

# Cittaslow Goolwa

Newsletter Number 49 September to December  
2018



## *Events for your diary:*

### **Cittaslow Sunday At the Wharf**

Sunday 30th-September 2-5pm

Friday 28th September 5-8pm *At the Wharf*

Friday 26th October 5-8pm *At the Wharf*

### **Sunday 4th November "Smoke Off"**

### **Thursday 15th November AGM 7.30pm**

at Aquatic Centre, Barrage Rd. (See page 2)

Friday November 30th 5-8pm *At the Wharf*

### **Monday December 31st New Year's**

***Eve Celebration.*** Fire works on the bridge.

## *Cittaslow Markets*

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

## *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. Contact Karen Ross, email:

[karenrosswalks@gmail.com](mailto:karenrosswalks@gmail.com)

## *Management Meetings*

Held on the 2nd Thursday of the month.

Meet at Cittaslow Corner 4pm.



## *The Cittaslow*

### *Community Garden*

Meet every Wednesday

9am, Kessel Rd. Goolwa.

## *"At the Wharf"*

starts again see Page 6.

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**Website:** [www.cittaslowgoolwa.com.au](http://www.cittaslowgoolwa.com.au)

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## *From the President's Desk:*



I'm looking forward to Spring, tho' sitting next to the heater in the office is the next best thing when the wind is howling and it's bitterly cold outside.

Spring heralds a number of activities which will burst onto the Cittaslow calendar and include At the Wharf and Smoke Off. You will find the dates for these events later in this edition of Cittaslow Goolwa's Newsletter. Cittaslow Goolwa is also auspicing the New Year Eve fireworks welcoming in 2019.

Many of our members in the past couple of months have taken off in search of warmer places. Secretary Christine, her partner Steve together with Olaf and Julie represented Goolwa at the International Cittaslow Assembly in Mirande France and I hope they will tell us a little of what occurred at our Annual General meeting on the 15<sup>th</sup> November.

Cittaslow took the opportunity recently to donate \$500.00 to Alexandrina Connect Inc. in Goolwa for Community Centre as it will not only create a paying position and opportunity for training, but more importantly provide an income stream for the organization.

In June I spoke to the CWA group in Hindmarsh Valley about Cittaslow and attended two "Tourism 5214" meetings. Cittaslow philosophy promotes the support of local businesses. "Buy Local" is something we can all do, and did you know local businesses are also interested in what activities Cittaslow Goolwa provides for our community?

The UNAASA President Lidia MoretCti has informed us that she is visiting Italy in September and is introducing the Australian Deputy Ambassador Ms Jo Tarnawski to Cittaslow International. Management has agreed to send a small gift to the Ambassador from Goolwa. Two Cittaslow wine glasses and our 2019 Calendar will be travelling with Lidia early September.

The new calendar will be available by the end of August and can be purchased from Cittaslow Corner and other outlets which will be decided shortly. We have two sponsors this year, the Australasian1858 and New House Blinds both businesses are Cittaslow members.

I hope to see many of you "At the Wharf" on the afternoon of Sunday 30th September to celebrate International Cittaslow Sunday.

**Margaret Gardner**  
**President**

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## *An Invite to all members to attend the AGM.*

**When:** Thursday 15th November at 7.30pm.

**Where:** The Goolwa Aquatic Club on Barrage Rd. Goolwa (beneath the Fleurieu Function Centre)

**Supper will be provided and the Bar will be open to purchase drinks.**

All positions will be declared vacant. **PLEASE think about nominating for the positions.**

*Come along and hear first hand all the great things Cittaslow Goolwa has achieved in the last 12 months and what is happening in the future.....*

## Cittaslow Goolwa Fruit Forest planting 17 June 2018

Volunteers from Cittaslow Goolwa braved the wintry conditions on Sunday morning 17 June to plant fruit bearing trees on the Northern boundary of the "lake" from Porter St to Moore St.

Cittaslow recently signed a Memorandum of Understanding with Alexandrina Council which grants the use of the land 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.

Dwarf species of 13 trees were planted as this will enable easy access to the fruit and reduce the time from planting to bearing fruit. Three more trees will be added as stocks become available. Species planted included citrus, apples, peaches, apricots, avocado and hazelnut.

**Volunteers:** Kerry Callaghan, Vanessa Mulhall, Marty Alsford, Tracey Parkes, Rose Fletcher, Karen Challinor, Edward and Jane Booth.



The tree planting is stage 1 of the joint project between Cittaslow Goolwa and Alexandrina Council designed to encourage and promote improved health and community wellbeing benefits for the people of Goolwa and surrounding Districts, in accordance with the Cittaslow charter.

Further stages including a native bush tucker trail will commence in the future.

**Ken Smith**

*The planting could not have been achieved without the support of Kym Gilbert, proprietor of Ibis Siding, and Alexandrina Council.*

## Goolwa Fruit of the Forest (GFF) Group

The stage 1 trees have been planted in our allocated area near the lake in Goolwa. Volunteers ensured that the planting occurred with a minimum of fuss over two very cold weekends in June.

**A new committee has been appointed and met for the first time at the Forest on Sunday 5 August.**

A key point for discussion was stage 2 of the Forest which is to include native trees. The committee has sought advice from Council on the most appropriate Indigenous representatives to approach for advice on this matter. **The next meeting is scheduled for 1st September.**

Contact **Marty Alsford** email: [msalsford@optusnet.com.au](mailto:msalsford@optusnet.com.au)

*There are 16 trees in all, stone fruit, citrus and a fig tree. Many people who walk along the ponds have commented on the trees and everyone seems genuinely pleased and surprised with the concept.*

**Margaret Gardner**

## **CITTASLOW SMOKE OFF FESTIVAL -2018**

The Festival will be held on Sunday 4 November 2018 on the RSL Goolwa lawns.

### ***A bit of History by Ken Smith.***

The first Goolwa Smoke Off was held in 2009.

The event featured a number of teams of local people who, using Weber bbq's, smoked hams or other foods in a competition that was judged by local personalities. The teams judged as having the best smoked food were awarded prizes and trophies. In addition, the teams adopted various themes, set up colourful decorated marquees and dressed in appropriate costumes in support of those themes.



Initially the Smoke Off was conducted by and at the Ballast Stone Winery Currency Creek, although the event later moved to Goolwa. In 2013 while still offering support, the winery pulled out of the coordinating role and the Cittaslow Goolwa Food and Wine Group took over this responsibility. The 2013 event received an award as the Community Event of the Year.

In 2015 the Langhorne Creek wineries, through Langhorne Creek Grape and Wine Inc, became involved, with a number of local food vendors and the Mactones, a popular local band. At this time, the Smoke Off became a much bigger event attracting increasing numbers of spectators and in 2017 the event became known as the Cittaslow Goolwa Smoke Off Festival.

All of the 2015 features will return for 2018 and a large crowd is expected to attend.

**Entry is now open for teams wishing to be involved in the Smoke Off competition.**

More information is available at [www.cittaslowgoolwa.com.au](http://www.cittaslowgoolwa.com.au).

**To enter Please Contact Michael Keen on 0402 896 049.**

## **CITTASLOW GOOLWA FARMERS MARKET**

Hopefully, the worst of the weather is behind us and we can look forward to great spring weather and with it a wonderful range of local produce.

Our core group of stallholders have managed with the weather and the lack of patronage from locals. There are a mere handful who come fortnightly with the rest coming because they thought the "other market" was on or those from the train and before the Oscar sails and they are generally tourists.

Gina and Ian were absent from last week's market.....they took a very well deserved and much needed break, but they will be back next week. Unfortunately Jane from 2<sup>nd</sup> Valley cheese is not able to come any more due to work commitments on KI. However, we are looking at ways to get around that.

Last week we were fortunate to have Alexandrina Cheese attend and Rebekah delighted everyone with her products and knowledge.

**Jane Williams**

## CITTASLOW PRESENTS – “AT THE WHARF”

The new season of At The Wharf starts on Sunday 30 September from 2 pm to 5.00 pm on the deck and lawns of Signal Point, Goolwa Wharf precinct.

At The Wharf is a series of events, featuring local food and wine, supported by a local band. On September 30 the band will be **Matt and the Maniacs**, a regular attraction in these events and one that is becoming increasingly popular. They are an ideal band for those who want to show their dancing expertise or merely to relax and enjoy the afternoon.

Wine will be from Langhorne Creek and food by Currency Creek’s Hungry Caterpillar bakery, Clark Street Catering with Archie’s popular Gourmet Sausages.

There is no charge to attend At The Wharf and, while food and wine are available, you can bring your own food if you wish. **BYO alcohol is not permitted in accordance with licensing requirements.**

Although some tables and chairs are provided, you can bring your own if you wish.

See front page for dates. Check out

[www.cittaslowgoolwa.com.au](http://www.cittaslowgoolwa.com.au) or At the Wharf on facebook.

Our first “At The Wharf” for the summer season will take place on Sunday September 30 from 2pm until 5pm.

It’s a long weekend and traditionally the start of these events. ‘Mat and the Maniacs’ are booked to play on the deck.

Arkie has been booked for gourmet sausages. No other food vans as yet, but I plan to ask Brendon Roach and the Hungry Caterpillar. **Karen Ross**



## Publicity Report by Ken Smith

Given the time of year, publicity, other than for the Farmers Market on facebook, in the Times, on radio etc, has been hard to find.

The original planting of the Fruit Forest was featured in the Times with a photo taken by Carol Cooney from Council. The words were provided by Marty Alsop and were required to be run past the Council media person given that the project is a joint Cittaslow and Council one.

**Sophie Thomson** will be at Centenary Hall Goolwa on Saturday 8th of September for the “Sustainable Spring” launch. (This popular event is already booked out.)



Ken Smith and Margaret

Following Margaret’s suggestion I have invited Sophie to view the Fruit Forest on that day. Aside from the launch, she will, be involved in the Adelaide Royal Show on the day, but will try to fit a visit in. I’ll keep in touch with Sophie on this.

Sophie Thomson **says gardening has a vital role to play in individual health. It reduces stress, teaches us resilience, care of the environment and gives us great pleasure and rewards.**

## *Deb Smith's Recipe for Thai Carp Patties*

### **Ingredients:**

- **500g of Carp fillets**
- 3 tablespoons of corn flour (optional)
- 1 tablespoon fish sauce
- 1 egg beaten
- ½ cup fresh coriander leaves
- 3 teaspoons red curry paste
- 2 spring onions finely chopped
- 1 teaspoon of finely chopped chilli (optional)
- ½ cup peanut oil



### **Method**

1. Place fish in food processor for 20 seconds and process until smooth. Add 3 tablespoons of corn flour (if required), fish sauce, beaten egg, coriander, curry paste and chilli (if using) Process for a further 10 seconds
2. Transfer fish mixture to a bowl and add the spring onions – mix well. With wet hands get 2 tablespoons of mixture (or less for smaller balls) and form flattish patties. Add cornflour if too runny
3. Heat oil over medium heat and cook until they are golden brown on both sides. Drain on paper towels and serve immediately with Dipping Sauce

## *Smoked Carp Pate – to serve on crackers or bread*

Smoked CARP fillets - approx. 125g total weight

50g of Philadelphia cream cheese

15ml horseradish sauce - Newman's Horseradish from Langhorne Creek.

30ml lemon juice

30ml olive oil

1/4 teaspoon cayenne pepper

### **Method**

- Put all the ingredients into a blender or food processor and blitz until smooth and pate like. Spoon the mixture into a small dish of about 12cm in diameter, scraping out any mixture remaining in the processor with a spatula. Cover the bowl with Clingfilm, and place in the fridge to chill.

## *Businesses Supporting Cittaslow:*

Alexandrina Cheese,

Artworks Gallery,

Australasian 1858,

Café Lime,

Clark Street Catering,

Clayton Bay Association,

Fleurieu Distillery,

Hector's Café on the Wharf,

Ibis Siding Plant Nursery,

Jetty Food Store,

New House Blinds,

Rankines at the Whistle Stop Café,

South Coast Environment Centre,

South Coast Pedicabs,

The Hungry Caterpillar,

The Village Foodie at the Village Square.

*We acknowledge their support and show our appreciation*

## *School Liaison – Iain Langusch*

I have continued the volunteer work with Investigator College at their Currency Creek Eco Centre. Apart from nursery work at the centre, the students have been on two excursions. The first was to a patch of scrub where the students did some bird watching with the Fleurieu Birdwatchers. The students were required to identify 20 species, which they did fairly easily. As part of their assessment for Certificate 2 in Conservation and Land Management (CALM) the students have to make a collection of native plants as well as invasive weeds and spend time making them. The second excursion was to local nurseries: Hindmarsh Island Landcare, Goolwa Community and the Clayton Community. We also visited a revegetation site at Point Sturt.

The students have completed an assignment on the use of small engine machines. With a range of Whipper Snippers, Chain Saws, Industrial Mowers and Blowers. The students had to learn about the different fuels (2 and 4 stroke) as well as electrical motors and be able to identify parts and demonstrate safe and efficient use. I

will be assisting the Goolwa Primary School later this month when they perform a litter survey of the beach between Goolwa and Middleton. I will also be helping with work the students are undertaking to rehabilitate a dune garden at their School.



## *Community Garden - Angela Nesci.*

The volunteers at the Cittaslow Community Garden continue to deliver fruit (when available) and vegetables to the Goolwa Children's Centre on a weekly basis. Ensuring the ongoing availability of the vegetables means the volunteers need to plan ahead with timely seed sowing.

Perhaps as a result of an increased awareness of the benefits of home grown vegetables and as people become aware of the Garden the list of people wanting to lease a garden bed is growing.

A number of garden beds previously designated for growing vegetables for the Children's Centre have been made available by the volunteers for leasing so more people can be accommodated. These volunteers have done a lot of work to prepare the garden beds on the other side of buildings to take over from the relinquished beds. This included building fences around the beds to avoid the vegetables from being eaten by our little creature neighbours. These beds will be complimented by all the high rise garden beds dotted around the Garden.



The Food and Wine Group, has been using the Garden facilities to hold their meetings. We welcome them and thank them for the work they did in adding insulation and glass sliding doors on the main building.

In the past the Volunteers provided jams and preserves for sale at Cittaslow Corner made from Cittaslow Garden produce. For a number of reasons this is no longer happening, however Cittaslow would like to keep this up as it is obvious that visitors to Cittaslow Corner are keen to buy items that are home-made. The knowledge that the produce is home grown is a real plus.

**Because of Council regulations, any produce offered for sale must be made in a kitchen registered as a commercial kitchen.**

This is a very easy and straightforward procedure, which can be done by calling the local council. The Council holds regular food handling courses and there is also a course that can be undertaken online.

**If you want more information about this or if you want to use a registered kitchen ring Angela on 0438432674.**

*The reappearance of Cittaslow market produce in the Cittaslow Corner has been a welcome sight.*

## *Cittaslow Australasia – Report from Lyn Clark*

THE CITTASLOW FAMILY IN AUSTRALIA MAY BE GROWING!

Earlier this year, Vanessa Mulhall, John Clark and I drove across to Echuca, Victoria, to meet with an enthusiastic group investigating the value of Cittaslow accreditation. We were joined by Adele Anderson, Cittaslow Australasian, Vice President from Yea, Victoria.

*It was a delight to be hosted by people who are so passionate about their town, just like in Goolwa.*

A working party has been created and contains representatives from businesses, council and individuals from not only Echuca but their matching town of Moama in NSW. This will be a first for Cittaslow Australasia to deal with the combined application from a town from a council in Victoria (Echuca – Shire of Campaspe) and one from NSW (Moama - Murray River Council). The two towns do a lot of things jointly. The Council offices for the two are not more than a kilometre apart with just the River Murray between them!

While we were there, we had the opportunity to explore the town in which our **PS Oscar W** was built.

Although Echuca is larger than Goolwa, we share a lot of similarities. They have a river heritage and have a large number of paddle steamers that currently call Echuca home. The locals were very friendly and helpful as we played tourists, and the combined Echuca Moama Visitor Information Centre volunteers made us very welcome. Maybe you can add Echuca to your itinerary if you're travelling in the area.

We look forward to assisting Echuca Campaspe/ Moama Murray River with their accreditation and welcoming them into the Cittaslow family.

In due course, we will hear if they have been successful with their accreditation process. In keeping with the theme of SLOW this may take some time.



Echuca Paddle boats on the River Murray.

### *The Management Team:*

**Patron:** Mayor Keith Parks

**President:** Margaret Gardner

**Vice President:** Scott

**Secretary:** Christine Putland

**Treasurer and Membership Secretary:** Julie Low

**Assistant Treasurer:** Tracy Parkes

**Food and Wine Group:**

**Community Garden:** Angela Nesci

**Media:** Ken Smith

**At the Wharf Event:** Karen Ross

**School Liaison:** Iain Langusch

**Fruit Forest:** Marty Alsford

**Cittaslow Corner:** Christine Putland

**Farmer's Market:** Jane Williams

**Committee member:** Tony Trimboli

**KESAB co-ordinator:** Olaf Hansen

**Seasonal Dinner organiser:** Helen Allport

**President of Cittaslow Australasia:** Lyn Clark

*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 to offer with family, friends and visitors.*