



CITTA-CHAT

Autumn edition | Newsletter for members of Cittaslow Goolwa | 14 April 2020

COVID-19

Schedule Update

See detailed report page 2 -

Cittaslow Corner: Closed until further notice. (**Grow free cart** still available with fresh garden produce)

Community Garden: Closed to meetings and gatherings. Roster in place for maintenance of garden beds

Food and Wine Group & Environment Group:

No face to face meetings. See details p.2 for contact details for ongoing work and communications including Jekejere Park group

How-to-sessions: On hold until further notice

Farmers Market: Trial return to Market in Jaralde Park w/ social distancing guidelines 26th April

Fruit Forest: Tended by individuals co-ordinated by Iain Langusch

At the Wharf/Smoke-off:

Planning suspended pending developments with Covid-19 (Note: ATW 30 Oct cancelled)

Full details p.2

Welcome to the Autumn issue of the Cittaslow Goolwa Newsletter

March is typically one of the busiest months on the Cittaslow calendar and there is usually much to share with members through the Newsletter. This year promised to be no exception: we had enjoyed a recent boost in our membership partly as a result of interest generated by the very strong media coverage in SA Life and InDaily; planning was underway for two 'At the Wharf' events, one of them in conjunction with Council's Fringe in Goolwa; and, a major fundraiser was launched in support of recovery efforts after the tragic bushfires of early summer. By early March, however, there were signs that this year could turn out to be exceptional in almost every way, and uncertainty would become the natural order of things. It was at about this time I heard one commentator say: "what a year this past week has been".

And here we all are, just a month later, coming to terms with a very circumscribed version of our usual lives. Accordingly, the Autumn issue of Citta-Chat is shorter than normal because of the necessary interruption to most areas of our program and 'Diary Dates' will be replaced with an update on the changes to the Cittaslow Goolwa schedule.

I would like to extend a very warm welcome to the 11 newest Cittaslow Goolwa members who have joined us since the beginning of February. It must feel strange to have done so at such an unstable time but our membership team of Lynn Maxwell, Lauri O'Brien and Michael Keen are available to provide you with information and support as needed. Thank you to all of the volunteers who are continuing to maintain the 'essential' core aspects of Cittaslow during this lull. And to all members, please feel free to contact us by email (admin@cittaslowgoolwa.com.au or president@cittaslowgoolwa.com.au) if you have any concerns or queries. As soon as it is safe to do so, we are committed to returning to a lively and productive program of events, activities, meetings and celebration of this wonderful part of the world that we call home.

Meanwhile stay safe and well,

Christine Putland, President

Program Updates in response to Covid-19

Cittaslow Goolwa is following the guidelines laid down by Federal and State governments and Alexandrina Council about appropriate conduct by community organisations in this region. With these in mind, the Cittaslow Goolwa Management Committee is implementing the following changes aimed to protect the more vulnerable in our community. These changes will be in effect until further notice.

Cittaslow Corner will be closed to visitors and members of the public. No organised meetings or gatherings involving groups of volunteers will be held there during that time. The one exception is the **Grow Free Cart** which will continue to be stocked by volunteers with produce from the Community Garden and from individual members' gardens on a daily basis.

If any other member needs to visit the premises to carry out tasks please contact one of the key holders: Angela Nesci, Karen Ross, Christine Putland.

Community Garden premises will be closed to meetings and gatherings. The Garden volunteers have organised a roster for individuals to maintain garden beds during this period.

Face to face meetings of the **Food and Wine Group** and the **Environment Group** will be cancelled until further notice.

- Food and Wine: Opportunities for communication with other group members may be possible from time to time - for details contact Roger Stainer on rstainer@internode.on.net
- Environment Group: for details contact Trevor Caldwell on tcaldwell1942@gmail.com
- The Jekejeri Park working group is planning a working bee at Jekejeri Pk on Monday (20/4) from 9.00am to spread mulch prior to an anticipated planting program. In order to maintain physical distancing volunteers will be working in 2's at 2 different sites. Please bring your own gloves and if you feel comfortable your own mulch spreading tools (shovel, rake etc) Contact Olaf Hansen for details: 0422 669 024.
- KESAB Adopt-a-road - Randell Road Clean-ups are cancelled until further notice.

How To sessions are on hold until further notice. Contact Angela Nesci for details: anesci48@gmail.com

The **Cittaslow Farmers Market** will be held on Sunday 26th April at Jaralde Park from 9-1pm. This will be a trial based on the standard social distancing and hand sanitising guidelines and depending on the effectiveness of these the future of the markets will be assessed. (see below separate item)

The **Fruit Forest** will continue to be tended by individual members and volunteers are welcome to assist, within social distancing guidelines. Contact Iain Langusch for details: iainlangusch@gmail.com

Planning for major events that are due to resume later this year (that is, **At the Wharf** on Sunday 4th October (long weekend); and **Smoke Off** on Sunday 1st November) is in abeyance until further notice pending developments in response to Covid-19. Regardless of the outcomes, please note that the At the Wharf event scheduled in the Cittaslow Calendar for 2020 to be held on Friday evening 30th October is to be cancelled as it coincides with Smoke Off on the same weekend.



How can we help?

Many people in the community are finding ways to help each other at this time. Below are two suggestions of ways in which we can all contribute. And if any of you have ideas about other potential Cittaslow initiatives please let us know and tell us how you would like to be involved.

Community support

We hope all our members are coping well under 'lockdown' conditions however we are aware that some people in our community are more likely to struggle with the realities of social distancing.

If you are facing practical or logistical challenges we would be happy to offer support where possible. Perhaps you need shopping to be done and dropped at your doorstep? Medicines collected and dropped off? If you have specific domestic needs that can be supported within current social distancing guidelines please make contact and we will endeavour to help.

Conversely, if you are available to support others with shopping, home deliveries or other simple, domestic tasks we would also love to hear from you and attempt to put you in touch with members in need where appropriate.

Let's all look after each other at this difficult time for many. And remember, social distancing does not have to mean emotional distancing.

Food hampers

Motherduck Café has joined with the Goolwa Community Centre to support local families through the school holiday period.

The goal is to provide a number of families with a hamper containing enough fresh and raw food along with meal plans for approximately 3 meals each week, including some staples and hopefully a few treats (such as Easter eggs) to enjoy over the holiday period.

For a number of years the volunteers of at the Cittaslow Community Garden have been growing seasonal fruit and vegetables and every Wednesday morning a few buckets are filled with fresh produce and delivered to the Goolwa Children's Centre. As the Centre is closed during the school holidays the Garden volunteers are instead taking this produce to the collection at the Goolwa Community Centre to help fill the food hampers.

Many community members have also contributed to the hampers. Thank you to Motherduck and the Community Centre and all involved for your generosity.



Farmers Market News

After much deliberation it has been decided to hold a **Farmers Market** on *Sunday 26th April 2020* from 9-1pm. As many of you will know the Easter market was cancelled in line with Alexandrina Council's wish to discourage visitors from flocking to Goolwa over the holiday period in consideration of the vulnerability of our growing aged population to Covid-19 infection. However on consideration of the pros and cons Cittaslow has decided to trial the resumption of the market within the constraints of the precautionary measures recommended by the Australian Farmers Market Association. The market on 26th April will be evaluated for its viability and safety within these constraints. But meanwhile:

COME AND SUPPORT LOCAL GROWERS AND PRODUCERS

at the

CITTASLOW GOOLWA FARMERS MARKET

Sunday 26th April 2020 from 9-1pm

Jaralde Park, Goolwa Wharf precinct

FRESH VEGETABLES, FRUIT, BAKED GOODS, PRESERVES, DAIRY, FRESH PASTA

For those attending please note the following additional protections during Covid-19:

- there will be produce for sale but **no entertainment or seating** facilities
- **strict social distancing** will be observed with signage indicating requirements for people to queue 1.5 m apart and stalls will be set well apart to facilitate this
- **hand sanitiser stations** will be available adjacent to stalls
- additional volunteers will attend to support these measures.

For members' information - the following considerations have been taken into account:

- The continued provision of fresh food and nutritious produce is classified by governments as essential during the pandemic.
- Goolwa Farmers Market does not generally attract large numbers of visitors - especially with the removal of additional attractions such as entertainment and hot snacks/meals - and since this date falls on the last day of school holidays it is likely that visitor numbers will significantly reduce from that time with the cooler weather.
- Being situated outdoors is regarded as at least as safe, and possibly more so, than indoor food shopping where space is limited.
- Other Farmers Markets such as the Willunga and Victor Harbor markets have continued to trade within these constraints and without evident problems.
- The regular vendors at Goolwa Farmers Market rely on sales to the public for their livelihood; as well as protecting our community from the virus we have a responsibility to support our small-scale growers and producers by providing safe opportunities for them to continue to trade.
- On balance - and it is a trade-off - we believe that the benefits of trialling a resumption of the farmers market outweigh the risks.



Community Garden Report for March 2020

Well, what a busy month it has been in the garden! Our fruit trees have been fertilised, roses deadheaded, the refurbished kindy bed has been planted out and Jean and Graham moved the lime tree, after much work in preparing the tree and the site by the ‘works department’. This month we welcomed new volunteers - honey bees! Their hives are out the back, so if you are allergic to bee stings, you may want to stay in the front garden area.

We harvested a lot of produce this month, including heaps of tomatoes, basil, eggplant, capsicum and apples. Besides 4 deliveries to the Kindy in March, quite a lot of excess produce was taken to the local grow-free carts, which appear to be well used. The Cittaslow cart is now being put outside Cittaslow Corner every morning for the foreseeable future.



Our newest helpers

Major plantings during March include carrots, silverbeet, broccoli, cauliflower, and a mix of bee flowers. The new comfrey patch is booming, including mixed flowers at the front, thanks to Robyn. The quinces are ready to pick and a lot of apples remain to be harvested.



Sue, Robyn and Cicely harvesting for the Kindy - Before social distancing

We are now practicing social distancing at the garden, with each of the volunteers coming in by themselves or with just one other - the work is being done, but we are certainly missing our Wednesday morning gatherings and morning tea together.

Our second batch of compost using the revised methods is ‘cooking’ nicely and we are filling our third batch. After using his first batch of eucalyptus leaf compost, Michael has rebuilt the eucalyptus leaf compost bay which is filling quickly.

Our irrigation system has suffered some hiccups with timers not turning on properly, apparently due to water pressure variability, so until regulators are able to be placed on each timer, volunteers are hand watering all the garden beds as needed. Please indicate in the book if you have watered your garden plot.

Happy gardening!

Nancy McMurray for the Community



Michael working the eucalyptus compost

‘How To’ news

Cittaslow’s How To program started with a bang in February with the ever popular ‘Passata Day’ held at the Cittaslow Community Garden. Bookings surpassed all expectations and a waiting list had to be established, but in the end everyone was accommodated. The day was a huge success despite a few initial hiccups in the tomato department. Firstly, the date set for the event had to be changed because the tomatoes were unavailable, then the promised roma tomatoes ended up being a mixture of romas and other passata tomatoes. Luckily they were all in good condition and ready to process. Participants shared a delicious lunch of pasta with the passata they had helped to make accompanied by salads and of course washed down with wine, then followed by coffee and sweets. They were then able to take home jars of beautiful passata for their own consumption.

The success of the day was due to the efforts of key How To organisers Angela Nesci and Antonio Trimboli, with help from many participants. Antonio and Anne Mari Trimboli supplied the tomatoes, set up and looked after the drums for boiling the tomatoes and the Passata bottles, while Angela with help from her sous chef Iain Neilson cooked the meal. Debbie Smith also loaned the team a lot of ‘paraphernalia’ to help make the process easier. Thanks to you all.

Sadly this was not only the first How To for 2020 but also the last for a while. There are many sessions in the pipeline - like feta cheese making, sourdough bread baking, rug waving and hands on bee hotels - but they will have to wait for easier times. Watch this space for information and we will let you know as soon as it is safe to resume the program.

Garden Volunteers 5th April 2020



At the Wharf

After a shaky start due to inclement weather the latest “At The Wharf” season ended on a high note on the afternoon of Sunday March 8th following the Fringe in Goolwa event and Farmers Market in neighbouring Jaralde Park. The weather was kind and the enthusiastic crowd were kept on their dancing toes by great music from Gumbo Ya Ya. Once again the paella proved to be very popular, with a few new cooks stepping up to learn the trade. Bar sales were strong and overall the afternoon was an outstanding success, creating a great atmosphere of family fun and enjoyment.

As well as being a highlight in the social calendar for many people in our community and a drawcard for visitors, At the Wharf consistently generates a surplus which allows Cittaslow to support other important initiatives like the Community Garden and the Fruit Forest. This year it has also enabled us to make a significant donation to several groups that are working to assist communities recover from the devastating bushfires on Kangaroo Island. A total of \$4450 was donated to the following organisations: Kangaroo Island Mayoral Fund, Kangaroo Island Wildlife Park, Goolwa CFS, Kangaroo Island Land for Wildlife, Hanson Bay Wildlife Sanctuary. A big thank you to Julie Jordan who organised the raffle and silent auctions and to the many artists and others who donated prizes as well as the members of the public who bought tickets!

Without a doubt, its success is thanks to the many volunteers - friends of ATW - who regularly give their time and energy to fill the various roles required: organising rosters and entertainment, stocking the cool room and staffing the bar, preparing and cooking the paella, not to mention erecting marquees and lifting and hauling the gear and equipment to set up and then pack up at every event. This is a tall order but it is completed each time with efficiency and most importantly good humour!

Hopefully we can pick up again where we left off on a high note in October 2020. ATW can always do with more ‘friends’ so if any members are keen to be involved please contact Lauri O’Brien (lauri@healthcareredesign.com.au) or Karen Ross (karenrosswalks@gmail.com) .

If you are interested in working on the bar we can provide you with the link to the online Responsible Service of Alcohol (RSA) accreditation. And if you want to find out more about the various roles please feel free to contact us as above or admin@cittaslowgoolwa.com.au .



**At The Wharf
February 2020**





**At The Wharf
February 2020**



Education

Despite the schools remaining open during the crisis to date, I still decided that I would not continue with the Environment Group at Goolwa Primary School for the time being. I have been able to continue at Investigator College however where I have been working in the nursery while maintaining appropriate separation from the students.

I have been involved in propagating native plants, most of which will be sold through the school, but I have also been able to propagate a number of species of plants from seeds I have collected, mainly from Jekejeri Park where we plan to undertake a planting program once we have received significant rain. *Callitris gracilis* (Southern Cypress Pine), *Allocasuarina verticilata* (Drooping Sheoak), *Hardenbergia violacea* (Native Sarsparilla) and *Templetonia retusa* (Cocky's Tongues) have all been successfully propagated from seed collected in the Park. I have also been fortunate to access seed from three *Acacia* species endemic to Alexandrina Council area, two of which are considered rare and endangered. We now have over a hundred seedlings of *Acacia pinguifolia* (Fat Leaf Wattle) which occurs only in a small area around Finniss and some *Acacia rhetinocarpa* (Neat Wattle) which only occurs in a small area near Strathalbyn. We also have some seedlings of *Acacia dodonaefolia* which occurs more widely in the council area. We hope to make these available to Cittaslow members in the near future.

Iain Langusch



Fruit Forest

With the onset of cooler weather, we have been able to remove the tree guards that protected the trees from the annual Corella invasion and offered protection during the extreme heat days. I have reduced my watering to weekly and look forward to significant rainfall to reduce the need for supplementary watering. As we have not lost any of the trees since we started our own watering with good quality water, I believe we will be able to confidently replace some of the lost trees in the Spring. Pictured are a Royal Gala Apple and the Pomegranate.

Iain Langusch



Vogalonga Update

Given the level of community concern about the threat of the Coronavirus and in order to act in solidarity with the community to prevent its spread, the Vogalonga working group has decided to POSTPONE this event but not to cancel. The event scheduled for Sunday 26th April, 2020 will not proceed as scheduled. The Working Group will continue to monitor the situation and as soon as authorities indicate it is safe to do so a new date will be set for the event, hopefully in October or November this year.



Newsletter of Cittaslow Goolwa Inc.

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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