



# CITTA-CHAT

Spring edition | Newsletter for members of Cittaslow Goolwa | September 2019

## Dates for your diary

### September

- 8 - Farmers Market**  
9am - 1pm
- 10 - How To Carp**  
10am - 12noon
- 12 - Management Meeting**  
4-6pm
- 16 - Environment Group**  
5pm
- 18 - Making Bee Hotels**  
and working with rope.
- 22 - Farmers Market**  
9am-1pm
- 25 - Strathalbyn Race Picnic**  
11.30am
- 26 - Friendship Seat Launch**  
11am
- 29 - Cittaslow Locavore Lunch**  
International Cittaslow  
Sunday.  
More details to follow.
- 30 - Food and Wine Gathering**  
RSL Hall 5pm

### October

- 4 - At the Wharf**  
2pm - 5pm
- 10 - Management Meeting**  
4pm - 6pm

## Welcome to our new look newsletter!

We are trialling a new format (including a new name). Our aim is for a format that is clear, informative and entertaining. Your comments and (constructive) criticism are welcome!

Please send contributions and/or feedback to:  
[newsletter@cittaslowgoolwa.com.au](mailto:newsletter@cittaslowgoolwa.com.au)

## What's coming up ?

There's a lot happening in the coming weeks. Check out the panel on the left and update your diary now. Next up is a new 'How to' session: -

### How To : Carp?

Carp enthusiast **Debbie Smith** will take you on a journey that is all things CARP.

Why? because we need to do something with these PEST fish and prove that they really are useful and can taste delicious.

**Tuesday 10th September - see flyer attached**



## Dates for your diary - continued

### October - cont.

#### 13 - Farmers Market

9am - 1pm

#### 21 - Environment Group

5pm

#### 25 - At the Wharf

5pm-8pm

#### 27 - Farmers Market

9am - 1pm

#### 28 - Food and Wine Gathering

RSL Hall 5pm

### November

#### 3 - Smoke Off Festival

11am - 4pm

#### 10 - Farmers Market

9am - 1pm

#### 14 - Annual General Meeting

6pm (tbc)

#### 18 - Environment Group

#### 24 - Farmers Market

9am - 1pm

#### 25 - Food and Wine Gathering

RSL Hall 5pm

#### 29 - At the Wharf

5pm-8pm

### December

#### 27 - At the Wharf

5pm-8pm

## CITTASLOW GOOLWA FARMERS MARKET WELCOMES SPRING!



Winter has not been kind to the Market this year and for the very first time in nearly 3 years we had to cancel two weekends ago - very disappointing for the stall holders who turned up to trade on the day. However most have soldiered on, waiting eagerly for the spring to arrive.

While we were sorry to say goodbye to the 'Hungry Caterpillar' we have been lucky to have 'The Goods' take over breakfast, and the 'Hungry Caterpillar' bread can still be ordered at the Cittaslow stall. Also at the Cittaslow stall you can now buy fresh bread from *Andy Clappis* who bakes it especially for our market that morning, coming out of the oven at 7.15am and still warm when it arrives at the market by 8!

*Second Valley handmade cheese* delivered fortnightly by Jane Arnold is available from the Cittaslow stall as well. She offers a soft white cheese, with or without the rind washed in ash, and also Haloumi - both go beautifully with the fresh bread.

The  *freshest vegetables* on the Fleurieu come to Brenton's stall on Sunday mornings, picked on Saturday and delivered by the grower.

So despite the weather, some *great* things happen on the *2nd and 4th Sunday* of the month at *Jaralde Park, Goolwa Wharf*. Come and take a look - you may well be quite surprised.

And remember that *October 27th* will see us celebrate our *3rd birthday* - come for cake at about 11am.

## SMOKE OFF 2019 IS HAPPENING SOON!!

Yes it's that time again and this year's event will be held from 11am-4pm on Sunday 3<sup>rd</sup> November. Once again this very successful event will include the popular band, Matt and the Maniacs.

Please note this in your diaries and start to think about getting a team together.

More information is available on the Cittaslow website:  
[www.cittaslowgoolwa.com.au](http://www.cittaslowgoolwa.com.au)



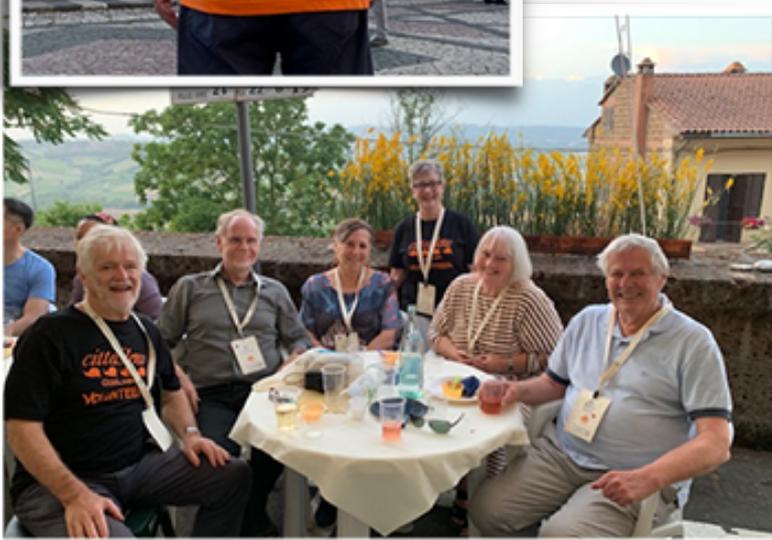
## Place your Cittaslow Tee-shirt order now!

It was no surprise that the new look Cittaslow Goolwa tee-shirts worn by our delegates at the International Assembly in Orvieto, Italy in June were a big hit. (In fact the orange shirt matched the colour worn by the Assembly volunteers much to their amusement! See item page 11)



With summer approaching and volunteers gearing up for our outdoor events this is a perfect time to order your Tee-shirt if you haven't already. They are still available in different sizes and styles with combinations of the key colours of Cittaslow - gold and blue - as well as basic, timeless black, with or without 'Volunteer' on the front. The cost of each item depends on the number ordered however we expect it to be between \$18-20 per garment (\$22-24 for polo style).

To place an order contact [admin@cittaslowgoolwa.com.au](mailto:admin@cittaslowgoolwa.com.au) or visit Cittaslow Corner and leave your details. Do it now so you don't miss out!



Above left: Admiring the magnificent Duomo in Orvieto which took a mere 250 years to build - the T-shirt says it all!

Left: Modelled here in Rocca Ripiena near Orvieto by Steve Grieve and Christine Putland, with other Australian delegates: (from left) Nigel and Sue Bell, Katoomba and Adele and John Anderson, Yea.



*29th September*

## CELEBRATING CITTASLOW SUNDAY

Every year Cittaslow communities around the world celebrate *Cittaslow Sunday* in their own way. Being the 20<sup>th</sup> year of Cittaslow International, we have **two events** planned for Alexandrina on or around that special date: -

### Event 1 - CITTASLOW PUBLIC ART PROJECT

#### - THE GOOLWA FRIENDSHIP SEAT

After months in the planning, designing, resourcing, preparing the site, constructing, cutting and piecing the tiles, finessing the mosaic and so on... this fabulous project will be launched!

Please join us to celebrate the widely anticipated completion of the Cittaslow Friendship Seat Public Art project - all welcome!

**WHAT:** Public launch of the 'Cittaslow Friendship Seat Public Art Project'

**WHERE:** Goolwa Terrace adjacent to Cittaslow Corner

**WHEN:** 11 am Thursday 26<sup>th</sup> September

**DETAILS:** Official opening by Keith Parkes, Mayor of Alexandrina followed by refreshments and the chance to be the one of the first to take a selfie sitting on the seat!!



Clockwise from top left: Some of the many volunteers helping to cut and piece the tiles - from left: Rose Squire, Betteanne Rodder, Raven North, Joanne Hermann; work begins on setting the tiles; nearing completion

## **Event 2 - CITTASLOW 'LOCAVORE' LUNCH**

### **- OLD WATULUNGA**

'**Locavore**' refers to a person whose diet consists only or principally of locally grown or produced food. This concept has inspired the next seasonal meal on the Cittaslow calendar.

**WHAT:** shared **4 course meal** of locally sourced foods lovingly prepared by Cittaslow volunteers (includes vegetarian options)

**WHERE:** Old Watulunga - Pembroke School Middle School Outdoor Education Centre on Finniss River (map to be provided on booking)

**WHEN:** 12.30pm on Sunday 29<sup>th</sup> September

BYO preferred beverages - no beverages will be on sale on the day

**COST** \$30 per Cittaslow member; \$35 for non-member guests

**- See booking information on attached flier**

**PLACES LIMITED - BOOK EARLY TO AVOID DISAPPOINTMENT**



Pembroke Old Watulunga Environmental Learning Centre. Photography: Sam Noonan, courtesy [ggand.com.au](http://ggand.com.au)

## Can you collect bottle tops?

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Cittaslow Goolwa is currently supporting a call for soft drink and milk bottle caps. These caps are successfully made into a filament which can be used in a 3D printer. The project is called Envision Hands Project which was set up to make bespoke prosthetics for children in need using a 3D printer.

Originally the idea was to make mainly prosthetic hands for children in developing countries but it has been found that they can also be useful for children in need within Australia. Milk bottle tops, soft drink tops and flat water-based tops are the best to utilise and recycle.

Clean bottle caps that are marked 2 or 4 grade (the number is found within a triangle underneath the cap) are being collected at Cittaslow Corner. They will then be forwarded to South Coast Environment Centre (in Victor Harbour) which is a collection point.

Further information can be found on the Envision Hands Project website:

<https://www.gofundme.com/f/envision-hands>

Or call Angela Nesci on 0438321 674.



## Cittaslow Corner

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### **Karen Ross, Cittaslow Corner Coordinator**

After a short hibernation for winter Cittaslow Corner is open again from 11am until 2pm from Thursday through until Monday. 'Summer' opening hours will begin from October 3 when the corner opens 11-4pm.

Reusable storage solutions, including beeswax wraps and silicone lids have proved to be best sellers along with compostable rubbish collection bags. We are proud to support the Cittaslow values of *promoting sustainability* and *caring for our environment* in the sale of these products.

We are also proud to stock locally produced goods including honey, candles, jams and condiments, olives and olive oil. Pam McLachlan's *Fresh Home Baked Biscuits* are also back in stock (although they are best sellers so never stay in stock for very long).

A team of volunteer gardeners, along with Andrew Barker, from *Grow Free*, are tending a bed at our Cittaslow Community Garden dedicated to produce for our *Grow Free* cart. We are proud to support the *Grow Free* message of 'Take What You Need, Give What You Can'

**And don't forget that Cittaslow Corner is a collection point for milk bottle and soft drink bottle tops with the number 2 or 4 in the recycle symbol. (See above)**



Grow Free cart outside Cittaslow corner



Community gardens volunteers

## Education

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### Iain Langusch, Education Coordinator

My volunteer work with Investigator College continues to be rewarding and stimulating as the Year Eleven students work towards the Certificate 2 in Conservation and Land Management. The students are a most cooperative group and have been a pleasure to work with. Despite the fact the VET course is vocationally centred, it does demand a lot of assessment tasks that the students must complete on a weekly basis. In the past, VET courses have been criticised for their lack of academic rigour, but recently they are gaining a reputation as producing graduates with industry-ready skills.

Recent assessment tasks have included a pest and diseases unit where the students are asked to recognise and identify specific pests and diseases in the nursery and apply an appropriate treatment. The students are then asked to monitor the plants over a 6 week period. The written assessment component of the unit involves analysing the SDS (Safety Data Sheets) for their applied treatment.

The students have also done some planting in keeping with specific plant communities on the property. The 4 communities being Allocasuarina, Red Gum, Peppermint Box and Red Mallee.

During the course the students are required to carry out 3 fauna studies. The photo below shows 2 of the students setting up a remote camera at an access point under a fence to monitor deer movements on the property. Deer have been causing significant damage to tree plantings.



Will and Lily setting a remote camera

At the Goolwa Primary School, I have been continuing my work on rejuvenating the dune garden. I have planted some native Pelargonium and Nobby Club Rush I have cultivated and continue to try and eliminate the feral Sea Rocket (*Cakile maritima*) as it has produced an enormous amount of seed and continues to germinate in areas cleared of the plant.

In the vegetable garden, the last of the winter brassicas have been consigned to the worm farm. We have let the Rocket go to seed as we intend to collect some of the seed for future use.

## Fruit Forest

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### Iain Langusch

Marty Alsford has decided to stand down as coordinator of the Fruit Forest and I would like to acknowledge his efforts in setting up the Forest.

Being winter, the deciduous trees are still dormant and we have replanted two peaches, a nectarine and a plum that had died during the Corella and salinity problems of early this year. Before planting we dug deep holes and inserted two 50cm lengths of "ag pipe", a type of perforated PVC pipe that allows water to escape from its entire length. This will enable us to get more effective deep watering of the hydrophobic soil assuming we can access less saline water. Unfortunately some unscrupulous individual has chosen to steal the plum. They obviously do not share our altruistic vision of a fruit forest for all. We may yet need to replace a couple more of the trees as it is difficult to assess if they are dormant or dead. This will become obvious as we move into spring.

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### Student Strike for Climate Change

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As many of you will be aware there is an Australia wide **student** 'strike' for climate change in September with a rally being held in Victoria Square, Adelaide at 12 midday on September 20<sup>th</sup> 2019.

For more information go to: <https://www.schoolstrike4climate.com/sept20>

Essentially students are demanding that governments commit to:

1. No new coal, oil and gas projects, including the Adani mine
2. 100% renewable energy generation & exports by 2030
3. Fund a just transition & job creation for all fossil-fuel industry workers.

As detailed on page 12 of this Newsletter, Cittaslow International declared a commitment to addressing Climate Change as a priority at the 2019 Assembly in Italy. Closer to home, Alexandrina Council has an Environment Action plan in place, and the Cittaslow Goolwa Environment Group is wholeheartedly supporting this initiative by sharing information in our community and networks further afield.

In addition we will be providing a bus to take interested Goolwa residents to Adelaide to attend the 'strike', thus reducing the number of cars travelling to Adelaide.

If you would like to reserve a seat on the bus please contact Karen Ross on 0438 660 653 or email: [karenrosswalks@gmail.com](mailto:karenrosswalks@gmail.com)

## Report on the International Cittaslow Assembly 2019

by Christine Putland, President

In June this year three Cittaslow Goolwa members - Jacqui Showell, Steve Grieve and I - travelled to Italy to attend the International Assembly in Orvieto, home of Cittaslow International. About 350 delegates from 30 countries participated in a densely packed program of workshops, presentations, celebrations, formal declarations, musical performances, sharing of ideas and achievements - as well as food and wine!



Student volunteers keen to practice their English speaking assisted with registration of delegates

A highlight in the program was the official celebration of '20 Years of Cittaslow' in the historic Mancinelli Theatre where the wall plaque was revealed, accompanied by a local orchestra playing the Cittaslow Hymn and other lively music.

As well as delivering a brief summary of activities and developments in Australia, I presented a gift from Mayor Parkes to International Cittaslow President, Stefano Pisani. The message from Mayor Parkes read:

*In a spirit of international friendship and in recognition of the traditional owners of the Alexandrina region, I have asked Christine to present a creation by local Ramindjeri Ngarrindjeri artist, Mr Cedric Vercoe. This painting is titled "Dreaming My Country" and represents the story*

of the Ngarrindjeri creator and spiritual ancestor, Ngurunderi. The Ngarrindjeri vision for Country is “all people caring, sharing, knowing and respecting the lands, the waters and all living things”.

This sense of environmental stewardship, of taking the time to really know and understand the places that we live and visit, is entirely consistent with all that Cittaslow stands for. As a Cittaslow community, the people of Goolwa take pride in celebrating the diverse history and culture of our region, which includes the art, culinary traditions and culture of the Ngarrindjeri Nation and we hope the people of Orvieto will appreciate and enjoy Cedric’s artwork as much as we do.



At the heart of the annual 3 day event is the official Assembly itself and this year an important outcome was the unanimous agreement by delegates to the petition proposed by the International President regarding the ‘Universal Climate Emergency Declaration, Environmental’. This commits ‘all Cittaslow communities in the world in a concrete, stringent and proactive way to combat the climatic and environmental emergency’, as follows:

*“We all know that the terrestrial ecosystem and our own survival are at risk due to unheeded appeals to respect the limits imposed by the finite nature of the resources and of the planet itself. The climatic emergency – certainly not due to causes natural or unpredictable events, but by the persistent failure to comply with the international obligations assumed by the States national agreements with the Paris Agreement, the*



Delegates from 30 countries agreed to the Declaration of a Global Climatic and Environmental Emergency.

*"Special Report" 2018 of the IPCC and the SDGs to 2030 of the UN - obliges Cittaslow Auditors representing around 25 million citizens in thirty countries of the world, to promote an extraordinary commitment within municipal administrations and individual communities for curbing climate change and the current imbalance on the level environmental.*

*Cittaslow, the World Network of Good Living Cities, strongly affirms that there can be no quality future for the next generations without a rapid awareness of the current environmental crisis and the adoption of the consequent administrative and operational acts in contrast. From the territory and from the cities, made up of administrators, local communities and individual citizens can be the most concrete and effective answer here and now that goes beyond the borders of the states and helps to improve the planet and give us the future."*

*Circular economy, carbon zero, environmental and social resilience, shared social responsibility and inclusion, active citizenship, respect for traditional knowledge, defence of biodiversity and health for everyone, from the very beginning twenty years ago, are the cornerstones of Cittaslow. Now it is time to act and coordinate urgently and finalise individual projects to be applied immediately in the Cittaslow territories*

*and outside them. Energy, transport and plastic stops are among the first fields of action 2019-2020 identified by the Mayors Cittaslow.*

This inspires a sense of shared values and goals which is empowering and I believe is one of the strengths of a global network like Cittaslow. At the same time there is inevitably great diversity amongst members as a result of very different local contexts and needs. The opportunity to understand how other member communities address these provides a new perspective on how we do things here in Goolwa, Alexandrina. For me it highlighted how fortunate we are to have so many willing volunteers committed to Cittaslow principles and the need to act locally. Together with solid support from our Council through local Mayor and Cittaslow Patron, Keith Parkes, we are able to spread our focus across a wide range of issues as

a result. I have returned determined to build on these strengths by expanding the areas where we can work in partnership and extending our network outside of Goolwa to other parts of Alexandrina and beyond.



**Secretary General, Pier Giorgio Olivetti** (front left) with President, Stefano Pisani (rear left), Mayor of Orvieto, Roberta Tardani (centre front) and Vice Presidents.



Many thanks to the photographers who contributed to this issue: -

Leon Mead, Rod Flintoff, Debbie Smith, Steve Grieve, Iain Langusch, Mike Tye, Barbary O'Brien.

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Content/coordination: Christine Putland