

CITTA-CHAT



Winter/Spring | Newsletter for members of Cittaslow Goolwa | 18 August 2023

From the President...

It is August!

This means SALA (South Australian Living Artists) Festival is in full swing, for the 25th year. There are almost seven hundred registered sites across the state in this year's program, ninety of which are on the Fleurieu so plenty of contemporary art to be seen in our area.

August also means the end of winter, so planning for our regular summer twilight live music events, At The Wharf is in full swing. This season we are back in the Goolwa Wharf precinct beginning on Friday 27th October. Jaralde Park will be the ATW venue pending the completion of the Signal Point renovation works. As soon as the back deck at Signal Point is available, ATW will return to its original and much loved site.

Cittaslow Goolwa, being an incorporated community body, is required to hold an AGM within six months of the end of the financial year. This year the AGM is being held a little earlier than in previous years on Thursday, 26th October. Details of the AGM can be found on page 6, including information for those who might be interested in joining the management committee.

Many of you may have heard a few months ago that the State Planning Minister announced the intention to change the usage of a large parcel of land in Goolwa North for housing. Cittaslow Goolwa has been in discussion with Alexandrina Council and the land owner's representatives in order to help shape the development to uphold Cittaslow values and ensure environmental considerations are top of mind.

Next month Cittaslow Corner re-opens after the winter break, so drop in there from 1st September - Thursday to Monday 10am-2pm. The Corner provides a broad range of activities for Cittaslow, so check out the details on page 7.

This newsletter is packed with articles about what's being going on uneven in these cold winter months, which I hope you all enjoy.

See you at the Open Day at the Garden on 16th September!

Michael Keen

SPECIAL REPORT :**‘Rubbish Matters’ – a youth arts project with Goolwa Secondary College**

This exciting collaboration between Cittaslow and the Goolwa Secondary College grew out of the concerns and interests of the young participants who attended Alexandrina Council’s Youth Forum in 2022. Community representatives had the chance to hear from students about their awareness of environmental issues, in particular the problem of managing and reducing waste along our coastline and waterways. In response, Cittaslow devised a project in which young people were supported to express their ideas about the issues creatively.

Thanks to a ‘Vibrant Communities’ grant from Alexandrina Council, we were able to engage a local artist, Gina Allain, to work with students of Goolwa Secondary College, with support from Art Teacher, Luke Mount. Approximately 20 students from years 7, 8 and 9, self-selected to join this project for their Term 2 elective. In the first session students took part in the regular Randell Road clean-up conducted by Cittaslow volunteers and had the chance to experience the real-life challenge of clearing waste materials from roadsides in public spaces. This was followed by a session where they learnt about cleaning and sorting the materials that they had collected and discovered how they could be re-used in creative ways. They also had access to a range of plastic and other waste products collected from the coastlines in this region by the artist and other volunteers. Armed with growing awareness, over the subsequent six weeks they worked with Gina and Luke to express ideas creatively.

The practical outcome is an installation based on the theme of sea creatures and the dangers they face from discarded plastics and other materials. Their collection of work will form part of a SALA exhibition hosted by Investigator College and featuring art works by school students from the region.

This project aimed to provide an enriching and satisfying creative experience for participants while raising community awareness and prompting action. It is hoped that this experience will inform a larger public art project comprising work/s that arrest, inform and inspire the public.



Randell Road Clean-up with Cittaslow volunteers



Cleaning and sorting materials



Making the jellyfish



First test hanging



At the SALA show at Investigator College



Art Gallery Exhibitions

Cittaslow takes every opportunity to support the arts in Alexandrina. As well as showcasing art works at Cittaslow Corner, our volunteers also provide a refreshments bar at the exhibition openings at Council's South Coast Regional Arts Centre and Signal Point Gallery. The latest was the SALA (South Australian Living Artists) exhibition featuring well-known local artist Jane Hylton. Titled 'Alexandrina + Botanica', Jane's works are inspired by the vegetation of the region's wetlands, scrub and bushland. Volunteers Steve and Tony served a range of Langhorne Creek wines to those in attendance.

This is one example of the many ways in which Cittaslow promotes local products. And in case you haven't heard, we are always looking for more volunteers who are prepared to complete the simple on-line course to gain their Responsible Service of Alcohol (RSA) certificate which allows them to serve alcohol at our public events. Our volunteers find that working on the bar at such events is rewarding and they enjoy meeting interesting new people while supporting some of Australia's best wineries right on our doorstep. Contact us through admin@cittaslowgoolwa.com.au if you are interested in finding out more.



CITTASLOW GREENING INITIATIVE

Two years ago, Cittaslow made a commitment to adding more greenery to our environment to not only offset the effects of global warming, but also aesthetically improve our environment. To date we have distributed and planted over 4700 locally native plants with approximately 2000 plants remaining in our purpose-built nursery located in our Community Garden. We have had a long-term relationship with the local Children’s Centre where we have been providing fresh fruit and vegetables from the garden for a number of years. Areas were identified in the centre’s grounds where we could add some of our plants to beautify the area. 8 Cittaslow members and 4 centre parents with three small children successfully planted 170 natives with the necessary tree guards in the area adjacent to Lindsay Parade.



Cittaslow Goolwa Annual General Meeting and Committee elections

The Annual General Meeting of Cittaslow Goolwa Inc will be held at **6pm on Thursday 26th October 2023 at the Goolwa Aquatic Clubrooms, Barrage Road**. All members of the association are very welcome to attend this meeting.

As well as reporting on the past year's activities and celebrating our achievements, the annual election for Committee members is held at this meeting.

Nominations are called for the following vacancies on the Committee:

Ordinary Members:

Committee members who don't hold an officer's position are known as 'ordinary members'. All committee members are jointly responsible for making decisions about the business of the association and ensuring that the Rules of Association are adhered to. All committee members are also regular volunteers in the association's activities.

Vice President (s):

The office of Vice President supports the role of President when required, may be called upon to chair meetings if the President is absent and represent the association at community events from time to time. Cittaslow Goolwa Rules of Association allow for more than one Vice President on the Committee.

Please consider nominating for one of these important roles. For more information, and to obtain a nomination form please contact president@cittaslowgoolwa.com.au, leave your contact phone number and we will call you to discuss the roles.

Nominations must be submitted using the official nomination form and be received no later than midday on Wednesday 4th October 2023.

Following receipt of all nominations an official Notice and Agenda of the Annual General Meeting will be distributed to all members including a list of nominations.

Christine Putland

Secretary, Cittaslow Goolwa Inc

CORE PROGRAMS

Cittaslow Corner



Since 2017, 'Cittaslow Corner' has occupied Alexandrina Council's Institute Building for the purpose of welcoming and informing visitors, highlighting all that is local and regional, educating the public while supporting local producers and growers, artisans and artists, and promoting sustainable local processes and products. In June 2023, Cittaslow was informed that all Council's buildings in the wharf precinct (not currently on a fixed lease) are part of a call for Expressions of Interest open to the wider business and community field.

The Cittaslow Committee is preparing an EOI with a view to continuing to lease this heritage building. In this process we have identified some crucial facts that may interest members:

- During the past financial year, Cittaslow Corner has contributed **\$19,343** to the local economy through sales of produce which go directly to local and regional growers, producers, makers, and artists;
- In the same time, volunteers worked a total of 620 hours in staffing the centre at Cittaslow Corner, not counting time spent in coordination, stock ordering and handling, and administration;
- Currently there are 40 volunteers on roster at Cittaslow Corner, many of whom offer to sit at the corner several times a month
- Visitor numbers have increased considerably over time, with a total of **1770** visitors to the Corner between January and July this year;
- The number of producers and makers whose wares are featured and sold in Cittaslow Corner has increased to 25 (9 new ones in 2023) plus 4 more whose work is accepted on consignment.

Many of these achievements are partly due to the great work of volunteer coordinator, Rose-Marie Vasiljuk, and of course the volunteers who take shifts to keep the centre open. Any new members who would like to find out more about this role are welcome to contact Rose-Marie on:

Rose-Marie_Vasiljuk_23432870@infoodle.com

Please note that Cittaslow Corner volunteers are having a welcome winter break and the doors will open again on 1st September 2023.

Christine Putland



Cittaslow Goolwa Community Garden

News from the Community Garden



Winter in the Garden 2023

Well winter is certainly with us now! There have been some good rains, very cold days, & too much wind!

While some plants really don't do much during the cold weather, the winter dormant fruit trees are preparing for spring. Some of these require quite a few "chill hours" to set their buds for future fruit. These include apples, pears, plums & especially cherries. So, with the changes to the seasons & night time temperatures caused by climate change we will need to adapt & change the types of fruit we grow in this area. Food for thoughtOr should that be more thought for food !

We continue to provide weekly deliveries of much needed fresh produce to the Kindy/Childcare Centre. This is one of the core objectives of the Community Garden & has been a continuous



project for around 10 years. That's a lot of produce! Bendigo Bank have been the sponsor during all those years-we thank them for the continued support.

Winter is tool cleaning & oiling time, thanks Gaynor for continuing with the maintenance of our tools. We use a 50/50 mix of linseed oil & turps. We have had several biochar burns.

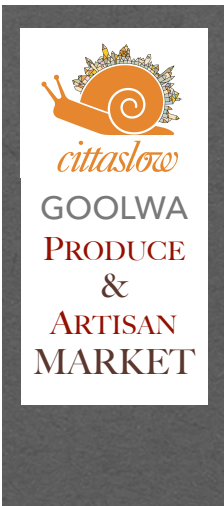
We have taken delivery of 3 new small raised beds; these will be mounted on an existing bed to give a higher garden-that will (hopefully) be inaccessible to the bush rats & rabbits which find our produce delicious!

Volunteer numbers are down, as travel to warmer climates entices some, others are traveling to catch up with family. Some have succumbed to the debilitating viruses that are around.

The Garden marks its 15th anniversary this September, so we are holding an "Open Day" to celebrate! September also marks Cittaslow International's 14th annual Day of Good Living. An invitation has been sent out by email to all members for this great event to be held on Saturday 16th September from 2 - 4pm. See you there!

Ange Toone





The Cittaslow Produce and Artisans Market

Bread - in our last newsletter I reported that we were finally able to provide bread for our market goers and selling an average of 30 loaves at each Market. Unfortunately this was short-lived. Changes with Middleton Bakery meant we could no longer access our bread from there and had to tell our customers that sadly we had no bread to sell. The search was on!!

After a few weeks several things fell into place so that the Market could again sell bread. Firstly, a new stall, Hey Bagels which began selling bagels and very yummy cinnamon scrolls (all sourdough) started also making sourdough bread for the Market. Hey Bagels bread is very particular because of the flour that is used and the reasoning behind it. Next time you are at the Market come and have a chat with Dave and Kate who will be happy to explain it to you. A chance meeting with someone who knew someone meant that we were able to have beautiful sourdough made by a young local woman. We also sell ciabatta loaves.



Sourdough bagels from Hey Bagels. Come and see the bread and the cinnamon scrolls at the Market.



As usual we have a selection native seedlings along with our resident expert Iain to answer all your questions. Also don't forget to ask me about some biochar. We have some small containers but you can also purchase some by the bag-full.

In case you need a reminder of all the wonderful food you can choose from while you are enjoying the wonderful atmosphere that is our market, below are photos of the Kim Chi Club, Santopalato and the Traveling Chameleon - all new additions to our Market. These are in addition to Anna's Home baked and cooked delicacies and Brent's (Jelly Café) delicious pastries.





Typical Market scenery - family enjoying the sunshine, the music and of course, the coffee. Note the Brew Box van in the back ground. (Family on the mat is connected to the Brew Box).

Just a reminder that Cittaslow is selling natural cleaning liquid from the Cittaslow Corner and also from the Cittaslow stall at the Market. Currently we have bottles of Laundry Liquid, Body Wash, Dishwashing Liquid and Toilet Cleaner. Some of us started buying this when one of our stallholders was selling all natural and environmentally friendly products. When she left (family reasons) we decided to continue to supply some of these products. Come and try it and let us know what you think. Here is an example. We are recycling the bottles so please return the bottles and get a refill.



Thank you to the small band of Cittaslow volunteers who make it all possible, including Anna who as well as all the other stuff she does for the Market during the week is at the site at the crack of dawn and always makes sure things run smoothly with all the stallholders.

Until next time - see you at the Market

Angela Nesci

Market Manager

INTEREST GROUP ACTIVITIES

Environment Group News

Tloperi Planting Day, 2023

June 4th was a beautiful bright and sunny day here on Hindmarsh Island, when 15 enthusiastic planters again descended on Tloperi, 81 McLeay Road. Based on how much everyone enjoyed themselves, this is looking like becoming an annual planting event. Cittaslow members Angela and Ange, Sue, Wayne, Jim, Irene, Debbie, Iain and Chris, Tammy and I (and Izzy the dog) and our Coorong Quays Rocker friends Dave, Dee, Brian and Kerry joined us for an enjoyable morning and planted 800 tube stock and 200 Carpobrotus cuttings.



About 400 of the tube stock were native grasses grown by Iain from seed I had collected from my revegetation sites, to extend habitat for our rare, mottled grass skipper butterflies that live on the property. As the larvae (caterpillars) of these little skipper butterflies will only eat grasses (and not closely mown lawns), there needs to be some height to the grass, so native grass tussocks are excellent for them). I understand from Iain that many more of these grasses and other plants from seed I collected will also be used in other planting projects on Hindmarsh Island and in Goolwa which will be great to provide more habitat for these rare butterflies and other wildlife in the local area.



By lunchtime we had planted and guarded approximately 1000 plants and cuttings so Kerry and Brian headed off to cook the BBQ lunch which we all heartily tucked into. Due to the efforts of everyone in the morning we had planted all the plants and were able to enjoy a leisurely extended lunch together in the afternoon.

The week after planting we had extensive rainfalls which has nicely watered everything in. Many thanks to everyone particularly for Chris in auguring 1000 holes the previous day, to Kerry and Brian for cooking the BBQ and Iain (and Cittaslow) for the generous donation again of approx. 600 plants and for organising Cittaslow members who attended, and thank you to everyone for coming. Also thanks to Dana from the Hills and Fleurieu Landscape Board for her ongoing support in providing us with insurance for the day.

Karen Lane



FOOD AND WINE GROUP UPDATE

Food and Wine Group Winter Social Event: Long Italian Lunch at Our Place, Willunga Hill.

Our Place is owned and operated by Andy Clappis and his family, who pour their heart and soul into the preparation and serving of the meal using seasonal local produce.

The Cittaslow table of seventeen food and wine group members and friends enjoyed an excellent and theatrical five course Italian-style shared meal. A variety of seasonal antipasto dishes served with Andy's delicious warm artisan style bread, was followed by pasta, risotto, roast suckling pork and vegetables, and cannoli Siciliana for dessert.

Each course was introduced by Andy with an engaging description of the ingredients and cooking approach, including wheeling out the roasted suckling pig on the upright spit - a gastronomic experience enjoyed by all who attended.

Terri Gibson

Social Event Organiser





HOW TO SESSIONS

The first How To session in over a year was held in early June. The topic of *Gnocchi Making* was so popular that in the end there were three sessions, with one session being held after hours.



Thank you to Tracy for this photo as my photos from the day were lost.

How to Propagate Native Plants was organised by Iain Langusch and held at the Cittaslow Goolwa Community Garden on Saturday 12th August. It was a great success as can be seen in the photos below.



Look out for notices on sessions that are being planned in the near future:

- Pizza making
- Making crumpets for breakfast
- Info sessions on recycling. We were hoping to organise a trip to the facility in Seaford Heights which is no longer possible. We expect that videos of the recycling process will be available for people to access. For now I encourage everyone who hasn't already seen it to watch the War on Waste (available on ABC iView), in particular the first episode where they show this process in great detail.

Hope to see you soon at the next How to Session.

Angela Nesci

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