

Cittaslow Goolwa

Newsletter Number 47 — June to September
2018



Events for your diary:

A Winter Seasonal Dinner to be held in July.

Details to be arranged shortly.

Community Garden

Meet every Wednesday 9am, Kessel Road.

Management Meetings

Held on the 2nd Thursday of the month.

Meet at Cittaslow Corner 4pm.

Cittaslow Markets

Held on 2nd and 4th Sundays in the month
between 9am and 1pm.

Sunday — 10 June, 24 June, 8 July, 22 July,
12 August, 26 August

Food and Wine Group

Meet last Monday in the month, 6pm at

The Community Garden, Kessel Road.

Bring own drink and plate for shared meal.

Monday — 28 May, 25 June, 30 July.

Contact Karen Ross,

karenrosswalks@gmail.com



Address: Cittaslow Goolwa Inc. PO Box 2539 Goolwa SA 5214.

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Newsletter Editor: Wendy Phillips wendy_phi@bigpond.com

President Report May 2018.

There is never a dull moment in Goolwa and certainly not for Cittaslow Goolwa. The few months are testament to that.

Scott Woodsmith and Tony Trimboli have been busy at the Community Garden shed installing a ceiling and will soon be fitting a sliding door and window. This will make the shed dust proof and provide a more comfortable place for the garden volunteers and other groups to use. The Food and Wine group is now holding their monthly meetings there as Cittaslow Corner doesn't provide enough room for the number of members who attend. There is also a Pizza oven available there and I hear it's been used!

A new updated Cittaslow Brochure is being prepared for printing and will shortly be available.

A Calendar for 2019 is also on the way with photos of Goolwa taken by members, Amanda Fairman has offered to compile the project. The Calendars will be available for sale by August and will provide Cittaslow Goolwa with a small income when sold.

The luncheon Cittaslow partnered with The UNSAA was a great success. Over 100 people from Adelaide and Goolwa enjoyed a magnificent meal and those who attended the beach for Andrew Baines installation had enormous fun, though some were damp or very wet afterwards.

Angela Nesci is now the Community Garden Liaison Volunteer and has relinquished the task of heading the Environmental group which means we are on the lookout for a member to take on this task. Are you interested? Please contact me if you are.

The Passata Day held at the Garden was a success with everyone receiving bottles of passata the way Italians traditionally made it. Tony Trimboli and his Sister Albina together with Debbie Smith and Ann Mari Trimboli ensured the 20 participants had a joyful community event.

The final "At the Wharf" event was held on Sunday 11 March and this proved to be one busy and successful afternoon. The Food and Wine Group supplied the person power to make it such an enjoyable time.

Lyn and John Clark's front garden had a makeover as a thank you for all the years of work they gave to Cittaslow Goolwa. Over five days the volunteer workers toiled to make a truly remarkable change.

The Fruit Forest now has a designated area close to the ponds and Murray Smith Park and planting will take place in a month or so, and the Lease from Council is about to be signed. This is a project which has taken time to come to fruition but worth the wait. In a few years community members will be able to help themselves to free fruit.

So many Cittaslow members contribute hundreds of hours of work as volunteers, in the Community Garden, Cittaslow Corner, Food and Wine group, Farmers Market, and Fruit Forest. We are always looking for more members who may have a little time to spare to share the load.

Margaret Gardner

How 2 Make Passata

The latest in the regular series of **How 2 Sessions** conducted by Cittaslow Goolwa focussed on **passata**, the Italian staple sauce that is a favourite base for so many dishes. The session took place on 30th March, Good Friday evening at the Community Garden on Kessell Road.

Although *passata* is readily available from various Australian and international makers there is a certain satisfaction coming from a product that you have had a hand in making. This really is the basis for the How 2 Sessions – people skilled and experienced in something that has local aspects, often related to food, who pass on what they have learned to others. This time, the experts were, Cittaslow member Tony Trimboli and sister Albina.

There was a lot of hard work involved in readying the 700 ml bottles and then preparing the 140 kg of Roma tomatoes. The tomatoes were sourced from the Good Food Company in Strathalbyn although some of those attending bought along home-grown tomatoes to include in the passata! There were 20 eager 'students' involved and all readily pitched in with the preparation.

A lunch break was a feature – this involved antipasto, pasta, and sauce including some of the Roma tomatoes with a glass of wine.

What could be more appropriate?

Cittaslow Goolwa provides a variety of community events in Goolwa and other parts of the Alexandrina Council area. Although most are available to non-members the best way to stay aware of what is being offered is to be a member check out cittaslowgowa.com.au



A happy bunch of Cassata makers enjoying the benefits!

Photos and article supplied by Ken Smith.



All hands on deck



What a great result!

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 on offer with family and friends and visitors.

A Cittaslow Seasonal Dinner-Autumn 2018

The venue for the latest Cittaslow Goolwa Seasonal Dinner, Tuesday 27th March was held at The Village Foodie (In the Village Square) Port Elliot and a great one it was! A full house really appreciated the wide range of ingredients pulled together by Chefs, Taryn Battye and son Dylan Didier Battye into some marvelously tasty, attractive and fulfilling dishes. A feature of the Foodie is the commitment to local ingredients. Thus, the passionfruit and pumpkin and more from the Chef's backyard, others from 'over the road,' meat from the appropriately named neighbor *Indulgent Meats* and with ingredients like rabbit, vegetarian 'pork' (actually the rare jackfruit), porchetta, beef brisket and hand-made papperdelle. The sweets, a highlight for many had 2 choices, Passionfruit Curd Tart with house made ice cream and salted chocolate chards or Chocolate Fig Cake with liquor candied figs and caramel Chantilly cream. What a choice, and the smart ones among the crowd got to taste both!

All of this was supported by well-selected local wines and beers and friendly, helpful and super-efficient waiting staff.

The winner of the lucky door prize was Zeke Fielding, seen here with Patsy (chief organizer).



The idea of the Cittaslow Goolwa seasonal dinners is to visit a local eatery and enjoy a special menu that highlights local produce and seasonal ingredients. The Village Foodie fitted that criteria spectacularly!

The seasonal dinners are a regular happening for Cittaslow Goolwa. They are open to non-members, but invariably sell out, so if you want to keep abreast of future dinners the website has all the details. cittaslowgoolwa.com.au

Ken Smith

A Cittaslow Randell Road Clean-up.

Giving back to the Community! With 13 bags of rubbish last time and 7 bags this time it just shows what can be achieved when friends get together. If you find people **dumping** contact the local Council and report it, ASAP. **We all have a responsibility to keep on top of litter.** Thank you team.



Photos: Rod Flintoff

Recycling in Public Places.

Several meetings have been held to discuss the project for recycling in Public places. Tess Sapia from FRWA met with Cittaslow members at Cittaslow Corner on the 25th January. A further meeting was held at the Council Depot with members of Cittaslow, FRWA and Council on the 12 February 2018.

At both of these meetings Cittaslow members presented the idea for providing recycling bins in Public places primarily at the wharf and Goolwa Beach.

At the conclusion of these meetings the consensus was that the Wharf would be an appropriate place to begin such a project. A further phone call with Alexandrina Council Environment Manager Karen Rokicinski confirmed that Cittaslow would write a proposal to FRWA regarding this project and supply her with a copy of this outline. This then would activate the process.

The Rotary Club in Goolwa has begun to take interest in the importance of recycling plastic and recently held an information booth in the shopping mall to bring to the public's attention the damage plastics are making to our environment. As result Cittaslow contacted Di Keach the President to investigate if Rotary was interested in joining Cittaslow in this project. The response was positive.

The Project Outline:

Cittaslow will apply for grant funding for an attractive permanent recycle bin which FRWA and Council would approve. It is envisaged that a Recycling bin/ possibly including refuse and green waste bins would be placed on the Wharf.

With FRWA's assistance Cittaslow and Rotary Volunteers would provide education at the recycle bin site during busy times eg, Christmas, Easter and also include other events such as Wooden Boat Festival and Cittaslow's "At the Wharf". Cittaslow realises that education will not be a short term project and that in all likelihood it will be the next generation who will recycle well.

We are now waiting on Council to give "the go-a-head"

Margaret Gardner

A "Thank You" from Cittaslow to Lyn and John Clark.

Lyn and John Clark resigned from the management committee of Cittaslow Goolwa last year. John leaving in the middle of the year and Lyn towards the end. We had thanked John for his service to the organization, but we were searching around to find a suitable thank you to Lyn. Finally it was decided to redo the front garden of their home in Cadell Street Goolwa.

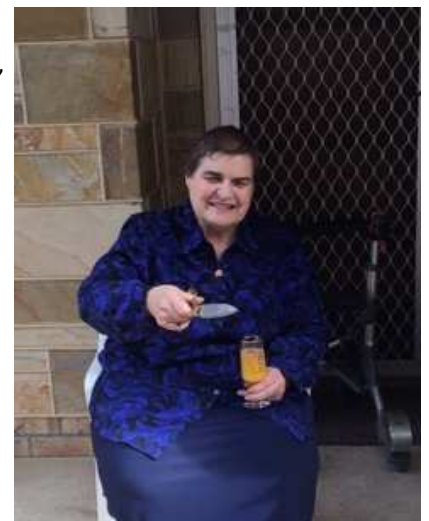
Vanessa Mulhall offered to take responsibility for organizing it and with Anna Leahy they formulated a plan. On the 19th March a small group of volunteers met and began the grand cleanup, pruning, digging, moving mulch and taking a trailer load to the recycling centre.

The five sessions in the garden saw a remarkable change. Those involved were Vanessa, Anna, Olaf Hanson, Tony and Ann Mari Trimboli, Scott Woodsmith, Ken Smith, Iain Langusch, Wendy Phillips, Margaret Gardner, Kerry Callaghan, Kym Gilbert, John Clark and Michael.

On Tuesday 1st May a group met in the Clark's front garden to present the gift to both John and Lyn, a new lease of life to the garden. Lyn cut the ribbon, Vanessa said a few well chosen words and we all enjoyed a toast to the Clark's and enjoyed Vanessa's and Anna's home made food.

A lovely present from the members for many years of service to Cittaslow Goolwa.

Margaret Gardner



Lyn opening the her new garden

A Letter from Lyn Clark- May 2018.

To the Cittaslow Management team and members.

John and I want to sincerely thank everyone involved with the restoration of our front garden. Not only has it been great for us, but we know many in the Community appreciate the work put in by the volunteers, especially by Vanessa (Mulhall) and Anna (Leahy).

With gratefully thanks, **Lyn and John**



Many volunteer hours spent preparing the ground.

United Nations Sustainability Luncheon at Signal Point, April 29th

Cittaslow Goolwa (Slow city) is one of over 230 towns in the world who devote their energies to thinking and acting carefully and thoughtfully about how to make their towns better. It is a holistic approach for the community as a whole to protect, manage and ameliorate every aspect of the town with the environment and ecology playing a significant part in the process, thus making Goolwa a perfect match to present the UN's seventeen Sustainability Goals. President Lidia Moretti of UNAA SA, President Margaret Gardner, Olaf Hansen and members of the Food and Wine group of Cittaslow Goolwa worked together to present a day to remember for the 100 plus guests.

Cittaslow chefs Olaf, Vanessa and Debbie took care of the Entrée of Pipsis, Coorong Mullet, Carp Pate and fish cakes, Fleurieu Distillery provided their gin and tonic. One of Australia's finest chef's Cheong Liew with chefs Eddie Ye and Ben Sharp prepared magnificent paella and noodles dishes as main course, with Andy Clappis providing mouthwatering Canoli, Juliet Michell making some of the finest chocolates guest had tasted and Lidia Moretti meringues with local strawberries.

The event was supported by many local suppliers and producers. Goolwa Pipi Co., Langhorne Creek wineries, The Goolwa Farmers Market producers - Hungry Caterpillar Bread, Wayne Dowding Olive Oil, Spice Girlz Dukkah. Harvest on the Fleurieu strawberries, O'Connell's Butchers, TC Fruit and Veg. Alexandrina Council provided logistical support.

Guests included the SA Governor Hiew Van Le and Mrs Le, Chloe Kourakis representing Chief Justice Cris Kourakis, Rev. Dr Lynn Arnold, Lady Mayoress of Adelaide Genevieve Haese, Mayor Keith Parkes, Dr Nikki Vincent, Equal Opportunities Commissioner, and Glenn Rappensberg CEO Alexandrina Council.

Dr Lynn Arnold spoke passionately about the concerning and very real threat to the worlds sustainability of all the oceans and fish stocks by plastic waste, while Tom Robinson Director of Goolwa Pipi Co. informed guests of the sustainable ways of harvesting and managing the health of the pipi population on Goolwa's beach.

It was a most successful and significant event for both UNAA SA and Cittaslow Goolwa and is likely to be a partnership which will endure. **Margaret Gardner**



Cittaslow Goolwa and the United Nations Association of Australia, SA Division, presented *A Harvest for our Future*, in support of the UN Sustainable Development Goal Sunday, 30th April.

The day started at 11 am with a crowd of locals and visitors clad in black suits, white shirts and ties harvesting pipis with the Sustainable Fisheries Goolwa PiPiCo at Goolwa Beach. This was part of a unique installation by notable Australian quasi-surrealist painter and installation artist Andrew Baines. Goolwa PiPiCo has worked with the Marine Stewardship Council to gain their coveted tick of approval for sustainability. Their example, illustrated by the installation, highlights the possibilities for the future in keeping with the UN goals.



A spectacular luncheon followed for the 100 guests in attendance at Signal Point.

Guests included the Governor, His Excellency The Honourable Hiew van Le AC and Mrs Le, Alexandrina Council Mayor Keith Parkes with wife Tracy, former Premier Lynn Arnold, Lidia Moretti Vice President of the United Nations Association of Australia, South Australia Division and Margaret Gardner, President of Cittaslow Goolwa.

The luncheon involved the serving of a marvellous array of dishes, heavily featuring the best of local produce while, in the background, local musicians provided a series of delightful musical interludes.

Cocktails (Gin & tonic made with Goolwa Distillery's Moon River Gin), accompanied by a variety of canapes prepared by Cittaslow chefs and featuring fresh local seafood. Delicious Coorong mullet, Olaf's famous Bombora pipis and a special treat – local carp (yes you read that right) two ways – Thai fish cakes with a Vietnamese influenced dipping sauce and a creamy smoked carp pate with local horseradish.!!!



A wide variety of main courses followed from famed SA chef Cheong Liew and a hand-picked support staff in the kitchen – a lavish paella full of a wide variety of scrumptious ingredients, squid ink pasta with seafood and finally more pipis, this time with potato and octopus! These delicious dishes were supported by fine wines from a number of Langhorne Creek wineries.

Famous Chef: Cheong Liew



There was more to come. The desserts. Delicious hand-made white, dark and truffle chocolates from the *Australasian circa 1858* at Goolwa and marvellous Cannoli from Andy Clappis of *Our Place on Willunga Hill*.

All in all, an exceptional day. A great time was had by all. Those involved were exposed to a very relevant message for today from the United Nations and the dedication, organisation skills and enthusiasm of Cittaslow Goolwa volunteers.

Article: Ken Smith. Photos: Rod Flintoff

Cittaslow Members Can you help?

There are many opportunities for members to be involved as volunteers:

Community Garden:

Assistant Liaison volunteer to support Angela Nesci in the Community Garden.

1. This task involves keeping the management committee informed about activity in the garden
2. More Volunteers to work in the garden on Wednesday mornings. **Angela 0438321674**

An Archivist:

A member interested in collating Cittaslow publicity and historical documents.

Margaret Gardner 0428811117

Membership:

A member who will assist the Treasurer, Julie Low to welcome new members, prepare welcome packs and help with meetings of new members.

Julie Low 0407729802

Assistant Product Coordinator:

A member who would help with the purchase and order of local goods and produce to showcase and sell in Cittaslow Corner.

Karen Ross 0438660653

Volunteers in Cittaslow Corner:

Members interesting in sitting in CC to welcome visitors, sell products and help keep the doors open.

Christine Putland 0418809848

Assistant Volunteer Coordinator:

A member who would be willing to help with the task of organising the roster for volunteers.

Christine Putland 0418809848

Fruit Forest Volunteers

The Fruit Forest is looking for volunteers interested in planting fruit trees and looking after the trees as they grow.

Marty Alsford 0416266894

Education Volunteers

Volunteers who are willing to work on projects with local schools.

Iain Langusch 0448334978

Environmental Group

A volunteer group leader to work on the Recycling in Public Places project and other environmental issues.



Cittaslow Goolwa has 'adopted' a section of Randell Road. **Adopt A Road** is a program conducted by KESAB with local community groups as part of the Road Watch program. This activity is in line with Cittaslow principles that emphasise the need to work for a more sustainable environment.

Olaf Hansen, Trevor Caldwell, Scott Woodsmith, Jan Flintoff, Iain Langusch



Cittaslow members and friends "cockling" at Goolwa Beach.

Photos supplied by **Rod Flintoff**



How 2 Session – Gin and Whisky Making with Gareth Andrews at the Barrel Shed, 9 May.



MORE REASONS THAN EVER TO VOLUNTEER AT CITTASLOW CORNER

Once again we are calling for members to volunteer at Cittaslow Corner to fill the shoes of the regulars who are taking time away this winter. As you know, the Corner is the face of Cittaslow for visitors to the town as well as locals and it has never been more important to keep the doors open in the cooler months.

But now there are even more good reasons to step up, with some changes to the Corner itself and some additional benefits on offer. For a start we have reorganised the furniture in Cittaslow Corner to make it more comfortable for volunteers and visitors alike. You might like to sit in a cosy chair and read, and now there is a coffee machine for your use (it takes 'espressotria' pods available from the supermarket). Feel free to encourage visitors to stay for a chat, or to relax while they browse the books for sale or loan.

Plus, in recognition of the considerable commitment made by volunteers at CC, some of whom give up full days on weekends, we are now offering special rewards for those who regularly take shifts:

- From June 2018, during your shift at Cittaslow Corner you are entitled to purchase merchandise from the shelf at cost price (the cost prices will now be displayed on the list of products kept at the counter together with information about how to record the sale).
- Secondly, if you complete 10 separate shifts in one calendar year you will be entitled to apply for free annual Cittaslow membership the following year.

So if you have not already added your name on the volunteer list, we hope to hear from you very soon!

Christine Putland cputland@internode.on.net

Latest News from the President:

Dear Cittaslow Members,

At the Council meeting held last night a MOU between the Council and Cittaslow was ratified by Elected members. This MOU means the Fruit Forest location by the ponds near Dawson Street has at last been finalised. The council has agreed to water the trees, providing Cittaslow members take responsibility for the care and control of the area.

The fruit trees will soon be ready to be planted, so would you like to be part of the process and the ongoing care of the trees? Once the trees are mature enough to bear fruit the community can come and pick and use the fruit. It is an exciting new venture and many thanks must go to Council Staff member Carol Cooney and the Cittaslow volunteers coordinated by Marty.

The planting day will be Sunday 17th June 10am at the Dawson St. entrance by the ponds.

If you are interested contact Marty Alford on 0416266894



Cittaslow Goolwa Fruit Forest.

Council has supported the Goolwa Fruit Forest Group planting a fruit forest on public land on Dawson Street, Goolwa, adjoining the lagoon. (At the back of the Library/Council building)

The Goolwa Fruit Forest Group, operating as a sub-committee of Cittaslow Goolwa, wishes to establish a collection of fruit bearing trees that will provide fresh fruit to members of the Goolwa Community free of charge on a pick your own basis.

In particular it is hoped the Goolwa Fruit Forest will benefit vulnerable groups of the Goolwa community such as children, low income earners and the homeless. This innovative and collaborative project between a Cittaslow Goolwa and the Alexandrina Council will enhance the appearance and ambience of a public place while offering wellbeing and healthy benefits to

Another Win!

Recently at a Council meeting the motion **not** to fund the mosaic friendship seat, which Cittaslow applied for was rescinded and funding of \$9,000 towards this project was granted.

Two local artists will be involved in the project and we hope many community members will join in and create the seat together. As yet the location of the friendship seat has not been determined.

Margaret Gardner
President

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This seat is a sample only taken from the internet.