

M A Y 2 0 1 6

Cittaslow Chatter

Cittaslow Goolwa Inc. PO Box 2539, Goolwa SA 5214

Vision: Sustainable Community: Sharing Together

Mission: Taking time to bring together a sustainable community

2016 Cittaslow Management Team



Patron: Mayor Keith Parkes

President: Lyn Clark

Vice President: Edward Booth

Secretary: John Clark

Treasurer: Jan Henderson

Committee Members: Jane Booth, Margaret Gardner, Kaarel Lume, Karen Lume, Vanessa Mulhall (School Liaison), Debbie Smith, Scott Woodsmith

Food & Wine: Ken and Debbie Smith

Cittaslow Garden & Barrow: Noel Leahy, Lyn Mateer

Contact President:

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Cittaslow aims to improve quality of life for all residents, business operators and visitors to our region by developing sustainable environmental practices, use of alternative energy, supporting local products and producers, providing unique tourist experiences, preserving our heritage, sharing ideas and encouraging all to take the time to enjoy what we have to offer with family and friends.



One of the major events each year is the announcement of the recipients of the Cittaslow Awards at a dinner combined with the Southern Alexandrina Business Association's Customer Service Awards. This year we recognised the achievements and contributions to the community of ten individuals and one business. Details for each one are listed in this Newsletter and we congratulate each of them and thank them for adding something special to the quality of life for us all. Shown above are Erica Harris, Jules Wagner and Libby Wall, with thanks to Michael Buddle for the photograph.

We welcome new members Tony and Anne Mari Trimboli, Christine Austin, Marina Goldsworthy, John Moore, Bob Daly and Wendy Phillips, Linda, Peter and Josh Lovell, Justine Brown, Gemma, Tammi & Paul Bushell and Tayla Ford, all of The Hungry Caterpillar and the new owners of Artworx Gallery Liz and John Francis and Jon and Sally Dean of the Aquacaf. We hope you all enjoy your time with Cittaslow and encourage you to become actively involved.

We are looking forward to the General Assembly in Vizela Portugal where we will be inviting Delegates to come to Goolwa in May 2017.

Lyn Clark, President

CITTASLOW ANNUAL AWARDS

On Thursday 14 April 2016, Cittaslow Goolwa joined with the Southern Alexandrina Business Association to recognise people and businesses in our community who do 'that little bit extra' for their customers or care about what happens around our town. Cittaslow Goolwa Patron, Mayor Keith Parkes presented Certificates to 10 individuals and 1 business whose quiet work has put Cittaslow values into action. The following notes were used by President Lyn Clark at the Presentation Dinner:

Each year, Cittaslow Goolwa identifies through nomination, individuals, groups and businesses that have in some way, contributed to the Cittaslow values of our town. These people are not necessarily members of Cittaslow but have been noticed for their unique involvement in and around Goolwa and improving quality of life for all who live in, work in or visit our region.

Simon Ardill

Last month, the Cittaslow Goolwa Food and Wine group arranged a special event where they invited people to "Come and meet and talk to Simon Ardill". The invitation stated that "Simon Ardill has been growing delicious organic fruit from his collection of heritage and rare fruit trees at Currency Creek for over 30 years. Simon is a legend. You can sometimes see him at Goolwa, Marion, Brighton, Willunga and Port Elliot markets selling fruit,

trees, herbs and other plants he has propagated." It went on to say that "He is a fascinating passionate gardener who will share his hints and tips for growing food in our own backyards right here in Goolwa."

When he was nominated for this award, one of the nominators said, "everyone knows Simon's skills in growing things, his commitment to caring for the earth and sharing his skills so that everyone looks after themselves and the planet better, his kindness, humility and generosity - a very humble person." This is just the sort of person that Cittaslow Goolwa is honoured to recognise with this award. He shares. He cares and he doesn't push himself for attention. But Cittaslow would like to recognise his efforts.

Debbie Drew and Mal Russell

Despite facing personal challenges themselves, Debbie and Mal are being recognised for their continued commitment to providing a helping hand to anyone in need. As she was recovering from radiotherapy and chemo treatment in 2001, Deb committed herself to supporting Canteen, Childhood Cancer and the Leukemia Foundation and in 3 years, these organisations were better off by \$32,000. She then turned her efforts to Variety and prepared a car for the famous Bashes. She has done 12 now (6 in SA and 6 in Tasmania). When moving to Goolwa ten years ago she renewed an old friendship with Mal Russell and together they've now raised \$144,000 for Variety. These two brilliant ladies have been an inspiration. I've been told that their bingo sessions were not only great fundraisers – but great **fun** raisers too! But these two have also brought a lot of pleasure and all sorts of mischief to the airwaves through their Aunty Mary and Uncle Harry routines on Alex-FM. I won't give away who was which character but I know they knocked the socks off Peter Goers when they appeared at one of the Cittaslow Gopher Festivals. They even made it into his "What's Hot" column in the Sunday Mail! I'm not sure that he's actually recovered yet! If these two crazy ladies can help anyone in any way, they will, and they just love putting a smile on faces - young and old.

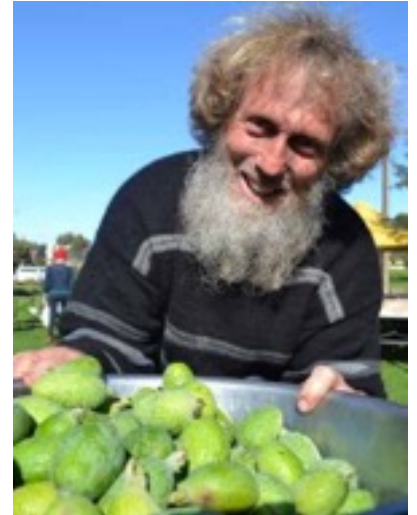


Photo from Coastlines, June 2016.
Used with permission.



Patsy Greer

Patsy has been involved with the Port Elliot Show for quite a few years, first as Convenor of the Home Produce section and now the Cookery. She has been a 1st Vice President and member of the truly committed and dedicated Show Management Committee. As is typical of many of the volunteers that keep our community going, she has stressed that she is only **ONE** member of a **team** responsible for making the show happen each year. And we congratulate that committee for doing such a great job each year. Patsy has represented the Port Elliot Show at the Southern



Country Shows Association level. Tonight, we want to especially recognise her passion for promoting this great country show, that fosters core values and encourages the continuation of good home cooking and especially for parents, mothers and fathers, to share their skills with their families and others. Patsy has also been the leading lady for the Cittaslow Goolwa Food and Wine group's Seasonal Dinners which have been a great success.

Jan Henderson

As a new comer to Goolwa at the turn of the century, I finally decided it was time to contribute to my new community. In putting my hand up for the Centenary of Federation celebrations with the Source to the Sea, I met Bryan and Jan Henderson who were already very busy with the Goolwa Hotel Social Club, the RSL, Nashos, Probus and the Catholic Church, to name but a few. These active community workers were an amazing support for me as a 'newby' and an inspiration to the others on our various committees. Together they worked on many events. These included the Centenary Ball for the Source to Sea and the Ring Around the River – Telstra Town Tin Kettling event, the 150th Railway celebrations, the 180th Sturt celebrations and period dinner, the Goolwa Heritage and Living Legends dinner, over 10 years of The Tour Down Under activities that won many awards, and more recently for Cittaslow Goolwa. Unfortunately the untimely death of Bryan took a valued community member away from us, but Jan has continued to work for Goolwa. All her life, she has helped others. She is a past Mrs South Australia and raised much needed funds for what was then known as the Crippled Children's Association now Novita. Thank you to Jan, and in his absence, Bryan, for your many years of community service.



Goolwa Pipi Co.

For years, the Goolwa cockle was a favourite bait for fishermen but now this humble bivalve known as the Goolwa Pipi is gracing silver service restaurants in Sydney and Melbourne and is a favourite with many leading chefs. With the assistance of the South Australia Research Development Institute, Primary Industries and Regions SA, the Fishery Research and Development Association and an innovation voucher from the SA Government, the Goolwa Pipi Company which is a group of independent pipi harvesters has found a way to package the shellfish so that its shelf life is extended and can now be exported to Asia. Not only have leading chefs like Matt Moran embraced your product, but our own Olaf Hansen from Bombora at Goolwa Beach restaurant has brought a great focus onto Goolwa via his unique Pipi bicycle. Thank you to Olaf. We particularly recognise the outstanding effort by all our fishing families like the Hoads and the extended fishing community as they put into practice their important sustainable harvesting methods and responsible and innovative production methods.



Debbie Smith

Debbie Smith is a relative newcomer to Goolwa. Fortunately Goolwa is not a town where you have to be here for 30 years before you're regarded as a local. Debbie and her husband Ken, like so many of us, have come from somewhere else and brought their experience and talents with them. In a very short time, Debbie has become another regular Alex-FM voice. She has been active in the Neighbourhood Watch area and has embraced the activities associated with Cittaslow Goolwa. In particular, she has taken on a leading role with the Cittaslow Food and Wine Group which has been hosting 'How To' sessions. These have included sessions about bees and honey, olives, cheese-making. But something that Debbie is getting quite a reputation for is cooking carp. Only the weekend before last, at the Classic Fishing competition in Clayton Bay, she prepared carp sausages, carp patties, carp dip and carp jerky – which were all very popular. Her carp products have also been a huge success as part of platters served during the At The Wharf events at Signal Point. She encourages others to join in and have a go. She is a pretty mean photographer too. Debbie, we wish you many more happy years of being involved in your new community.



Jules Wagner and Michael Buddle

Jules and her partner Michael moved to this area in 2009. Not having children or belonging to sporting group, it can be difficult to get out and meet people. But Jules has not let that stop her as she has used her computer skills to establish the Goolwa-South Coast Facebookers Group that provides an online community for all. The group shares information on a huge range of topics. It could be recommending a tradie, welcoming new people into town, locating a trailer or sack truck for someone in need, creating new friendships, supporting people facing personal or other challenges. The list is endless. It is a positive, supportive and interactive group for men and women of all ages. It is good old-fashioned neighbourly caring – online. Negativity is discouraged. The group welcomes each day with 'good morning' messages and with contributions coming in all through the day until it is time to wish everyone a good night. And it is Jules that sets the tone and keeps everyone motivated. She has also helped some of the Facebookers to meet together over an important cuppa.



[Editorial note: If you want to find out more go to [Goolwa/South Coast Facebookers Group](#)]

Michael – and he is part of the team that makes it possible for Jules to be so effective within the community - is part of that silent group of supporters that works beside those 'at the pointy end'. One of the features of the work shown on the Goolwa South Coast Facebookers pages includes photography. The South Coast and Goolwa in particular, with the river and the beach, provides stunning material for both the serious and amateur photographers. And that's a special area where Michael shines. Whether he is observing the antics of his precious pets or recording the beauty of our landscape, his work is stunning and shows the eye of an artist. Only yesterday, when researching information about sustainability, I found one of Michael's pictures in the Alexandrina Council's 2014-2018 Environmental Action Plan. Thank you both for sharing your time and talents with our community.

Libby Wall & Erica Harris

This was part of one of the nominations I received:

*BOUQUETS & HUGE THANKS go to **Libby Wall & Erica Harris** who have worked tirelessly on the 5,000 Poppies project in our area. They have provided leadership, energy, inspiration and hard work over an extended period of time !! They have co-ordinated public poppy displays, including the decoration and installation of poppies on Goolwa's Rotunda! It was a magnificent contribution to the Anzac Day Centenary & to our local community. Congratulations to Libby & Erica - both **AMAZING PEOPLE & residents of the Fleurieu & South Australia.** The 5000 Poppies Project resulted in 225,000 poppies from Australia and NZ! I believe that some of those poppies are currently heading to London's Chelsea Flower Show.*

I have to say that these two wonderful ladies have never been very far from the action within Goolwa's active arts community. They have brought colour and fun to all who meet them. We are blessed to have such talented people whose vitality and inspiration have added so much to our town and the south coast. And we thank you both.



Top Left – Patsy with some of her team from the Port Elliot Show;

Above right and left – Part of the Cittaslow tables at the Awards Dinner. It was a great showcase event for Goolwa!

Congratulations also to the Team at Bombora who did very well in SABA's Customer Service Awards – well deserved!

Cittaslow Autumn Dinner



Each quarter, the Cittaslow Goolwa Food and Wine group host a seasonal dinner. You are invited to join the next delicious dinner. Friends and family welcome.

When: Thursday 26 May 2016

Where: Blues Restaurant, Port Elliot to Goolwa Road, Middleton

Time: 6.30 for 7pm

Cost: Starters & Main \$40 Members \$45 Non-Cittaslow Members

Starters, Main, Sweets \$55 Members \$60 Non-Cittaslow Members

Shared Starters – selection of local dips, with grilled flatbreads, warm ciabatta rolls with Winter Creek olive oil and balsamic reduction with Chef's own dukkha and prosciutto

Mains: Choice of Snapper, Chicken Breast or Beef fillet – with extra steam vegetables

Sweets: Choice of Blues custard tart or Sticky Date Pudding

Coffee & Tea – provided free of charge on the night.

Booking is essential.

RSVP to Patsy (email patsebay@chariot.net.au or phone 8552 5890) by **Wednesday 18 May**

Payment **MUST** be made at time of booking.

Bank Transfer: BSB 105-160 Account No. 033 475 440 Name: Cittaslow Goolwa Inc-Food & Wine

(Please include your NAME and "Autumn" dinner as a reference

Cheque – made payable to Cittaslow Goolwa Inc.-Food & Wine and posted to PO Box 2539, Goolwa 5214

10th Cittaslow International General Assembly

Plans continue to progress as we prepare for the 2017 General Assembly here in Goolwa 9-12 May. Cittaslow Goolwa Patron, Keith Parkes will lead a team of 6 locals who will be attending the Cittaslow International Assembly in Vizela in northern Portugal in June. The team will be encouraging Delegates to plan early to travel "all the way to Australia".

Thanks to funding from the Alexandrina Council, a new video "A Day in Goolwa" has been prepared by Olley Delvecchio. It will be shown in Vizela to encourage delegate to "Come to Goolwa". Thanks to all those individuals, cafés and restaurants who made themselves available for the video. It will be on our website following its launch at the Vizela Assembly.

We are very grateful to Andrew Panozzo, from Investigator College who has translated our first Assembly Planning Information document into Italian. This document will be distributed to the Assembly Delegates in Portugal. Both Investigator College and the Goolwa Primary School have agreed to participate in some of the activities being planned for the Goolwa Assembly.

Thank you sincerely to the Goolwa Lions Club who have agreed to make a generous contribution towards the provision of translation/interpreting services for the Assembly. *[Editor's Note: Part of this grant has been made possible because of those Cittaslow members who have helped at the regular Lions Club Auctions. Please continue to assist with cleaning up after the Auctions (details elsewhere in this newsletter) as this is a way that we can help each other. Thank you to the Cittaslow helpers.]*

Please consider how you might be able to contribute to a successful Assembly in Goolwa. There is a form at the back of the Newsletter with some suggestions. Email the President, with any offers of assistance. **WE NEED YOU!**



Cittaslow WINTER AT THE WHARF

The event will be called 'Winter At The Wharf' and will take place on Friday June 24. Doors will open at 6pm. Food will be available from 'Harborganics' wood fired pizza oven and our 'Cittaslow Platters' will also be on sale. Shaw Family Vintners wine and also beer will be on sale at the bar. The band will play from 7pm until 10pm.

The Dylan Brothers features Steve Brown, a well known local musician. The band plays Bob Dylan classic ballads to begin their act, then Bob Dylan 'rock' songs towards the end, while telling anecdotes about where and when each song was written and giving a bit of background to the lyrics.

Tickets will be \$15 which includes a first drink and can be purchased, leading up to the event, from Debbie Smith via email and EFT.



FOOD & WINE REPORT

The April meeting was held on Monday 25th of April at Margaret Gardner's home. A summary of matters discussed at the meeting follows.

How To Sessions:

Debbie Smith reported on the session with Simon Ardill which was held on 26th of March. Another successful event this time commencing at Simon's Goolwa garden and, after morning tea, moving to his amazing orchard at Currency Creek. All present enjoyed Simon's generosity in sharing his experiences and expertise in all aspects of gardening including budding and grafting. The carp demonstration at Clayton Bay created a lot of interest from those involved in the fishing competition. All present appreciated the involvement of Cittaslow Goolwa, represented by Debbie and Carol Clarke. The group was reminded that the Clayton Bay Solstice event will be held on Saturday June 18th. Next event involves foraging for Pine Mushrooms in Kuitpo Forest – this will be held on Thursday 19th of May.

Dining Group:

Those present were reminded that the Autumn dinner is to be held at Blues Restaurant, Middleton, on Thursday 26th of May. (see more details elsewhere in this newsletter)

International Assembly:

The group further considered arrangements for the Thursday and Friday dinners. Issues raised included the possible use of Kingsbrook or the Currency Creek winery. The prevailing view was that there should be a quite specific focus on Goolwa food providers and that the Thursday night should be a 'free' night with various Goolwa food providers being offered as options for Assembly attendees. It was agreed that this sentiment be pursued at the next Assembly planning meeting.

FOOD & WINE REPORT (continued)

At The Wharf:

Karen Ross advised that the final summer At The Wharf for 2016, held on Easter Saturday 26th March, was the most successful yet with a large crowd fully enjoying themselves on the night. A lengthy discussion followed. There was some support for further At The Wharf events to be held during winter. It was resolved that Karen pursue a possible winter At The Wharf event, including likely entertainment costs and discussions with Leah Grace regarding dates, and report to the next meeting. *[Editor's Note: see details elsewhere in this newsletter as this event, with a slightly changed operating system, is now being planned.]* A further discussion ensued. This focussed on the possibility of involving additional Goolwa food businesses with others from wider in the Alexandrina area. Keith congratulated Karen and all volunteers on the success of At The Wharf. This sentiment was unanimously supported.

Goolwa Farmers Market:

Jane Williams reported that the RSL and Encounter Bay Rotary, organisers of the Goolwa Wharf Market, are supportive of the proposal that a Goolwa Farmers Market be established. A submission for Council consideration is in preparation. Public liability cover is being pursued.

Supporting the Community.

Ken Smith, and later Sue Maxted, reported on the recent Lions Combined Services dinner meeting, involving a number of key local community groups. The focus of the meeting was local residents in need, be it through homelessness, domestic violence or other circumstances and to consider ways that community groups could provide support. On the night representatives of Junction Australia, Whalers and others spoke on their experiences with Lions and other groups, including Cittaslow, offering support. Lions have established a Homelessness Poverty Group to pursue the matter and Sue is a member of that committee. A detailed discussion followed the report. This focused on translating the strong support for the issues from the group into tangible support, guided by those with experience. It was suggested that President Lyn be asked to contact the other Australian Cittaslows to see if they had any experience in providing this type of support to the community.

It was resolved that Sue advise the Lions of Cittaslow Goolwa support and report on progress to later meetings, that members of the Food and Wine Group consider ways of providing support to those in need in the community and that the matter be further discussed at the next meeting.

Scott Woodsmith advised that a meeting of the Smoke Off sub-committee should occur in June and that he would be in contact with Lian Jaensch, representative of the Langhorne Creek wineries. Scott also invited additional volunteers to join the sub-committee. Jane undertook to contact representatives of the Oscar W and the Steam Ranger to ideally co-ordinate their involvement in Smoke Off 2016. The addition of Cittaslow signage and logos to the recently purchased marquees was also discussed and Debbie (about Print and CatScratch Design) and Margaret (Notable Imprint) undertook to seek quotes. *[Editor's Note: The date for the 2016 Cittaslow Smoke Off is Sunday 6 November.]*

Ken Smith

You are invited to participate in the Food and Wine meetings which are held every month. There is an electronic mailing list for those specifically interested in Food and Wine activities. If you want to get early information on planned events, especially those with limited seats, contact Debbie Smith at famsmith@internode.on.net or ring her on 0417 843 946.

GOOLWA FRUIT FOREST

Kathryn Wilson has been developing the idea of a Goolwa Fruit Forest. This is public orchard managed by volunteers on land allocated by the Alexandrina Council. The park area being considered is on Birchall Road, next to Thornbury Park.

Cittaslow Goolwa is sponsoring this project which should benefit vulnerable groups such as children, low-income earners and the homeless to be able to pick fruit and maybe nuts as required. The orchard will be established and maintained by volunteers and community groups. Alexandrina Council has been supportive of this project as have the service organisations Lions and Rotary. Other groups that have indicated their support have been Whalers, OPAL, Goolwa Primary School Breakfast Club, Flo Victor Harbor, Alexandrina Connect, South Coast Christian Care and Goolwa Coastcare.

In a presentation Kathryn made to Council she stated, "Something that is offered freely cannot be stolen ... vandalism is usually caused by resentment over inequality ... the orchard is an attempt to create equality [and] vandalism can be kept to a minimum. The Fruit Forest concept is to provide free fruit to those who need it."

A public meeting was called to ascertain support for this project and the meeting was well attended. A small group of people to coordinate the development and implementation of this concept is now needed.

If you're interested in supporting this group and possibility helping to get it 'off the ground' (or should that be 'in the ground?') come to a meeting on **SATURDAY 21 MAY, at 10am** in the meeting room at the back of the doll and lolly shop, 33 Cadell Street, Goolwa.

If you can't attend, but want to support the project in some way, please contact Lyn Clark on 85555801 or president@cittaslowgoolwa.com.au.

DISCOVER YOUR OWN TOWN - GOOLWA

Have you been wondering what you can do with visitors coming to Goolwa? Are you new to town and want to learn more about what to do? Karen Ross has combined her love of local produce, walking and writing. Have a look at some of her excellent reports on Weekend Notes, online. She also has great photographs to show what Goolwa has to offer. These are just a few of many reports worth following up.

Walk around Goolwa and lunch or coffee at Hectors www.weekendnotes.com/hectors-cafe-goolwa/

Grow Free Carts: www.weekendnotes.com/grow-free-on-the-fleurieu/

Mount Compass market shed: www.weekendnotes.com/harvest-the-fleurieu/

B and B accommodation in Hutchinson Street, Alchemy, where local produce is included in their breakfast basket: www.weekendnotes.com/alchemy-boutique-accommodation-goolwa/

Artworx Gallery & Gifts www.weekendnotes.com/artworx-gallery-gifts/

Five Goolwa Op Shops www.weekendnotes.com/five-goolwa-op-shops-you-need-in-your-repertoire/

Locally made Gin at the Steam Exchange Brewery: www.weekendnotes.com/try-g-town-gin-at-the-steam-exchange/

LIONS AUCTION

A sincere thank you to those who have already given of your time to help with the auctions held by the Goolwa Lions Club. The next Lions Auction will be held **on Saturday 11 June** at the Goolwa Oval. To maximise volunteer resources, they need more assistance at the end of the auction. This would include taking down tents, putting away the catering stuff and loading any left over items onto the truck. The starting time for this work will depend on how long the auction lasts, but Greg Johnston from Lions has suggested 11.30am would be the best time to arrive. [The Auction starts at 9am if you want to buy.] If you can help with any of this part of the action, please let Debbie or Ken know. This is a way to help this hard-working Lions organisation to raise funds for community activities and projects.

If you can help or have questions please contact Debbie Smith email famsmith@internode.on.net or Ken Smith on kgsmith27@internode.on.net.

CITTASLOW COMMUNITY GARDEN

Last month the community garden hosted the 2nd **Composting Workshop** with Sophie Thompson as guest presenter. The weather again was perfect and the garden volunteers provided a sumptuous morning tea for over 50 locals including some who had also attended the previous workshop. It was a good opportunity for some locals to have a look around the garden even though a lot of the garden beds were being cleared in preparation for winter crops. FRWA also had on sale some composting equipment like kitchen caddies, compostable bags and bins as well as worm farms. These are available through FRWA at a very low cost to residents so there is no excuse for not composting.

This was an initiative of Fleurieu Regional Waste Authority and it coincides with the introduction on 1st July of fortnightly bin collection and how we can make more use of our recyclable waste.

According to statistics our blue bins contain 69% of recyclable material including 9% green organics and a staggering 38% food and compostable paper which if managed correctly can help make great compost to improve the health of our garden soil.

If you missed the workshop please contact the FRWA as they are hoping to conduct more of these workshops in the future.

All 22 garden beds are currently leased out to the community however if you are interested in registering for the next available one please contact Lyn Mateer 0409 707 232 or Noel Leahy 0413 542 024 or just drop in on a Wednesday morning between 9am and 1pm (weather permitting). We would love to show you around the garden and we always welcome volunteers.

Lyn Mateer



WINTER SOLSTICE CLAYTON BAY

Once again Cittaslow Goolwa has been invited by The Clayton Bay Community Association to join with them to celebrate the Winter Solstice. This event will be held on **SATURDAY June 18** on the foreshore of Clayton Bay from 5.30pm onwards. As well as the large bonfire there will be other fires for you to sit around and keep warm. Bring your own chairs and dress warmly.

Soup, mulled wine and sausages will be provided by the Clayton Community. Cittaslow members will provide sweets, eg. cakes, slices, biscuits, muffins.

Please bring some gold coins to contribute to the cost.

An email will be sent out in early June to remind you of this event and with contact details so that we can advise the Clayton people of how many Cittaslow members to expect.

It is a fun night, great location and we have been made very welcome by the Clayton Bay folk.

Hope you can come.

Carol Clarke



GOOLWA & DISTRICT BICYCLE USERS GROUP

Below are some extracts from the GADBUG Newsletter 1619.

For more information contact :

Michael Duffill,	Chairperson	0411 705 504
Anne Kendall	Secretary	0431 829 973
George Bennett	Newsletter editor	0417 730 030

GAD-BUG Rides.

Wednesday, 04/05/16, was cool cloudy morning with a light breeze blowing early. Seventeen riders were at the wharf for the start. They were joined shortly after by a couple of latecomers, Jane & I, making nineteen riders. Jane tried a Middleton panorama photo of everyone. It worked!



On **Friday** eleven riders came out on a perfect day with sunshine & light breezes. Here we are all lined up by Hectors. We all rode together along the Encounter bikeway towards Middleton where we were joined briefly by Dennis, out on his mountain bike. We stopped for a break at the old Whale Tail before resuming our ride onto Victor & our coffee at Bavaria. ... Fortunately Bavaria staff still fed us so we were able to enjoy our coffee. Jill then headed off to help with the VH Primary school fete. Jane, Chris, Gavin & I visited the Bluff

while the other rode back to Goolwa. Our visit to the Bluff had a few problems. Gavin made a bit of a mess of his knee after failing to unclip when he had a gear problem climbing the Bluff, sorry Donna. I had another flat & then pinched the tube to delay things even further. Eventually we all managed to get back home OK.

The GAD-BUG Strava Club is looking for members. See <https://www.strava.com/clubs/GAD-BUG>. Don't forget to visit our [GAD-BUG Facebook page](#). Maybe leave a comment or a like, or even post your own GAD-BUG pictures.

GAD-BUG events & meetings.

Tues	10/05/16	7:30pm	GAD-BUG General Meet – Anglican Hall.
Sun	29/05/16	9:00am	Ashbourne Ride From Goolwa Rotunda.
Fri	24/06/16	8:30am	Mt Alma & Glacier Rock ride. Can you climb Mt Alma? Or enjoy watching others.
Wed	06/07/16	7:30pm	GAD-BUG Committee Meeting
Tues	26/07/16	7:30pm	GAD-BUG General Meeting at Anglican Hall
Wed	07/09/16	7:30pm	GAD-BUG Committee Meeting.
Weekend	23-25/09		GAD-BUG trip away.

Other events of interest.

Sun	15/05/16	BikeSA Grand Slam #3 Yankalilla – 60/120kms
Thur	26/05/16	10am Australia's Biggest Morning Tea , Signal Point, Goolwa. \$5 donation. Music, tea, coffee & scones with jam & cream.
Sun	21/08/16	BikeSA Grand Slam #4 Strathalbyn – 75/150kms
Sun	16/10/16	BikeSA Grand Slam #5 Echunga – 100/200kms

Cittaslow Organisation and Business Members

We encourage to support the businesses and organisations that are members of Cittaslow Goolwa.

Businesses

About Print, Kaarel & Karen Lume
 Alexandrina Cheese, Rebekah McCaul
 All About Attitude, Jen Binney
 Aquacaf, Jon & Sally Dean
 Artworx, John & Liz Francis
 Australasian circa 1858, Deb Smalley & Juliet Michell
 Beach Organics, Barry Beach
 Bombora @ Goolwa Beach, Olaf Hansen
 Café Lime, Pamela Crowhurst
 Goolwa Fish Café, Max & Karen Mitchell
 Hectors at the Wharf, Grantley Schmidt & Susan Montgomery
 Surfers Coffee, Sue Metcalfe
 Goolwa Wharf Barrel Shed, Chris Ramsey
 Rankines at the Whistlestop, Peter & Sue Rankine
 Shaw Family Vintners, Judith Phillips
 The Hungry Caterpillar, Justine Brown, Paul Bushell & family

Organisations

Art @ Goolwa, Brenda Holden Clayton Bay Association
 GADBUG Milang Old School House, Karyn Bradford

DATES FOR YOUR DIARY

Thur 19 May	10am	Mushroom foraging, Kuipo Forest
Sat 21 May	10am	Goolwa Fruit Forest meeting, 33 Cadell Street, Goolwa
Wed 25 May	2pm	Assembly Planning Meeting, Alexandrina Council Large Meeting Room
Thur 26 May	6.30pm	Food & Wine Autumn Season Dinner, Blues Restaurant, Middleton
Sun 29 May	tba	Alex FM Goolwa Ghost Tour
Tues 31 May		End of Cockle Season
Wed 1 Jun	7pm	Goolwa Tourism 5214 meeting, The Marina Hindmarsh Island
Thur 2 Jun	7pm	Cittaslow Monthly meeting, Alexandrina Council Large Meeting Room
Sat 11 Jun	9am	Goolwa Lions Auction, Goolwa Oval [help with clean up at 11.30am]
Sat 18 Jun	5.30pm	Clayton Bay Winter Solstice, Clayton Bay foreshore
Fri 24 Jun	6pm	Winter at the Wharf, Signal Point, Goolwa Wharf
Wed 6 Jul	7pm	Goolwa Tourism 5214 meeting, The Marina Hindmarsh Island
Thur 7 Jul	7pm	Cittaslow Monthly meeting, Alexandrina Council Large Meeting Room
Wed 27 Jul	2pm	Assembly Planning Meeting, Alexandrina Council Large Meeting Room
Wed 3 Aug	7pm	Goolwa Tourism 5214 meeting, The Marina Hindmarsh Island
Thur 4 Aug	7pm	Cittaslow Monthly meeting, Alexandrina Council Large Meeting Room

The Cittaslow Goolwa Community Garden is open most Wednesday mornings between 9am and 1pm, part of the Council Depot, Kessel Road, Goolwa

As a member of Cittaslow Goolwa, you are invited to attend the **management meetings** that are held on the **first Thursday** of each month, at **7.00pm** in the **Large Meeting Room** at the Alexandrina Council, Cadell Street, Goolwa. (Note: no Management meetings in January)
 This is a great way to find out what is happening and to have a say in where we go in the future – and how we get there.

CITTASLOW MEMBERSHIP MERCHANDISE

The following items can be ordered (payment with order, please).
 Contact Jan Henderson 0419 828 637 or email to
 janhenderson477@gmail.com.

SHIRTS - \$30 each - Navy blue shirt with Cittaslow Logo. **Ladies:**
 8, 10, 12, 14, 16, 18, 20, 22, 24. **Men's** (buttons other way):
 Small, Medium, Large, Extra Large, 2XL, 3XL, 4XL.

BUCKET HATS - \$15 each - Navy blue with gold piping with
 "Cittaslow Goolwa" no logo. Medium or Large to Extra Large

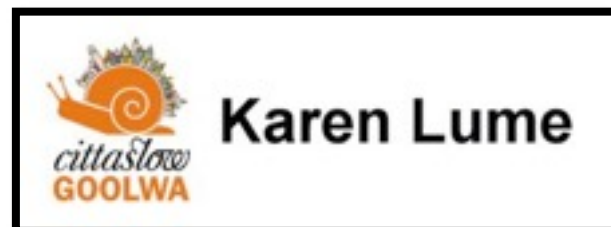
CAPS - \$15 each - Navy blue with tan suede with Cittaslow Logo.
 One size fits most.

NAME TAGS - \$10 each - with Cittaslow Logo. Choice of full
 name or single name and also with magnetic close or pin (don't
 order magnetic close if you have a pacemaker)

SLEEVELESS VEST –Cittaslow logo embroidered **\$44 each**
 Sizes available as per chart below (and are for half chest – which
 is the measurement from under arm to underarm).

ADULT SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST CM measurement	54.5	57	59.5	62	64.5	67	69.5	72	74.5

Also new at **\$12** - one size fits most are :
 Navy Blue **CABLE KNIT BEANIES** with Cittaslow Logo
 and Navy Blue **POLAR FLEECE BEANIES** with Cittaslow Goolwa
 lettering (no logo).



CITTASLOW MERCHANDISE ORDER FORM

Name:.....

Contact:(phone).....(mobile)

Please complete the order form and arrange payment using the methods suggested below. You will be advised when your order is ready for collection.

Contact Jan Henderson 0419 828 637 or email to janhenderson477@gmail.com if you have any questions.

Item	Quantity	Size	Cost
SHIRT - \$30 each Mens			
SHIRT - \$30 each Ladies			
SLEEVELESS VEST - \$44 each			
CAPS - \$15 each			
BUCKET HATS - \$15 each			
CABLE KNIT BEANIES - \$12 each			
POLAR FLEECE BEANIES - \$12 each			
NAME TAGS - \$10 each Name on tag : (eg John or John Smith)		Magnetic or Clip	
		Total:	\$

Payment with Order, please.

Cheque (made payable to Cittaslow Goolwa Inc.) and post with completed form to The Treasurer, Cittaslow Goolwa, PO Box 2539, Goolwa 5214

Electronic Funds Transfer:

BSB: 633 000

Account No: 152 961 215

Please include your name so that we can identify your payment.

Scan and email completed form to Jan Henderson (janhenderson477@gmail.com)

Cash payment and completed form can be left with the President, Cittaslow Goolwa at the shop, River Dolls of Goolwa, 33 Cadell Street, Goolwa during business hours.

CITTASLOW ASSEMBLY VOLUNTEER FORM

Name:

Contact:(phone).....(mobile)

I would like to offer my services for the following

ACTIVITY (examples of some of the possible functions for which we will need volunteers) – there will be more !	COMMENTS
ADMINISTRATION Preparation of documents; office duties during Assembly; Finance; Budget preparation and Management	
TRANSPORT Airport pick-up and drop off; collecting delegates from B&Bs; assistance with organising coaches	
ACCOMMODATION Sourcing and checking B&Bs, motels, billets; allocating accommodation; financial management of payments; offering to billet	
LANGUAGE TRANSLATION Assistance with English/Italian Assembly translation; providing language skills leading up to event; helping to learn other language phrases	
CATERING Working with Food and Wine group; providing assistance with morning teas; serving lunches; clearing up; decorating venues	
AMBASSADOR Training as a “Goolwa Ambassador; preparing schedules for volunteers; looking after VIPs/guest speakers; sourcing gifts and mementoes	
TOUR GUIDE Assisting with getting delegates to venues; organising rosters for guides; speaking with groups	
REGISTRATION Preparation of delegate pack; signing delegates in; roster of registration volunteers; looking after luggage when necessary	
FUND RAISING Sourcing possible sponsors or donors; ideas to raise funds	

This is not an exhaustive list. Please list on the back any way that you think you might be able to help, or which you think we need to address.

Return completed form to: president@cittaslowgoolwa.com.au; post to PO Box 2539, Goolwa 5214; drop into Lyn at River Dolls, 33 Cadell Street, Goolwa.