 laps covering 240 miles – with the slowest of the 27 cars starting first and the fastest last. Of them only 12 finished with reports of 'McDonald had to pull up to adjust his goggles', 'Gullan in a Hornet Special lost 3 mins while he stopped to adjust his helmet', and others experiencing 'water belching from the radiator' and a 'loose distributor'.

Drivers tackled the Nangawooka corner where there is a plaque in the flora reserve to commemorate the event.

Les Murphy was a national hero that day, and upon realising that no one had remembered the 85th anniversary Rod asked brilliant local street artist Chad Spencer to paint an image of our 1936

Grand Prix winner on the back of his shed wall.

Fate has obviously played a huge part in Rod's life, so it shouldn't have come at any surprise that Dean Murphy, the great grandson of Les who was here on holiday from Victoria, just happened to drive past and was one of the first to see the painting.

"Chad painted the wall from an old photo using a projector at night, and the paint hadn't even dried when Dean knocked on the door and said who he was; I was amazed," Rod said. "He had already rang his grandfather Rod and said how he saw a painting of his father; how we still remembered his Grand Prix victory.

"Dean's lad was there, and I said to him as he stared at the wall... that's someone special; he's your great-great-grandfather.

"I've always been a car enthusiast and I've been thinking for a long time just how special this race was for Victor Harbor. It is something we should be proud of, and celebrated."

Continued P21

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Images: (from far left) The early leader races around Nangawooka corner. Rod Lovell in front of the painting on his shed. The front page of *The Mail*, which was then a joint publication by *The News* and *The Advertiser*. Below: The scene at the DC ditching, which is featured in Rod's book *From Hero to Zero*.



From P20

Rod thought it would be great if the adjoining property on the main Victor-Port Elliot road owned by council were cleaned up and perhaps people could safely stop and sit on a bench to reflect on local history.

The Sporting Car Club of SA organised this fabulous event 85 years ago. Les Murphy won two hundred pounds and a gold cup valued at fifty pounds for winning in his MG P Type in 3hr 39 min 6 sec, and South Australians embraced the first Grand Prix held here.

SA has held more Australian Grand Prix races at different venues than any other state – in Victor Harbor (1936), Lobethal

('39), Nuriootpa ('50), Port Wakefield ('53), Mallala ('61), and of course, Adelaide ('85-95).

Also for the record, according to Rod in those days we put the 'u' in Harbor. "It's the way things were then," he said.

Reports also added a 't' onto Port Elliot, but behind the scenes there were bigger grumbles about what was 'right'. The Victorians called it 'shameful theft ' when the race was called 'South Australian' rather than Australian Grand Prix. How times have changed.

And for whatever reason, although the event was on Boxing Day, 1936, powers-to-be listed it in record books as the 1937 Australian Grand Prix.

There is some amazing history with the great race, and obviously this magnificent painting on a pilot's wall doesn't have space to tell the full story. And we should acknowledge him elsewhere for saving 25 lives on April 24, 1994. 🌈

Book details: www.fromherotozero.com.au

Great news for movie buffs

The fabulous Southern Fleurieu Film Society, known for screening popular and perhaps lesser-known excellent overseas movies, is coming to Victa Cinemas.



It has been showing movies monthly in Centenary Hall, Goolwa, and the Supper Room in Milang since the group was formed in 2013, and its move to include Victor Harbor in one of the few remaining classic country cinemas is great news.

Each month Victor Cinemas will show a SFFS movie on the first Tuesday, Goolwa the first Wednesday and Milang the first Friday starting this month with *A Street Cat Named Bob*. It's a true, feel-good story of a busker and recovering drug addict who's life is transformed by a stray ginger cat, based on the international best-selling book.

The association is managed by a committee with SFFS founder Mike Tye as chairman, Lachlan Kelly (treasurer) Gillian Keen (secretary), and Ken Smith, Steve Grieve, Leah Grace and Lyn Pike. Screenings of films are preceded by a short film introduction of the night's film presented by Mike and Pike. To attend these films requires membership of SFFS – just \$50 per year or less than \$5 per film.

The movie for March is crime/drama *The Cook, the Thief, His Wife & Her Lover*. Naturally, COVID regulations apply at all screenings. 🌈



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Brain activation

Across

- 1 Small fish
4 Word puzzle
8 Monkey
10 Drink
11 Helpful hint
13 Large building
14 Rubeola
15 Job undertaken
16 Mountain lake
19 Particular
22 Develop gradually
25 Musical sounds
26 Telegram
27 Consumes
29 Liberates
31 Apprehend
32 Answered
33 Waistband

36 Pretended

- 39 Lengths of army front
42 Everlasting
43 Knight's title
44 Bird
45 Lyric poem
46 Kept under
47 Sovereign

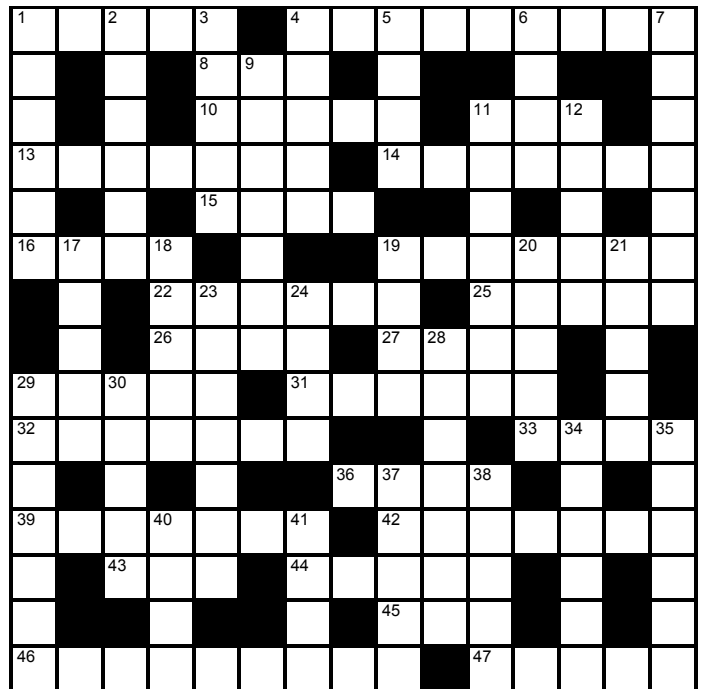
Down

- 1 Mute
2 Long slender sword
3 Unspoken
4 Yields
5 Standard
6 Speaker's platform
7 Small pieces of food

9 Bullfighter

- 11 Natural gifts
12 Braid of hair
17 Sky blue
18 Stair handrail post
19 Prophet
20 Legal fees
21 Protection
23 Caller
24 Heavy substance
28 Charged with gas
29 Newer
30 Poems of heroism
34 Yearly
35 Assistant
37 Biblical king
38 Measuring instrument
40 Rank

Crossword



PUZZLE ANSWERS P25

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 (F) is worth 7 and (1) 17, so (Q) must be worth 8. Anywhere there is an (Q) it is worth 8 and so on.

A	O-Q	
B	$X \div B$	5
C	$O + M$	
D	$Q + P$	21
E	$N + H$	
F	$D \div Z$	7
G	$D - N$	
H	$W \div Z$	
I	$T + Z$	
J	$C + Z$	
K	$R - G$	
L	$Y - O$	
M	$Q - F$	1

N	S-L	17
O	$L + M$	
P	$Q + B$	
Q	$W - O$	
R	$J + O$	
S	$N + L$	
T	$E - C$	12
U	$I + F$	
V	$E - F$	
W	$Q + O$	18
X	$H + Y$	
Y	$Q + C$	
Z	$N - J$	

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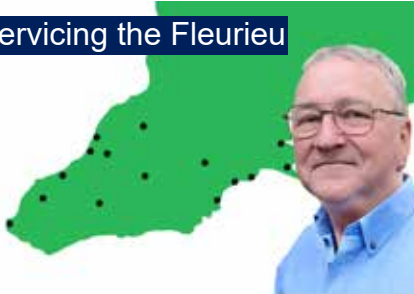
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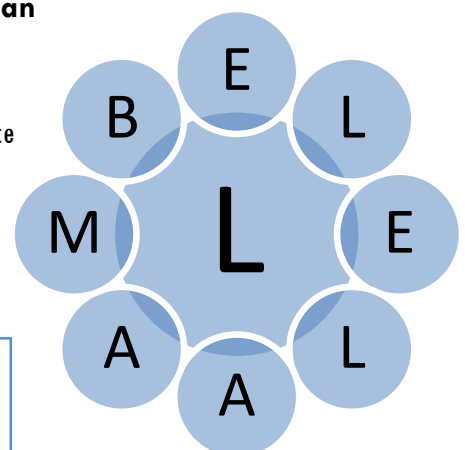
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- * Each word must be four letters or more
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- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

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Very good: 14 words
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Focus

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On the brighter side...

Easy for you to say

A judge is interviewing a woman regarding her pending divorce and asks what are the grounds for the divorce.

The woman says: "About four acres and a nice little home in the middle of the property with a stream running by."

Judge: "No, I mean what is the foundation of this case?"

Woman: "It's made of concrete, brick, and mortar."

Judge: "No, I mean what are your relations like?"

Woman: "I have an aunt and uncle living here in town, and so do my husband's parents."

Judge: "Do you have a real grudge?"

Woman: "No, we have a two-car carport and have never really needed one."

Finally, in frustration the judge asks: "Lady, why do you want a divorce?"

And the woman says: "I don't want a divorce; I've never wanted a divorce; my husband does. He says he can't communicate with me."

Hold the phone

For all of Jake's life he has been spoiled by his grandmother. Last October he gets a job and decides to do something nice for her... he buys her an iPhone for Christmas.

He spends hours explaining how it works and all the great features including Siri.

Jake says: "Listen to this Grandma... 'Siri, what is the capital of South Australia?'" And

NEWS UPDATE

**MAN TAPES
CLOCKS TO HIS
BELT TO LOSE
WEIGHT. IT WAS
A WAIST OF
TIME**

of course, Siri says: "Adelaide."

Grandma says: "That's amazing."

Jake gives her the phone and says: "Now Grandma, you ask Siri a question and she will answer it for you."

And Grandma says into the phone: "Siri, how is Auntie Edna feeling after her operation?"

Wrong answer

Two young engineers apply for a single position at a computer company. They both have the same qualifications, and in order to determine who gets the job the manager gives them a written test.

When completed, the manager notes they

both have only one question wrong, but says to one applicant: "Thank you for applying, but we have based our decision not on the correct answers, but on the question you missed," says the manager.

The rejected applicant says: "And just how can one incorrect answer be better than the other incorrect answer?"

"Simple," says the manager. "Your fellow applicant put down on question five: 'I don't know.' You put down, 'neither do I.'"

Oldies but goodies...

A chemist walks into his shop and notices a man leaning against the wall and in some distress.

He asks the man: "Are you okay, can I get you something?" The man says: "I have a rotten cold, and because you don't have any cold or 'flu tablets your assistant gave me some laxatives." The chemist is horrified. "Sir, I am so sorry, but laxatives won't help your cold." And the man says: "Oh, they are at the moment. I'm too frightened to cough."

A receptionist at the medical clinic says to the doctor: "Doctor, doctor, there's a man in the waiting room who claims he's invisible!" And the doctor says: Tell him I can see him now."

A bloke walks into a bar by himself with a slab of bitumen under his arm and orders two beers. The barman asks: "Why two beers and why that slab of bitumen?" And the bloke says: "I like to have one for the road."

Simon says to his psychiatrist: "Everybody hates me." And the psychiatrist says: "Don't be so ridiculous, everybody hasn't met you yet."

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A raven has 17 rigid feathers called pinions, while a crow only has 16. The difference between a raven and a crow is just a matter of a pinion.

A rough-looking guy walks into a bar with jumper cables. The bartender says: "You can have a drink, but don't start anything."

Barking up the wrong tree

A lady takes her Golden Retriever Millie to the vet, who says that her dog could lose a little bit of weight.

The vet says: "You need to make sure the dog runs around... try playing a game of fetch."

The lady says: "I can't play fetch with my dog."

Bemused, the vet asks: "Why not?"

And the lady says: "Because Millie can't throw."

... and she sees a movie

A bloke goes to see *Dog*, a new release movie at Victa Cinemas and to his amazement in front of him is this same lady sitting alongside her beautiful Golden Retriever named Millie.

The film has all the emotions you can imagine. When there are happy bits Millie wags her tail. When it's sad her ears droop, and when it becomes the slightest bit scary Millie puts her paws over her eyes.

After the movie, the man approaches the lady and says: "Wow, your dog really seemed to enjoy the movie; I'm amazed."

And the lady says: "Yes, I can't believe it myself... she hated the book."

Heartly-Davidson

A mechanic removes a cylinder head from the motor of a classic Harley-Davidson motorcycle owned by a well-known heart surgeon.

When the surgeon arrives to get his bike the mechanic says to him: "So Doc, look at this engine... I open its heart, take valves out, fix 'em, put 'em back in, and when I'm finished it works just like new. So how come I get such a small weekly pay packet and you get paid thousands, when you and I are doing basically the same work?"

The surgeon pauses, smiles and whispers to the mechanic: "Try doing it with the engine running."

Have you ever wondered...

Why are a 'wise man' and a 'wise guy' opposites?

Why do 'overlook' and 'oversee' mean opposite things?

If all the world is a stage, where is the audience sitting?

Why do you press harder on the buttons of a remote control when you know the batteries are dead?

How come 'abbreviated' is such a long word?

Why do we wash bath towels? Aren't we clean when we use them?

Why doesn't glue stick to the inside of the bottle?

Dad jokes...

What do you get when you cross a vampire and a snowman? Frostbite.

Why did the math book visit the doctor? Because it had problems.

What fruit teases you a lot? A ba..na..na.. na..na..na..na!

How can you tell if a calendar is popular? It has a lot of dates.

On which side does a chicken have the most feathers? The outside.

What lies on the ground, 100 feet in the air? A dead centipede.

What did the surgeon say to the patient who insisted on closing up his own incision? Suture self.

Where do cows go on their first date? To the moo-vies.

Why did the talking bird join the air force? He wanted to be a parrot-trooper.

What is a spider's favourite TV show? The newly web game.

What do you call a big Irish spider? Paddy long legs.

What did the sign in the Egyptian funeral home say? Satisfaction guaranteed or your mummy back."

Why did the teacher carry birdseed? For the parrot teacher meeting.

Why did the can of lemonade go to university? It wanted to be a fizz ed teacher.

Why do dogs run in circles? Because it's hard to run in squares.

Where does Superman shop? The Supermarket.

Have you heard about the movie *Bed*? Of course not, it has not be made yet.

Why don't cannibals eat clowns? Because they taste funny. 🌈

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COVID19 RESTRICTIONS: A mask must be worn for the duration of the movie except when eating/drinking. Please check in with the QR code upon arrival.

King Richard

(M) Drama, sport starring Will Smith, Jon Bernthal. Directed by Reinaldo Marcus Green. The movie follows the journey of Richard Williams, an undeterred father instrumental in raising two of the most extraordinarily gifted athletes of all time – Serena and Venus.

Spencer

(M). Biography, drama starring Kristen Stewart, Timothy Spall, Jack Nielen. Directed by Pablo Larraín. During her Christmas holidays with the royal family at the Sandringham estate in Norfolk, England, Diana Spencer, struggling with mental health problems, decides to end her decade-long marriage to Prince Charles.

The King's Man

(MA15+) Action, adventure, comedy starring Ralph Fiennes, Gemma Arterton, Tom Hollander, Djimon Hounsou. Directed by Matthew Vaughn. As a collection of history's worst tyrants and criminal masterminds gather to plot a war to wipe out millions, one man must race against time to stop them.

Queen Bees

(PG) Comedy, drama, romance starring Ellen Burstyn, Jane Curtin, Loretta Devine. Directed by Michael Lembeck. After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower.

House of Gucci

MA15+ (strong sex scene). Crime, drama starring Lady Gaga, Adam Driver, Jeremy Irons, Al Pacino, Jared Leto. When Patrizia Reggiani, an outsider from humble

beginnings, marries into the Gucci family her unbridled ambition begins to unravel their legacy and triggers a reckless spiral of betrayal, decadence, revenge, and ultimately murder.

West Side Story

(M) Crime, drama, musical starring Rachel Zegler, Ansel Elgort, David Alvarez, Ariana DeBose. Directed by Steven Spielberg. An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

Death on the Nile

(CTC) Crime, drama, mystery based on a novel by Agatha Christie starring Kenneth Branagh – and director – Gal Gadot, Tom Bateman, Emma Mackey. Belgian sleuth Hercule Poirot's vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a

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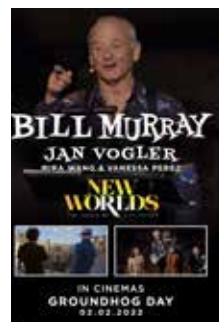
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Marry Me

(PG) Comedy, music, romance starring Utkarsh Ambudkar, John Bradley, Owen Wilson, Jennifer Lopez. Directed by Kat Corio. Music superstars Kat Valdez and Bastian are getting married before a global audience of fans. But when Kat learns, seconds before her vows, that Bastian has been unfaithful, she decides to marry Charlie, a stranger in the crowd, instead. **Commences February 10.**

Dog

(M) Comedy starring Channing Tatum, Q'orianka Kilcher, Jane Adams. Directed by Reid Carolin, Channing Tatum. Briggs who, alongside his companion Lulu, a Belgian Malinois haul ass down the Pacific Coast in time to catch their best friend's and handler's funeral. One of them has a week to live, the other lives like every day is his last. **Commences February 17.**

Uncharted

(CTC) Action, adventure starring Tom Hollan, Mark Wahlberg, Sophia Ali. Directed by Ruben Fleischer. The story is a prequel to the games, starring Holland as a younger Drake, showing us details of how he came to meet and befriend Sully. **Commences February 17.**

Falling for Figaro

(M) Comedy, romance starring Danielle Macdonald, Shazad Latif, Joanna Lumley. A brilliant young fund manager leaves her

unfulfilling job and long-term boyfriend to chase her lifelong dream of becoming an opera singer in the Scottish Highlands. **Commences February 24.**

Bill Murray's New Worlds: The Cradle of Civilisation

(EX). Musical, documentary starring Bill Murray, Jan Vogler, Vanessa Perez, Mira Wang. Directed by Andrew Muscato. On a glorious Greek evening screen legend Bill Murray and world renowned cellist Jan Vogler are joined by Vanessa Perez (piano) and Mira Wang (violin) to rock the Acropolis with a timeless mix of music, literature and poetry. Spanning from Bach to Van Morrison, Hemingway to West Side Story, the wildly entertaining, humorous and deeply touching program is infused with the one-of-a-kind charm of Bill Murray. **Weekend March 5 & 6.**

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Tzatziki

Ingredients

2 Lebanese cucumbers
1½ cups Greek yoghurt
2 garlic cloves, minced
1 tbsp dill, finally chopped
2 tbsp extra virgin olive oil
1 tbsp red wine vinegar
salt to taste

Method

Peel the Lebanese cucumbers, halve lengthways and using a teaspoon, remove and discard seeds. Grate the cucumbers to make one cup of grated cucumber. Transfer grated cucumber

to a fine mesh sieve and press down with back of spoon to remove excess liquid.

Transfer the cucumber from the sieve to a bowl and add Greek yoghurt, minced garlic, chopped dill, olive oil, red wine vinegar and salt.

Stir until combined. Refrigerate in a sealed container for an hour, or preferably overnight, to allow flavours to merge.

Delicious served with yiros, grilled meats, vegetables, or as a dip.

Tzatziki will keep for about 3 days stored in an airtight container in the refrigerator. 🌈

Quick Pickled Onions

Ingredients

¾ cup white vinegar
1 tsp balsamic vinegar
2 tbsp caster sugar
1 tbsp sea salt flakes
1 tsp fennel seeds
1 tsp black peppercorns
2 small red onions

Method

Place white vinegar, balsamic vinegar, caster sugar, sea salt flakes, fennel seeds and black peppercorns in a saucepan and bring to the boil over medium heat. Set aside to cool for 15 minutes.

Peel and thinly slice red onions using a mandoline slicer or sharp-blade knife.

Place onions in a clean 500ml glass jar (see note). Add the pickling liquid, ensuring all onion is covered with liquid – press down with back of spoon if needed. Marinate onions for at least 30 minutes before serving. Can be stored in sealed glass jar in refrigerator for up to two weeks.

Note: If jar is sterilised prior to filling, pickled onions can be refrigerated for up to a month. 🌈



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Easy Cheesey Biscuits



Ingredients

125g butter, at room temp
90g cheddar cheese. grated
1 cup self-raising flour
¼ tsp ground cayenne pepper
pinch of salt
1 cup crushed cornflakes
1 egg
1 tbsp milk

Method

Pre-heat oven to 175°C. Line a baking tray with baking paper.
Place butter in a mixing bowl and beat with an electric hand mixer on medium speed for 1-2 minutes, until creamy.
Stir through grated cheese, followed by sifted self-raising flour, cayenne pepper and salt. Gently fold through crushed cornflakes.
Whisk together egg and milk in a small bowl. Reserve 3 teaspoons to glaze biscuits, then add remaining egg mixture to the biscuit mixture, stirring to combine.

Roll teaspoonfuls of the mixture into balls and place on baking tray, 5cm apart. Flatten with the back of a fork (lightly dip in flour if sticking). Brush with egg wash. Bake at 175°C for 12-15 minutes or until golden.
Remove from oven and allow to cool on tray. Store in an airtight container. Makes about 30 biscuits.

Note: Biscuits may soften over time. They can be re-crisped by placing in oven at 175°C for 3-5 minutes. 🌈

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