

Cittaslow Goolwa

Newsletter Number 50 — March 2019



Dates for your Diary:

March

- 7 Autumn Seasonal Dinner, Green Man Inn 6 pm
- 10 Farmers Market 9am - 1pm
- 10 *At The Wharf*, Signal Point 1.30-5.00 pm (Fringe)
- 12 *How 2 Session*, Cittaslow Corner, 2.30-4.30 pm
- 14 Management Meeting 4-6pm
- 24 Farmers Market 9am - 1pm
- 25 Food and Wine Gathering, Community Garden 6pm

April

- 11 Management Meeting 4-6pm
- 14 Farmers Market 9am - 1pm
- 26 - 28 Wooden Boat Festival**
- 29 Food and Wine Gathering Community Garden 6pm

May

- 9 Management Meeting 4-6pm
- 12 Farmers Market 9am - 1pm
- 26 Farmers Market 9am - 1pm
- 27 Food and Wine Gathering Community Garden 6pm

The Seasonal Dinners

have re-commenced with Autumn the first dinner arranged since March 2018.

This is a good opportunity to mix and mingle with new and not so new Cittaslow members while enjoying great local food and supporting our local Restaurants.

With the **Fringe** in March and the **Wooden Boat Festival** in April there is so much to do in Goolwa. Join in the fun!

For further opportunities to be involved and to learn more about Cittaslow activities contact **admin@cittaslowgoolwa.com.au** or call into **Cittaslow Corner**.

Open hours-**Thursday to Monday 11 – 4.**



Produce from the Cittaslow Community Garden

This is some of the wonderful home grown, fresh vegetables that are supplied free to the parents of children attending the Early Childhood Learning Centre in Goolwa.

See page 4, photo: *Angela Nesci*

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News from the President - Christine Putland

As we emerge from another busy summer holiday period Cittaslow volunteers can be proud of their achievements in the community once again. Hundreds of visitors were greeted at Cittaslow Corner, bumper crowds were provided with great music, food and wine At The Wharf, and a group of volunteers spread the word about Cittaslow principles (and pipi Paella!) with a stall at the lively Summer and Spokes event celebrating the Tour Down Under in Strathalbyn.

Meanwhile new and veteran volunteers joined in the regular Landcare 'clean-ups' on Hindmarsh Island and others tended the young and vulnerable fruit trees, protecting them from damage in the face of some extreme weather events. By all measures Cittaslow Goolwa, Alexandrina continues to grow from strength to strength, with new members joining every month and existing members stepping forward to volunteer in increasing numbers.

It is not surprising therefore, that many of our colleagues from around the world were impressed by the energy and leadership they observed during their visit to Goolwa for the Annual International Assembly in 2017. Recently we have had two reminders of this. Firstly Mayor Keith Parkes, as Patron of Cittaslow Goolwa, received a plaque commemorating our Cittaslow International Project Prize. The project in question was the establishment of Cittaslow Corner in a prominent part of the town and heritage precinct and its important role in hosting the International assembly delegates in 2017, for which Alexandrina Council was awarded the Urban Life Quality Award. The plaque only recently arrived because it was being crafted by an 'artisan of Pollica, Italy'.



Another reminder was an email received from our colleagues in Cittaslow USA who had visited Goolwa in 2017 and kept in contact with a number of our members since then. Impressed with our progress, they were seeking ideas about future strategies, in particular noting how "it can be difficult to convince towns to accept this wonderful concept. Always the question asked is 'what do we get by joining?'"

This is a question worth reflecting on. Aside from the tangible benefits we can point to, there are also likely to be a range of personal reasons which may differ for each member. One member recently made the point that Cittaslow provides valuable social support:

"Many of our new members... are relatively new to Goolwa and want to make friends. The need for friendship for people retiring here could... be a future focus for Cittaslow. I believe Cittaslow needs to spread its wings and bring new members to embrace Cittaslow because Cittaslow embraces them through friendship... such an approach benefits everyone in the community. I am certainly hoping so as I grow older."

It is a point worth remembering as we evaluate our impact in the community. There is increasing evidence internationally that social support and integration gained through membership in volunteer organisations is related to lower rates of morbidity (illness, lack of good health) and mortality (death). This is based on studies linking social support with changes in cardiovascular, neuroendocrine and immune function. Coupled with a sense of purpose and achievement this is good news for Cittaslow members.

As many of you will be aware this year marks the 20th birthday of the first Cittaslow in Chianti, Italy. A few of our members are planning to make the trip to Orvieto, Italy to attend the 2019 Cittaslow International Assembly to be held from 20th to 23rd June. If you would like to learn more about this event feel free to contact me.

Meanwhile, we look forward to seeing you at our regular program of activities – and remember to watch out for news bulletins about the upcoming *How 2* sessions we have planned.

Christine Putland

ENVIRONMENT GROUP by Iain Langusch

After a period of inactivity, it has been encouraging that the Environment Group has been very active. Under the leadership of Kerry Callaghan and Trevor Caldwell we have started to have regular meetings that have been well attended with up to fifteen members present.

A number of topics have been covered, leading to some lively discussion. Waste disposal and recycling have been at the fore-front of our discussions with particular reference to our own **At the Wharf** events. We invited Jo McPhee from FRWA (Fleurieu Regional Waste Authority) to come to a meeting where she enlightened us on what happens to the contents of our various bins.

Cittaslow owns Randell Road as part KESAB's tidy roads program. Cittaslow volunteers have been cleaning up Randell Road between the bridge and the Marina turnoff on a regular basis. Our most recent clean-up was in January when 13 volunteers completed the task.

In an effort to ensure our waste from *At the Wharf* ends up in the appropriate bins, Trevor and Kerry have been on BIN duty to educate the public. All our stall's food containers are now biodegradable and can be disposed off in the **green** bins, meaning the amount of waste going into landfill is minimal.



The Randall Rd. Clean-up Gang



Mosaic Snail—public art work in Taipei.

Calling all members interested in Cittaslow Goolwa's exciting new public art project.

As some of you will know Cittaslow has received a Public Art Grant from Alexandrina Council for a new project in the heritage precinct alongside Cittaslow Corner on Goolwa Terrace. Designed and constructed by local artists Mike Tye and Barbary O'Brien, the work will be made mainly from mosaic tiles.

We are seeking members' help with the following:

Donations of standard household ceramic wall tiles in any colour, size or quantity .

Volunteers (both experienced and novice) to join us in cutting the tiles ready for the artists to work with.

When we have an indication of interested volunteers we will organise working sessions and let you know the dates and times.

This is an exciting opportunity to contribute to Cittaslow's first public art project which we expect to become a landmark in Goolwa and to learn more about the art of mosaic from two very experienced artists.

If you have tiles to donate or are interested in helping to prepare them please contact Christine Putland on christine.cittaslow@gmail.com or phone 0418 809 848.

At the Wharf Event—22 February, by Ken Smith.

A cool night but red hot on the dance floor!

Smile Pepper, a new local band specialising in covers of musical classics by Led Zeppelin, The Who, Red Hot Chili Peppers, The Doors and many others were the stars of the show at the latest Cittaslow event on the Signal Point lawns. *Smile Pepper* is a three-piece 'super group' band made up of experienced musicians who were previously involved with *Cherry Grind* and *Five Against One*.

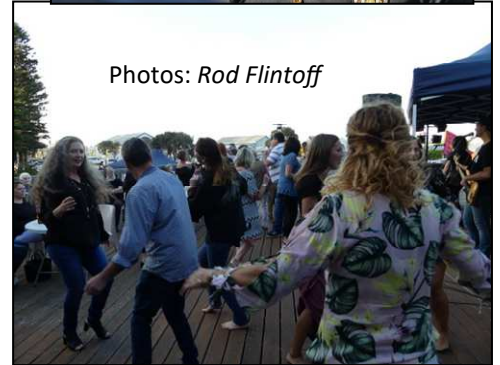
Given a cool start to the night, it took a little while for the crowd to get to know the band, but it wasn't long before the dance floor was packed! In keeping with these free community events there was a large crowd who, aside from the rocking music, found the food from the Hungry Caterpillar and Clarke Catering to their liking. Not forgetting of course, the well-priced local wine from Bleasdale and other Currency Creek and Langhorne Creek wineries on sale.

At The Wharf is a series of free community events conducted by Cittaslow Goolwa on the Wharf Precinct monthly between October and March. The next event (the final one for this season) will be part of the Fringe at Goolwa on the March long weekend and will run from 1.30 pm to 5.00 pm on Sunday 10th of March. This time the music will be provided by the *Steve Brown Band*.

No bookings required, just come along and make a day of it. In the morning the Cittaslow Farmers Market will be held from 9 am, along side the Fringe Caravan, which will feature all manner of performing arts, comedy and music from the Adelaide Festival Fringe starting at 10.30am - 1.30pm. Then the Music starts up on the Wharf 1.30– 5pm.



Jack Stephenson



Photos: Rod Flintoff



Ken

Deb



Relaxing with friends



Kerry and Scott

Happy Snaps taken at the Wharf on 26 January, 2019 by Rod Flintoff.



Cittaslow is making a difference!



Working together, finding solutions!

The Cittaslow Community Garden- by Angela Nesci

Cittaslow Community Garden is situated at the corner of Kessell and Skews Roads, next to the Council depot and Council Nursery. There are 26 Garden beds that are leased by members of Cittaslow for a yearly fee to grow products for their own use. Apart from the leased beds there is a number of beds and fruit trees that are looked after by Garden volunteers. During the school year the volunteers on a weekly basis, gather together a sizable amount of fruit and vegetables in season and take it to the Goolwa Children's Centre. Over the week parents of the Centre take home whatever they want for free.

During the recent hot weather the Garden certainly suffered. However, with the hard work and commitment of the volunteers who take turns to go to the Garden during the week and give the plants extra water, the damage has been lessened.

There are a number of fruit trees such as apricot, figs and quince. Sometimes these trees are full of fruit. When there is an abundance volunteers make jam and these jams can be found for sale at the Cittaslow Corner.

There are currently 15 volunteers that meet at the Garden every Wednesday morning when they are available. The Garden was set up and is kept running smoothly entirely by the work of the volunteers, some of whom have been at the garden from the very beginning. There is a lot of knowledge, skills and practical experience among the volunteers and it is hard to imagine what the Garden would be without them. This is obvious when some of the volunteers are away for various reasons and there is a limited number of people to do the work.

Over Christmas we lost one of our longest serving volunteer, Lyn Mateer who moved on to other pastures, interstate. She was very committed to the garden and she, along with her knowledge is sadly missed.

New volunteers are always welcome and we would love to hear from you. You can make contact by visiting Cittaslow Corner or contact me Angela on 0438 321 674.



Angela Nesci

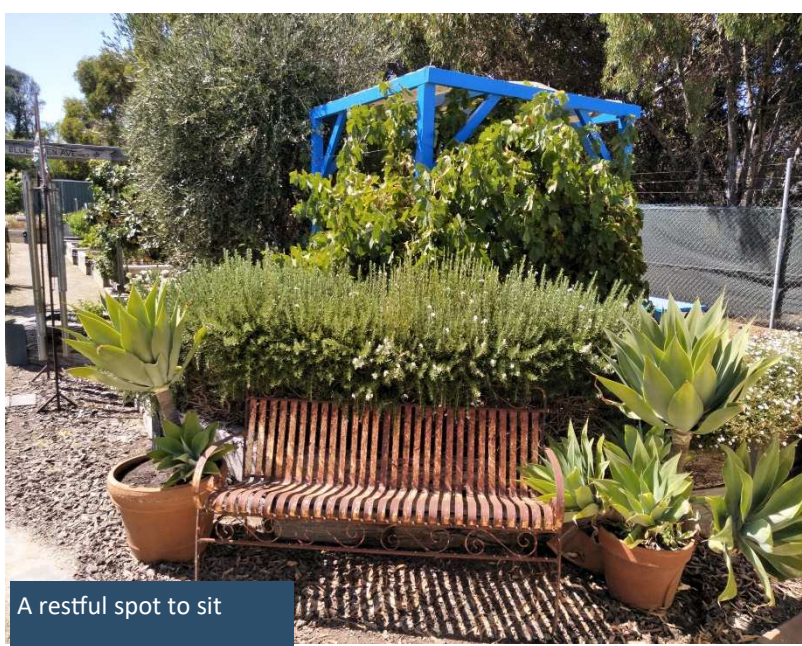


Volunteers

From left to right : Kerry Callaghan, Noel Leahy, Lyn Mateer, (centre) Rob Rabone and Robyn Furniss



Garden beds ready for the next plantings



A restful spot to sit

At the Cittaslow Corner- Karen Ross

In keeping with our Cittaslow values which include caring for our environment and promoting sustainability, Cittaslow Corner now stocks a variety of reusable storage products.

We have locally made beeswax wraps which can be used instead of clingfilm. They can be wrapped around bowls of leftovers or blocks of cheese and when put in the fridge the wraps firm up and seal to keep food fresh.

We have various types of produce bags which can be used at the supermarket (or Cittaslow Farmers Market) when shopping for fruit or vegetables. Produce can then be washed in the produce bags and stored in them.

You'll also find resealable storage bags and bin liners that are compostable. Just put them in your green bin once finished with.

Our bright orange paper straws have proved popular with our environmentally aware residents and visitors who carry their own straws and say 'no' to plastic straws at cafés and bars.

Of course we still stock lovely local products including honey, jams, chutneys and sauces, carob bears, soap, candles and Australian Native Foods. By buying local products we reduce 'Food Miles'. The term 'Food miles' is defined as the distance food is transported from the time of its production until it reaches the consumer. Food miles are a factor used when assessing the environmental impact of food, including the impact on global warming.

By buying local products we are also supporting our community businesses and artisans.



Cittaslow Sustainability Products

The Cittaslow Education Liaison - Iain Langusch

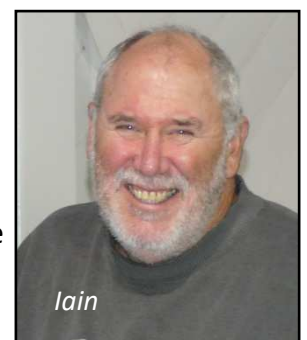
With Schools being on holidays throughout the Summer, things have been a little quiet on the Education front. For the volunteer work at the Investigator College Centre at Currency Creek there has been an emphasis on plant propagation for the first part of the Certificate two in Conservation and Land Management.

For the past two weeks I have been working with Year 7 students from Pembroke School at their property at Finniss. I was running *the garden to plate* activity for 160 students in the School's extensive sustainable vegetable garden.

The students learnt the principles of composting, planted some vegetables and harvested some from which they made themselves a cold roll.

In April, I will be giving a presentation to sixty students from Victor Harbor High School who are doing a series of excursions as part of a Food Security subject. I will be talking to them about Cittaslow and our philosophies regarding sustainability of food production and showing them our Fruit Forest.

Iain Langusch



Fruit Forest Progress—by Iain Langusch

The Fruit Forest is located in quite an exposed location behind and it suffered from the gale force winds experienced during the spring storms. With regular watering and an application of fertiliser the trees were nearly all showing signs of recovery and putting on new growth but unfortunately, the New Year saw the arrival of the flocks of Little Corellas that regularly invade our town. They took a particular liking to the tender new growth of the fruit trees and absolutely decimated a couple of them. The Fig, the Avocado and the Dwarf Apple were all reduced to a mere stick, and all the other trees showed signs of damage, either to their foliage or their bark.

An urgent request was sent to Cittaslow Management for funds to erect tree guards and a small group of Forest members erected them using star droppers and shade cloth. The guards have been a success and despite the fact that the birds can be seen perching on the top of the guards, they do not appear brave enough to venture inside.

After another application of “Seamungus” fertiliser and regular watering by a rostered group of volunteers, we were seeing signs of recovery again. We may have lost the Avocado as it has not recovered from its beheading. We had all given up on the Fig, but this week we saw the emergence of a solitary leaf, raising our hopes of survival. The guards have had another benefit in that they protected the trees from the extreme heat. None of the tender new growth on the citrus was affected.



The Fruit Forest with the new Corella/heat proof guards.

Marty Alsford has made considerable progress on

Phase Two of the Fruit Forest, which is to plant an indigenous food plant collection. In consultation with indigenous man, Kevin Kropinyeri and Anthony Ford from the Council, a suitable site and plant list has been decided. Kevin has agreed to assist with the wording of the interpretive signage. It will need final approval from Council, and we hope to be planting in May/June this year.

How 2 Session — by Karen Ross

Sania Pankiw has offered to lead a 'crafternoon' session at Cittaslow Corner **Tuesday March 12 from 2.30pm until approximately 4.30pm.**

Sania will demonstrate paper cutting and folding techniques used to make flowers and boxes (see attached photos) that can be used to enhance gift wrapping, add decoration or simply as a relaxation activity.

Depending on numbers and interest the session will be offered again and possibly as an ongoing event.

Please bring sharp scissors (small are best) and a gold coin donation to cover the cost of coloured paper and card.

