



# Coast Lines

FREE

June 2022 Vol. 11 #146

People, places & events across the Fleurieu Peninsula



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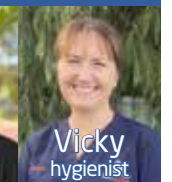
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William



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### (Certificate III in Individual Support – Ageing)

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#### About the roles

- Earn while you learn - gain your Certificate III in Individual Support (Ageing)
- Part-time Traineeship (min. of 15 hrs p/wk)
- Care workers undertake multiple tasks associated with daily living and supporting people living in their homes or in residential care centres. Person-centred support can include personal care, nutrition and food intake, social activities, medical and social appointments, lifestyle and leisure activities and more.

Traineeships start on late June for successful applicants and you will be required to attend a short evening/day time pre-employment program of accredited and non-accredited training to give you the skills for your new role.

#### Eligibility

People from all age groups are encouraged to apply for one of the ACA traineeships, and we value your transferable skills. Some eligibility criteria applies includes:

- Be an Australian or New Zealand citizen or a permanent Australian resident
- Hold an SA Driver's Licence and own a roadworthy vehicle with comprehensive insurance (required for Home Support applicants only)
- Hold current mandatory vaccination requirements to work in Aged Care services
- **Be able to commit to the 13-day pre-employment Program from 6th to 24th June – day and night studies available to fit in with your work/life commitments**
- Possess a kind and compassionate demeanour, excellent teamwork skills and can communicate with people of all ages, cultures, and backgrounds (**Italian or Spanish language will be advantageous**).

#### APPLY TODAY

For further information or to speak with a Career Guidance specialist call Jade at Apprenticeship Careers Australia on 8274 2018 or Hilary 0460 948 561 or Melissa 0411 346 727

# Welcome to your June



### P8: COVER STORY ... FABULOUS NEW MARKET

Chloe is just 16-years-old but she runs a brilliant new Youth Market in McLaren Vale for kids as young as 10, and the community has got right behind this great idea.

in is Bill Pritchard who looks as if he's just got out of bed with a different stuffed toy every morning. Who and the heck is Bill Pritchard?



### P11: THE MECHANIC

Meet Dean Wakefield, and he's no ordinary mechanic at Milang. He's 75 and he's been doing this for 51 years. And he gives you that old fashioned service by putting petrol in the car for you. Unheard of? Not quite.



### P4: PLAIN MADNESS ON THE BEACH?

They've got to be mad... winter is here and we have people taking a dip at some ungodly hour every morning at Normanville Beach. And joining

### P15-18: ALEXANDRINA COUNCIL LIFT-OUT

News and events from across the region.

### P19-20: BRAIN ACTIVATION

Test yourself with puzzles and let's get quizzacle with another big quiz. Don't cheat.



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# ne edition of Coast Lines

## P22: DON'T READ THEM

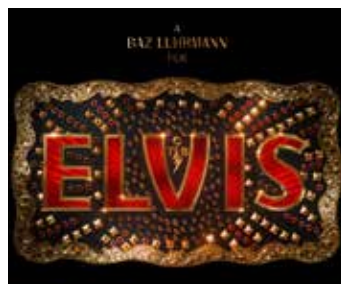
Be warned, there are some lame jokes enclosed.



**Wendy James**  
Travel Advisor  
0431 907 326  
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w: mtatravel.com.au/wjames

## P24: BACK IN BUSINESS...

Travel is back in vogue and Wendy is back in the business ads section - for just \$42 p/mth. Please support all of our advertisers.



## P26: ELVIS IS BACK IN THE BUILDING

The King... one of the new movies coming to Victa Cinemas in Ocean St, Victor Harbor this month. Come on, let's go to the movies - see our guide.



## P28-31: SPECIAL EAT WAVE SECTION

It has got tougher for the average family with prices soaring on the supermarket shelves and interest rates rising. With this in mind Jenny presents four pages of ideas and nourishing, easy-to-make recipes – some from previous editions – for the family with some costing less than \$10 to make. And Mrs Eat Wave also gives us some great cost-saving ideas on what to do with leftovers.

Please, drive carefully over the Queen's Birthday holiday long-weekend.

 **Coast Lines**



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**www.coastlines.com.au**

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**W**ho and the heck is Bill Pritchard, you may ask. He's a big, black and beautiful 11-year-old Labrador, who shortly after dawn every day grabs one of his soft toys – this time it was Pooh Bear – and follows his owners Bryce and Helen Pritchard down to

Normanville Beach. But Bill Pritchard is not as brave – some may suggest 'as mad' – as Bryce and Helen who, like every other day come rain, hail or incredibly chilly like this particular morning join other members of the Normanville Whitecaps for a swim. There are 19 in this band of cold

chilly dippers – plus the dog whose full name is on his collar – which has met virtually every early morning since 2014 when local John Morgan went for an early swim in winter and one-by-one strangers followed. Ridiculous to most, of course, just like the other iceberg souls who have been doing this for many years at a few other spots around the Fleurieu coastline



Some of the Normanville Whitecaps at Normanville Beach (from left) Darcy Wedd, Rose Fox, Helen Pritchard, Bryce Pritchard, Mick Graves, Bill Griffin and Allan Fox. Plus, of course, Bill Pritchard (inset).

# It's winter, & the White



and Australia, but everyone feels invigorated after the routine. "It's all about our health, camaraderie and a coffee," according to Rose Fox. "We enjoy the swim – and a hot shower."

However, don't expect the crew we captured to make the Paris 2024 Olympics. Maybe the suggestion of 'swimming' is slightly exaggerated; wading comes to mind. Another local, Mark Shadiac, who never takes part on golf days, sees himself as

the only 'real' swimmer, but it's merely typical of the bantering that goes on here. Others quipped Mark swims better than he plays golf where he also goes into the water.

There's also 'Morgan's Hook' – a rusty nail that pokes out of a pylon midway down the jetty – where John always hung his towel. One of his mates placed a small note by a plaque in his honour warning: 'Use John's hook at your peril'.

John moved up the coast to Port Willunga where he continued his early-morning swim no matter the weather, and once again those strangers to him have followed. During our morning another member Paul Martin was absent because he was undergoing major heart surgery. "Weak excuse," someone mumbled in jest. "We have formed good friendships

out of all this," Bryce noted. "We really do care about each other." The Whitecaps are definitely organised. They have their own windcheater and Bill Griffin regularly updates a profile on the club and its members – including Bill Pritchard, of course.

A special get together is planned for the winter solstice on Tuesday, June 21 – the longest day of the year.

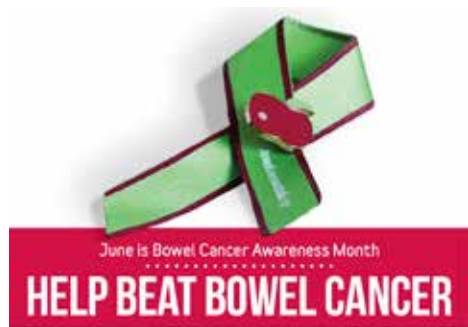
And no doubt these brave souls will again enjoy the swim or wade, coffee, carry-on and a chitter-chatter as Bill Pritchard, the big, black and beautiful 11-year-old labrador sits there with Pooh Bear – or whatever his favourite stuffed toy of the day is – wondering what on earth is going on. You're welcome to join the madness around 7.30 tomorrow morning. Obviously, waders also welcome. 🌈



but Bill Pritchard, Pooh  
ecaps don't care



# Special days & events



June is Bowel Cancer Awareness Month



## AWARENESS MONTH

Bowel Cancer. initiative of Bowel Cancer Australia to raise public awareness of a disease that claims the lives of 80 Australians every week.

[www.bowelcanceraustralia.org](http://www.bowelcanceraustralia.org)

## JUNE 11: DECADE OF FUN

The crew at Cinemallunga is celebrating 10 years of shenanigans during movie nights at the Willunga Town Hall. They've organised a classic – *The Castle* on Saturday, June



11 to mark the occasion. The fun starts around 5.30pm with a BBQ and live music by *Dustbowl Chic*. All tickets \$10 for 10 years at: [trybooking.com/BZAY](http://trybooking.com/BZAY). Local wine & beer served.

## JUNE 13: THEATRE & FILM WORKSHOP

Alexandrina Youth Theatre & Film workshop every second Monday of the month at Centenary Hall, Cadell St, Goolwa from 4.30pm. \$5 per session.

Those aged 12-18 across Alexandrina have the opportunity to develop skills working with professionals from all aspects of theatre making. Includes foundation theatre workshops as well as specialist tuition in physical theatre, clowning, drama, speech, acting to camera, devising and writing. e: [jaw@alexandrina.sa.gov.au](mailto:jaw@alexandrina.sa.gov.au) or 8555 7289

## MONDAY, JUNE 13: QUEEN'S BIRTHDAY HOLIDAY

It is a national holiday except for Western Australia, which will celebrate the Queen's Birthday on September 22, and Queensland on October 3.

It may seem confusing when Her Majesty's birthday is actually April 21, but the day is really to celebrate the reigning monarch's birthday.

It means that when Prince Charles succeeds Queen Elizabeth II, even though his birthday is on November 14 we will have a holiday for the King's Birthday on the second Monday in June.

The day has been celebrated since 1788 when Governor Arthur Phillip – among horrible things that he did but we won't go into – declared a holiday to mark the birthday of the king of Great Britain.

Until 1936 it was held on the actual birthday of the monarch, but after King George V died it was decided to keep the date on the second Monday in June.

Continued P7

# Impressionist Adelaide

## Our city, like it's never been painted before!

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### Two solo painting exhibitions under one roof

## Mike Barr

### An artist's impression of Adelaide in the Rain – 27 new works

After nearly 50 years as an Adelaide commuter, International award-winning artist Mike Barr, focuses on well-known city locations through the lens of rain.

## Tina Barr

### Catching the Action – Impressions of Adelaide Oval – 19 new works

Winner in the ICC 'Call to Art' with one of her popular depictions of the Adelaide Oval, Tina presents a collection of her unique impressionist views of our world-renowned venue.

## Exhibition Dates

Sunday May 15th – Friday June 10th 2022

**Official opening 2pm Sunday May 15th**

Artworx Gallery and Gifts

12 Hays St, Goolwa

View the full exhibition at [artworxgallery.com.au](http://artworxgallery.com.au) from May 14th

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From P6

## JUNE 13: THE BIG FREEZE FightMND

AFL great Neale Daniher has been one of the most amazing Australians during his incredible fight against Motor Neurone Disease.

You can join hundreds of thousands of people who for the eighth successive year will get behind his Big Freeze Day at the MCG before the Collingwood v Melbourne game – and special events at Adelaide Oval and in WA on Saturday, June 11 – by purchasing a Big Freeze beanie either online or a Coles, Coles Express and Bunnings store nationally with all funds going to fight this horrible progressive neurological disease. MND Global Day is on June 21.

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

## JUNE 18 & 19: VH BAND'S 125th ANNIVERSARY

There's an old saying '... and the band played on' and the Victor Harbor City Band certainly has – it's celebrating a 125th anniversary with concerts in the Inman Room of the

Recreation Centre, George Main Rd, Victor Harbor on June 18-19 from 2pm.

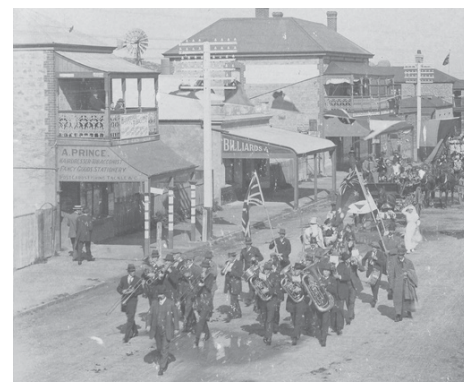
Also remarkable is that the band's president Vic Walter has been playing since 1955 when he was nine years old.

"The VH brass band, as it was called then, was very much in a growth stage with a paid music director – Otto Lovell, who had great success with the 'A' grade band in Adelaide, Kensington and Norwood," Vic said.

"It is a privilege to still be involved in the Victor Harbor City Band after 67 years and see the uniqueness of a brass band adding special flavour to the musical arts in Victor Harbor."

Secretary/publicity officer Laura McLeod said the Victor Harbor Band was one of the older brass bands in the state. "It has been present at many of the milestone events of our town from opening ceremonies of buildings, fundraisers for dozens of causes, open air concerts to New Year's Day regattas, agricultural shows, band balls and church socials," she added.

For director Brenton Osborne the anniversary coincides with his 40 years with the band. "I hope that our concerts will inspire audience members to realise they too can become part of this band and a part



of this team," he said.

Tickets: Swan's Pharmacy, band members or at the door - \$15 adults and \$10 students.

New members and visitors welcome. Band rehearses in Recreation Centre Tuesdays from 7.30pm-9.30pm. Instruments available for hire.

**Image: The Victor Harbor Band marching down Ocean St, Victor Harbor early last century.**



## JUNE 27: PTSD AWARENESS

International day raises awareness about Posttraumatic Stress Disorder (PTSD)

to ensure more people know about the condition and more people who suffer PTSD will seek treatment.

[www.phoenixaustralia.org](http://www.phoenixaustralia.org)

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# Master of her own fete

STORY: ASHLEY PORTER

**W**hen Chloe Steuart was just 10 years old her mum and dad took her to the Richmond Primary School where she held her first stall, 25km north east of Hobart. A special place because it was built by convicts two years before South Australia was proclaimed in 1836, and remains the oldest continuously used public education facility in Australia.

Not surprisingly Chloe became mesmerised by the quaintness of the market; the excitement in the brisk early morn. Next day she saw a little sewing machine sitting on a shelf in Woolworths so she dipped into her own savings and bought it for \$20 – and it came with a dream.

The sewing machine gave Chloe the idea of making cushions – the first was round featuring Humpty Dumpty. She sold it and countless more at Richmond Primary as a means of one day paying for university studies to fulfil an ambition of becoming a vet.

Incredibly, at just 10, it led to establishing her own business – Twins Peaks Cushions & Bags – and now six years later creating the McLaren Vale Youth Market at the Piazza della Valle in the main street.



**Left: Chloe, and right: Matilda and her proud mum, Alison Laffer wearing beanies made by Matilda.**

From wanting to sew as part of a semester phasing set by her dad, who home-schooled her, Chloe has not only encouraged other young creators to have stalls at the market limited to those aged 10-25 years, but offered them free of charge.

Entrepreneurial skills at their finest by this basically self-taught sewer, we suggest, but the beautiful part of this story is that she has never forgotten where she has come from, the encouragement of her parents Damian and Sharon, support from school friend Matilda, 15, who shared the vision of a market, and daring to dream of her future from as young as 10.

Then there is twin brother Samuel, who has helped set up and pack-up her market stall (of course, brothers never forget to charge their sister).

This innovative market for the young has enhanced Chloe's business – the name derived from being a twin – to also making and setting up a cake stall which she wants to soon include a coffee machine.

According to Damian, Chloe puts in at least 12 hours a week organising the market.

“Other people may not realise what is involved... she might spend an hour and a half at night on the phone to the very supportive Onkaparinga Council saying I've done this, I've done that,” he said.

“There is a lot of behind-the-scenes stuff. This is also about Matilda who has helped her most.”

Chloe, originally from Rotorua, New Zealand where her parents had a five-acre lifestyle block with sheep and pigs, said that she has loved the atmosphere of the country markets and fairs since the family moved to Orford on the east coast of Tasmania. After touring Australia for a year they settled in McLaren Vale almost three years ago.

“I have run my own stall at a market for six years now, and I have enjoyed creating my own things and having the space to sell them,” Chloe said.

“It hasn't always been easy. When I first started at the markets people would see mum and say, 'oh, mum makes all this' and are then quite taken back when they realise it was me.

“Like at the Tasmanian Craft Fair; I was there alone while mum and dad wandered around, and there was this one guy, one of



the stallholders, who was quite annoyed with mum and dad telling them 'you can't leave your daughter there, that's not running your stall'. He didn't realise it was my stall. Yeah, people have got a bit funny.

“At some markets interstate older people gave me the impression that I was taking something away from them. 'She's a kid, this is an older generation thing' I'd hear them say. A lot didn't talk to me because they saw me as competition.

“I guess I struggled to find a market that's regular for young people and supports this age group (10-25). I thought, why not start my own.”

Unbeknown to Chloe, Matilda, who is in a year below her at Willunga Waldorf School, was also looking for somewhere to sell her crocheted beanies and bikinis.

“Someone said that I should talk to Chloe because she had done markets before,” Matilda said. “We realised that there weren't any markets aiming at what we

wanted to sell so I thought it would be really awesome to create this market. I just wanted to make money from something that I enjoyed doing.

“Chloe did most of the planning, and I helped a tiny little bit.” It works out that Matilda helped a lot, actually.

Chloe successfully applied for a \$500 grant from the McLaren Vale Hall & Piazza della Valle management committee which was used for advertising and venue hire for the first two markets, and for marketing the project and offering free sites for other young stall holders.

Before long posters were around the town and, as young ones do these days sent tweeters into action.

Jenni Mitton, chair of the Piazza committee and also manager of the nationally-acclaimed Willunga Farmer's Market, said she greatly admired Chloe.

Continued P10

*Mr* **menswear** *est. 1985*

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## People & events



From P9

"We are really excited to have the space activated, and to have a young person wanting to give other young people an opportunity to show their creativity is amazing," Jenni said. "It is beneficial to the whole main street and will bring people to McLaren Vale."

"Chloe has booked the market through to January next year so she is committed to getting it happening, which is really great."

"These days you don't get many young people coming forward with ideas and volunteering. Some think 'what's in it for me' and 'what am I going to get out of it, but not Chloe and Matilda. They are really doing good things for the community.'"

In between making cushions and carry bags Chloe works part-time in a McLaren Flat bakery.

There is also the responsibility of making this market work, not just because she self-funds it.

"I have to juggle everything, but that's okay," she says. "More than anything I want the youth market to be a successful event, and hopefully I can make a profit as well."

"I don't think I could have done this without the support of my dad, who cuts a lot of the patterns out for me, and my mum – both have been great, as has Matilda."

"I started out at the Tasmanian Craft Fair with this dream of being a vet and needing the money for university, but now I am not really sure what I would like to do."

"I enjoy baking and maybe I would like to have my own cafe or shop hopefully with some of my cushions and bags and other people's crafts. It would be nice."

Actually, it would be nice if we all had a cushy job. Well done Chloe and Matilda. 🌈

[twinpeakscushions@gmail.com](mailto:twinpeakscushions@gmail.com) or  
[mclarenvaleyouthmarket@gmail.com](mailto:mclarenvaleyouthmarket@gmail.com) – both  
on facebook and Instagram

### Off to market we go...

**CITTASLOW GOOLWA PRODUCERS & ARTISANS MARKET:** Holiday season changes at Jeralde Park, Goolwa Wharf - on Sundays June 5 & 19 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.

**MCLAREN VALE YOUTH MARKET.** Supporting young entrepreneurs aged 10-25 second Saturday of the month, 155 Main Rd at the Piazza. e: [mclarenvaleyouthmarket@gmail.com](mailto:mclarenvaleyouthmarket@gmail.com)

**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.

**YANKAILLA CRAFT & PRODUCE MARKET:** Quality stalls & fresh produce at the Agricultural Hall, Main South Rd, Yankaila every third Saturday of the month 9am-1pm. Contact Judy 0411 287 201 or Mattie 0447 044 721.

*This is a free service to community markets. Please advise of any changes or additions: [info@coastlines.com.au](mailto:info@coastlines.com.au)* 🌈



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# The Mechanic

STORY: ASHLEY PORTER

**T**urn into Watson Street in the beautiful, one-petrol pump town of Milang and you will find the service station. You know it's old because at the front is the shell of an early model Austin Cadet, rusted like the sign: Milang Auto Repairs. It's full of character, but making this spot remarkable is that 75-year-old

Dean Wakefield – the town's mechanic – walks out and puts the petrol in the car for you, and he's been doing this for 51 years from when it was 36 cents a gallon, or 9.5 cents per litre.

"A lot of people come in and say, 'I can't believe this... real old country service, we haven't had this for ages', but I guess I don't know anything different."

Remarkably, just 21km up the road to

another one-pump town Langhorne Creek there's Darryl and Narelle Frost at their motor and mower repairs shop doing the same, also with a smile. It's a rarity given that a *Knight Frank* study noted there were more than 25,000 service station locations in Australia in the early 70s, and a *Maven Marketing* report (2021) revealed only 3459 remained, including 284 in South Australia.

Continued P12



## Every picture tells a story

**F**or almost 35 years Darryl and Narelle Frost have also put the petrol in the car for their customers at Frost Motor Repairs in Langhorne Creek.

**“People have been saying for years that they cannot believe we do this – and a lot of visitors to the region have asked if they could take our photo filling the tank to prove to others that it still happened,” Narelle said.**

**“This is how we have always done it, and it's good for those with young children or older folk who find it tough to get in and out of their vehicle. I don't know why it's not done more.”**

**And the petrol pump prices are more than competitive.**

**“We are totally independent, we don't show up on any apps and we set our own prices,” Narelle added. “When it goes into the ground on a Thursday our price is set accordingly and it stays the same until it gets filled up again regardless whether there are changes in the city.”**

**And once again, service with a smile and one for the cameras. No wonder their regular customers love 'em. 🍷**

From P11

As much as the petrol service is nice, the reality is that most people fear the cost per litre would be exorbitant because of it, and small operators aren't supposed to compete. Yet, on this particular day these service stations had ULP as much as 4.4 cents cheaper per litre than the corporates in Victor Harbor.

It's much like Dean, really. Some assume that having the only bowser in town he charges like a country wounded bull, but he's as fair as they come. Look beyond his oil-stained Penrite trade shirt and immensely strong hands with grease stuck under his nails and discover a big bloke with a soft heart.

Dean concedes that generally mechanics don't have a good reputation, and recited shocking – cruel comes to mind – examples of unsuspecting customers being ripped off. “But a vast majority of mechanics aren't like that,” he said.

Like every small operator in a country town there are certificates on the wall thanking Dean for his sponsorship; doing up a Variety Club Bash car to help sick kids, local clubs and SA Police with their community fundraisers and so on, but there is a story about this guy that says it all.

A few years back Dean dropped off a car in Goolwa and noticed this woman pushing her car with two kids in the back seat. He asked his mate about it, and he told Dean it wasn't the first time; the old car kept breaking down; she was a single mum and couldn't afford to get it fixed.

Dean walked down the street and asked her if he could look at the car, and the woman

said straight away she couldn't pay him. “I don't want to be paid,” he told her. A week later he returned with spare parts and fixed the car for nothing.

The woman gave him a hug, which brought a tear to this crusty old mechanic's eye. Word got out about his kindness, and since then 12 people down this lady's street have driven their car to Milang to pay Dean for it to be serviced or repaired. It also says a lot about them.

“I never get tired of fixing cars, and it's not about the money,” Dean said. “It's helping people out.

“In our game we get criticised because they say, oh when a woman comes in all you see is dollar signs. That's not true. Okay, there are some that do it, and it makes it bad for all of us, but most mechanics in small places do a fair day's work for a fair day's pay.”

Sitting in the front yard waiting to be picked up later that day was a car owned by a doctor at Royal Adelaide Hospital. He lives in Bridgewater, but brings his car here because Dean discovered the doctor was being 'ripped off' at a city dealership. People from Adelaide, Flagstaff Hill, Meningie, Taillem Bend, Ashborne and Nangkita are also regulars.

However, at 75 Dean is still as cagey as ever when it comes to being paid by those whom he doesn't know. “Some owe money on the cars sitting out there and won't come across with the dollars,” he bemoaned.

“Some were here for two or three years, but when I put storage fees on a them they soon came to the party. One owed two thousand or more and they haven't got the money to pay for the repairs, but if I take 'em to court they'll pay \$20 a month and it costs me more money in lawyer fees.

“I had one fella here that had a flash ute. He brought it here to get some work done, and I was a bit dubious based on others saying he wasn't that wonderful. I thought, well, I'll keep the vehicle until it's paid for. I rang him up and he said, yeah, yeah. It went on for months and nothing happened.

“One of his mates was coming in, who has always paid, so just before he arrived I put this for sale sign on the ute with the price of \$2300, the amount he owed me for the repairs. He rang his mate who said 'he can't do that' and the next night he was down here in a flash paying up.”

Not surprisingly Dean has seen the town



**Above: Dean by the Austin Cadet in his front yard, and top right, by the one-and-only pump in Milang.**





change a lot. "Most of the Milangites have gone," he says. "People have moved to the city, and the new ones here live busy lives with families and driving to town for work.

"Most of this place years ago was dairy farms and employed a lot of the people around here, but now the grapes have taken over a lot of things and the small dairy farms have dropped out altogether."

"I suppose my week seems like the one before. I usually get here at half past six or quarter to seven to go through stuff on the computer to find out what I need for the day, and open the doors at half past seven when customers come in for fuel on their way to the city.

"If all goes well I'll get out of here by half-past five of a night time. Sometimes it's seven o'clock. Saturday mornings I'm here at eight and knock off at 12."

But sadly, there are also a lot of lonely times for Dean. He and his first wife divorced after 12 years and two children, his second wife of 23 years Yvonne died from cancer, and four years ago he remarried again, to Jan, who died two-and-a-half years ago from a brain haemorrhage.

"Some have said they're surprised that I haven't hit the booze, but I've just got that many things to do and so I keep going," Dean said.

"There are days a lot of people come in and out of the shop, but it's at night time when I knock-off that I have to go home and have meals alone that I feel it, I guess.

"Some nights if the other work buddies are here and it's hot I might sit here in the garage and have an echo of beer with them, but usually I go home cook tea, clean up have a shower and go to bed.

"Come the weekend, by the time I work here Saturday, do me washing Saturday afternoon, do the lawns Sunday morning then pick up my parts from Mount Barker and do a bit of shopping and that, it's Monday morning and I'm ready to start work again.

"But I still enjoy this. It's always been a challenge, but at different times I think I'd like to have a bit more time off and go fishing in me boat with my mate and do a few bits and pieces.

"I've never really thought about leaving. Anyway, who'd have the money to buy this place being a small area and with all the stock I've got? There's a 40 x 20 shed full of tyres out the back and spare parts and stuff from people who booked me in to do jobs and never turned up so it's just stayed on the shelves because we can't send it back.

"At the same time, there's plenty of work around; I've got heaps of it waiting for me all over the countryside. You never know, someone might come in and say this is what they're looking for.

But would they be prepared to put the petrol into the tank for customers? We hope so; don't tell us that they don't make 'em like Dean anymore. 🌈

# Challenging times for the small guys

**J**aymes Hewett has been one of the 'little guys' running Liberty Victor Harbor for the past six years in a fiercely competitive petrol game.

Now Business is about to get a lot tougher with a Mobil X Convenience and Hungry Jack's store being built virtually across the road.

"I thought eventually the day would come when another petrol station would be come along near us," James said. "It's just the way the world is going at the moment.

"We're hopeful locals will still support us; it would be nice. Our customers have been really good... most are regulars, and what money we make goes back into the town. I'm not sure whether you can say that about the big boys."

Like many other small businesses Jaymes sponsors local sporting clubs and organisations, but he said it's getting tougher to continue the support.

"The big guys are getting bigger, and for all small businesses to compete you have to lessen your margins even more," Jaymes said. "They can't shrink much more, but maybe it will turn around one day. You've just got to push through – and hope." 🌈





## Time to be brave, make change

We will recognise National Reconciliation Week for the 30th year until Friday, June 3 with the new theme: *Be Brave. Make Change.*

It is considered a challenge to all Australians – individuals, families, communities, organisations and government – to be brave and tackle the unfinished business of reconciliation so we can make change for the benefit of all Australians.

The event is celebrated on the same dates every year, which commemorates significant milestones in the reconciliation journey – the successful 1967 referendum and the High Court Mabo decision.

As with previous years there is a commemorative poster, this time by Torres Strait Islander illustrator Tori-Jay Mordey depicting characters (above) with the different faces of Australians working for a just and equal society.

A key aim of NRW is to encourage everyone to learn about our shared histories, cultures, and achievements, and explore ways to achieving reconciliation. We hope they do.

[nrw.reconciliation.org.au](http://nrw.reconciliation.org.au)



## National honour for local RSL member


**D**arryl Pink is a third-generation serviceman and Vietnam veteran who served the Australian Navy for nine years. However, it has been his remarkable contribution to the Goolwa RSL Sub-Branch over the past 29 years that saw him receive life membership of the Returned and Services League of Australia.

As local club president Howden Jennings emphasised, not club or state life membership, but national life membership. Darryl has filled various roles including from vice-president, secretary, maintaining the local RSL cemetery grounds, renovating the club to working the bar. For the record, he has also been an outstanding member of the


community working in the local op-shop and delivering goods to those in need.


Following the recent presentation of his life membership certificate members of the sub-branch who have served gathered around Darryl for a special photo (above), including Howden to his right, and another great mate and character Paul Menner and Alexandrina Council mayor Keith Parkes to his left.

However, there was no long speech from Darryl, just his acknowledgement of everyone who has served Australia at war and through RSL clubs have helped them and their families. "This is what the RSL is about," Darryl said. 🇦🇺



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## Keep in touch


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 PO Box 21 Goolwa SA 5214

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## Join the Agribusiness Conversation

Local Agribusiness community representatives had an opportunity to raise awareness on issues and build connections with local government and industry bodies at the Business Alexandrina Agribusiness Conversation night, in April.

At the event attendees discussed opportunities and challenges the industry faces and what support is needed into the future.

An important outcome of the evening was an agreed approach to progress in a more structured way to inform Council's decision making and to ensure this vital industry in the region is supported.


A sentiment which aligns perfectly with Council's new Economic Development Strategy to "Regenerate Alexandrina's Economy".

You can view the Strategy on Council's website at [alexandrina.sa.gov.au/business](http://alexandrina.sa.gov.au/business) and we are now calling for members to participate as we develop the Alexandrina Sustainable Agricultural Roundtable (ASART) roundtable forum to continue the conversation.

Expressions of Interest are now open, visit Council's website to review the Terms of Reference and **nominate your interest today.**



To find out more, or register your interest contact the team by email at [businessalexandrina@alexandrina.sa.gov.au](mailto:businessalexandrina@alexandrina.sa.gov.au) or call **8555 7455**



You can check if you are enrolled via [check.aec.gov.au](https://check.aec.gov.au)

You must update your details before July 2022 to vote in the upcoming Local Government elections, November 2022.

# Local Government Elections

November  
2022

## Make a difference to our community

Local Government elections will be held in November this year and residents, business owners and ratepayers are encouraged to enrol to vote and help shape the future of the Alexandrina region.

### Make sure you are enrolled to vote

Participating in the Local Government elections is one of the most direct ways you can make a difference to everyday life in your community.

Council's Voters Roll 'supplements' the State Electoral Roll, and entitles people/entities who may not be able to vote in State elections to be able to vote in Local Government elections.

#### You may be eligible to register on the Council's Voters Roll if:

- You have been a resident at your current address for one (1) month and are not on the State Electoral Roll
- You are a sole owner/occupier of rateable property (that is not your primary address)
- You are NOT an Australian Citizen but you have been a resident at your current address for one (1) month
- You are a landlord for a rateable property
- You are an organisation/business owner/occupier of rateable property
- You are a group of owners or occupiers of rateable property.

Bodies corporate and groups will need to nominate a designated person to vote on their behalf i.e. only one vote (1) is permitted per rateable property.

If you have rateable property in more than one (1) ward you will be entitled to have a vote in each ward election for which you have rateable property.

Enrolment forms are available on Council's website [alexandrina.sa.gov.au/votersroll](https://alexandrina.sa.gov.au/votersroll)

For more information contact Council's Governance team on 8555 7000.

**Enrolment for the Council's Voters Roll closes at 5pm Friday, 29 July 2022.**





## Upcoming Community Consultations

**Alexandrina Council invite you to share your view on the draft Cats By-Law and proposed Cat Management in the Alexandrina region, now open for community feedback until 9am, Monday 13 June 2022.**

The aim of the Cats By-Law is to promote responsible pet ownership, increase the welfare of cats, and protect the community and the environment from nuisance cats.

The draft Cats By-Law seeks to balance the needs of pet owners and the broader community, where people and pets can safely co-exist within the community.


**To Have Your Say, visit  
[mysay.alexandrina.  
sa.gov.au/catsbylaw](https://mysay.alexandrina.sa.gov.au/catsbylaw)**

We welcome your feedback on other upcoming community consultations including:

- Draft Annual Business Plan and Budget 2022/23
- Draft Climate Change Policy

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

More information on how to register as a candidate and voting in the elections will be made available on our website and socials in the coming months.

  @alexandrinacouncil

### Becoming an Elected Member

**Elected Members help influence and make decisions about what happens locally.**

#### They can be involved in:

- Deciding on Council plans and policies for the area
- Guiding Council affairs
- Ensuring Council resources are used fairly for the benefit of everyone in the community
- Talking to local people about their views and ideas for the area
- Letting others know about issues within their specific wards.

From 10 November 2022, Alexandrina Council will comprise of three (3) wards being; Alexandrina North, Alexandrina South and Alexandrina West. The number of Elected Members will also change

on this date with nine (9) Councillors and the Mayor representing the Council area.

While Elected Members are not paid wages, they receive an annual allowance plus other benefits such as mobile phones, laptops, ongoing training, conferences and networking opportunities.

Nominations to become an Elected Member open on 23 August 2022 and close at 12 midday on 6 September 2022. Further information on the nomination process will be provided on Council's website in the coming months.

**Voting in Local Government elections is strongly encouraged and voting packs will be posted to local residents between 14 and 20 October 2022. Voting closes at 5pm on 10 November 2022. The last opportunity to lodge your vote.**

*Authorised by Acting CEO Elizabeth Williams  
11 Cadell Street, Goolwa SA 5214*



## Highway Superstar – Amity Dry

From 80's bangers, 90's RnB tracks, movie soundtrack classics and the cheesy numbers we don't want to admit to knowing the words to, Amity is bringing the ultimate playlist with her trademark wit and powerhouse voice.

**When:** 10 June, 7.30pm

**Location:** Centenary Hall, Goolwa

**Bookings:** [events.alexandrina.com.au](http://events.alexandrina.com.au)

Estrangement, oil on linen  
Christobel Kelly



## Fleurieu Ruah\*

Exhibition by Jake Novick, Christobel Kelly and Sue Michaels

Fleurieu Ruah explores the ghosting of landscapes with the instability of memory, and the use of painting and drawing to harness those qualities to particular places.

**When:** 18 June – 24 July

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

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

## Adelaide Hills Chamber Players presents Family Concerts

A delightful program suited to fine music-lovers of all ages. Saint Saëns' 'Carnival of the Animals' and Vivaldi's 'Gloria' are immediately appealing: the first for the delightfully comic musical portraits and the second because of the uplifting majesty of the voices and strings crowned with triumphant trumpet calls.

**When:** 15 June, 7.30pm

**Location:** Centenary Hall, Goolwa

**Bookings:** [events.alexandrina.com.au](http://events.alexandrina.com.au)

## Expert in Residence – Social Media Support – Grace McDonald\*

Grace is offering 1-1 operator meetings focusing specifically on social media. Grace can assist tourism-related businesses with social channels and highlighting opportunities in the region in order for businesses to put their best foot forward. Book a session with Grace and step into the social media space and help your business thrive.

**When:** 14 June, 11am-3pm

(and future dates)

**Location:** The Hub, Goolwa

**Bookings:** [businessalexandrina.com.au](http://businessalexandrina.com.au)

## Expert in Residence – Tourism Advice – Dylan Beach\*

Business Alexandrina has teamed up with Fleurieu Peninsula Tourism to offer tourism advice and information from The Hub. Dylan's understanding of the different facets of the tourism industry from an operators perspective will assist businesses in the Alexandrina region and beyond. Are you ready to chat? Book a session with Dylan today!

**When:** 14 June, 11am-3pm

(and future dates)

**Location:** The Hub, Goolwa

**Bookings:** [businessalexandrina.com.au](http://businessalexandrina.com.au)

## Expert in Residence – Workforce support – Richard Scollin\*

Richard will be in the Hub on a fortnightly basis discussing employment readiness with an emphasis on relevant topics such as job searching and applications, writing a resume and cover letter, career planning, interview preparation, transitioning from school to work and navigating Centrelink or other government programs. Are you ready to chat? Book a session with Richard today!

**When:** 14 & 28 June, 9am-2pm

(and future dates)

**Location:** The Hub, Goolwa

**Bookings:** [businessalexandrina.com.au](http://businessalexandrina.com.au)

## Expert in Residence – Grant Funding – Steve Shotton\*

Steve Shotton is available to provide one-on-one mentoring for businesses and community groups, experienced in the creation, growth and management of businesses across several industries including agriculture, aquaculture, technology, professional and environmental services. Are you ready to chat? Book a 1-hour session with Steve today!

**When:** 17 June, 9am-1pm

(and future dates)

**Location:** The Hub, Goolwa

**Bookings:** [businessalexandrina.com.au](http://businessalexandrina.com.au)

## Gene & Judy

Starring JTM's 'dancing man' Mikey Halcrow and Leading Lady Sophie Loughran together with Matt Hadgraft on piano, step back in time with powerhouse vocals, stunning tap dancing and fabulous costumes.

**When:** 19 June, 2pm

**Location:** Centenary Hall, Goolwa

**Bookings:** [events.alexandrina.com](http://events.alexandrina.com)

## Live On Air

A simulated live radio show hosted and narrated by the golden voice of radio, 57+ year Industry Veteran, Mr David Sabine.

**When:** 24 June, 2pm

**Where:** Centenary Hall, Goolwa

**Bookings:** [events.alexandrina.com](http://events.alexandrina.com)

Keep up to date by visiting Council's website  
[alexandrina.sa.gov.au](http://alexandrina.sa.gov.au)





## Crossword

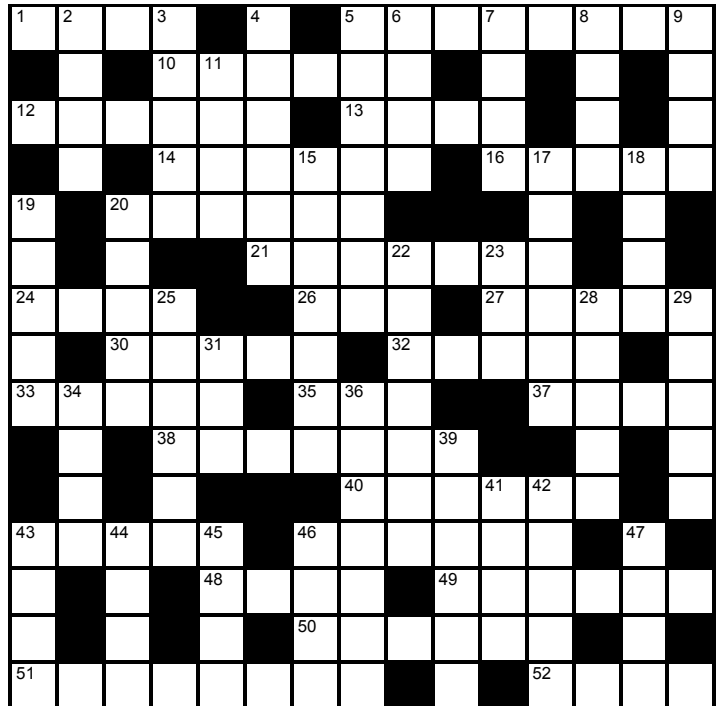
## Across

- 1 Declare  
5 Eats  
10 American state  
12 Relating to metre  
13 Extraordinarily large  
14 Tall tapering structures  
16 Cold dish  
20 Seesaw  
21 Voter  
24 Sudden stroke  
26 Fuss  
27 Condescend  
30 Characteristic  
32 Walked in water  
33 Melody  
35 First woman  
37 Slender  
38 Offers  
40 Approached  
43 Old stringed instruments

- 46 One offering a price  
48 Love god  
49 Church title  
50 Fictitious prose narratives  
51 Make longer  
52 Whirlpool

## Down

- 2 Turn to another direction  
3 Less well  
4 Repeat from memory  
5 Stuck together  
6 Burden  
7 Prosecutes  
8 Repast  
9 Given shoes  
11 Mature  
15 Associated  
17 Concurs  
18 Eagerly excited  
19 Collector's book  
20 Moves at easy pace  
22 Crouched in fear  
23 Strange  
25 Squirm, as in pain  
28 Lazed  
29 Wanderer  
31 Top card  
34 Offensive to sight  
36 Deer meat  
39 Make sorrowful  
41 Stagger  
42 Efface  
43 Soothe  
44 Soft sheepskin leather  
45 Transmitted  
46 Skeletal part  
47 Defying danger



## Alfakodo

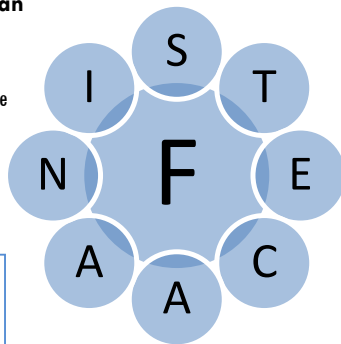
The aim of the puzzle is to allocate a number from 1-26 (right-hand column) to a letter of the alphabet (left-hand column), using the mathematical equations and clues provided. Only one number can be allocated to one letter. You can work out the numbers by using those letters that have numbers provided. For example in this puzzle (W) is worth 22 and (N) 11, so (U) must be worth 2. Anywhere there is a (U) it is worth 2 and so on.

## FOCUS

## An All Australian Word Game

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

**TODAY'S FOCUS** Good: 13 words  
Very good: 19 words  
Excellent: 30 words



Reference: Macquarie Concise Dictionary

A	D-W	1
B	U×T	
C	I÷U	
D	Y+E	
E	S÷L	8
F	J+K	
G	I+J	
H	P÷U	6
I	Q+X	
J	Y÷L	
K	E×U	
L	A+U	
M	B-R	

N	W÷U	11
O	Q+K	
P	H+H	
Q	L+A	
R	L+H	
S	L×E	
T	P+A	
U	Z-K	
V	L+W	
W	X+P	22
X	U×J	
Y	X+J	
Z	A+M	

PUZZLE &amp; QUIZ ANSWERS P25

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# LET'S GET QUIZZICLE

**1. What are the middle names of Her Majesty Queen Elizabeth II?**

- a) Alexandra Mary
- b) Alexandrina Victoria
- c) Victoria Anne

**2. When is the Queen's actual birthday?**

- a) April 17
- b) April 19
- c) April 21

**3. In 1998, Sarah Ferguson made a cameo appearance in which popular TV series?**

- a) *The Vicar of Dibley*
- b) *EastEnders*
- c) *Friends*

**4. What is the motto of the 2022 Commonwealth Games?**

- a) Share the Dream
- b) Games for Everyone
- c) Bring it On

**5. When was the last flight of Ansett Australia?**

- a) 1998
- b) 2000
- c) 2002



**6. Which country will host the start (Grandes Départs) of the 2022 Tour de France cycling race?**

- a) Denmark
- b) Austria
- c) Spain

**7. The 17th G20 Heads of State and Government Summit will be held in November this year, in which country?**

- a) Japan
- b) Canada
- c) Indonesia

**8. Where would you find the cuboid bone in your body?**

- a) Hand
- b) Foot
- c) Neck

**9. Kent is a variety of which vegetable?**

- a) Pumpkin
- b) Potato
- c) Lettuce

**10. In Australian football, what was awarded first?**

- a) Brownlow Medal
- b) Magarey Medal
- c) Sandover Medal



**11. It is the Chinese Year of the Tiger. What is the collective name for tigers?**

- a) Stelth
- b) Streak
- c) Richmond

**12. Which Australian state or territory is led by Jeremy Rockliff as chief minister or premier?**

- a) ACT
- b) Northern Territory
- c) Tasmania

**13. Patrick Star is a character in which TV animated series?**

- a) *Sponge Bob Square Pants*
- b) *Futurama*
- c) *The Simpsons*

**14. A lexicographer is a person who...**

- a) records court proceedings
- b) re-designs media/TV images
- c) compiles dictionaries

**15. What is a Japanese Bobtail?**

- a) Cat
- b) Rabbit
- c) Bird

**16. The sequel to which movie is due to be released late 2022 or early 2023?**

- a) *E.T.*
- b) *Avatar*
- c) *The Castle*

**17. Blood Pressure in humans is measured in mm Hg, which stands for millimeters of...**

- a) silver
- b) mercury
- c) iron

**18. When was the last time Novak Djokovic lost a match at the Wimbledon Grand Slam tennis tournament?**

- a) 2017
- b) 2019
- c) 2021

**19. What is the name of the recently launched Australian Defence Force's space division?**

- a) Space Corps
- b) Space Force Australia
- c) Space Command

**20. What part of South Australia would you find the place Nowhere Else?**

- a) Eyre Peninsula
- b) Fleurieu Peninsula
- c) Yorke Peninsula

ANSWERS: P25



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a freshly toasted bun

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# On the brighter side...

## *The Aussie Trio* perform

Three blokes are interviewed for a job in the local tourist information centre, and are tested on their knowledge of Australia. They are asked to name a 'true blue' Aussie song, and Mick says: "You know, that *Advance Australia Fair* tune." The interviewer says: "You mean the *National Anthem*?" Mick says: "Yeah, that's right." The interviewer says: "Okay Mick, and what about you Davo?"

Davo thinks about it and says: "That song about the bloke telling the cops the name of where he lives." The interviewer says: "Do you mean *I Still Call Australia Home* by Peter Allen?" Davo says: "Yeah, that's the one." Steve is sitting there thinking real hard when he tells the interviewer: "I know... the song about Andy." This time the interviewer is gobsmacked. "What on earth true blue Aussie song is about Andy?"

And Steve says: "You know, the one that talks about the swagman in *Waltzing Matilda*."

The interviewer has this blank look on his face and says to Steve: "No, you tell me; there is no Andy in *Walzing Matilda*."

And Steve says: "Yes there is and it shows that you know nothin'. It goes... *Andy sat, Andy watched, Andy waited till his billy boiled you'll come a Waltzing Matilda with me.*"

## B-a-a-a-a-gain

The price of sheep is escalating so this city accountant gets into his Jeep and drives to Lameroo to buy some sheep off a farmer

## NEWS UPDATE

**TRANSPORT  
MINISTER SAYS  
BUSES WILL USE  
HERBS - PROMISES  
THEY WILL NOW  
RUN ON THYME**

before the price goes too high. "I'll make a fortune on the sheep market," he thinks to himself.

He sees a farmer in a field and says to him: "I'll buy every one of your sheep for the right price... deal?" The farmer agrees and then asks his trusted sheep dog to run around the property and count how many sheep he has fearing some may have strayed or died, and to bring them all back to him and the accountant.

The dog runs off barking and counting the sheep. Finally he returns with them all puffing his heart out. The dog says: "There are two hundred and fifty sheep here."

The accountant looks at the dog and says: "I don't believe that there would be exactly 250 sheep; maybe one or two more or one or two less, but not exactly 250 sheep... the probability of this is incredibly low."

The farmer says the to sheep dog: "And I only bought 248 and I don't have a ram so there can't be exactly 250 sheep."

And the sheep dog says: "Yeah, I know master, I just rounded them up."

## 'Til we meet again

Ethel and Daisy sir alongside each day in the retirement village trying to out-do each other. Ethel moans: "Every Christmas I send each of my grandchildren a card and a cheque for \$500 but not one of them comes to see me; not even a phone call to say 'thank you'."

Daisy has a bit of a smirk on her face. "Oh, I do the same, but mine is a \$100 cheque and my loving grandchildren come and see me within a week of receiving my Christmas card... it is so lovely of them."

Ethel says: "Oh Daisy, I doubt that very much. They probably don't even give you a phone call."

Daisy says: "Oh Ethel, they certainly do and every year every one of them never forgets to come and see me. They always do because they just think it's my memory every time that I don't sign the cheque."

## One for the show

David Hasselhoff, the American actor who has set a Guinness World Record as the most watched man on TV having played the role of Dr. Snapper Foster in the soapie *The Young and The Restless*, walks into a bar and orders a beer.

The bar person is overwhelmed by his presence, and says: "Oh my god, it really is you... it's a pleasure to serve you Mr. Hasselhoff."

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Man says that when he was young he was extremely poor, but after many years of hard work he is no longer young.

Hasselhoff turns his shoulders ever so slightly, and despite his ageing gives one of his trademark grins that show his sparkling white teeth, and in a soothing voice that melts the group of ladies sitting in the corner he so generously says to the bar person: "You can just call me Hoff." And the bar person says; "No hassle."

### Grandson has 'bin lucky

Cyril and James are enjoying a malt whiskey at the club when they get into a conversation about how their grandsons, who both attend St Peter's College in Adelaide, are thinking about their future. Cyril says: "My grandson is not entirely sure whether he wants to be a doctor like his grandfather or a lawyer or a dentist."

James says: "Yes, it can be somewhat difficult for the young ones of today. My grandson wants to be a garbageman roaming the streets in one of those jolly noisy trucks at some ungodly hour of the morning."

Cyril says: "Oh my goodness, why on earth would your grandson want to be a garbageman with all of the fine education he has been given?"

And James says: "Because he thinks that they only work on Tuesdays."

### Knock, knock

A woman arrives rather late at night at a south coast hotel where she has made a reservation to stay overnight. All the lights are out so she knocks on the door. After knocking for a long time a light appears in an upstairs window and he publican calls out: "Who are you? What do you want?"

The woman replies: "I'm staying here!" And the publican yells out before slamming the window shut: "Well stay there then."

### Stitch in time

The residents of Victor Harbor are living in fear with crime units mounting the biggest manhunt in the history of South Australia desperately trying to catch the villain whom they call the 'Knitting Needle Nutter'. In just the last 48 hours this cruel man has stabbed seven people in the buttocks, taking the toll to 28 after this reign of terror night after night after night after night. Local police believe the attacker could be following some kind of pattern.

### Doctor, doctor...

A bloke goes into the medical centre in a wheelchair and says to his doctor: "Doctor, doctor... I've broken my leg in two places." And the doctor says: "Well don't go to those places."

A patient named Sam walks into the doctor's rooms, sits down and braces himself for some news.

"I have some great news for you Sam," the doctor says excitedly. "What it is, what is it?" Sam asks nervously. "Really great news..." says the doctor. "Tests show that you are not a hypochondriac."

Bruce, one of the world's greatest hypochondriacs, bumps into his doctor at the supermarket one day.

"Doc," Bruce says. "I've been meaning to tell you... remember those voices I kept on

## SPORTS BRIEF

**FIRE BRIGADE  
CALLED TO AFL  
MATCH BECAUSE  
COMMENTATOR  
CLAIMS PLAYER  
IS ON FIRE**

hearing in my head? I haven't heard them in over a week."

The doctor says: "Oh, that's wonderful news Bruce; I'm so happy for you."

"Great news?" Bruce questions. "There's nothing wonderful about it. It can only be because my hearing is starting to go now."

### Dad jokes...

**What do you get when two giraffes collide?** A giraffic jam.

**Why are robots never afraid?** Because they have nerves of steel.

**What sound do porcupines make when they kiss?** Ouch!

**What did the triangle say to the circle?** You're pointless.

**What does a pickle say when he wants to play cards?** Dill me in.

**What do you give an elephant with diarrhoea?** Plenty of room.

**What's white and if it falls out of a tree will hurt you?** A fridge. 🌈

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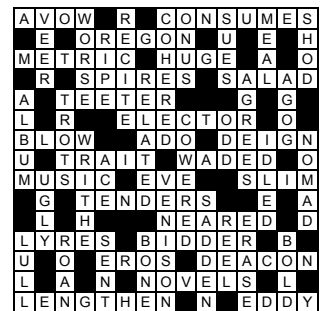
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## Puzzle answers



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A	B	C	D	E	F	G	H	I	J	K	L
1	26	7	23	8	21	19	6	14	5	16	3

N	O	P	Q	R	S	T	U	V	W	X	Y
11	20	12	4	9	24	13	2	25	22	10	15

Quiz: 1a; 2c; 3c; 4b; 5c; 6a; 7c; 8b; 9a; 10b; 11b;  
 12c; 13a; 14c; 15a; 16b; 17b; 18a; 19c; 20a.



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### Little Tornadoes

(M) Drama. A newly-single father's efforts to weather the turbulence of change – in his life and in the world around him – while a new immigrant endeavours to find her place in a foreign land. Set in 1971 rural Australia, it is portrait of a country at a turning point and the human desire for connection. **One week only.**

### Petite Maman (French)

(PG) Drama, fantasy. A captivating coming of age story that explores childhood and a mother-daughter relationship that crosses through time. 8-year-old Nelly has just lost her beloved grandmother and is helping her parents clean out her mother's childhood home. She explores the house and the surrounding woods where her Mum, Marion, used to play and built the treehouse she's heard so much about. One day her mother abruptly leaves. That's when Nelly meets a girl her own age in the woods building a treehouse. Her name is Marion.

### The Drover's Wife

(MA 15+) Drama starring Leah Purcell, Rob Collins, Jessica De Gouw, Sam Reid. Directed by Leah Purcell. The Legend of Molly Johnson is a reimagining of Leah Purcell's acclaimed play and Henry Lawson's classic short story. A searing Australian western thriller asking the question: how far do you go to protect your loved ones?

### Top Gun Maverick

(CTC) Action, drama starring Tom Cruise, Miles Teller, Jon Hamm, Ed Harris. Directed by Joseph Kosinski. After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell (Tom Cruise) is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him.

### Jurassic World: Dominion

(CTC) Action, adventure, thriller starring Bryce Dallas Howard, Chris Pratt, Sam Neill, Laura Dern. From Jurassic World architect and director Colin Trevorrow, Dominion takes place four years after Isla Nublar

has been destroyed. Dinosaurs now live and hunt alongside humans all over the world. This fragile balance will reshape the future and determine, once and for all, whether human beings are to remain the apex predators on a planet they now share with history's most fearsome creatures.

**Commences June 9.**

### Bob's Burgers

Animation, comedy, musical starring H. Jon Benjamin, Kristen Schaal, Kevin Kline, Zach Galifianakis. Directed by Loren Bouchard, Bernard Derriman. An animated, big-screen, musical comedy-mystery-adventure based on the long-running Emmy-winning series.

**Commences June 9.**

### Lightyear

Adventure, animation, family starring James Brolin, Peter Sohn, Taika Waititi, Chris Evans. Directed by Angus MacLane. The sci-fi action-adventure presents the definitive origin story of Buzz Lightyear—the hero who inspired the toy—introducing the legendary Space Ranger who would win generations of fans. **Commences June 16.**

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## Elvis

(CTC) Biography, drama, musical starring Austin Butler, Tom Hanks. Directed by Oscar-nominated visionary filmmaker Baz Luhrmann. The film explores the life and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. Commences June 23.



... and one night only

## Flee

(M) Documentary, Animation Directed by Jonas Poher Rasmussen starring Daniel Karimyar, Fardin Mijdzadeh, Milad Eskandari, Belal Faiz, Elaha Faiz, Zahra Mehrwarz. An animated documentary telling the true story about a man's need to confront his past in order to truly have a future. Amin arrived as an unaccompanied minor in Denmark from Afghanistan. Today, at 36, he is a successful academic and is getting married to his long-time boyfriend. A secret he has been hiding for over 20 years threatens to ruin the life he has built for himself. For the first time, he is sharing his story with his close friend. **Charity screening – one session only June 23.**

## The Rocky Horror Picture Show

(M) Comedy, musical starring Tim Curry, Susan Sarandon, Barry Bostwick, Richard O'Brien, Meat Loaf. Directed by Jim Sharman. Presented by Fleurieu Pride. In this cult classic, sweethearts Brad and Janet, stuck with a flat tire during a storm, discover the eerie mansion of Dr. Frank-N-Furter, a transvestite scientist. As their innocence is lost, Brad and Janet meet a houseful of wild characters including a rocking biker (Meat Loaf) and a creepy butler. Through elaborate dances and rock songs, Frank-N-Furter unveils his latest creation: a muscular man named Rocky. **One session only June 24, 7.30pm. All tickets \$12.**

## Fleurieu Film Society movies

The Southern Fleurieu Film Society screens some fascinating films monthly – most with a difference – and because it's a not-for-profit, membership-based community group it is not allowed to sell tickets at the door. However, the show will keep going on because it has membership at \$50 per year. To be different again, if you attend the June 7pm screening at either Goolwa Centenary Hall on Wednesday, June 1, Milang Institute on Friday, June 3 or Victa Cinemas Tuesday, June 7

there is a special offer to join – only \$25 and you see another 11 films this year.

The June film is *Carpenternaum*, a 2018 Lebanese drama directed by Nadine Labaki. It tells the story of a 12-year-old boy living in the slums of Beirut, who decides to sue his parents for the 'crime' of giving him life. It is a powerful and thought provoking film.

For more details on the society visit [sffs.org.au](http://sffs.org.au) or contact Mike Tye: [mike@michaeltye.com.au](mailto:mike@michaeltye.com.au) or 0438 800 066.

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## Budget meals for the family

Things have become incredibly tough, especially for young families. Prices on the supermarket shelves have soared, and we've been hit with the first of new interest rate hikes to come.

Putting a meal on the table has become more challenging, but it doesn't mean that you can't still have affordable, tasty and healthy options. We have presented some of these recipes previously, but given the added pressures we thought it was a good time to delve into the

budget recipe book once again. The key to these is that it's more economical to make more than you need on the night and have tasty 'left-overs' the next day, or make extra serves and freeze them. Once you have the basic ingredients in the pantry cooking a family meal can be much easier - and more thrifty. Above everything, always remember that you can only do your best.

Jenny

## Hints on making the most of leftovers

**Create leftovers purposefully:** When planning meals think about what the extras may become. If you prepare twice the vegetables that you will need for tonight's dinner you will have the starting point for a soup or pasta dish later in the week. Anticipate using leftover roast chicken on sandwiches; cook twice as much rice as you need and freeze the extra for later use.

**Store leftovers smartly :** Glass storage containers are not only reusable and sustainable they allow you to see what's inside. This way you will be less likely to lose track of leftovers. For freezing, use zip-top gallon bags (which can be washed and re-used) and label and date the contents on a piece of tape.

**Dedicate a leftovers night:** If you find your fridge or freezer stuffed to the gills with leftover food, commit to 'eating down the fridge' one night a week.

**Turn dinner into lunch:** Stash a lunch-able portion of dinner in a container and pack it for lunch the next day. With a bit of planning and no extra effort you can create a week's worth of healthful take-it-to-work lunches.

**Think 'ingredients' not 'leftovers':** Turn extra pasta or cooked vegetables into a frittata. Blend cooked vegetables with a can of whole tomatoes and create a veggie-packed sauce for pasta. Create burritos with leftover cooked rice, meat and vegetables and top them with sour cream and salsa.

**Make soup:** The steamed, roasted or grilled vegetables that you served as a side dish one night can become soup on another. In a blender, puree the vegetables with 3 or 4 cups of vegetable or chicken broth, then warm the soup in a pot. Season to taste with salt and pepper, and finish the soup with a bit of pesto, olive oil or croutons.

**Salvage stale bread:** If that loaf of good bakery bread loses its freshness do what the Italians do: halve the loaf crosswise, drizzle it with good olive oil and rub it with the cut side of a halved ripe tomato. Season the bread with salt and pepper, wrap in foil and bake until warm.

**Stash vegetable scraps:** An alternative to composting keep vegetable scraps to make stock. Keep a zip-top bag in the freezer and add trimmings: carrot and fennel tops, ends of onions or leeks, tomato cores, stems of herbs and greens and the like. Produce that's past its prime in the fridge may go in, as well. When the bag is full defrost the contents, dump into a pot and add water to cover. Simmer for 2 hours, strain and you will have better-than-store-bought veggie stock.

**Portion and store:** Many food products come in extra-large sizes, which may be more economical. If you won't use all that sliced bread right away, for example, separate the loaf into portions your family will use in a day. Place a sheet of waxed paper between the portions, wrap and freeze. Tortillas, pita bread and similar items can be saved the same way. Likewise, divide money-saving large packages of meat into portions and freeze. 🌈



# Peanut Butter & Banana Biscuits

## Ingredients

360g (about 4) ripe bananas  
2¼ cups rolled oats  
⅓ cup peanut butter (smooth or crunchy)  
200g (2 cups) almond meal  
1½ tbsp honey  
½ cup choc chips, optional

## Method

Preheat oven to 180C. Line a baking tray with baking paper. In a large bowl mash bananas, stir through peanut butter and honey. Add oats, almond meal (and chocolate chips if using) and stir to combine. Take one heaped dessert spoonful of the mixture and roll into a ball. Place on the lined tray and repeat until all mixture is used – leaving a small space between each ball. Using the clean palm of the hand, flatten each ball a little (biscuits will not spread much when baking). Bake for 15 minutes. Allow biscuits to cool on baking tray for a few minutes, then transfer to wire rack to cool. Store in airtight container. Makes 24 biscuits. 🌈



# Minestrone Soup

## Ingredients

30g butter  
1 clove garlic, crushed  
1 medium onion, chopped  
100g bacon pieces, chopped  
1 medium carrot, cut into small pieces  
2 sticks celery, thinly sliced  
400g can crushed tomatoes  
2 x 400g cans four bean mix  
3 cups chicken or vegetable stock

2 tbsp tomato paste

1 tablespoon chopped parsley

½ cup small spiral pasta

1 tsp Italian seasoning

salt and pepper to taste

¼ cup grated Parmesan cheese

## Method

In a large saucepan, melt the butter over medium heat. Add onion and bacon and cook for about 5 minutes until onion is soft, stirring occasionally.

Add garlic, celery and carrot and continue stirring for 2 minutes. Add undrained crushed tomatoes, rinsed and drained four bean mix, stock, tomato paste, parsley, and Italian seasoning.

Bring to boil and then reduce heat to low. Cover and simmer for 20 minutes, stirring occasionally. Add pasta and continue simmering for further 15 minutes. Season with salt and pepper and serve sprinkled with grated Parmesan cheese. 🌈



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# Eat Wave... budget meals for the family

## Baked Sweet Potato

Baked Sweet Potatoes make an economical light snack, small meal or even a dessert, when combined with your favourite topping ingredients. Listed below are some topping suggestions. This is one of our favourites.

### Ingredients

1 medium sweet potato  
olive oil for coating  
1 x 400g tin chickpeas, drained  
½ tsp cinnamon  
1 tsp cumin  
1 tbsp olive oil  
12 cherry tomatoes, halved  
salt & pepper to season  
butter (optional)  
½ cup sour cream or Greek yoghurt  
¼ tsp cumin, extra  
flat leaf parsley, chopped

### Method

Pre-heat oven to 180°C. Line a baking tray with baking paper.  
Wash sweet potato, dry with paper towel then carefully cut in half length-ways (see note) and place cut-side down on prepared tray. Bake 20 minutes.  
Rinse chickpeas with water, then dry between sheets of paper towel. Place chickpeas in a small bowl, add cinnamon,

cumin and olive oil. And stir to coat. Place chickpeas and halved cherry tomatoes in an ovenproof dish lined with baking paper.  
When sweet potato has been in oven for 20 minutes, place chickpeas and tomatoes in the oven and bake for a further 15 minutes. Remove all from oven and allow to cool slightly.  
Place the sour cream (or yoghurt) in a small bowl, add extra cumin (¼ tsp). Stir to combine.



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To serve, place baked sweet potato on plate, cut-side up. Spread with a little butter if using. Spoon chickpeas and tomato on top.

Sprinkle with chopped parsley; season with salt and pepper. Serve with sour cream (or Greek yoghurt) mixed with extra cumin.

**Note:** Cooking time will depend on size of sweet potatoes. They can be cooked whole - cooking time will be longer. Be careful when cutting in half. Suggest cutting through one side, then turning over and repeating on the other side.

Also if cooking more than one, try to select similar size, for even cooking time. Baked sweet potatoes can be refrigerated for up to 3 days.

Reheat with toppings (as needed) in microwave (or oven). Add cold toppings when serving.

**More topping ideas:** bolognese sauce, lentils, black beans, onion, mushrooms, tuna, sweetcorn, pineapple, beetroot, grated cheese, cottage cheese, feta, avocado, kale, bacon, scrambled eggs, broccoli, olives, tahini, garlic sauce, hummus, pesto, maple syrup, honey, coconut, peanut butter, walnuts, dried cranberries. Herbs and spices of choice... and a little butter to start with. Enjoy! 🌈

# Chicken, Mushroom & Rice Bake



## Ingredients

500g boneless, skinless chicken thighs  
salt & black pepper to season  
2 tbsp olive oil  
1 onion, chopped  
1 garlic clove, minced  
1 cup sliced mushrooms  
1 cup chicken or vegetable stock  
3 tbsp sour cream  
4 tbsp thickened cream  
1 tsp Italian seasoning  
¾ cup uncooked medium grain rice  
grated Parmesan  
finely chopped parsley

## Method

Preheat oven to 180C.  
Cut chicken into bite-sized pieces.  
Season with salt and black pepper.  
Heat 1 tablespoon of olive oil in a frying pan on medium/high heat. Add

chicken pieces and brown on both sides - about 1 to 2 minutes. Transfer chicken pieces to a plate. Dispose of any liquid.

Add 1 tablespoon of olive oil to the pan and reduce heat to medium. Add onions and cook until translucent. Add garlic and cook for 30 seconds more. Increase heat to medium high and add sliced mushrooms. Cook mushrooms, stirring occasionally for 2 minutes.

Pour chicken broth into the pan and stir. Remove pan from the heat and stir in sour cream, thickened cream and Italian seasoning.

Spread rice over the base of a medium sized baking dish.

Pour cream mixture over rice and stir gently. Place chicken pieces in a layer on top. Cover tightly with aluminium foil and bake for 40 minutes. Serve with grated Parmesan and finely chopped parsley. Serves 4. 🌈

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