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Cover photo: Autumn colours of Myponga Reservoir to lift the spirits in these bleak pandemic times.
Photo by Gillian Rayment.

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Authors of
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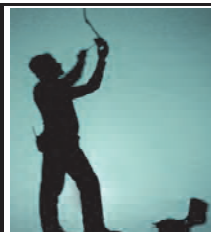
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Lions Club of Yankalilla & Districts

Well how times change. Early in the year Lions members were extremely busy with the KI bushfire situation and many other activities. However at our March meeting it was decided to suspend meetings for at least April and decide later on what would happen in the future. Consequently all activities have been suspended. No Bingo, Book Shed, Quiz night, tent erection, BBQ. I wonder what the members have been doing with all their spare time. Our thanks go to the YRN for publishing our information and also all the other groups in the community. Without this valuable asset, how do people in the

community know what is happening in our area. I have found The Loop to be very interesting and a way for council to inform rate payers of what is occurring. I feel that this is a very valuable community asset.

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The Yankalilla Regional News is an independent publication produced and distributed by Paul Jelfs

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Size (width x height)	B & W	Colour
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1/16P 4.5x6.5cm or 9.5x3.1cm	\$50	\$91
1/12P 6.3x6.5	\$70	\$118
3/32P 14.5x3.1cm	\$79	\$129
1/9P 6.3x8.8	\$85	\$153
1/8P 9.5x6.5 or 4.5x13.4 or 19.4x3.1	\$99	\$168
1/6P 6.3x13.4 or 9.5x8.8	\$120	\$207
3/16P 4.5x20.4 or 14.5x6.5	\$139	\$238
2/9P 6.3x18 or 12.85x8.8	\$163	\$279
1/4P 9.5x13.4 or 19.4x6.5 or 6.3x20.3	\$183	\$320
1/3P 19.4x8.8 or 12.85x13.4 or 6.3x27.3	\$244	\$416
3/8P 9.5x20.4	\$266	\$474
4/9P 12.85x18	\$307	\$555
1/2P 19.4x13.4 or 9.5x27.3	\$364	\$620
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Advertorial text	Poa	Poa

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The official due date for each Newsletter is the 15th of the month. The Christmas and New Year issues each cover 1.5 months.



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Editor's Comments

Hello Readers,
Covid-19 has been the main headline now for a couple of months and I'm sure most of you are pretty sick of it, which is very understandable. Although we have been spared any cases locally (as of going to print) we have not been spared from the restrictions and economic impact that it has had on the local community. There are businesses in hibernation, people out of work and a large percentage of the local population confined to their homes for the majority of the time. Will it get better soon? No probably not but at least we have not had the impact and severe containment measures to deal with compared to the eastern states. SA has been ahead of the curve and indeed has flattened the curve better than most states. It could certainly have been much worse.

The YRN has not been immune to the economic decline and it has been many years since the number of pages was down to 28, but those businesses that are remaining in these pages are all still trading and are here to service your needs in whatever way they can. Takeaway food is the new normal and maybe it is time to get that tradesperson in to fix that thing or do that job you never quite got around to attending to, now that there is plenty of time to think about it.

Apart from the virus, our Yankalilla Council has managed to upset many in the community with the approval in principle of a new SLSC building in the middle of the Normanville foreshore carpark. It looks like this has now been retracted due to 'people power' forcing a major backflip. See the letters section for details.

Likewise, the Council's lack of communication with the community also is causing much angst. More on that is also in the letters section. It appears that Council and particularly the CEO don't like critique and make decisions without consultation, with scant regard to the ratepayers of this district. Ceasing production of 'In The Loop' is only the tip of the iceberg. There is sure to be more on this down the track and the cartoonist K could be back from holidays very soon!

Until next issue...

Cheers,

Paul Jelfs, Editor

Next Issue: June 2020
Deadline:
15th May 2020

Letters

(that didn't fit with the rest)

Siam Sea Change. Aoy.

Iwish to thank all the clients who have supported me over the 13+ years in Normanville. I have closed the shop on Main South Road for the time being. When the virus problem is over and things start getting back to normal I will have a new plan and will advertise it and let you all know about it. Once again, a very big thank you to all you lovely people who have supported me over the years.

Aoy (Ratchanee Khoryun)

Learner Driver Permits On Hold

The DPTI have decided that no one will be able to get a Learners Permit, and driving instructors are not able to conduct driving lessons or conduct Driving Tests for the foreseeable future as of midnight Thursday 9th April. We were notified of this today, (Good Friday 10/4/2020) with no prior indications. Learners who already have their permit will still be able to have driving lessons with a Qualified Supervising Driver who lives in the same house, so mum and dad will still be ok.

Ray Barlow

Rainbow's End Driving Academy

Thank You

Thank you to the local CFS, SES, Police and strangers for your help yesterday (2/4/2020) after my car accident. Thank you to TJ for calling emergency services and the local gentleman for bringing me a chair and a hat going above and beyond to ensure I was okay. Thank you all again. Luckily I'm fine, just a sore chest from the seatbelt and a little embarrassed from losing concentration at the wheel due to a bird !!

R L Williams

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Yankalilla Ladies Probus Club Inc.

Fun, Friendship and Fellowship

COVID19. I expect by the time this article appears in the Yank News (editor willing!), you will all be heartily tired of the novel corona virus and the way it has changed our lives. "Lives" being the operative word here – this is all about protecting them and some inconveniences and disruptions to our usual way of life, are a small price to pay.

I have titled this article with the Probus three F's – Fun, Friendship and Fellowship. We will all have to find different ways to keep that concept alive over the coming months. Our monthly meetings have been cancelled until further notice, and of course that means no guest speakers and no sociable get togethers.

The committee is working hard to keep members informed, and our Bulletin will continue to be distributed each month. This will take a slightly different format but will be full of interesting articles, Probus news updates, as well as a few laughs. Your dedicated committee will even deliver to your mail box if necessary. Thank you to all members who have paid their annual membership fees. The world goes on.

Before we went into "social distancing" mode, we were fortunate to fit in a visit to the Royal Flying Doctors Operations Centre at Adelaide airport. Very interesting, informative and inspiring. We were lucky that the new jet plane was in the hangar awaiting a call out so we all had a tour inside the cabin and marvelled at the clever use of the space. Any RFDS aircraft appearing on a dusty airstrip in outback Australia, must be the most welcome sight to patients and carers desperate for help and medical expertise.

We will eventually emerge from these strange times, but perhaps just a bit different to when we went in. Smaller pension funds and better hand washing routines for sure!

Lorraine Felix – Publicity Officer 0409 099 867

Avril Clark – President 0407 492 071

Below left: Glenda our Bulletin Officer. Now an Essential Service!

Below: Life Member Vivienne Bamford



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Getting Back To Relative Normality by Rox Rosey

It seems ages since I last composed an article for the Yankalilla Regional News, even though I only missed last month. However, this was totally all due to the decease of Brian which knocked our family around a bit.

However, I am gradually finding some sort of order to follow, albeit muddled at times.

It is amazing how one can think life goes on as usual, but one is soon brought down to earth, with the realisation that things change dramatically.

Although lonely with family spread over various distances, the attitude of just wallowing in self pity can result in various thoughts and sensations.

However, with friends who have proved to be my lifeline, regular contact being my saviour, I have gradually found solace that I do not have to wallow in this feeling of being all alone.

Even though alone, and thinking how does one continue, it has been that others are thinking of me and there is no reason to assume one has to try and survive at times like this.

Thank goodness, there are so many friends and workmates there for me at times when loneliness seems to prevail over everything.

Just a phone call away, and there is always someone for me, as just with my two lovable canines, Digger and Evie, they make my life now full of love and company.

So with life gradually returning to some kind of normality, if one could call it that, perhaps time

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will be the great healer, although there is the permanent loss of my companion and husband. I am pleased that I have at last started to return to some kind of day to day occupations, although very lonely at certain times, which is to be expected I guess. However, now that this has been penned, I feel quite pleased that at last I have made an attempt to return to a certain normality.



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Doing Things Differently

Home projects need not stop during the covid-19 crisis, they just need to be done differently. Able Blinds is a local business that has changed the way they are doing business in this social distancing environment that we are all now a part of.

If you are considering some new internal blinds or plantation shutters, maybe you wish to turn your balcony or outdoor area into a comfortable environment now that you are spending more time at home. Even if you just want to add some more security doors or screens to your home in these trying times, then Able Blinds can still assist you.

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some relevant information and pass this on to Rod Heysman who will phone you back and run over your requirements. With Rod's many years of experience he is able to ask the relevant questions to allow him to give you a very accurate or close-to quote. All quotes will be emailed so you have them in writing. There is **no person to person contact** at all - **simple and safe**.

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As most of the information has been discussed over the phone all that is needed is a quick check measure and confirm colours, in out and gone in 5-10 minutes for most blind products, less time for security doors.

To assist you further Able Blinds will reduce the usual 30% deposit on most orders to just 10% and there is also low interest finance available through Handy Pay.

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Bravery Awards for Murray Mouth Rescue

Two men from the Fleurieu Peninsula will receive the Commendation For Brave Conduct for their roles in rescuing two boys at risk of drowning at the Murray mouth last summer.

Lee Dobson of Normanville and Ben McKenzie of Inman Valley risked their own lives to effect the rescue on 27 January last year. Member for Finnis David Basham congratulated Mr Dobson and Mr McKenzie, and thanked other people who were also involved in the rescue.

"The Murray mouth can be a dangerous place for swimming but these men did not hesitate to act quickly and decisively to rescue the boys, even though it put their own lives at risk," Mr Basham said.

"Lee and Ben, who were also assisted by others to stay afloat with the boys and get to shore, showed presence of mind and considerable courage in response to the emergency and they are very

worthy recipients of this award. "I consider the two boys who were rescued are alive today thanks to the bravery of these men and the quick action of everyone who assisted them. Our community should be very proud of them."

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Join other readers of Yankalilla Regional News for our Virtual Wine Tasting hosted by WineNutt

You can still drink wine with friends, virtually!

Adjusting to the challenges of connecting with customers during the Covid19 restrictions saw WineNutt launch a 'virtual cellar' for their customers.

See their website at <https://winenutt.com.au>.

The tasting proceeds like a normal wine tasting – except you are able to talk to the winemaker themselves online!

Jackie from WineNutt said, "It's important to us to stay connected with our customers and the community and we are really pleased with how the first virtual cellars has gone."

Adam Jacobs, a winemaker for Doc Adams and Retro Wines in McLaren Vale is excited to be a

part of the virtual cellars. "WineNutt's approach to reach out to their customers is extremely innovative particularly in this time of consumer and health uncertainty. Our customers over 30 years have always supported our industry by visiting our cellar doors, wine tastings and dinners so now it's time for us to come to them."

He continued, "Equally this is a great forum for wine discussion which is positive and fun, and I urge customers to join in. The wines we have on offer are simply sensational and we offer a wide selection of varietal styles I'm proud of. I look forward to chatting with you in future tastings".

Ali, who joined the first virtual wine tasting commented: 'I loved our Virtual Cellar experience. The combination of being able to taste

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the wine whilst chatting to the wine maker online (especially with the current isolation restrictions) is great. I love that you can join for either one session or a series of six. It's great as I can gain an understanding of wine from a winemaker and also enjoy the experience with wine lovers from all over the globe."

I didn't order my tasting wine pack in time for the first session however WineNutt were fabulous and suggested I try a bottle of the same type/variety that I already had. The winemaker was so knowledgeable that he was able to talk about the subtle differences between the wine everyone else had and mine!"

You can join The Yankalilla Regional News Wine Tasting hosted by WineNutt at 3pm on Thursday 7th May 2020.

To get online and chat with WineNutt you will need the Zoom app. You can join and download on your PC at <https://zoom.us/> or from the app store on your phone or tablet.

Email Jackie@winenutt.com and she will send you the link to the event and help if you have any technical questions.

We look forward to seeing you all online!

See WineNutt's advert on the back cover of this issue.



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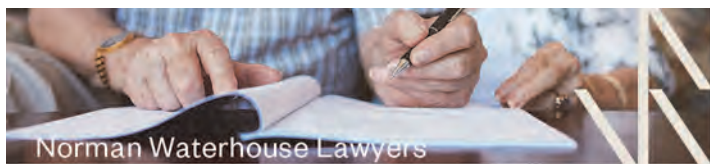
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To help develop its Tracks and Trails Strategic Action Plan, District Council of Yankalilla would like to hear from residents and trail users.

People who enjoy outdoor recreation are invited to complete a survey to help evaluate the existing trail network and to inform Council's priorities for trail improvements and future developments.

Council's Chief Executive, Nigel Morris said, "The challenge to date is that many of the trails people use are not formally mapped. We are seeking community input in to how they use local tracks and trails now and the qualities that are important to them. We also want to hear ideas for new trails where they would like to walk, cycle, ride or paddle."

The plan will consider recreation trails in rural and urban areas and will encompass council-managed trails together with proposed partnerships with others such as National Parks and Forestry SA as well as interested private landholders.

For the purpose of this plan, a trail is defined as a formal or informal route, path or track that can be used for non-motorised recreation, such as walking, running, cycling, mountain biking, horse riding, snorkelling or kayaking. It can be short distance, long distance or interconnected sections of trail linked and navigated with signage and maps. Trails can be used for commuting, exercise, recreation and tourism experiences.

The survey closes on 31 May 2020.

The information gathered from the surveys will inform the draft Tracks and Trails Strategic Action, determining priority trails for improvement and future development and assisting Council to seek funding to support these projects.



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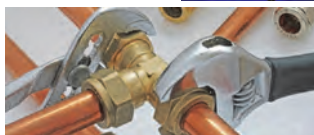
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How do you currently use recreation trails in our District?

What would you like to see in the future?

Complete the survey to help inform the Tracks and Trails Strategic Action Plan.

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Submissions close
31 May 2020.



District Council of
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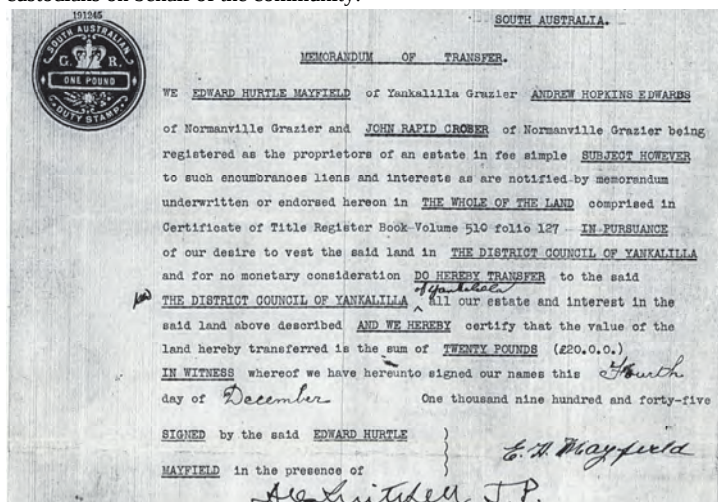
Questions on community consultation - Surf Club

Well, surprise! A Council public consultation tent on the Normanville foreshore in January, with lots of topics inviting comments, and NO mention of a redeveloped Surf Club smack in the middle of the carpark. Surprise! A brand new revised policy on community consultation, plus consultancy fees - and this proposed project somehow slipped off the list. But then - a strange report commissioned and presented in July 2018 - with no real focus on why it was commissioned, made future possible projections about turning the exact area now shown by the little yellow markers on the ground put there by the surveyors, sent by the SA Surf Lifesavers, for the proposed relocated Surf Club - into lawn. A little bit of a softener-upper? Are citizens in the community being treated with due respect - by being informed?

History of the community land at the foreshore

In the late 1920s, at the time of the Great Depression - six local men bought the two main titles (120 and 122) at the Normanville foreshore. This action showed a great deal of community spirit - not to own this prime area themselves, but to keep it safe for the future use and enjoyment by the community. Due to the difficult economic circumstances at that time they solved this problem with foresight.

At the end of the second world war, only three of these six were left. In 1945 these three men transferred a title (120) to the Council for *no monetary consideration*. See excerpt from the transfer document. In 1955 the last widow transferred the remaining title (122, now 460) to the council. This action created a trust, such that the Council cannot regard this land as 'theirs'. They are the custodians on behalf of the community.



In 1999-2001 there was a movement across the state to bring these various titles under a managed process. A new form of title was created - community land. Councils need to manage these parcels in a well-described process in the LGA Community Land Management document.

The Council's policy on community consultation states

3.1 Principles

- Members of the community have a right and a responsibility to be involved in and informed about decisions affecting their area and to influence decisions which affect their lives.
- Community involvement in Council decision making will result in greater confidence in the Council and responsive decision making.
- Council decision making will be open, transparent and accountable.

The following is state legislation regarding amending a management plan for community title. The proposal which appeared in the March council meeting to relocate the Surf Club rooms to the central part of the Normanville foreshore

carpark is such an amendment.

11. The legislative requirements for public consultation Legislation requires Council to undertake at least a specified minimum level of consultation in relation to the following:

Amending or revoking a management plan for community land (section 198) Appendix 1

Before Council adopts a management plan for community land it must

- make copies of the proposed plan available for inspection or purchase at the Council's principle office
- follow the relevant steps set out in its public consultation policy
- give public notice of its adoption of a management plan.

Public consultation, as Council would be required to do for a new management plan, is to be carried out **prior to adopting a proposal for amendment to, or revocation of, a management plan.**

It is clear that this Surf Club project has been on the go in the back rooms for quite a while, as shown by the 17 July 2018 report (Agenda item 12.6)

Closer inspection of the boundary of lot 430 - formerly a Marine and Harbors title but now transferred to Community land, shows the proposed site of the relocated Surf Club is not strictly on community title, but on 'Government Road' - listed on the early surveys as 'The Esplanade'. This is the north-western portion of the carpark.

Did the Council keep this proposed Surf Club relocation site on the carpark out of the community consultation on the Foreshore in January this year because of a technicality - that it was just off 'community land', and on a 'government road'?

At the March Council meeting, elected members voted 7-2 to support in principle the council proceeding with this site for relocating the Surf Club. (Minutes 14.7 C20052)

3. That the new location of the Normanville Surf Life Saving Club be considered an anchor point in the development of the future Normanville Foreshore Masterplan.

The public response to this proposed site and council motion has been loud and clear. Regardless of whether a survey line designates 'community title' or 'government road' - which does not oblige the council to consult - the community see this site as community land in principle because of the ambience it creates as an experience at the Foreshore.

The 21 April agenda of the Council sets out a very different prospect for considering the Surf Club project - with up to six options.

This is what should have been placed in front of the community from the start - and especially at the January consultation in the tent at the Foreshore! If the community had been treated with the respect it deserves, respect as legislated under communication policies, then many hours of individual time spent by many community members trying to get their voices heard on this issue would have been saved.

It is also clear that there are other plans 'on the go' that we are not being openly informed about. A mythical 'masterplan' for the Foreshore hovers in the distance - what is it? Do we find out after the event? After the surveyors have been through?

Has the Council followed its own community consultation policy? Is the council being open, transparent and accountable? Do most of the elected members believe these decisions are up to them, without following legislated community consultation requirements? Is it necessary, as happened in 2011 over similar secret deals on community title, for the community to go to the Supreme Court to get a ruling on whether the Council is following the proper consultation procedures? Procedures to keep the community informed and involved in the decision-making process - before - not after it is a fait accompli?

Ruth Trigg

SLSC Re-development Petition

Following the arrival of surveyors sent by Surf Lifesaving to the Normanville foreshore carpark, it was realised that our community amenity was under threat and community members started a petition and opened a Facebook forum page (**Community awareness: Proposed location of new SLSC at Normanville foreshore**) to stop this from happening. Prior to the Council meeting of 21 April the Change.org petition had reached over 700 signatures. The council went in to damage control and five other options were created for the re-development of the SLSC building, four on the existing site. Spokesperson for the group, Michelle Lee, presented the Council with the opposition to their plans during this meeting, which took place via the Zoom app due to the Covid-19 restrictions. Cr Davina Quirke, who was also not in favour of the plan, put a motion to rescind the March meeting motion and have the 'carpark option' removed. However, due to regulations, this couldn't be done straight away and was to take place in a special meeting 5 days later (while this YRN was at the press). Also during the meeting, Lachlan McEwen presented a concept plan for a redeveloped combined SLSC/Beach Kiosk building which he spent a lot of time producing and it looked very good.

You can follow the discussions in the forum page (above) where you will also find a link to the petition which will be tabled at the May council meeting. There were about 40 people logged in to the Zoom meeting including the Councillors and EM team, which translates to about 25 members of the public. Now that the Council has stopped communicating with the community by producing their 'In The Loop' through the YRN, this may be the only way you will find out about what is going on. The Zoom link should be on the meeting agenda on the Council's website, at least during the Covid-19 restrictions.



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Objections to the psychology articles by T Nicholl.

I write in support of Lorraine McLoughlin's letter in the April edition of the YRN, 'Objections to the Psychology articles by T Nicholl.' Mr Nicholl pedals the same nonsense as most Mens Rights groups and advocates (Bettina Arndt, et al) by overstating the extent that men are victims of domestic violence. The overwhelming amount of violence in our society is perpetrated by men; men against men; men against women.

If Mr Nicholl or other advocates of men's rights have a genuine concern for male victims of violence then they should focus their efforts on ending the violence that men do to other men.

Mr Nicholl states that 'denigration and vilification of men across the board has been unrelenting since 2013 (what happened in 2013?) and before and until the conversation and solutions to these matters becomes gender neutral it will continue this way'.

Violence in our society is clearly gendered-where the violence takes place and in what form it takes. Most violence to men is public violence, taking place in streets, outside licensed premises or other public places. The most common location for violence to women is domestic: in their homes or their partners' homes. The type of violence experienced by women and men is also delineated by gender. Men are more likely than women to experience physical assault and less likely than women to be subjected to sexual assault. In both cases however the perpetrator is overwhelmingly male.

There are clearly men and boys who need some form of psychological help to address trauma and problematic behaviours as a result of failed parenting, abuse and neglect and they deserve to have the opportunity to get that help. But as a society we need to address the broader sociological drivers for this propensity for men to act violently. And men need to take ownership of their behaviour, enough of this 'see what you made me do' crap.

Stephen Ward
Bald Hills

For those interested:

ABS 2016 Personal Safety Survey Australia.

Michael Flood (2006) 'Violence Against Women and Men in Australia: what the Personal Safety Survey can and can't tell us'. Queensland University of Technology.

Jess Hill 'See what you made me do'.

Social Isolation and the Long Term Effects of Living In Protracted Austere Circumstances

By way of an introduction let us examine the "Lifeline"¹ post on loneliness and isolation. Little has been written about the long term effects.

Physical symptoms. (of loneliness and isolation):

Aches and pains, headaches, illness or worsening of mental health conditions, increased risk of depression, anxiety, paranoia, or panic attacks. Low energy, tiredness, lack of motivation. Sleep problems - difficulty in getting to sleep or sleeping too much. Diet problems, loss of appetite or sudden weight gain or loss. Substance use, increased consumption of alcohol, smoking or medications, drugs, negative feelings, feelings of worthlessness, hopelessness extending to suicide ideation.

So where possible:

Connect with friends and family, get out and about, get involved with your community and volunteer, consider getting a pet, (but that is the problem - the restrictions on us). Beyond that there is no need to expand on social isolation, we are living it.

There are many articles/papers available on social isolation but little on effects for a protracted period but there is on loneliness, so I will focus on abbreviated material from work published out of the best sources as I know them. Then perhaps a conclusion can be reached.

What we are looking at is 'where does a protracted period of social isolation take us?'

In the Science Magazine² it is written that social isolation can increase the risk of a variety of health problems particularly heart disease, depression, dementia, exacerbation of pre-existing conditions even premature mortality.

Loneliness, they say in this paper is defined by a person's perceived level of social isolation and not synonymous with chosen solitude. Chosen solitude we can deduce

has less morbidity. (still no reference to being isolated for an extended period).

Professor Steven Cole. MD UCLA.³ "Subjects showed increased expression of genes involved in inflammation and a decreased expression of genes involved in anti-viral resistance." (written in 2015)

Work from Florida State Dr Angelina Sutin.⁴ Even those who started out lonely those who were in better health and socialised with others more often have much better outcome of subsequently recovering from their loneliness. (sorry Dr Sutin but that is obvious!)

A worker dedicating her career to this issue is Professor Julianne Ann Holt Lunstad⁵ of Brigham Young University in Utah. "Lack of social connection heightens risks as much as would smoking 15 cigarettes a day or abusing alcohol or substances." Professor Lunstad found that loneliness and social isolation are twice as harmful to physical and mental health as obesity.

Well what do we deduce from the foregoing? That not much work has been done on long term effects of confinement so time will tell. It would appear that the vulnerable and the elderly are at a considerable disadvantage and that we should be helping where possible to support family and friends in ways that do not contravene the restrictions. This is so long term effects will not be difficult. However we are most fortunate to be in this corner of the world to combat the dilemmas.

Tony Nicholl
0423 690 708

References:

1. Lifeline.org.au.
2. Sciencemag.org/
3. PNAS VOLUME 112, no49, 2015
4. "Research in aging. Volume 40 no4. 2018"
5. American Psychological Association (APA) May 2019 vol 50, no5, p32

PS

I will not be contributing for a while as I have enrolled in two university short courses that fills up voids in the day at this time.

Once more, my detractors relating to the domestic violence article, I encourage you to read the good book by Jess Hill "See what you made me do" that won the \$50,000 Stella prize recently. My position on the matter after close involvement especially including the Family Violence Commission in Melbourne remains the same though. Kids are too often the victims.

Things will not get better until this gender conflict is ameliorated and both genders are working together for the benefits of children and to eliminate the violence which can be perpetrated by either gender.

I acknowledge that 1:3 women have been sexually assaulted and a woman a week is killed by husbands or partners. I also read this week where a toddler died after his mother gave him vodka. Worse even, a bloke who put his neck on the railway line so the train cut his head off after it all got too much for him. It was too much for the train driver too.

I have had 7 years in close quarters with this stuff and tertiary education to top it off. Plenty of men suffer inexorably and frequently at the hands of bad women I have found but never so bad as the poor souls and their children who have to endure violent and tyrannical bastards. That's my position. Cognitive Dissonance.

Hoarders

At a time when we surely need to be helping one another and being considerate and kind, it is disappointing to see some folk acting selfishly by panic buying and thereby robbing fellow community members of what they, too, are in need of.

Last week, I saw a couple emerging from the Normanville Foodland with a trolley stacked full with what must have been at least 200 toilet rolls - and nothing else in the trolley.

Don't these folk realise that others also need toilet paper? Of course they do. They just don't care. And now there's no toilet paper left in the Normanville Foodland. Meanwhile, other selfless folk are kindly donating their time and energy to helping those who can't get to the shops, or who are otherwise frail and vulnerable.

These times of crisis seem to bring out both the best and worst in us. We can only hope that the best will prevail and that selfish hoarders might have a change of heart - and maybe even donate some of their excess to those who need it.

Only if we help one another will we make it through these tough times.

(Dr) Maureen Roberts
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Domestic Violence

It seems that domestic violence is an emerging topic in the pages of YRN. Tony Nicholl's thought-provoking article in the Dec/Jan edition evoked a passionate response from Lorraine McLoughlin and seven other women in the April edition. Constructive debate is healthy and much-needed, especially on a subject that is often swept under the carpet.

Although I have very limited experience in this area, I agree with Mr. Nicholl that 'family violence is very complex and multi-faceted and not readily understood.' I liken it to an enormous jigsaw puzzle where every piece represents the story of someone who has been touched by this phenomenon. There are as many pieces to the puzzle as there are stories to be told.

I offer the following story in the hope that it will resonate with some, perhaps moving them to think more deeply about their own situation and then to join the conversation.

For many years it did not occur to me that I was a victim of domestic violence. As a starry-eyed twenty-year-old, I embarked on a marriage which lived up to my expectations for precisely two weeks. Then, I began to notice a disturbing behavioural pattern in my new husband. What I considered to be minor disagreements between us had the potential to upset him to such an extent that he stopped talking to me, stopped even acknowledging my presence. These periods of silence drove me to distraction. I never knew how long they might last – one day, two days, perhaps even two weeks. When he finally 'snapped out of it', his explanation was that it was the only way he could get me to see any sense. I was always the one who was at fault. Sometimes I could see how I might have caused him anguish. Often, I had absolutely no idea how I might have upset him. I felt as though I was perpetually walking on eggshells, desperately trying not to break any of them.

Then he embarked on a strategy to alienate me from my family and friends. So skilful was he that I failed to notice it at first. When I finally became aware of the dynamics of the situation, we were making our much-anticipated move from Alice Springs to London, where we resided for the next three years. Life in London was exhilarating and exciting. At the same time, I felt very isolated as he discouraged close friendships with my fellow students. My self-esteem plummeted and I began to defer to him in all major decision-making. Once back in Australia, I buried myself in my career, then in starting a family. A two-year stint living in the Kimberley led to a career change for me, involving more study.

Underlying all my busy-ness was a deep yearning for a close relationship with my husband, a true partnership. I often mused that if we had a strong foundation there would be nothing stopping us – we could take on the world! Even though the periods of silence and my sense of walking on eggshells continued, I somehow kept alive the hope that one day he would change and the fairy-tale bliss I imagined would become a reality. I mastered the art of showing a bright, cheery face to the world while continuing to weep on the inside.

Then, at some point, my self-talk of fifteen years or more changed from 'Poor me, what have I done to

deserve this treatment?' to 'I wonder why he's behaving in this way?' Following this line of enquiry, I delved deeper into a multitude of possible reasons, a difficult relationship with his father being the prime contender. Feeling powerless in his youth translated into a need to control me. According to him, I was always 'out of control'.

As my self-talk changed, so my feelings of compassion for him emerged. If I had cast myself in the role of victim-hood, so had he. I'm sure he wanted our marriage to work as much as I did. Opening up to me about the pain of his early years in a seemingly happy family may have helped him a little. It wasn't enough, though, to drive the major perceptual shift that he needed in order to turn his life around.

At my insistence he finally agreed to professional counselling for our floundering marriage. The husband/wife team were very skilled and helped us to see our relationship in a new light. At the end of one counselling session, however, and without consulting me, my husband announced to them that we were 'fine' now and didn't require any more appointments. I was taken by complete surprise and unfortunately didn't have the presence of mind to interject. Well, things were much better for a time but eventually we floundered once again. Living in the depths were shadows which hadn't been addressed.

After thirty three years of marriage I summoned the courage to walk out. I had a foreboding that I would become very ill if I stayed any longer.

Looking back on those years together, there were happy times in spite of the undercurrents and we shared some amazing experiences. Outback travel often brought out the best in him, testing his practical skills and his ability to think laterally, which was second-to-none. It was the inner terrain which he found difficult to navigate. From my perspective, he didn't recognise the necessity of properly dealing with the past in order to move forward confidently.

We have two beautiful daughters who, very unfortunately, have little-to-no contact with their father. He's remarried, living overseas and, as far as I know (I have no direct contact with him) is still grappling with his demons. It saddens me to think that his enormous potential is largely untapped.

I am very happy to report that my relationship with my beloved Tarpan is entirely different. One of his qualities which I most appreciate is his ability to let me be who I truly am. I do my best to reciprocate.

So that's my story. It is more complex and more painful than I have disclosed, but it is sufficiently detailed for my purpose, to which I have already alluded. No doubt the telling of it has been cathartic for me and many women will relate to it, but as far as its ability to shed light on the bigger picture it is of very limited value. What's sorely needed is for men, as well as women, to tell their stories. It may be difficult to start the process but, believe me, once started it may be difficult to stop. I am publishing my name as I am of the age where I care less and less about what people think of me. That's entirely their business, nothing to do with me! Instead I have chosen to 'own my shit' as Kathryn Pentecost has suggested. However, there are many reasons why anonymity would be preferred by some contributors.

We all have our stories to tell. As long as they are told

without intending to manipulate or gain control over another person, they are valid. Telling them truthfully from the heart is the key. The heart does not lie.

And why do we need to tell our stories? In the words of Darryl Pfitzner Milika, an Aboriginal artist of Kokatha descent, we are 'invigorating that old adage: *When we share stories we discover what it is to be human.*'

I could reframe that slightly by saying that we *re-discover* what it is to be human. With re-discovery comes the sense of *re-connection* which we especially need in the midst of our current chaotic situation. If we are to create a more compassionate society, then reconnection with each other and the natural world is paramount.

Rosie Grace
Second Valley

Vital Communication Missing

Where is my "In the Loop" in your April issue? I consider that this is a vital means of communication between the Council and ratepayers. Without this, what is left – look it up on the Council website? Considering the average age of our community and the level of computer savvy, that may be a road to nowhere!

So, suitably bewildered by the lack of my "communiqué from Council", I read through the rest of your excellent publication. What do I find? The Council has pulled its' major means of keeping ratepayers informed, in order to deliver some sort of punishment to the Yankalilla Regional News for sins unspecified. Talk about throw the baby out with the bathwater! What? -are they planning to start their own newsletter instead?

The Council has a spat with the local newspaper and the ratepayers suffer. That makes no sense. But on further investigation, nothing about this sorry saga does make sense.

I must have been on the moon for most of March or too busy watching the COVID19 disaster unfold, to pick up on the cartoon issue that has given rise to so many comments in your April edition. What I can glean from your correspondents this month, is that the Council CEO requires the name of the cartoonist to be revealed to him (considering all this angst it would be brave and good if "K" just called the CEO and spoke to him), requires other actions to be taken and in default of that will bring a legal action against the Yank News and editor.

Based on what legally actionable matter? Defamation? You need to prove some sort of loss to be successful in an action involving defamation. What has the Council lost that they would throw ratepayers money at a legal attack on a community organisation? The CEO and his support staff are exceedingly well remunerated and lucky to be in such well paid employment in these difficult times.

Perhaps they should just grow a thicker skin, try to address some of the criticism directed their way, serve their community (their employers!) and stay away from lawyers. They are the only ones who win in these matters.

Lorraine Felix
Second Valley

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Contact Darryl
8558 8255
Fax: 8558 8335



Community's Voice

Thank you for producing Yankalilla Regional News. As a relatively new resident in the area, your newspaper has been a wonderful source for keeping us informed of what is happening in the district and it has proved to be a very useful reference for learning about the various social activities, clubs, services and issues etc that exist and operate in our district.. It also allows a platform for individuals and organisations to contribute articles of general information and interest. We should all be thankful that a regional publication like YRN still is able to exist in such troubling times like the COVID-19 because communicating good local information and news are of paramount importance to get us through these times. Hence, it is somewhat disturbing, and incredible, to learn that the District Council of Yankalilla, (for whatever reason), has chosen to withdraw the 'In the Loop' contribution from the April 2020 edition of the YRN. At any time, but especially these times, such a decision must surely be construed as regressive. The Editor, Paul Jelfs, should be encouraged and supported for his efforts to bring us local and regional news and, as the slogan says, for 'Spreading the Word Across the Community for 50 Years'. Come on District Council of Yankalilla we all need your support and I hope to see your contribution 'In the Loop' appear again in future editions of the YRN.
Neil Field
Normanville

Wake Up Councillors

It's outrageous that Council's 'In the Loop' will no longer appear in YRN. Also outrageous is that three motions without notice, put forward by Councillor Bill Verwey at the meeting on 17 March, could find no seconders. We ask the other councillors who were present why they failed to recognise the importance of these motions. We accept no excuses! We did not elect you in order for you to go missing in action.
WAKE UP!
Rosie Grace and Tarpan Williams
Second Valley

Not In The Loop

I was very interested to read the letters to the editor in the April YRN. I was disappointed that The Loop was not there as I have found this to be the only way that I can keep up with council news from council perspective. I have been a resident in the area for over 40 years and have always found the YRN the only avenue by which this community can keep abreast of what is happening in the district. The YRN has allowed a forum for discussion of a wide range of issues. It has allowed community groups a chance to advertise their activities and let people in the area know what is happening. There were a number of letters in the April edition that mentioned missing cartoons. As they were missing from the hard edition of YRN I wonder how many people have actually seen them. As it would be only a limited number of readers what is the big issue? Maybe council could let us know in the next edition of "In the loop"?
Geoff Goodman

Covid-19 and Public Information

Covid-19 restrictions, what is the Yankalilla Council doing to protect our residents? I received a call from Yankalilla council after voicing my concerns unfortunately I did not get the name of the gentleman I spoke to, and according to him their hands are tied and they have no jurisdiction. One has to ask the question how can the world renowned Bondi Beach along with many others be closed by their council, so why can't ours? He told me he himself went to Second Valley beach and there were at least 90 people there and he was furious as there was nothing he could do. Yet however they closed the council chambers to reduce the spread of Covid-19, however are unable to close any other areas eg. Second Valley beach. This then begs the question what are their exorbitant wages being paid for if not to work for the locals? Victor Harbor has already stated and made it abundantly clear tourists are not welcome at this time due to the elderly population, why has Yankalilla

council not done the same? KI have also made it abundantly clear they also do not want tourists. Surely areas such as Second Valley, Rapid Bay, Normanville etc. should be restricted to locals only.

Second Valley beach is the most popular on the Fleurieu coast, and obviously people are paying no attention whatsoever to isolation requests making it unsafe and extremely uncomfortable for locals many who are elderly.

We reside in Second Valley which was as busy here at the weekend as it was at Xmas. I am therefore enquiring what is being done re the shut down of the area.

Second Valley along with the beach was jammed packed over the weekend by tourists. Not to mention those who do not live in our region (5204) flocking down to strip our supermarket shelves bare, leaving local residents unable to buy the essentials. As we, along with city residents are meant to be isolating, measures should have been put in place, as cafes, pubs, restaurants are only offering takeaways and caravan parks and camp grounds are shut down.

My husband sat and waited in the car while I went into the supermarket to buy a couple of essentials as he is high risk. He could not believe his eyes as car after car stopped with endless people racing into the supermarket to empty our shelves and then left town and headed back to the city.

The property next to ours which is a holiday rental had three families staying at the weekend, one of which was the owner and two other families, all of whom have no place here at these trying times.

Surely all services down here should be preserved for locals, not to mention the elderly who are unable to go about their daily routines, due the overwhelming amount of tourists on weekends.

Since beginning this letter we have now had Easter, where the government stated Australians are to stay in their own post code, those with holiday homes in any area are not to visit them. Well that certainly hasn't been the case here, I have never seen as many homes in Carrickalinga occupied, as for our little hamlet of Second Valley the song remains the same, with the beach and car park over flowing again and holiday homes/rentals occupied over Easter.

With regard to the comics that were removed from last months edition this is a country of free speech and whilst I agree one should sign their comments, **the council removing their content of The Loop is no more than a childish act.**

This is a time when we are looking for leadership from our council as never before, at this crucial point they removed The Loop when we actually need to know what is going on in our region, as the council has now shut its doors, however due to the CEO being supposedly offended, insulted and precious, his response was to remove it. He is accountable to us, the ratepayers for his position.

As the saying goes if you can't stand the heat get out of the kitchen. Perhaps it is time for him to reconsider his position as CEO of the Yankalilla Council. This was a petulant act, one which is mirrored from someone like Donald Trump when things don't go his way.

D. Kaldor
Second Valley

Community Publication

As a relatively recent arrival (December 2015) I was surprised to find this vibrant and intelligent community publication, having moved from Port Elliot for family reasons. During my years in Port Elliot I was the local Councillor for eleven and a half years and as their representative had the privilege of filling the role your YRN plays over here.

What I learned as a Councillor was that the term Local Government is inaccurate, and I am reminded of a phrase Dostoevsky used in his book, Demons, to describe the role of bureaucracy. He said they are all in a state of 'administrative rapture'. In my view this applies to every level of administration. Dickens had a similar term, the Circumlocution Office.

As ratepayers we need to understand that Local Government is the ultimate cost-shifting exercise, one in which local Councils levy the most unpopular State tax we pay, which is the property rate to fund the State activities of roads and rubbish etc passed on to local communities. This tax is determined by the Valuer General, a State entity which is not locally

accountable. To camouflage the fact, this tax is rebranded as a locally democratic function we have elected Councillors with no real powers to do much more than distract attention from the main game.

As for the executive salaries, that is the basis for the rapture I mentioned earlier and I would have to assume our elected body have little input to the level of remuneration and even less of any power of veto.

On the other matter of freedom of speech and opinion I can only say that our Federal Constitution gives me the right to express my opinion, while that same freedom extends to anyone who listens or reads what I have said without any inferred obligation placed on the reader or listener to agree or take offence.

Taking offence is an individual and personal response, the responsibility for which rests solely with the individual respondent. We must take that same responsibility for all of our feelings be they love or hate. Do unto others before we speak or write is the best test in every interaction. As a reader or listener, being mindful of one's response and owning that response is a good way to start.

Alan Oliver
Normanville

Freedom Of The Press

The members of the Management Committee of the Yankalilla District Residents Association Inc., unanimously support the principal of freedom of the press.

We believe any attempt to censor, curtail or restrict such freedom puts our democratic processes at risk.

In these difficult times of social distancing and movement restrictions, it is even more important that "Our right to know" is in no way diminished.

In addition, as a result of discussion with Mr Nigel Morris, CEO, Yankalilla District Council, we are urging Council to record their meetings and Elected Members' forums so that community members can access, should they wish, the discussions held, and decisions reached by our Council.

The CEO has said that the capability to record these meetings is available.

Further, we would like to assure members of the YDRA, and the broader community, that communication channels to/with the Association are now well and truly open, as we seem to have ironed out "glitches" within our website/email system.

We also urge our members and members of the broader community to contact their Elected Members to put forward views/opinions about local issues, e.g. the proposals involving the Surf Life Saving Club, the Library, and what the council rates situation will be for the next financial year, particularly in view of the current Covid19 situation.

The Management Committee would also like to publicly acknowledge and thank the Yankalilla Community Op-Shop for its very kind grant to help establish our community group.

For general information and updates on Association news/proposed activities, please visit the website, Yankalilladra.org

To communicate with the Association, please email secretary@yankalilladra.org

The Management Committee of the YDRA.
Grant Pettigrew, Caroline Weatherstone, Richard Fairweather, Maureen McEwen, Des Gubbin, Alex Kuske, David Muirhead and Jenny Russell.

Free Speech

Thank you for providing such an informative and open communication to us in our community. Well done always.

I also wish to thank and congratulate a number of authors to your letters to the editor; Alex Anderson, Ruth Trigg, Winnie Pelz and Wayne Gibbs for their excellent contribution to ensuring we are kept abreast of the maladministration of our Council.

Not only does the Council hide from the truth, rarely take any notice of the view of ratepayers, fail to properly consult but add their contempt of us by wrongly cutting the regular update to us through the Yankalilla Regional News.

I, for one am happy to support your newspaper with an annual subscription to assist in the replacement of the Council's contribution.

Once again thank you Paul and these great letter writers.

Peter Vandepeer OAM

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Books & Words Group

The Books and Words Group aims to encourage readers, writers, and lovers of words to engage with activities aimed at exploring a range of literary events in supportive community environments. While we have had a series of events planned for this year, the COVID-19 crisis has blown these out of the water for us, a familiar tale for all of us at this time. While the future is uncertain, we just wanted to alert those interested to a number of issues:

Our "Autumn Haiku Dreaming" event at Yaityauwanga Sanctuary in Delamere on Sunday 29th March was cancelled but we hope to be able to organise this for later in the year.

Also cancelled is the presentation by Allison Reynolds (MA (Gastronomy), Culinary Historian (Culinaire), who was to explore the history of many favourite Australian foods (ANZAC biscuits spring to mind but she has written about many other crowd pleasers). Allison is a regular commentator on many aspects of food history and she has researched the social and food history of early Adelaide. We hope to be able to run this event at a later time, as well.

The only other event that we had locked in was Thursday 11 June, 2 to 4pm at the Centre- Colin Macdonald from U3A - Music of Fable and Fairy Tales. We will advise later whether this will go ahead.

As the future is so uncertain, the Committee has decided to waive membership fees for 2020. If you have already paid, this will be credited to 2021.

Please contact us if you have ideas for events or you wish to join the group. Enquiries about Books and Words Group events or becoming a member can be made by emailing booksandwordsgroup@gmail.com or by checking our website at <http://booksandwordsgroup.weebly.com/>. In particular, we are always interested in publishing

short articles or poems from Members and other interested people in our Newsletter, 'The Scribe'. Please stay safe during this unprecedented crisis. The Books and Words Committee wishes you and your family good health and happiness during this difficult time and I offer this poem.

The Virus

The virus spreads,
And panic starts,
Economies turn and tumble.

Our most vulnerable at risk,
But no one really safe,
Who would have thought this?

Apocalyptic future a common theme,
With the assumption of virulent plague,
And yet even low death rates smite us.

How fragile our new world is,
With most dependent on the status quo,
Any disruption can have devastating effects.

There is no going back,
Returning to the time before,
Our bed has been made and in it we sleep.

To me the message is clear,
Our lives must not depend,
On massive consumption and profit.

Growth must be constrained,
Limits placed on exploitation of others,
Socially responsible development and change.

Leadership is needed for this to happen,
Yet in so many countries this is lacking,
With eyes locked on profit and economics.

Within all of this people squabble,
So many not listening to others,
Merely repeating their long held mantras.

A world divided by 'isms'
Cannot lead us in a direction true,
Empathy for others is needed.

Where are the charismatic and genuine leaders,
Who will help us this corner turn?
In the far South and North it seems.

How can we import these values,
To make us embrace our similarities,
And give genuine respect to our differences.

20/3/20
Brian Matthews

b&w
words
GROUP

Late Letter

There's been a lot of discussion about Freedom of the Press recently with some suggesting that there hasn't been.

Definition of Freedom of the Press: the right to publish newspapers, magazines, and other printed matter without governmental restriction and subject only to the laws of libel, obscenity, sedition, etc. (Dictionary.com)

Did the YRN publish the March 2020 Edition with a double page of cartoons? Yes, on the website from Saturday 29th April to Monday 2nd March 2020. YRN was also printed with the double page of cartoons. The cartoons were by an anonymous person called K.

A local business owner expressed hurt and anger being named in one of the cartoons.

K responded expressing his regret and the page was removed from the printed version before it was distributed.

So no-one stopped or interfered with the publication of the YRN. Freedom of the Press continues.

If people take legal action regarding the content of the cartoons, that is their right under our democracy.

Pickering, Atchison, Leak et al had the where for all to publish under their name.

Cheryl Lush, Bald Hills

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Normanville Tennis Club

The end of the tennis season coincided with the onset of Australia's battle against COVID-19. The seniors (Open) finals were not completed but fortunately after a Special General Meeting of the Great Southern Tennis Association it was decided to allow the Juniors to play their Grand Finals. This was met with a huge sigh of relief from our club as we had 4 teams playing in 4 out of the 5 Grand Finals. This was the best result for any club in the Association with more teams represented in finals, Juniors or Opens.

Success at Normanville is measured in many ways not least of which is the continual improvement of the juniors during their time with us. We have made a concerted effort promoting tennis with the aid of the Tennis Australia endorsed Hot Shots program at a club level and our coach Leigh Howlett is a qualified coach of Hot Shots. We will be running (depending on COVID-19 restrictions) a Community Play Hot Shots course in Term 3 of school so please look out for this if you think your child might be interested. Leigh Howlett does a wonderful job with the Juniors and coaches every Thursday at our training nights assisted by Joel Pollich and when he is able, Matt Clayton.

We also had a team in the Orange Ball Competition which was very ably run this year by Courtney Burgess. Carnivals were held every 3-4 weeks mostly at Normanville but also Victor Harbor and Myponga and Courtney also made sure the Normanville kids played every Saturday at home as well. These children are enjoying learning about tennis in a casual environment and will go onto represent our club in the future. Our club is the envy of all others because of this pathway we have developed with the aid of Tennis SA and the dedication of Leigh Howlett and Courtney Burgess. Courtney also volunteered to implement "Get Your Racquet On" which is a program for adults under 40 to get out there and have a bit of fun learning to play tennis and having a few laughs along the way. Whilst it was slow to start, just as it was gaining some momentum, we needed to call a halt due to the COVID 19 restrictions. So, watch out for this in the future when we are once again allowed to go out and play!

Grand Final day saw us with our Division 1 Red team up against Victor Harbor and to be honest even though they had finished top of the ladder, on rankings we were probably the underdogs due to the fact Victor was fielding its full team now returned from injury. The boys put up a huge fight which quite frankly Victor didn't see coming and only went down by 1 game. I am sure this team will be back next year bigger and better and ready for glory. Well done to Bayley Clayton, Blake Rodrigues, Keni Lewis-Baida, Cameron Ker and Tyson Graves.

Division 2 Red managed to upset the top of the ladder Goolwa White in a tight match and brought home the Shield for Division 2. Well done to you all and is a fitting end to their Junior career for Nik Tyllis and Rachel Graves but Anika Wollaston and Chloe Krichauff will be back to try again next year.

Division 4 Red finished the minor round 27 points in front of No.2 Myponga-Selicks and this is how they took the Grand Final out by thrashing Mount Compass 6 sets to 0. This team will be a force to be reckoned with when they go up a division next season. Team members include Ella Watters, Sienna Rodrigues, Emmy Howlett, Banjo Baxter and Alex Munro.

Division 5 Red's Grand Final was deemed "Match of the Day" by Victor Times sport reporter Michael Simmons. The match against Pt Elliot ended as a draw so tiebreaks were played by both doubles. This was also a draw so each individuals points were tallied and Pt. Elliot won 12-9. Well done on an amazing effort to Kaylee Howes, Tyson Howes, Ebony Beecham, Cecilia Kilkenny-Jones and Ava Dauk.

Another victim of the COVID-19 restrictions was our Trophy presentation Day which was going to be held at the clubrooms on Grand Final day. We had so much to celebrate and we were obviously disappointed in not being able to do so. I will therefore list our Major Trophy winners below but also congratulate all of the kids regardless of whether you played in finals or not. Some of you came this year never having played before and hopefully enjoyed the experience and will come back next year.

Coralie Law has kindly donated a

Shield for the clubs' Top Boy and Top Girl which are the two players most consistent throughout the year in both their doubles and singles. This year we had a dead heat for Top Girl with Sienna Rodrigues of our Division 4 Red team and Cecilia Kilkenny-Jones of our Division 5 Red team being the winners. The Top Boy was awarded to Athol Wakely of the Division 1 White team. This is also Athol's third Top Boy Award and Sienna's second Top Girl Award! We also award the Most Consistent in each Division and this year's recipients were;

Division 1-Athol Wakely; **Division 2**-Nik Tyllis; **Division 3**-Sahara Furbank-Meyer **Division 4**-Sienna Rodrigues; **Division 5**-Cecilia Kilkenny-Jones

Each Saturday the teams have to award someone on the opposing team as "Best Sportsperson" This is for someone who conducts themselves with good manners and humility and is helpful to others both on their own team and the opposing side. The votes were tallied at season end and this year we also had a dead heat and the Best Sportsperson Awards went to Blake Rodrigues of Division 1 Red and Nik Tyllis of Division 2 Red. Well done to both you boys.

We also award our "50 gamers" as recognition of their pathway through their tennis career. This year we had 2 "50 Game" recipients; Aleesha Krichauff and Blake Rodrigues. And for the first time we have awarded 2 "100 game" medals to Chloe Howlett and Madi Munro. We hope you don't stop at a 100!

Lastly, we also have a special Trophy, the Glenda Oats Encouragement Award. This is donated each year by the Oats family in remembrance of Glenda who for many years played tennis for Normanville and was a great advocate of junior tennis. This year that award went to Banjo Baxter. Banjo came to our club for the first time 2 years ago and has consistently proved he is willing to work hard and strives at all times to improve. Banjo was a relative late comer to the game and didn't have the luxury of coming up through the Hot Shots and Orange Ball programs but he was thrown into the deep end and has proved his worth ever since. Great to have you in the club and hopefully will see many more successes in the future.

We train each week predominately on

Thursday nights and each week Graham Alexander has cooked a sausage sizzle for the hungry hordes, ably assisted by Matt Baxter. Many thanks also to Paul Bilney for donating the sausages for our "sizzle" each week. Also, to the Yankalilla Bakery for their never-ending supply of the very necessary bread to go with those sausages.

Our major fundraiser this year was a Quiz night which was held at the Yankalilla Bowling Club and many thanks to this association for letting us do so. We had a lot of fun on the night with many kids joining in and a very big thank-you to Rob French for MC'ing the night and coming up with all the questions. Also, a huge thank-you to all the following businesses/people who donated goods used for prizes and raffles

21 Junk Street, A Little Spice & All Things Nice, Caltex 77 South, Dunes Mini Golf, Echidna Wines, Fleuriu Fishing and Outdoors, FPAG, Maudie & Fox, Normanville Bakery, Normanville Kiosk & Café, Normanville Mite 10 Garden Centre, Normanville Newsagency, Raw Victor Harbor, Southbound Diner, Sportspower Victor Harbor, Tennis SA, The Range Restaurant at Mt.Compass, Tonya's Hair Designs, Yankalilla Foodland, Yankalilla Hotel, Yankalilla Landscape & Garden Centre, Yankalilla Post Office and Yankalilla Takeaway.

Also, to all of those parents who kindly donated goods.

These businesses need to be commended with the way they have supported our club and primarily it's junior members as sport is increasingly a much-needed part of all their lives not only for their health but it teaches so many other life lessons which will stay with them for years to come.

Funds raised will be going to create a child-safe zone at the clubrooms where younger siblings of club members can play safely whilst training continues.

Sonya Jensen (Junior Co-Ordinator/Secretary)

0417857223

Paula Krichauff (Treasurer)

0427882353

Alison Hamilton (Thursday Social Tennis Co-Ordinator)
0885582657



Div 1 Red (L-R) Bayley Clayton, Blake Rodrigues, Keni Lewis-Baida, Tyson Graves, Cameron Ker

Div 2 Red (L-R) Kerry Graves, Nik Tyllis, Anika Wollaston, Chloe Krichauff, Rachel Graves & Leigh Howlett (coach)

Div 4 Red (L-R) Ella Watters, Emmy Howlett, Banjo Baxter, Alex Munro, Sienna Rodrigues

Div 5 Red (L-R) Cecilia Kilkenny-Jones, Ava Dauk, Kaylee Howes, Ebony Beecham, Tyson Howes



Normanville Natural Resource Centre

Unfortunately due to Covid 19 we have cancelled all events planned until the end of May including all events during history month, bird watching field trips, social sewing, garden group outings, local walks and all nursery activities. The Resource centre is closed, if you need to contact me please email me at admin@nnrc.com.au or phone the centre on 8558 3644. I will be checking both emails and the answering machine regularly. We will continue to keep our members informed and all Environment Centre Coordinators are working together to provide online programs and other activities to keep you engaged, so stay tuned. We will be updating our Facebook page and website regularly and I will keep you informed of any interesting activities you can do at home. Please save your mobile phone, dental products, writing implements, cartridges, light weight aluminium and battery recycling until we reopen.

Things To Do At Home

While spending most of our time at home can be frustrating, it also gives us a great opportunity to be Birding-At-Home.

Over the next few weeks, Birds in Backyards invite you to take just 10 mins for yourself whenever you can. Get away from the TV and the news, make a cuppa and do a 10 minute bird count at home.

Other activities can be found at www.networkbirdlife.org/birding-at-home including an online bird finder, an autumn survey, keeping the kids chirpy, enjoy outstanding photography, read the amazing BirdLife Australia magazine and kick back and enjoy BIBY (Birds in Backyard) TV. Don't miss Sean Dooley's unique series of short episodes called Backyard Birding for beginners at <https://www.facebook.com/BirdLifeAustralia/videos/525859411447582/>



Plucky Plovers Holding On, With A Little Help From Their Friends

(NRM media release)

A decade-long effort to save one of our most threatened beach-nesting birds from extinction appears to be slowly paying off.

The preliminary results of this season's conservation efforts for Hooded Plovers on Fleurieu and Adelaide beaches reveals that 17 chicks this year have successfully fledged. This is the third highest number of plover chicks to have made it through to first flight for the past decade.

"This has been one of the better years for the birds on the Fleurieu, with only two less fledglings than the best year of all, in the 2015-16 breeding season" said Mr Tony Flaherty, Coast, and Marine Manager of Adelaide & Mt Lofty Ranges NRM Board.

Over the last few years, with the success of some breeding pairs on the Fleurieu, these 'Hoodies' from the south appear to be setting up territories on our metro beaches, like Hallett Cove, Sealcliff and this year even West Beach. The beaches with the highest breeding success this year include Ochre Cove, Basham's Beach, Sealcliff and Tunkalilla.

"The plover's road to recovery so far would not have been possible without the help of volunteers and local councils," said Mr Flaherty. "Our Hoodie volunteers regularly check the beaches, raise awareness with beach-goers and help identify when and where birds are nesting. They work with our Coastal team, BirdLife Australia and council staff to put up temporary signs and set up rope fences around nests to encourage beach-goers and their pets to give these feathered mums and dads some space."

Nationally, the Hooded Plover is threatened with extinction and is listed as vulnerable in South Australia under the National Parks and Wildlife Act. Each season the species suffers a high loss of eggs and chicks from storms and predation by other birds, such as magpies, birds of prey and gulls and foxes as well as disturbance from people and their dogs.

Mr Flaherty said research has shown that simply keeping dogs on a lead near nest sites will help chicks survive long enough to fledge and be able to fly away from danger. Dogs off lead move randomly and disturb the birds more, leaving them open to

predators, including the dogs themselves.

Not to be confused with the swooping Masked Lapwing or Spur-wing Plover, the Hooded Plover nests on the beach itself, above the high tide mark and in front of the base of the dune. This gives their chicks ready access to food such as insects, sandhoppers and other small critters they find in washed up seaweed and at the water's edge.

The Hooded Plover project is a collaboration between BirdLife Australia, the Adelaide and Mount Lofty Ranges Natural Resources Management Board, together with councils of Onkaparinga, Yankalilla, Victor Harbor, Alexandrina, Marion, Holdfast Bay and Charles Sturt and the Australian Government's National Landcare Program.

Mr Flaherty said that as the nesting season winds up, the Hoodies become less territorial and larger flocks of hoodies can be seen around the region. "Come August, the birds will pair up again. As the public learns to share the shores with plovers and more dog owners "take the lead" on the beach, we look forward to another good season ahead," he said.



Low-Waste Living For Dog Owners by Elise Catterall writing for Planet Ark

Being a dog-owner can sometimes make living an environmentally-friendly lifestyle significantly more difficult.

One of the upsides of being in lockdown is getting to spend so much time with our dogs. And they are so important to us right now; they are our reason for getting out into the sunshine every day, they are company for our newly socially isolated kids, they are a constant source of affection and companionship, and the one family member who wants less space, rather than more.

But, they are a major consumer. Being a big, active dog, we can go through food, beds, toys, poo bags - you name it - at an alarming rate. So addressing these things is an

important part of our effort to reduce waste as a household. As many of us are dog owners, I thought I'd share some of the tips I've learned and adopted to help us reduce our footprint - or paw print, as the case may be.

Food

Buy food in bulk. It is super easy to get bulk (eg 20kg) bags of pet food online and get them delivered. We do this and use the large bag to hold all our soft plastic waste, which all then gets taken to a REDcycle collection point.

As dogs usually have protein heavy diets, it is important to consider the impact of that. The wonderful people at Sustainable Jungle discussed the importance of using offcuts for dog meat, rather than prime cuts as using offcuts will divert often discarded pieces from landfill and prevent overproduction. They also make the important point of not overfeeding your dog, unnecessarily increasing meat demand overall. Veggie scraps are great to add to your dog's diet as well, just avoid the onion family. Homemade treats can be very low waste - again Pinterest is your friend for recipes.

Toys

Second hand, repurposed or homemade toys are the way to go. Check out charity shops or Freecycle. Rope toys are easy and inexpensive to make (again, use Pinterest). As long as it is safe and sturdy, it doesn't need to be brand new. Our dog has a penchant for soccer balls, but, as he likes them just as much flat as pumped up, we have taken to scavenging discarded balls at our local oval. Some of those finds have lasted years. For other toys, if you are buying new, make sure you buy to last. Some toys, like Kongs, are good because they will last for years.

Bedding

I know some people repurpose cot mattresses or large cushions, but we did invest in a new dog bed, and looked for one that was robust and sustainable. One Australian company uses recycled plastic drink bottles for all their filling, so it is good to shop around.

Make it last - mend any rips or tears in your bedding before they become something that can't be repaired.

Waste

For home, one of the best things I've seen is the Tumbleweed Pet Poo Worm Farm, which turns pet poo into fertiliser. I'm told you can also just dig a hole in the garden. For out and



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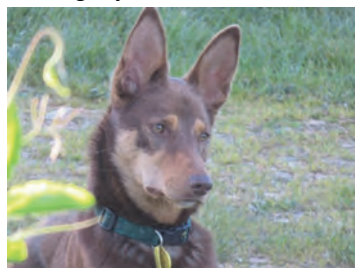
about, compostable bags are one of your best options, which are available throughout our council area.

Hygiene

It's hard to go past simple and eco friendly bar soap for low waste dog washing; medicated soap bars are also available online. Homemade breath fresheners are easy to make. You can compost nail clippings and fur – some also suggest leaving fur out for birds to use in nests.

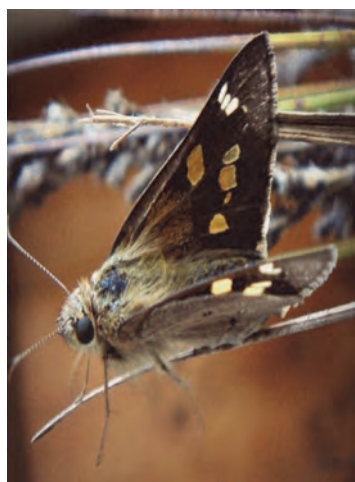
Accessories

For all the miscellaneous items you need for your dog – leads, collars, harnesses, food and water bowls and brushes seek second hand options but if you buy new, choose carefully, choose sustainable materials, and choose items made to last. For example, after, knocking over and breaking several ceramic food bowls, we realised stainless steel or bamboo was a better, long-lasting option. One last point to make. If/when your dog outgrows or no longer needs any items, ensure you complete the cycle by paying the item forward or donating to your local shelter.



Bringing Back A Butterfly Benefits Horticulturalists

Yellowish Sedge Skipper.
Credit: Alex Stolarski



Twenty years of effort to reinstate a long lost butterfly in Adelaide has paid off this month as hundreds of the rare insects are released at specially planted sites.

The hand-reared butterflies are being released at Washpool, near Aldinga Beach, and in the Salisbury wetlands, marking a high point in this long-term effort to tackle local extinctions, says Adelaide and Mt Lofty Ranges Natural Resources Management Board Coast and Marine Manager Tony Flaherty.

"We're very excited to be 're-wilding' the butterfly back into the Adelaide coast over the next few weeks with the help of volunteers," he said.

The Yellowish Sedge Skipper butterfly was last seen on the Adelaide Plains sometime around the late 1980s, as habitat loss and widespread use of insecticides saw it disappear from its coastal wetland habitats.

Two decades of work by local councils at Adelaide Plains, Playford, Salisbury and Onkaparinga with the board have prepared the way for releasing the butterflies back into the wild.

He said the need to conserve insects and other less obvious or charismatic species is sometimes overlooked but they are just as vital for our environment as other species.

"The butterfly relies on a plant, a sedge called Thatching Grass *Gahnia filum*, which was extensively cleared from Adelaide's coastal plains."

Establishing sedgeland also has direct benefits to horticulturalists. Thatching Grass sedgelands host native predatory and parasitic insects such as the Eulophid and Scelionidae Wasps that target the Western Flower Thrip. This thrip costs local growers dearly by damaging crops and transmitting the Tomato Spotted Wilt Virus.

A study revealed that these predatory and parasitic insects can be used as a biocontrol agent that have no known negative impact on crops, and that Thatching Grass is not attractive for the thrip to seek refuge like weed species are. Horticulturalists that adopt Thatching Grass around their enterprises as part of an integrated pest management solution could save a great deal of money.

"To secure the future survival of this butterfly species, more sedgeland habitat will need to be established and more reintroductions will need to be made over the next few years," Tony said.

The Yellowish Sedge Skipper project

began in 2000 by the South Australian Urban Forest Biodiversity Program, and a recovery plan developed. Efforts were reinvigorated from 2012 with additional Australian Government and NRM board funding to restore coastal butterfly habitats in the region.

Reproduced from the Adelaide & Mt Lofty NRM Board Regional Landcare News.

Weed Of The Month brought to you by Cape Jervis Coastal Community Group Scented Goosefoot (*Dysphania multifida*)

(Photo: C. Schultz; Ground cover, close-up of growing tips, underneath the plant are flowers and seeds)

Over the years we have looked at several of the weedy, salt tolerant group of chenopods commonly referred to as goosefoot. This one, often found on disturbed sites, is an introduced perennial herb. Here, 'herb' refers to plants without woody stems, rather than just those nice smelly plants you use in cooking! Around Cape Jervis, the scented goosefoot is fairly prostrate, though it can grow to about 1m tall. There is quite a lot of variation in leaf size too, as well as plant height. Leaves can be anywhere from 1cm to 6cm long, though they are quite narrow in comparison. They are placed alternately along the stems, and if you squish some, it could smell of turpentine (hence scented, though not a nice scent). Leaves are heavily lobed. If you look on the back of the leaves, you might notice some spots of resin or yellow hairs. The plant flowers all year, with flowers occurring in spike-like clusters of 3-5. Each individual flower in the cluster has 3-5 petals fused together almost to their tips. Seeds are glossy, and reddish brown. In spring, young branches will be hairy.

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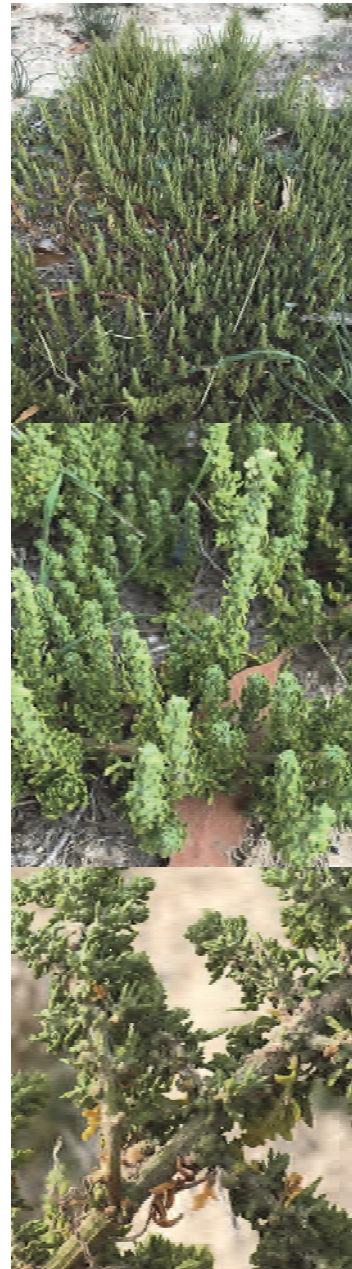
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Wendy White - Coordinator
Ph 8558 3644

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Liz's Home Made Hand Sanitiser Recipe



Hand sanitisers are virtually impossible to buy, so I have compiled this recipe from ingredients which are easily obtainable.

Ingredients

Aloe Vera gel (local pharmacy) - one fifth by volume

Methylated spirits - four fifths by volume

Teatree oil - six drops

Mix together by shaking in a spray container with the nozzle closed. The gel will take about a day to dissolve. Keep the lid tight, and the nozzle closed between applications. The resultant alcohol concentration is 80% which has been proven to kill bacteria and viruses.

Note

Methylated spirits is mostly ethanol

with some methanol added to make it undrinkable. These have smaller molecules than isopropanol which is used in commercial hand sanitisers for the very reason that it stays on the hands longer to do its job before evaporating. However, isopropanol is also hard to get if not impossible to source at this time. So we are left with the more volatile alcohols, ethanol and methanol, and you may have to use a bit more with each application. However, the presence of the Aloe Vera gel will slow down the evaporation somewhat as well as reducing the drying effect of the alcohol on the hands.

For dry hands, use some hand cream with a few drops of teatree oil mixed in.

Methanol is toxic if ingested, but it



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Yankalilla and Districts Community Men's Shed

At the time of writing, the Men's Shed is closed due to the coronavirus, and the effect it is having all over the world. The Shed closed on the 17th March and remains closed until further notice. Our sincere apologies to anyone who is awaiting the completion of a job, but we are sure you understand the circumstances. If you have any queries, please contact Phil Morecroft on the number below. The Committee hopes everyone will stay safe during this pandemic. Remember good personal hygiene, social distancing, and to follow the rules and advice set down by the authorities. Please check on your fellow members by phone

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or internet, and if anyone is doing it tough, in missing the shed, the Committee or other members are only a phone call away. Enquiries concerning the Men's Shed may be directed to Phil Morecroft on mobile **0417 300 901** or by email to yankalilla@mensshed.org.



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Yankalilla Men's Probus

Meetings normally held on the first Tuesday of each month have been curtailed until further notice in accordance with existing restrictions. Members will be advised when the next meeting is scheduled. Any enquiries by members or intending members please contact me.
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HEALTH NEWS

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A short, 10-minute brisk walk can increase mental alertness, energy and positive mood states. Exercise has been shown to improve self-esteem, reduce stress and anxiety.

Any type of exercise is better than nothing for your mental health, find something that you enjoy! This can be as simple as walking or running outside (just remember to practice social distancing), or even finding a home-workout to do.

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Artworks Gallery Kangaroo Island Closed

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Please stay safe and stay home. And while you are
there, get inspiration from galleries around the
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while they are closed.

[Art Gallery of South Australia](#)

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[National Gallery of Victoria](#)

[Uffizi Gallery, Florence](#)

[Tate Modern, London](#)

[Museum of Modern Art, New York](#) (with [Art-](#)
[making activities families can do at home](#))

And many, many more. Find your favourite gallery
online or on Instagram to help keep art in your life.

Entry forms for the Kangaroo Island Art Exhibition
in September (fingers crossed) can be found the
[Artworks KI website](#)

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New Terry Hotel & Golf Resort, Wirrina Cove.
Ph:85982400.

SELICKS BEACH

Selicks Beach Post Office, Esplanade. Ph: 85563020.

VICTOR HARBOR

Avondale Deli, 25 Ocean St. Ph: 85521058.
Harbor View Deli, 2/36 Port Elliot Rd. Ph: 85523334.
Harbour Bakery, 72 Victoria St. Ph: 85525455.
Fleurieu FM (89.3 or 94.7) 18 Seaview Rd. Ph:85525655

YANKALILLA

Book Exchange & 2nd Hand Goods, 92 Main St,
Ph:85582835.
Caltex Normanville, 216 Main South Rd. Ph: 83275970
Gallery 88, 88 Main St.
Yankalilla Bakery, 102 Main St. Ph: 85583413.
Yankalilla Library, The Centre, Ph:85582043.
Yankalilla Family Pharmacy, 107 Main South Rd. Ph 8558
3254.
Yankalilla Foodland IGA, 106-108 Main South Rd. Ph
8558 3074.
Yankalilla Landscape & Gardening Centre, 184 Main Rd.
Ph: 85582461.
Yankalilla Post Office, 98A Main South Rd. Ph: 85582020.
Yankalilla Take Away, Main Rd. Ph: 8558 4158.
Yankalilla Trading Store, 87 Main Rd. Ph: 8558 3804.
Yankalilla Visitor Centre, Main South Rd. Ph:85580240.
**NOTE: Some of these outlets are currently closed due
to Covid19 regulations.**

Yankalilla District Church Contact List. Services currently suspended due to Covid19

South West Fleurieu Uniting Church
Church Office 8558 4077

St. Peters Catholic Church
Willis Drive, Normanville. Marg Flynn 8558 3255

**Anglican Pastoral District of Delamere &
Yankalilla**

Fr Brenton Dick: 0417 831 880
Peter Filsell: 0427 534 095

Yankalilla Community Church
Pastor Josh Pitman: 0408 080 822

Yankalilla Lutheran Fellowship
Mike Cotton: 0416 069 337

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Early Delamere settler credited with devising rust-proof wheat

Born in 1837, Daniel Leak, aged 16, was one of five children of William Leak (46) and his wife Martha (nee Wiseman, 42), from Yorkshire, who arrived at Port Adelaide aboard the 870-ton government ship *Magdalena* on 25 August 1853, having left Southampton on 23 May. Daniel's other siblings were Sarah (his twin sister), Charles (aged 18, a joiner), Martha (aged 14) and Emma (12). Sisters Martha and Sarah were both listed as domestic servants.

In 1855, the family moved to Yankalilla. Although listed on the ship's passenger manifest as a sailor/gardener, apparently William practised as a tailor (Williams, 1991). He also farmed on Section 1167 Yankalilla, south of the Bungala River, on Bethel Road. However, William died just three years later, in 1858, and was buried in the Wesleyan Church Cemetery at Normanville.

Of William and Martha's children who remained in the district, Martha married John J Christmas, who farmed at Yankalilla (Section 1040). He apparently also took over the farming operation on Section 1167. However, by 1870, the family moved to Kadina where John had become interested in mining. Martha and John had three children, the eldest Ernest William, born in 1862, became an artist of renown and travelled extensively; he

became a member of the Royal Society of British Artists and his works were distributed throughout Australia and New Zealand. Emma married John Illman in the Normanville Wesleyan Church in 1859 and lived at Delamere until moving to Adelaide in 1873. Daniel married Maria Susannah, daughter of George Mills of Willunga, and farmed at Glenburn (Delamere).

The national wheat harvest of 1888-89 was disastrous due to an outbreak of rust which cost the wheat industry more than £2 million in lost production. According to Williams (1991), Daniel observed that an odd plant was free from rust when the majority of a crop of Tuscan wheat was badly infected. The ripened heads of these plants were collected, the best grains selected and reproduced and, by tedious selection over a long period, in which the whole family was involved, grain was separated and reproduced to provide seed for a specific strain of wheat. Daniel Leak exhibited his wheat at the Adelaide Show in 1892.

This preceded the breeding of wheat undertaken by leading agronomist William Farrer, who experimented with crossbreeds of wheat to come up with the 'Federation' variety which began being distributed from 1903. Writing in the *Australasian* of 30 January 1892, Farrer said:

'Another excellent variety that is available is also of South Australian origin. Its name is Leak's Wheat (Leak's Rust-proof) and it is about four days later than Steinwedel. My researches of it appear to indicate that Leak's is, of all the very early sorts, the least liable to the more serious form of rust, Puccinia graminis. Leak's Wheat holds its grain as well as does any variety I know, and I would certainly recommend farmers to give it a trial.'

Seed from this strain was used extensively for hay and a small amount was still being planted in the 1980s.

The nine children of Daniel and Maria Leak – Annie, Edwin, William, Elsie, James, Charles, Frederick, Frances and Gertrude – all attended the

Delamere School. Maria died at Delamere on 6 November 1909, aged 69, and was buried at Bullaparinga Cemetery, Stockyard Hill Road, Delamere. Daniel died on 9 August 1919, aged 68, and is buried with his wife.

– Lorraine Day



The Yankalilla & District Historical Society Inc. normally meets on the second Monday of the months of September, October, November, February, March at 8pm at the Council Chambers. However, due to Covid-19 guidelines, there will be no meetings until further notice.

Note: Williams (1991) refers to the book *'To Find The Way'* by R.F. Williams.

Left: Daniel Leak at his Adelaide Show exhibit, 1892
Above: Daniel Leak (1837-1919) Bullaparinga Cemetery



Heritage Fleurieu Coast

As you no doubt know, due to the coronavirus, the History Trust has cancelled the 2020 History Festival, which means that the Heritage Fleurieu Coast Festival is also cancelled. The committee has decided not to postpone the Festival or hold it in 2021. We will wait until 2022.

However, there were 50 events planned and some of them will trickle into the district quietly while the restrictions are in place and more once the

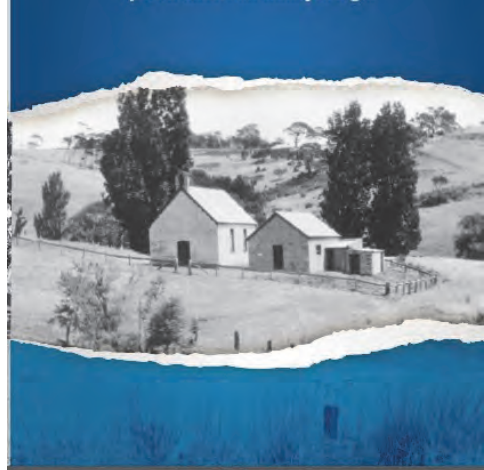
restrictions are lifted, so look out for heritage themed surprises in your area. There are new plaques planned for some places, like on the Second Valley Heritage Trail. You could go for a walk and enjoy the trail while looking out for the new plaques. The Delamere flagpole project is also going ahead and while you are passing, drop into the Delamere Store, not for toilet rolls but to buy a copy of the new release from the Historical Society, **Tour of Old Delamere and Bullaparinga**. The book will also be available from the Yankalilla Visitor Centre when it re-opens.

Some events may be held as part of the Festival Fleurieu in 2021 or as part of the 2021 History Festival, but that will be the decision of the event organisers. We are very sorry that the Festival could not go ahead, as we had a wonderful program organised. Some of these events will be held over until 2022. The committee of HFC would like to thank the community very much for your support and hard work over the past few months, and we hope that you keep safe over the next few months. For more updates check the Facebook page: **heritage fleurieu coast festival 2020**



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Also, in line with all public libraries in South Australia being closed until further notice, the Yankalilla and District Historical Society will be unable to continue the weekly sessions at Yankalilla Library to assist with local and family history but will still be available by email yank.hist.soc@gmail.com

Sue Speck

Heritage Fleurieu Coast Festival Committee

Far left: Book cover

Left: Old Rapid Bay Council Chambers at Delamere

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