

# CITTA-CHAT



Spring 2021 edition | Newsletter for members of Cittaslow Goolwa | 15 Oct 2021

## Welcome to the Spring 2021 Newsletter from Cittaslow Goolwa.

This is the time of year when many of us emerge from our winter hibernation or escape and start to focus once again on the joys of living in the wonderful environment of our region. In these pages you will see that our many volunteer members have already been busy preparing for the summer season of events and outdoor activities.

2021 has been a great year for reinvigorating our collaboration with Alexandrina Council. As most of you will be aware, Cittaslow Goolwa Inc was formed to support the accreditation of Goolwa, Alexandrina as a member of the International Cittaslow network.

In April we gave a presentation to a meeting of current elected members about our history and ongoing activities. Follow up meetings were held with General Managers Matt Grant and Kathryn Gallina, leading to a 'Show and Tell' in September about Cittaslow's work in the community for a group of Council staff. Together we visited Cittaslow Corner, Jekejere Park



and the Community Garden, giving an overview of the philosophy of Cittaslow, what it means for Council to be an accredited Cittaslow member, as well as explaining how Cittaslow Goolwa, as an incorporated voluntary association, operates and why. The staff gained insights into the work of the Environment Group, the fruits (and vegetables!) grown by the hardworking Community Garden volunteers, the demonstration of 'How To' produce Biochar and, of course, appreciated the tasty arancini balls prepared by Angela for afternoon tea. We received very positive feedback from the visiting staff and we are already looking forward to working together in a better-informed way.

In the same week we were pleased to have a presentation to our Committee meeting by the Goolwa Wharf Precinct Project Team and were able to discuss the Master Plan for the redevelopment of this area. On this basis we have submitted feedback on the proposals from on behalf of Cittaslow.



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Alexandrina Council  
consultations

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Bio-char demonstration

*At the Garden*



Coming up very quickly at this time of year, we turn our attention to the Annual General Meeting of members of Cittaslow Goolwa Inc. to be held from **6pm on Thursday 18<sup>th</sup> November 2021 at the Goolwa Aquatic Clubrooms on Barrage Road**. This is an official part of being an incorporated association and one of the main opportunities for all members to come together to make crucial decisions about the governance of the organisation. But it is also a chance to socialise with others in a congenial environment and celebrate all of our hard work across the year.

As usual there will be an opportunity to nominate for a position on the Committee - this year we will have vacancies in a number of positions so please start thinking now about whether you would like to play an active part in running your association. We will be sending out details about the meeting and nominations very soon but meanwhile please **HOLD THIS DIARY DATE**.

from Christine Putland, Secretary, on behalf of the Cittaslow Goolwa Committee

# EVENTS

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## AT THE WHARF - SEASON 2021/2

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Fortunately we were able to facilitate our first "At The Wharf "for the new season at Signal Point. It was a bit touch and go with the weather but in the end the sun shone most of the time and the wind was manageable.

We listened to the sounds of Matt and the Maniacs and enjoyed Paella and cake provided by the Food and Wine group volunteers. It was pleasing to see a good long weekend crowd that kept the bar busy serving local wines, beer and soft drinks.

The upcoming dates for the next "At The Wharf " are :-

- |                               |                             |
|-------------------------------|-----------------------------|
| Friday 29th October 5-8pm     | Band : River Rats           |
| Friday 26th November 5-8 pm   | Band : Matt and the Maniacs |
| Wednesday 29th December 5-8pm | Band : TBD                  |

As part of the Wharf Precinct Project we are expecting redevelopment work to begin at Signal Point Gallery and surrounds sometime in the New Year. Keep an eye out for updates about our possible need to re-locate At The Wharf events when this occurs - we will send out details just as soon as we have confirmation.

We look forward to seeing you at the next event.

*Some moments from our first AT THE WHARF for the season, thanks to Rod Flintoff...*



Soaking up the atmosphere





# DEADLY FUN RUN



On Saturday the 30<sup>th</sup> October another **Southern Deadly Fun Run** is planned to be held along the river at Goolwa North. As with the first, Cittaslow has once again agreed to support this great project. More details will follow when available however if you are interested in volunteering to help with this event please contact us on [admin@cittaslowgoolwa.com.au](mailto:admin@cittaslowgoolwa.com.au).

Details about the sponsoring organisation can be found at the Indigenous Marathon Foundation website and updates will be posted to the [Southern Deadly Fun Run Facebook Page](#)





# *Interest Groups Activities...*

## Food & Wine 🍷 🍴

It's been a while since our last newsletter on 12<sup>th</sup> May 2021. Once again Covid has interrupted the normal schedule of meetings and get togethers.

Regardless, we were able to meet on 31<sup>st</sup> May, 28<sup>th</sup> June, 30<sup>th</sup> August and 27<sup>th</sup> Sept. We had photographic presentations from Roderick Flintoff based around the Vogalonga Down Unda and around past Cittaslow events. It was much appreciated. Thanks Roderick.

The meetings addressed issues like formalising a meeting location. We thank the Goolwa Aquatic Club for agreeing to host our meetings for the foreseeable future. In addition we started the process of investigating the possibility of improving the Community Garden for the benefit of garden users and Cittaslow members. This process is well underway following meetings and input from garden users. While all this was happening we successfully consolidated Cittaslow equipment in one location and we thank Michael Keen for his assistance.

The Food and Wine group members also provided a bar service at Signal Point on 18<sup>th</sup> June 2021 for an arts film screening and Q&A hosted by Alexandrina Council's Just Add Water Program staff.

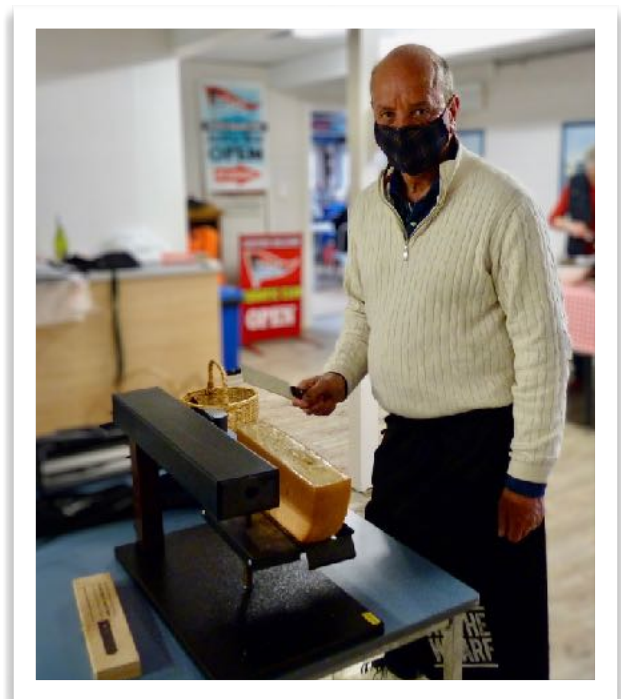
Our themed meal nights have also been a success. Themes such as Italian, bring your favourite dish, a green and gold colour theme, based around the Olympic colours and a traditional Swiss raclette dinner have all been appreciated by members at the meetings.

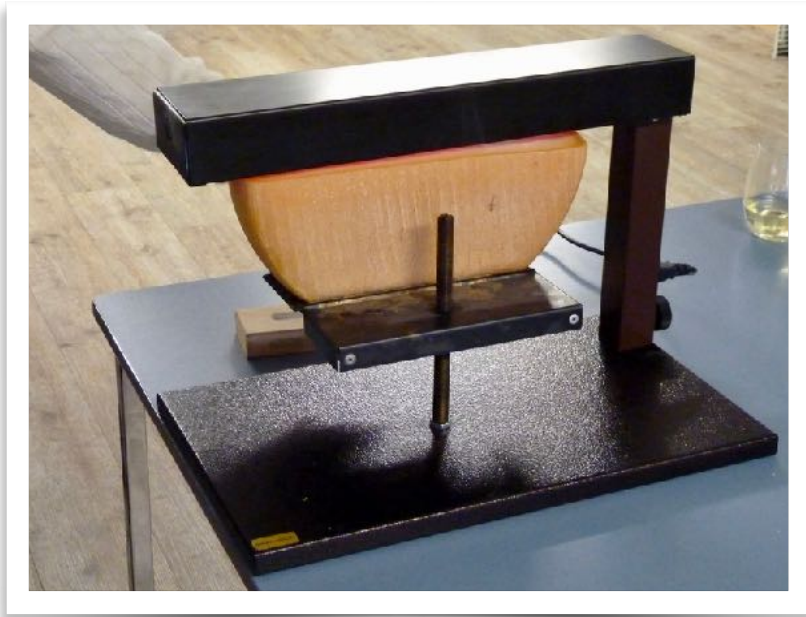
Our wine quizzes have been a hit and we thank Scott Woodsmith, Steve Grieve, Bart O'Brien and Merle Clark for providing the wine, the quiz and the prizes. Many thanks.

We have also been educated by our various food and wine quizzes. Thanks to Laurie O'Brien, Helen Allport, Iain Langusch, Wendy Norris and Heather England for these challenging quizzes. We are all realising just how much we don't know, but we look forward to more educational quizzes in the future.

The Food and Wine meetings are held at 5pm on the last Monday of each Month at the Goolwa Aquatic Club, followed by a meal and social activities.

Cheers, Roger





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Swiss Raclette dinner  
at the Goolwa  
Aquatic Club

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# ENVIRONMENT



## A MILLION TREES

In light of their declaration of a Climate Emergency, Alexandrina Council has launched a project to plant a million trees in the Council area by 2030. We believe this to be worth supporting. We obtained a grant from the Council that enables us to raise two thousand native plant tube stock.

Through our association with Investigator College, we have been able to access seedling material that is surplus to the school's requirements. They have also been kind enough to allow us to use their campus for our propagating sessions that have been running for three weeks on Friday afternoons. So far, we have propagated 1900 seedlings into tubes and with access to more tubes, we should produce more than our initial aim of 2000. Once again, the College has allowed to keep our seedling in their nursery complex, but we will need to find an alternative space before the next school year.



We have had three propagating sessions with fourteen, six and ten volunteers respectively, with 1900 seedlings propagated. In one of our sessions, we had three members of Cittaslow who were over 80 years of age, and we greatly appreciated their input.

Hopefully, this will be an ongoing project, and we will be seeking suggestions for suitable locations for planting.

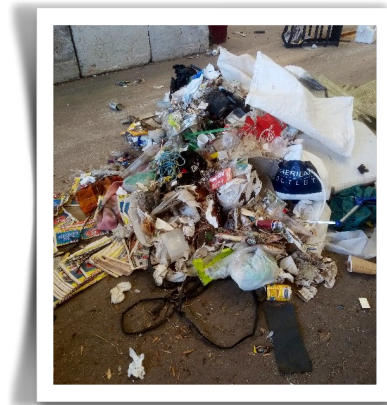


Our first 1900 native plants



## RANDELL ROAD CLEAN-UP

Fifteen Cittaslow volunteers took part in our regular clean-up of Randell Rd between the Bridge and the second turn-off to Coorong Quays. Considerable amounts of rubbish invariably accumulate under the bridge and some of it does not warrant close inspection. (For example, a dirty nappy along with the gloves used to change it is one example, shoved under a rock!)



## EDUCATION

The students from Investigator College have been busy on a number of projects as they work towards obtaining the Certificate Two in Conservation and Land Management. The students

have constructed an enclosed heat bed with reticulated irrigation to provide an ideal environment for propagating cuttings. The bed now supports several hundred cuttings of local native plants.



Another project has involved the construction of a Muntrie vineyard. Muntries (*Kunzea pomifera*) are a native plant that grows all over our local area and produces delicious berries with an apple flavour. Although they tend to grow as ground cover, they are now being grown commercially trained onto wires in the style of a vineyard. The plants were a little slow to get started, but are now being attached to the lower wires. It usually takes a few years for them to bear fruit.



The Muntrie Vinyard

## CITTASLOW GOOLWA PRODUCE & ARTISANS MARKET

During the past year the Cittaslow Market has grown month by month - so much so that the Market of 10<sup>th</sup> October 2021 was the biggest one so far. Recently there have also been people interested in having a stall at the Market just for the period before Christmas such as the stall selling Christmas puddings.

It has been wonderful also to watch the crowd grow. It has become an outing both for locals and visitors.

The Market stall has been a great success. Having an obvious Cittaslow presence, both with Jane's side of the marquee and the other side which is staffed by our wonderful Market volunteers has been really positive. The stall has an example of products from Cittaslow Corner, fresh produce from the Community Garden and Cittaslow friends' gardens and Iain's native plants.

Thank you to the small band of volunteers who put up the marquee and other infrastructure and the volunteers who staff the stall. I am still looking for people to be trained to get everything required ready for the stall in the mornings for the time when Victoria is open to us and I can go and see my grandchildren.

Working at the Market is always enjoyable. You get to have great coffee, lovely cakes, great food and lots of local produce as well as get to know some great people.

For any information regarding the stall please contact Angela on 0438321674





## Cittaslow Goolwa Community Garden

With the advent of spring the Community Garden is looking bright and colourful with the fruit trees in bloom and green with new leaves.

In recent times the Garden has welcomed a number of groups and individuals visiting from places such as Mt Gambier, Campbelltown, Adelaide, Clayton, Aldinga - all of whom have been very impressed by our lovely Garden.

We have also had a visit from the Cittaslow Management Committee and a group of Council office employees. The people from the Council were very interested in information about the Garden and Cittaslow generally. They also witnessed a biochar cooking and we had a great discussion on its use and what is meant by carbon capture.

Currently the Garden is looking at building some garden beds off the ground with the collaboration of the Coorong Quays Boat Shed. Setting up the beds above the ground will be a solution for three issues

- It may stop the native rats, the rattus rats and the rabbits from getting to the vegetables
- It will stop the roots from nearby trees from invading the garden beds making it almost impossible to grow anything
- It will be possible for people to grow vegetables who are not able to bend down to work the current garden beds.

The Garden also had a number of visits from a Cittaslow working group who is looking at what work can be undertaken to improve the facilities at the Garden. The volunteers were asked to give the group a wish list and this includes

- Electric power to the property
- Lining the inside of the building to stop the dust and rats from entering the premises
- A new kitchen with the possibility of having it registered as a commercial kitchen so that its use can be increased to include jam making and preserving of garden vegetables by any Cittaslow member
- Improving and increasing the useful space inside the building

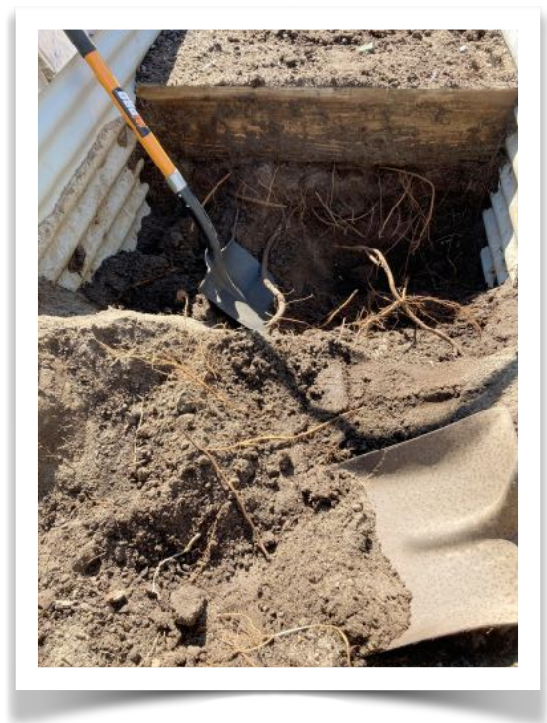
This space is currently being used by the Garden volunteers, as a venue for How To sessions where a kitchen is not required, and a U3A group which comes together monthly.



With the projected improvements it is envisaged that the building could be a meeting space for many other events and other groups.

We also welcome back Lynn Mateer, a long time Garden volunteer who left us and Goolwa a couple of years ago and has now returned to us.

The Community Garden volunteers.





## *Cittaslow Corner*

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As members will be aware, Cittaslow Corner is a showcase of products sourced from around Goolwa and its close surrounds, featuring local producers, growers and artisans. The Corner also supports sustainable and environmentally friendly items for people to use instead of plastics and it is encouraging to see that more and more people are taking advantage of these products already.

The Corner was closed as usual for a month during winter when it is cold and there are not many people about. It is now open for our peak hours between 11 am to 4 pm. As with all Cittaslow activities, it is staffed entirely by volunteers, and new helpers are always welcome. Doing a shift at the Corner can be really rewarding, engaging with visitors from far and wide whose interest is sparked by learning about the Cittaslow story.

We are looking forward to the return of art works brightening up our walls as the neighbouring Artworx gallery shop resumes the hanging of samples from their wonderful exhibitions of local artists over the coming weeks.

Cittaslow Corner also continues to be a collection point for toiletry products for those in need in our community. Local volunteers make up packs for distribution through support groups and so if you have any unused (and unopened) toiletry items from hotels or elsewhere please bring them to Cittaslow Corner for collection.

Cittaslow also hosts a Grow Free cart alongside the Corner. During the colder months the Grow Free cart tends to look a bit spare so please remember - if you have any surplus produce from your garden the cart is there for the community to 'take what you need, give what you can'. The cart will be out whenever the Corner is open, even if it is a bit empty. That way people will have a place to place their surplus produce.

For more information, please contact Angela on 0438 321 674 or [anesci48@gmail.com](mailto:anesci48@gmail.com)



## 'How To' program:

Following a short winter break the Cittaslow How To program is back in full swing leading into Christmas.

Several bread-making sessions with Julie Jordan have already been held (with more to come) and Angela Nesci led a small group of interested members through the process of making delicious Sicilian Arancini balls.

October events have already been advertised, **Kombucha** making on the 12th with Iain Langusch and **Talking Rubbish** on the 20th with Rebecca Martin from FRWA (Fleurieu Regional Waste Authority).

Announcement of several other How To events will follow once we have finalised details. They include **Ricotta making**, a fermenting recipe for **Sauerkraut** and, as we move closer to Christmas, making traditional German fruit bread, **Stollen** and a **Cherry picking** excursion.

How To events are generally very popular and attendee numbers are Covid-19 restricted so, to avoid disappointment, please respond quickly whenever an event is of interest to you.

Antonio, Angela and Julie (The How To team)



Making  
Sauerkraut





## KEY CITTASLOW CONTACTS 2021

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