

CITTA-CHAT



Summer/Autumn | Newsletter for members of Cittaslow Goolwa | 26 Apr 2023

From the President...

The end of Day Light Savings marks the end of summer and the end of the **At The Wharf** season.

This year we held ATW at the Arthur Neighbour Reserve, as it wasn't clear what impact the redevelopment work in the wharf precinct would have. As it turns out work is only now beginning, however the new location proved to be a good one, with a lot of space to spread out and enjoy the music food and drinks. The entire Alexandrina community benefit from the ATW and we see it as one of the key activities for Cittaslow. Like all of our activities it only happens due to the group of volunteers who put in the time and effort through-out the summer. A special thanks goes to Lauri O'Brien who has been organising the ATW for the last couple of summers.

We are in discussions with Council regarding next summer's ATW, which we hope will be back in the wharf precinct. As soon as arrangements are finalised we will let you all know.

Another of our important activities is **Cittaslow Corner**, on the corner of Cadell St and Goolwa Terrace. It is open from Thursday to Sunday and provides the opportunity for visitors to find out about Cittaslow, to buy local products and to learn of products that reduce waste, especially single use plastic. We can't keep the doors open without volunteers and this has been a struggle over the last few months. *Please consider if you can spare a few hours*, even just once a month to be at the Corner. Rose-Marie our corner co-ordinator would be happy to provide more information (see contact list at the end of this newsletter).

The **Wooden Boat Festival** is about to return to the River Murray, this time centred in Hindmarsh Island. We will have volunteers at the merchandise marquee so drop in and say hello.

Elsewhere in this newsletter you will see updates from across our activities. If you would like to get involved, please refer to the contact list on the last page.

DIARY DATE! **Cittaslow AGM 2023** Cittaslow members are alerted to the fact that the Cittaslow Goolwa Incorporated Annual General Meeting for the financial year 2022-2023 will be held earlier than in past years, on **Thursday 26th October 2023**. Please put this date in your diaries and we will be sending more details leading up to this date. As always, it is a great chance to join with other members to celebrate our achievements of the past year and thank all of the volunteers who keep the Cittaslow wheels turning.

Enjoy the balmy weather...it won't last as winter is coming!

Michael Keen



ART COLLABORATIONS:

Cittaslow recognises the great contribution that artists, crafts persons and artisans make to the life of a community, bringing colour, music and vibrancy to public spaces as well as helping us to appreciate our environment and its characters. We continue to support artists in a range of ways, from showcasing their work in Cittaslow Corner and at the Cittaslow Produce and Artisans' Market, to special projects.

Art exhibition openings

For the past year, our volunteers have run a bar service at exhibition openings in the Council's art galleries, firstly in Signal Point (prior to its closure for upgrading) and now the South Coast Regional Art Gallery in the Old Police Station. The most recent was the mixed exhibition featuring local artists for the SA Wooden Boat Festival, titled 'If I had a Boat' and launched by Mayor Keith Parkes. Cittaslow volunteers served local wines to the crowd in the Old Police Station courtyard.



Rubbish Matters – a youth art project

Cittaslow received a Vibrant Communities grant from Alexandrina Council for a collaboration with the Goolwa Secondary College which will commence in Term 2, this year. The project is a happy convergence of ideas amongst Cittaslow members. The Youth Forum which was hosted by the school in 2022 and attended by students from schools in this region focused attention on students' ideas about managing and reducing human waste. At around the same time members had seen some of the great public art works and sculptures across Australia, highlighting issues of waste materials in our communities in attention grabbing ways. This led to the concept of having an artist work with GSC students to design and create art works that drew attention to these issues and expressed young people's concerns from their own perspective. Cittaslow volunteers met with students from years 7,8 and 9 and shared some of the works that had inspired our interest, such as the 'Bin Chicken' below, made entirely out of used plastic bags. In term 2, students will work with local artist, Gina Allain, and school staff to realise their ideas.



BIN CHICKEN MADE FROM PLASTIC BAGS RETRIEVED FROM WASTE - By Kirsten Baade

CORE PROGRAMS

Cittaslow Corner



Cittaslow Corner will open over the cooler months starting from May for 'off-peak' hours of 11am - 2pm Thursday to Monday.

We've been very busy with lots of visitors over the holiday periods and long weekends. As a matter of interest, we have had 1,311 visitors to the Corner from 1 January to 16 April.

We're always on the lookout for quality local products for the Corner and are now stocking:

- Made by Fred earrings, necklaces and hair clips
- Simply Clean eco laundry and dishwashing detergents, and toilet cleaner
- A range of hand knits by Maggie
- Kimchi Club nuts
- Dried lavender drawer satchets
- Nourished Life produce storage bags and
- Market bags made from recycled pillowslips and net curtains.

Our walls are now adorned with some beautiful and colourful paintings by Dzint Jurevicius from Twin Pines Studio Gallery located on Hindmarsh Island. These paintings are for display purposes, but we are encouraged to direct interested people to his gallery if they wish to make a purchase.

The Library shelf at the Corner could do with a refresh - so if you have some good books and jigsaws that you no longer want, we'd love to have them. Also, don't forget our Grow Free Cart - it's wonderful to be able to share any spare produce, herbs and plants with others.

Volunteers are still needed to cover the cooler months so don't hesitate to contact Rose-Marie: rosemarievasiljuk@gmail.com



Cittaslow Goolwa Community Garden



News from the Community Garden

We are really noticing the changes in weather patterns, with last year staying wet until late and so the summer crops were all slow to take off. Our apples, which were originally planted to ripen from the northern end of the row through to the southern end are totally out of whack now, with some trees setting two crops instead of one. We acknowledge that we have to adapt our growing schedule to fit in with the changing patterns.

Rabbits are still proving to be a real pest, but the rats seem to have eased off. We are being pro active with fencing the beds with whatever we can get our hands on.

Volunteer numbers are up and down, as is usual for us now. There is great camaraderie, a communal love of gardening and a sense of helping the community.



Tromboncino

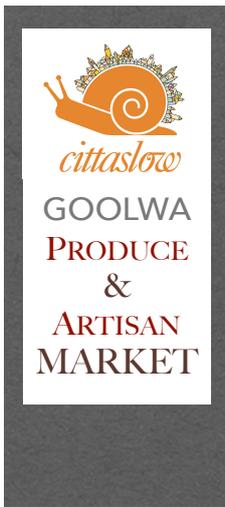
We were successful in applying for another \$1000 "donation" from Alexandrina Council, which will be put towards prefabricated raised galvanized beds to help combat the rodent problem.

Discussions regarding the possible relocation of the Community Garden are ongoing with the Education Department and the Goolwa Kindergarten / Childcare Centre. More news to come in the next few months, hopefully. In the meantime, we continue our weekly deliveries of seasonal organically grown produce to the Children's Centre. We are often told how grateful the community is to receive this produce. Bendigo Bank continues to support the Community Garden so that we can continue this service.

We encourage diversity at the Community Garden, above is a tromboncino, best eaten young and green.

Ange Toone





The Cittaslow Produce and Artisans Market

The Market continues to attract new stallholders with approximately 47 stallholders that have nominated to take part in Cittaslow Market. Luckily not all stallholders are able to attend all our Markets, with the result that we have an average of 20 stalls at each Market. I say 'luckily' because this number and perhaps up to a maximum of 25, seems to be an ideal number for our Market. Up to 25 stalls would complete the circle of the market venue and allow for the middle section to remain free for people to sit, catch up, have a bite to eat, listen to the music, stroll and even for the stallholders to see each other and communicate.

Even though I am writing this in regards to the summer months we have had quite a few rainy and sometimes windy days, even when this was not forecasted. This has had the effect that some stallholders decided not to attend on the morning of the market. None the less, no matter the number of stalls, the Market always seems to have a good atmosphere with many of the stallholders commenting on how much they enjoy being there.

In recent times we have lost a few stalls and gained others. We have lost our cheese stall so the hunt is on for a new one. Unfortunately the apple and pear van will not be attending for this season and it is very sorely missed.



On the positive side we have gained a stall with basket weaving and more recently we have welcomed two Aboriginal sisters who are from the Barkindji Tribe in NSW, from the Sunraysia area and are now living in our region. Their stalls filled with their unique objects of Aboriginal designed jewellery, paintings etc; using emu feathers, up-cycled materials gathered from our natural environment. They are indeed a welcomed addition to our market.

We continue to sell around 35 loaves of bread at each Market. Iain's native seedlings and our biochar have also become a staple for the Cittaslow stall. A few artisans that have their products in the Cittaslow Corner have voiced an interest in having their own stall which is wonderful as that will mean less articles that need to be fitted on the Cittaslow stall.

The market has become a place to come to as an outing where people come to stay a while and perhaps have coffee and a bite to eat. We are happy to say that soon people will have a choice of Italian, Australian, Korean, Greek and French food. It really means that I won't have to think of what to eat for lunch, just to make a decision of which.



.....And hopefully from now on it will rain during the week (because we need it) and we get more brilliant Sundays weather-wise like we did on the 23rd April.

Angela



INTEREST GROUP ACTIVITIES

Environment Group News

Eighteen months ago, we made a commitment to adding more native plants to our environment, not just in an effort to offset the effects of Climate Change, but also to aesthetically improve our local area. To date we have raised and distributed over 4000 locally native plants and have approximately 3000 more plants in our nursery at the Community Garden.

We are always looking for worthwhile projects where we can see these plants in the ground. Through our association with the Goolwa Children’s Centre, we have identified a large area around the Centre that we plan to plant. The Centre is enthusiastic about the project and will be keen to get parents involved with the planting. We anticipate this occurring when the winter rains provide sufficient soil moisture to ensure the plants’ survival.



Planting Site

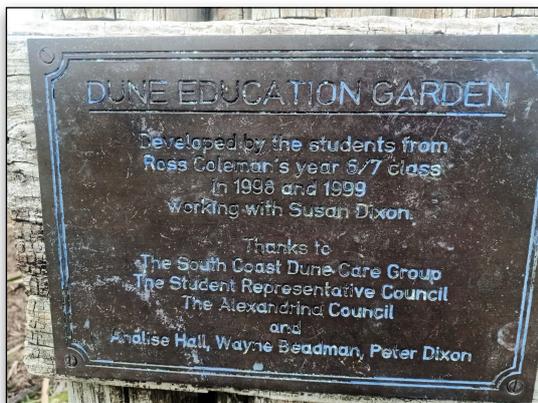
EDUCATION

I have continued to volunteer at Investigator College at their Currency Creek campus. I work with Yr11 and 12 students who are completing the Certificates 2 and 3 in Conservation and Land Management. The first term has mainly been taken up with plant propagation. The students have used a variety of techniques to propagate over 6000 native plants that the school sells to their community. Plants are mainly raised from seed and the students used a variety of methods to induce germination. Propagation using cuttings and division have also been practised.



I have also returned to working at the Goolwa Primary School. The pandemic has made volunteering difficult and it is good to be back. I have been working with the school's Environment Group to re-vamp their vegetable garden that has been neglected, as well as the native dune garden that has become somewhat overgrown. The Acacias and Allocasuarinas that we propagated and planted five years ago have thrived, but the Carpobrotus (Pigface) had taken over large areas, including the frog pond and had to be cut back.

Iain Langusch (Education Liaison)



FOOD AND WINE GROUP

FOOD AND WINE GROUP MEETINGS

Hasn't time gone by quickly. Our last newsletter was in Oct 2022. Since then, the Food and Wine Group has continued to meet and enjoy excellent food; learn about a range of wine varieties, and be challenged by some interesting and educational food and wine quizzes.

The Kuti Shack dinner on the 15th December 2022 was an outstanding success. Thanks to the Kuti Shack for this wonderful evening.

Our meetings in 2023 commenced in February with SALADS as the food theme. March followed with foods from any FESTIVAL from around the world, and then April with AUTUMN as a seasonal food theme.

We tasted a 2021 Petaluma Rose in February, a Tilbrook Estate 2017 cool climate shiraz in March and a ...2022 Kimbolton Montepulciano Rose... in April

The food and wine quizzes continue to be challenging and educational with the April quiz being "hotly" contested.

Our next meeting is on the 29th May 2023 and we encourage our Food and Wine members to come along and enjoy a fun social dining experience; taste and learn about some excellent wines, and be tested on your food and wine knowledge. This of course is after our meeting which includes: discussion about any correspondence, upcoming At the Wharf events, How To sessions and ideas for Seasonal and Social gatherings and dinners.

Look forward to seeing you all in May

Roger



AT THE WHARF [RELOCATED] 2022/23 SEASON

The At The Wharf (ATW) Relocated 2022/23 season has come to a close.

We facilitated 6 events approximately monthly from the October long weekend 2022 through to the March long weekend 2023. Predominantly the weather was kind to us, and we only had to cancel the February event due to high gusty winds. Fortunately, most of regular attendees found the temporary location.

We continue to engage local bands, which include the River Rats, Matt and the Maniacs and the inaugural engagement of the Goolwa band which incorporates approximately 25 musicians and a vocalist.

On the March long weekend our event followed on from a Fringe event held in the same location.

The food trucks we commonly utilise are Santopalato and Atomic Foods and of course our own Paella made by our Cittaslow ATW volunteers. The Cittaslow bar staffed by ATW volunteers continues to be popular, serving a changing variety of local wines and beer.

I take this opportunity to thank the amazing ATW volunteers that continue to be part of the team each season. If you are interested in being a part of this group contact ATW facilitator Lauri O'Brien , email: lauri@healthcareredesign.com.au

Next season we hope to be back At The Wharf, but we will keep you posted. The first event will be October 27th 5-8pm.

Lauri

ATW
[Relocated]

Arthur
Neighbour
Reserve





HOW TO... Sessions

We have a wonderful Cittaslow member who has volunteered to take over the organising of these much wanted Cittaslow activities. We are now going through the process of training her and then look out for a notice announcing the first HOW TO session in a long time. This person's role will simply be the go between Cittaslow members and the person running the session. If you want any clarification around this please feel free to call me.

Some sessions ready to go are -

- Making crumpets
- Pizza making
- Three types of gnocchi
- Visiting the local hard plastic recycling centre.

All ideas are welcome. Sessions can include visiting local producers or places of interest.

Looking forward to the restart of this very popular Cittaslow activity.

Angela Nesci

0438 321 674





OUR HOW TO : Sessions are always popular! We are always looking for great ideas to share with members... but we **need YOU!**

If you have a great idea you'd like to share, or you've heard of and want to explore further, please call **Angela on 0438 321 674**, and discuss how to go about it.



**LET'S THINK, GROW AND LEARN
TOGETHER!**



Newsletter of Cittaslow Goolwa Inc.

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