



GOOLWA, ALEXANDRINA

MEMBERS' BULLETIN

JUNE 2019

A **HUGE** thank you to member Wendy Phillips for editing and desk top publishing the Cittaslow Goolwa Newsletter for the past few years. Word of Wendy's skills has spread so she is now in great demand and is taking a rest from her role with Cittaslow. This month we are trialling a different format for sharing news about what Cittaslow members have been up to and what is coming up in the future. Our growing membership is indicating that people are hungry for more regular information and updates and we hope that this format will allow greater flexibility to provide a combination of brief news and longer informative pieces. The design elements are still in development! Thank you once again to Rod Flintoff and other members who have provided photographs and/or content in this issue.

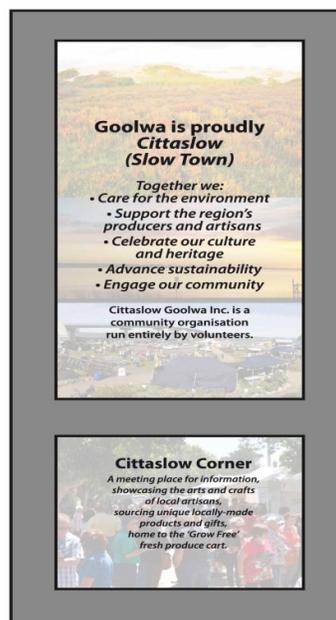
Christine Putland, President

Contact: admin@cittaslowgoolwa.com.au

Cittaslow Corner

The front door blinds are now installed at Cittaslow Corner providing information about Cittaslow as well as summer shade. When the blinds are down it means volunteer staff are not on duty to receive visitors! Thanks to members Lynda and Michael from New House Blinds for donating the actual blinds on both door and window and to James Stewart for the design. Keep an eye out next time you are driving by or drop in for a closer look.

The Corner is now open for winter hours: 11-2pm Monday to Thursday and will close for one month from July 16th to August 15th 2019.



The New Look Cittaslow T-Shirts Have Landed!

Following in the footsteps of some of the Cittaslow communities abroad, Cittaslow Goolwa is now issuing a new look T-shirt promoting our central concept: 'slow'. The notion of developing a slogan for Cittaslow based on key words was brainstormed at the International Cittaslow Assembly in Mirande, France in 2018 where lots of ideas were put forward. We have chosen 'good things take time' for the back of the shirt while on the front is featured a row of snails and reading 'Cittaslow Goolwa' (adding 'Volunteer' is optional).

They are available in different sizes and styles using combinations of the key colours of Cittaslow – gold and blue – as well as basic, timeless black. The cost of the first run of orders for members is \$18 per garment (\$22 for polo style).

To express interest in placing an order contact admin@cittaslowgoolwa.com.au or visit Cittaslow Corner and leave your details.

Here they are modelled by our first-off-the-blocks style ambassadors:



Cittaslow at The Wooden Boat Festival 2019

In April Cittaslow was part of the highly successful Wooden Boat Festival at the Goolwa Wharf. A team of chefs supported by Cittaslow provided the catering for the Mayor's Reception at Signal Point on Friday evening where about 100 guests enjoyed the delicious cocktail style food. Cittaslow's contribution expressed our appreciation of the Mayor's ongoing role as our patron and Council's support for our events.



The Cittaslow team of Jack, Julie, Angela, Debbie, Olaf, Vanessa (+ photographer Joel) in the kitchen at Signal Point.

Cittaslow also had a stall at the Wharf on Saturday and Sunday. Our volunteers greeted many visitors including families of children following the Pirate Trail. This was great fun for everyone and gave us a chance to engage with their parents about Cittaslow. As well as selling jams and preserved peaches from the local community, the display board about the Volunteers from the Community Garden proved a good talking point and complemented the basket of produce they prepare regularly for the Children's Centre. Thanks to the team of chefs and all of the volunteers who made this a successful weekend.



Volunteer Lauri O'Brien helping a young person and his mother complete the Pirate's Trail at the Festival

Climate Change in Alexandrina

Early in May members of our Environment Group organised a forum in Alexandrina Council Chamber to discuss Climate Change and its effects in Alexandrina and the wider Fleurieu region. Twenty five members of Cittaslow and Alexandrina Council attended the forum which was addressed by Melissa Rebbeck, the Director of Climate and Agricultural Support Pty Ltd. Melissa (pictured below) is a beef farmer with 20 years' experience as an applied climate, agricultural and environmental scientist; she is also an elected member for Alexandrina Council. Her presentation showed compelling data about climate trends, the impacts and implications of these, as well as the strategies for adaptation and mitigation for improving soil health.

Melissa has provided a link to her presentation for members' benefit:

<https://climateagriculturalsupport.com/presentations/>

Interested members might also like to read the article with suggestions of further reading prepared by Cittaslow member Kerry Callaghan. This can be found on the Cittaslow website: www.cittaslow.com.au



Melissa Rebbeck

Remember that the Cittaslow Farmers Market continues throughout the year from 9am to 1pm on the 2nd and 4th Sundays of each month (except January). Come down to Jeralde Park in the Goolwa Wharf Precinct to sample a variety of local fresh food, great coffee, busking and much more...

If you would like to become a Friend of the Farmers Market and help to support our local producers and artisans please contact Jane Williams: jane@bigpond.net.au

'How To' Happenings are expanding

Cittaslow's 'How To' sessions made so popular by our Food and Wine group have been expanding into other kinds of activities. Whether you are inclined towards crafts, environmental concerns, or gardening, there will be sessions coming up that suit your interests and help you to learn through these hands-on sessions. A small group of members led by Tony Trimboli is now coordinating the program to ensure there is something happening throughout the year. The recent Bees'-Wax Wrap workshops offered as part of the 'How To' program are a good example.

Learning how to make wraps from fabric soaked in beeswax proved to be most informative and well attended. The Community Garden shed was the ideal venue for Mark Rose, from *Rose Herbs and Honey*, to walk participants through how to make their own re-usable food wraps (another small step towards eliminating single-use plastic from our environment). (see pictures below)



Mark's trademark beeswax



Debbie Smith painting her fabric squares with wax under Mark's watchful eye

What is coming up in the 'How To' Calendar?

The following events and activities are currently in the planning stage and detailed information will be emailed to all members as dates and times are finalised...

- Staying Healthy through Movement (with Stuart Thomson our member Physiotherapist) – **this session on 20th June is already booked out**
- Using carp (cheap and in plentiful supply!) in amazingly delicious recipes
- Waste Management and FRWA
- Making fresh pasta and arancini balls
- Ropes and bee hotels
- Gardening with Andrew Barker founder of the Grow Free movement
- Using the Astrological and Moon Planting Guide

All Cittaslow members are welcome to participate in our 'How To' events. The content of sessions is largely determined by the interests of members, so if you have any topics or ideas for future events, please let us know. You may have skills, hobbies, crafts etc. that you would like to share with others through your own 'How To' session!

One member who has taken the opportunity to share her skills is Sania Pankiw who has been offering origami-style paper cutting and folding workshops in Cittaslow Corner. Adult sessions have been run on a regular basis and the resulting flowers and boxes in all manner of sizes, colours and styles are perfect for gift presentation while the process involved in making them is relaxing and fun. Sania also ran two special sessions for children during the April school holiday break that were fun and productive for all concerned.

Right: Children showing off their paper creations at Cittaslow Corner



Another 'How To' coming up soon is: HOW2FELT WORKSHOPS JULY 2019

Jennifer has been a member of Cittaslow for over 3 years and has presented previous HOW2FELT workshops for us. She will be participating in SALA at her studio in August and would like to offer 2 free workshops for beginners at her farm studio.

DATES: Tuesday July 16 and 23

TIME: 10.30-1.00 pm

LOCATION: Freshfield 236C McHarg Road via Ashbourne

COST: Free (\$5 materials fee)

Coffee, tea and hot drinks provided.

Places are limited to 12 people per session and outcomes will depend on numbers attending. One would expect to take home a small piece of hand-made felt, and/or nuno felt suitable to make into a piece of art, a brooch, cosy or small item. This is a beginner's course so the basic art of felting or nuno felting using muslin or silk will be taught.

RSVP asap to Antonio Trimboli at 73232687@infoodle.com

Include your name and the number wishing to attend. **FIRST IN FIRST SERVED.**

Any queries please ring Antonio on 0422 656 956. We hope to see you there.

FOOD AND WINE GROUP SPECIAL MEETING

Due to the rapid expansion of the food and wine group over the last year, it has been decided to hold a strategic planning meeting/workshop on the 24th June@ 1700 - 1830 (meeting only – no shared meal this month) to ensure that the gatherings are meeting everyone's needs. This meeting/workshop will be held at the Community Garden on Kessell Road and facilitated by Lauri O'Brien. Contact Scott Woodsmith for more details: srwoodsmith@tpg.com.au

Cittaslow's Public Art Project is Ready to Roll!

As many of you know, in 2018 Cittaslow received a generous grant from the Alexandrina Council Public Art Fund for a project in the form of a mosaic 'friendship seat' alongside Cittaslow Corner. Artists Mike Tye and Barbary O'Brien have been engaged to create and construct this exciting work. It has taken a while to obtain all of the approvals for its development but now the way is clear and the artists are eager to get started.

Domestic tiles for the mosaic have been donated by members while Beaumont Tiles based in Victor Harbor have provided additional sponsorship. Olaf Hansen and Julie Obst have kindly offered one of the sheds on their property for storing and preparing the tiles while a good number of community members have already expressed interest in coming along to 'cutting' workshops.

If you are willing and able to help out, even for a few hours, please contact Barbary (barbaryobrien@hotmail.com or 85542555) or Mike (mike@michaeltye.com.au or 0438800066)



Message from Artist Barbary O'Brien:

For those keen to help with the tile cutting and sticking we have two initial workshop dates:

Wednesday 19th June 1-4pm and Saturday 22nd June 1-4pm

35 Captain Sturt Parade, Hindmarsh Island (Olaf and Julie's shed), second turn on left after leaving bridge. Drive down towards the water and it's on the left just before the bend in the road.

Tools and gloves are provided but feel free to bring your own if you have favourites, plus a camping chair in case we run out! Let us know if you have any questions and which introductory workshop you wish to attend – of course there will be many more to come.

President's report

by Christine Putland

CITTASLOW INTERNATIONAL TURNS 20!

Cittaslow was born 20 years ago on October 15th 1999 in Chianti, Italy, and to acknowledge this milestone the International Committee has created a special logo:



Later in the year we will decide how to celebrate this significant birthday within the Alexandrina community. If you have any ideas for a suitable event or exciting initiative to mark the occasion please let us know by emailing admin@cittaslowgoolwa.com.au or chatting to one of our management committee members.

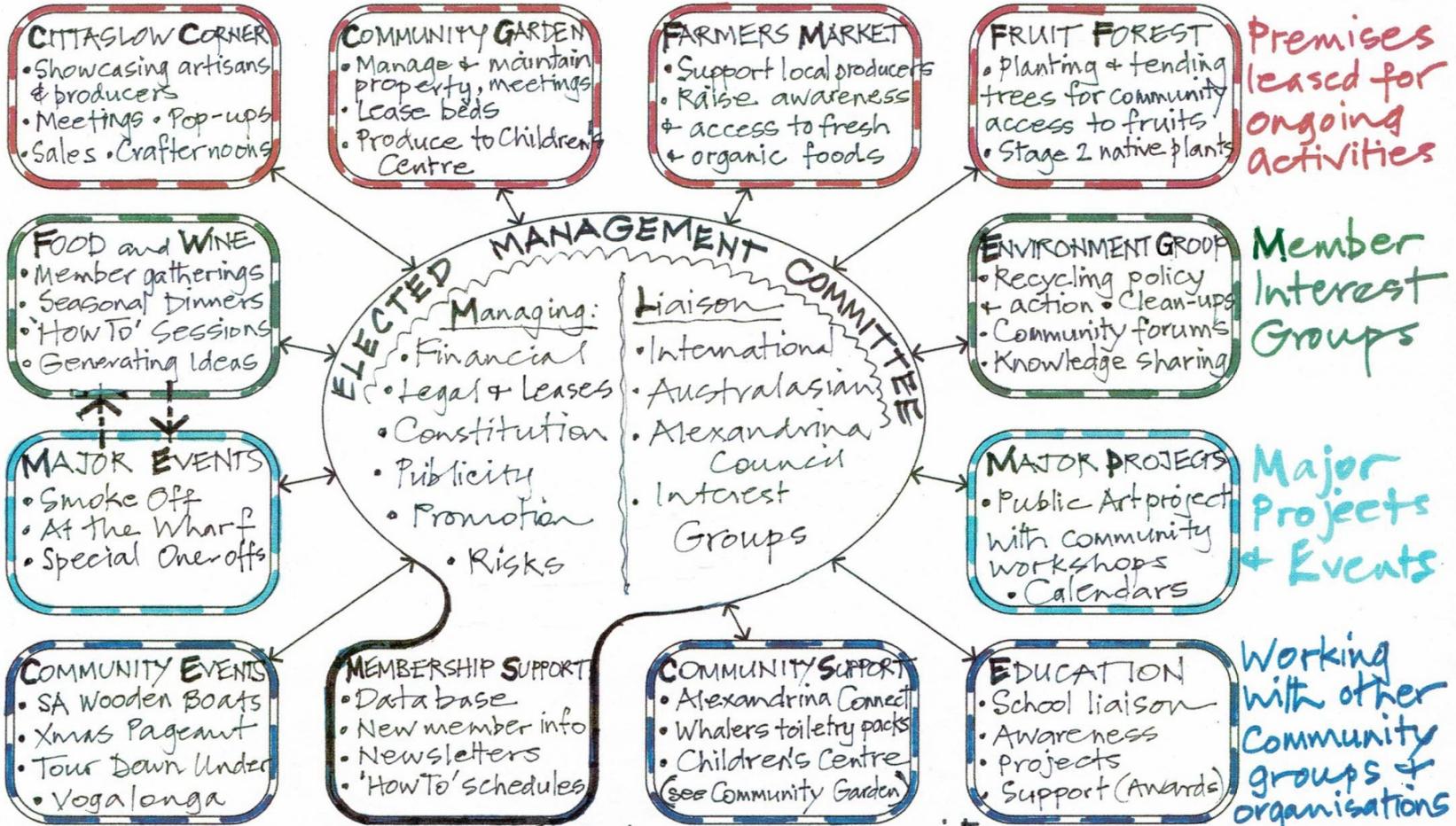
Meanwhile three members (Jacqui Showell, Steve Grieve and I) have decided to travel to Orvieto, Italy to attend the Assembly from June 21st-23rd. We will be taking a painting by local Ngarrindjeri artist Cedric Varcoe to present to the International President, Stefano Pisano, as a congratulatory gift from our Patron, Mayor Keith Parkes.

CITTASLOW VOLUNTEERS – WHERE ARE WE, WHAT ARE WE DOING?

When prospective and new members ask about the kinds of things they can get involved in, it's often hard to know where to start. I find myself listing the more established groups and events, then add, "But wait, there's more...!". The bigger we grow, the more new ideas emerge and the more opportunities there are. Marvelling at how much Cittaslow has changed over time one member recently noted: "But isn't that why people want to be involved – because this isn't a complacent or stagnant organisation but one that is dynamic, constantly adapting to new situations?"

However the growing complexity is what makes Cittaslow hard to summarise. I've started to use a visual map which I am finding helps to describe all of the parts and explain how they fit together? Below (over the page) is a simplified version, showing how and where we work, with examples of the issues and activities we focus on. It is important to bear in mind that although this is what it looks like now, no doubt it will continue to change and hopefully grow...slowly of course!

Cittaslow Volunteers: where we are, what we are doing...



Cittaslow is an Incorporated Association with a strong membership base and run entirely by Volunteers.

June 2019

Cittaslow Community Garden

by Angela Nesci

Cittaslow Community Garden continues to provide seasonal fruit and vegetables to the Goolwa's Children's Centre with the support of the local Bendigo Bank. Despite the weather, the birds, the native rats and other like visitors, the garden has continued to provide fresh produce for the Centre and for the Cittaslow members who work the 26 privately rented garden beds. The garden beds for rental are very popular with a number of people always on the waiting list.

With the cold weather arriving, a number of volunteers are away in search of the sun. At the same time there have been a few new volunteers that have settled into the regular Wednesday morning gatherings. This has been fortuitous as there have been various jobs requiring the expertise and labour of the 'Works Department' including the renewal and rebuilding of some of the garden beds which were showing their age.

Recently the Garden was visited by members of Cittaslow Management Committee who shared morning tea and the usual lively conversation.

We often have visitors at the Garden who are eager to find out more about the Garden. We were recently visited by a young man who has recently moved to Goolwa with his young family. He is a horticulturalist who is very interested in the Garden and we hope that once they have settled in they will be regular visitors to the garden. We already have a horticulturalist among our garden bed renters and it is beautiful to see the growth of her garden in the few months since she has taken it over.

The Garden is situated at the corner of Kessell and Skewes Roads and visitors are always welcome to come on Wednesdays between 9 am and 12 noon and there is always an open spot for new volunteers.

Any queries ring Angela Nesci on 0438 321 674.

Produce from the garden is often found in the Grow Free cart that stands outside Cittaslow Corner as well as inside the Corner in the form of jams and preserves. Currently you can find fig and quince jams, quinces and peaches preserved in syrup. By popular demand there will soon be quince paste also available for sale in the Corner.



Education Liaison Report

by Iain Langusch

My Fridays at Investigator College's centre at Currency Creek have been mainly occupied with plant propagation. As part of the student's work towards the Certificate Two in Conservation and Land Management (CALM), students are required to practise various plant propagation techniques. Various seed treatments including smoke water, hot water and scarification are used as well as propagation from cuttings and division of existing plants. Over the course of three to four weeks the students have propagated over a thousand native plants which are raised in the centre's extensive nursery. The school sells the plants to their community.

The students have also been involved in two fauna studies. Through the Natural Resource Management Board the students have surveyed cockle (pipi) populations on Goolwa Beach as well as performing a frog study in the wetlands adjacent to the school's property at Currency Creek.

I have also been spending Wednesday mornings at Goolwa Primary School. I work with a small group of students in their Environment Group. The school has several above ground vegetable beds that we have been tending. We have also set up a worm farm. The school also has a "dune garden" which is a fenced off area in the school grounds. It has been somewhat neglected in recent times and I have undertaken the task of restoring it. A large part of the garden had been taken over by *Cakile maritime* or Sea Rocket. It is an introduced plant that has been widely used to stabilise dune systems but has become somewhat invasive. After removing the *Cakile*, the students have propagated over thirty *Carpobrotus roseii* (pigface) plants that have been planted along with some *Disphyma* sp (round leaf pigface) from my own nursery. Investigator College has kindly given us some *Facinia nodosa* (Knobby Club Rush) seedlings that the students have potted into tubes for planting later this year. We have also planted some *Allocasuarina verticillata* (weeping sheoak) and *Acacia dodonaeifia* along one boundary.



Goolwa PS students Danny and Ryder erecting tree guards in the dune garden.

Goolwa to have a Taste of ‘Vogalonga’?

A Vogalonga (trans. Long Row) is a non-competitive regatta with an emphasis on participation and healthy recreation with people coming together in a spirit of peace and friendship. The 45th Vogalonga will be held in Venice in 2019.

The event in Venice attracts crews and boats from Venice itself, other parts of Italy, from all over Europe and the UK, the US, Israel – even Australia and New Zealand. In 2018, 2100 official craft participated with over 8,300 registered rowers and paddlers.

Only human-powered craft are allowed to participate in the event – paddled or rowed mostly by hand, sometimes even by foot. A typical fleet in Venice includes local Venetian boats of which there are many types (not just gondolas), rowing sculls, kayaks, canoes, dragon boats, stand up paddle boards, English skiffs and Irish currachs as well as other craft that are not so easy to categorize. Boat crews often wear their local club colours or create ‘a team look’ specifically to commemorate their crew’s participation in the event.

Michael Piovesan, the enthusiastic originator of the idea of an Australian Vogalonga, participated in a number of Vogalongas in Venice from 2016 – 2018. On returning to Australia he made contact with Tony Trimboli and the Cittaslow Management Committee, introducing the idea of establishing a ‘Vogalonga Down Unda’, based on the Murray River at Goolwa.

Michael, who is also a member of Cittaslow, has contacted the Vogalonga Organizing Committee in Venice to seek their blessing for an Australian event. They have expressed their initial interest in supporting our undertaking and a willingness to engage in discussions to that end.

In Goolwa a working group has begun meeting to plan an initial Vogalonga to be held on Sunday 26 April 2020 after ANZAC Day. The working group includes representatives from Cittaslow Goolwa, The Goolwa Aquatic Club, Coorong Quays, Canoe the Coorong and Goolwa Dragon Boats. Tony Trimboli, Roger Stainer and Bart O’Brien are Cittaslow members on the working group. On June 25, Michael and Bart will be meeting with Mayor Keith Parkes to discuss how Council could support this event.

It is envisaged that this will become an annual event, most likely coinciding with future Wooden Boat Festivals held biennially but as a stand-alone event in the alternate years between Festivals. It would effectively become the Vogalonga of the Southern Hemisphere.

If you would like to get a taste of what a Vogalonga in Goolwa could look and feel like, I encourage you to watch the videos on the Vogalonga in Venice website - <http://www.vogalonga.com/en/>

(The content of this article is adapted from a recent letter by Michael Piovesan and the Working Group to the Mayor and Councilors of Alexandrina Council, advising them of the group’s formation and intent to host a Vogalonga in 2020).
