



# CITTA-CHAT

Summer update | Newsletter for members of Cittaslow Goolwa | 9 Feb 2020

## Diary dates

### February

7	At the Wharf 5pm-8pm
9	Farmers Market 9am-1pm
13	Cittaslow Corner Get-together 10.30am-12noon
13	Management meeting 4-6pm
23	Farmers Market 9am-1pm
24	Food & Wine group 5pm RSL Hall
28	At the Wharf 5pm-8pm

### March

8	Farmers Market 9am-1pm
8	At the Wharf 1.30-5pm
12	Management meeting 4-6pm
22	Farmers Market 9am-1pm
24	Food & Wine group 5pm RSL Hall

## Welcome to the late Summer 2019-2020 issue of the Cittaslow Goolwa Newsletter.

It has been a while between issues but members have been busy as usual and there is a lot to share.

Firstly a heads-up about events and highlights to watch out for:

- The Food and Wine Group did not meet in January due to the public holiday so will hold its first gathering for the year at 6pm on Monday 24<sup>th</sup> February
- The Farmers Market returns to Jaralde Park on 2<sup>nd</sup> and 4<sup>th</sup> Sundays of each month from February at 9-1pm
- Look out for the 2020 Cittaslow Goolwa Calendar - we have reduced the price to just \$5 to clear stock - grab a bargain at Cittaslow Corner!
- If you wish to register for Vogalonga but prefer not to pay online, you can now pay by cash at Cittaslow Corner during hours of opening from Thursday to Monday, 11-4pm (subject to availability of volunteers)
- And while you are there (at Cittaslow Corner) check out the great homemade jams available for a small donation - all proceeds go to the Bushfire appeals we are supporting (local CFS, KI Mayoral Fund, Wildlife Rescue)
- And please remember we are no longer a collection point for plastic bottle tops - it was

## Diary dates (cont.)

April	
9	Management meeting 4-6pm
12	Farmers Market 9am-1pm
26	Farmers Market 9am-1pm
27	Food & Wine group 5pm RSL Hall

such a successful campaign that the manufacturers of prosthetics have been swamped and are asking us to hold off until further notice. (Well done everyone!) We ARE still collecting new and unused toiletries however, for distribution to local charities that support those in need in our community.

Check out the very positive article in this month's (February) issue of *SA Life* featuring Cittaslow Goolwa in a section about Community Wellness and Wellbeing – you are sure to recognise some local faces!

## Cittaslow Corner

Have you dropped in to Cittaslow Corner lately? There's always something new in stock.

Our reusable storage products, including beeswax wraps, resealable lids, bio-bag compostable products and mesh produce bags, are selling faster than we can restock. But we are doing our best to have continuous supplies for environment-conscious locals and visitors.



We have lots of locally made produce available including honey, olive oil, jams and chutneys, soaps and candles. We also stock items featuring the artwork of local Ngarrindjeri artist Cedric Varcoe. Cedric's magnetic bookmarks make great presents for friends overseas and interstate; something local that is easy to pack and light to carry.

Up-cycled water tumblers (also good for G&T) sell for \$4 each or \$20 for a set of six. These are made from empty wine bottles sourced from our At The Wharf events and come in green, clear or blue glass.



Our lovely Cittaslow Calendars, featuring beautiful photographs by talented locals, have been reduced to just \$5 now that we are well in to 2020. We have a limited amount left so why not drop in and buy one for yourself and one for a neighbour?

## Members' new roles and opportunities in the New Year

### In 2020 you will see some new faces taking up responsibilities in Cittaslow Goolwa.

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- Having been Acting Treasurer for several months while Julie Low was on extended leave, Michael Keen was elected to the position at the Annual General Meeting in November.
- Meanwhile we have two new volunteers in the Membership team: Lauri O'Brien and Lynn Maxwell. Between them they are coordinating registration and information for new members, renewals, and maintaining the data base of members' details. In the process they are streamlining the system which will hopefully make communication more reliable.
- In December a meeting of 'Friends of At The Wharf' was held to plan for the last event of the year. After the cancellation of the October and November dates due to bad weather, this event promised to be very busy (and it did not disappoint!). We are pleased to report that there was a strong response to the call for volunteers and the meeting was well attended. As a result we have a number of new faces in our very capable ATW troop. These events require an 'all hands on deck' approach and there is always room for more members to play a part in this lively and fun entry in Cittaslow's calendar.
- After several years as Cittaslow's go-to person for Publicity, Ken Smith will soon be stepping back from this crucial role, creating some great opportunities for other members to get involved in one or more aspects of Cittaslow's media presence.

So, in short, with Cittaslow membership now nudging 250 and growing consistently, there are more reasons than ever to be an active contributor, and more opportunities to share your interests and skills with other members and the wider community.

***Here are just some of the ways in which you can help to ensure Cittaslow continues to be an active force for good in the community:***

***Share your technological know-how by working with us to improve the look and function of the Cittaslow website***



***Express your 'inner wordsmith' by drafting articles about our activities for the local media***

***Be a part of the Cittaslow engine room by taking minutes at the monthly Management Committee meetings or handling enquiries to 'admin@cittaslowgoolwa.com.au' and the Australia Post box***

***Lend a hand (in between tasting some great wines/sampling mouth-watering local foods/dancing to lively local music) at the ATW events throughout summer***

***Add your name to the list of volunteers who staff Cittaslow Corner and tell visitors about the value of being a Cittaslow community.***

If you think you can make time to help in one or more of these areas please contact us by:

Email at [admin@cittaslowgoolwa.com.au](mailto:admin@cittaslowgoolwa.com.au), drop in to Cittaslow Corner (Thursday to Friday 11-4pm) or chat to one of our volunteer members at the next ATW event.



## AT THE WHARF EVENTS

Our highly successful At The Wharf events have been significantly weather-challenged this summer with no less than three events cancelled or postponed. Sadly this was the case on January 31 when The River Rats were due to play at our Bushfire Relief Fundraiser event. The decision to cancel was clearly correct in light of the heavy downpour which started around 7.30pm when Mayor Parkes was due to draw the raffle!

The good news is that we were able to reschedule so the event was held on Friday 7<sup>th</sup> February and it was a huge success in every respect. Scores of volunteers helped on the night: staffing the bar or making and serving the very popular paella, selling raffle tickets and organising the silent auction featuring donated work of local artists. The band provided their services at nominal cost, playing great music on the deck for the enjoyment of the many folk in our community who love to dance. Alexandrina Mayor Keith Parkes made it back from his engagements on Kangaroo Island in time to draw the raffle prizes and all in all we couldn't have wished for a better outcome. Even the weather was kind on this important occasion.







The next ATW event will take place on Friday February 28<sup>th</sup> 5-8pm with popular local band The River Rats to entertain us. Then our last event for this summer coincides with the Goolwa Fringe weekend on Sunday March 8 from 1.30pm until 5pm. Gumbo Ya Ya will play on the deck, Clarke Street Catering will be along again and our delectable Cittaslow Paella will be available.

At The Wharf events are a great opportunity for people to come together and enjoy all that Goolwa has to offer.



# Community Garden

## Celebration, harvest and jam-making time at Cittaslow Community Garden

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December saw the celebration of the 90<sup>th</sup> birthday of one of the original Community Garden volunteers. Judith Jones is still a regular volunteer at the Garden, sharing a wealth of knowledge and skill with the rest of us.



Judith Jones



The Garden boasts a number of fruit trees, among which is a very tall and healthy apricot tree which was absolutely laden with fruit this year. We looked forward to making use of the apricots but unfortunately the hot weather presented challenges. The kernels of the fruit heated during the daytime and were unable to cool down sufficiently during the night, so consequently even though the fruit still looked green on the outside, the fruit was starting to cook from the inside. It was imperative that the fruit had to be picked as soon as possible. A call was made for volunteers among Cittaslow members to either pick the fruit or pick and make jam with the fruit and the response was overwhelming: 134 - 250 ml jars of apricot jam was made and a number of kilos of fruit was dispersed to the various local Grow Free trolleys. A big thank you to those who offered to help and to Sue Gelade, Nancy McMurray, Ruth Jones, Anne Bourne who made the jam. A number of jars of jam were made available at the Cittaslow Corner for a donation with all money collected to be donated to the bushfire relief fund.





Abundance from the apricot tree



## Community Garden Volunteer Nancy McMurray shares some of the highlights (and challenges!) for the volunteers at the close of 2019

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### The latest from the Community Garden - December 2019

December has been a busy and productive month in the garden, with the harvesting of much produce and the continuing planting of late summer/autumn vegetables. Volunteers have been arriving at the garden at the break of dawn on hot and windy days to do extra watering and to harvest produce for the kindy before the extreme heat of the day. Prior to the Kindy going into summer recess, two deliveries of produce were made to the Kindy in December.

Major tasks in December have been to place netting over the fruit trees and to erect protective shade cloth around fruit trees and garden beds. This work has involved many volunteers including the 'works department' and those mainly involved in planting, harvesting and pruning. Some new structures have been erected for shade cloth.

The trial using vinegar with surfactant on the weeds out the back appears to be successful and will be continued over the hot summer months. General maintenance, especially of the irrigation system, continues as always.



Nancy McMurray in the garden

As mentioned in the last report, a new compost sign is in place which makes it easier to understand what should and should not go into the compost - please **DO** read it. And *please, do not put unchopped material on the compost heap*, as it needs to be lifted off to be chopped before it is then returned and until that material is chopped, no one else can place their chopped material where it belongs. The sign above the current compost heap highlights that only **CHOPPED** material should be placed on the compost heap. Chopping of your compost is easily done by placing it on the wooden stump and chopping it with a spade before placing it on the compost heap. The garden volunteers thank you for your cooperation.

It appears we have a small Eastern brown snake in residence, having been sighted several times around Kindy bed #4 and the seedling house. Which is likely why we haven't been seeing the little bunnies lately. Although a licensed snake catcher has been called, who may or not be able to humanely catch and relocate the snake, it is important to understand that snakes are a critical part of the ecosystem as both prey and predator and are fully protected under the National Parks and Wildlife Act 1972. Springtime is when snakes produce young and with warmer weather, snakes will be seen out and about sunning themselves.

It is very likely that we have had snakes from time to time that live in or pass through the Community Garden, and it is very likely that we will continue to have snakes in the garden in the future, so it is important that they are treated with respect, not fear. Many people fear what they do not understand and when acting in fear, can put themselves in danger. Snakes are very common in urban areas in all states and wildlife authorities recommend learning to live with snakes. It can often happen that when a snake is removed, another simply takes its place.

It is very important to understand that *the only dangerous snake is a cornered or threatened snake*. If you leave a snake alone and it is able to move away from you, it will. The worst thing you could do is threaten or try to catch the snake. It is common sense to wear closed shoes and long pants when working in a garden, to always use gloves and never put your hands where you cannot see. Be careful when picking up tin, timber or other material that has been sitting around in which a snake could be, by lifting it away from you, not towards you, so that a snake can easily get away. And, of course, if you bring small children into the Community Garden, please keep an eye on them. If you see a snake, move children away, leave the snake alone and phone or text Angela Nesci. It would be good also to leave a note at the sign-in book to alert others of your sighting.

Volunteers and their partners and families had a lovely end-of-year barbecue on a warm, but not hot, mid-December evening. Everyone shared salads and desserts, the social club provided drinks and meat and it appeared a good time was had by all who attended. Thanks to Rob and Brian for doing the barbecuing and Sue for doing much of the shopping and organizing. Many people helped on the night by cleaning tables, chairs, washing up, etc. The Community Garden welcomes new volunteers, so hopefully we will have a few more people in the new year.

Nancy McMurray for the Community Garden Volunteers  
05/01/2020





## How To sessions

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The hands on 'How to' program began early last year with one session planned per month. The ideas for sessions came from a variety of places including people willing and wanting to give their time and expertise to run a session and people coming up with ideas of sessions they wanted to attend. Deb Smith who had coordinated the sessions in the past had collected a folder packed with ideas and names of interested local businesses that she handed over to the new team. People also made requests for a repeat of previous sessions that they had missed or enjoyed so much they wanted a re-run. Some of the sessions held in 2019 were: 'How To look after your body' run by a local physiotherapist, 'How to prepare and cook carp' and 'How To make a native bee hotel'. The enthusiasm for the How To sessions was so great that we ended up running two sessions per month during the latter half of the year and still have many requests in the pipeline for the new year. We look forward to a year full of learning and fun starting with the all-time favourite, a day of passata making, as soon as the tomatoes are available.

Angela Nesci



Bee hotels



Gardening session

# Environment Group

The Environment Group members have been working on a number of projects including the maintenance work on Jekejeri Park. Recent work has included the removal of some feral olive trees and some whipper snipping of an accumulation of dried grass that posed a fire risk. The plantings of Pig Face (Nganangi) have been watered and have settled in well.

We have also completed our regular clean-up of Randell Rd. It was noted that there was a fair amount of paper debris as a result of New Year fireworks and concerns raised as to how much of this material ended up in the river.

We have also staged a highly successful screening of the film "A Plastic Ocean". Around one hundred people attended the screening of this, at times confronting film, that not only raised the massive issue of plastic in our oceans but of plastic in our lives generally. Thanks go to Steve Grieve for negotiating with Alexandrina Council for a grant allowing us to screen the film in Centenary Hall free of charge. I also thank Gayl Males and the South Coast Environment Group for their support, both financially and with promoting the film.

Iain Langusch



# Fruit Forest

We have continued to put a considerable amount of effort into trying to establish this concept in the heart of our town. We have encountered many issues including: saline water, corellas, hydrophobic soil, vandalism and extreme heat. Over the course of last summer, a combination of the above factors resulted in the loss of 6 of the original plantings and some of the survivors clinging to life. Over the last year we have put a number of things in place in order to ensure better results.

Firstly, the Council have given us permission to access the site with our own vehicle fitted with a flashing warning light and with volunteers wearing hi-vis vests in order to water with better quality water. Towards the end of last summer, the water we were using from the pond approached 4000ecu, which is double the maximum level of salt recommended for irrigation. We have plastic drums with a 140 litre capacity and the mains water we are using has had a positive effect in flushing out any residual salt.

The Council have also given us water wells to install around the trees to prevent water running off from the sloping, hydrophobic site. We have also installed 2 lengths of “ag pipe” into the subsoil to enable deep watering.

The tree guards we installed last year have been effective against the corellas and have given a degree of protection from the extreme heat.

Unfortunately, a couple of the bare rooted trees we replanted this year have not responded, but most of our trees have shown signs that our efforts have not been in vain.

Iain Langusch



Dwarf Pink Lady Apple



The Fruit Forest





## How To:

# Recycle

October 2019

*Photos by Debbie Smith*







# Smoke-Off

November 2019

*Photos by Leon Mead*







# New Years Eve 2020



*Photos by Rod Flintoff*



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## Newsletter of Cittaslow Goolwa Inc.

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**PRESIDENT:** Christine Putland

**VICE PRESIDENTS:** Iain Langusch and Karen Ross.

**SECRETARY/PUBLIC OFFICER:** Vacant

**TREASURER/REGISTRAR:** Michael Keen

**COMMITTEE MEMBERS:** Ken Smith, Jane Williams, and Angela Nesci

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