

J U N E 2 0 1 5

Cittaslow Chatter

Cittaslow Goolwa Inc. PO Box 2539, Goolwa SA 5214

Vision: Sustainable Community: Sharing Together

Mission: Taking time to bring together a sustainable community



2015 Cittaslow Management Team

Patron: Mayor Keith Parkes

President: Lyn Clark

Vice President: Edward Booth

Secretary: John Clark

Treasurer: Jan Henderson

Committee Members: Jane Booth,

Margaret Gardner, Kaarel Lume, Karen

Lume, Vanessa Mulhall (School Liaison),

Debbie Smith, Scott Woodsmith

Food & Wine: Ken and Debbie Smith

Cittaslow Garden & Barrow: Noel Leahy,

Lyn Mateer

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Cittaslow aims to improve the 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 to offer with family and friends.

President's Report

It might be winter and the seat beside the fire feels like the best place to be, but members of Cittaslow Goolwa have been out and about with plenty to do. Winter crops are being planted in the Cittaslow Community Garden but there's always time to welcome visitors to the garden in Kessell Road, Goolwa (beside the Alexandrina Council Depot). The Food and Wine Group (shown above with the best way to have a meeting!) have been extremely busy with organising seasonal dinners, 'How to' cooking and product sessions and planning for the 2015 Smoke Off. The Smoke Off will be held on Sunday 15 November this year and promises to be bigger and better than ever. Goolwa Tourism 5214 has also been busy investigating connections with Chinese visitors. It is pleasing that Council will finally be taking action to develop a 'sister city' connection with Yaxi, the first Cittaslow in China. More work is being done towards the International Cittaslow Assembly 2-5 May 2017 in Goolwa. While we celebrate the Winter Solstice in Clayton Bay, members of Cittaslow will be celebrating the Summer Solstice in Abbiategrasso in Italy at the 2015 International Cittaslow Assembly. Next year the Assembly will be in Vizela, in northern Portugal, then 2017 in Goolwa. The newsletter provides more information about many of these activities. Enjoy reading.

We welcome new Members Robyn Furniss, Rus and Joy Boettcher, Jeanette and Garry Coombs, Bibi and Sirjit Singh-Kang from Bienvenue B&B, Karen and Malcolm Thompson, Kristine Kelly, Trevor and Maxine Clayton, Kathryn Wilson plus the return of some past members.

Lyn Clark, President



FOOD AND WINE ACTIVITIES

2015 has been an exciting time for the Cittaslow Goolwa Food and Wine Group. It's only June and much more is to come.

As reported last newsletter, 2014 was a transition and planning year for Food and Wine. The old story about a duck on the pond, gently moving across placid waters while, beneath the surface there was much frantic paddling really applies. The year saw a number of experienced long-term members taking a well-earned back seat with an influx of new members and the return of others building up the numbers.

Actually, the group became more visible in late 2014. Food and Wine took responsibility for the popular Goolwa Smoke Off, held on November 22. Smoke Off 2014 focussed on the local area and benefitted greatly from the support of Alexandrina Council, Shaw Family Vintners, Alexandrina Cheese, Goolwa RSL and the Currency Creek RSL. This event and the associated raffle raised significant funds, not only for Cittaslow Goolwa but for the Goolwa RSL and Currency Creek CFS. The Times reported on Smoke Off with a front-page photo leading to a detailed report on page 3.

The first Food and Wine event for 2015 was the launch of the **How To** series at Bombora on 9th February. The idea was to explore the famous Goolwa cockle close up. Chris from Pipico showed how easy it really is to harvest cockles straight from the sea. A few brave souls tried raw cockles. Steaming hot cockles from the BBQ followed, with cockle shooters and then a marvellous cockle dish prepared by Bombora's chef. It was a great night with a capacity crowd of Cittaslow Goolwa members and their guests attending. Thanks to Bombora, great supporters of Cittaslow and Pipico.



The next two **How To** celebrations featured Olives and Cheese. These sold out events have both been held at the Goolwa RSL and have been very successful.

The Olives night, held on 26 March, featured local olive producers (and Cittaslow members) Wayne Dowding and Maureen Pullman. Wayne provided an interesting talk about olives – growing, processing and, most importantly, some of the simple ways that those present could use olives.

Those present received a handy sheet of olive facts and recipes (including one for olive oil ice cream!). Very popular were Maureen's tasty examples of table olives and olive dishes (from the recipes provided), including biscuits, muffins and chocolate mousse!

At the end of the session, Wayne provided a sample bottle of his extra virgin olive oil to all present.



FOOD AND WINE ACTIVITIES (continued)

The next **How To** event, featuring cheese, was held on 28th of May. Thirty members of Cittaslow Goolwa gathered at the Goolwa RSL on Thursday 28th May to see just how easy it is to make cheese in the home kitchen. During the night lots of tasty cheese, bread and other treats were available for tasting.

The session was conducted by Cittaslow members Debbie Smith (from the Food and Wine Group), Lyn Mateer (from the Community Garden) assisted by Julie Michelmore and Kate from Mitre 10 Victor Harbor. Two styles of cheese were made on the night from start to finish showing how really easy it is for home cooks to produce tasty cheeses. Debbie made the popular Fetta and Julie produced the Greek favourite, Haloumi. The cheeses were made with local milk using common household items.

Lyn spoke about the blue, camembert and goats curd that she had produced and samples of these were added to the tasting table.

Future **How To** events will look at mushrooms, honey and, of all things Carp!! That session will attempt to dispel some of the myths that are attached to carp and explore ways of making carp not only edible but quite tasty!

Thanks must go to the Goolwa RSL, Bombora and the presenters for these very interesting and well received sessions.



Cheesemakers
Julie, Debbie and
Lyn sharing
their secrets



FOOD AND WINE ACTIVITIES (continued)

Another series of events that Food and Wine are conducting this year involve seasonal dinners. The Autumn dinner, held at Hector's on the Wharf was held on Wednesday 22nd. On the night, Cittaslow members and their guests filled Hector's. Guests included the Member for Hammond, Adrian Pederick, Alexandrina Mayor Keith Parkes and Cittaslow Goolwa President Lyn Clark.



Patsy



Monty and Patsy



Ken and Debbie

The extensive menu featured entree platters including onion, beetroot and haloumi fritters, pea & mozzarella arancini, crostini with goats curd and salmon & horseradish crepes. Main dishes provided were a choice between Fish Of The Day - snapper, oven baked chicken breast with mushroom & toasted pine-nut filling, house-made gnocchi with Clelands Veal Osso Buco ragu or cannelloni filled with pumpkin & ricotta. All present thoroughly enjoyed the night, the friendly service and hospitality and provided plenty of positive feedback to our hosts Grantley and Monty and their staff.



Grantley greets his guests



Happy diners



More happy diners

The Food and Wine Group fully subscribes to the international Cittaslow philosophy of slow food and in particular supporting the local community, including local food and wine businesses.

The Winter seasonal dinner is scheduled for July 28th at Rankines at the Whistle Stop with planning proceeding for Spring and Summer.

Food and Wine have also been involved in the **@ The Wharf** held on Sunday 8th of March at Jaralde Park in conjunction with the visit of the Fringe to Goolwa. More of these events are anticipated for later in the year and Food and Wine are fully involved in the planning.

Smoke Off 2015 is now set to be held on **Sunday 15th November**. It is intended that this year's Smoke Off be conducted in conjunction with a Wine and Food festival and initial discussions are currently occurring. As before, the Food and Wine Group will be fully involved.

The Cittaslow Goolwa Food and Wine Group is an active, enthusiastic body that meets monthly, usually the last Monday of each month at 5.30pm at the Goolwa Council Chambers on Cadell Street. If you are interested in being involved, contact Ken Smith on 0478 296 359 or at kgsmith27@internode.on.net

Ken Smith

CITTASLOW COMMUNITY GARDEN REPORT

The Cittaslow Goolwa Community Garden has been operating since the Alexandrina Council offered access to part of their Depot in Kessell Road in early 2008. Over the years, some very dedicated volunteers have converted barren land and an empty shed into what you can see and enjoy today.



Shed with wet sandy floor



Discussing garden potential



Bare land

Thanks to people like Frank and Caroline Eggington, Joan Mudge, Gaynor Jones, Karen Barratt, Gwyneth Jones and Lyn Mateer who established the garden beds with John Pawling, Anne and Keith Prestidge, Michael Masters and Anna and Noel Leahy working long hours, the community garden is a great place to spend some quiet hours. I know there were others who volunteered their time and talents too. Thank you!



Functions with improved shed behind



Productive garden



Hosting UniSA students

Caroline had established the Barrow prior to the creation of the Garden. The Barrow supplied much needed finances for the garden and a Cittaslow focus as it offered fresh Fleurieu produce each week thanks to the dedication of John P, Anne and Keith and then Michael H and Fran and their assistants.



Frank & Caroline



Michael, Fran, Anne & Keith



Anne, Mayor Kym McHugh & Keith

Although the Barrow is no longer operating on a regular basis, the garden is still supplying produce to the Goolwa Children's Centre thanks to support from the Goolwa and District Community Bank. One of the barrows is now being made available to Andrew Barker for use by his Grow Free project. Thank you to all those involved in setting up this great community asset. Jams, chutneys and pickles from garden produce are available for sale from Signal Point and River Dolls of Goolwa. Thanks to those who are making them.

If you want to lease a garden bed or just want to see what is going on in the Garden, drop in on a Wednesday morning. Enquiries should be directed to Lyn Mateer (andbmateer@gmail.com) or Noel Leahy (n_leahy@bigpond.com).

CITTASLOW AWARDS 2015



On **9 April** Cittaslow Goolwa and the Southern Alexandrina Business Association (SABA) combined to recognise the outstanding contributions made to Goolwa by businesses, individuals and groups. At a celebratory dinner at the South Lakes Golf Club, SABA awarded both individuals and businesses for their customer service and Cittaslow Goolwa put the spotlight on some of the quiet achievers in our region. Below are the notes for the citations for this year's Cittaslow Award winners, announced by President Lyn Clark and presented by Cr. Karen Lume. Our community is lucky to have such dedicated people.

Wendy Caines and Sue Pink

Some time ago, it was decided that all Australian naval ships and units would have another home port somewhere in the country. As Goolwa is an inland port, we couldn't get any ships so the Navy's 817 Squadron which was based in Nowra NSW was assigned to Goolwa. The Sea King helicopters first visited Goolwa in 1987 which started a special relationship between the navy and the people of Goolwa who opened their homes to billet the personnel.

In February 2011, with the decommissioning of the Sea Kings, the 817 took their final Freedom of Entry Parade down the main street of Goolwa, before Rear Admiral Kevin Scarce, the then Governor of South Australia. "Freedom of Entry" is their permission to enter Goolwa with "swords drawn, drums beating, bands playing and colours flying". Their ceremonial sunset parade was a moving event on the Goolwa Wharf. There is a special memorial in the RSL Gardens for those who have died whilst serving in that Squadron including 9 who were killed during the 2005 earthquake rescue operations in Indonesia.

We now have the 808 Squadron who fly Taipans and they gained their right to enter Goolwa in 2013, thus continuing this unique association with the Fleet Air Arm.

During all this time, someone had to organise where these sailors and support staff would stay and provide activities and meals and anything else that they needed. This was done by these two special ladies and we want to recognise this unique contribution to Goolwa. John and I only had one opportunity to billet two great girls from the 817 and it was a special time for us so we can only guess at the joys and benefits (and probably headaches) that Wendy and Sue and their families have gained from this process.

Goolwa to Wellington Local Action Planning Association

The Goolwa to Wellington LAP was established in 1998 and works closely with community groups to protect and restore biodiversity and to sustainably manage natural resources. This group looks after 265,000 hectares covering the Eastern Mount Lofty Ranges catchments of the Bremer, Angas and Finniss Rivers, Tookayerta and Currency Creeks, Lake Alexandrina and the River Murray Mouth. Locally this includes groups like the Signal Point Riverine Environment Group, Hindmarsh Island Land Care, Goolwa Coastcare, the Coorong Lower Lakes and Murray Mouth Bird Monitoring group and the Clayton Bay Nursery Environment Group. Some of the work done addresses feral cats, the critically endangered vegetation of Fleurieu Swamps, working with bird watchers in monitoring birds in the Ramsar wetland like the Tolderol Game Reserve, managing acid soils and next week they will be learning about the ins and outs of pressing plant specimens. I believe they have recently planted their one millionth tree. One of their aims is to create an environment where human activity and natural ecosystems can sustainably co-exist and this is central to criteria associated with being Cittaslow. Cittaslow Goolwa recognises the untiring efforts of this group and all those associated with them.

CITTASLOW AWARDS 2015 (continued)

Rachel McMillan, SCOOP

I've known Rachel since the early days of Cittaslow in Goolwa with her involvement with the Cittaslow Food and Wine Group, catering for the SA Wooden Boat Festival breakfasts and hosting international gastronomy students. When we were identifying the region's local producers and the quality products that they provide, her name keeps coming up. In 2004 together with Claudia she established Scoop, which sources and supplies the region with high quality seasonal and regional food. Locally grown fruit and vegetables, artisan cheeses, oils and olives are supplied to local chefs who only want the best. Their business is beginning to spread into the city too. Rachel has also played an important role in the Victor Harbor Farmers Market and we commend her for her dedication to promoting our local products and helping to support our local producers

Goolwa Concert Band

The Goolwa Concert Band is not a big band but under the guidance of musical director Leon Lambert and drummer Simon Hemmings, they know how to make a big impression. They meet on a Tuesday night in Centenary Hall to practice their wide ranging types of music. Each band has its own characteristics and it's hard to pigeon hole the Goolwa Concert Band that also boasts a vocalist Dawn Trickey. They have added the musical dimension to important community occasions like Australia Day, Christmas Carols and ANZAC Day. They are always looking for new recruits but we recognise the dedication and commitment of this group and wish them many happy hours of music into the future.

Phillip Ball and Nick Brauer

Many young people with indigenous backgrounds have found life challenging and some have had difficulty connecting with their own culture and have had to deal with mental health and well-being issues. As part of the Aboriginal Youth Surfing Program organised by the Aboriginal Youth Action Committee connected to the Southern Fleurieu Health Services, these two gentlemen have played different but important roles in turning things around.

Phil through his business Ocean Living Surf School teaches surfing here in Goolwa Beach. He taught some of these aboriginal youngsters how to surf. The Goolwa Surf Life Saving Club allowed the participants to use their club rooms. The response was very positive and several have even indicated their wish to take things further and become involved with the Surf Life Saving Club.

Nick is a local artist who helped the group make their own wooden surf board which was displayed during the last Saltwater SurfArtFest in Middleton. One of the Cittaslow criteria is the protection and promotion of artisan skills and building a wooden surf board is certainly one of those skills. His boards are works of art in every sense. On Facebook you will find references from people with whom Nick has shared his skills and knowledge to help others learn about this unique use of wood.

We recognised both of these guys for the way they have not only developed their own skills but have been prepared to share them with others and improve their quality of life and confidence.

Andrew Barker *(Andrew was unable to attend the dinner because he was helping his partner in hospital)*

I want to introduce you to a very passionate person. Andrew has been aware that a lot of people are missing out on eating good food because of high costs or lack of knowledge. Instead of just shaking his head and saying how sad it was, he started to do something about it. He began growing seedlings and giving them away to people in the hope that they would grow them and what they didn't use, they would share with friends and neighbours. He then taught them how to grow their own seedlings and to start their own backyard produce gardens. He volunteered with the Victor Harbor Resource Centre to help people fix up their backyard gardens. He became involved in Grow Free where people with excess produce place it on a Grow Free stall to be given away to anyone who needs it. Sometimes that excess produce reappears on the stall as a jar of jam or pickles to be given away. There are currently 500 supporters of Grow Free on the Fleurieu. They have 'how to' cooking sessions and provide home grown food for the Salvation Army's Café Crozier. Cittaslow has given Andrew permission to use one of our Barrows to provide this service in Goolwa. He has quite a 'to do list' for the future. Andrew's work addresses several Cittaslow criteria that covers healthy eating, caring for your neighbour, sharing ideas and maintaining a healthy and sustainable environment.

GOOLWA TOURISM 5214

The GT5214 Working Party sponsored by SABA and Cittaslow Goolwa, has been working well over the past few months. One of the areas that has come into focus for this group has been our potential Chinese connections. Many visitors are enjoying some of the 'simple pleasures' like picking strawberries or going cockling or exploring a farm. Our region is full of these opportunities which we need to develop further. Some other aspects that are being investigated include:

- Investigating "Welcome to Goolwa" stickers in Chinese (and other languages) for local businesses
- Creation of sister-city relationship with Yaxi Gaochun County (first Cittaslow town in China) – we want to work towards formal signing at the 2017 International Cittaslow Assembly in Goolwa
- Cultural exchanges – including working with OzAsia as was done with recent 'Fringe' activities in Goolwa
- Audit of attractions and unusual local experiences offered in and around Goolwa
- Working with local universities to provide experiences for their international students

The GT5214 Working Party meets on the first Wednesday of each month with those being held in February, May, August and November being open to all people interested in tourism and events invited.

At the May open Gathering, we had three speakers. Freya Higgins-Desbiolles, Senior Lecturer in Tourism, School of Management, City West Campus, University of South Australia, Jill Mitchell, Regional Manager Adelaide Hills, Fleurieu, Kangaroo Island and Noarlunga TAFE SA and Miranda Lang, Executive Officer, Fleurieu Peninsular Tourism.

Freya introduced the sustainability research that she has been doing with local cafés and restaurants as part of her work covering Melbourne and London as well as Goolwa. Goolwa was chosen for its connection with Cittaslow. Freya is hoping to continue working with local businesses and contribute to tourism development in our region as well as the May 2017 International Cittaslow Assembly in Goolwa.

Jill shared information about some free training courses that are available to local businesses through TAFE. A detailed presentation on the prevailing tourism conditions affecting the Fleurieu region was provided by Miranda. Our region is involved in three of the five road trips in SA – Murray Mouth Way, Southern Ocean Drive and the Epicurean Way. Statistically, the Fleurieu is one of the best performing regional areas but there is plenty of room for improvement. Goolwa's Cittaslow status has been recognised as a valuable promotional tool for the region.

Other items discussed included:

- inviting visitors to submit photographs of their holidays in Goolwa.
- Recreational Vehicle and caravans dump point available in TMHI, plus new ones being installed by Alexandrina Council at Bristow Smith Reserve Goolwa, at Langhorne Creek, and later in Mt Compass. Hopefully this will lead to Alexandrina being declared RV friendly.
- Use of social media
- SA Wooden Boat Festival
- Goolwa international ambassadors (suggested Miriam Margolyes OBE [otherwise known as Professor Sprout from *Harry Potter* movies or Aunt Prudence in *Miss Fisher's Murder Mysteries*] who, whilst preparing for a new role, recently wrote "*It turned out Goolwa was the perfect place to immerse myself in the text, sitting on the deck, staring over the still waters, ... Goolwa is a state of mind, rather than a place; I long to return.*" Quotes from an article in The Advertiser, 25 July 2015

If you're interested in being involved in tourism and event development, you are invited to attend the next Working Party meeting on Wednesday 1 July at 7pm at The Marina Hindmarsh Island and/or the next GT5214 Gathering to be held on 5 August at a location to be confirmed. Contact either Lyn or John Clark if you want more information.

WINTER SOLSTICE (almost) – SATURDAY 20 JUNE

The Clayton Bay Community Association has invited Cittaslow to join them in celebrating the Winter Solstice. This year it will be held on the night before the Solstice (ie. Saturday 20 June.)

The location is on the foreshore at Clayton Bay, starting at approximately 5.00pm. There will be a large bonfire and other smaller fires to sit around and BBQs to cook on. The Clayton Bay Community will be providing Mulled Wine and Soup, and it is suggested that our contribution to share be sweets. It is BYO other drinks, barbecue food and chairs.

This is an opportunity for Cittaslow to support another group within our community, meet others and have an enjoyable evening.

If you would like to come along, please advise if you can bring some cakes, muffins, slices and if you would like to be included in a join purchase of sausages, bread etc.

**Hope you can join us for a fun night.
Remember – wear warm clothing.**

RSVP by Saturday 13 June to Carole Clarke phone 8555 2704 or mobile 0422 992 247 or email abby2mia@uyahoo.com.au

Thanks to the Cittaslow Goolwa Food and Wine Group for helping this to happen.



Help promote Cittaslow Goolwa

We have a new leaflet that describes what Cittaslow is all about and includes an application for membership form.

We would like to have these readily available throughout the town.

Can you help distribute these?

Please contact Jan Henderson if you have a little time to make sure that all our cafes, shops, businesses and restaurants have them on display or you would like to have them in your business or place of employment.



DATES FOR YOUR DIARY

- Wed 10 June - 7.00pm, **Cittaslow Management Meeting**, Large Meeting Room, Alexandrina Council offices (this is deferred from 4 June because of SA Wooden Boat Festival meeting)
- Sat 20 June – 5.00pm, **Winter Solstice**, Clayton Bay
- Tue 30 June – 5.30pm **Food and Wine Group**, Hectors on the Wharf (note different date/location)
- Wed 1 July – 7.00pm, **Goolwa Tourism 5214** working party meeting, The Marina Hindmarsh Island
- Thu 2 July – 7.00pm **Cittaslow Goolwa Management Meeting**, Large Meeting Room, Alexandrina Council offices
- Wed 8 July – 12 noon, **Cittaslow Community Garden** meeting, Kessell Road, Goolwa
- Tue 28 July – 6.30 for 7.00pm **Winter Seasonal Dinner**, Rankines at the Whistle Stop, Hay Street, Goolwa
- Wed 5 August – 7.00pm, **Goolwa Tourism 5214** Gathering, location to be advised
- Thu 6 August – 7.00pm **Cittaslow Goolwa Management Meeting**, Large Meeting Room, Alexandrina Council offices
- Wed 19 August – Food and Wine **How To Session** – CARP (to be confirmed)
- Wed 2 September – 7.00pm, **Goolwa Tourism 5214** working party meeting, The Marina Hindmarsh Island
- Thu 3 September – 7.00pm **Cittaslow Goolwa Management Meeting**, Large Meeting Room, Alexandrina Council offices
- Thu 1 October – 7.00pm **Cittaslow Goolwa Management Meeting**, Large Meeting Room, Alexandrina Council offices
- Mon 5 October - **@ The Wharf**, Signal Point
- Wed 7 October – 7.00pm, **Goolwa Tourism 5214** working party meeting
- Wed 4 November – 7.00pm, **Goolwa Tourism 5214** Gathering, Oscar W
- Thu 5 November – 7.00pm **Cittaslow Goolwa Management Meeting**, Large Meeting Room, Alexandrina Council offices
- Sun 15 November – **SMOKE OFF**, RSL lawn beside Signal Point
- Dates can change, so please check if you're not sure**

CITTASLOW MEMBERSHIP MERCHANDISE

The following items can be ordered (payment with order, please) by contacting Jan Henderson 0419 828 637 or email to janhenderson477@gmail.com. You can use the order form on page 12.

SHIRT - \$30 each - Navy blue shirt with Cittaslow Logo. **Ladies:** 8, 10, 12, 14, 16, 18, 20, 22, 24. **Men's** (buttons other way): Small, Medium, Large, Extra Large, 2xL, 3xL, 4xL.

BUCKET HATS - \$15 each - Navy blue with gold piping with "Cittaslow Goolwa". Medium or Large to Extra Large

CAPS - \$15 each - Navy blue with tan suede with Cittaslow Logo. One size fits most.

NAME TAG - \$10 each - **With Cittaslow Logo. Choice of full name or single name and also with magnetic close or pin** (don't order magnetic close if you have a pacemaker)

CITTASLOW MEMBERSHIP RENEWAL

Cittaslow membership renewal notices are posted out in either July or January, depending on when you first became a member. ie If you joined in the months of January through to June, your renewal will become due in July the following year or if you joined in July through to December, your renewal notice will be due in January the following year. You therefore get a bit of a bonus in your first year of Cittaslow Membership.

Some of you will be receiving your renewal notices in the next few weeks. If you have any concerns about your membership (or you overlooked an earlier notice), please contact the Treasurer/Registrar, Jan Henderson 0419 828 637 or email to janhenderson477@gmail.com.

We appreciate and look forward to your continued support.

CITTASLOW GOOLWA ON THE WEB

Here are some links to Cittaslow Goolwa on the web:

- Our website: www.cittaslowgoolwa.com.au
- Cittaslow Australasia: www.cittaslowaustralasia.com
- Cittaslow International: www.cittaslow.org

Facebook pages associated with Cittaslow Goolwa:

- Cittaslow Goolwa
- Cittaslow Goolwa Community Garden
- Smoke Off Goolwa
- Goolwa Tourism 5214



Tai Chi Classes Goolwa

Come and try – first session complimentary
T'ai Chi promotes well being – anyone can play
Let go of tension, a little bit each day!

Benefits include balance, flexibility, breathing, posture & relaxation –
You're worth it!

As a beginner, or continuing your Tai Chi, you are welcome.
REVITALIZE, RE-ENERGISE, RELAX

Goolwa Classes –

When? Monday – 7pm Goolwa Aquatic Club (downstairs)
Tuesday – 10am Goolwa Aquatic Club (downstairs)
Tuesday – 7pm Anglican Hall Crocker Street

Cost? \$15 per session or \$12 concession or
\$75 for 5 sessions or \$60 concession
Personalised sessions available too – to suit you.
Be full of life – little things can make a difference

Check out the **All About Attitude** website

For information or to register call Jen Binney 0412 595 102 or
www.allaboutattitude.com



As a member of Cittaslow Goolwa, you are invited to attend the **management meetings** that are held on the **first Thursday** of each month, at **7.00pm** in the **Large Meeting Room** at the Alexandrina Council, Cadell Street, Goolwa. (Note: no Management meetings in January)

This is a great way to find out what is happening and to have a say in where we go in the future – and how we get there.

If you want to know more, contact Lyn Clark on 8555 5801 or email president@cittaslowgoolwa.com.au

CITTASLOW MERCHANDISE ORDER FORM

Name:

Contact:(phone).....(mobile)

SHIRT - \$30 each - Navy blue shirt with Cittaslow Logo. **Ladies:** 8, 10, 12, 14, 16, 18, 20, 22, 24. **Men's** (buttons other way): Small, Medium, Large, Extra Large, 2xL, 3xL, 4xL.

Number	Men's/Ladies	Size	Cost
		Total:	\$



BUCKET HATS - \$15 each - Navy blue with gold piping with "Cittaslow Goolwa". Medium or Large to Extra Large

CAPS - \$15 each - Navy blue with tan suede with Cittaslow Logo. One size fits most.

Number	Hat or Cap	Size
	Hat	
	Cap	
Total:		\$



NAME TAG - \$10 each - With Cittaslow Logo. Choice of full name or single name and also with magnetic close or pin (don't order magnetic close if you have a pacemaker)

Name on tag (eg. John or John Smith)	Magnetic or clip
Total:	\$



Payment with Order, please. Cash, Cheque (made payable to Cittaslow Goolwa Inc.).

Email completed form to Jan Henderson (janhenderson477@gmail.com)

or post to PO Box 2539, Goolwa 5214 Enquiries: 0419 828 637