



# CITTA-CHAT

Autumn 2021 | Newsletter for members of Cittaslow Goolwa | 12 May 2021

## Greetings to all Cittaslow Goolwa members!

It has been a while between Newsletters, but rest assured, Cittaslow volunteers have been as busy as ever. These pages are full of stories, updates and news about coming events.

First some updates...

- ▶ **Cittaslow Food & Wine meetings** are still held on the last Monday evenings of the month but for now we meet in the Goolwa Aquatic Club on Barrage Road as the RSL is no longer being made available to us. The Club has kindly allowed us to meet there on a trial basis for now. All members are welcome to join the meeting from 5pm then shared meal from 6pm. BYO alcohol and \$2 coin donation to the GAC. If you are not currently on this mailing list but would like to receive information about F&W please contact: [admin@cittaslowgoolwa.com.au](mailto:admin@cittaslowgoolwa.com.au)
- ▶ **Cittaslow Corner** is now open for 'off-peak' hours of 11am – 2pm Thursday to Monday as in other years. But the big news is that we have two new Coordinators: Rose-Marie Vasiljuk and Ruth Jones who have kindly offered to step in while Karen Ross moves to Queensland for the winter – a well-earned warm break. Volunteers are still needed to cover the cooler months so don't hesitate to contact Rose-Marie: [rosemarievasiljuk@gmail.com](mailto:rosemarievasiljuk@gmail.com) (Karen is still available by email as well on [karenrosswalks@gmail.com](mailto:karenrosswalks@gmail.com))
- ▶ Cittaslow now has a new **Storage Container** to house all of the equipment used for our events including marquees, tables, glasses and so on. This has been an identified need for years and we are grateful to Antonio and Roger for organising the purchase and Lauri for organising the inventory of equipment being stored privately by members, plus a HUGE thank you to Gillian and Michael Keen who have kindly allowed us to locate the container on their property temporarily. Any members are still holding Cittaslow equipment in their sheds should contact Lauri O'Brien: [lauri@healthcareredesign.com.au](mailto:lauri@healthcareredesign.com.au)

- ▶ Another identified need that has been a long time on the drawing board is the updating and upgrading of the **Cittaslow Goolwa Website:** ([www.cittaslowgoolwa.com.au](http://www.cittaslowgoolwa.com.au)). Having been sorely neglected in the past few years because of a lack of volunteer hours to address it, we are excited and grateful to have a team of skilled volunteers poised to work their technological magic: Rose-Marie Vasiljuk, Tracy Parkes and Joel Shayer. It only remains for others of us to set to and write some new content!!!
- ▶ Cittaslow **Community Garden** volunteers still welcome visitors but because they are so busy working the beds and surrounds on Wednesday the preferred day for visits is now Friday mornings. Please contact Angela Nesci ([anesci48@gmail.com](mailto:anesci48@gmail.com)) to let you know you are coming so she can ensure there are volunteers available to show you around.
- ▶ **Cittaslow Goolwa Producers and Artisans Market** (Cittaslow Goolwa Market, for short) – yes, our favourite market has a new name! The good news is that it remains the best place to source fresh local food and produce as well as crafts, fashions, jewellery and much more – all made by local creators using environmentally friendly materials in the true spirit of Cittaslow. Changing the name from Farmers' Market reflects the fact that as well as buying high quality, locally grown produce, the market has gradually expanded to provide a wider range of products and the community has responded by turning up in increasing numbers every 2nd and 4th Sunday mornings of the month (plus 5th Sundays when they occur). All of this in a friendly and welcoming open air environment and accompanied by great live music. Come along to Jaralde Park in the wharf precinct between 9am-1pm on Sunday 23rd and 30th May (and every month after that), grab a coffee and explore all the good things on offer!
- ▶ And finally, to the **Committee**. Most of you will be aware that the Annual General Meeting for 2020 had to be postponed until February 2021 because of Covid restrictions. In the process we lost several of our Committee members and at the AGM there were two key positions vacant: President and Secretary. Christine Putland decided not to stand for another term as President but instead to nominate for the vacant position of Secretary, leaving Cittaslow Goolwa without a President for now. While all five committee members are sharing aspects of the role temporarily, this situation is not sustainable in the longer term. With a robust membership of around 200, Cittaslow Goolwa is a thriving association but it cannot continue to function without members' support for these central executive roles. (see the final page of this Newsletter for contact details of all members in key roles for Cittaslow)





## At The Wharf

Due to COVID-19 we were unable to hold our usual monthly “At The Wharf” ( ATW) sessions during the warmer months.

Fortunately, as restrictions eased we were able to hold one on Friday 19<sup>th</sup> March. We restructured the format so that only the band was on the deck and participants were socially distanced in the lawn area.

Cittaslow provided both of the food stalls as well as the bar refreshments. The Paella and Pasta were both sold out. We were lucky to have beautiful weather and the crowd participation was very pleasing.

We plan to reconvene ATW again in October. Keep an eye out for dates and times.

- Lauri O'Brien, ATW coordinator.





## Cittaslow members help clean up the roads!

As part of the Kesab Adopt-a-Road initiative, Cittaslow members held the second clean-up for the year on Hindmarsh Island. With the help of the Islanders Social Club, members were able to remove rubbish along 5 km of Randell Road and Captain Sturt Road. Although there was less rubbish this time, the picture shows that there was still a lot collected in just 1.5 hours with 13 helpers!



- Olaf Hansen

## Education

The start to the school year as well as the relaxing the restrictions for volunteers working in our local schools have meant I have been able to renew Cittaslow's association with the local schools.

The students at Investigator College have been busy with native plant propagation and the construction of a nursery extension to accommodate the 2000 seedlings. The students are working towards completion of The Certificate 2 in Conservation and Land Management (CALM).

The Environment Group at Goolwa Primary School have been busy reviving their vegetable garden which had been neglected through Covid restrictions and the long summer break.

Iain Langusch



Constructing the Nursery extension



In the Classroom



## Earthship lands in Goolwa!

Cittaslow members were recently treated to a tour of the new eco-home project in Goolwa North. Olaf Hansen, on behalf of the Cittaslow Environment Group, organised a site visit to 'Earthship Goolwa' to hear Amy Mackenzie talk about the project she is leading.

Earthships are super energy and water efficient homes that are typically off-grid. Amy is in the process of building her Earthship with the help of many volunteers – friends, family and Earthship enthusiasts. It is being constructed using over 900 car tyres, old carpets, thousands of used bottles and cans, all of which would otherwise have ended up in landfill.

Amy was attracted to the site in Goolwa North partly because Alexandrina is an accredited Cittaslow Council. Her project is the first of its kind in Alexandrina to gain Council approval, paving the way for more approvals in the future. Google 'Earthship Goolwa' for more information.

<https://www.earthshipcohomes.com.au/goolwa-sa.html>

Olaf Hansen



Project Leader - Amy Mackenzie



Environment Group touring the eco-home project





## Vogalonga Down Unda (VDU) 2021

The Vogalonga (long row) Down Unda will be held on Sunday 16<sup>th</sup> May. In its second year, this event for people powered craft has already attracted over 200 participants and more than 50 craft; from dragon boats, skulls and surf boats to skiffs, surf skis, canoes, kayaks and stand-up paddleboards.

The VDU starts at 9.00 am on Sunday, from the Goolwa Aquatic Club (GAC), where participants will greet Mayor Parkes and event sponsors with the traditional Venetian salute: the *Alza Remi* or Raising of the Oars. Led by The Armfield Slip's Lotus and the two Stormboy boats, rowers and paddlers will proceed upriver, past the wharf, through the bridge and on to their choice of three courses: short, main and long, before returning to the GAC where Cittaslow, the GAC and Kuti Shack will serve lunch to a background of music provided by 'Nobody's Sweethearts' and members of the Southern Fleurieu High School band. The GAC river foreshore will host a wonderful array of craft with many participants in costume to provide a real riverside spectacle.

Alexandrina Council's annual program 'Drawing on Country' will this year be based at and around the GAC with artists recording their interpretations of the day's events. Later, their work will be displayed in the Signal Point Gallery.

Attendance at the VDU is free and there will be excellent viewing of the boats and participants from the GAC precinct, the Wharf and anywhere along Liverpool Road. Covid-19 restrictions are still required such as QR code check-in, social distancing and hand sanitising.

Bart O'Brien



# Parade of Sail

## Sail past – SA Wooden Boat Festival 2021

The dreaded 'lurgy' Covid-19 put paid to planning for the 2021 SA Wooden Boat Festival, but not all was lost! On 17<sup>th</sup> and 18<sup>th</sup> April, the Paddlesteamer Marion came down-river from Mannum meeting our Oscar W at Wellington with the two 'paddling' across Lake Alexandrina before spending the weekend ferrying passengers up and down the Murray at Goolwa.

Sunday brought out a range of other wooden boats; to join in a 'Parade of Sail' on Sunday afternoon, to moor up and enjoy a drink and to catch up with fellow Boaties. The Wharf Barrel Shed sponsored some live music and passengers on the Steam Ranger, as well as locals, were treated to a show of motor, sail and people-powered boats, out and about on the river.

A good number of Cittaslow members got into the spirit, including on board the recently refurbished Kooperasi, a Malaysian ceremonial boat. The Kooperasi is a six-metre dragon boat presented to Adelaide by the sister-city of Penang during South Australia's 150-year jubilee celebrations. After being given a fresh coat of paint by Olaf Hansen, the crew embarked on a test run as part of the Parade of Sail (thanks to LeanneGPhotography for image)

It was a gorgeous day!

Read more about this vessel in Coastlines and don't miss the chance to see the striking Kooperasi put through its paces with fully human-power as part of the Vogalonga this weekend.

Planning for the 2023 SA Wooden Boat Festival is in train.



'Kooperasi' in the Parade of Sail - Photo by Leanne Geisler

## Community Garden Update

The Community Garden continues to provide fresh produce to the Goolwa Childrens Centre and the Grow Free carts. In addition, now that Cittaslow has a stall at the Sunday market the garden produce not only provides a very colourful and fresh addition to the stall but has become a very welcome sight for the market goers. The Garden has also started to diversify with growing produce with the introduction of cucumelons, tomatillos and sweet potatoes.

At the Garden we are continually upgrading the garden beds. This includes changing sleepers that have become rotten over time, making shade cloth covers for the beds to try and reduce water bills and lining the beds to stop the roots from the nearby trees taking over. We are continually thinking of ways to adapt to changing weather patterns and we have begun a discussion around wicking beds.

A number of people have given up their leases and after a refurbishment, new people have taken them over those beds. There are never enough beds for people wanting to lease them and there is always a waiting list to lease empty beds.

We are currently nurturing the trees from the Food Forest while they wait for a new and permanent home. They are doing very well in their pots with some trees even producing flowers and fruit.

There is always administration to be done and recently there has been a revision of guidelines and procedures.

We regularly have visitors to the Garden either by groups wanting to set up their own community garden and wanting ideas or those who already have a garden and want to see how other groups do it. We also have visitors who just want to look at a community garden and leave invariably impressed with the look and the general atmosphere.

It seems the bees also like our garden as they had made their home near our tool shed and we had to call Mark Rose to come and rehouse them in his beehives.

New volunteers are always welcome and apart from sometimes doing very hard work the Garden provides a lovely atmosphere for people to come together, share a cup of tea or (real) coffee and lively discussion.

- Angela Nesci





## Cittaslow Corner

Cittaslow Corner is currently open from 11am until 2pm, Thursday till Monday before we take a month's break from mid July. Ruth Jones and Rose-Marie Vasiljuk are assisting Angela with ordering stock and introducing a few new items. Rose-Marie will be arranging the roster for volunteers while Karen is away and she would LOVE to hear from you, especially if you have weekend availability.

If you haven't visited The Corner for a while why not make time to drop in? We have eco-products available including Scrubtastic scourers, compostable storage bags and bin liners, beeswax wraps and more. There are lots of locally made chutneys, jams and sauces as well as aromatherapy and body-care products.

Our collection of Cedric Varcoe designed cards, bags and homewares make wonderful gifts as do the range from Coorong Crafts and Quilts of bags purses and decorative fish - all made from vintage neckties and cast-off jeans!

You'll find our Grow Free cart outside on days that The Corner is open and you are invited to take what you need, give what you can.

- Karen Ross



## Deadly Fun Run

In March this year the Southern Deadly Fun Run was held in Goolwa. Hosted by the Goolwa Children’s Centre and coinciding with International Women’s Day celebrations, this family event encouraged young people (of any age) to participate in a run (or walk) for along Liverpool Road, Goolwa North for a distance of 2k or 5k depending on ability. The event aims to promote health and activity for all ages in a fun environment.

There was a great turn out of around 50 participants on Saturday March 6th and Cittaslow members volunteered to help make the day a success.

Christine Putland



Deadly Fun Run





## 'How-to' so far 2021

The How To year began with the Passata day. Some who attended were new to the process and thoroughly enjoyed the day. Many of the 25 people attending were 'old hats' at it and come repeatedly, looking forward to the day for the fun, lunch and social day that it is – a reminder of the Italian family Passata days when extended families came together to work, eat and have fun.

Other sessions so far have been Roasting and Preserving Capsicums

Sourdough Breadmaking which was so popular there are a number of sessions planned for those who missed out on the first session.

Other sessions happening in the near future – Preserving Olives, Ricotta Making, Pizza Making and Arancini Making. Look out for notices coming up for these sessions.

Angela, Julie and Antonio





| KEY CITTASLOW CONTACTS 2021   |   |  |
|---|---|--|
| <b>GENERAL INQUIRIES</b>  |   | <a href="mailto:admin@cittaslowgoolwa.com.au">admin@cittaslowgoolwa.com.au</a>   |
| <b>COMMITTEE</b><br><b>President</b><br><b>Vice President</b><br><b>Treasurer</b><br><b>Secretary</b><br><b>Members</b> | Vacant (shared role)<br>Iain Langusch<br>Michael Keen<br>Christine Putland<br>Angela Nesci<br>Jane Williams | <a href="mailto:admin@cittaslowgoolwa.com.au">admin@cittaslowgoolwa.com.au</a><br><a href="mailto:languino66@gmail.com">languino66@gmail.com</a><br><a href="mailto:treasurer@cittaslowgoolwa.com.au">treasurer@cittaslowgoolwa.com.au</a><br><a href="mailto:secretary@cittaslowgoolwa.com.au">secretary@cittaslowgoolwa.com.au</a><br><a href="mailto:anesci48@gmail.com">anesci48@gmail.com</a><br><a href="mailto:janew@bigpond.net.au">janew@bigpond.net.au</a> |
| <b>CITTASLOW CORNER</b><br><b>Coordinator</b>   | (Karen Ross)<br>Rose-Marie Vasiljuk<br>Ruth Jones   | ( <a href="mailto:karenrosswalks@gmail.com">karenrosswalks@gmail.com</a> )<br><a href="mailto:rosemarievasiljuk@gmail.com">rosemarievasiljuk@gmail.com</a><br><a href="mailto:desertg@bigpond.com">desertg@bigpond.com</a>   |
| <b>COMMUNITY GARDEN</b><br><b>Volunteer Liaison</b><br><br><b>Newsletter</b>  | Angela Nesci<br>Ange Toone<br>Julie Jordan  | <a href="mailto:anesci48@gmail.com">anesci48@gmail.com</a><br><a href="mailto:angetoone@hotmail.com">angetoone@hotmail.com</a><br><a href="mailto:jjgoolwa@gmail.com">jjgoolwa@gmail.com</a>   |
| <b>CITTASLOW GOOLWA MARKET</b>  | Jane Williams   | <a href="mailto:janew@bigpond.net.au">janew@bigpond.net.au</a>   |
| <b>FOOD &amp; WINE GROUP</b><br><b>Chair</b><br><b>Notetaker</b>  | Lauri O'Brien<br>Roger Stainer  | <a href="mailto:lauri@healthcareredesign.com.au">lauri@healthcareredesign.com.au</a><br><a href="mailto:rstainer@internode.on.net">rstainer@internode.on.net</a>   |
| <b>ENVIRONMENT GROUP</b><br><b>Convenor/Chair</b><br><b>Liaison</b>   | Trevor Caldwell<br>Iain Langusch  | <a href="mailto:tcaldwell1942@gmail.com">tcaldwell1942@gmail.com</a><br><a href="mailto:languino66@gmail.com">languino66@gmail.com</a>   |
| <b>AT THE WHARF EVENTS</b><br><b>Coordinator</b>  | Lauri O'Brien   | <a href="mailto:lauri@healthcareredesign.com.au">lauri@healthcareredesign.com.au</a>   |
| <b>PUBLICITY</b><br><b>Print/Radio</b><br><b>Website</b>  | Ken Smith<br>Rose-Marie Vasiljuk/Tracy<br>Parkes/Joel Shayer  | <a href="mailto:Kgsmith27@internode.on.net">Kgsmith27@internode.on.net</a><br><a href="mailto:rosemarievasiljuk@gmail.com">rosemarievasiljuk@gmail.com</a><br><a href="mailto:parkes.tracy@gmail.com">parkes.tracy@gmail.com</a><br><a href="mailto:joshay@gmail.com">joshay@gmail.com</a>   |
| <b>MEMBERSHIP</b><br><b>Liaison/financial</b><br><b>Registration/data base</b>  | Michael Keen<br>Lynn Maxwell<br>Lauri O'Brien   | <a href="mailto:treasurer@cittaslowgoolwa.com.au">treasurer@cittaslowgoolwa.com.au</a><br><a href="mailto:maximcs@bigpond.com">maximcs@bigpond.com</a><br><a href="mailto:lauri@healthcareredesign.com.au">lauri@healthcareredesign.com.au</a>   |
| <b>NEWSLETTER</b><br><b>Content Coordinator/Editor</b><br><b>Publisher/Layout/Editor</b>                                | Christine Putland<br>Gillian Keen   | <a href="mailto:secretary@cittaslowgoolwa.com.au">secretary@cittaslowgoolwa.com.au</a><br><a href="mailto:newsletter@cittaslowgoolwa.com.au">newsletter@cittaslowgoolwa.com.au</a>   |



---

Newsletter of Cittaslow Goolwa Inc.

---

Editing/layout:

Gillian Keen

Content/coordination:

Christine Putland

Photography:

Rod Flintoff, Iain Langusch, Angela Nesci, Julie Jordan,

Leanne Geisler and others.

Please send contributions to:

[newsletter@cittaslowgoolwa.com.au](mailto:newsletter@cittaslowgoolwa.com.au)