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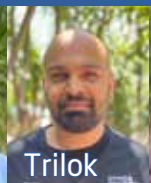


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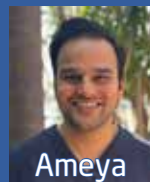
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Inside your July edition

COVER STORY P9: Owen Crees is chair of a wonderful organisation – Angel Flight Australia. He talks about how pilots from Aldinga Airfield and around Australia have helped countless people in regional areas get to their destination in times of great need and often in emotional circumstances.

Welcome & thank you!

The wonderful people at **Beachside Bedding** and **Coastal Habitat** have got on board with Coast Lines and we cannot thank them and all of our other advertisers enough. We also have a bright new column *Home* by Jess & James of Coastal Habitat.

See our centrespread for a report outlining an expansion of services across the Fleurieu by Resthaven.



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...and don't miss our SALA guide in August

Artists across the Fleurieu Peninsula are invited to send details if they are having an exhibition during the South Australian Living Artists Festival throughout August. There is no cost involved. **Closing date:** July 15: info@coastlines.com.au



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Grumpy is happy to help this great cause

STORY: ASHLEY PORTER

Presenting the Right Worshipful, our Mayor of Middleton Keith Spacey Esq, better known as 'Grumpy' who told us off for parking in the wrong spot when he ran his convenience store in the main street.

This great character was, however, kind enough to 'ham it up' walking stick and all for our photo to help promote the Black Tie & Boardies Dinner at the Middleton Pioneer Hall on Saturday, July 16 to raise funds on behalf of the Fleurieu Community Foundation to support homelessness on the Fleurieu.

Keith's many golfing mates say he dresses more 'way out' on the course, but not forgotten amongst the marvellous community spirit on this special

fun night will be a willingness to help those in this desperate need.

It is not the first time the people of Middleton through the energetic Town & Foreshore Association has banded to help a well-deserving cause in this brilliant, definitely flamboyant fashion thanks to a treasured local in Jen Watts.

Jen said she felt terribly helpless in terms of supporting victims of the 2019-20 Kangaroo Island bushfires so within three weeks organised a dinner and with the generosity of local people raised \$44,000. Fleurieu Community Foundation members Paul Shinkfield and Brad Butler worked out how to best distribute the funds.

Continued P4



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Events

From P3

"It was fantastic," Jen (pictured right) said. "Last year we did another community dinner, and although we were restricted with numbers we still raised \$22,000 in the middle of COVID for the Fleurieu Cancer Support Foundation.

"And now this time we hope to have a really big number attending and raise \$15,000, but I always under-estimate and hope to over-achieve.

"We live in an amazing place and the locals are just so eager to help. Every cause that we promote is a great cause, but with homelessness I think everyone is realising that it is so real. It is so much worse that what most people think. I live in a lovely warm home with lots of firewood and everything, and I really do not have any concept of people doing it hard.

"Landlords have been selling the houses they rented out because they were able to get a lot of money – I understand that – but they have left a lot of people without somewhere to live. There are not enough rental properties down here.

"A month ago Paul said that the Foundation was really struggling and was short on what it was going to need for the homeless down this way and whether there was anything that we could do to help.

"I said how about a winter edition of Black Tie & Boardies; we couldn't do it in January because of COVID.

"But this is not about me; it's about the wonderful people at the Fleurieu Community Foundation with people like Paul and Brad, and a lot of locals who have



got behind this.

"This will be a great night; for \$50 you get to hear the *Flaming Sambukas* (band), we have local chefs doing curry, and on arrival everyone gets a bit of pizza and nibbles. And how nice is this; the Sikh community in Adelaide has offered to make us 200 serves of vegetarian curry as well."

Jen, a writer of note, said she felt fortunate to be able to find time to volunteer. "I am also one of the lucky ones to live here," she said.

"I have never been surprised by the support that we have been given with these events. I believe in the best of people. I love our community.

"We have only been on the south coast for a decade and the community is everything.

I love it. I love being able to walk down the beach and take twice as long because five people have a chat with you.

"If I needed help I could just yell 'help' and a dozen people would put up their arms and say 'what can we do?'. It's just that community feel that a country town and especially the south coast thrives on and it's just amazing."

The selfless quality of the community of Middleton is largely reflected from a dedicated team at the Fleurieu Community Foundation. It was 15 years ago that a steering committee was formed by passionate individuals in the Alexandrina, Victor Harbor and Yankalilla council areas to develop its structure.

Thanks to Jen and marvellous communities along the coast the Foundation is doing its best to tackle homelessness. Those impacted need everyone's support.

It will be a fabulous night at the Black Tie & Boardies Dinner from seven o'clock; a lot of fun, scrumptious food and top entertainment.

And, of course, you get to meet His Worshipful, the self-proclaimed Mayor of Middleton dressed to the hilt and in his finest form with his usual theatrics. You've 'gotta' love him and the rest of the great bunch at Middleton. 🌈

Tickets \$50: www.trybooking.com/BZHAG

If you cannot attend you may still support the Fleurieu Community Foundation. Visit:

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It's a new story at our libraries

We will celebrate Library and Information Week from July 25-31 and here's an interesting statistic from the top shelf – attendances at libraries across Australia dropped 24 per cent due to COVID, but there was a 23% increase in visits to public library websites.

And now more people are walking through the doors again, making the 1700-plus service points as popular as ever.

However, if you haven't been into a library for decades they're no longer a dark place with stringent rules giving you the feeling you're going to be ushered out for whispering before you have turned a page. They're bright and tech savvy, and one of the finest examples across the Fleurieu is in Strathalbyn, which forms the Alexandrina Council library service with Goolwa. Simon Murphy, coordinator of library services at Strathalbyn Library, said digital literacy had become a huge part of libraries. "There is so much that we can now do, and there is still a lot of potential as well," Simon said.

"We have changed... once it was *Bouncy Time* for the young ones on a Thursday; now it's *Rock 'n Read*. We like to believe that we play an active role in helping children how to get comfortable forming words.

"People are coming in for different reasons like passport applications and asking questions about their new iPad or computer; their printer system may have



Elise Kemper, a customer support officer at the Strathalbyn Library, and note the words of wisdom on the wall.

changed and they need help."

The Strathalbyn Library also makes you feel at home... talking on the phone is permitted if the volume is reasonable; eating and drinking is okay. There is a reading room where you may catch up with the daily news, do a jig-saw puzzle. There's a chess board, and you can join a card playing group."

Simon said that before COVID people would have their lunch and use the microwave. "It's another loungeroom to enjoy as their own," he added. "They would store their lunch in the fridge, make a coffee.

"There is nothing stopping someone starting up a group here or even asking 'can I do this?'. The book shelves are moveable; we've had a 150 people seated to hear a guest speaker. Authors come in and talk about their latest book. There is so much potential in a library and everyone is welcome.

"In a library it's nice to hear life, kids laughing and people meeting each other. Mind you, Thursday mornings you hear the *Rock 'n Read* session and you're left with *Incy Wincy Spider* stuck in your mind for the rest of the day, and you smile. It's a place of life, and in life there can be messiness, noise.

"Numbers wise, across the state libraries have been hit by COVID, but in general they are very good. We recognise that it's a time of life thing as well. We might see young people aged 11 or 12 and then not see them again until they have their own children." This year's theme for Library & Information Week is *Rewrite Renew Reimagine*, and if you haven't been to your local library for a long time you may discover just how much it really has changed. Having fun in a library? Some say you wouldn't read about it, but you just did. 🌈

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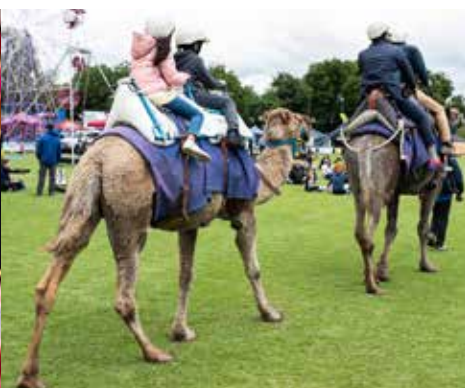
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You are not expected to know of Doris 'Granny D' Haddock (1910-2010), an American political activist who told us that 'small towns make up for their lack of people by having everyone be more interesting.'

She was from Dublin, New Hampshire, a beautiful small American town known for its quaintness and farmers market, a place where its townsfolk find excuses to do things.

Much like our beautiful Willunga, really, where interesting people – real characters – immerse in community goings-on and share a laugh as if they were one big family.

The next big event is the 53rd Almond Blossom Festival on July 30-31 at the Willunga Recreation Park, the heart of this amazing town since 1875.

It's across the road from the nationally-acclaimed farmer's market and where the town will also present next year's Fleurieu Beer Festival (January 21), Chilli Festival (February 18-19) and Jigsaw Willunga (April 29).

And in between this a crew of 25 or 30 will put on Cinemallunga, movie nights where locals often dress up like the film characters

Willunga Almond Blossom Festival July 30-31

A town where spirit blossoms



and drink wine and devour cheese long after the film credits.

As Heather Williams, event coordinator for the community centre since 2015 explained: "The committee inherited the town's cherry festival. Its beer festival happened by having the right conversation at the right time, and its big jigsaw competition happened because one of

the townspeople loved to do jig-saws. The Cinemallunga happens because a bunch just love their movies and merely invented something that's about having fun.

"In the 60s people in the town decided they wanted to build a basketball stadium so they invented a version of the Almond Blossom Festival in 1969, and 10 years later built the basketball stadium and the festival became a major fundraiser."

The Willunga Recreation Park is community-owned and managed, and has been since 1875.

Continued P7



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From P6

Also remarkable is that Heather is only the third event coordinator, and understandably given the incredible amount of effort that is put into organising she is paid a small gratuity.

However, it has always been the immeasurable support of the community that has made the events so successful, especially the Almond Blossom Festival, which Heather believes is an extra special event.

"There are not many like it these days where generations have grown with the event, created a family tradition," Heather said.

"Kids in the junior primaries come in and, wander off around the festival when they are 12, then they come with their mates and eventually bring their own kids. It has always had that community family-safe feel

about it.

"Nearly 60 stallholders including about 15 caterers will be selling anything from hamburgers to beers and wine, strawberries and cream. The mums and dads can come for a bit of a shop and the kids can enjoy the rides. There is music all weekend and fireworks. There's a bit of everything."

And of course, there will be the mandatory donuts, and Heather tells us to make sure we're there to have a crack at the Almond Cracking Competition on the oval on Sunday at 1pm.

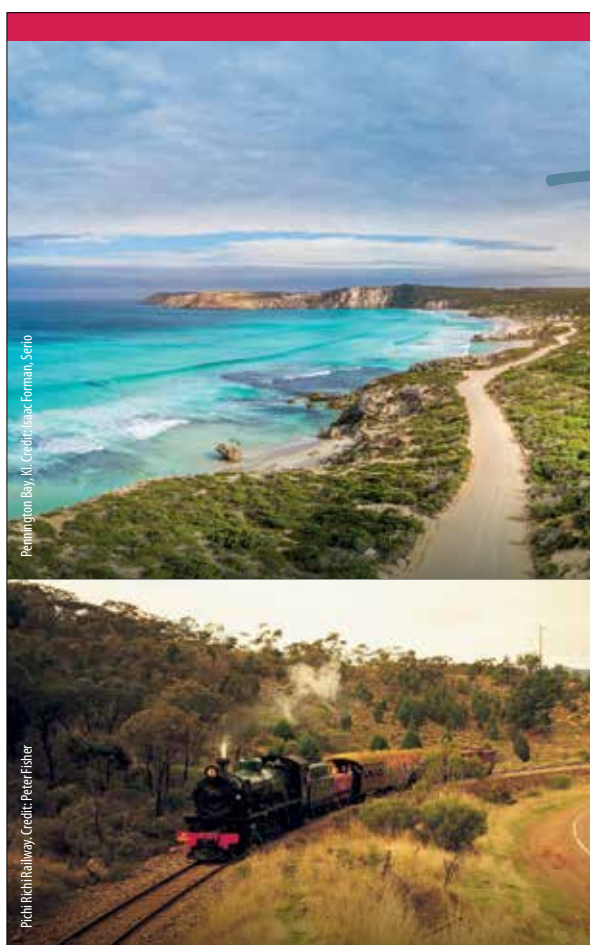
There's also the almond cookery competitions for all ages with categories ranging from biscuits and cakes to novelty items – all including almonds, of course. Entries will be on display in the CWA Rooms where you can grab tea and scones from the Willunga Evening Branch members.

And who could forget the annual Festival Cake competition. We're also informed 'Helen the Greek Vegetarian' has provided the recipe for 2022 and it's a super simple one with hardly any washing up.

Family tickets to the festival are \$25 with all takings going back to the community facility – the Willunga Recreation Park.

It's exceptional value considering the heaps of free entertainment including giant games, craft activities, a science guy doing crazy things, and a roaming performer juggling on stilts or teaching circus acts.

It's a 'must-go' amazing family event oozing with community spirit. But as Heather says: "It's just typical of Willunga... everyone just seems to get along and we all love doing things." 🍷



Pennington Bay, Ki. Credit: Isaac Forman, Serio

Pichi Rich Railway, Credit: Peter Fisher

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Investigator College Year 7 students Adam Daniell and Evie Simpson tackle a stack of healthy pancakes made in the food technology classroom.

Yummy and healthy

Who said school lunches were boring? These Investigator College students pictured whipped up scrumptious pancakes and devoured them in minutes (well, maybe not all of them).

It was part of their food technology studies, and a timely reminder about healthy living as we approach National Diabetes Week from July 10-16.

Serves of healthy pancakes have long been associated with diabetes, and a symbol of a *Heads Up* campaign that focuses on the mental and emotional health of people living with diabetes. At least 4 in 5 people with diabetes have experienced diabetes stigma, while nearly 50 per cent of people with diabetes have experienced mental health challenges.

The college's food technology teacher Simone Bonser said students were taught the importance of healthy eating with the Australian Guide to Healthy Eating at the core of food-related topics.

"There is emphasis on eating a variety of foods from the five food groups and consuming foods in moderation," Simone said. "The students understand the importance of enjoying foods mindfully and in balance.

"With nutrient-related disease and conditions becoming more prevalent within

society, students learn how to substitute ingredients and modify recipes, how to identify and select nutrient-dense whole-food options, and how to cater to various dietary needs throughout life stages."

According to Diabetes Australia, Type 2 diabetes is often milder than Type 1, but it can still cause major health complications including raising the risk of heart disease and stroke.

Also, because diabetes affects blood glucose levels many people believe they need to avoid sugars and foods containing sugar. However, if eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts may be eaten by those with diabetes. The key is to eat everything in moderation, which again is part of today's school studies.

For the record, it was 100 years ago that five-year-old Phyllis Adams, weighing just 10-kilograms, became the first Australian to receive insulin. Her parents were told even with insulin Phyllis might only live until she was nine, but she survived until she was 81 making her longevity living with diabetes a world record until her passing in 1998.

Enjoy some healthy pancakes today, and here's a great recipe (right) from Diabetes Australia that kids at home can make. 🍌

Wholemeal Pancakes & Cinnamon Peaches



Ingredients

2 cups Wholemeal self-raising flour
2 cups Skim milk - skim | 2 cups
1tsp Canola oil
1tsp Vanilla essence
2 Egg whites
410g can peach slices
1 tsp Cinnamon

Method

Beat the egg whites until stiff.

Mix the flour with milk and oil in a suitable bowl. When combined fold in the egg whites and let sit for 5 minutes.

Heat the peaches in their juice with the cinnamon in the microwave until warm.

Spray a crepe/pancake pan with minimal oil and cook each pancake. Turn when the bubbles start to appear. Flip over and cook through.

Serve the pancakes with peaches and syrup over the top. Makes 12 pancakes. Serves 4.

Nutrition per serving

Energy: 400kJ
Protein: 4g
Total fat: 1g
Saturated fat: 0.1g
Carbohydrates: 16g
Sugars: 5g
Dietary Fibre: 2.4g
Sodium: 140mg

For this recipe and other delicious healthy recipes presented by Diabetes Australia visit : www.diabetesaustralia.com.au

P30-31: Jenny presents more recipes in Eat Wave

Flight of an Angel

STORY:
ASHLEY PORTER

The family sugar cane plantation where Owen Crees grew up in Port Douglas was full of cane toads, snakes and bandicoots. It presented a choice; work amongst them or study hard, real hard. He gained post-graduate degrees in chemistry from universities in Townsville and Bristol, United Kingdom, served as a director of companies in Australia, UK and Switzerland, and in 2001 came to Adelaide as CEO of Research Laboratories of Australia, a private technology development company specialising in digital printing technology. No one likes cane toads.

Continued P10



People

From P11

Yet, for all these impressive achievements – and incredible support from his wife Suzette, and their two children and two grandchildren – Owen believes little has come close in terms of satisfaction to his current volunteer role as a pilot and chair of Angel Flight Australia (AFA).

This magnificent organisation was established in 2003 based on a 1983 concept by Angel Flight West in the United States of America whereby volunteer pilots fly their own aeroplanes to transport people of all ages in desperate need of transport to or from country regions.

Owen, 71, says it's simply about helping the community, particularly in rural Australia, and the day we spoke as chair he was buoyed by news that AFA had passed the 52,000 mark in flight assists across the country.

Marvellous, obviously, but his story is merely a reflection of the 300-plus volunteer pilots across the nation, including 15-20 active in South Australia, of which six are based at Aldinga Airfield, who regularly share about 30 flights a year. Since joining AFA in 2008 Owen has conducted 270 flights, and he could tell you the names of every passenger.

"I have been flying for 45 years, but it was only when I'd been here in Adelaide a couple of years that I started thinking this organisation is too good to be true... to be able to indulge in your passion of flying and help somebody at the same time," he said.

"There wasn't a particular event in my life that prompted me; it was just the fact I grew up in the country. When I was a kid Port Douglas was almost a ghost town; it wasn't the place it is these days, and if you needed serious medical treatment you couldn't get it locally.

"I had been in boarding school, and I had



lots of friends who had come from outback Australia so I had a very good understanding of the problems people in those areas faced. This was in the back of my mind when I heard about Angel Flight, knowing those people and realising what they had to go through for the sort of things that we could just take 15 minutes to get.

"Every flight is special or important for the passenger, but for me personally one that sticks in my mind wasn't the actual flight but what I learned from the experience. I had a passenger, a six-year-old girl with an illness who was coming back and forth from Port Lincoln for treatment.

"The previous day was unpleasant, and her mother said the thing that made the biggest difference to the family was in the morning when instead of her daughter thinking about what was ahead of her when she got to Adelaide she was thinking about the ride on the aeroplane. She put everything else

out of her mind; the plane was a distraction, and it was the first time that I realised it was an important factor for people.

"Farmers look out and say, there's our farm over there... I've ploughed my paddock before his; it's all those distractions.

"With most of the regular frequent passengers we hear good news stories about getting them getting better, but they are not all like that. Every now and then you get one which doesn't end so well. Some tell you they won't need a flight home.

"Last year we took a little girl, Lillian, just short of her 13th birthday, home after three months at boarding school to a little isolated station, Cymbrick, outside of Broken Hill. Because of COVID restrictions her parents couldn't come in from NSW to pick her up and take her home for the school holidays without going into quarantine.

"My wife and I took her home to the airstrip 50 metres from the family's front door. It was a really emotional reunion for the family. The reaction sticks in my mind; how much difference you are making to people's lives.

"In your life you do a lot of things that are challenging, but when you enjoy doing something, a unique combination of being able to indulge a passion and help lots of people at the same time, it is incredibly rewarding."

There are also the flights never talked about; mothers and children escaping domestic violence.

Continued P11

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“
With most of the regular frequent passengers we hear good news stories about getting them getting better, but they are not all like that. Every now and then you get one which doesn't end so well. Some tell you they won't need a flight home.”

– Owen Crees



From P10

AFA has never asked for government assistance, and probably never will. Each pilot donates time and maintenance of their aircraft, but is reimbursed for the cost of fuel from AFA. It basically operates on private donations, the generosity of community service clubs and groups, and events. There is some corporate sponsorship, and AFA has a firm policy that if someone makes a donation it will absolutely not ask them for another one.

Owen has done a lot in his life – he even built a school with parents of other children when he lived in Mackay, which has since gone from 90 to 1000 students.

When asked whether being part of AFA had changed him as a person he paused and said it had made him realise just how fortunate he had been in his life.

“I had a working life that now allows me to indulge in owning and flying an aeroplane, I am fit and healthy, and I live in a nice part of the world,” he said. “Then I look at my circumstances and compare them with those of a lot of my passengers. I am constantly reminded, and it has been enormously humbling.”

Owen spoke of flying a little boy back and forth to Eyre Peninsula for treatment, and one morning his dad told him he was seeing the doctor at the Women's and Children's

Hospital. They got to the plane and the boy just cracked up; there was no way he going. His father took him to school, and when the boy got there all the kids were in the school bus waiting for him and took him back to the plane. His classmates made a fuss of him and the boy was smiling and feeling like a hero.

“I realised this day that all this wasn't just about little boy or his family, but a whole community,” Owen said.

“You get to know the regulars you take; you almost become part of their family. You know their circumstances and you feel their pain, but I never ever feel like a taxi driver.”

Owen's longest flight has been six hours flying time from Ceduna to Wagga Wagga. “We stopped half-way at Mildura for fuel, and the cafe refused to take money when we ordered our lunch,” he said.

“This one example of the kindness shown, and each time it reminds me that people, especially those in remote areas, appreciate what all of our pilots do.”

AFA needs more pilots. News of the 52,000 milestone this particular day was welcoming, but the spike in recent years is also a reminder that the need for this service has never been greater.

Owen says being part of Angel Flight Australia isn't about money or looking for accolades. “The greatest reward in life that one could ever imagine is about being told by someone 'this is my last flight because everything is okay now'.” 🌈

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We're now part of a wonderful new hub

Our region is now reaching further out to the world with a brilliant program – the Fleurieu Neighbourhood Network.

Through COTA SA – Council on the Ageing – it has become part of a network of international 'village hubs' which offers support for older people to live and age well in their local community.

The program will focus particularly on the Southern Fleurieu including Goolwa, Victor Harbor, Port Elliot, Middleton, Hayborough, Hindmarsh Island, McCracken and Encounter Bay.

Our connection is a result of COTA SA being funded by the Commonwealth Government, through the Department of Social Services Seniors Connected program.

All hubs are unique yet share a common purpose of positive ageing, recognising that through mutual support older people may enhance our lives. Fleurieu Neighbourhood Network will offer peer-to-peer volunteering and support, ageing well activities and events, information and support to access services, advocacy and representation about issues that matter to older people, as well as social opportunities between members.



COTA SA is establishing the Hub, including setting up a governance structure, an activity program, volunteer training and member recruitment during the first two years before transitioning to management by its members in the third year.

The local connection was largely created by Desmond Ford having worked closely with a steering group consisting of those living in the region until recently stepping down from the role. He was replaced as Fleurieu Neighbourhood Network manager by Jill Mitchell.

Chairperson of the steering committee is Marilyn Henderson, an elected member of the City of Victor Harbor Council.

"Fleurieu Neighbourhood Network provides a wonderful opportunity to develop something very unique in the region, particularly for those older people who are less connected," Marilyn said.

Pictured: Marilyn Henderson (left) and new Fleurieu Neighbourhood Network Manager Jill Mitchell.



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Noarlunga Volunteer Rifles members (from left) Reg Shaw, Ellie Harris, Paul Fribbins, Wayne Birch, Kevin Baldwin and Dannee Davis.

Powder & the passion

STORY: ASHLEY PORTER

It is with heartfelt relief that we delicately and respectfully inform you that these fine gentlemen and the lady pictured above are not the frontline of Australia's defence. They do, however, have something in common with Ulysses S. Grant and General Robert E. Lee who led armies in America's Civil War.

Actually, also with the poor souls who fought in the Crimean War, and even members of the oldest police force in Australasia and third-oldest organised police force in the world, the South



Australia Police established in 1838 under Henry Inman on the road to Victor Harbor.

They all used 1853 Enfield three-band muzzle-loading muskets/rifles, albeit our fine crew pictured holding replicas

manufactured in Italy, and proudly looking the part in their American Confederate uniforms predominantly made in Pakistan.

Frontline no, but as members of the Noarlunga Volunteer Rifles, a team of the Southern Rangers Black Powder and Modern Shooting Club at the bottom of Long Gully Road, McLaren Vale they share an amazing passion during competition and magnificently performed re-enactments of great moments in history.

Continued P14



From P13

Understandably, guns have never been the flavour of the month in Australia, but it is important to note that the club is affiliated with Sporting Shooters Association Australia, which was formed 40 years ago, and practises in other disciplines including shotgun/clay targets, service pistol, big game rifle and air pistol.

As with every SA registered gun club it operates under the most stringent safety and statutory protocols that are constantly supervised by SAPOL. They are sporting clubs, and have participants who aspire to compete in the Olympic Games.

We discovered these Noarlunga Volunteer Rifles members (NVR) don't fire their muskets at targets 100 metres away on the side of a hill just for an adrenalin rush; most are involved because of the link with history.

Club secretary David Lyas said firing these Enfields was 'just an interesting thing to do'.

"When I retired I started restoring a Mustang – it was a beautiful car – but I ran out of money," David said.

"If I was to buy a genuine colt 36mm black powder handgun from the Civil war era I would be paying \$25,000 and I don't have that otherwise I would have finished the Mustang. You can buy beautiful Italian made replicas from Brescia in northern Italy for \$2500 or maybe less.

"My background was in SAPOL for 32 years and I carried a gun every day. I have always been enthralled by the Civil War era which was your black powder Colts and

“

I got involved in this Noarlunga Volunteer Rifles group as an original member 35 years ago and I have loved every minute. I have won enough competitions; I just do it for fun and catching up with some great people.”

– Reg Shaw, Noarlunga Volunteer Rifles team member

Remingtons, and my interest in doing this developed from there. This team shoots specifically black powder and I thought why not join them.”

According to David the biggest challenge for the team is not purchasing a replica musket, but the black powder it uses. “Gun powder is in extreme short supply,” he said.

“It has just got to the stage where we believe the Australian Defence Force is buying most of the gun powder from Australian defence industries and there is very little coming onto the open market for sporting or recreation shooters who buy it through a gun shop.

“The situation is critical. It is not just the black powder; it's everything. A lot of people do their own reloading, which is an art in itself. To reload you need to have powder.”

And gunpowder is not cheap – \$150 per kilo container from a local gun store. For the record, you must produce your gun licence and you may only purchase something

pertaining to your licence.

“The shortage makes it more challenging for a club, and you have to ration,” David said. “On a Sunday I would normally put 50 rounds through, now it's 20. There is a requirement to do a certain number of shoots per year and SAPOL understands our difficult situation.”

Newly-elected president Gerald Tiller believes one of the biggest challenges for any gun club in Australia is the perception of what it is about.

“Visitors drop in on a Sunday to find out about the club and most take good news away once they have had a look around and seen that it is not a cowboy operation,” Gerald said.

“They get a better idea outside of what they have been told. There are sceptics that are so anti-firearms that they don't want to see a club and how safety conscious it needs to be.

“Everybody has to do a range officers (safety) course at this club through SSAA.



Everyone is a qualified; no one can shoot here without one.

"I became involved in this sport because of the challenge and skill. I love it."

The NVR has portrayed the original Noarlunga Company of the 1860s South Australian Volunteer Force since 1992.

Members compete in events for muzzle loading military rifles at SSAA clubs while community events are often supported with blank firing demonstrations of volley firing and skirmishing drills.

Blank firing at public events requires all participants to hold a special Category 12 licence endorsement for historical re-enactments, which is beyond a basic firearms licence.

Dannee Davis, who leads the NVR team, said any licensed shooter of any gender who is prepared wear the NVR uniform and shoot with the Pattern 1853 rifle was welcome to join.

"You don't need to be a historian or to have an archaeology degree," he added.

"Our team is an even balance between history and shooting. We are not a stand-alone group. We are a shooting team that represents our club at internal shoots and through the SSAA club network, and we also do some pro bono re-enactments in the public domain like the Sunday procession at the Willunga Almond Blossom Festival and the Kangarilla Open Day.

"We do a brief demonstration of skirmishing and volley fire as would have been done in

the era of the late 1850-60s which all the companies of South Australia would have performed.

"Our uniforms are largely the same as American Confederate in terms of the basic pattern, but the makers in Pakistan that supports the industry makes alterations for us and we do all the trimming here.

"Our buttons are reproduced by a company in Forestville, and it needs to be under the approval of the Attorney General's Department of South Australia because they are the historic pattern that was worn at the time with the letters SAV – South Australian Volunteer – with the Queen Victoria Crown.

"The application of the long braids is done by a seamstress, but we have to sew the Austrian knots on the sleeves by hand because they can't be machine sewed."

The Noarlunga Company team members love their history and take pride in their uniforms, perhaps none more than Reg Shaw.

So dedicated and meticulous with history in fact that he took his wife and children on a holiday to Canberra so he could visit the National War Museum to take a photo of the original South Australian Volunteer Rifles military coat so he could make one at home.

"I taught myself with one sewing machine and now I have seven sewing machines," Reg said.

"I am fascinated by the uniforms and equipment used by SA Volunteer Rifles... I've done a lot of research.

"I do all this for a bit of fun – I have only shot in black powder – and because I have always loved looking deep into the South Australian colonial era.

"To me this – the Enfields and the re-enactments – is all about living our history, and I actually go camping in 1860s style tents with a camp fire and all that. The family loves it.

"I used to do American Civil War stuff with a group in Victoria, and I have always enjoyed a great interest in the Battle of Waterloo (fought in the United Kingdom of the Netherlands, which is now in Belgium).

"I first went to the site of Waterloo in 1996, and I returned there on June 18 in 2015 for the Waterloo bicentenary celebrations.

"I got involved in this Noarlunga Volunteer Rifles group as an original member 35 years ago and I have loved every minute. I have won enough competitions; I just do it for fun and catching up with some great people."

Seven sewing machines to make Confederate uniforms and trips across the world where they used 1853 Enfield three-band muzzle-loading muskets/rifles. An obsession, perhaps?

"Not at all," Reg says. "It's a passion."

And obviously a powerful one, shared by a great little group that just loves history and blasting gun powder like they did years ago. However, one hopes that we never need them on the frontline of our defence. 🌐

ssaasa.org.au/clubs/southern-rangers-black-powder/

Pictured (from left): Southern Rangers Black Powder Club president Gerald Tiller & secretary David Lyas; a special South Australia Victoria Crown button; Kevin Baldwin; Reg Shaw; members firing at targets on the side of a quarry hill; team leader Danny Davis.



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Resthaven expands services across Fleurieu Peninsula

In response to continued demand for high quality care services for older people, Resthaven continues to expand across the Fleurieu, with three new sites opening at Victor Harbor and Goolwa.

Two community services sites are now open at 1 Loveday Street Goolwa, and Unit 5 Victoria Street Victor Harbor, providing high quality in-home services to older people, supporting them to remain living in their own homes in the community.

These services may include light cleaning, personal care, social outings, or transport to medical or other appointments.

The Victoria Street office also services a respite cottage at adjacent 1-3 Newland Street, Victor Harbor, providing short term respite care for older people, giving carers a rest from their caring role.

The respite cottage provides short term individualised care in a home-like setting, and includes all meals, tailored to individual requirements.

Respite care is not only highly beneficial for the older person, but for the carer, who can take a break from their caring role to ensure their health is also supported.

These new services complement the existing Resthaven residential and community services sites located in Port Elliot; at 50 North Terrace, wellness groups and in home support are coordinated out of the historic 'Old School'.

The adjacent residential aged care home at 3 Frederik Street is a great option for those requiring higher level support in a modern, safe environment.

Registered Nurse, Alexey Pasyukov, is just one of the many caring and dedicated staff who support residents of Resthaven Port Elliot, explaining,



Alexey Pasyukov, Resthaven Port Elliot RN

'All the staff here work really hard, and the atmosphere is so positive and supportive.'

'I had heard that Resthaven had the best reputation in the aged care sector for quality of care. And I'd heard good stories about this place.'

'I was happy to relocate to the Fleurieu Peninsula once I'd finished my placement at Resthaven Westbourne Park in 2020; I really wanted to work for Resthaven permanently.'

'All the staff here work really hard, and the atmosphere is so positive and supportive.'

With service options ranging from in home support, short term respite, retirement living and residential aged care, Resthaven is delighted to continue to work together with older people across the Fleurieu.

**For information about in home support, phone 8574 5111.
For residential aged care enquiries, phone 8574 5100.**

Established in 1935, Resthaven is a South Australian not-for-profit aged care community service associated with the Uniting Church in Australia. Every day, Resthaven shares the lives and wisdom of older people and their carers, opening doors to the full range of aged care service options available.

Services are provided throughout metropolitan Adelaide, the Adelaide Hills, Murraylands, Riverland, Fleurieu Peninsula, lower Barossa region and the Limestone Coast of South Australia.

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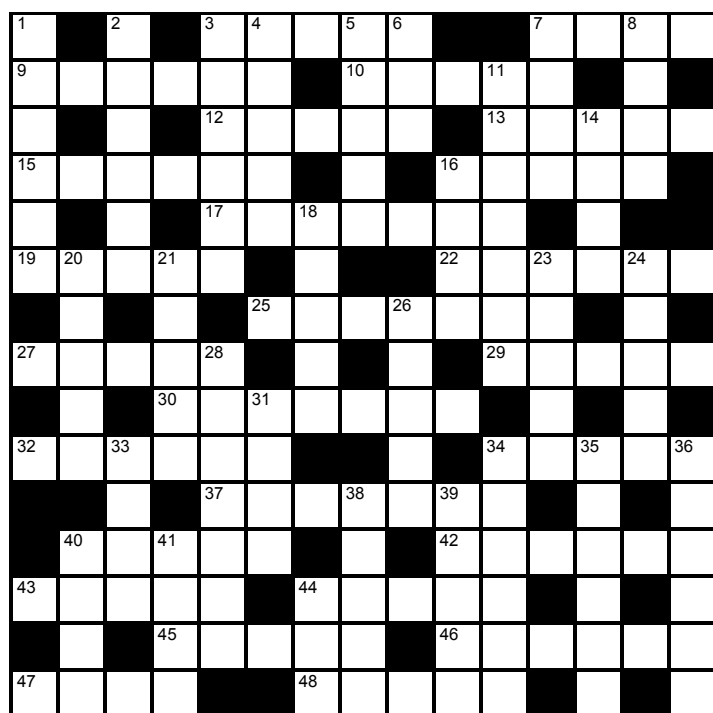
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Brain activation



Crossword

Across

- 3 Artificial silk
7 Wagers
9 As one
10 Breed of dog
12 Crouch in fear
13 Added clause
15 Merchant
16 Light beer
17 Retributive justice
19 Choose by vote
22 Fish
25 Make ready
27 Passage between islands
29 Bird of prey
30 Grazing ground
32 Passionate
34 Nuisances
37 Well-bred
40 Dogma

- 42 Made sudden thrust
43 Burdened
44 Take exception
45 Book of maps
46 Harm
47 Agitate
48 Surface slant

Down

- 1 Tenuous
2 Optical illusion
3 Of late origin
4 Worship
5 Abnormally fat
6 And not
7 Ship's lockup
8 Rank
11 Effacement
14 Business transaction

- 16 Capital of Peru
18 Worth
20 Of the moon
21 Pancake
23 Letting contract
24 Brilliance of success
26 Money bag
28 Touching
31 Let it stand
33 Act
34 More than one
35 Sign
36 Unexpected
38 This group
39 Escape artfully
40 Diplomacy
41 At hand
44 Expert (coll)

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 (B) is worth 3 and so (V) must be worth 2. Anywhere there is a (V) it is worth 2 and so on.

A	N+Y	
B	X÷L	3
C	V+R	
D	W×V	
E	Q+F	
F	P+W	
G	H×B	24
H	P+J	
I	V+D	
J	G-T	
K	Y+P	11
L	X÷B	
M	Q×W	

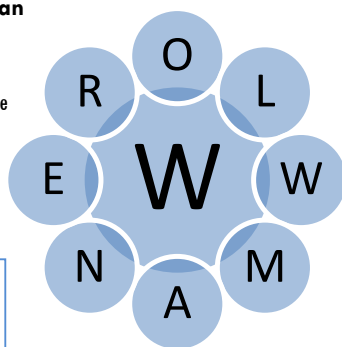
N	K+L	
O	P+V	
P	A÷B	7
Q	J+O	
R	K+B	
S	P+F	
T	H+I	
U	O+H	
V	B+W	5
W	C-N	
X	F×W	18
Y	J+B	
Z	T+W	

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FOCUS An All Australian Word Game

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

TODAY'S FOCUS Good: 16 words
Very good: 20 words
Excellent: 26 words



Reference: Macquarie Concise Dictionary

PUZZLE ANSWERS P25

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LET'S GET QUIZZICLE

1. Suriname is a country located on which continent?

- a) Africa
- b) Europe
- c) South America

2. Kanzi is a variety of which fruit?

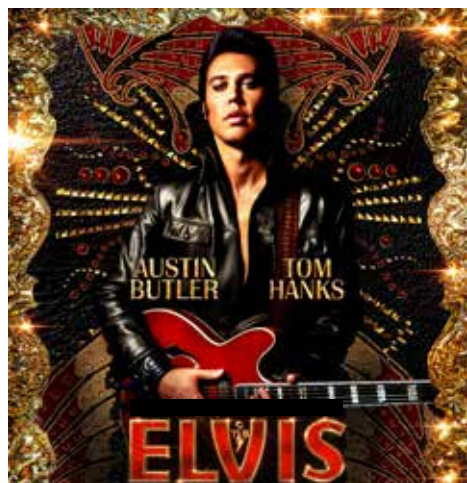
- a) pear
- b) plum
- c) apple

3. The Jackaroos represent Australia in which sport?

- a) hockey
- b) lawn bowls
- c) volleyball

4. Hy-Line Brown, Australorp and Leghorn are breeds of...

- a) sheep
- b) ducks
- c) chickens



5. Who directed the recently released biographical musical drama film, 'Elvis'?

- a) Baz Luhrmann
- b) Steven Spielberg
- c) Michael Gracey

6. Which city will host the Australian Three Day Equestrian Event in October 2022?

- a) Adelaide
- b) Melbourne
- c) Brisbane

7. Which of these forms of radiation has the shortest wavelength?

- a) Ultraviolet
- b) X-Ray
- c) Microwave

8. Which direct flight is the shortest from Adelaide?

- a) Perth
- b) Alice Springs
- c) Sydney

9. Which of the following is not a 'Free to Air' Australian television channel?

- a) 9Opal
- b) 10Peach
- c) 7Flix

10. Mycology is the study of what?

- a) fungi
- b) moss
- c) algae

11. Which famous artist painted the Water Lilies – a series of approximately 250 oil paintings?

- a) Vincent Van Gogh
- b) Pierre-Auguste Renoir
- c) Claude Monet

12. Which British singer will kick off their tour of Australia with a concert at Victor Harbor in November?

- a) Rod Stewart
- b) Suzi Quatro
- c) Leo Sayer

13. Fun question: In 2011, where did a Swedish woman find her wedding ring 16 years after she lost it?

- a) attached to a birds nest
- b) attached to a carrot in her garden
- c) in her garden pond

14. In May this year, which cyclist became the first Australian in 113 years to win Italy's Grand Tour – Giro d'Italia?

- a) Jai Hindley
- b) Caleb Ewan
- c) Richie Porte



15. In the movie Barbie to be released in 2023, who will play the role of Barbie's boyfriend Ken?

- a) Harry Styles
- b) Chris Hemsworth
- c) Ryan Gosling

16. Henry Dunant shared the first Nobel Peace Prize, in 1901, for founding and promoting what organisation?

- a) UNICEF
- b) Red Cross
- c) Oxfam

17. In Australian politics, who is the leader of the Australian Greens Party?

- a) Larissa Waters
- b) Nick McKim
- c) Adam Bandt

Continued P21



SENIORS' LUNCHES MON-FRI \$ 16

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18. The Birmingham, England Commonwealth Games start on July 28. Which women's sport will debut?

- a) lacrosse
- b) T20 cricket
- c) polo

19. How long are golfers allowed to search for their golf ball once they arrive at the general area where they thought it came to rest?

- a) 3 minutes
- b) 5 minutes
- c) 10 minutes

20. What is the common name for *Allium Sativum*?

- a) ginger
- b) garlic
- c) shallot

21. The Kangaroo Island dunnart is facing an extinction threat from feral cats. What is a dunnart?

- a) bird
- b) marsupial
- c) reptile

22. British author Roger Hargreaves, wrote which series of children's books?

- a) *Mr Men*
- b) *Thomas the Tank Engine*
- c) *Paddington Bear*

23. Which fictional superhero says: "With great power, there must also come great responsibility."?

- a) *Batman*
- b) *Superman*
- c) *Spiderman*

24. Which human body system uses chemical communications within the body using hormones?

- a) lymphatic system
- b) endocrine system
- c) renal system

25. Two men in the USA recently had to be rescued at work after falling in to a vat containing what?

- a) fruit juice
- b) wine
- c) chocolate

ANSWERS: P25 (and don't cheat!)

Southern Fleurieu Film Society movies



Shiva Baby

US | CA 2020 77 minutes (M) U.S. Comedy, drama starring Rachel Sennott, Danny Deferrari, Fred Melamed. Written and directed by Emma Seligman. A hilarious symphony of tension. At a Jewish funeral service (shiva) a college student runs into her sugar daddy, an ex-girlfriend, her neurotic parents, and various estranged relatives. This is going to be some day! **Victa Cinemas, Ocean St Victor Harbor Tuesday, July 5; Centenary Hall, Goolwa Wednesday, July 6; Milang Supper Room Friday, July 1.**

Glass: A portrait in 12 parts

(PG) Documentary, biography, music starring Philip Glass, Holly Critchlow, Chuck Close. Directed by Scott Hicks. A candid look at an eventful year in the life of distinguished classical composer Philip Glass. **Victa Cinemas, Ocean St Victor Harbor Tuesday, August 2; Centenary Hall, Goolwa Wednesday, August 3; Milang Supper Room Friday, August 5.**

Doors open 6.30pm for 7pm start. Tickets cannot be sold; through membership only and check out discounted rate.

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On the brighter side...

Scotch on the clocks

It's four o'clock on a Friday afternoon when four blokes who retired a few hours earlier are walking down a street. They turn a corner and one shouts: "Oh my god, do you see that sign in front of the pub: "Old Timer's Bar – all drinks 10 cents." They can't believe it so they go inside.

The publican is most welcoming. In his deep voice he shouts: "Let me pour one for you; what will it be gentlemen?"

The four guys test the pub's price, each asking for a Johnnie Walker, not the cheap scotch with the red label, but the top of the range stuff with the dark blue label.

The publican says: "That will be 10 cents each gentlemen, and thank you." The four guys are absolutely stunned. A glass of the finest scotch for 10 cents. They down their drinks and order another round. And then another round and another round, and each time it's just 40 cents.

They ask the publican how he can possibly afford to serve them expensive drinks for 10 cents.

The publican replies: "Look, I'm a retired tailor, and I always wanted to own a bar. Last year I won \$60 million in Powerball and decided to open this place. I don't need the money so every drink costs 10 cents – wine, spirits, beer – the lot, it's all the same price." As the four men down another blue label scotch they can't help but notice nine people sitting at the end of the bar who haven't bought a drink the whole time they had been there.

One of the retirees calls the publican back

NEWS UPDATE

EXPLOSION IN OLD JAPANESE CAR FACTORY. IT WAS RAINING DATSUN COGS

and asks: "What's the go... your drinks are 10 cents each and those nine people are sitting at the end of the bar and not drinking."

The publican says: "Oh, they're from the retirement village down the road... they're waiting for five o'clock when it's Happy Hour when all drinks are half price."

Happy ever after

Brian and Betty are celebrating their 40th anniversary when one of their divorced friends, Bruce, approaches and congratulates them on the big achievement.

Bruce says: "I have to know, what's your secret to staying so happy?"

Brian says: "Well, Betty has a university degree in communications and I have one in theatre so she's really good at talking and I'm really good at acting like I'm listening."

Romance by the loch

A young Scottish lad and lass are sitting on a low stone wall, holding hands, gazing out over the loch one chilly evening. For several minutes they sit silently. It is such a lovely moment.

The girl brushes aside her beautiful long red hair, turns to the boy and says: "A penny for your thoughts."

The boy says: "Well, uh, I was thinkin' perhaps it's about time for a wee kiss."

The girl blushes, leans over and gives him a kiss – a peck, if you like – on the cheek. He blushes, and once more they both turn and gaze over the loch.

Precious moments pass and the girl looks at him again and says: "Another penny for your thoughts."

The boy says: "Well, uh, I was thinkin' perhaps it's noo about time for a wee cuddle."

The girl blushes, leans over and cuddles him for a few seconds, and their hearts become warm.

He blushes, and once more turns to gaze over the loch. After a while she says:

"Another penny for your thoughts."

The boy says: "Well, uh, I was thinkin' perhaps it's about time you let me put my hand on your leg."

The girl blushes, takes his hand and puts it on her knee. He too blushes.

They turn once again to gaze out over the loch when the girl says: "Another penny for your thoughts."

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SPORTS BRIEF: Adelaide Crows draft a basset hound because they need a good scenterman.

The young man glances down with a furrowed brow. "Well, noo," he says. "My thoughts are a wee bit more serious this time."

The girl becomes engulfed in emotion and anticipation. She says: "Really?" And the boys says: "Aye."

She gives one of those romantic smiles from a love story and says: "Please tell me, tell me..."

And the boys says: "Dae ye no' think it's aboot time ye paid me the first three pennies?"

Wheelie strong

Rocky works on a construction site and likes everyone to know that he's all muscle, bragging that he can outdo anyone when it comes to pure strength.

He tells then other blokes during their 'smoko': "You're a bunch of weasels."

This scrawny new labourer they call Bones smirks and mumbles something, and Rocky catches him in the corner of his eye. He says: "Hey Bones, why don't you put your money where your mouth is and challenge me to a strength competition."

Bones smiles and grabs the wheelbarrow. He turns to Rocky and says: "Okay, I'll bet a week's wages that I can wheel something to that wall over there that you won't be able to wheel it back."

Rocky laughs and says: "You're on." And Bones says: "Hop in."

Close shave

Steve goes into a barber shop for a shave, and while the barber is foaming him up Steve mentions that he has trouble getting a close shave around his cheeks.

The barber says: "I have just the thing". He

takes out a small wooden ball from a little drawer, and adds: "Just place this between your cheek and gum."

Steve places the ball in his mouth, and as he starts to receive the closest shave he has ever experienced in his life he starts shaking uncontrollably. The barber says: "Are you okay?"

Steve says: "I'm frightened I am going to swallow the small wooden ball."

The barber says: "Oh, don't worry about that... if you swallow it just bring it back tomorrow like everyone else does."

Time wasting

A man on his way home late at night meets a drunk down on his hands and knees searching for something under a street light. The man asks the drunk what he is looking for so diligently, and the drunk says he has tripped and his Rolex wrist watch that had broken loose from his wrist.

The man, being a kind-hearted soul, also gets down on his hands and knees and begins assisting the drunk looking for his watch. After about 20 minutes without any success the man asks the drunk exactly where he tripped.

The drunks says: "Turn right at this street, and walk four blocks."

The man says: "Then why on earth are we on our hands and knees looking for your stupid watch if you lost it four streets back?" And the drunk says: "The light is a lot better here."

Park lane

A woman walks into a bank and says she is going to Europe on business for two weeks and needs to borrow \$3000.

The bank officer tells her that she needs to

provide some kind of security so the woman hands over the keys to a new Mercedes sports that is parked on the street in front of the bank.

Everything checks out, and the bank agrees to accept the car as collateral for the loan. An employee drives the Merc into the bank's well secured garage and parks it there.

Two weeks later the woman returns, repays the \$3000 plus \$15 in interest.

The loan officer says: "We are very happy to have had your business, and this transaction has worked out very nicely, but were a little puzzled. While you were away we checked out your accounts and found that you were a multimillionaire. What puzzles us is why would you bother to borrow \$3000?" And the woman says: "Where else could I park my car for two weeks for \$15?"

Dad jokes...

What's the difference between a well-dressed man and a tired dog? The man wears a suit and the dog just pants.

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

Why don't mummies take vacations? They're afraid they'll relax and unwind.

What do you call cattle with a sense of humour? Laughing stock.

What did the scotch tape say to the duct tape? I was hoping you'd stick around.

What type of food do you eat in a Taxi? Corn on the cab.

Did you hear about the guy whose whole left side was cut off? He's all right now. 🌈



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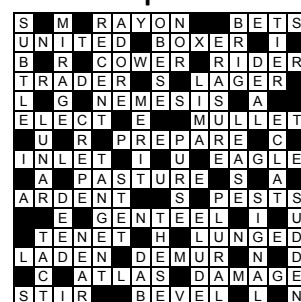
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21	3	19	10	22	9	24	8	15	1	11	6	26

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
17	12	7	13	14	16	23	20	5	2	18	4	25

Quiz: 1c; 2c; 3b; 4c; 5a; 6a; 7b; 8c; 9a; 10a; 11c; 12 b; 13b; 14a; 15c; 16b; 17c; 18b; 19a; 20b; 21b; 22a; 23c; 24b; 25c.

Events



Work of noted composer here for Big Sing

The Armed Man: A Mass for Peace by Welsh composer Sir Karl Jenkins is the most performed work by any living composer with nearly 3000 performances world-wide since its premiere in 1999. It will now come to the big screen with full orchestral forces. Conducted by Carl Crossin OAM and accompanied by a full symphony orchestra, it will be the first time the work has been performed in South Australia – as part of the Big Sing: *A Mass for Peace* at Tatchilla Lutheran College Stadium, McLaren Vale on Sunday, July 31 at 3 pm.

The Big Sing Chorus – a 'choir for all voices' – brings to life a collaboration between amateur choristers and South Australia's finest music education institutions. It celebrates a multi-generational merging of voices with students and adults of all ages and abilities.

The massed choir of 300 singers – the biggest chorus in the history of Big Sing since it began in 2017 – will be joined by the Elder Conservatorium Chorale and the choirs of Brighton and Marryatville High School special music centres.

The 80-piece symphony orchestra boasts talented students from the high schools, together with professional and semi-professional players and mentors.

The Armed Man charts the growing menace of a descent into war, interspersed with moments of reflection. It shows the horrors that war brings and ends with the hope for a future of peace, when sorrow, pain and death can be overcome.

Big Sing McLaren Vale artistic director Greg John described it as a modern classical work that wears its heart on its sleeve.

"Unnerving at times, achingly beautiful at others, it proves tragically relevant in today's world," Greg said.

The film delivers a poignant backdrop to the moving musical narration providing the audience with a powerful and emotional multimedia experience.

There is a fundraising dinner at At Our Place, Willunga on Friday, July 15 with all proceeds to Big Sing McLaren Vale. Visit: bit.ly/SongsOfWarAndPeaceFundraisingDinner

bigsing.org.au



Fun day at Bucklands Community

The team at Bucklands Community on Port Elliot Road, Port Elliot is opening its doors to let everyone know first hand what it's about at a 'fun day' event on Thursday, July 14 from 11.30am-2.30pm.

Basically, the facility provides a space for activities, connections and well-being for everyone in the community including an inclusive and autism-friendly environment. The newly established facility is on a 48-acre property with the premise of continuing to shape the landscape around it through innovations and sustainable initiatives. During the fun day talented local artists will display samples of the activities with a hands-on approach. There will be local artisan stalls and entertainment and a free sausage sizzle.



Support programs

The YMCA is inviting women who have experienced breast cancer or have had preventative mastectomy to participate in its award-winning Encore program.

It is an eight-week prescriptive course of specifically designed land and pool-based exercises, healthy lifestyle information, relaxation and peer support.

The exercises are regularly reviewed and in line with current research, and help women rebuild fitness tailored to all levels, strength and flexibility. The program also allows participants to share common experiences and concerns with other women.

Upcoming programs at the Fleurieu Aquatic Centre are from noon-2pm every Thursday from August 4-September, and from October 27-December 15, and there is also a program at Noarlunga.

YWCA Encore also provides an online version as well as webinars on a range of topics of relevance to women who have experienced breast cancer.

www.ywcaencore.org.au



Environment forum at Clayton Bay

Peter Mirtschin, who is mad about frogs and snakes and does some amazing work for the environment, tells us that the Clayton Bay Nursery and Environment Group is hosting a forum *Regenerative Agriculture – Our Future* at the Clayton Bay Community Hall on Saturday, August 13 from 9 am-4 pm.

It's about soils, native vegetation, working with nature, and how regenerative agriculture can improve your profits and well-being.

There are excellent guest speakers including Ben Ryan, a sheep and cattle farmer, Professor Tim Cavagno from School of Agriculture, Carole Richardson, of Clayton Bay Nursery and Environment Group, plus Kerry-Anne March and Jeff Edwards, who are sustainable agricultural officers at natural resources - Willunga. The event (lunch included) is being supported by the Hills & Fleurieu and Northern & Yorke Landscape boards with funding from the SA Government's Landscape Priorities Fund and Green Adelaide. Register at:

<https://claytonra1.eventbrite.com.au>

Other special days...



Dry July: Encourages people to go alcohol-free in July and raise funds for people affected by cancer. au.dryjuly.com

National Desexing Month: Unplanned litters contribute to the overpopulation of cats and dogs and if you choose not to desex your pet then you are inviting the possibility of your pet breeding. ndn.org.au

JulEYE: Get your eyes tested – 75% of vision loss is preventable or treatable if detected

early enough, yet every 65 minutes an Australian loses part or all of their vision. ranzco.edu/home/foundation/juleye/

3-10 NAIDOC Week: National Aborigines and Islanders Day Observance Committee Week celebrates Aboriginal & Torres Strait Islander cultures and recognises contributions Indigenous Australians make to our country.. www.naidoc.org.au

10-16 National Diabetes Awareness Week: dani.org.au/

22 National Pyjama Day: It's about wearing your favourite pair of PJ's to help raise much-needed awareness and funds for children in foster care. www.thepyjamafoundation.com

31 National Tree Day: Planet Ark is calling for people to connect with nature by getting involved in Australia's largest tree-planting and nature care event. treeday.planetark.org

SPORTS DAYS

Until July 17: Women's FIH Hockey World Cup, Spain & Netherlands.

Until July 24: Cycling – Tour de France.

9: Rugby union – Wallabies v England, Suncorp Stadium, Brisbane.

10: Wimbledon Tennis Championships, London.

13: Rugby league – State of Origin Game 3 Qld v NSW, Suncorp Stadium, Brisbane.

14-17: Golf – The Open Championship, Old Course at St Andrew's, Scotland.

24-31: Tour de Frances Femmes.

July 28-Aug 8: Commonwealth Games, Birmingham, England.

Aug 21: Great Southern Football League men's finals begin.

Aug 28: Great Southern Football League men's finals begin.

And it's off to market we go...

This is a free service to community markets. Please advise of any changes or additions: info@coastlines.com.au

CITTASLOW GOOLWA PRODUCERS & ARTISANS MARKET: Arts & craft plus great food stalls at Jeralde Park, Goolwa Wharf - on Sundays July 10, 24 & 31 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.

GREEN LIGHT MARKET WILLUNGA: Every Saturday 9am-1.30pm Great food and coffee organic produce, arts and clothing, live music.

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

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



Enjoying the Cittaslow Goolwa Producers & Artisans Market.

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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Please check movie times & classifications: www.victacinemas.com.au

Tickets: adults \$16, conc/students \$14, seniors/child (3-14) \$13. Check out the dinner-movie deals!



Mothering Sunday

MA15+ (stong nudity & sex scenes). Drama, romance starring Odessa Young, Josh O'Connor, Colin Firth, Olivia Colmans. Directed by Eva Husson. On a warm spring day in 1924, housemaid and foundling Jane Fairchild (Odessa Young) finds herself alone on Mother's Day. Her employers, Mr and Mrs Niven (Colin Firth and Olivia Colman), are out and she has the rare chance to spend quality time with her secret lover, Paul (Josh O'Connor), the boy from the manor house nearby who is Jane's long-term love despite the fact that he's engaged to be married to another woman, a childhood friend and daughter of his parents' friends. But events that neither can foresee will change the course of Jane's life forever.

Maigret

(M) Crime starring Gerard Depardieu, Jade Labeste. Directed by Patrice Lecont. Paris, 1953. The body of a beautiful young woman is discovered at Place Ventimille, dressed in an elegant evening gown. There is nothing to identify her and no witnesses. Pensive and world-weary Inspector Jules Maigret (Depardieu) endeavours to piece together her story, and in doing so uncovers details about her past and character. In his enquiries, he encounters Betty (Jade Labeste), a woman who bears an uncanny resemblance to the victim, but who also reminds him of one even closer to his own life. (French Language with English subtitles).

Thor: Love and Thunder

(CTC) Action, adventure, fantasy starring Chris Hemsworth, Chris Pratt, Karen Gillan, Taika Waititi, Matt Damon, Natalie Portman, Christian Bale. Directed by Taika Waititi. The film finds Thor (Chris Hemsworth) on a journey unlike anything he's ever faced – a quest for inner peace. But his retirement is interrupted by a galactic killer known as Gorr the God Butcher (Christian Bale), who seeks the extinction of the gods. To combat the threat, Thor enlists the help of King Valkyrie (Tessa Thompson), Korg (Taika Waititi) and ex-girlfriend Jane Foster (Natalie Portman), who – to Thor's surprise – inexplicably wields his magical hammer, Mjolnir, as the Mighty Thor. Together, they embark upon a harrowing cosmic adventure to uncover the mystery of the God Butcher's vengeance and stop him before it's too late. **Commences July 7.**

Minions:The Rise of Gru

(PG) Animation, family, comedy starring Steve Carell, Lucy Lawless, Russell Brand, Michelle Yeoh, Danny Trejo. Directed by Kyle Balda, Jonathan Del Val, Brad Ableson. In the heart of the 1970s, amidst a flurry of feathered hair and flared jeans, Gru (Steve Carell) is growing up in the suburbs. A fanboy of a super villain supergroup known as the Vicious 6, Gru hatches a plan to become evil enough to join them. Luckily, he gets some mayhem-making back-up from his loyal followers, the Minion. **Commences July 7.**

Falling for Figaro

Comedy, romance starring Danielle MacDonald, Joanna Lumley, Shazad Latif. Directed by Ben Lewin. 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 July 14.**

Where the Crawdads Sing

(CTC) Drama, mystery, thriller starring Daisy Edgar-Jones, David Strathairn, Taylor John Smith, Harris Dickinson. Directed by Olivia Newman. From the best-selling novel comes a captivating mystery. It tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumours of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh. **Commences July 21.**

My Sweet Monster

(PG) Animation, adventure, family, romance, comedy starring Haylie Duff, John Heder, Pauly Shore. Directed by Maksim Volkov, Viktor Glukhushin. Princess Barbara is secretly in love with Prince Edward. When the sneaky post clerk Weasel demands the king to marry him to Barbara, she flees. Sweet monster Boogey does everything in his might to help Barbara save the kingdom. **Commences July 14.**

NT Live: Prima facie

One session only July 24

Live theatre starring Jodie Comer, directed by Justin Martin. Jodie Comer (*Killing Eve*) makes her West End debut in the UK premiere of Suzie Miller's award-winning play. Tessa is a young, brilliant barrister. She has worked her way up from working class origins to be at the top of her game; defending; cross examining and winning. An unexpected event forces her to confront the lines where the patriarchal power of the law, burden of proof, and morals diverge. *Prima Facie* takes us to the heart of where emotion and experience collide with the rules of the game. Justin Martin directs this solo tour de force, captured live from the intimate Harold Pinter Theatre in London's West End. All tickets \$23.

Phantom of the Open

Genre: Comedy, drama, sport starring Mark Rylance, Sally Hawkins, Rhys Ifans. Directed by Craig Roberts. It tells the remarkable true story of Maurice Flitcroft, a crane operator, and optimistic dreamer who managed to gain entry to the 1976 British Open. Commences July 28.

Bullet Train

(CTC) Action, thriller starring Brad Pitt, Michael Shannon, Sandra Bullock, Joey King. Directed by David Leitch. Brad Pitt stars as Ladybug, an unlucky assassin determined to do his job peacefully after one too many gigs gone off the rails. Fate, however, may have other plans, as Ladybug's latest mission puts him on a collision course with lethal adversaries from around the globe – all with connected, yet conflicting, objectives – on the world's fastest train, and he's got to figure out how to get off. Commences August 4.

Home with Jess & James



Adding warmth this winter

As the weather gets colder and the days get darker we feel like crawling back to bed and hibernating until spring.

To fight the winter blues we start searching for ways to add warmth into our homes. Along with adding layers, throws and heaters we can utilise colour to add warmth to your home.

The power of colour can influence the way you feel when entering a room, so don't be afraid to try something new.

Neutral tones are in season and feel especially warm and cosy in winter. To create this calming effect base your colour

scheme in shades of creamy white, taupe and tan.

But you don't always have to go with what's on trend. Darker tones are a great winter choice, they create an ambience not achievable with light colours. Darker tones can add drama to any room, especially as a background to contrasting accessories.

Our team put in a lot of work to regularly update our showroom floor with homewares, throws, cushions, and furniture to keep your home feeling fresh and comfortable.

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Lasagne

Ingredients

375g packet fresh lasagne sheets
1 tbsp olive oil
500g beef mince
500g jar tomato-based pasta sauce*
100g butter
4 tbsp plain flour
3 cups milk
½ cup grated tasty cheese plus 2 tbsp
grated Parmesan cheese
pinch nutmeg
salt & pepper to taste
½ cup cream
3 tbsp grated Parmesan cheese for
topping

Method

Pre-heat oven to 175°C. In a large
saucepan brown mince in oil over
medium heat. Drain off any liquid.

Add tomato-based sauce and simmer
for 10 minutes, stirring occasionally
until sauce has reduced and
thickened slightly. Remove from heat
and set aside.

To make white sauce, melt butter in a
large saucepan on medium heat, add
plain flour and stir to combine.

Heat for one minute, then gradually
add milk while continuing to stir (or
whisk).

Continue until sauce begins to
bubble and has thickened. Reduce
heat slightly.

Stir in grated cheeses, nutmeg, salt
and pepper, and stir until cheeses
have melted and sauce is smooth.
Remove from heat.

Place layer of lasagne sheets on the
bottom of a large, flat greased oven-
proof dish (approx 23cm x 30cm).
Spoon over one third of the meat
sauce.

Top with one third of the white
sauce.

Place another layer of the lasagne
sheets on top. Repeat layers twice
more finishing with a layer of
lasagne sheets.

Spread cream over the top to
cover the sheets and sprinkle with
Parmesan cheese.

Bake in oven for 20-30 minutes, or
until cooked through and golden on
top. Serves 4-6.

Note: *Use tomato-based pasta
sauce of choice. Jar sizes may vary
slightly – it's okay to use slightly
more or less pasta sauce.

Vegetable & Ancient Grain Soup

Ingredients

1 cup McKenzie's Ancient Grain Soup Mix
25g butter
1 leek
2 medium carrots, diced
2 sticks celery
1 medium parsnip
1 clove garlic, crushed
8 cherry tomatoes, halved
6 cups vegetable stock
½ tsp Italian seasoning
250g bacon bones
salt and black pepper to taste

Method

Rinse ancient grains in a fine sieve under
running water – set aside.

Melt the butter in a large saucepan over
low-medium heat. Halve the white part of
the leek lengthways and slice thinly, add
to the melted butter and stir to coat.

While the leek is simmering for a few
minutes, wash the carrot, celery and
parsnip and chop into small chunky
pieces. Increase heat to medium and
add vegetables and crushed garlic to the
saucepan.

Simmer for a few minutes, then add
vegetable stock, halved cherry tomatoes,
bacon bones and Italian seasoning.

Bring to the boil, cover with lid, reduce
heat to low-medium and simmer 40
minutes, or until grains are tender.

Remove soup from heat and discard
bacon bones.

Note: If you cannot source Ancient
Grains Soup Mix, other dry soup blends
containing pearl barley, beans, peas etc
may be used. The soup tastes even nicer
the next day. Recipe suitable for pressure
cooker.

Spicy Orange Chicken with Baked Vegetable Parcels

This dish, presented by Diabetes Australia – see our story on page x – is sure to become a family favourite. It's healthy and so tasty!

Ingredients

8 skinless chicken drumsticks
2 oranges (juiced)
4 cloves garlic
1 tablespoon ground cumin
freshly ground black pepper
1 tablespoon honey
1 orange rind
700g pumpkin
500g sweet potato
1 red onion
440g chickpeas (canned)

Method

Preheat oven to 200°C (180°C fan forced). Peel the pumpkin and sweet potato and cut into 1cm cubes. Cut the red onion into wedges. Drain and rinse the chickpeas.

Divide orange juice, crushed garlic, cumin and pepper evenly between two cups, stir to combine. Add honey and orange rind to one cup for chicken marinade.



Energy 1699kJ Protein 33.9g Total fat 9.8g Saturated fat 2.4g
Carbohydrates 40.6g Dietary Fibre 9.9g Sodium 66mg

Place chicken in a medium sized baking dish, pour honey marinade over and toss to coat chicken.

To make vegetable parcels, cut four 50cm lengths of both baking paper and foil. Place foil on a flat surface, top with baking paper. Divide the pumpkin, sweet potato, onion and chickpeas amongst the parcels.

Pour marinade on each parcel. Fold the long sides of baking paper and foil over filling to enclose, tuck short sides under to seal.

Place parcels on a tray and bake with chicken, uncovered, for 15 minutes. Turn legs over and cook for a further 15 minutes until chicken is browned and cooked through, and vegetables are tender.

Divide chicken between plates, spoon over any pan juices. Add a vegetable parcel to be opened on the table, or spoon vegetables and sauce onto plates. Serve immediately.

Suggestion: Add a handful of cherry tomatoes to vegetable mix before baking or stir baby spinach leaves through vegetable parcels prior to serving. This will boost your vegetable intake, helping you reach the 5 serves of vegetables per day target.

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