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October 2022 Vol. 12 #150

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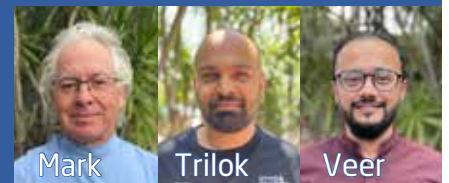


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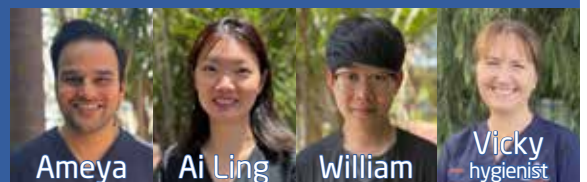
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150th edition

... and now we're heading in a new direction

The magnificent and much appreciated support of our advertisers has allowed us to present you with the 150th edition of Coast Lines. We thank them, those who told us their story, our distributors and readers – everyone who has enjoyed the journey as much as we have.

Coast Lines is now going quarterly from our December issue. It will be bigger and more people will be able to receive their free copy.

An objective when we launched Coast Lines was to support small businesses, and we believe going quarterly will best suit our advertisers – a longer lifespan for their advertisement, far greater value and broader distribution. Going quarterly reduces their cost without losing visible impact.

Coast Lines will:

- Remain a free, A4 size magazine
- Have 52 pages – an increase of 20 from your regular edition
- Have a new bright, glossy cover
- Distribute 8000 copies – an increase of 2000 – meaning more people will be able to pick up a free copy... our readership
- will spread across a far wider net.
- Keep the advertising rates comparatively low as a means of supporting local businesses
- Maintain its policy of having a higher percentage of editorial compared with advertising to ensure that we don't turn into an 'advertising brochure' which will encourage more people to pick up our publication
- Present a fabulous 12-page guide highlighting the superb delights and



FOR THE RECORD: Our logo above and on the front cover was designed by Todd McMahon, of Eleven Inks. It represents the sun, sand, sea, rolling hills and wine regions of the Fleurieu Peninsula.



Our first and previous two editions.

those behind them across the peninsula as part of a new collaboration with Fleurieu Food

- Focus more on the brilliant Fleurieu Tourism group, made up from the support of the four councils – Alexandrina, Onkaparinga, Victor Harbor and Yankalilla. The tourism sector is the biggest employer across our region, and...
- Continue to have your magazine printed 'green' by Finsbury Green. It means that with every quarterly edition we are proud to say that we will not have added 973kg of CO₂ emissions to the environment.

We thank Geoff McRostie at SA Design & Print in Hill St, Port Elliot for his support and excellent printing standards when we first printed Coast Lines in a different format, and have also greatly appreciated those by the professional team at Finsbury Green.

Coast Lines was launched on September 15, 2011 on a fortnightly basis, and from issue #38 we went monthly. Now, after 150 editions and a few challenges there is a need to go quarterly to ensure that we can continue producing Coast Lines for a long time yet.

We genuinely believe the change will be good for everyone including presenting you with a far bigger and better publication. Our aim has always been to give the Fleurieu Peninsula the reputation as having the best free publication in Australia. We don't think we are there yet so we will keep trying.

As the publishers of Coast Lines we look forward to some exciting years ahead. Thank you for being with us.

Ashley & Jenny

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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 November edition close Monday, October 17. As always, thank you for any consideration in regards to advertising.

POSTAL ADDRESS: PO Box 2078, VICTOR HARBOR SA 5211

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FRONT COVER

Rosalie Koler, a former jockey, and Philip Byrnes, a key person behind bringing back picnic races to Goolwa in 1983. P16:
An all-time favourite.



Get yourself into a pickle at the SA Olive Festival

The humble olive is in a pickle, as the idiom goes, but the solution is simple – go to the South Australian Olive Festival at Tooperang on Sunday, October 23 from 10am-4pm.

Presented by Olives South Australia at the Peninsula Providore Nangkita Grove, you may learn to pickle olives and use them to make 'killer' salad dressing during free seminars and classes in the Olives SA shed. Secrets will also be revealed on extra virgin olive oil, including making sure you're buying the 'real thing'.

The festival is a wonderful family event,



as informative as it is entertaining, and making it extra special this year is that on the eve there will be the Festival Gala Dinner curated by Callum Hann from Sprout Adelaide. It's a three-course feast which will showcase South Australian olives and extra virgin olive oil – all complemented by South Australia's finest wines.

Continued P5



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Compass Tanks



From P4

This festival also gives you the chance to taste a range of olives and oils – the finest the Fleurieu Peninsula has to offer – and rest assured they are of the highest quality.

Olives SA has been the peak industry body representing olive growers in South Australia since 1996, and this event is being led by Mel Hollick (pictured), one of its board members, and Peninsula Providore owner.

“We were lucky enough to receive a Building Better Regions grant to assist with the running of the South Australian Olive Festival,” Mel said.

“We look forward to welcoming everyone

to the beautiful surrounds of Peninsula Providore Farm’s Nangkita Grove, around 15 minutes drive from Mount Compass, Goolwa and Strathalbyn.”

The program includes olive seminars, extra virgin olive oil tastings, grove walking tours and cooking demonstrations. There will also be a farmer’s market with South Australian Olive producers, local food and beverage producers and artisans from the region.

Local businesses Fleurieu Hampers will provide mouth-watering Regional Grazing Boxes, and Simply Flammekueche will serve artisan Alsatian flatbread pizza. Local beer, wine and spirits will be available for purchase to enjoy on site or to take home to enjoy another time.

Tickets to the special Saturday night dinner are available online at \$125 per person. Admission to the Festival on Sunday is free, but bookings are required and Grazing Box hampers and other food must be paid for in advance on the Peninsula Providore website. 🌈

VIP tickets are available to ensure a relaxed and shaded atmosphere. For Gala Dinner

tickets, festival bookings and food purchases visit: www.peninsulaprovidore.net.au/visitus

Further information: peninsulaprovidore.net.au or olivessouthaustralia.org.au



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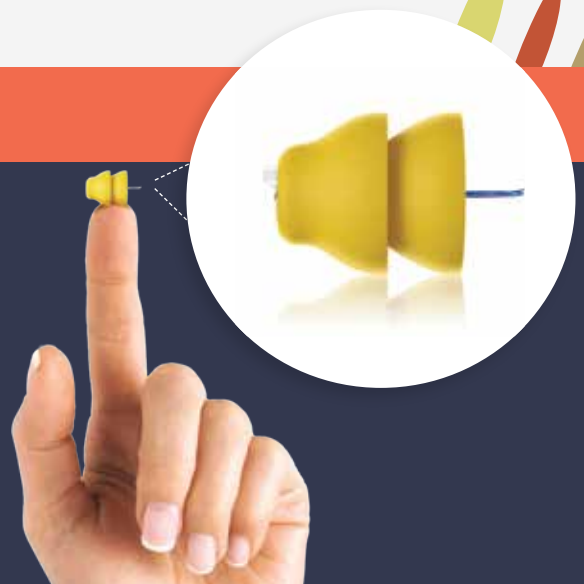
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The village and all that jazz

First they dressed up in 'black ties & boardies' and now it's the big bands and all that jazz.

Organiser Jen Watts is inviting everyone to join the fabulous fun mob at Middleton and enjoy eight hours of first class entertainment – Jazz in the Park.

This new event will feature eight fabulous South Australian bands in Abbott Reserve on Saturday, November 5 from 11am-7pm. Adding to this big day of entertainment is the fact you are welcome to sit on your picnic rug or most comfortable fold-up chair and enjoy the scrumptious food available from local businesses and sip on a cold drink while absorbing every note from the bands.

This all came about from recent 'village conversations' – they have a lot of them in Middleton – when locals were asked to suggest activities for their town. Hosting of a jazz festival was echoed by many with the main objectives being providing locals and visitors with a highly entertaining and brilliant line-up and a selection of superb food, wine and other drinks. Jen assures us that it will be a wonderful



day – they say here that it never rains in Middleton – for families and friends with tickets just \$50 each plus booking fee – \$20 for children 10-17 & under-10 free).

There are some first-class jazz bands including the one pictured above: *Max Grynchuck Big Band*, an 18-piece jazz orchestra comprising of some of Australia's finest young musicians.

The other also very talented bands performing are: *The Boys Club*, *She Gave Him Oleander*, *Lazaro Numa & Sabor a Cuba*, *Django Rowe Quartet*, *Soul-Centric*,

Blow and Shaolin Afronauts.

Well done to the Middleton organising committee. For the record, its recent Black Tie & Boardies event raised more than \$24,000 to support homelessness in the region.

Visit: middletonsa.com.au

Tickets may be purchased at TryBooking – search 'Middleton Jazz' www.trybooking.com/BURZK

Further information: Jen 0417 812 529 or jen@MiddletonSA.com.au



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Like they say in the classics over and over...

It's showtime in Port Elliot

It may be the most over-used cliché in the history of entertainment, but it still nicely sums the moment right now – it's showtime!

After the Yankalilla, Rapid Bay & Myponga, and the Strathalbyn shows returned from two-year breaks because of COVID, the Southern Agricultural Show incorporating Mount Compass, Victor Harbor, Port Elliot, Middleton, Currency Creek & Goolwa will be held at Tottenham Court Rd, Port Elliot over the weekend of October 8-9.

Known simply as the Port Elliot Show, it is special on the South Australian country show circuit because it embraces everything that we tend to imagine such an event is all about – the thrill of the show jumpers, the beauty of the dressage. There are the sheep, cattle, ducks and many other creatures that adults and children love, the sideshows, musical entertainment and the traditional fairy floss and hot donuts.

Our show also includes the dedicated band of volunteers behind the most impressive displays in the Southern Fleurieu Historical Museum – always a 'must see'.

And, of course, a country show wouldn't be one without the countless competitions led by the champion cake bakers of the region and every-day people who understandably proud of other things they create.

This will be the 142nd time the Port Elliot Show has brought a community together and created life-long memories. It is also one of the many examples of an incredible number of selfless volunteers gathering and working hard for the benefit of many, and perhaps rarely having time to enjoy the moment.

The Fleurieu has missed our shows in recent years and well done to everyone involved in those at Yankalilla, Strathalbyn and now Port Elliot.



Saturday-Sunday, October 8 & 9 Port Elliot Show, Tottenham Court Rd, Port Elliot
Saturday 9am-5pm, Sunday 9am-4pm.

Tickets: Adults \$12, pensioners \$8, children 8-16 \$5.

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Seaside walk for a great cause

They walk with support and hope, and some with their beautiful dogs. It's the annual Seaford Rotary Seaside Walk and the next one is on Sunday, October 16.

It's the Rotary Club of Seaford Onkaparinga Seaside Walk for Suicide Prevention, which was launched in 2017, and apart from missing a year because of COVID thousands have supported this great cause and raised more than \$20,000.

The team has donated the funds for suicide prevention and mental health initiatives including:

- Funding for Australian Rotary Health, Australia's leading non-government sponsor of mental health research, including a \$7000 grant for a study by Dr. Angela Nicholas into suicide prevention



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- Sponsorship of mental health first-aid training seminars, and

- Funding GROW Australia for in school mental health programs.

The event has been relaunched as the Seaford Rotary Seaside Walk, with participants starting from Port Noarlunga South. You may walk as an individual, with your family, work colleagues or sporting group.

The walk concludes at Moana, where registered walkers will receive a free sausage sizzle and water. A range of stall holders specialising in the field of mental health will be available to share information, with food and drinks available.

All proceeds will support suicide prevention and mental health initiatives. Registration is essential. Go to:

www.trybooking.com/events/landing?eid=943505&

The walk coincides with Australian Rotary Health's to Lift the Lid on Mental Illness initiative by hosting a Hat Day event during Mental Health Month in October.

hatday.com.au

Victor lights up best

Victor Harbor has out-shone other South Australian country regions with record numbers attending the the final of three regional installations as part of this year's Illuminate Adelaide program.

A total of 21,742 people flocked to Victor over two weeks and three weekends for Harbor Lights, which finished on September 11. It followed regional activations of Illuminate Adelaide 2022 in Renmark, which attracted 11,000 visitors over four weeks, and Mount Gambier, which saw 17,000 people over two and a half weeks.

The highlight of Harbor Lights was *Monuments*, an internationally renowned work by Craig Walsh, which celebrated influential First Nations peoples from across Ramindjeri and wider Ngarrindjeri Country. Other artists featured at Victor Harbor included Affirmation Stations by Vans The Omega, Submergence by Squidsoup, and Under The Neon Sea and I Am Here by Carla O'Brien.

The regional presentations are an initiative supported by the South Australian Tourism Commission, in partnership with innovative regional councils and award-winning artists. Nearly 50,000 visitors were enticed to installations across the Riverland, Limestone Coast and Fleurieu Peninsula, described by Minister for Tourism Zoe Bettison as an incredible win for regional SA.

"On the back of more than 1.2 million attendances at the CBD program of Illuminate Adelaide, it shows the appetite for this new major annual festival is huge and demonstrates how we're working to extend the benefits of events across the state," she added.



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GOOLWA WHARF ROTARY

MARKET: Goolwa Wharf, first & third Sunday of the month. Rotary Club of Encounter Bay. 0459 786 469.

McLAREN VALE YOUTH

MARKET. Supporting young entrepreneurs aged 10-25 second Saturday of the month, 155 Main Rd at the Piazza. e: mclarenvaleyouthmarket@gmail.com

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 October 1. 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 FARMERS MARKET: Fresh produce at Grosvenor Gardens, Torrens St every Saturday from 8am-12.30pm. Enquiries: 0438 858 667.

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.

WILLUNGA GREEN LIGHT

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

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:

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Road, every second Saturday 8am-noon. Contact Rob Hall 0408 897 393.

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.

Free events at Normanville

A fabulous crew under the guide of A Birdie Told Me is putting on a few free community events at Normanville.

It had one on October 2, and there are more – Lazy Sunday Afternoon Under the Tree at Yankalilla Showgrounds featuring the great sound of Anthony & Rhys Acoustic Duo with special guest Kev on October 9 from 4-9pm.

This event is sponsored by A Birdie Told Me, Ray White Normanville, Taylor Made Beef Jerky, Junk Street Catering and Peter Marks

There is also a New Year's Eve Gig on the Green at Normanville Village Green from 5-9pm – another A Birdie Told Me project. There is a live band Perfect Strangers, food stalls and bar facilities – no BYO alcohol.

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On the trail of folk music

STORY: ASHLEY PORTER

Last week marked the 25th anniversary of then 62-year-old Mary Mason introducing us to urban retirees hitting the high roads in their vans as Grey Nomads in a brilliant ABC documentary series. Now it seems the grandchildren of those pops and blue rinse grans inherited that endless dream, following the fabulous trail of folk music.

There are 16 across the nation, none bigger than the five-day marathon of Canberra. But there is only one of its kind in South Australia starting in Victor Harbor in 2002,

and moving five years later to Willunga. We can thank Peter Thornton, a South Australian legend in traditional folk and Australian bush music, and his wife Annie, whose dream of such an event became a reality. Sadly, Peter passed away in 2016.

Come the weekend of October 21-23 vans will again be coming from all over Australia for our 16th Folk Festival at Willunga Oval. Although classed as folk festival it will have all genres including Celtic, Americana, Blues, bluegrass Indi and Western Swing.

They say there's something for everyone, and event secretary Cathie Lincoln-Bouts suggests it's not just about safely entertaining folk music tragics in 10

marquees simultaneously from 10am-midnight on the Saturday and Sunday.

"A lot of people come to the festival not only to see the acts, but to meet up with people whom they met at another festival," Cathie said. "Artists who may be in separate vans, and may or may not be performing at the festival, but they all start collaborating.

"We will have 2000 people daily milling over the three days. They'll be in vans or camped alongside, and you will hear and see people hooking up with someone from the year before. They always do, and it makes a nice little community of campers.

Continued P11

16th Fleurieu Folk Festival, Willunga Oval, October 21-23

Pictured left: Totally Gourdgeous, who will be one of the big acts at the festival. Rightw: Event secretary Cathie Lincoln-Bouts (left) and festival director Val Corfield.

From P10

"They probably won't have seen each other for years and they'll stand under a tree a play a bit of spontaneous music. It's not only the program music there's all the other pop-up stuff and it makes such a vibrant atmosphere."

"They have a massive marquee that has a bar inside and chairs and tables. There are those who come to the festival and don't even go and see a gig – they just sit at the bar and jam the whole weekend. There is something for everybody."

Festival director Val Corfield couldn't hide her excitement in saying this year's headline acts were really top line.

"They were set to come last year but couldn't because of COVID," Val said.

"Everyone has been craving for live music and gigs. We usually have an international performer, but that can't quite happen just yet."

The event has, however, attracted radio announcer David Calder from Taranaki, New Plymouth, New Zealand where he produces brilliant podcasts that have a strong international following. He will do radio interviews and podcasts of our event. Also welcomed will be Jeri Foreman, an outstanding young performer who has been living in Scotland and working with young people in a mentoring program. She will be working with other aspiring artists during the weekend.

Cathie said the festival was perpetuating live music, the interaction between the musicians and the public, spoken word as well as dance. There will be various cultural dance performances, and the *English Morris Dancers* will also do workshops on their Cornish dancing. There is a didgeridoo workshop and it wouldn't be a folk music festival without a ukalade workshop.

This year's event is different in that there is a children's festival within the main festival in a marquee, and a children's trail along the same lines as the *Yellow Brick Road* at shows. Children under 15 are admitted free.



Val said a grant from SA Government through its Skills & Innovation Department Innovation under the See it LIVE music program has allowed organisers to seriously involve younger people in the festival.

"It is something that we need to perpetuate because the main genre of patrons over the years is getting older," Val said. "We have collaborated with a young musical entrepreneur in Josh Morphett, who has a strong following of youth, and will run a huge marquee and organise the bands. We are very excited about this. Whilst there has been a lot of young performers getting the youth in has been hard to do."

Of course, events like this don't just happen. It is put together by an amazing committee of 12 who were carefully chosen because of their particular skills set, and incredibly

by more than 150 volunteers. Included in this diverse range are Mike McGuire who does the site management, and Kath Kennedy, who is the performer engagement person, going to lots of festivals and live gigs searching for and approaching top class performers.

There has been great support from SA Government, City of Onkaparinga and Bendigo Bank.

It has also taken a lot of fundraising by the committee and others, and hopefully outstanding gatetakings will go a long way in making our Folk Festival a huge success. The good news is that those pops and blue rinse grants who are thankfully still with us from 1997 can park their old vans at a discount rate. Trendsetters, they continue to be. 🌈



It's more than a club

STORY: ASHLEY PORTER

It's seven o'clock on a miserably wet and cold Friday night and 40 or more people are chatting and having a great time in the community hall behind the McLaren Flat Soldiers Memorial Hall.

Somehow it's always happy hour at this place, but according to one volunteer Ann Bain, a member of almost 20 years, it was nothing compared with the old days.

"Back then if we had 80 people it would have been a bad night for numbers, but the whole lot of them would stay around and help with the washing up, taking in turns to do the work," she said.

"Everyone would be talking and having fun. And then we got a dishwasher which ended all that. We found out the young ones don't wipe up dishes anymore."

Of course, it's not really the fault of the

poor relation to the latest Westinghouse top of the range model, but the example painted the picture we are seeing every day – a lot of community clubs are struggling to survive. So are countless sporting and social clubs and they are all crying the same message – no one wants to go on a committee anymore.

These McLaren Flat facilities are managed and operated by the McLaren Flat Recreation Ground Association, of which Roger Westland and Helen McGuinness are each celebrating their 40th year at the centre. They started very young, of course.

"We had lawn bowls here for more than 20 years and they could not get a committee so they folded three years ago," Ann bemoaned. "This year was the first year that we haven't had table tennis after having it seemingly forever.

"We used to have T-ball for 250 kids here every Friday night, and families would come

in here to the clubrooms for a meal. Again, it stopped 15 years ago because of no committee. Our McLaren Flat Show has long gone."

According to Roger, the decline started 25 years ago this year when the local football club, the once mighty Eagles, merged with the McLaren Vale and McLaren Districts Junior football clubs.

Helen spoke of how players and their families and mates would come in after training twice a week and on match days; how the place once thrived. Now imagine the same impact upon the amalgamation of numerous football leagues and the folding of an incredible number of other clubs around the state.

Ann pointed to tables across the room and said how 22 older people would sit there every week having a nice meal.

Continued P13

Pictured above: Some of the members at the McLaren Flat Community Centre on this particular Friday night. Above right (from left): Helen McGuinness, Roger Westland and Ann Bain.



“

In some cases people retire to an area and they are starting off again, and unless they are involved in a sport or a club they really don't get to meet other people,” Helen said.

“Everyone needs some level of regular communication with other people.” - McLaren Flat Community Centre member Helen McGuinness

From P12

“When they all left, or should I say fell off the perch, we kept going but the numbers were low.

“When I first came over here there was a waiting list to get into the club – I had to wait six months.”

Roger believes that today's generation claims it is time poor, adding he and many others at this club had to work two jobs and still came in here and volunteered.

The sombre recollections of better times gone by didn't seem to warm any hearts with cruel weather outside, but the mood changed dramatically when between this welcoming trio the finer points of what this club was about – indeed that of others – surfaced.

Often forgotten, Ann, Helen and Roger reminded each other, was that communities are evolving; young families are moving into the area, as are retirees simply looking for a better lifestyle.

Helen said her community club – and of course, those like it – played a huge role in

dealing with the growing issue relating to mental health; the impact loneliness may have on someone.

“In some cases people retire to an area and they are starting off again, and unless they are involved in a sport or a club they really don't get to meet other people,” Helen said. “Everyone needs some level of regular communication with other people.

“Seven years ago my husband Tony came down here for three months before I did and I thought it was just a men's club. I made the effort to come in and have a look, and I've been coming here ever since.

“We just want to let everyone know that we are here.”

For the record, the community centre is down a laneway immediately before you get to the McLaren Flat Primary School. You're welcome to go inside, and for the record the membership is \$25, which is ridiculous when you get about \$4 off your drinks.

The prepared supper is always good, and on another night some great meal vans will turn up. They're already planning for a big

New Year's Eve Show, and another vintage cars event and a market on the main oval next April. You also get a free drink when it's your birthday, and they joke bad luck if you were born on Feb. 29.

However, again like so many other community clubs it's not just about the Jatz biscuits and cheese on a quiet night or the rock 'n roll and 80s bands they occasionally have here also, but the simple fact it offers an always needed hub to just have a good old fashioned talk.

We say 'boo hoo' to those who wouldn't go on committees without a genuine reason to help a club survive, and say 'good on you' to those who are still here in McLaren Flat making sure the cyclists, horse riders, netballers, tennis and soccer players, cricketers, quilters, Lions members and the great friends from the adjacent school can still meet ordinary, every-day people at their club and enjoy themselves.

And you're welcome to join them, or a club nearby you. Like the good days gone by, you just have to make the effort. 🌈



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Encouragement when needed



An overwhelming prevalence of breast cancer in Australia has been well documented over many years, but a relatively new program at the Fleurieu Aquatic Centre is dealing with something often forgotten in the challenge – regaining fitness.

The program was implemented nationally by YWCA Australia to support women who have experienced breast cancer and help them, restore mobility, flexibility and confidence. It has evolved so well here that two of the initial recipients August last year are now facilitators.

Breast cancer is the second most commonly diagnosed cancer in Australia with approximately 57 Australians diagnosed every day equating to more than 20,000 each year, and the Encore recovery process includes relieving symptoms and discomfort in the aftermath of a mastectomy, lumpectomy or breast cancer reconstruction.

Helen Bates is the Encore program coordinator for South Australia and Victoria, and while her interest initially stemmed from a close friend who died from cancer years ago, her incredible energy for this program is driven largely by positive outcomes experienced by its participants.

The Encore program, which is delivered over eight weeks for two hours per week each term, started August here last year.

Helen said the sessions begin with a half hour discussion with a guest speaker, who may be either a breast care nurse or someone who specialises in lymphoedema massage or other relevant service.

“The speaker may do Thai Chi... anything that is interesting and may help the participant to move on to the next stage of her life post-surgery,” Helen said.

“Carol Coombe and Amy Parkes, former participants who now facilitate the course at the Fleurieu Aquatic Centre, have 10 or 12 guest speakers on a roster. The next 30-40 minutes include land-based exercises – stretching, balancing, strength work – trying



to work on the lymphatic system to get that kind of slow movement.”

Helen emphasised the Encore program was just as much about mental well-being as regaining physical fitness at a slow pace.

“It’s about building people’s confidence, and week-by-week the exercises become a little bit more difficult and we add more as we go along.

“The participants change and then spend 30-40 minutes in the hydro pool doing resistance work against the water, some

cardio work and aerobic work. Overall, the program entails guest speaker, discussion, land base exercises and water-based exercises.

“We have found that the mental health aspect is really important. There is moral support as the participants work with each other. We get equally if not more feedback on the social aspect of this program as we do about the exercises.

Continued P15

“
Being here with other women – and everyone has their unique journey – and just being in that room with people who understand that you don't need to explain anything to anybody or you don't need to feel that you are being judged, is special.”

– Helen Bates (pictured)

From P14

“People want to come here, and later many say it is the most normal they have felt since their diagnosis. I have had some say they don't feel judged, adding 'I used to be a member of a gym and I don't want to have to explain why I am not lifting heavy weights or why I can't do what I once did'.

“Being here with other women – and everyone has their unique journey – and just being in that room with people who understand that you don't need to explain anything to anybody or you don't need to feel that you are being judged, is special.

“Participants have also said to me 'the program has given me a reason to leave the house again... I look forward to coming here on a Thursday; I just know that I am going to walk into a supportive environment'.

“We also do an online program and we get similar feedback.”

The YMCA's national Encore program started in March, 2021, and the stories of encouragement and being able to 'move on' are similar. 🌈

e: encore@ymca.org.au or m: 0449 904 011

New beachside respite cottage in Victor Harbor

Resthaven, a not-for-profit aged care community service, has enhanced its commitment to the Fleurieu Peninsula by opening Newland House, a new respite cottage in 1-3 Newland St, Victor Harbor.

The accommodation is available for short term, overnight, individual and group stays for older people. It is managed by Resthaven Murray Bridge, Hills & Fleurieu Community Services, which also has a new office backing onto Newland House from Victoria Street.

Cecelia Oxborrow, manager Community Services at Resthaven Incorporated, said she was naturally excited about the new respite cottage. “It's cosy and home-like, and ready to offer social support and small group respite during the day, with activities, games, and delicious meals that cater for individual preferences.

“Respite stays allow people who care for an older person to take time to look after themselves, whilst knowing that their loved one is safe and supported by Resthaven's experienced staff.

“When someone is staying overnight, Resthaven staff are onsite 24/7 to offer individualised support.

“Carers are also welcome to stay over with their loved one, if they'd also like a break.

“We are so excited to be opening this new service to support older people to continue to live independently across the Fleurieu.”

Bookings are essential in order to manage in a COVID-19 safe way. T: 8574 5111.

Subsidised respite (daytime only) is available



Residential respite care in an aged care home may support you and the person who cares for you with a break for a short period of time, after which you return home. Residential respite care may be planned ahead.

All respite residents with approval for Respite Care are required to pay the basic daily fee determined by the Government.

for carers of older people through the Commonwealth Home Support Program. Private and home care package options are also available.

Newland House complements Resthaven's suite of service offerings for older people across the Murraylands and Fleurieu, which include residential aged care services at Murray Bridge and Port Elliot, and Community Services at Murray Bridge, Port Elliot, Goolwa, Strathalbyn and now in Victor Harbor. 🌈

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Flemington's great, but

An all favour

STORY: ASHLEY PORTER

Glitz, top hats, broken stiletto heels, champagne corks and champion 'two milers' will be back at Flemington for the 162nd running of the Melbourne Cup on the first Tuesday in November.

A big day to be had by all, one filled with tradition and the dreams of many. We refer it as 'the race that stops a nation', but it was 90-odd years ago that Middleton had its own Cup on Eric Scott's property on Currency Creek Road, and this race meeting actually got the town going.

Regrettably, World War II interrupted our tradition, and after being revived further down road at Eric's son Michael's property off Dings Road, Goolwa in 1983, hikes in insurance costs in 2002 put an end to our own big Cup day.

They may not have been as big as the Melbourne Cup, which this year carries \$8 million in prizemoney, but according to Philip Byrnes, now 80, who was on the local organising committee throughout they were in a class of their own.

The last Goolwa Cup, which according to the program was sponsored by Bob & Boof Smith and Steve Fat Feed Co., had only \$450 prizemoney, but it left ever-lasting memories.

"We used to get a hell of a crowd, a couple of thousand at least," Philip said. "The place was packed.

"It wasn't like your normal racetrack and meeting, but that was what made it special.

"There were no rails – we had tyres around the track over a mile. We used to get a

this was...

-time rite

dozen or more horses, and we'd have at least eight races in different classes like a normal race meeting.

"We had a gymkhana going on in the middle of the track. Then we got into dog racing and dog jumping and that was the most popular thing that we had. I mean all kinds of small dogs; there were bitsers, but mainly sheep dogs. Any dog, as long as it could run or jump.

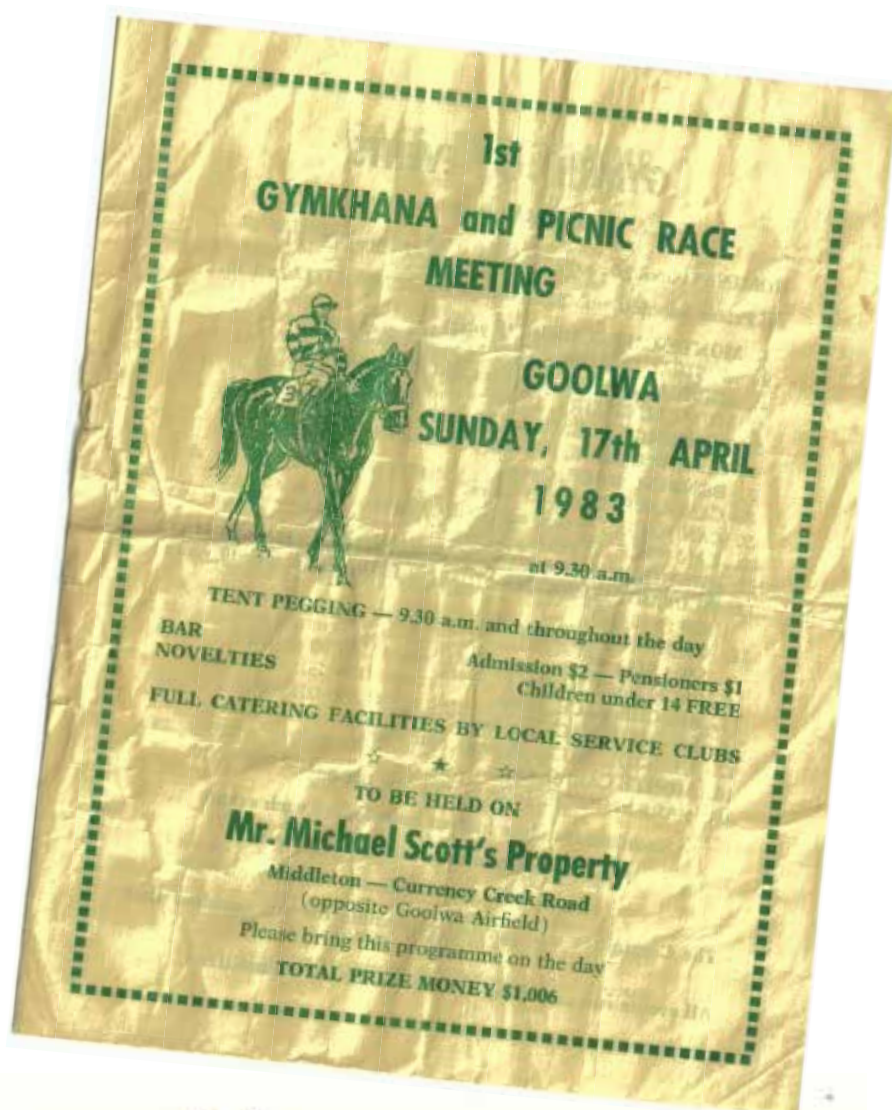
"People would tun up with all these dogs, go down the straight and let them go.... it was as popular as the horses. At times there were 20 dogs in a race; some would go off in different directions, some would fight coming down the straight and people were arguing who won. 'My dog won,' someone would shout. 'No it didn't, mine did' others would say. It was interesting, alright.

"We also had a steeplechase track around here with big jumps, and a few went big 'gutsers' but they were okay. We had our own fallen log just like Oakbank; they were big jumps, and it was full on. We cut that out the jumps because it was a bit dangerous."

In those days Rosalie Koler (then Pedler) left school at 15 to work in horse stables for trainers Robbie and Ian Fartcher, and later trained her own horses. She also rode at Goolwa for Philip, and at other picnic races at Echunga, Kuitpo, Tailem Bend and Meningie. They teamed one year on his bay mare Miss Fay and won every cup in the far north at picnic meetings.

"As a rider picnic race meetings were great; certainly not as dangerous as you may think," Rosalie said.

Continued P18



Pictured far left: Rosalie Koler with Philip Byrnes in front of the old starter's stand by the old racetrack off Dings Rd, Goolwa. Top: The program of the first post-WWII picnic race meeting held in Goolwa in 1983. Above: Trainer Ros Pedler, Rosalie and Philip pictured after winning at the Goolwa Picnic racemeeting in 1994 with prolific country winner Miss Fay.

Events

From P17

"A lot of the riders knew what they were doing... there were no amateurs out here."

There was no photo finish equipment at Goolwa, and to this day Rosalie said her biggest career win wasn't about prizemoney, but the bragging rights – all in fun – beating highly successful local trainer David Jolly, who was a most capable rider in his day, in a close finish.

"David reckons he won this race, but nah, no way, I did," Rosalie laughs. "They were great fun days, and no one took the races seriously."

"Most of the horses were retired thoroughbreds or hacks. We couldn't have registered runners because back then if you won here on a thoroughbred you couldn't then run it in a maiden in a normal race meeting; you had to step up a class. There was no betting on our races either."

"Another great memory was when they used to have dogs jumping hay bales, and every time they would clear it we'd add another one on top. I had a dog named Toby, a border collie x shepherd that jumped 12 bales, scrambling right up to the top."

Philip said picnic races were about a fun day for the community. "They had them back in the old days, more than a hundred years ago in some places, all over the state. Every one had a horse back then."

"A group of us from the Goolwa Pony Club were at a picnic race meeting at Echunga and we thought, why don't we have one again at Goolwa," Philip said. "A lot of people helped to make it happen every year."

"We had Harold Nicholls, who was the commentator at all the picnic meetings and did a great job. He was confined to a wheelchair so we had to get a fork lift to put him up the top of this huge stand, which was also used by Murray Hughes, who was the starter."

"We had chairs around the place so I guess that was our grandstand. For toilets we had long drops along the fence... I used to nick them off the building sites and then take them back the next morning. They were fun days. A real classic."

"Half the town came out here and had a barbeque. We'd have a big bonfire and a band playing under this huge gum tree at the end of the day. I remember John Davis playing, and who could forget that rock 'n roll band Joe and the Flying Carp."

"St John's (St John Ambulance Brigade) did the gate with all proceeds from the day including the bar going to them. We are



Top: The old ticket office now home to young roosters. Above: The tyres used as rails for the track. Right: The starter's stand.



proud to say we raised a bit of money for them over the years."

Nigel Cranfield now owns the site where on one day of the year locals once had the time of their life at 'Royal Goolwa'.

Goats and cows now roam the old racecourse with scattered evidence of those halcyon days. The old starter's stand is still there albeit rusted and twisted, old tyres used around the course still lay there because it costs \$10 to get rid of each one. Grandstand seats are packed behind a small shed that was the race day office, which is now home to five roosters, and thankfully there's no sign of the long drops.

These days Michael is on council, and not even he would give any chance of anyone approving a return to picnic races in Goolwa.

"They were great fun while they lasted," Michael said. "We had 22 picnic race meetings in 21 years and they were all a great family day of fun. It was wonderful that all proceeds went to St John's

Ambulance. The races were competed in good spirit and the well-being of both rider and horse was always of paramount concern – the South Australian Jockey Club race steward we had at the meetings always made sure of that."

Riders at these picnic race meetings across the state were not covered by the SAJC Discretionary Benefit Account – an insurance-like scheme – but fortunately none were seriously injured at these Goolwa meetings.

Philip said that every time he happens to run into Michael they'd both smile and say to each other, 'love to do it again'. "We laugh knowing full well it will never happen," Philip said. "But it's nice to remember the good old days."

No, 'Royal Goolwa' was never a patch on Flemington, but the ladies here weren't stupid enough to wear stilettos to a race meeting that got the town going. 🌈

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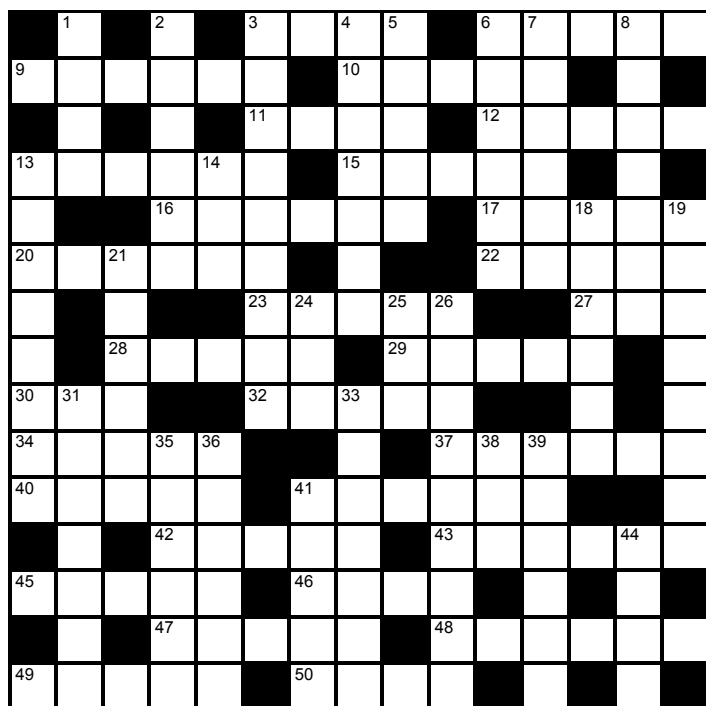
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Brain activation



Crossword

Across

- 3 Mild explosions
6 Protuberances
9 Make beloved
10 Mature
11 Above
12 Mingled
13 Say again
15 Planet
16 Cricket team
17 Bird
20 Is merciful to
22 Derogatory
23 Saturn's largest satellite
27 Beverage
28 Hang fluttering
29 Respond
30 Employ
32 Impressions left by blows
34 Vetches

Down

- 37 Catalepsy
40 Happening
41 Fertilising powder
42 Mortice connection
43 Fools
45 Come into effect
46 Precipitation
47 Upright
48 Sounds, as a pig
49 Burnt remains
50 Cuts with blows

- mammals
7 Complete agreement
8 Be chairperson
13 Determined
14 Drink
18 Seized with teeth
19 Proximity
21 Stick
24 Wrath
25 Craft
26 Young birds in a nest
31 Persons of learning
33 Newborn child
35 Meal course
36 Directs a course
38 Colour
39 Hostile spirit
41 Covered approach
44 Makes lace

Alfakodo

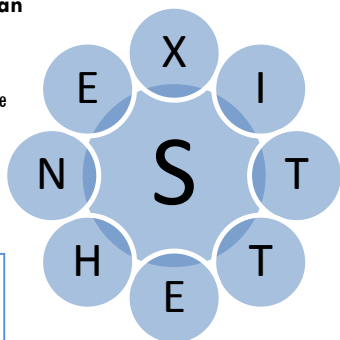
The aim of the puzzle is to allocate a number from 1-26 (right-hand column) to a letter of the alphabet (left-hand column), using the mathematical equations and clues provided. Only one number can be allocated to one letter. You can work out the numbers by using those letters that have numbers provided. For example in this puzzle (V) is worth 3 and (X) is worth 4, so (W) must be worth 12. Anywhere there is a (W) it is worth 12 and so on.

FOCUS

An All Australian Word Game

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

TODAY'S FOCUS Good: 15 words
Very good: 20 words
Excellent: 32 words



Reference: Macquarie Concise Dictionary
Focus No. 3334

A	T-H	
B	U+V	
C	R-A	
D	H×P	
E	X×P	
F	M+Y	
G	U+A	
H	S+P	
I	D+P	
J	U+L	
K	L×P	
L	E+Q	
M	N+C	

N	H+Q	
O	X+A	
P	E÷X	
Q	J÷X	
R	Q+B	15
S	V×V	
T	D+V	
U	V+X	
V	Z-N	3
W	D-B	
X	W÷V	4
Y	V+V	
Z	H+E	

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PUZZLE ANSWERS P25

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LET'S GET QUIZZICLE

1. The skin of the human body is made up of three main layers. What is the name of the top (outer) layer?

- a) Hypodermis
- b) Dermis
- c) Epidermis

2. Most of Canberra's famous tourist attractions are located in what precinct?

- a) Parliamentary Triangle
- b) Parliamentary Square
- c) Parliamentary Circle

3. Over what distance is the Melbourne Cup run?

- a) 2800m
- b) 3000m
- c) 3200m

4. British Shorthair is a breed of which animal?

- a) cat
- b) dog
- c) sheep

5. David Robert Jones was the birth name of which famous singer?

- a) Bono
- b) David Bowie
- c) Sting

6. The word planet comes from the Greek word planetes, which in English language means...

- a) wanderer
- b) globe
- c) sphere

7. What is the name of the Strait separating Australia and Papua New Guinea?

- a) Clarence Strait
- b) Torres Strait
- c) Capricorn Strait

8. What is Maasdam?

- a) a spice
- b) a drink
- c) a cheese

9. How many chess pieces does each player have in a game of chess?

- a) 14
- b) 16
- c) 18

10. Cape Canaveral, home to NASA's Kennedy Space Station is located in which state of the USA?

- a) California
- b) Texas
- c) Florida

11. Which tennis player won the 2022 French Open and USA Open Grand Slam women's singles titles, and also competed at the Adelaide International Tennis

Tournament at Memorial Drive earlier this year?

- a) Iga Swiatek
- b) Victoria Azarenka
- c) Garbine Muguruza

12. Sherwood Schwartz, the creator of *The Brady Bunch*, also created which other TV series?

- a) *Happy Days*
- b) *Gilligan's Island*
- c) *Bewitched*

13. "We have the chance to turn the pages over" are the opening lyrics of which song sung by Australian singer John Farnham?

- a) *Two Strong Hearts*
- b) *Age of Reason*
- c) *Your the Voice*

14. Tamar Valley is a wine-producing region in which Australian state?

- a) Tasmania
- b) Western Australia
- c) New South Wales

ANSWERS P25

Library launches sustainable food & lifestyle program

The Victor Harbor Library is definitely not just about books – it has launched an exciting new program: Sow. Grow. Eat. Repeat!.

It is aimed at encouraging sustainable food and lifestyle practises in the community through a series of educational events and initiatives to be delivered over three months. Victor Harbor Library has partnered with a range of organisations to develop the comprehensive program including Fleurieu Permaculture Group, Fleurieu Regional Waste Authority and The Food Embassy Inc. City of Victor Harbor deputy mayor Nick Hayles said he believed there was always something new to be learnt or considered when it came to incorporating environmentally-friendly behaviours into our everyday life.

"Whether you are a gardening guru or green novice, we'd love you to attend any of the educational events and initiatives being offered at the library throughout spring," he added.

"In addition to special events

the library will be hosting a curated collection of resources to encourage community members to develop their knowledge on local sustainability. These resources can be accessed at any time over the coming months. "We hope to support the community and leverage potential opportunities to partner with local organisations like the Victor Harbor Primary School to see the practices put into place in our daily lives." Some of the highlights to observe from the program include:

Grow Free Trolley to share home-grown seedlings and produce
The Fleurieu Peninsula's first Seed Library in a public library.
The Sow. Grow. Eat. Repeat! program is supported by an Innovation Grant from the Libraries Board of Australia and the Government of South Australia.

More information: www.victor.sa.gov.au/libraryevents or collect a printed program from the Victor Harbor Library, 1 Bay Rd, Victor Harbor.

SOW. GROW. EAT. REPEAT!

at the Victor Harbor Library



View our sustainability events at victor.sa.gov.au/library

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On the brighter side...

Life of Brian

Michael walks out to the street and catches a taxi just arriving. He gets in and the cabbie says: "Perfect timing, you're just like Brian."

Michael says: "Who?" The cabbie says: Brian Sullivan. He's a guy who did everything right all the time. Like my coming along when you needed a cab, things happen like that to Brian Sullivan, every single time."

Michael says: "There are always a few clouds over everybody."

The cabbie says: "Not Brian Sullivan. He was a terrific athlete. He could have won the Grand Slam at tennis. He could have played golf with the pros. He sang like an opera baritone and danced like a Broadway star and you should have heard him play the piano. He was an amazing guy."

Michael says: "Sounds like he was something really special."

The cabbie says: "There's more... he had a memory like a computer. He remembered everybody's birthday. He knew all about wine, which foods to order and which fork to eat them with. He could fix anything. Not like me. I change a fuse, and the whole street blacks out. But Brian Sullivan, he could do everything right."

"Brian always knew the quickest way to go in traffic and avoid traffic jams. He never made a mistake, and he really knew how to treat a woman and make her feel good. His clothing was always immaculate, shoes highly polished too. He was the perfect man. He never made a mistake. No one could ever measure up to Brian Sullivan."

NEWS UPDATE

DOCTOR GIVES KLEPTOMANIA SUFFERER SOMETHING TO TAKE

Michael says: "Wow, amazing fellow. How did you meet him?"

The cabbie says: "Well, I never actually met Brian. He died. I married his widow."

Boom, boom...

A report from overseas reveals a terrible tragedy: a helicopter crashes into a cemetery and the local authorities recovered 2565 bodies.

A woman sees a psychiatrist with a duck under her arm, and the psychiatrist says: "What's wrong with you?" The woman says: "Oh, there's nothing wrong with me, it's my husband; he thinks he's a duck."

Another woman sees the same psychiatrist and tells him about her husband. She tells

him: "He thinks he's a refrigerator." The psychiatrist says: "That's not too serious." And the woman says: "I know, but he sleeps with his mouth open and the light keeps me awake."

Another woman goes to the local jewellery shop and buys a grandfather clock. Three days later she brings it back and complains. She says to the sales person: "I'm not happy. Every hour this grandfather clock dribbles, has a bout of flatulence and goes back to sleep."

Two blokes are talking in the changeroom at the local gym, when one starts to put pantihose on. His mate is amazed. "How long have you been putting on pantihose?" And the other says: "Ever since my wife found them in the glove box."

A father says: "Son, you were adopted." The son shouts: "I knew it! I want to meet my biological parents." And the father says: "We are your biological parents... the new ones will pick you up in 20 minutes."

Take this...

An chap in his late 90s goes to the doctor feeling ill so the doctor gives him a prescription for a bottle of medicine.

The doctor says: "This is no ordinary bottle of medicine; it's potent stuff and it will cure your illness. It's so potent that I want you to take it one day and then skip a day. Take it again and then skip another day. Get it? Don't take it every day; skip a day."

Months later the doctor sees the chap's wife and enquires about his health. "Oh, he died from a heart attack," says the wife. "I think it was all that skipping..."

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Watson asks Holmes: "What's that you're eating?" To which he replies: "Lemon entrée, my dear Watson."

Doctor, doctor...

A man returns from an overseas trip and is feeling very ill. He goes to see his doctor and is immediately rushed to the hospital to undergo a series of tests. The man wakes up after these tests in a private room at the hospital and the phone by his bed rings.

The voice on the phone says: "This is your doctor... we have the results back from your test and I'm very sorry but you have an extremely contagious deadly disease."

The man is horrified. He screams: "What's wrong with me... oh no, am I going to die... what are we going to do?"

The doctor says: "Now calm down. We're going to put you on a strict diet of pizza, pancakes and pita bread."

The man asks: "Will that cure me?"

And the doctor says: "Well, probably not, but it's the only food that will fit under the door."

... and they're batting

It's the cricket season and Port Elliot is short of a player so the captain asks this horse in a paddock to fill in to make up the 11.

He puts the horse in to open the batting, and first ball he slams the bowler for four. Everyone is amazed. "I haven't warmed up yet," says the horse.

However, the bowlers get crafty trying to get the horse out legs before wicket. The batsman down the other end says to the horse: "You're amazing, but what say we take a few singles to get the run chase going a bit faster?"

Next ball the horse pokes the ball through

mid-wicket and the other batsman yells: "Yes" meaning to run. The poor horse just plods down the other end and gets run out.

The other batsman says: "Why didn't you run faster?" And the horse says: "If I could run fast I'd be at Flemington instead of playing this stupid game."

When things get ugly

Sam and Bazz are having a drink in the front bar of the Yankalilla Hotel when this gorgeous brunette goes up to them and says she only kisses ugly blokes.

Poor Sam can't help himself. "When I was a kid my mum used to tie a bone around my neck so the family dog would play with me."

Bazz, being even less smarter, says: "That's nothing. When I was eight-years-old we used to play spin the bottle. When it pointed at you a girl would either give you a kiss or 20 cents. By the time I was nine I owned my first car."

Swiss

Steve is at a bar when he hears two blokes talk how good Switzerland is... the scenery, kindness of the people, the cheese...

Finally, Steve says: "Nope, there is not much good that I can say about Switzerland."

The other two guys are miffed; angry actually. They go on about the Swiss chocolate, how good their tennis stars are like Roger Federer who has just retired, and the many things they do well.

And Steve says: "Listen guys, there is nothing really nice to say about Switzerland, but I must admit, their flag is a big plus."

Hits a snag

A man walks into a bar and orders a drink. He then notices there are pieces of meat nailed to the ceiling of the bar so he asks the barman what they are for. The barman replies: "If you can jump up and pull one of them down you get free beer all night, but if you fail, you have to pay the bar \$100. Do you want to have a go?"

The man thinks about it for a minute and days: "Nah, the steaks are too high."

Dad Jokes

What is a horse's favourite sport? Stable Tennis.

How do you kill a circus troupe? Go for the juggler.

What happens if you get a gigabyte? It megahertz.

Why did the germ cross the microscope? To get to the other slide.

What did the rope say after it got tangled? "Oh, no. Knot again!"

How do you know that your tiger is telling the truth? He's not a lion.

What did the fisherman say to the magician? Take a cod, any cod.

What does an envelope say when you lick it? Nothing. It just shuts up.

Why did the donut go to the dentist? It needed a chocolate filling.

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

What did one earthquake say to the other? It's not my fault. 🌈



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C	N	O	V	E	R	M	I	X	E	D
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N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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QUIZ: 1c; 2a; 3c; 4a; 5b; 6a; 7b; 8c; 9b;
10c; 11a; 12b; 13c; 14a.

Southern Fleurieu Film Society movies

Oct 4, 5 & 7

About Elly (France 2009)

(PG) Drama, mystery. Starring Golshifteh Farahani, Shahab Hosseini, Taraneh, Alidoosti. Directed Asghar Farhadi. What would you do? A group of friends and their children travel to the Caspian Sea for a short holiday. It starts out as a wonderful adventure until two of them mysteriously disappear. Milang Institute on Friday, Oct. 7, Victa Cinema, Victor Harbor Tuesday, Oct 4, and Centenary Hall, Goolwa Wednesday, Oct 5. Doors open at 6.30pm for 7pm start.



November 1, 2, & 4

Nashville (USA 1975)

Comedy, drama, music. Directed by Robert Altman starring Keith Carradine, Karen Black, Ronee Blakley. Five days in the Nashville country and gospel music scene, filled with stars, wannabe stars, and other hangers-on. A hilarious and scathing commentary on American society. Milang Institute on Friday, Nov. 4, Victa Cinema, Victor Harbor Tuesday, Nov 1, and Centenary Hall, Goolwa Wednesday, Nov 2. Doors open at 6.30pm for 7pm start.

Note: You need to be a member to attend sffs screenings. Membership is \$25 which includes other films screening over the remainder of 2022. Visit: sffs.org.au

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Special days in October



National Hat Day: National You can help Australian Rotary Health's to Lift the Lid on Mental Illness by hosting a Hat Day event during Mental Health Month in October. Every cent raised goes directly to research helping the one in five Australians affected by depression, anxiety, schizophrenia and many other illnesses. hatday.com.au



Breast Cancer Awareness Month. An important time for NBCF to highlight why research in this area is so crucial. Breast cancer is the second most commonly diagnosed cancer in Australia, with nine people losing their lives to the disease every day.

Dogtober: Assistance Dogs Australia encourages us to get involved with Assistance Dogs, have some fun and help train another 25 super pups to help people with a physical disability. You can help by creating your own doggie themed event during October or being sponsored to undertake a challenge which will raise much needed funds and awareness. [www.dogtober.org.au](http://dogtober.org.au)

4-10: National Amputee Awareness Week. Limbs 4 Life empower amputees with knowledge and support to make a real difference because no one should have to go through limb loss alone. It provides information and support to amputees and their families while promoting an inclusive community. www.limbs4life.org.au



Friday, October 7: The Grow organisation encourages us to take a light-hearted approach to reminding people that anyone can have an odd day. Stigma is undoubtedly still one of the biggest barriers to people seeking help and recovery from mental illness. www.oddsocksday.org.au

Friday, October 7: Harvey Ball, a commercial artist from Worcester, Massachusetts created the smiley face in 1963. That image went on to become the most recognizable symbol of good will and good cheer on the planet. After Harvey died in 2001 a foundation was created to honor his name and memory, and an objective is to remind us to all smile on the same day. www.worldsmileday.com

Friday, October 28: Day for Daniel. Daniel Morcombe Foundation organises Australia's largest child safety education and awareness day. It honours the memory of Daniel Morcombe. Register your school, early learning centre, workplace or community group. www.danielmorcombe.com.au

Friday, October 28: National Bandanna Day. Organisation Canteen aims to raise \$1.7 million to help young people living with cancer. The theme for this year's event is 'Attitude is Everything - Buy It, Wear It'. By selling, buying and wearing bandannas, you can show your support for young people as they fight cancer. www.canteen.org.au/bandanna-day/

Second Valley Hall celebrates centenary

The Second valley Soldiers Memorial Hall is proudly celebrating its centenary over the weekend of October 16-17. The hard-working committee and friends have organised an exhibition based on life in Second Valley in the 1920s including photographs, curious items and artefacts. There will be a guest speaker, and a sausage sizzle and a coffee van on offer.

The snooze chairs

Real homely living is about comfort, and no matter your age it doesn't get any more comfortable watching the telly than sitting in a recliner chair.

Three of the finest brands are IMG – Internasjonal Møbel Gruppe is located in Sykkylven, Norway – the Lanfranco Lucy lift chair, and Lazboy Harbor Town.

They are available at Coastal Habitat in Victor Harbor, and like others these brands have their strengths and qualities. However, there is one golden rule – go into the store and try it out. They are all comfortable and well made, but there is nothing like knowing what you are paying for.

You may choose from range of fabrics, leather and wood colours, especially from the extensive IMG range, and think of how your chair will look in your lounge room. Will it blend in nicely with the other chairs, curtains and floor coverings in the room?

IMG also offers Ultra Smart fabric, an alternative that is durable and stain resistant. Please ask your retailer for more information. Don't even think about the cheaper options of someone spraying your chair or lounge to protect them from stains unless you are absolutely certain on what potentially seriously harmful chemicals they are using.



Lazboy Harbor Town model

Widely recommended is SMARTFABRIC technology which combines a performance fibre with a performance finish to give fabrics durability and longevity.

Lanfranco Lucy produce quality lift-chairs with battery and electric options, while Lazboy is also an excellent choice with the range in manual and battery. They also have a good warranty. Again, find out whether an electric model will best suit your needs.

They all come with the greatest 'guarantee' known in the furniture business – lay back and there's every chance you will go to sleep after a long day. Why not, you deserve it, and these chairs can blend really nicely into your room if you take time to choose the right colour or style.

- Jess & James



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Embrace: Kids

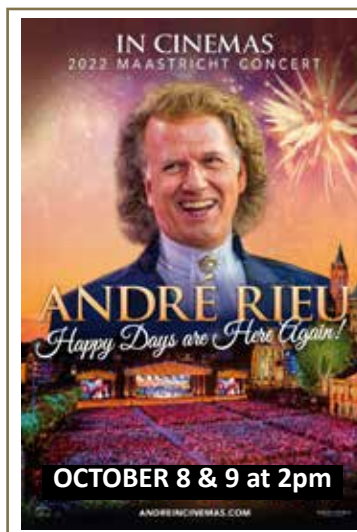
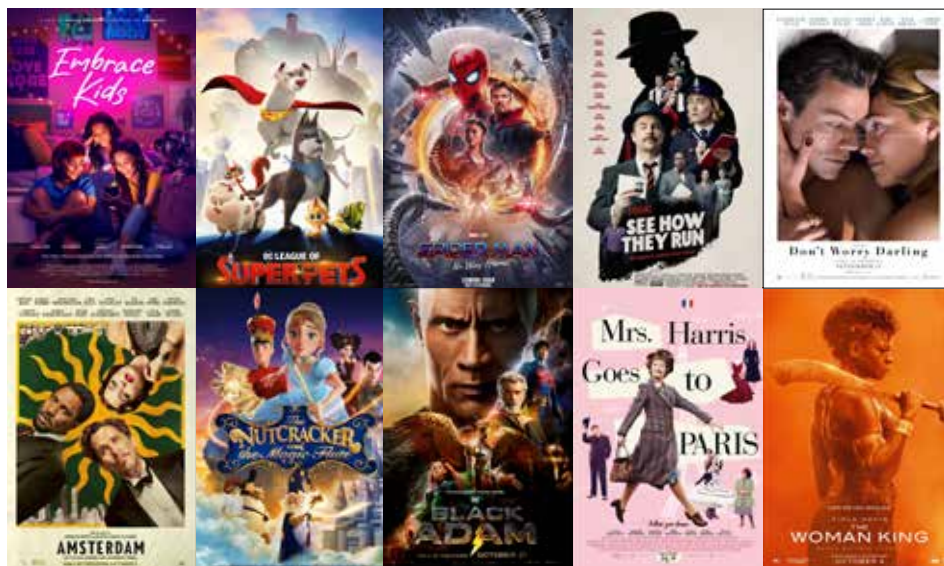
(G) Documentary starring Jameela Jamil, Celeste Barber, Amy Sheppard. Directed by Taryn Bumfitt. Filled with fun and joy, this vital documentary shows kids how to move, nourish, respect and embrace their bodies. It will explore the relationship children have with their bodies, why so many boys and girls hate their bodies and what we can do about it. The film will cover topics including social media, photoshopping, 'fitspiration', the influence of media and advertising on body image and role models.

DC League of Super-Pets

(CTC) Animation, action, comedy, family, crime, fantasy, sci-fi starring Dwayne Johnson, Kevin Hart, Keanu Reeves, Diego Luna. Directed by Jared Stern, Sam Levine. Krypto the Super-Dog and Superman are inseparable best friends, sharing the same superpowers and fighting crime in Metropolis side by side. When Superman and the rest of the Justice League are kidnapped, Krypto must convince a rag-tag shelter pack – Ace the hound, PB the potbellied pig, Merton the turtle and Chip the squirrel – to master their own newfound powers and help him rescue the superheroes.

Spider-Man: No Way Home

(M) Sci-fi, Marvel starring Tom Holland, Zendaya, Benedict Cumberbatch, Jon Favreau, Jacob Batalon. Directed by Jon Watts. For the first time in the cinematic history of Spider-Man our friendly neighbourhood hero's identity is revealed, bringing his Super Hero responsibilities into conflict with his normal life and putting



Andre Rieu's 2022 Maastricht Concert: Happy Days are Here Again!

(Ex) Music starring Andre Rieu and directed by Andre Rieu, Michael Wiseman. After two years maestro André Rieu is performing from his hometown of Maastricht once again. André's brand-new summer concert will be a jolly and captivating summer event on the iconic Vrijthof square featuring popular feel-good classics, show-tunes, and of course joyous waltzes. Together with the wonderful Johann Strauss Orchestra and very special guests André is bringing an uplifting and romantic party to your local cinema.

those he cares about most at risk. When he enlists Doctor Strange's help to restore his secret, the spell tears a hole in their world, releasing the most powerful villains who've ever fought a Spider-Man in any universe. Now, Peter will have to overcome his greatest challenge yet, which will not only forever alter his own future but the future of the Multiverse.

See How They Run

(M) Mystery, thriller, history starring Sam Rockwell, Saoirse Ronan, Ruth Wilson, Adrien Brody. Directed by Tom George. In the West End of 1950s London, plans for a movie version of a smash-hit play come to an abrupt halt after a pivotal member of the crew is murdered. When world-weary Inspector Stoppard (Sam Rockwell) and

Check out the movie & dinner deals! www.victacinemas.com.au

eager rookie Constable Stalker (Saoirse Ronan) takes on the case the two find themselves thrown into a puzzling whodunit within the glamorously sordid theatre underground, investigating the mysterious homicide at their own peril.

Don't Worry Darling

(CTC) Drama, thriller starring Olivia Wilde, Harry Styles, Chris Pine, Florence Pugh. Alice and Jack are lucky to be living in the idealised community of Victory, the experimental company town housing the men who work for the top-secret Victory Project and their families. The 1950s societal optimism espoused by their CEO anchors every aspect of daily life in the tight-knit desert utopia. Life is perfect with resident's needs met by the company. When cracks begin to appear, exposing flashes of something much more sinister lurking beneath the attractive façade, Alice can't help questioning exactly what they're doing in Victory, and why. **Commences October 6**

The Nutcracker & the Magic Flute

(CTC) Animation, adventure, comedy. Directed by Georgi Gitis. Follows Marie, as she makes a wish and becomes the same size as her toy nutcracker, who is really a prince under a spell, and they must travel to the magical Land of Flowers to save the world from the rat people. **Commences October 13.**

Amsterdam

(CTC) Drama, history starring Michael Shannon, Robert De Niro, Andrea Riseborough, Zoe Saldana, Rami Malek, Christian Bale, Mike Myers, Chris Rock, Timothy Olyphant, Margot Robbie, Anya Taylor-Joy, John David Washington. Directed by David O. Russell. Set in the '30s, it follows three friends who witness a murder, become suspects themselves and uncover one of the most outrageous plots in American history. **Commences October 13.**

Black Adam

(CTC) starring Dwayne Johnson, Pierce Brosnan. Directed by Jaume Collet-Serra. Nearly 5000 years after he was bestowed with the almighty powers of the ancient gods and imprisoned just as quickly Black Adam (Johnson) is freed from his earthly tomb, ready to unleash his unique form of justice on the modern world. **Commences October 20.**

Mrs Harris goes to Paris

(CTC) Drama starring Lesley Manville, Isabelle Huppert, Jason Isaacs. Directed by Anthony Fabian. In partnership with the House of Dior, the movie tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress, and decides that she must have one of her own. After she works, starves and gambles to raise the funds to pursue her dream, she embarks on an adventure to

Paris which will change not only her own outlook, but the very future of the House of Dior. **Commences October 27.**

The Woman King

(CTC) Drama, history starring John Boyega, Viola Davis, Hero Fiennes Tiffin, Lashana Lynch, Jayme Lawson, Sheila Atim, Thuso Mbedu, Adrienne Warren, Masali Baduza, Angeliq Kidjo. Directed by Gina Prince-Bythewood. The remarkable story of the Agojie, the all-female unit of warriors who protected the African Kingdom of Dahomey in the 1800s with skills and a fierceness unlike anything the world has ever seen. Inspired by true events, it follows the emotionally epic journey of General Nanisca as she trains the next generation of recruits and readies them for battle against an enemy determined to destroy their way of life. Some things are worth fighting for. **Commences October 27.**

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To celebrate our 150th edition we chose to again include the Choc Orange Cake recipe because it is our favourite. Enjoy!

Choc Orange Cake

Cake ingredients

½ cup caster sugar
4 eggs, separated
1 cup plain flour
2 teaspoons baking powder
125g butter, melted
grated rind and juice of 1 orange

For pouring over cake

¾ cup orange juice
2 tablespoons sugar

Chocolate icing

125g dark chocolate
1 teaspoon coffee extract*
1 tablespoon sour cream
1 tablespoon boiling water

Method

Pre-heat oven to 180°C. Line a cake tin with baking paper (20cm round spring form tin is ideal).

Place egg whites in a bowl and whisk until soft peaks form.

In a large bowl beat the sugar and egg



yolks together until thick and creamy. Sift together flour and baking powder and add to egg mixture, stirring until combined. Add cooled melted butter, orange rind and juice. Gently fold in whisked egg whites. Pour into prepared cake tin and bake at 180°C for 30-35 minutes, or until golden on top and firm to touch.

Remove from oven and immediately poke holes a few centimetres apart over the top of the cake using a skewer. Slowly pour

combined extra orange juice and sugar over the top of the cake. Leave in tin to cool.

Prepare chocolate icing. Combine ingredients in a saucepan and stir continuously over low heat until melted and smooth. Ice cake and enjoy!

Note: Coffee extract may be substituted with 1 tbsp strong brewed espresso coffee or 1 tbsp strong instant coffee (liquid – not granules).





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Fettuccini Carbonara

Ingredients

1 tbsp olive oil
25g butter
100g sliced pancetta, cut into thin strips
2 garlic cloves, crushed
400g fettuccine*
3 eggs
150ml pure cream
ground black pepper
½ cup grated pecorino cheese
½ cup grated parmesan cheese
2 tbsp chopped parsley
extra grated pecorino and parmesan cheeses and parsley to garnish



Method

Heat the oil and butter in a frypan over medium heat. Add the chopped pancetta and cook for 4-5 minutes, or until pancetta starts to crisp.

Stir in the crushed garlic, remove from heat and place to one side.

Meanwhile cook the pasta in a large saucepan of boiling water, as per packet instructions.

In a bowl beat the eggs and cream together, adding ground black pepper to season.

Once cooked, drain pasta saving half a cup of the cooking water.

Return pasta to the saucepan. Quickly add the pancetta and the egg mixture to the pasta, stirring gently to combine.

Add the two cheeses and parsley, and continue stirring until cheeses have melted. If the pasta is too guggy, add a little of the

reserved pasta cooking water to thin.

The heat from the pasta should cook the egg mixture and melt the cheeses. Place saucepan on low heat and stir gently, if extra heat is needed.

Serve topped with extra grated cheeses and parsley.

***Note:** Dried or fresh pasta is suitable— we like fresh.

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