

CITTA-CHAT



Summer 2022 | Newsletter for members of Cittaslow Goolwa | 28 Feb 2022

Welcome to another year and another edition of Citta-Chat!

This is the first time I write as President. Thank you to Christine Putland for continuing to keep Cittaslow Goolwa moving over the last few years. Your energy and focus have been much appreciated during these difficult times.

I am sure those who attended last week's At the Wharf had a great time despite the brisk weather. For those of you who haven't been to one of these great events yet, don't put it off any longer...there is only one more this season, on Friday March 11th.

You will find a lot of information on the various Cittaslow activities in the following pages. Have a browse through and discover something new.

Of special mention this edition is the news from the Cittaslow Market (p.7), as Jane Williams steps back from managing the market after many years. Jane has worked continuously from the initial idea of holding a produce market in Goolwa to building it up to the well-regarded market that it is today. Thank you Jane and all your helpers.

As covid restrictions start to relax there are more opportunities to organise different activities. You will see a great list of ideas coming from the "How to" program. If you have a particular skill that you would like to share with others, don't hesitate to contact the "how to" team.

Enjoy yourselves, keep safe and well, and cherish the change in seasons.

I hope to see you at a Cittaslow event soon.

Michael Keen
President



Farmers Market - First birthday 2017



AT THE WHARF - SEASON 2021/2

As most of you know, the monthly At the Wharf events presented by Cittaslow volunteers through the warmer months have become the flagship of Cittaslow Goolwa's engagement with the general community. Highlighting and showcasing talented local musicians, world class local wines, beer and great food prepared by Cittaslow members as well as local food vendors, they display the public profile of Cittaslow ideals in bringing the community together.

At the Wharf events are held each year on the last Friday evenings of each month from October to February, as well as on Sunday afternoons of the long weekends in October and March. The outdoor setting of these events has meant they are able to continue safely throughout the periods of Covid-restrictions as they enable social distancing and fresh air, as well as check-in posts at the entry points. However, being outdoors means they are always subject to the vagaries of unpredictable weather!

In the Summer of 2021, while we started well in October, the November event had to be cancelled due to predicted high winds making it unsafe to erect the necessary marquees. Fortunately, the December and January events were successful, with locals and many visitors to the town for the holidays enjoying the sounds of Matt and the Maniacs and the River Rats, respectively.

The last At the Wharf for this season will follow closely behind the February 25th event as usual but this year will be held on Friday 11th March from 5-8pm at the Signal Point lawns and deck. (This replaces the usual Sunday afternoon event due to a clash with Council's Goolwa Caravan to be held this year on the RSL lawns. In the spirit of supporting as much community activity as possible, the Cittaslow volunteers agreed to move the date to the start of the long weekend!)

As mentioned last newsletter, we are expecting construction work on the Signal Point Experience Centre project to commence in the first half of 2022. This will necessitate relocation of the next season of At the Wharf events from October 2022 to another site. Alexandrina Council staff have committed to working with Cittaslow to identify a suitable alternative site during the next few months.



Our last event for this season :-

Friday 11th Mar 5-8 pm Band: *The River Rats*



*A few moments from
At The Wharf
Season 2021/2*



'How To' program:

We have an (almost) brand new How To organising team - Rose-Marie, Joel, Judy and of course Antonio and Angela. We have met and have started organising the program for 2022.

In the coming months we are planning sessions on:

- ✦ *Which Bin? - Waste education (by the Fleurieu Regional Waste Authority)*
- ✦ *Pasta making - by Angela N*
- ✦ *How To Garden - Start/set up a garden bed*
- ✦ *Visit an Alpaca Farm - (we know we have done this before but the arrival of new members to Cittaslow has resulted in renewed interest)*
- ✦ *Visit to Cittaslow Community Garden*
- ✦ *An Introduction to Cheeses - with guidance on food & wine pairings - Alexandrina Cheese Company*
- ✦ *Other ideas - visits to other producers and growers in the area, gnocchi making 2 ways, other foods etc.*

We would really like to offer a How To on cooking **Pad Thai** and **Spring rolls** and other such food but we need someone who could do these demonstrations. We look forward to hearing from you.

We also look forward to hearing from you any other ideas you might have.

Of course, all activities are subject to current Covid restrictions.

- THE HOW TO TEAM



Interest Groups Activities...

Food & Wine



FOOD AND WINE GATHERINGS

Despite ongoing Covid restrictions the Food and Wine Group has continued to meet, with the usual break in January. The End of Year dinner was held on 29th November with 40 members attending, all bringing their contributions to the delicious spread of starters, mains and desserts.

For members who have not joined in these gatherings to date, the Food and Wine gatherings meet from 5pm on the last Monday of each month except January. The first hour or so is devoted to reports and updates about the various related activities of Cittaslow and is followed by a shared meal, 'wine options' challenge, general (food) knowledge quizzes and the like, plus socialising with other members. Beverages are BYO and the meals are typically provided by the members and served according to the Covid-19 restrictions appropriate at the time.

Cittaslow has gratefully accepted the offer of access to the Goolwa Aquatic Clubrooms as the venue for such events and it is important for members to respect the GAC policy regarding the need for all who attend the premises to have 'up-to-date' vaccination status.

The first meeting for 2022 is held on Monday 28th Feb 2022, followed by Monday 28th March 2022. This means that the April meeting falls on Anzac day so members will be notified about the arrangements for that month.



EDUCATION



The start to the school year has been a difficult one for staff and students alike. I normally work with Yr11 students at Investigator who have been learning remotely for the first two weeks of the term and only returned to face to face in week three. For the first two weeks of the term, I was still able to work at Investigator where I spent the time emptying and cleaning the pots of almost 4000 seedlings lost due to a pump failure during the holidays resulting in the automatic watering system failing. We also lost many thousands of recently germinated seedlings.

I left the teaching profession as I had lost the love, as more time was spent dealing with administrivia than what I loved, which was teaching children. This week I was introduced with the new Yr 11 CALM (Conservation and Land Management) students and my love returned. The 21 students were all keen to learn from me, were enthusiastic, polite and responsible and I returned home with a warm glow of satisfaction. Apart from the plant propagating, the students were also introduced to various plant equipment including Zero Turn mowers and Whipper Snippers.

- Iain Langusch





The Cittaslow Market Story

You will all be familiar with Cittaslow's fortnightly Sunday market which has become a fixture in the Goolwa calendar. Now we have to announce that after more than 5 years as Manager, Jane Williams has decided to step aside to "allow others with fresh ideas and energy" to take the helm. This seems like a good time to reflect on the journey so far, acknowledging some of those who have helped to take it from a simple vision to a thriving destination on a Sunday morning. I sat down with Jane to revisit the growth of the market from its humble beginnings until now.

Jane had been involved in the Victor Harbor Farmers Market for some time when she shared her vision of Goolwa having its own market with Paul Bushell (of the Hungry Caterpillar). As a Cittaslow community it seemed a great fit, and approaching Lyn Clark, then President of Cittaslow Goolwa, was the first step in the journey. Volunteers Debbie, Ken and Claudia, joined Paul and Jane in forming a small committee to lead the charge, and the Cittaslow Goolwa Farmers Market was born.

Some of the early stall holders gravitated from Victor Harbor including Gina, Brent, Neil, Wayne, Tom and others. As a member of the Australian Farmer's Markets Association, the focus was on sourcing local fresh food vendors in the first few years. This was challenging at times, particularly as a number of other communities began to launch their own markets, targeting the same stall holders. Notably, some who started in Goolwa then moved on to bigger markets further afield; these included Les Deux Coqs (who still come to Goolwa when able), as well as Nomad Farms by Tom Bradman and Verity Slee. Getting the right balance and critical mass can be a struggle for community markets: too few stalls and the customers won't bother to come, which in turn means it is not viable for the stall holders, they are discouraged from attending, and the cycle continues. Plus in an outdoor venue the variable weather is an added vulnerability.

From the start, Paul would unfailingly set up the site every market morning, so when he decided to take a break from the Hungry Caterpillar this left a huge gap. Fortunately, a number of Cittaslow volunteers stepped up and since then Olaf, Bart, Iain, Steve, Julie, Antonio, Michael and Roger, have continued to share the task of setting up and packing up marquees, signs, tables and the like.

Over the next couple of years, a number of changes had a significant impact on the shape of the market. Firstly, local artisans started to enquire about introducing a range of locally made and sourced products, crafts and other items. Word spread and the scope of the market gradually expanded.



First birthday celebrations October 2017

Around this time, Covid-19 arrived with its cloud of uncertainty, waves of changing restrictions and lock-downs. A number of Cittaslow programs were disrupted including the market and the shopfront at Cittaslow Corner. But when activity could resume, the outdoor markets were some of the first to be able to offer an opportunity for people to get out and about, to browse and buy supplies.



The Jaralde Park site, with its good amenity and wide-open space, allowed for social distancing and the comparative lack of over-crowding at the Farmers Market became an advantage rather than a limitation. The possibility of starting a Cittaslow stall selling produce and artisanal items usually available from Cittaslow Corner was opened up. With the Goolwa Children’s Centre closed due to Covid, the Cittaslow Community Garden Garden volunteers were pleased to have an alternative outlet for their

fruit, vegetables and preserves normally supplied to the Centre. Angela, coordinating a team of volunteers, thankfully stepped up to coordinate this stall which quickly became a popular permanent feature.

Meanwhile, the diversification of stalls led to a revision of the market Charter and a new name.



Second birthday celebrations November 2018

While Farmers Market guidelines specifically focus on fresh foods, the Cittaslow concept encompasses a whole of community approach, incorporating the local makers, producers, artisans and craftspeople who enrich our region. So, with Council approval, it officially became the Cittaslow Goolwa Produce and Artisans Market, thereby more accurately reflecting current directions.



In short, people continue to enjoy the festive atmosphere created by the myriad stalls and the buskers at the Cittaslow market, bringing their children and dogs along to join in the fun. Its proximity to visitors arriving by Cockle Train or boat tours has added to the market’s growing appeal and according to Jane, the stall holders report that they “love the setting, the vibe and the very supportive environment” they experience here.

Jane says she has “loved her whole time at the market”. Last year, however, she faced a challenge of another kind when she suffered with serious health issues. With support from

Anna, Angela and others in keeping the market turning over, and of course Joe, Jane took a needed break. She was keen to resume her post and did so, but now feels that it is time to step aside: "things can't stay the same forever and it is time for renewed vibrancy". While it is clearly the end of an era for Jane and Cittaslow, she reassures us that "she is not going anywhere for long, and will still be around".

Suffice to say, we are immensely proud of the market and all of the volunteers who have contributed to it over the years. And Cittaslow will remain sincerely grateful for Jane's vision and persistence as she steered it through the good times and the challenges during the last 5 years.

- Christine Putland with Jane Williams



Third birthday celebrations October 2019





Fifth birthday celebrations October 2021



Cittaslow Goolwa Community Garden

The volunteers were very busy over the summer months of December and January: preparing the community beds for summer crops; trimming and covering fruit trees, continuing the general maintenance and pest eradication around the Garden.

We provided seven deliveries to the Kindy/Childcare Centre over December and January. We thank Bendigo Bank for the ongoing support associated with our deliveries to the Kindy.

Produce has also been sold at the Cittaslow Market, and provided to the Grow Free table at Cittaslow Corner.

We said farewell to a couple of Garden members, and have welcomed a few more. New volunteers are welcome to join us at the Garden on **Wednesday** mornings.

The apricot & plum crops ripened very quickly. There were good crops on all trees. Some fruit has been frozen - to be made into jams throughout the year. Garden members were able to purchase fruit, and several kilograms were placed on the Grow Free tables. We will soon give the trees a summer prune.

New Garden beds: This project is progressing with the assistance and skilful craftsmanship of the members of "The Shed" at Coorong Quays, and a donation of colourbond fencing from Michael Spanner. The Garden volunteers will be doing the ground work at the Garden. Our beds will have colourbond rather than timber surrounds like the one below. The installation of these beds will solve a few problems we have with the existing style of garden beds in the Community Garden-particularly the issue of tree roots growing into the beds and sucking up a lot of water and nutrients. It will also stop the Bush rats from tunnelling and climbing into the beds - they have a particular liking for root vegetables! The height of these beds can also be varied to suit the needs of those wanting to lease the beds. This project will be ongoing for a few months.

We are pleased to note that the water use at the Garden has dropped, and attribute this to the installation of the shade covers over all beds, and regular maintenance of the irrigation system.

Several large broken tree limbs were safely removed from the Garden by a local company with the support from Alexandrina Council.

- Angela Nesci



Cittaslow Corner

What's Happening at Cittaslow Corner?



We have a few new volunteers at the Corner (welcome Julie, Anita, Jade and Pete) who have recently joined our valued regulars. We would love a couple more volunteers to join the team so please feel free to call Karen (0438 660 653) or Rose-Marie (0411 574 485) if you have questions or would like to volunteer. Summer hours are 11am-4pm, broken into two shifts of 2.5 hours each. It's a lovely opportunity to chat with locals and visitors about our lovely Slow Town and the Cittaslow philosophy.

We saw lots of happy customers, over the Christmas and New Year period, in particular, doing their gift shopping at Cittaslow Corner. There are always new and different products available and all are produced locally. We are currently stocking Cittaslow 'souvenir' chopping/serving boards and the very popular 'Savonettes' bee bars. Our Cedric Varcoe products are always very popular as are our jams and preserves.

Our Grow Free Cart has seen a bit more produce now that summer is here, although we always welcome more. If you have an excess of summer produce, please feel free to drop it off during opening hours.

- Karen Ross



KEY CITTASLOW CONTACTS 2022

GENERAL INQUIRIES		admin@cittaslowgoolwa.com.au
COMMITTEE President Vice President Treasurer Secretary Members	Michael Keen Iain Langusch Angela Nesci Tony Hargreaves Christine Putland Jane Williams Roger Stainer Olaf Hansen Antonio Trimboli	president@cittaslowgoolwa.com.au languino66@gmail.com anesci48@gmail.com treasurer@cittaslowgoolwa.com.au secretary@cittaslowgoolwa.com.au jane@bigpond.net.au rstainer@internode.on.net o.hansen@inet.net.au ttrim52@gmail.com
CITTASLOW CORNER Coordinator	Karen Ross Rose-Marie Vasiljuk	corner@cittaslowgoolwa.com.au
COMMUNITY GARDEN Volunteer Liaison Newsletter	Angela Nesci Ange Toone	garden@cittaslowgoolwa.com.au
CITTASLOW GOOLWA PRODUCE AND ARTISANS MARKET	Angela Nesci	market@cittaslowgoolwa.com.au
FOOD & WINE GROUP Chair Notetaker	Lauri O'Brien Roger Stainer	foodandwine@cittaslowgoolwa.com.au
ENVIRONMENT GROUP Convenor/Chair	Iain Langusch	languino66@gmail.com
AT THE WHARF EVENTS Coordinator	Lauri O'Brien	lauri@healthcareredesign.com.au
PUBLICITY Print/Radio Website	Ken Smith Tracy Parkes Rose-Marie Vasiljuk	kgsmith27@internode.on.net parkes.tracy@gmail.com rosemarievasiljuk@gmail.com
MEMBERSHIP Liaison/financial Registration/data base	Tony Hargreaves Lynn Maxwell Lauri O'Brien	treasurer@cittaslowgoolwa.com.au maximcs@bigpond.com lauri@healthcareredesign.com.au
NEWSLETTER Content Coordinator/Editor Publisher/Layout/Editor	Christine Putland Gillian Keen	secretary@cittaslowgoolwa.com.au newsletter@cittaslowgoolwa.com.au



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Editing/layout:

Gillian Keen

Content/coordination:

Christine Putland

Photography:

Rod Flintoff, Iain Langusch, Leon Mead, Angela Nesci

Please send contributions to:

newsletter@cittaslowgoolwa.com.au