

Citta chat



Summer edition

Cittaslow Goolwa Newsletter

16 December 2024

SUMMER
2024



cittaslowgoolwa.com.au

From the President, Michael Keen

Well, the weather is hinting at summer... but whatever the weather, Cittaslow's wonderful work goes on.

Our AGM was held at a different venue this year, being held at the CLLMM Water Research Centre., including a brief introduction to the CLLMM by Jane French - see details in the AGM report p17. One of the key objectives of the centre is engaging with the community and first nations groups. Part of this engagement is through the Research Centre Advisory Forum (RCAF), where all stakeholders participate in reviewing research projects. Cittaslow Goolwa has a number of members on the RCAF. We are planning an evening in the new year where members can get more details on the research projects underway.

Another group that Cittaslow is actively involved in is The Hills and Fleurieu Local Food Future Project. This is a collaboration with local councils on the Peninsula to foster local food production and connecting producers to consumers. One example of this was The Food on Country event held at Peninsula Providore earlier this year where local producers had stalls to showcase their goods. Another similar event is being planned for April next year.

While on the topic of local food, don't forget that Village Greens now has drop off points in Goolwa, Hindmarsh Island and Port Elliot. Go online and order seasonal fruit and vegetables and pick them up locally.

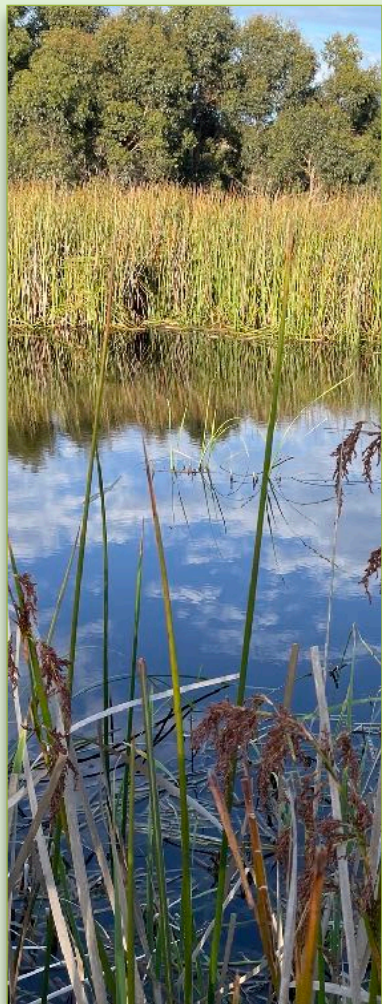
As part of our work to increase the planting of local endemic species, we are currently in discussions with Council to adopt a park in Goolwa. Once this is in place we be removing invasive species in readiness for planting in autumn many of the seedlings that Iain Langusch has been cultivating.

We continue to work with the Secondary College, Primary School and the Children's Centre here in Goolwa to improve the learning environment. For instance, we sponsor the Environment Award at Goolwa Primary. We are also in preliminary discussions to establish a green corridor to help create a biophilic education precinct.

In keeping with our close working relationship with Alexandrina Council, the Management Committee are looking forward to meeting the new CEO, Andrew McDonald in early February.

Throughout the rest of this newsletter you will find updates on all our regular Cittaslow actives, so read, enjoy and get involved!

Have a safe and happy Summer!





Cittaslow Corner

**On the Corner,
Goolwa Terrace
& Cadell**

**Open:
Thurs - Mon
11am - 4pm**

It's been a little quiet at the Corner since our winter break but now that Christmas is only a few weeks away the visitor numbers and sales are very jolly.

Come in and check out the range of giftware such as gorgeous *Made by Fred* Christmas earrings and summer box sets, *Deep Creek* honey and lip balm, *Nangkita* Olive Oil and honey, and *Matchett's* olives and quince paste just the thing for your summer platters. The shelves are groaning with many unique and pretty Cedric

Varcoe items, locally made rope baskets and grass woven baskets and we hope to have some Christmas baked goodies in the next week or so too from a new supplier.

We have a few sale items as well – come down and grab yourself a bargain!

As always, more volunteers are needed. If you are interested in volunteering at the Corner (even one shift can help) it only takes a quick and simple induction and you are then ready to go. Please don't hesitate to contact Rose-Marie to express your interest: rosemarievasiljuk@gmail.com.



Above: in store items (ID)

Below: Hamper collection bin



Christmas Charity Donations

Cittaslow is receiving donations towards the hampers that Whalers provide for the needy in our community. So when you do your regular shopping please consider if you can add in a few extra items and deliver them to the boxes in Cittaslow Corner (open Thursday to Monday 11-4pm) so we can add them to those collected at the Cittaslow Goolwa End of Year party on 6th December.





Community Garden



**Open Tuesday
Mornings**

**145 Kessell Rd
Goolwa**

The Garden continues its fantastic capacity to supply vegetables and seasonal fruit to the Goolwa Children's Centre (GCC) on a regular basis. Thanks to Bendigo Community Bank for providing financial support for our growing efforts. It also continues to be a happy place where its volunteers (Vollies) come together each Tuesday morning, and beyond, to bring about the great variety of produce we

regularly deliver. This happens despite our on-going wars with flying, hopping, jumping and burrowing munchers who all obviously like good fruit and veggies too!

Our contingent of Cittaslow members who rent garden beds for their own growing needs (affectionately known as 'Beddies') also do a fab job of growing stuff in their plots, and we now have several who do double duty as Vollies throughout the year.

It may come as a surprise to know that as well as fruit and veg, our garden has quite a few flowering plants, which appear in various garden beds, both by chance and design. Dina's sunflower made a grand show, tall enough to likely be seen from space, (sadly we don't have pics of her amazing Dahlias).

We are also home to a beautiful rose collection – ably tended by members Gaynor and Di. This collection was offered to the Garden many years ago after their owner's home was sold. It was due to be demolished, along with its garden, to make way for multiple dwellings. Happily, the roses were rescued and re-homed with us and now live alongside a quite long stretch of fence alongside our pergola. They all have their name tags and when in bloom are a wonderful sight and great source of pleasure (and smells) to us all.



Along with the roses, we also provide a home for the large swathe of native plants locally sourced and grown by Iain Langusch of the Environment Group. The many that flower during the year provide an attractive backdrop to our veggie beds. It also means that folk coming to buy native plants via Iain get an opportunity to visit our garden. Why don't *you* take the opportunity to drop in and visit some Tuesday morning?

This year we welcomed several new vollies; Michael, Paul, Lisa and Neil and Ann, all have been wonderful additions to our group of willing workers. It is therefore with great sadness that we recently said farewell to another recent volunteer, Sharon Combe, who was taken from this world and all who knew



her, in a car accident. Sharon's fabulous knowledge of everything that grew and especially her happy outlook was a joy to us all. We extend our heartfelt sympathies to her family and friends.





Cittaslow Market

**Geralde Park,
Wharf Precinct**

We have one more Market date before we have a break over January – on December 22nd, then we are back for February 9th and February 23rd.

The Market changes all the time. Some stallholders take part in every Market and have become well known to local market goers and Goolwa visitors. Some stalls are with us just one Sunday per month while others take part depending on when their other commitments allow.

In recent times we have had a few newcomers to the Market including an artist with her art on various items, **Foraging Fairy** who makes jewellery and preserves

from native plants, **Gilly's Gourmet Goodies**. We are also excited to welcome two new fresh produce stalls, **Back Valley Farm** which sells pasture raised eggs – 75 hens per hectare, and **Fidock Farm** with whatever vegetables are in season.

The sourdough bread, both rye and white and croissants from Boulangerie Bakery is always popular with people asking if the bakery makes other baked goods.



The Market is still the place to go to for a stroll, something to eat, savoury or sweet with coffee and listen to our busker.

This year has been a difficult one for me when I was very limited in what I could do. I am most grateful for all who made it possible for the Market to go on. My grateful thanks to Sue for stepping up to manage the Market, Iain who ensures the setting up of the Market infrastructure, the small band of volunteers, some old dependables and some



new ones. Anna who connects with all the stallholders to see if they are attending the coming Market and Garry who organises the Buskers. And of course, thank you to all the lovely stallholders.

With this newsletter I say goodbye as Market Manager. It has been a wonderful and fulfilling stint for me and even on those incredibly cold mornings I have loved every minute of it. Luckily over the year Sue has not only organised the bread etc. and worked at the Market but has had to have a crash course on also managing the Market so it is with pleasure that I hand over the reins to Sue Gelade. You will also see Peter Robin around who will be Sue's support. Of course I will still be around doing my bit on the Cittaslow Stall when needed.

Angela Nesci



Some of our gorgeous
market stalls



AT THE WHARF - October long weekend events

As many of you witnessed, the newly refurbished Signal Point Experience Centre deck and lawns were a vibrant hub of activity on Sunday 6th October.

The public artwork, *Hearthstone*, was launched by Mayor Parkes, featuring designs by contemporary Ngarrindjeri and Narangga artist Cedric Varcoe, and sculptures created by emerging artists Amber Cronin and Anika Gardner. Funded by the K&S Langley Family and commissioned by the Helpmann Academy as a gift to Alexandrina Council in Goolwa these artists' concept designs were selected through a competitive process by a judging panel convened by Cittaslow member, Steve Grieve.

The main elements of the artworks are etched granite boulders referring to the Ngarrindjeri family gathering nodes and stories of place including the Seven Sisters, nestled alongside reed-like forms in steel and bronze reflecting the Murray River waterways. A group of Cittaslow volunteers was also involved prior to the launch in the preparation of the surrounding area to accommodate plantings of native grasses as a backdrop to the artworks.



Above & below: some of our volunteers preparing the beds for planting around the sculptures



Above: Detail of artist Cedric Varcoe's work.
Below: view from the bridge. Photos: R. Flintoff





From bottom left: local band Slipway playing on the new Signal Point deck on a beautiful October Long Weekend. Photos: Rod Flintoff.



The Southern Argus newspaper featured this image of paella cooks Olaf and Steve on the night! Photograph by Deirdre Graham



Following this event, our **At the Wharf** season started with a bang as the local band Slipway launched into their lively repertoire of music, entertaining the large, enthusiastic crowds until after dark.

Patrons were treated to great food offered by The Mobile Chameleon, Blended kitchen and Cittaslow Paella as well as FigJam Coffee. As usual, the excellent wines and beer sold by the Cittaslow volunteers were very popular.

The season of Friday evening At the Wharf events continued on 25th of October and despite the cooler weather was very successful.

The next ATW was held on 29th November. This happened to co-incide with the Walk Against Gender Based Violence, organised by The Junction and The Haven. Rather than the two events clashing, with a bit of adjustment to proceedings, we combined our two events. The Walk ended at the foot of the deck at Signal Point, and after a welcome to country, the collective crowd was addressed by the guest speaker Di Newton who has been involved in women's refuge centres for many years. At the end of her talk she challenged us all to call out violence in all its forms. With this important message delivered, Mike and the Muso's provided a fitting segue into the rest of the evening by playing "Stand by me".

More of these FREE community events for your festive season diary : -

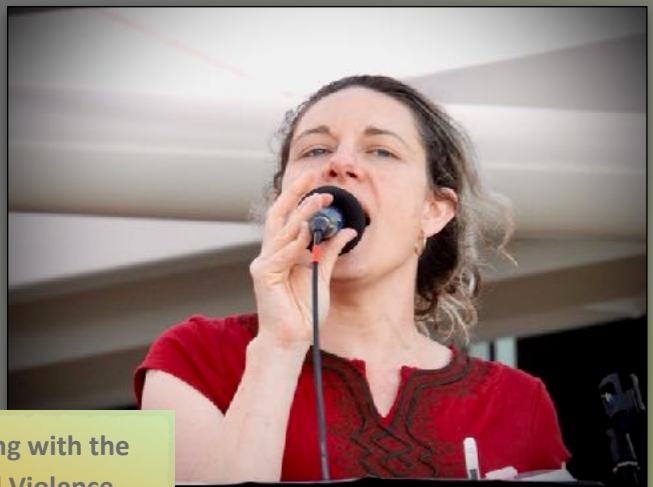
AT THE WHARF 2024/5 Season

<u>Date</u>	<u>Time</u>	<u>Band</u>	<u>Food vans</u>
Friday 27th December	5-8 pm	Mike & the Musos	Atomic, Blended Kitchen, Figjam Coffee, Paella*
Friday 24th January	5-8pm	Little Fish	Atomic, Paulie's Pizza, Paella*
Friday 28th February	5-8pm	The Stormboys	Atomic, Paulie's Pizza, Paella*
Sunday 9th March	5-8pm	TBC*	Figjam Coffee, The Mobile Chameleon, Blended Kitchen*

* to be confirmed.



ATW 29th November starting with the Walk Against Gender Based Violence
Photos: R. Flintoff



Food and Wine Group Roundup 2024

It has been another bumper year for the Food and Wine Group. These gatherings on the last Monday of each month (February to November) have attracted increasing numbers of new members as the year has progressed. This is not surprising given that it is a great way to get to know about all the aspects of Cittaslow – including the Markets, Community Garden, Cittaslow Corner, events such as At the Wharf, and the ‘How To’ sessions.

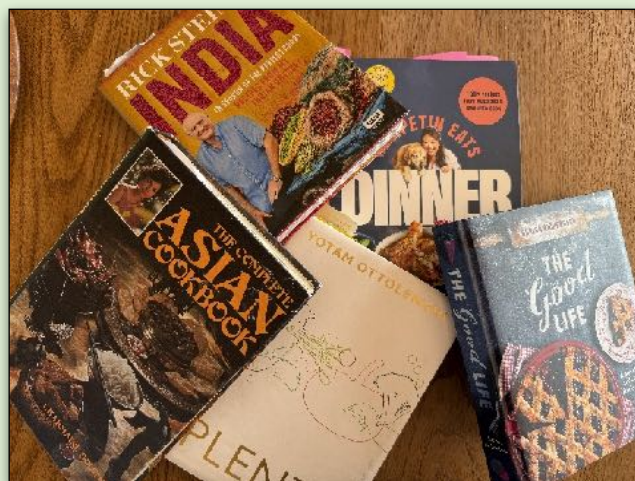
Many of our regular volunteers started out in this group and had the chance to hear about the wide range of opportunities to become more involved. As one told us: “Where else do you get to find out all about the activities on offer, while sharing great tasty meals inspired by countries from around the world with lots of locals who have similar interests, and being entertained by the wine blind-tasting game and food quiz?”

Throughout 2024 the monthly food theme followed the letters of the alphabet, challenging members to select a dish from the cuisine of a country starting with the month’s letter/s. October, for instance, was M or N so dishes from Norway, Myanmar, Mexico, Malaysia, Nigeria, Malta, Moroccan, Macedonia were enjoyed!

As the last meeting for 2024, the November meeting focused on Christmas, although interestingly there was little sign of the traditional English spread usually associated with this time of year, instead featuring adventurous dishes with an Asian or fusion theme.

The gatherings will resume on February 24th at the Goolwa Aquatic Club, at the new summer starting time of 5.30pm.

Contact us on admin@cittaslowgoolwa.com.au for more information.



Food and Wine Group Spring Social Event:

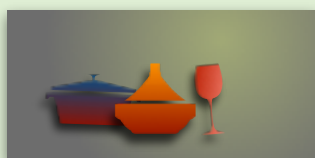
Crisp Pizza Bar Port Elliot

In October, Food and Wine Interest Group members gathered at ‘Crisp’, a sister restaurant of Melt Hyde Park and Melt CBD, located on the Strand at Port Elliot.

The group of 24 members and friends enjoyed an excellent two course shared meal of several tapas style entrees including whipped white bean dip with eggplant relish and garfish tacos followed by a selection of margherita, sprout & speck, garlic prawn and mushroom & bocconcini pizzas and a side salad. A glass of sparkling, white or red wine was provided on arrival with other drinks purchased at the bar. A good time was had by all.

Terri Gibson

Social Event Coordinator





Cittaslow Bar at Gallery openings

Since our last newsletter Cittaslow Goolwa has continued to work with the Council's Arts and Culture program by providing a bar service at exhibition openings when requested by the Arts Coordinator.

Providing this service adds to the occasion by creating a convivial atmosphere, and raises awareness of Cittaslow to a wide range of the public. It also contributes to our financial surplus through wine sales from local Langhorne Creek wineries.

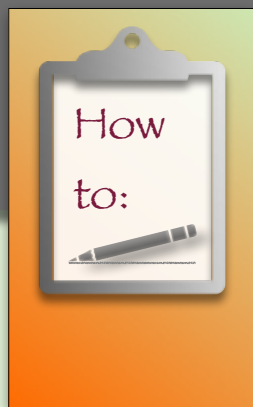
Of the two openings in September, the first took place on the 20th at the South Coast Regional Art Centre (SCRAC). Titled NAIF, the exhibition displayed works from three local artists with works based on childhood memories and lived experience in coastal towns, all with an element of wit and whimsy.

The second exhibition in September opened on the 27th at the Signal Point Experience Centre (SPEC), titled "Lost in Palm Springs". A national touring exhibition curated by Dr. Greer Honeywell, it documents the mid-century modernist architecture found in the desert city of Palm Springs USA, and to a lesser extent Australia. The curator had incorporated works from some 14 American and Australian artists to present a very engaging exhibition.

The opening was very well attended and appropriately the opening address was delivered by our own member, retired architect, Steve Grieve, who also had to set up the bar!!

On November 10th we attended the final opening of the year at SCRAC, for the exhibition entitled "Florilegium", showing the work of three local artists who have created botanical artworks in quite different and contrasting styles and media. The exhibition has proved popular and the opening was very well attended. This exhibition will run to January 26th, so lots of time to visit and discover the meaning of Florilegium.

Finally, big vote of thanks to members who put their hands up to help out with the bar, including Steve Grieve, Olaf, Michael Keen, Terri Gibson, Michael Masters, Peter Robin and others.



How-To Sessions

How-To Strudel: On 20th August a wonderful session was provided by Food Builder Anita Robin in her home, for a small but enthusiastic group of home cooks. Anita first demonstrated by making a Vegetable strudel. While this was baking Anita guided the participants in making their own apple strudel, while Anita prepared a pear strudel.

Wendy Norris was one of the lucky attendees, and reports that it was a lovely, warm and intimate experience. And participants came away confident to try making this short pastry dish in their own home. Thanks Anita!



How - to: Propagate Native Plants

A keen group of plant enthusiasts attended the How To propagate native plants session at the Community Garden. We looked at the various ways to get native seeds to germinate. Some require an over-night treatment with hot water and others require a time in the fridge. The use of smoke water can also unlock the stimulus to grow. We use a native potting mix that is low in Phosphates mixed with Vermiculite. Vermiculite is a natural substance that helps retain moisture as well as helping to aerate the soil. We sowed a tray of *Olearia pannosa*, a semi-rare local daisy. We then moved on to propagation from cuttings. Cuttings are taken from the tips of healthy plants before dipping in a rooting hormone and insertion into the same potting mix although this time the mix contains Perlite another inert substance that helps aeration. Roots need oxygen. Participants were given a couple of plants to take home from our nursery.

Iain Langusch



Environment Group News

Caring for the Environment

In November our volunteers undertook another cleaning bee on Randell Road on the Hindmarsh Island side of the bridge. A team of Cittaslow regulars, joined by a group from the Island Tavern Social Club, braved the misty rain to collect the usual stash of food containers and the like. It continues to amaze them just how much rubbish accumulates along that stretch of road in such a short time. This initiative, led by Iain Langusch and Olaf Hansen, is part of the Kesab Adopt-a-Road project to which Cittaslow Goolwa belongs. If anyone is interested in finding out more, or willing to help out in future, please contact admin@cittaslowgoolwa.com.au or Iain directly on languino66@gmail.com and leave your name, then you will be contacted when the next clean-up day is organised.

Christine (photos from Iain and Steve)



General Information for New Members (and reminders for others!)

We have had quite a few new members joining lately and naturally this generates lots of FAQs, including the following!

♦ Cittaslow Badges

Whether you are volunteering or simply attending one of our activities, it helps to wear a name tag. Cittaslow prefers to support reusable name badges (attached by magnet) rather than supplying disposable sticky labels. If you would like to purchase one of our Badges please contact Tony Hargreaves, Treasurer, to place your order: treasurer@cittaslowgoolwa.com.au

♦ Tee-shirts

We will be placing another order for Cittaslow tee-shirts and polo shirts early in the New year. They can be ordered in combinations of black/blue with orange text or orange with black text, in Men's (straight) or Women's (tailored) styles and sizes. If you are interested, please email admin@cittaslowgoolwa.com.au and we will contact you when we are ready to place an order.

♦ Website and Facebook

For a general overview of how Cittaslow Goolwa works, we recommend visiting the Cittaslow Goolwa Website: www.cittaslowgoolwa.com.au This site was designed by a few of our excellent volunteers and as you can imagine keeping it up to date is a never-ending task, but we do our best. If you notice anything that needs our attention, please email us on admin@cittaslowgoolwa.com.au.

And don't forget to check in to our Facebook pages for more immediate updates about activities.



Little Scotland Community of Goolwa's St Andrew's Day Celebration

Although not organised by Cittaslow, a good number of our members attended this festive gathering on Sunday 1st December hosted by the community of the historic precinct known as 'Little Scotland'. The event was held on the land adjacent to the railway line which has become familiar to many locals as Barbie's Garden. Local resident and Cittaslow member, Barbara Staniford, has for many years led the Little Scotland Gardening Group in vegetating the erstwhile vacant land with native plants. For her efforts, the group was awarded The Mayor's Community Service Award on Australia Day in 2024. During the year she has also engaged other gardening enthusiasts from Cittaslow in extensive planting further along towards the wharf, including Iain Langusch who propagated many of the plants.

Andrew Staniford spoke to the large group of gardeners and supporters, many of whom were wearing Scottish tartan trousers or kilts for the occasion. He acknowledged the Ngarrindjeri as the traditional owners of the lands and waters in the area, noting the many trials that the arrival of the colonists brought to their people, and their ongoing cultural connection to the lands and waters in this region. He then talked about the historical significance of the Scottish impact on the built environment in this riverside corner of Goolwa. Those in attendance were then treated to stirring renditions of Scottish songs by Bagpiper Caitlin Fry.

Little Scotland Community



Goolwa IMF RAW Christmas Colour Run

The **Indigenous Marathon Foundation** in collaboration with the Goolwa Children's Centre have been organising **Run And Walk** events in Richard Ballard Park for the last few years. Instead of the usual run, this time around they organised a "Colour Run" where participants were showered in coloured powder as they ran.

A few Cittaslow members were on hand to help out, who seemed to really enjoy throwing the coloured powder! Keep an eye out for future events if you'd like to get involved.



Cittaslow Goolwa Annual General Meeting

As many of you are aware, our Annual General Meeting took place on 21st November in the meeting room of the Coorong, Lower Lakes and Murray Mouth (CLLMM) Water Research Centre on Barrage Road (previously the Function Centre), and was very well attended.

The evening began with an interesting presentation by Jane French, Research Centre Manager, explaining the purpose of the Centre and its program which involves working with communities to investigate the significant challenges posed by climate change to the region. Their approach is to bring together 'First Nations, local community, management agencies and scientists to create and share knowledge, support our well-informed and engaged communities, and empower our future generations to be part of the solution'. Members appreciated the chance to hear about the background to this important work and the opportunity to become involved. Cittaslow is very grateful for Jane's generous welcome to their premises.

Members also enjoyed sharing the wonderful spread of food prepared by Angela Nesci, Sue Gelade and Iain Langusch, accompanied by wines served by Steve Grieve and Olaf Hansen.

The official part of the meeting approved the Annual Reports and confirmed the new composition of the Committee as follows:

Michael Keen – President

Olaf Hansen and Christine Putland – Vice Presidents

Tony Hargreaves – Treasurer

Terri Gibson – Secretary

Iain Langusch, Peter Robin, Sue Gelade, Jane Williams – Ordinary members

Angela Nesci has retired from the Committee and President, Michael Keen, presented her with flowers and thanked her wholeheartedly for her great contribution to the Committee's role over the years. Fortunately, Angela will remain involved in key activities within Cittaslow.

Members are urged to refer to the contact details at the end of the Newsletter as several roles have changed hands into 2025.

Christine



UPCOMING COMMUNITY EVENTS

CLLMM Research Centre

2024/25 Summer Series of Science

Join the CLLMM Research Centre to learn and discuss climate change and its impact on the CLLMM region.

2025
Friday
17 Jan
8 - 11 am

Join our researchers on the Spirit of the Coorong for breakfast and tour of the beautiful Coorong. A stop at Barkers Knoll to stretch your legs and learn more on 'ground' about projects happening in the CLLMM region. Please bring your own water bottle, hats and sun protection. Cameras and binoculars welcome! Light breakfast and coffee/tea provided. Register now at www.clmmresearchcentre.org.

2025
Friday
24 Jan
5:30 - 7 pm

We welcome a panel of guests from the community, First Nations and management for their perspectives on how, why and who is caring for our water. Discussions will focus on sustainable practices, long term plans and actions. Drinks and nibbles provided. Register now at www.clmmresearchcentre.org.

2025
Friday
7 Feb
4 - 7 pm

Family event. Join us at the Community Science Showcase to learn more about how to get involved in some of the Research Centre's and local community projects. Learn 'How to be a Community Scientist' plus kids activities, food and fun! Register now at www.clmmresearchcentre.org.

Details & bookings: www.clmmresearchcentre.org



Check out the new program from **Goolwa Community Centre** Details at their website: goolwacommunitycentre.org.au.

Lots of great programs, get crafty, get fit, get social!

Cittaslow events:

- ♦ **COMMUNITY GARDEN:** Tuesdays 9am - 12pm - Kessell Rd
- ♦ **ARTISAN & PRODUCE MARKET:** Every Second, Fourth & Fifth Sunday of the month (February to December), from 9am - 1pm. - Jaralde Park
- ♦ **FOOD & WINE GROUP:** Last Monday of the month (February to November) . 5:30 pm - Goolwa Aquatic Club
- ♦ **AT THE WHARF:** Last Friday of the month (except January) 5pm Signal Point Deck - see calendar on page 9.
- ♦ **MORE INFORMATION:** about the Cittaslow movement, Cittaslow Goolwa and all our activities here: cittaslowgoolwa.com.au

Key Cittaslow Contacts 2025

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Design/layout: Gillian Keen

Photography: Various members

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