

AUTUMN - WINTER 2024



From the President

With winter upon us this normally means a quieter time for Cittaslow, but this doesn't seem to be the case at the moment.

As well as the **Community Garden** continuing to produce wonderful fruit and vegetables (you can help them by going down there on Tuesdays 9am to midday), **Cittaslow Corner** is open 11am to 2pm Thursdays to Mondays, and the Produce and Artisans Market on the 2nd, 4th and 5th Sundays, and the list continues...

We have been working with Council to assist with their Climate Emergency, and Environment Action Plans. The first action is to help with the soft launch of the **Good in the Hood** program. This involves online seminars that empower individuals to make positive change through, for example, managing food waste and understanding the circular economy. for more information, go to goodforthehood.com.au

Food and Wine group continues through-out the year too with regular meetings and seasonal dinners. Planning for next summer's **At The Wharf** live music events has begun, thankfully with Lauri O'Brien's continued leadership. We hope to be back at our traditional venue at Signal Point so keep an eye out for this one.

The Environment group continues with its work, including regular Randal Road clean-ups and propagating thousands of seedlings. There is another planting session at the Lane's property on Saturday 22nd June - details page 15. And we have recently approached Alexandrina Council about adopting one of the green spaces within Goolwa to replant it with some of these seedlings.

Also of interest to our members - **The Coorong, Lower Lakes, Murray Mouth Water Research Centre** (CLLMM) is ramping up its activities, and this Saturday they are holding two Science Forum sessions which are open to the public - see notice page 14.

So keep warm and continue to enjoy the thriving community of the river port of Goolwa.

Michael Keen

CORE PROGRAMS



Cittaslow Corner
Cnr Goolwa Terrace
& Cadell Street

Cittaslow Corner has seen steady visitor numbers over the past months with things picking up nicely over the Easter and school holiday breaks. Lovely mild autumn weather saw the continuation of good visitor numbers with lots of goodies being sold for Mother’s Day. We have a few new products:

- Louise Springer Tie Dyes – children’s clothing, towels and linen
- On consignment –
 - Coils by Katherine - rope baskets
 - Katsey Fleurieu Fibers - natural grass baskets

The Corner is now running on “winter” hours with one shift per open day from 11am to 2pm. We will be closing mid next month for winter break from 22 July and re-opening on Thursday 29 August.

As always, more volunteers are needed. Now that Covid has become part of life and receded more or less into the background many of us are travelling more which can impact rostering significantly - particularly at popular holiday times where it becomes quite difficult to fill the roster. If you are interested in volunteering at the Corner (even one shift can help) it only takes a quick and simple induction and you are then ready to go.

Please don’t hesitate to contact Rose-Marie to express your interest: rosemarievasiljuk@gmail.com



Above: Coils by Katherine
Above right: Louise Springer Tie Dyes
Right: Katsey Fleurieu Fibers

CORE PROGRAMS

Cittaslow Goolwa Community Garden



The Garden Autumn Report

Summer in the Garden 2023-24

The Summer weekly deliveries of fresh produce to the Kindy/Childcare Centre included beans, capsicums, eggplant, zucchini, squash, cucumbers, pumpkins, tomatoes, carrots, rockmelons, potatoes and spring onions. Excess produce was placed on the Grow Free carts around town.

Damp weather caused ongoing issues with powdery mildew on cucurbits. Volunteers managed to extend plant life by continually removing diseased leaves each week and applying milk spray.

Volunteers have been busy preparing garden beds for winter crops; making good use of the cheap horse manure from our neighbours at Wayandah Park Stud. Winter crops of celery, peas, silverbeet, kale, cauliflower, broccoli, leeks, onions and carrots have been planted.



Dina's lovely dahlias



Nancy preparing the carrot bed

Native bush rats and rabbits have kept volunteers on their toes trying to outwit their sneaky methods of obtaining access to garden beds (fenced or not!).

The purchase of a whipper snipper has allowed paths to be kept free of weeds (why can't the rats and rabbits eat them?!).

Ongoing issues with watering system timers have been ably dealt with by volunteer Trevor.

We got a small crop of apricots - some were delivered to the Kindy/Childcare Centre and volunteers also made some jam for the Cittaslow Market. Unfortunately this year there were hardly any plums, but we did get a good crop of apples of various varieties from our espaliered trees.

We also celebrated volunteer Gaynor's 90th Birthday. Gaynor has been volunteering at the Community Garden since its inception. Thanks Gaynor!

Happy Gardening

Robyn Furniss



Iain preparing the asparagus



School holiday volunteer Abby.



Angela gives the olive tree a haircut, assisted by Kerry on chopping duty

CORE PROGRAMS



The Cittaslow Produce and Artisans Market

The market continues to grow with new producers communicating their interest in becoming a stallholder. Some of our new producers at the Market are Deep Creek Honey, Louise Springer Tye Dyes, 100% Golden Beeswax and of course Seed to Leaf (Clinton) who took over the stall from Simon.

Hey Baker Middleton is taking a break until they are in full production but will be back. In the meantime the Cittaslow market stall will try and ensure that there is an ongoing supply of bread for our market goers.

Recently we were disappointed that we would no longer be able to pick up the bread for our stall from Middleton. Luckily, thanks to Sue we were able to secure an agreement with the Bakery that makes the bread to deliver directly to the Market.

As you may have noticed, our stall also has two books and a range of cards for sale. These are the product of a local artist and publisher, a poet and author, and a foodbuilder and author. They can also be viewed and purchased at Cittaslow Corner.



My undying gratitude goes to the volunteers who make the Market possible especially during this time when I am not always able to be at the Market.

Angela Nesci

P.S. The first Market in June on the long weekend attracted the biggest turn-out that many of us can remember which augurs well for the start of a long winter!



Some of the delicious produce and fabulous arts and crafts available at the Market.



INTEREST GROUP ACTIVITIES

FOOD AND WINE GROUP

At the Wharf - looking back, looking forward

In the last Newsletter we reported that the 2023-24 season of At The Wharf at Jaralde Park began on a high note in October 2023 with great weather and accordingly a great turnout. From there, the events were up and down, both weather-wise and in terms of attendance.

Winter appeared to return in November which prompted us to cancel. In December we persevered despite strong winds, with a sizable crowd and many people dancing to keep warm! January produced a cool day but the event was still successful thanks to a new energetic band, 'Slipway', offering a lively range of music. The February date promised to be a warm day and it did not disappoint, but the March long weekend Sunday broke all At The Wharf records! The BOM forecast very high temperatures, and we were aware that many community events were being cancelled. However, past experience suggested that there would likely be a cool change later in the day, and as the last event in a topsy-turvy season, it was decided to push ahead. This turned out to be an unfortunate decision as the heat was even worse than expected and the usual crowds wisely stayed away in droves! Thanks to our hardy team of volunteers rostered on that day, the irrepressible energy of the band Slipway, as well as their families and friends, plus a small group of rusted-on faithful members and supporters, those of us who were crazy enough to brave the high temperatures managed to survive the day in good spirits.



Signal Point now...



Signal Point in October (but with new deck canopy)!

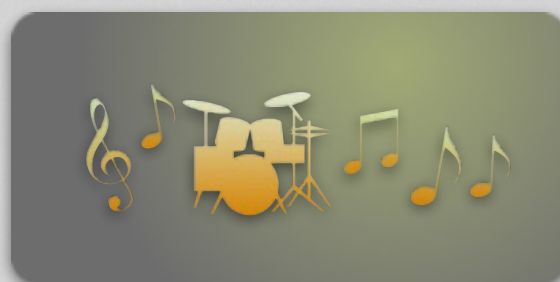
Contrary to previous indications that the main threat to outdoor events in Goolwa is the notoriously windy and cooler than expected weather, ironically on this occasion it was extreme heat that had the volunteers sweating and discouraged attendances. The lesson? Alongside our policy to cancel events when high winds are forecast, we now have strict guidelines stating that if BOM predicts temperatures higher than 35 degrees on the day, the event will be cancelled, ideally 48 hours beforehand to save unnecessary inconvenience and cost to the performers, food vans and the volunteers involved.

On a positive note, we are looking forward to next season with 'cautious optimism' that At the Wharf will be able to return to its original home on the Signal Point lawns from the first event on Sunday afternoon 6th October 2024. The very good news is that Lauri O'Brien will continue to coordinate the rosters as well as the food vans and bands despite not being able to attend every event. She has already confirmed that while The River Rats are taking a break (and will be sorely missed around town), our old favourites, Matt and the Maniacs, may still be available on some dates and meanwhile Slipway will certainly be on our program for next season.

So, please mark the following dates in your diary and watch out for updates as October draws near!

- Sunday 6th March 2-5pm
- Friday 25th October 5-8pm
- Friday 29th November 5-8pm
- Friday 27th December 5-8pm
- Friday 31st January 5-8pm
- Friday 28th February 5-8pm
- Sunday 9th March 2-5pm (Adelaide Cup weekend)

Christine Putland



News from the Food and Wine Interest Group

It has been a great start to the year for the Food and Wine gatherings. The first event in February attracted a good crowd including several new members and one overseas guest. We were treated to an interesting presentation by Chris Day from Cockatoo Creek Farm accompanied by Liz Sanders from the Food Embassy. They each spoke about their respective enterprises, prompting many questions and a lively discussion. Several members commented that they welcomed hearing about initiatives related to the food and wine theme as it was a chance to broaden our knowledge about the region.

Members had decided that the shared food theme this year would follow the alphabet letter-by-letter so the February event featured dishes sourced from countries around the world starting with the letter 'A'. (Apologies if I confused members in the last newsletter by suggesting that A referred to the name of the dish, not the country!) At the following events, 'B' in March and 'C' in April also produced some surprising but delicious culinary entries from our imaginative gastronomically-inclined members. Sadly, the letter theme in May proved daunting for many, given the restriction to only 5 countries in the world starting with 'D', resulting in our lowest attendance for some time. It was suggested that in such cases we should combine letters so in June we will feature 'E' or 'F' - lots more to choose from!



One Paddock
Winery
Autumn Long
Lunch

With Lauri O'Brien and Roger Stainer having stepped down from their roles as Chair and Notetaker, we decided to rotate these positions in future. Linda Kald and Scott Woodsmith kicked off, doing a great job for the first few months of the year. Steve Grieve and Gillian Keen then took a turn in May and will continue in June. Carol Gaston has offered to Chair meetings in July and August.

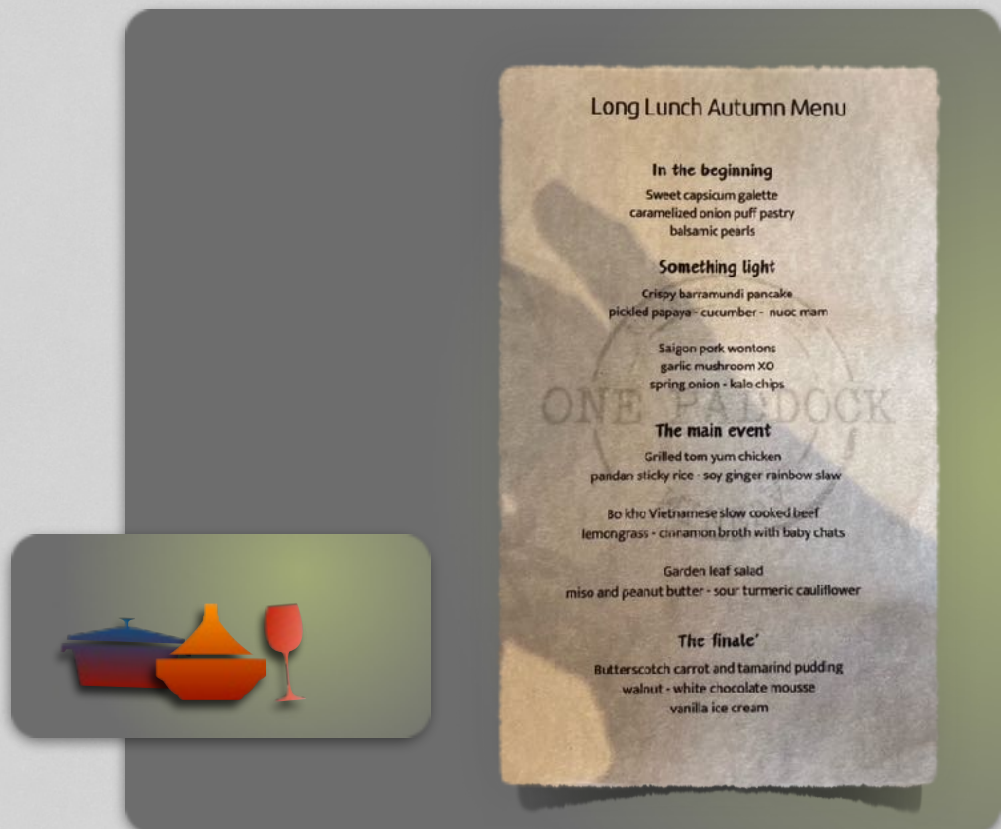
Terri has continued her successful run organising the seasonal dinners/lunches program for members to explore different restaurant options around the region. The May lunch at One Paddock Winery in Currency Creek was yet another great day, with members enjoying the spread of Vietnamese/Australian fusion dishes at this warm and welcoming establishment.

Members continue to take turns to organise and run the wine options game and the food quiz each month. Vicki Knight is going to be a hard act to follow with her two successive quizzes based on the alphabet letter theme.

The Food and Wine gatherings welcome any members who are interested in food and/or wine or would just appreciate meeting with others to share good company, a wide range of flavours and learn more about the Cittaslow program.

If you haven't made it to these gatherings before but would like to try it out, just register your interest by emailing admin@cittaslowgoolwa.com.au and asking to receive the regular email updates. Or simply come along to the Goolwa Aquatic Centre clubrooms (river side) on Barrage Road at 5pm on the last Monday of each month. It is BYO drinks and glasses and each time we share a meal so bring a share plate if you can. Start thinking of food from countries starting with 'E' or 'F' for 24th June!

Christine Putland



Art Gallery openings

As noted in our last newsletter, a minor component of Cittaslow Goolwa's activities is the provision of bar services to occasional art exhibition openings at our two Council-run galleries, Signal Point and the South Coast Regional Art Centre (SCRAC), more fondly known as The Old Police Station. Like other events such as At the Wharf, these services are principally designed to provide enjoyable experiences for the community at reasonable prices while enabling us to make a small surplus which helps to support other activities, like the Community Garden overheads.

On February 16 we provided a bar for the opening of Zoonosis, a travelling exhibition from Queensland. Depicting the transfer of disease from animals to humans using various references including nursery rhymes and fairy tales. Artfully curated and presented in The Old Police Station, it proved very popular with many return visitors.

The bar was set up in the courtyard by Steve Grieve, with Michael Masters serving. The bar definitely added to the atmosphere of the opening which acknowledged the work of the artist Dr Nicola Harper.

On March 23 we provided a bar to a very different exhibition at the Signal Point Gallery (upstairs) titled The Trail. Showing scenes from the Heysen Trail captured by artist Joshua Baldwin's, it was accompanied by a travelling exhibition of the life and art of Hans Heysen. Once again, a very popular exhibition, even more so as a celebration of the return of the gallery program to the newly renovated premises, with the most welcome installation of air-conditioning! Our bar, manned by Tracey Parkes and Michael Masters was very popular and well received.

As an aside, many locals took this opportunity to make their first visit to Yuntulun Ku:Li-War, the wonderful new interpretive centre on the ground floor. A must visit!

Hopefully we will have many more openings to report on in the future.

Tony Hargreaves



[AAACE Program Apr-June 2024](#)

Environment Group News

Since Cittaslow committed us to adding more greenery to our environment for a variety of reasons, we have seen over 7000 of our local native plants now in the ground. The reasons stretch from health, to economic, atmospheric etc. The attached image and species list is of the 3000 locally native plants we presently have in our purpose-built nursery at the Community Garden. I am very keen to see them in the ground next planting season that begins with an increase in soil moisture. If you can assist in this endeavor, contact Iain at languino66@gmail.com. Prices by negotiation (can be free for "Community" spaces).

Iain Languish



CITTASLOW PLANTS May '24

Acacia pycnantha	Cyperus vaginatus	Melaleuca wilsonii
Acacia pinguifolia	Dianella revoluta	Malva preissiana
Acacia dodonaeifolia	Disphyma crassifolium	Myoporum parvifolium
Acacia rhetinocarpa	Dodonaea viscosa	Pelargonium austral
Acacia provincialis	Enchylaena tomentosa	Poa poiformis
Allocasuarina verticillate	Eremophila glabra	Poa labillardierii
Austrostipa flavescens	Eucalyptus fasciculosa	Pomaderris paniculosa
Austrostipa elangantisima	Eucalyptus incrassate	Olearia axillaris
Austrostipa mollis	Eucalyptus socialis	Olearia floribunda
Banksia ornate	Eutaxia microphylla	Olearia passerinoides
Billardiera cymosa	Facinia nodosa	Pittosporum augustifolium
Bulbine bulbosa	Goodenia ovata	Rhagodia candolleana
Bursaria spinosa	Hakea mitchellii	Rytidosperma geniculatum
Callitris gracilis	Hardenbergia violacea	Rytidosperma caespitosa
Callistemon rugulosus	Kennedia prostrata	Senecio spanomeris
Calocephalus citreus	Leucophyta brownie	Senna artemisioides
Clematis microphyla	Linum marginale	Themeda triandra
Convolvulus remotus	Lotus australis	Thomasia petalocalyx
Cullen australasicum	Melaleuca lanceolata	Vitadinia australasica
Cymbopogon ambiguus	Melaleuca halmaturoru	Xanthorrhoea semiplana
Cyperus gymnocoulos	Melaleuca decussata	Zygophyllum billardierei



Nangawooka

Leonore Swanson

'The Fleurieu Group of the Australian Plants Society SA combined with Friends of Nangawooka to hold the Autumn Open Day and Native plants Sale at Nangawooka Flora Reserve on April the 28th. Four growers from APSSA offered native plants for sale. We were joined again by the Native Orchid Society SA, Butterfly Conservation SA and Cittaslow Goolwa, who presented very popular stalls offering plants and information.

The weather was extremely kind, so that the record number of visitors could linger in the gardens, which had been brought to top condition by the volunteers, and enjoy the sausage sizzle and refreshments also provided by the Friends Group.

The plants offered by our four dedicated growers, though all Australian Plants, varied from the rare Western Australian plants offered by Max Jettner, to the plants with local provenance offered by Cittaslow. This provided something for every taste in native gardens and from the way the plants disappeared from the tables so quickly, they were very well received. Our next open Day will the Spring Sale in September.'

A nice mention for us in the Australian Plants Society Journal!



UPCOMING COMMUNITY EVENTS

CLLMM RESEARCH CENTRE

2024 SCIENCE FORUM



SATURDAY
15th JUNE

6:00-8:30pm

Lvl 1, 92
Barrage Rd,
Goolwa

Spotlight Speaker
Jody Swirepik



Scan the QR code
to register



Cittaslow events:

- ✦ **PLANTING DAY 'Tloperi':**
10am Saturday 22nd June
81 McLeay Rd Hindmarsh
Island (details next page)
- ✦ **COMMUNITY GARDEN:**
Tuesdays 9am - 12pm -
Kessell Rd
- ✦ **ARTISAN & PRODUCE
MARKET:** Every Second,
Fourth & Fifth Sunday of
the month from 9am -
1pm. - Jaralde Park
- ✦ **FOOD & WINE GROUP:**
Last Monday of the
month. 5pm - Goolwa
Aquatic Club

2024 CLLMM SCIENCE FORUM

KIDS PROGRAM

Puddle Play
4-6yrs | 9-9:45am

Splashy Scientists
5-10yrs | 11-12pm



SATURDAY
15TH JUNE

LVL 1, 92 BARRAGE RD
GOOLWA



Scan the QR
code to
register



DAD'S CATCH-UP

Join us for a
COFFEE & CHAT

1st & 3rd Tuesdays
of the month
9.00am - 10.30am
(from 6th February)



at Riverview Deli & Cafe
214 Liverpool Rd, Goolwa

BOOKINGS NOT REQUIRED



Can you help?
Planting day has been postponed due to
low numbers...
Now scheduled for June 22nd
If you have a couple of hours to spare,
please lend a hand.



Dress for potential inclement weather

- Bring hat, gloves, waterproof clothing
- Bring a chair
- All holes will be dug before hand so you will just be planting and guarding.
- If you can only come for the bonfire BYO food.

TLOPERI

81 McLeay Road,
Hindmarsh Island
Phone Chris: 0417882024
growingbush@adam.com.au

Planting at the Lanes property on Hindmarsh Island! Saturday ~~15th~~^{22nd} of June 2024. Starting at 10am

Come over and plant some locally indigenous trees, shrubs and grasses at Tloperi.

**BBQ lunch provided for all planters.
Please RSVP Chris to give numbers for lunch.**

After planting we will light the bonfire and invite you to stay on.



2022 plantings. Great result!

Key Cittaslow Contacts 2024

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