

## Coast Lines

August 2022

Vol. 11 # 148

People, places & events across the Fleurieu Peninsula







Dentures



**Implants** 



**Invisalign** 



Payment Plans

Tel. 8552 92 99 encounterbaydental.com.au











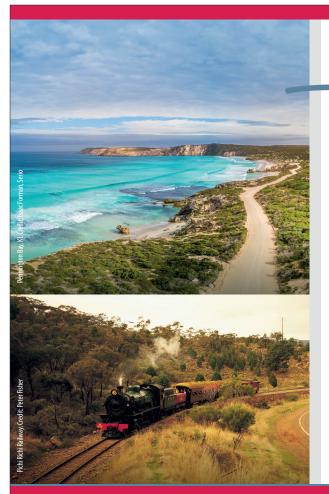














## Great coach holidays for South Coast locals

- > Big range of great SA destinations
- > All-inclusive pricing no more to pay
- > Covid-Clean accredited.

Get away on a fun and friendly holiday. Travel with a SA family-owned tour company. All-inclusive pricing means top value too!

Free home pick-up and return for Victor Harbor, Middleton. Port Elliot and Goolwa included!

8374 0800 Call now www.endeavourtours.com.au

**Enjoy Australia with friends... Endeavour Tours!** 

## DONLAN

## LAWYERS

Wills & estate planning · Trusts · Deceased estate administration & disputes · Personal & Business Succession · Power of Attorney & Advance Care Directives · Family Law · Conveyancing

Level 2/60 Hindmarsh Sq, Adelaide 3/70 Ocean St, Victor Harbor

8344 6422

Home and after hours visits available.

www.donlanlawyers.com

We're rock 'n rolling again

ne for the money, two for the show, it's time to get ready so go, go, go to the Rock 'n Roll Festival in Victor Harbor again.

After being cancelled the past two years the festival will return to Warland Reserve - but for only one day not two because of the upgrade at the top of Ocean Street – on Sunday, September 18.

And it's Show Time again with the Yankalilla, Rapid Bay and Myponga Show on Saturday, October 1, Strathalbyn Show on the holiday Monday, October 3, and Port Elliot Southern Agricultural Show which embraces Mount Compass, Victor Harbor, Middleton, Currency Creek and Goolwa returning to the Port Elliot Showgrounds on October 8-9.

It wouldn't be a local rock 'n roll festival without Neil and Wendy Kozlowski (pictured) of Encounter Bay promoting the event.

They've done this for the previous eight festivals so we thought why not remind you of the way things were back in 2019.

Continued P4

## **COVER STORY**

We caught up with internationally acclaimed director, director and screenwriter Scott Hicks – best known for his Shine movie. P8: The Shine Man.







Proudly a South Australian, privately owned and family operated business.



## Adelaide Fuel Distributors is your **Local Elgas Distributor delivering 45kg** Gas bottles in the Fleurieu

We deliver to every suburb, every day:-

- McLaren Vale Willunga
- McLaren Flat
- Blewitt Springs
- Kangarilla
- Mt Compass
- Myponga
- Pages Flat

- Sellicks Beach
- Aldinga
- · Maslins Beach
- Moana
- Seaford
- · Port Noarlunga
- Old Noarlunga
- Lonsdale



Adelaide Fuel Distributors 55 Seaford Road Seaford Meadows SA 5169

T. (08) 8386 1055 E. elgas@adelaidefuel.net.au www.adelaidefuel.net.au

### From P3

This year's rock 'n roll festival will have market stalls and a display of classic cars, but the real action will be on the dance floor with rock 'n roll and rockabilly music from *The Lincolns, Silverados, The Satellites* and *The Cadillacs*.

Wendy has made a pretty new dress for the occasion while husband Neil has brought out his favourite Elvis Presley shirt and matching hat again.

Neil and Wendy have already been to the rock 'n roll festival in Renmark in March and after Victor plan to attend another one in Berri in October.

"We just love to rock 'n roll," Wendy said.
"The Victor Harbor festival is well
organised and great fun. We're looking
forward to rock 'n rollers coming back here
again."

We can expect some great bands to 'shake, rattle and roll'. Look for the updates at: www.rocknrollfestival.com.au



## Coast Lines







M: 0402 900 317

info@coastlines.com.au www.coastlines.com.au

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

ABN: 36 199 338 125

ESTABLISHED: September 15, 2011

STORIES & ADVERTISING:

Ashley 0402 900 317

**ADMINISTRATION / WEBSITE:** Jenny 0422 269 325

**ADVERTISING:** Bookings for advertising in our September edition close Monday, August 15. As always, thank you for any consideration in regards to advertising.

## **POSTAL ADDRESS:**

PO Box 2078, VICTOR HARBOR SA 5211

### Printed by Finsbury Green.

Content in Coast Lines is considered copyright, and no part of this publication may be reproduced without permission of the publisher. Full advertising terms & conditions may be viewed on



FLEURIEU FOOD FESTIVAL AUG 1-31

# You're invited to a fabulous food fest

STORY: ASHLEY PORTER

fabulous new event is heading our way – the Fleurieu Food Festival throughout August – which is certain to attract thousands of tourists from the city, and in time from interstate.

It's about local food, drink and tourism providers working together and being promoted or marketed as one.

They will offer some amazing experiences out of the norm like a feast by a bonfire at an alpaca farm, a gourmet truffle hunting expedition, a cellar door degustation dinner, and a lunch over a long table. They say the walk through Deep Creek Conservation Park with a beautiful lunch provided is a must for the average fit and healthy.

There are master classes in cheese, bread and even sausage making, and an Australian native food safari – this festival will have it all; the markets and pop-ups. It has the support of Tourism SA with a \$5000 emerging regional event grant, and the four



councils across the peninsula – Alexandrina, Onkaparinga, Victor Harbor and Yankalilla.

FLEURIEU PENINSULA

It has been put together by Fleurieu Food, a committee of eight led by its incredibly hard-working chair Mel Hollick, who came up with the concept earlier this year. It has been her vision and inspiring passion that has delivered us this festival in such a short time, and with immense promise of the future.

"The breadth and depth of offerings, anything from high teas to having a boiled egg on a farm tour," Mel says with great enthusiasm. "There is something for everyone; different price points, different regions. There are so many options and I hope we have captured them all."





Left: Fleurieu Food Festival chair Mel Hollick. Above: Bombora & Shirvington's Cellar Door Degustation Dinner. Above right: Currant Shed: A Local's Long Lunch. Right: At the market.

However, as much as everyone believes this will be an outstanding festival, one that will promote the Fleurieu as a premier food destination linked to superb wineries across the McLaren Vale and Langhorne Creek wine regions, it won't be successful unless there is the support of everyone, especially those living in this enviable part of the state.

Mel is convinced that with collaboration the Fleurieu can become known as one of Australia's finest food bowls, one that can deliver wide-ranging benefit for all, especially employment for our new generation which has endured unimaginable hardship through COVID.

The festival largely stemmed from her winemaking and wine tourism background in Coonawarra, where her family had Hollick Wines. With her husband Brook Wyett they took on 17,000 olive trees across two groves when they moved to Tooperang in 2016. Three years later they bought an adjoining property with another 10,000 olive trees, enhancing their business – Peninsula Providore.

The work ethic is visible. "It's a challenge and I am addicted to it," Mel said of the business. "It's a passion.

"Food production is the way forward and we know that we have to get smarter and work better with it.

"COVID has taught us that people are looking for local experiences and to purchase local, but they don't necessarily know how to.

"Since my time at Fleurieu Food I found it really concerning that there are a number of people with a food business on the Fleurieu

who cannot afford to work it full time; they need another job to sustain this. Going forward, I don't think that is going to work.

"How are we going to build the country? It's important that we build some sustainability into the food and tourism industry, so my take on it is to combine the talent and promote it more across the Fleurieu.

"There is a lot of wine tourism around and the wineries have food, but it's not necessarily local food. It's about linking food and local drink producers with tourism.

Together our voices are louder. It's all about collaboration.

"August is a quieter time of the year. All our customers and the people I visit daily they are too busy over summer. Every accommodation is booked. The option is to try and lose seasonality by getting busier at the quieter timers of the year.

"Fleurieu Food Festival was created to put a showcase on food. The Barossa does a really good job of this and we can do it better if we yell louder.

"We are just trying find a way together to enhance the offering and add value for our members... getting the word out that we are producing a lot of fabulous food and it is accessible.

"There are lots of food producers who have beautiful spots, but a lot of people also don't know about them. The producers are very good at what they do, but understandably some may not have any idea how to market themselves.

Continued P6



### From P5

"I came from a wine industry background where you did events as a way of getting people emotionally involved with your product, and food can learn a lot from this.

"The challenge is trying to explain this to food producers and to farmers. Most have a building or shed of some sort that they can convert to a venue for an event, but they don't have the experience.

That's where some of us on the board can help... here's an idea for an event, here's how you can do it. We have Mace Events on board who are helping to facilitate that, and get the word out.

"The biggest thing is the promotion, and if we bring in all of these individual events together it's better value for everyone.

"We have created a brochure and many of us could not afford to do one on our own. We are doing social media, which is drawing people to our website which covers everyone involved. We are about to put posters and banners up and tell people in the city why there is a reason to come

little harvest BOX

LOCAL · HANDPICKED · UNIQUE

We are a boutique business, delivering stylish gift packages that celebrate the talent of local artisans.

### WE CREATE A BOX FOR EVERYONE.

Gift boxes for your loved ones Real Estate and settlement gifts Client and staff thank you gifts Special event and conference gifts Welcome gifts for new recruits Client and staff congratulations gifts BnB and rental property welcome packs

 $www.little harvestbox.com.au\ |\ little harvestbox@gmail.com$ 

down here every weekend.

"This is not just about food producers because people will be coming down here to stay. They need to buy petrol, the kids want a drink or want an icecream. Everybody benefits.

"We are working with four district councils, each of which has been incredibly supportive.

"And this is not just about me, but wonderful people who have come on the board, our sponsors, the team at Mace. We can all make this happen."

Getting the festival to this close stage has been a remarkable effort by a small group. The word is getting out because since producing the brochure a lot more events have been included on the website.

There have also been days when Mel has needed to work on the family business in the Fleurieu Providore shed wearing ear muffs because of the loud machinery humming and fruit everywhere. The next minute she would be either making phone calls seeking sponsorship for the festival or attending to her six-year-old son Sam. Countless breaks have been spent filling in grant applications.

"It has been chaotic at times," Mel said. And it has been a tremendous effort as a volunteer, all because she can see that this festival can bring people down to the Fleurieu once or twice more than normal which would help the average producer. Good on her, well done we say. Now let's all do our part by supporting this new

For a complete program and bookings visit: fleurieufood.com.au/festival

festival.

# Busy with business and tourism events

The Union Cycliste Internationale (UCI) World Tour Santos Tour Down Under is coming back to the Fleurieu Peninsula in January, and already



the McLaren Vale Business & Tourism Association is working with organisers and the City of Onkaparinga to maximise tourism benefits for the region.

The region is part of new start and finish locations covering about 700 km of action from January 17-22 with Stage 2 from Brighton to Victor Harbor on the Thursday, and Stage 4 from Port Willunga to Willunga on the Saturday.

Meanwhile, the McLaren Vale B&TA is calling for the public to nominate local businesses from August 15-September 2 for its annual awards to be announced at a gala event at the The McLaren Vale Motel on October 28.

Categories embrace professional & business services, new business, trades, tourism, employee, home-based business, environmental, hospitality and retail. The association is offering free training to assist with nominations on September 19 — contact Julia Brown 0407 260 269. There is also a People's Choice Award with voting from October 13-23.

Visit: https://mclarenvalebusiness.com.au/



## Special days in August

## Red Nose Day Friday 12 August 2022

Support families. Fund research. Save little lives.

Remember when no matter where you went you would see people, cars and even dogs wearing a red nose on a special day? It was to help save the lives of babies and children during pregnancy, birth, infancy and childhood and support bereaved families. We have seemed to have dropped off the pace over the past five years or so, but the need to raise funds to support the Red Nose team is greater than ever.

Buying a Red nose is the major fundraiser for Red Nose. Funds raised through buying and wearing a red nose and other activities help to provide vital services and programs to the Australian community. Go on, look silly for a great cause. www.rednoseday.com.au August is an incredibly busy month in terms of promotion for charities, organisations and events – even a day dedicated to talking about dying.

There is a world elephant day, an orangutan day and a land care day.

And it wouldn't be August if we didn't have the International Left Handers' Day – on Saturday, August 13. Of course it's the 13th – they're unlucky.

Last year we mentioned some of their difficulties in life and ruffled feathers, but we ask again: why don't we have a right handers' day?

It's not our fault lefties have trouble swiping credit cards, cutting with scissors and the flap covering the zippers on their pants blocking easy access from the left side.

They complain when writing in spiral notebooks, that their vegetable peeler doesn't work for them, the most important camera buttons are on the right-hand side,

and when they hold a tape measure with their left hand the numbers are upside down.

And speaking of upside down, maybe the left-handed guitarists don't need to buy special guitars after all – they can be like Jimi Hendrix and just play a right-hand guitar upside down. Toughen up, we say.

Jokes and cheekiness aside, we hope the lefties enjoy their International Left-Handers Day, an annual event when lefthanders everywhere can celebrate their sinistrality and increase public awareness of the advantages and disadvantages of being left-handed.

Here is a more serious look at special days in August...

**Tradies National Health Month:** Focuses on educating and engaging tradies on the importance of full body health and safety. www.tradieshealth.com.au

Continued P8

# DS | M

## Goolwa yard now open!

4 Coddington St - T: 8555 0053

Mon-Fri 7.30am-4.30pm | Sat 8am-2pm | Sun 10am-2pm



Mulch, soils & sands I Decorative pebbles & gravels
Sleepers: hardwood, pine & concrete I Concrete mesh / reo
Garden products, pots, plants & statues I Firewood
Garden edging... AND MORE THAN 90 BULK BAYS!

**MIDDLETON** 10 Flagstaff Rd **8555 2424** 6 DAYS: Mon-Fri 7.30-4.30; Sat 8-2 Sun: CLOSED

**HINDMARSH VALLEY** 1 Pit Lane **8554 6292** 7 DAYS: Mon-Fri 7.30-4.30; Sat 8-4; Sun: 10-2

landscape & building supplies -







### From P7

MS Readathon - One month challenge: Reading-based fundraiser run by Multiple Sclerosis Australia (MSA). Encourages people of all ages to read and improve their literacy whilst raising their community awareness and empowering them to make a difference in the lives of people living with MS. www. ms.org.au

1-7 Homelessness Prevention Week: Highlights the fact more than 105,000 Australians are homeless on any given night. www.homelessnessaustralia.org.au

1-7 National Landcare Week: Reflects on the great work being carried out by more than 100,000 volunteers who give up their valuable time to care for this great country we call home. landcareaustralia.org.au

Thursday, Aug 4 National Aboriginal and Islander Children's Day (NATICD): A celebration of human rights and Indigenous children. aboriginalchildrensday.com.au

Friday, Aug 5 Jeans for Genes Day: Major fundraising event for the Children's Medical Research Institute, which is on a mission to reduce the number of children born with genetic illnesses. www.jeansforgenes.org.au

Monday, Aug 8 Dying to Know Day: An annual day of action dedicated to bringing to life conversations and community actions around death, dying and bereavement. www.thegroundswellproject.com/ dyingtoknowday/



Aug 8-14 National Stroke Week: Raises awareness of stroke which Australia's second single greatest killer with over 60,000 strokes occurring every year. strokefoundation.org.au/How-you-can-help/ Stroke-week

Friday, Aug 12 World Elephant Day: Brings attention to the urgent plight of Asian and African elephants. worldelephantday.org/



Friday, Aug 12 International Youth Day: www.un.org/en/observances/youth-day

13-21: National Science Week. Celebrates the contributions Australian Scientists have made to the world. www.scienceweek.net.

Thursday, Aug 18 Vietnam Veterans Day (Long Tan Day): Anniversary of the Battle of Long Tan. Communities throughout Australia remember the sacrifices made by our young

men and women in a conflict that spanned 10 years, thus making it the longest war in which Australians participated. www. vietnamvetsmuseum.org/node/vietnamveterans-day-long-tan-day

Friday, Aug 19 International Orangutan Day: Recognises the most iconic victim of the palm oil industry; encourages us to take action in preserving this amazing species. www.worldorangutanevents.org/

20-26 Book Week: Run by Children's Book Council Of Australia. Numerous schools and public libraries celebrated books and Australian authors and illustrators. cbca.org. au/cbca-book-week

28 Aug-Sept 3 Legacy Week: More than 100,000 war widows and 1900 children and people with a disability benefit from money raised

## SPORTS DAYS

Until Aug 8: Commonwealth Games, Birmingham, England with the closing ceremony at Alexander Stadium.

Aug 29-Sept 11: US Open Tennis Championship at the USTA Billie Jean King National Tennis Center in Flushing Meadows-Corona Park, Queens, New York

Friday, Sept 2: After missing a week because of the bye (hopefully it's the last time) the 2022 AFL Finals get underway with week one, and conclude with the 2022 AFL Grand Final scheduled for Saturday, Sept 24 back at the MCG. 🧠



170a Hindmarsh Rd, VICTOR HARBOR e: victorharbor@tyrepower.com.au

8552 1800

www.victorharbortyrepower.com.au

## Get a Taste of the Twisted Fig...

## Try our Daily Winter Warmer Specials!

Chicken Breast Fillet Burger Egg & Bacon Roll

Egg & Bucon Ro Jumbo Gourmet Hot Dog

Plain Hot Dog

Brunch Roll: Barossa smoked bacon, fried egg, tomato, spinach served with hollandaise sauce on a freshly toasted bun

Chicken Caesar Salad
Wraps & Rolls
Toasted Turkish Melts
McCues hot pastries & cake
Cold drinks & milkshakes
PLUS many more tasty
delights - all freshly
or pre-made and at
reasonable prices!



Meet at the van D Goolwa Garden Supplies, 55 Gardiner St, Goolwa - Monday-Friday 8.45am - 2pm Call 0480 189 122 for takeaway orders!

Vegetarian, vegan & gluten free salads & wraps upon request



Come in and see David & Jane and the friendly team for all of your home garden and pet needs...

- \* Bulk landscape supplies
- \* Pots & plants
- \* Sand & metal
- \* Hire trailers
- \* Pavers
- \* Pet supplies
- \* Saddlery
- IUVCI

- \* Retaining walls
- \* Firewood
- \* Pebbles & rocks
- \* Sleepers
- \* Fodder & pet food
- \* Birds & aquariums



Your complete LOCAL



Check out the great prices on trailer & equipment hire Agent for Aldinga Home Improvements - see the outdoor display

55 Gardiner Street, Goolwa T: 8555 3408



## The Shine Man

## STORY: ASHLEY PORTER

n any day far from the glitz of L.A. Scott Hicks will stride down The Strand in Port Elliot with anonymity. Yet, on another someone will recognise him as the 'Shine Man'; the maker of that marvellous award-winning movie 26 years ago.

He says either suits him, but with humility leaves no doubt that after all this time he remains understandably immensely proud of this Australian cinema classic.

However, as sturdy as *Shine* (1996) remains in tact as a beautiful story on the life of brilliant and once troubled concert pianist David Helfgott, there is more to Robert Scott Hicks than one movie. Most would be surprised that his journey through life that led him to becoming an internationally acclaimed director, producer and

screenwriter has taken more turns than any of his epic scripts.

Born in Uganda and raised in Naorobi (his father was a civil engineer) it is extraordinary that Scott had never seen television – there was none in Kenya at the time – and had watched only a handful of short movies until he was 10 years old when his family moved to London in 1963. Four years later they migrated to Adelaide.

"I didn't really discover movies until I was in my teens and went to Flinders University when I was 16," Scott said. "I studied drama by accident – I didn't plan it because I had to do it for some reason. In drama one topic buried was this thing called filmmaking so what are the odds that it was to take over my life?

"Filmmaking was my doorway; it was a portal. It was buried deep inside somewhere and I found it. My concious mind took me

where I needed to go... it's rather a grand way of putting it, but I believe that to some degree.

"Through this drama course I discovered not only the nuts and bolts of filmmaking, but film as a phenomena, particularly European cinema. I used to go to the Windsor at Brighton, that little flea-bit cinema, and every week there would be hall bills of fabulous, brilliant European directors like Michelangelo Antonioni and Ingmar Bergman and I soaked it up.

"Half the time I didn't have any idea what I was watching, but it was fascinating and that really ignited my interest. I never thought it would become my life.

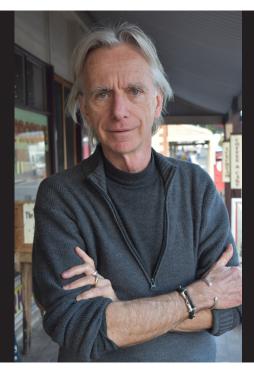
"They were interesting times; the Vietnam War demonstrations and the Don Dunstan era. It was pivotal because without him I don't think the next portal would have opened for me.

Continued P12



//

I am very proud of a bunch of my films, but Shine changed my life and nothing else has ever come close. The barriers between me and the international world of world cinema just disappeared overnight. Nothing else comes close to that..." – Scott Hicks



## Scott Hicks

## **AWARDS & RECOGNITION**

Includes:

Member of the Academy of Motion Picture Arts & Sciences, and the British Academy of Film & Television Arts.

Awarded an honorary doctorate by his alma mater, Flinders University, in 1997. Emmy Award for outstanding individual directorial achievement for Submarines, Sharks of Steel: The Hidden Threat (1993).

Nominated for two Academy Awards for *Shine*.

## **FILMS**

Director: 29 films / documentaries / television productions including: The Wanderer (1974) Down the Wind (1975) Shine (1996) Snow Falling on Cedars (1999) Hearts in Atlantis (2001) No Reservations (2007) Glass: A Portrait of Philip in Twelve Parts (2007) The Boys are Back (2009) The Lucky One (2012) Fallen (2016).

**Assistant director: 7** 

**Writer:** 6 including *Shine* (story) and *Snow Falling on Cedars* (screenplay).

**Producer:** 5 including *Glass: A Portrait* of *Philip in Twelve Parts*.

**Cinematographer:** Glass: A Portrait of Philip in Twelve Parts

### From P11

"Dunstan said 'we are going to have a film corporation' and I never knew what a film corporation was because nobody else had one; it was the first state-based film development and production body in Australia.

"People like the great directors of the day including Peter Weir came and lived in Adelaide... the SA Film Corporation also created opportunity for me. I managed to get a toe in the door on the cruise of these great directors and learned what happens by observation."

Scott recalled an Australian journalist asking him whether he thought he would ever live *Shine* down, to which he replied: "Oh god, I hope not." As he puts it, who gets the chance in their life to experience the doors that *Shine* opened for him? It was made here, and remains the jewell in the SA Film Corporation's crown.

"Shine was a dream that I never had and it came true," Scott said. "The extraordinary thing is that changed many lives, and not only those who made the film.

"I am very proud of a bunch of my films, but Shine changed my life and nothing else has ever come close. The barriers between me and the international world of world cinema just disappeared overnight. Nothing else comes close to that; it has a unique place for me.

"David Helfgott's life was transformed. He has since spent the last 25 years touring the world performing in 42 countries to packed houses. Annual festivals in Austria greet him as a special guest. He is having the career that he lost because *Shine* gave it back to him

"I have had people recognise me telling me how *Shine* changed their life either through recognition of neuro diversity in people knowing that everybody is built the same, but not everyone thinks the same. David Helfgott is an outstanding example. Other people with a similar challenge have drawn comfort and inspiration from *Shine*; all sorts of things."

Geoffrey Rush won an Academy Award for Best Actor for is role of David Helfgott and took his career to great heights earning three more nominations and winning numerous other awards.

Scott firmly believes that *Shine* stands up to this day. "I have seen it in recent years with large cinema audiences up to 600 people, and it plays like it did all those years ago. "Things can get clunky after time, but it doesn't; it is still the same as it was, and I

am thrilled about that. It's an evergreen." Shine was also the strong connection with his love for the piano as a child. "I played it for years but I never put enough into it," he said. "It was always an interest to me; I was fascinated with the actual piano as an instrument.

"I used to go to classical concerts... that's how I first saw David, in a tiny venue in Edmund Wright House in Adelaide in 1985. That was to become a life-changing event that grew out of obsession."

Again, fate was to emerge when Scott's eldest son, Jethro introduced him to the brilliant music by American composer Philip Glass through the film *Koyaanisqatsi* which was screened at a midnight session at the old Chelsea Cinema in the late 80s.

"I thought, wow, how come I have never encountered this?" Scott reflected. "I got more of Philip's music... it is very polarising; you love or hate it and I happened to love it."

Before long Scott used Philip to compose the temp score when editing a crucial sequence a piece of footage in *Snow Fall in Cedars*, which was Scott's first film in Hollywood. It led to Scott also using him for another movie *No Reservations*, and when producing highend television commercials for American



corporates. It led to another positive turn devoting 2007 to a brilliant documentary on Philip – Glass: A Portrait of Philip in Twelve Parts.

Glass has this week been screened by the Southern Fleurieu Film Society, and typical of Scott's willingness to help others no matter how small they may at first seem in the industry he spoke to the appreciative audience at the end of the movie at Goolwa (see movie guide P29).

"I was thrilled Glass was screened here because I am really proud of the film," Scott said. It was short-listed for Academy Award presentation out of hundreds of international documentaries, won an Emmy Award, and named as Best Documentary at the Australian Film Industry Awards.

According to Scott, Dunstan's local filmmaking dream as an international phenomena continues to grow. "The South Australian Film Corporation in its current form is extremely busy," Scott said. "There is a lot of servicing for overseas clients and most recently local director Warwick Thornton finished streaming a brilliant series Firebite."

David's journey has been a brilliant, kaleidoscopic-like experience, even years before finding fame as a film director

when for fun he snapped the biggest stars of rock including David Bowie, Rolling Stones, Bob Dylan and Bob Marley with his automatic Nikkormat camera, all of which were recently displayed in giant form at the immersive screens at Light ADL.

Earlier this year at the BMG Art Gallery he also displayed artists whom he had encountered over the years from Nureyev to prominent Australian visual artist Herbert 'Bert' Flugelman writer Patrick White and former Silverchair frontman Daniel Johns. Scott has also been busy of late writing. An amazing life, an amazing man, and then you realise Scott and the sweetheart of his uni days Kerry have been together for 50

"We've been coming down to the same spot in Port Elliot for years, including the past 17 every Christmas and New Year," Scott said. "We'd had that little window of life where our sons grew up on the beachfront. It has always been part of our lives together." Scott and Kerry, whom he described as "incredibly supportive" built on the site of that holiday rental.

No one in Tinsel Town could ever imagine that; together 50 years. Maybe Scott has lived the best movie script he has ever

known, and the stage has been right here in Port Elliot.

"The thing is, when success came I was already in my 40s," Scott said. "I already had a life, and I had some points of anchorage here in Adelaide and Port Elliot. We made a decision that I wasn't going to move to Los Angeles.

"I got into the amazing position where that if people wanted me to do something they would fly me there and meet and talk to them. I didn't have to go begging anymore for attention; I've had all the attention that I have ever needed.

"It was better for me to come home and get away from everything because I think to live in Los Angeles and read Variety every day would have just driven me mad. I love being there, I love being in the mix and being in the conversation. I also loved being in New York for a year filming No Reservations and in other American cities making movies, but I have always loved coming home.

"I used to dream about going to Los Angeles. Now, when I am there I dream of standing on my balcony in Port Elliot."

And like those who pass him by on any day Scott knows The Strand is not the Boulevard of Broken Dreams. 🧶

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

**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

**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: Closed for winter. Re-opening October1. 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

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 8amnoon. 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.





## You're Invited

Alpha is an opportunity to explore life, faith and God in a friendly, oper and informal environment

Time & Location FLEURIEU FAMILY CHURCH 54 HILL STREET PORT ELLIOT EVERY THURSDAY FROM 11TH AUGUST TO 20TH OCTOBER 6PM

**Contact Details** NIGEL AND TRACEY 0429692503

## Add some fun to your home investment

e live in a changing world, and when it comes to creating style in your new home or simply giving your existing décor a makeover it can be daunting. You start to stress about what is the current trend or fashion... is this still right now or are the neighbours' homes 'up with the times' and you're not?

There are only three big rules... enjoy, enjoy and enjoy. Let's face it, no one can get everything 'right' at the start. You grow with your home, fresh ideas come along and it's important that you have your own personal touch to each room. Remember, this is your home, and we each have different taste.

However, there are some basic things to consider, like making sure the colour scheme blends from one room to the next, ensuring the furniture style flows and the floor coverings and curtain styles match. It is about creating themes, and sometimes it is not easy when you start with one room and slowly create or design the next.

Whatever the room try work out the focal



point whether it is the lounge, coffee table or dining table. Perhaps give it that homely feel with well-positioned family photos on the wall, a painting/print that suits the style. A drawing by one of the kids grows with the

There is a lot of 'disposable' furniture around, and it's better to start with

something solid or well-made otherwise you're constantly buying a replacement rather than adding to the ambience. Do your homework and check out the brand or maker. Remember, you're not just looking for something now, but the future.

This may seem a lot of work, but it can be fun also when creating a theme or look that is you. Don't just look at one item like that coffee table or lounge, but picture everything in the bigger or short or long term financial plan. This is an investment in a comfortable home, and it adds value to your home life.

There is an old saying that you sell a house but buy a home, and it is so true. Make the transition

personal and definitely exciting, and don't be afraid to make changes no matter how subtle so that you always have that fresh feel about the place. Remember to enjoy, and don't be frightened to ask questions or seek advice.

- James & Jess, Coastal Habitat





## The 25th annual South Australian

## SALA

The South Australian Living Artists (SALA) Festival is back with all of its splendour of colour, imagination and creativity – and you are invited to the party.

Now in its 25th year, you will find more than 500 visual arts exhibitions everywhere from sheds, cafés, offices and retail spaces to wineries, schools, public spaces, galleries and major arts institutions. It will reach local, national and international audiences of more than 850,000 and countless more online.

SALA is special indeed, but according to highly respected art teacher Lesley Redgate – herself a talented artist – it encourages those who dare to discover whether they too possess an ounce of talent. It can be with a brush, at the turn of a potter's wheel or the imagination to create something to express their own inner-self through imagination and creation. Whatever, it is living art. Go see SALA.



www.salafe



## Living Artists Festival August 1-31



estival.com

# Go find any hidden talent

STORY: ASHLEY PORTER

here was a brilliant line promoting the Top End 30 years ago which suggested that 'you'll never never know, if you never never go'. It was around the time landscape artist Lesley Redgate moved into Willunga and started teaching art, and looking back the catchphrase was so true about her new students; having the courage to experience something new.

Nothing has changed, she says, adding that learning art regardless of age is about going on your own journey, breaking down your inhibitions and going to a place you've never been before.

Some of her students over the years are now having their own exhibitions including Dez Clarke, of Old Noarlunga, who amazingly at 72 three years ago 'gave art a try', loved it, and then studied at the Adelaide Central School of Art, an independent, not-for-profit accredited higher education provider of tertiary courses in the visual arts.

Lesley is an accomplished artist having, among many things, been a semi-finalist ahead of thousands of entrants in the Doug Moran National Portrait Prize (2017), winner of the Thomas Laird Memorial Travelling Art Study Award (1994), studied in France and England, being represented in the National Gallery of Victoria as recipient of the Michelle Endowment Award, and having private collections in 10 countries

Art has taken her to places beyond her wildest imagination, and rewarded her talent. Equally important to her is the profound enjoyment and personal satisfaction knowing that her students have completed a course with greater knowledge and appreciation of art.

Continued P18



Sheds - Bakers Gully Road by Lesley Redgate.

### From P17

The passion for art was there as a little girl in England and Lesley never lost it when her family migrated here when she was 12. She completed an Adv. Dip. Teaching (Fine Art) at the SA School of Art in 1976, and taught in primary schools where at some places shelter sheds became make-shift art rooms.

As much as Lesley has always been admired for her work, with her career virtually launched 45 years ago with resounding success at her first solo exhibition at the Contemporary Art Centre SA, survival in the early years relied heavily on offering art classes. With them came the satisfaction of further passing on her skills and techniques.

"For me, art is part of who I am," Lesley said. "Art is my way of life. It is therapeutic in a lot of ways, and a lot of my students have discovered this also.

"Quite often beginners will say they started looking at the clouds or the fields and mentioned it to their partner. Being an artist is a way of looking at the world; you see the world through different eyes.

"I have a lot of students who come to me having never done art and they are nervous. I just say to them that there are no rules about you having to paint a certain way; I will just show you lots of techniques. The students are kind to each other; there is support.

"Some have always wanted to do art and maybe had just retired and just wanted to tick art off their bucket list. Then I get some who may have young children and art may become their time-out.

"It's a relaxation class, not that I consciously do that. I just love it when the students see the world differently after they have done my classes. I guess I am sharing my love in what I do.

"One lady bought a four-week course gift card for her husband who had not done any art training, but he had natural flair. After four weeks he was thinking of going to Adelaide Central School of Art as well.

"It is satisfying for me as a teacher to feel if I have awoken something in somebody. That's what I have always liked about teaching. Children are completely different to adults because they have no inhibition about art and launch themselves right into it. They are lucky because in their generation art was taught in primary school quite a bit, whereas in mine we didn't have that; certainly not the facilities.

"I find there is a whole range in art style even when people are just beginning. I will show them technique, things like how to apply tone, blending for skies, working with wet, using texture paste, using a palette knife on the canvas."

Lesley believes our SALA festival unites artists all over the state. "It celebrates art," she says.

"An exhibition during SALA markets your work, and there is support. The City of Onkaparinga reimburses the standard fee to be part of SALA, which I think is wonderful.

"I am amazed by the number of people out there wanting to visit studios and go to exhibitions. It brings people out of the woodwork. For me opportunities have come up through SALA such as my work being displayed on a SALA Art car; it has been amazing."

There will be more than 500 SALA exhibitions across the state in August, and maybe if you go to one it might ignite a hidden artistic talent within. As they say, 'you'll never never know, if you never never ao'.

www.lesleyredgateart.com

Presenting details on some of the SALA exhibitions across the Fleurieu Peninsula.

For a complete guide visit:

www.salafestival.com



## Wlildlife

## **David Hamilton**

279 Skewes Rd, Goolwa. Open Friday-Sunday from August 5-28 from 11am-4pm. David is a gifted sculptor who has meticulously created by hand Australian wildlife including blue wrens and frogs in their habitat using copper. The variety and quality of his work is much sought after. w: hamiltonart.com.au



## **Borrowed Time**

## **Leith Semmens**

Coral Street Art Space, 10 Coral St, Victor Harbor Aug 19-Sept 26, 10am-5pm. Borrowed Time Drawings Aug 19; opening Aug 26, 5.30-7.30pm; artist talk Sept 3, noon-2.30pm.

Continued P19

# 3 ARTIS

## The 25th annual South Australian Living Artists Festival August 1-31

### From P18

An exhibition of new drawings recording the inter-tidal zones of Carrickalinga and the impact climate change may have on the local environment. He has created large and spectacular drawings using an magnifying glass, quill pens and old fashioned links, mixing drawing traditions from western landscapes and ancient Japanese abstract map-making techniques to create new and unique art.

## Decade of Creativity

Ceramics, craft, drawing, furniture, glass, jewellery, metal, mixed media, painting, photography, print-making, sculpture, textiles.

Muriel Birkill, Sue Bridle, Kathryn Carter, Doug Collins, Garry Coombes, Lyndy Danby, Robert Dart, Annette Dawson, Irma Denk, Ruby Donovan, Lindy Downing, Dana Fatchen, Kevin Fiddaman, Pat Hagan, Deb Long, Margaret Lynn, Doug Moseley, Ann Neagle, David Parle, Cathy Portas, Jan Schiller, Jimmy Smith, Toni Strazdins, Jules Summers, Yvonne Twining, Julianne Woodruff, David Woolaway, Mary Woolaway.

Art@Goolwa, 13 Porter St, Goolwa. Aug 1-31, Mon-Sun 11am-4pm.



## The Collective

## **Victor Harbor Art Society**

St Augustine's Church, 14 Burke St, Victor Harbor Aug 13-21 from 10am-4pm daily. A celebration of 50 years of activity by the society in the area during which time countless members found a home where they could meet and express their desire to be creative and have a sense of belonging. It is hoped that this exhibition will not only bring joy to the members that are involved but a sense of pride in their achievements, and raise awareness of the group and the rich arts practice it has given to Victor Harbor.

## The Heysen Trail

## **Victor Harbor Art Society**

Victor Harbor Regional Art Gallery, Railway Terrace (opp Railway Station) Aug 1-31 from 11am- 3pm every day. Official opening Aug 4 at 4pm.

Shows this artist co-operative's interpretation of life along the Heysen pathways. Features a variety of paintings, wood carving, jewellery, glassware and fabric art.

## Invisible threads - a celebration of connection

ACH Group Arts Community. Ceramics, mixed media, painting,

Inspired by a quote by Friedrich Nietzsche, "Invisible threads are the strongest ties", ACH Group customers, residents and staff present works inspired by their own meaningful connections and experiences. Aug 1-31, Mon-Fri 10am-4pm, Sat 1-4pm. Port Noarlunga Arts Centre, 22 Gawler St, Port Noarlunga.

## Willunga Artisans and Handmade Market

Ceramics, drawing, jewellery, mixed media, painting, print-making, textiles.

Linda Catchlove, Zinia King, Kirstie McGregor, Mary Pulford, Emma Swift Kirkman, Jasmin Elise Taylor.

A curated market showcasing local art and handmade goods. Old Show Hall, 7 Main Rd, Willunga, 13 Aug 13, Sat 9am-1pm.

Continued P20





Ceramics Craft Drawing Furniture Glass Jewellery Metal Mixed media Multimedia Painting Photography Print-making Sculpture Textiles

August 1 - 31













From P13

## Felt like it Studio

Gwen Anderson, Jennifer Eardmann, Petra Maringer, Dianne Assheton, Lyn Sinclair, Jean Gunnett.

48 White Cres, Encounter Bay, Fri-Sun 11am-3pm.

The studio will showcase the talents of six local women who share a passion for art and craft. On display will be original works of art, weaving, felted objects and hats, crochet garments, handmade polymer buttons, colourful quilts and home décor. Lyn Sinclair 0417818803

## Illuminate Goolwa

Ceramics, craft, drawing, furniture, glass, jewellery, metal, mixed media, multimedia, painting, photography, print-making, sculpture, textiles.

Iroda Adil, Rob Allen, Llewelyn Ash, Janet Ayliffe, Carole Bann, Mike Barr, Tina Barr, Rod Bax, Lyndon Beaty, Nicole Black, Ruth Blackett, Helen Bonica, Mon **Bowring, Roy Brammer, Kristel** Britcher, Cheryl-Ann Brown, Lorraine Brown, Nellie Burgess, Tony Carbone, Jon Carl, Meg Caslake, Hay Cheryl, Donna Chess, Peter Coad, David Cocks, David Coe, Carol Coventry, Annette Cramer, Cindy Dale, Wayne Dale, Lyndy Danby, Bruce Davey, Geoff Davies, Sally Deans, Kathy Doley, Ruby Donovan, Jo Eastaff, Belinda Eatts, Linda Forrester, Suzie Foutoulis, Troy Fry, Roe Gartelmann, Margie Goodchild, Laima Guscia, Pat

Hagan, Jetty Haitsma, Alvena Hall, Rebecca Hartman-Kearns, Gaynor Hartvigsen, Gray Hawk, Garry Hays, Catherine Hewitt, Elisabeth Howlett, Flora Huang, Greg Judd, Mark Judd, Dzint Jurevicius, Emma Klau, John Lacey, Michael Lawry, Lorraine Lewitzka, Katrina Linn, Mike Lynch, Terry MacDermot, Denise Maddigan, Nardene Manna, Elizabeth Maxted, Sue Maxted, Brook Miles, Diana Mitchell, Margi Nolan, Nicole Pascal, Jessica Patrick, Katie Pearson, David Pedler, Alice Perry, Mark Piovesan, Eliza Piro, Rachel Preston, Alan Ramachandran, Lesley Redgate, Suzie Riley, Lyn Robins, Victoria Rolinski, Margaret Russell, Chris Ryan, Randall Sach, Katie Sandison, Darryl Scaife, Tim Shaw, Colin Sigal, Dudley Siviour, Jane Smeets, Angela Souter, Peta Starkey, Bill Steele, James Stevens, Nicola Sutcliffe, Lise Temple, Eamonn Vereker, Victor Waclawik, Tori Wade, Ann Wagner, Chris Wake, Kym Ware, Irene Wavell, Amanda Westley, Kay Whitmarsh, David Woolaway, Mary Woolaway, Andrina Wright, David Xiberias, Emma Young.

Artworx Gallery & Gifts, 12 Hays St, Goolwa, Aug 1-31, Mon-Sun 10am-4:30pm.
Artworx Gallery & Gifts will showcase established artists in the main gallery and thread throughout the entire gallery (inside and out) a mix of artists introducing the visitor to exciting emerging artists, amateur hobby artists and creators for all to enjoy and be inspired by. Opportunities to meet and interact with the artists, please check activities listed.

## Goolwa Community Centre Open Studio

Goolwa Community Centre Artists.
Ceramics, craft, drawing, painting, printmaking, sculpture, textiles.
Aug 13, Goolwa Community Centre, 25
Cadell St, Goolwa, Sat 10am-3pm.



## ART OF WHITES VALLEY

## **Lesley Redgate**

Solo exhibition 16 St. George's St, Willunga Saturdays throughout Aug from 11-4pm. Other times by appointment. Also, Symmetry: solo exhibition at Stationmasters Gallerym, Strathalbyn until Sept 30, and Artworx, Goolwa: group exhibition with two paintings and prints.



## Karen Hammat Lady Bay

## Through Different Eyes Mixed media, painting.

## Peter Fitzgerald, Karen Hammat, Bill Page, Barbara Pettigrew.

Environment is an inspirational force for artists, and through this exhibition four artists rethink the nature of landscape. Coral Street Art Space, 10 Coral St, Victor Harbor until Aug 15, Mon-Tues, Thu-Sun 10am-4nm

## Victor Harbor High School Art On Show

Ceramics, craft, drawing, mixed media, painting, photography, print-making Victor Harbor High School Students. A mixed-media display of personally relevant artworks created by students from Victor Harbor High School Aug 1-12, Mon-Fri 9am-5pm.

Continued P21

## The 25th annual South Australian Living Artists Festival August 1-31



From P20

## *Ambience*

Drawing, mixed media, painting. Kirstie McGregor

Through the use of watercolour, collage, gelli printing and drawing, the artist plans to create and present a series of works that represents her favourite parts of nature based on observation and memories of places she has been. Aug 12-Sep 12, Mon-Fri 10am-4pm, Sat 1-4pm. Port Noarlunga Arts Centre, 22 Gawler St, Port Noarlunga. Opening Aug 12, 6-8pm

## **Symmetry**

Ceramics, craft, digital, drawing, jewellery, mixed media, painting, photography, printmaking, textiles.

Lesley Redgate and
Stationmaster's Art Gallery
members Kathleen Cain, Di
Downer, Malcolm Edward-Cole,
Madeleine Elkin, Roe Gartlemann,
Rosi Gates, Trudy Grieger, Deb
Haden, Gaynor Hartvigsen, Robin
Hicks, Vitas Jurevicious, Lindsay
Kilminster, Tana Lampard, Jen
McCallum, Mary McLean, Janene
Overton, Catherine Pallin, Lesley

## Redgate, Brenda Slade, Helen Stacey, Graham Thomson, John Weight.

'Symmetrý' revolves around a fascination for colour and form. Stationmaster's Art Gallery 20 South Tce, Strathalbyn Aug 1-Sept 28, Mon-Sun 10am-4pm. Opening Aug 7, 1.30 pm-3.30pm.

## Colour from Compass

Digital, drawing, mixed media, painting. Mount Compass Area School students artworks from R-12. Pasta Chef, Shop 3, 18 Victor Harbor Rd, Mount Compass until Dec 3 Mon-Fri 6.30am-6.:30pm Sat 7.30am-3pm.

## Fleurieu Arthouse

Ceramics, craft, glass, jewellery, metal, mixed media, painting, photography, printmaking, sculpture, textiles.

Liz Abbott, Donna Chess, Rosana Cohen, Lisa Coldebella, Kate Crabb, Christina Cuthill, Sharon Dedrick, Michelle Driver, Sarah Flew, John Freeman, Sue Gerschwitz, Margie Goodchild, Iain Goven, Janet Haydon, Lynn Elzinga Henry, Catherine Hewitt, Sasha Hill, Kylie Howlett, Anja Jagsch, Paula Josling, Claire Kennett, Dana Kinter, Emma Swift Kirkman, Vieux Kyle-Little, Tee Lee, Wendy Lee, Rebecca Leigh, Joy Levins, Simone Linehan, Lynn Lobo, Jennifer Macauley, Sonja Maclean, Maryann Martin, Erica McNicols, Carly Mitolo, Emma Monceaux, Claire Morrison, Irina Nazarova, Shannon O'Neill, Warren Pickering, Eliza Piro, Sarah Price, Sadie Roberts, Anna Small, Asha Southcombe, Marieanne Waller, Kate Wegner, Tony Wilson, Julie Winn, Sarah Wood, Shirley Wu.

Artist talk, workshop, open studio, exhibition. Experience the smorgasbord of creative abundance in the converted warehouse space at the site of Hardys Tintara Winery, Main Rd, McLaren Vale Aug 1-31, Mon, Thu-Sun 11am-4pm. Opening event Aug 7, 2-4pm.

## Hindmarsh Valley Art

Digital, mixed media, painting, photography, sculpture, textiles.

Sharon Campbell, Robin Dunn, Paula Josling, Tabitha McGorm, Millicent McGorm, Monique Meredith, Stephanie Newell, Michael Nguyen, Julie Perri, Elena Soloveya.

A wonderful group exhibition of talented artists, showing many different styles and mediums. Hindmarsh Valley Hall, 31 Hindmarsh Tiers Rd, Hindmarsh Valley. Aug 19-21, Fri 5-8pm (opening from 6pm), Sat 10am-4pm, Sun 10am-3pm. Cost.

## Breathe

Mixed media, painting, video.

Lynn Chamberlain, Donna Chess, John Freeman, Roe Gartelmann, Peta Hatch, Denise Maddigan, Cathy Mullighan.

Many have struggled to breathe during COVID-19 times, our artists explore this changing world. As with any of our SALA exhibitions at Bethany Hall, this theme has broad applications and multiple meanings. Bethany Hall, 33 St Andrews Tce, Willunga Aug 6-28, Sat-Sun 1-4pm; opening Aug 6, 11.30am-1pm.



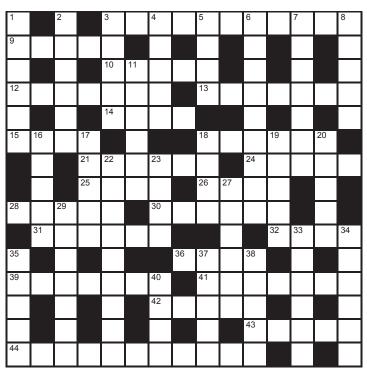
## SENIORS' LUNCHES MON-FRI \$ 16

## QUALITY MEALS

In a family atmosphere with excellent service



35 The Strand, Port Elliot | 8554 2218 | info@hotelelliot.com.au | www.hotelelliot.com.au



## Crossword

| Across                  | 36 Spheres         | 16 Well-founded     |
|-------------------------|--------------------|---------------------|
| 3 Going beyond          | 39 Beginnings      | 17 At no time       |
| prudence                | 41 Running away to | 18 Close up         |
| 9 Seraglio              | marry              | 19 Let down         |
| 10 Inside               | 42 Imply           | 20 Rescues          |
| 12 Lights               | 43 Hackneyed       | 22 Tending to       |
| 13 Rider's foot support | 44 Revelations     | remedy              |
| 14 Dam up               |                    | 23 Utter wildly     |
| 15 Level                | Down               | 27 Agile            |
| 18 Climbs               | 1 Prosper          | 29 Purifies         |
| 21 Come forth           | 2 Fruit            | 33 Cure-all         |
| 24 Present              | 3 Sends out        | 34 Pulled forcibly  |
| 25 Girl's name          | 4 Time in grammar  | 35 Not hollow       |
| 26 Afresh               | 5 Melodies         | 37 Direct attention |
| 28 Employed             | 6 Makes active     | to                  |
| 30 Traveller's case     | 7 Warded off       | 38 Classifies       |
| 31 Mock                 | 8 Speed and rhythm | 40 Transgressions   |
| 32 Repose               | 11 Lower           |                     |
|                         |                    |                     |

## Alfakodo

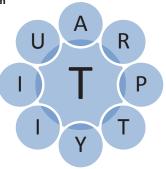
The aim of the puzzle is to allocate a number from 1-26 (right-hand column) to a letter of the alphabet (left-hand column), using the mathamatical equations and clues provided. Only one number can be allocated to one letter. You can work out the numbers by using those letters that have numbers provided. For example in this puzzle (A) is worth 6 and so (M) must be worth 2. Anywhere there is a (M) it is worth 2 and so on.

## FOCUS Word Game

## An All Australian

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

TODAY'S Good: 12 words **FOCUS** Very good: 17 words Excellent: 30 words



Reference: Macquarie Concise Dictionary

| Α | Z-W | 6  |
|---|-----|----|
| В | L+X |    |
| С | E+A |    |
| D | E+L |    |
| E | P÷T |    |
| F | L×L |    |
| G | T×H |    |
| Н | L+P |    |
| I | Q×L | 15 |
| J | A+Y |    |
| K | A+C |    |
| L | X-I |    |
| M | T×A | 12 |

| N | V-R |    |
|---|-----|----|
| 0 | T+I |    |
| P | N+D |    |
| Q | ÷   |    |
| R | A+D |    |
| S | D+K |    |
| Т | Α÷L |    |
| U | L+B |    |
| V | U-C |    |
| W | R+D |    |
| X | V+E | 18 |
| Υ | F+C | 19 |
| Z | R×T |    |
|   |     |    |

PUZZLE ANSWERS P27

## eu Automo



www.repcoservice.com

& Service

Servicing

Log Book > Auto electrical > Fuel/System - EFI

Engine Repairs

> Brakes

➤ Air-Conditioning ➤ Cooling System

**Auto-Tech Trained Nationwide Warranty** 

Ph: 8552 9335

RAA APPROVED REPAIRER

& Know YOU CAN RELY ON REPCO AUTHORISED SERVICE

50-54 Maude St, Victor Harbor

## LET'S GET QUIZZICLE

- 1. Where is the headquarters of the World Health Organisation located?
- a) London
- b) Geneva
- c) Paris



- 2. Which teams will the Australian men's soccer team compete against in the group knockout stage of the 2022 FIFA World Cup?
- a) Denmark, France, Tunisia
- b) Cameroon, Serbia, Switzerland
- c) Germany, Japan, Spain
- 3. Which of the current Australian coins weighs the most?
- a) 20¢
- b) 50¢
- c) \$1
- 4. Dave Grohl is lead singer of which American rock band?
- a) Foo Fighters
- b) Red Hot Chilli Peppers
- c) The Killers
- 5. Albion, San Andreas and Suncoast Delight are varieties of ...?
- a) Mango
- b) Strawberry
- b) Pineapple
- 6. In November 2022, the world's population is expected to reach...
- a) 4 billion
- b) 6 billion
- c) 8 billion

- 7. Since the start of the 20th century, how many Prime Ministers of the United Kingdom have resigned from the position?
- a) 5
- b) 9
- c) 11
- 8. Which actor that once played James Bond previously competed in the Mr Universe bodybuilding competition?
- a) Timothy Dalton
- b) Sean Connery
- c) Roger Moore
- 9. In July, Australian Cameron Smith won the men's British Golf Open. How many Australians have won the event in its150 year history.
- a) Five
- b) Eight
- c) Eleven
- 10. What colour is Sesame Street character Cookie Monster?
- a) Green
- b) Red
- c) Blue
- 11. Between 1997 and 2017, a cat named Stubbs served as what of the historic district of Talkeetna in Alaska, USA?
- a) a mayor
- b) a tour guide
- c) a mail carrier
- 12. How long is the South Australian – Southern Expressway?
- a) 18.5km
- b) 20km
- c) 22.5km
- 13. On which SA commercial TV station does Kate Freebairn read the weather?
- a) Seven
- b) Nine
- c) Ten

## TEASERS...

- a) I am a bird. I can swim, but I can't fly. I am black and white. What am I?
- b) The more you take, the more you leave behind. What are they?
- c) A farmer has 17 sheep. All but nine of them die. How many sheep does he have left?
- d) What has rivers but no water, forests but no trees, and cities but no people?
- e) What is as big as an elephant but weighs nothing?
- 14. Which Australian capital city has the widest main street?
- a) Adelaide
- b) Brisbane
- c) Melbourne
- 15. What is the only bone in the human body that is not attached to any other bone? (location in brackets).
- a) Malleus (ear)
- b) Tarsals (foot)
- c) Hyoid (neck)
- 16. Which country had the most earthquakes registering magnbitude 3+ in 2021?
- a) Indonesia
- b) Mexico
- c) Japan

- 17. Pope Francis, Head of the Catholic Church, was born in which country?
- a) Poland
- b) Argentina
- c) Germany
- 18. In which sport would you have a chukker?
- a) Cricket
- b) Ice hockey
- c) Polo
- 19. What is the middle name of the Australian Prime Minister Anthony Albanese?
- a) Norman
- b) Bruce
- c) David

**ANSWERS P27** 

## KIES BUILDING SUPPLIES



See Andrew & the team

64 Gardiner St,

GOOLWA

8555 3605

Mon-Fri 8am-5pm; Sat-Sun & public hol. 9am-2pm e: akies@kiesbuildingsupplies.com.au

## On the brighter side...

## Cut above the rest

Rocky from Goolwa gets an interview for a job as a diesel fitter even though he has never been one in his life. The manager likes his attitude, especially his enthusiasm, but he has this doubt in the back of his mind. To convince himself that Rocky is the right man he asks him how he would go about his job.

Rocky smiles and says: "Sure... first I would get the material and lay it out on a big table." Already the manager is confused. Rocky adds: "Then I'd mark the pattern for the pants in chalk and pin tracing paper over it and grab my big scissors and cut it out." The manager stops him right there and asks: "Are you sure you're the right man for this job as a diesel fitter?"

Rocky says: "Of course I am." He then proceeds to say how he would stitch pieces of this material up when the manager interrupts again: "Rocky, you seem like a really nice guy, but I think you getting a diesel fitter mixed up with a dressmaker and you've got no idea what you are talking about."

Rocky says: "I don't think you have given me a fair chance. If I can finish... I'd sew everything up, and then get the pattern for the jacket and go through the same process. And then when it's all done I'd put the pants and the jacket against the girl and say... diesel fitter."

## On the job again

Rocky doesn't get the diesel fitter's job so in desperation he goes up to the mines in

## **NEWS UPDATE**

FARMER
HAILED A
MAGICIAN
AFTER
TURNING
COWS INTO
PASTURE

the far north of Queensland and applies for everything that is going.

He calls into the site office of a coal mine and the foreman says: "Look mate, there's only one job available – as a supplies man – and I don't think you're right for the job; you're only a little bloke and this is really dangerous."

Rocky says: "I'll take it, I'll take it." The manager says: "Look Rocky, you'd have to take supplies to the workers in this mine and there are so many underground tunnels without lighting that it's easy to get lost and you can't stay down there too long. You would be replacing someone who got lost

three months ago and we still haven't found him."

Rocky says: "I'll take it, I'll take it." The foreman is desperate for a supplies man so he reluctantly gives him the job. Rocky gets there early next morning and heads off into the mines. Other workers say to the foreman: "Boss, are you sure about this bloke?"

The siren goes at the end of a very long, hot day and the workers catch the lift and walk out of the mine. The foreman asks: "Where's Rocky?" No one knows; no one has seen him so they they immediately organise a search party.

A team of 10 walk through every tunnel. It takes hours and no one can find Rocky. They sit there in a little pocket deep into the mine and the foreman says: "I knew I shouldn't have hired this bloke."

The men agree that all hope is lost when suddenly Rocky jumps from a ledge and shouts: "Supplies!"

## Let's dance the night away

There is this big dance in the Yankalilla Community Hall, and Miss Lola Smith, the world's greatest ballroom dancer just happens to be holidaying in the area and decides to attend.

She is by herself, but is hardly concerned because she is beautiful, and after all, she is the world's greatest ballroom dancer. However, every man at this dance, even the most handsome in the region, including the most brilliant of ballroom dancers, is frightened to ask her to dance because of the fear of making a mistake on the dance

Time ticks by and the band plays on, but





## Scientists claim birthdays are good for you because statistics show that people who have the most live the longest.

still not one man has the courage to ask her to dance. You can see the disappointment through Miss Lola's thick coat of mascara. Suddenly, out of nowhere this gorgeous hunk of a Golden Retriever prances across the dance floor and asks Miss Lola for a dance. There is a hush the room; everyone is thinking: will she say 'yes' to this brave

The anticipation is high. Miss Lola gives one of her trademark smiles, leans over to this gorgeous hunk of a Golden Retriever now with a waggling tail and says: "Of course, I wouldn't dare think about dancing with you... you've got two left feet."

## Fair enough

It's their 50th wedding anniversary and the husband says to his wife: "Fifty years ago we had a cheap house, a broken down car, slept on a broken sofa-bed and watched a 10-inch black and white TV, but hey, every night I got to sleep with a beautiful 23-year-old girl. "Now I have a \$800,000 home, a \$85,000 4WD, a nice big bed, a huge plasma TV screen but I'm sleeping with a 73-year-old woman. It seems to me that you are not holding up your side of things."

And the wife says: "Darling, you can go and sleep with a 23-year-old girl and once again you can have a cheap house, a broken down car, sleep on a broken sofa-bed and watch a 10-inch black and white TV."

## No. 62

Michael lives in Mount Compass and drives to McLaren Vale to buy Chinese takeaway. They say it's the nicest Chinese food on the Fleurieu.

On the way home he hears rustling in the

big brown paperbag. He stops but cannot see anything. He heads off and it happens again... rustle, rustle, but still nothing. It happens again and again so he rings up the nice lady at the Chinese restaurant.

Michael says: "What did you put in my Chinese; there's this rustling noise and it won't stop."

And the lady at the Chinese restaurant says: "Don't worry, it's just the Peeking Duck."

## Poor lab

A man takes his Labrador to the vet and says: "My dog is cross-eyed - is there anything you can do for him?"

The vet looks at the dog closely, moves to the right and the dog's eyes move to its right. He moves to the left and the dog's move to its left."

The vet is deeply concerned. He picks up the dog and says to its owner: "I am so sorry but I am going to have to put your dog down." The man starts crying, and says: "Why, why, why - just because he's cross-eyed?" The vet says: "No, because he's heavy."

## Fall aboard

Three drunks are staggering along the platform at the Mile End Railway Station as the Overland Express is pulling out. One says: "Oh no, we've missed the train!" The train driver hears them, so he rings the guard at the end of the platform and tells him to grab them as the train goes past and heave them aboard.

The guard says: "Right-o" and within a flash he grabs two of them, but is too slow for the

The guard says to the one left behind: "Sorry mate, but I just couldn't get all three of you

on board"

And the drunk left behind says: "That's okay, but you got my two mates who were seeing me off."

## Dad jokes...

What do you call a penguin in the Sahara Desert? Lost.

Why did the farmer feed his sheep ironenriched vitamins? He wanted to get steel

What's orange and sounds like a parrot? A

What is a baby's favourite reptile? A rattlesnake.

Did you hear about the restaurant on the moon? It got mixed reviews. The food is great, but there's no atmosphere.

Why wouldn't the oyster share its pearl? It was shellfish.

Why couldn't the pirate play cards? He was sitting on the deck.

How do you make a bandstand? Take away the chairs.

Why did the king go to the dentist? To get his teeth crowned.

Why did the cowboy ride his horse? Because it was too heavy to carry.

What do you call an elephant in a phone booth? Stuck.

What do you call a pig that does karate? A pork chop.

Why do the French eat snails? They don't like fast food.

What do sprinters eat before a race? Nothing, they fast.



Mark Scabissi

165-167 Hindmarsh Road, Victor Harbor SA 5211 Phone: 08 8552 6951 Fax: 08 8552 7056 Email: victortyres@internode.on.net

Find us behind the Shell Service Station



PROUDLY SUPPORTING LOCAL SPORT



## Local business guide- only \$42 inc GST per month...

Asbestos removal

## **Southern Ocean Construction** Asbestos Removal

Remove the health risk & increase your property value

Curtis Wilson: 0429 954 125

Goolwa - servicing the Fleurieu SA GOVERNMENT ACCREDITTED - FULLY INSURED
BL 36659, Asbestos Lic 94870. EPA Licensed SA

www.southernoceanconstruction.com.au

## Barristers, solicitors, conveyancers



Bicycles - electric



**Boarding kennels & cattery** 



## Conveyancing



Car / passenger service



Carpet cleaning / fly screen repairs



## Church



Cool Room Hire



## Counselling



Fishing charter



Flyscreen repairs / replacements



Protecting your investment

0411 793 049 / 0403 856 607

**Servicing the Fleurieu Peninsula** All types of flyscreen repairs / replacements

Home / business maintenance





## **LAWN & GARDENING SERVICES**

Complete garden care, lawn mowing & care, irrigation, lawn coring & scarifying

## STEVEN BIRCHBY

Hindmarsh Island-Based 0419 833 687

e: birchbylgs@hotmail.com

## SILVER FOX PROPERTY MAINTENANCE

- doors, windows, locks, fly screens
- walls, ceilings, floors, skirtings
- painting , tiling , cabinets , carpentry
- access ramps & saftey rails

& much more - no job to small!

Milton Blanks 0481 112 512

Home cleaning

## HOME CLEANING

## Michael

\* Quick \* Reliable \*Inexpensive \*Full SAPOL check \*In business for more than 20 years

0412 083 371

## e: info@coastlines.com.au

### Mechanic



## Naturopath

Naturopath specialising in herbal medicine, nutrition, diet & remedial massage
Maybritt Andersen
0417 076 306

2835 Alexandrina Rd, Currency Creek (opp. Currency Creek Community Hall and CFS)

## Office supplies



### Pest control



### Real estate

## Local. Independent. Experienced.

Accredited member Australian Traditional Medicine Society & member of Naturopaths & Herbalists Association of Australia

I offer the same sales process but with lower fees. It costs nothing to compare and you save. Real estate results with down to earth service.



Call Bruce Deans on 0418897518 bruce.deans@michaelkris.com

8a Cadell Street, Goolwa, 5214 www.michaelkris.com



### Roller shutters



## Seafood



## Travel advisor



TV antennas & home theatre installation



## Tree felling & stump removal



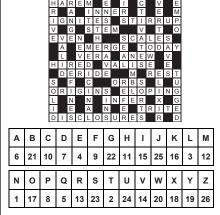
## **Valuers**



## Wardrobes



## Puzzle & quiz answers



Focus: arty paritty part party patty patu pita pitta PITUITARY pity prat purity putt putty rapt ratty rutty tapir tapu tarp tart tarty taut tipi titi trait trap tray trip yttria Quiz: 1b; 2a; 3b; 4a; 5b; 6c; 7c; 8b; 9a; 10c; 11a; 12a; 13c; 14a; 15c; 16b; 17b; 18c; 19a. Teasers: a) Penguin. b) Steps. c) Nine. d) A map. e) An elephant's shadow.



Ocean St, Victor Harbor T: 8552 1325

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!

## **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.

## 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.

## **Bullet Train**

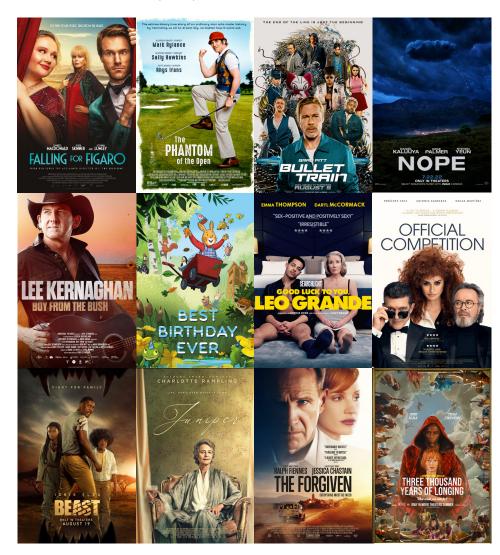
(MA15+) Action, thriller starring Brad Pitt, Michael Shannon, Sandra Bullock, Joey King. Brad Pitt stars as Ladybug, an unlucky assassin determined to do his job peacefully after one too many gigs gone off the rails. Fate, however, may have other plans, as Ladybug's latest mission puts him on a collision 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.

## Nope

(CTC) Horror starring Daniel Kaluuya, Keke Palmer, Steven Yeun, Directed by Jordan Peele. Oscar winner Jordan Peele disrupted and redefined modern horror with Get Out and then Us. Now he reimagines the summer movie with a new pop nightmare: the expansive horror epic, Nope. The residents of a lonely gulch in inland California bear witness to an uncanny and chilling discovery. Commences August 11.

## Lee Kernaghan: Boy from the Bush

(G) Music, biography starring Lee Kernaghan. Directed by Kriv Stenders A part-concert film and part-road movie celebrating the life and music of this muchloved Australian country singer. It combines



the stunning landscapes, remarkable people and amazing stories that have inspired him over many years, with some of his greatest hits and a brand-new song performed live with his band at a specially filmed concert. Commences August 11. ONE WEEK ONLY.

## Best Birthday Ever

(G) Animation, family starring Jennifer Saunders, Adrian Edmondson, Jonathan Bailey. Directed by Michael Ekblad. The story of Little Charlie, a small rabbit who lives with his loving family and pets in a house

at the edge of town. Celebrating his fifth birthday with cake and presents, of all days his parents have to go to the doctor with his baby sister. He stubbornly decides to go to his grandmother. The journey through the forest with his friends is a cheerful and exciting adventure. Fortunately, it turns out to be a party after all. Screenings on August 13, 14, 20 & 21 only.

Continued P29

From P28

## Good luck to you, Leo Grande

(M) comedy, drama starring Emma Thompson, Daryl McCormack. Directed by Sophie Hyde. Follows Nancy Stokes, a 55 year-old widow who is yearning for some adventure, human connection and some sex, good sex. Nancy hires a good-looking young sex worker called Leo Grande, in the hope of enjoying a night of pleasure and self-discovery after an unfulfilling married life. Advance screenings August 12, 13 & 14. Commences August 18.

## Official Competition

(M) Spanish. Comedy, drama starring
Penelope Cruz, Antonio Banderas, Oscar
Martinez. Directed by Mariano Cohn, Gaston
Duprat. When a billionaire entrepreneur
impulsively decides to create an iconic
movie, he demands the best. Renowned
filmmaker Lola Cuevas (Penélope Cruz) is
recruited. Completing the all-star team are
two actors with massive talent but even
bigger egos: Hollywood heartthrob Félix
Rivero (Antonio Banderas) and radical
theatre actor Iván Torres (Oscar Martínez).
Commences August 18.

## **Beast**

(CTC) Adventure, drama, horror starring Idris Elba, Sharlto Copley, Leah Jeffries, Iyana Halley. Directed by Baltasar Kormákur. A father and his two teenage daughters find themselves hunted by a massive rogue lion intent on proving that the Savannah has but one apex predator. **Commences August 25.** 

## Juniper

(M) Drama starring Charlotte Rampling, Marton Csokas, George Ferrier, Edith Poor. Directed by Matthew Saville. Sam, 17, has been on a self-destructive spiral that could lead to his death. He returns home from boarding school to find his wheelchair-bound English grandmother, Ruth has moved in. Ruth is an ex-war photographer with a lust for life and a love of the bottle. Sam soon finds himself profoundly confronted by her alcoholic wit and chutzpah. Their first meeting is awkward; their second violent. Things get worse when Sam finds himself stranded alone with her and her nurse Sarah for the school holidays. Both strong-willed characters, a battle of supremacy ensues, enabling Sam to embrace life again and for Ruth to face her mortality. Commences August 25.

## The Forgiven

(MA 15+) Drama starring Jessica Chastain, Ralph Fiennes, Matt Smith. Directed by John Michael McDonagh. Speeding through the Moroccan desert to attend an old friend's lavish weekend party, wealthy Londoners David and Jo Henninger are involved in a tragic accident with a local teenage boy. Arriving late at the grand villa with the debauched party raging, the couple attempts to cover up the incident with the collusion of the local police. But when the boy's father arrives seeking justice, the stage is set for a tension-filled culture dash in which David and Jo must come to terms with their fateful act and its shattering consequences. Commences September 1.

## Three Thousand Years of Longing

(CTC) Fantasy, drama, romance starring Idris Elba, Tilda Swinton. Directed by George Miller. A scholar, content with life, encounters a Djinn who offers her three wishes in exchange for his freedom. Their conversation, in a hotel room in Istanbul, leads to consequences neither would have expected. Commences September 1.

## Southern Fleurieu Film Society movies

## August

It is with great pleasure by the Southern Fleurieu Film Society (SFFS) to present *Glass* in August, an American documentary about



the distinguished composer Philip Glass. It will be shown at 7pm at Victa Cinemas, Ocean St, Victor Harbor on Tuesday, August 1, Centenary Hall, Goolwa on Wednesday, August 3, and at Milang Institute on Friday, August 5.

The Goolwa screening is a special event as Scott Hicks, the director of *Glass*, will attend the screening and participate in a Q&A for those who attend. Scott is the director of many successful films, most notably *Shine* which has won countless international awards. P7: Still Shining

## September

The September screening will be the Australian drama/music film *Dingo* starring Colin Friels and famed jazz musician Miles Davis. This is to be shown at 7pm at Centenary Hall, Goolwa on Wednesday, September 2, Milang Institute on Friday September 6, and Victa Cinemas, Victor Harbor on Tuesday, September 7.

Note: You need to be a member to attend SFFS screenings. Membership is only \$25 which includes the other films screening over the remainder of 2022. For more details visit:

sffs.org.au

## Your local Victor Harbor team is in tune with you and your car!

CHECK THIS OUT...
ULTRA ROADSIDE
ASSISTANCE - FREE!
\*Valid for 12 months & conditions apply

- Auto electrical repairs
- Air conditioning
- Manufacturer's handbook service
- · LPG servicing & repairs
- Brakes & suspension
- ALL mechanical repairs

167 Hindmarsh Road, Victor Harbor (alongside McDonald's)

Call 8552 6355

e: victorharbor@ultratune.com.au

www.ultratune.com.au



**Auto Service Centres** 

## Eat Wave with Jenny



## Tuna & Cream Cheese Slice

### Ingredients

2 cups uncooked small shell pasta425g tuna in spring water420g sweet corn kernels

250g tub cream cheese

1 tbsp cream

2 eggs, beaten

1 tbsp lemon juice

¼ cup chopped fresh parsley

¼ cup grated cheddar cheese

¼ cup Parmesan cheese

### Method

Pre-heat oven to 180ºC.

In a saucepan cook pasta in boiling water for 8 minutes, or until firm but cooked through. Drain water from the pasta, add cream cheese and cream and stir gently over low heat until cheese has melted.

Remove from heat, add tuna, drained sweet corn, eggs, lemon juice and chopped parsley. Stir gently to combine.

Spread over the base of a baking dish (approx 20cm x 24cm) or similar, and sprinkle with grated cheeses.

Bake for 30 minutes, or until cooked through and golden on top. Serves 6.

# Winter roasts: preparing them safely

The Food Safety Information Council has released its advice for cooking winter roast meats safely.

Firstly, buy a meat thermometer to check the temperature and follow these six simple tips for cooking your roast:

- 1. Whole cuts of red meat such as beef, lamb or kangaroo (that have not been stuffed, rolled, mechanically tenderised or flavour infused) will only have bacteria on the outside so can be cooked to your taste. As a guide, well done is 77°C, medium is 71°C and medium rare 63°C. Leave to rest for 3 to 5 minutes after cooking and before consuming. Eating these cuts of meat very rare (under 63°C) or raw may put you at risk of parasitic infection such as toxoplasmosis.
- 2. Minced meat, hamburgers, sausages, livers (or other offal), corned beef and roasts that have stuffed, rolled, flavour infused or mechanically tenderised are higher risk. These should be cooked to 75°C in the centre.
- **3.** Poultry such as chicken, ducks, spatchcocks, capons or turkey (including





You are invited to join us for

## Principal's Tour

Meet our Leadership Team and see our ELC and College in action!

Wednesday 10 August and Thursday 15 September - 10:00am

Tour registration essential, please email - enrolments@investigator.sa.edu.au

www.investigator.sa.edu.au





their livers) either whole or minced should be cooked to 75°C in the centre or in the thickest part of the leg if a whole bird. Cook any stuffing separately as it will slow the cooking and the inside of the bird might not be fully cooked.

- 4. Pork in whole cuts such as steaks and pieces should be cooked to 70°C and roasts to between 70°C and 75°°C and left to rest for 3 to 5 minutes.
- 5. Veggie or vegan roasts are becoming popular so follow any cooking instructions on the packaging or if you make your own cook to 75°C in the centre.
- 6. If you prefer fish to roasts cook it to around 63°C or when flesh flakes easily.

Finally, raw meat and poultry juices are a food poisoning risk, so always use a separate chopping board for raw meat and another for uncooked veggies and

And always wash your hands, chopping board and utensils after handling raw meat or poultry.

## **Chocolate Brownies**

**Ingredients** 

200g raw peeled sweet potato, grated

125g butter, melted or ½ cup coconut oil, melted

½ cup honey

2 eggs

1 tsp vanilla extract

60g un-sweetened cocoa powder, sifted

2 tbsp coconut flour

2 tsp baking powder

1 tsp bi-carb soda

⅓ cup chopped walnuts, optional

### Method

Preheat oven to 180°C. Line a slice tin (18cm x 28cm) or square baking tin with baking paper.

Add the sweet potato, butter, honey, eggs, vanilla and walnuts (if using) to a large bowl and stir to combine.

Add sifted cocoa powder, coconut flour, baking powder and bi-carb soda. Mix well and spread evenly over base of prepared baking tin.

Bake for 20-25 minutes or until an inserted skewer comes out clean.



Allow to cool slightly in tin before transferring to cooling rack or board. Refrigerate in airtight container for up to a week.

Delicious on its own or served with fresh cream or ice cream, and fresh berries.



















Providing proudly South Australian made mattresses







295-297 Port Elliot Rd, Hayborough

e: sales@beachsidebedding.com.au beachsidebedding.com.au

**CALL TODAY!** 

8552 3885