

Aldinga Bay's  
**Coastal Views**  
proudly brought to the community since 1977 by the Aldinga Bay Residents Association



Coastal Views 500<sup>th</sup> Edition Art Prize Competition Winner. Fully story page 6.

Bridie 11 Years Old - Aldinga Primary School.

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## FROM THE EDITOR

Our 500th issue, Wow! It has been interesting checking on ABRA' S history (page 26) including excerpts from the minutes. ABRA Early Facts 1977 (page 5) and a photo of the 400<sup>th</sup> edition (also on page 5).

\* The first cover with a colour photo November 2008, including photos of local events.

\* March 2009 almost folded due to insufficient members, fortunately at the AGM 5 new members joined to fill the vacancies.

\* This unfortunately has occurred several times over the years.

If you have any suggestions or information, you would like considered for future magazines, please send email to:

[coastalviews@abra.org.au](mailto:coastalviews@abra.org.au)

Become a member of ABRA by completing the membership form on page 4 or contact us by email via:

[secretary@abra.org.au](mailto:secretary@abra.org.au)

If you would like to advertise or submit an article for consideration in future issues please submit by July 15<sup>th</sup>, for the August issue (#501), September 20<sup>th</sup> for the October issue (#502) and November 22<sup>nd</sup> for the December issue (#503) to:

[coastalviews@abra.org.au](mailto:coastalviews@abra.org.au)

Dean Rowe, Editor

A reminder, when you visit, or purchase an item or a service, from one of the businesses please mention you saw their advertisement in Coastal Views, it encourages them to continue advertising and you are supporting local businesses. Contact Dean at [coastalviews@abra.org.au](mailto:coastalviews@abra.org.au)

### NEXT ABRA PUBLIC MEETING

**WHEN: MONDAY 17<sup>TH</sup> JUNE 2024, 7:00 PM**

**WHERE: SELICKS BEACH COMMUNITY HALL, WILLIAM EATTS RESERVE, RIVIERA ROAD, SELICKS BEACH SA 5174**

**TOPIC: JUSTS ROAD DEVELOPMENT (SPEAKER CAMILLA JOLLY) AND BUTTON ROAD (SPEAKER TBC)**

**OTHER SPEAKERS: COUNCILLORS PAUL YEOMANS AND LAUREN JEW**

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Keeping in touch with local events and information  
In Aldinga - Port Willunga- Sellicks & Willunga

- Annual membership: \$10
- Concession \$5
- Family membership \$20

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*By signing this application I agree to be bound by the rules of the Association*

Current advertising rates (per edition) are:

	Width*	Height*	Price
Full Page	19 cm	27 cm	\$220
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## CONTACT US

Email: [coastalviews@abra.org.au](mailto:coastalviews@abra.org.au)

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## DISCLAIMER

The views and opinions expressed in this publication are those of the author(s) and do not necessarily reflect the views, opinions or position of the editor, editorial team, or ABRA Committee.



## Aldinga Bay Residents Association Public Meeting Schedule 2024

- June - Monday 17th
- July - Monday 15th
- August - Monday 19th
- September - Monday 16th **AGM**
- October - Monday 21st
- November - Monday 18th
- No meetings in December or January 2025
- Subjects to be advised via posters,  
ABRA facebook & webpages

Coastal Views is a Community Publication of the Aldinga Bay Residents Association (ABRA).

ABRA Committee: Tracey Atkinson, Anne Chittleborough, Anne Cross, Bob Evans, Mic Johns, Karyn Jowett, Dean Rowe.  
Coastal Views Editorial Members: Dean Rowe (Editor), Karyn Jowett. Layout: Jan Jasiewicz.



## Aldinga Bay Residents Association Some early facts from 1977

A formation meeting was held on 11<sup>th</sup> May 1977 which agreed to set up a Residents/Ratepayers Association and a steering committee was set up to draft a constitution under the chairmanship of Don Richards. Approximately 106 local residents attended the meeting.

The Aldinga Bay Residents Association was inaugurated on 8<sup>th</sup> June 1977 accepting the Constitution presented by the steering committee, based on a constitution in use by St Peter's Ratepayers Association, Don Richards was elected President, Leigh Jennings was elected Secretary/Public Officer and a total of 13 committee members were elected.

Don Richards resigned due to work commitments in Sept 1977 and was replaced by election of Peter McArthur.

The Association was incorporated in December 1977 & officially incorporated on 12<sup>th</sup> January 1978 (Incorporation No A5658) after applying in December 1977.

## Items acted upon in the first 12 months:

- Public library service (successful establishment of a Mobile Library)
- Surf Life Saving/First Aid Post for Aldinga Beach feasibility study and initial negotiations undertaken (Aldinga Bay SLSA affiliated 14<sup>th</sup> March 1978)
- Commenced printing "Coastal Views."
- Lobbied for fencing of Aldinga Scrub and Water Reserve sand hills (Silver Sands) to eradicate trail bike and other vehicle damage. (Successful)
- Objected to proposed bottle shop to be established within the area. (unsuccessfully – this action by the Environment Subcommittee led to internal problems within the organization, which took some time to sort out and delayed Incorporation)
- Commenced petition and negotiations for shop/bus service to Reynella. (Successfully achieved following year – May 1978 @ 50c return.
- Lobbied for additional street lighting.

- Lobbied District Council of Willunga for replacement of tyre steps to beach. (Successful)
- Lobbied various Government Departments for more public telephone boxes.
- Initiated hard rubbish collection in the area through negotiation with Willunga Council.
- Started process, which eventually led to residents having car stickers to give free access to the beach and free access to dump.
- Brought to attention of Willunga Council the dangers to children near boats on the beach leading to a defined boat launching area north Aldinga Beach ramp.
- Commenced planning for tree distribution for planting in the area.
- Supported efforts to retain "green Belt" between Port Willunga and Maslins along cliff tops and avoid further subdivisions in that area.
- Lobbied for more bicycle tracks in the area.
- Moved to support re-establishment of scrub lagoon.
- Action for greater police presence for speeding drivers etc.
- Introduced change in Constitution preventing Husband & Wife from being on Executive or the same sub-committee.
- Coastal Views copies from 1977 to were bound and stored at Aldinga Library.
- Below is the cover of the 400<sup>th</sup> issue.



# COASTAL VIEWS 500<sup>TH</sup> EDITION ART PRIZE



Art Prize Winner 1<sup>st</sup> Place - Bridie

Students of Year 6 at **Aldinga Primary School** were invited to design a cover image for the 500th Edition of Coastal Views.

First, Second, and Third prize winners were awarded vouchers from Clipboard Office and Art Supplies at Morphett Vale.

**Thank you to Clipboard Office and Art Supplies, Morphett Vale for their support. Please see ad. on page 28.**

There were many creative entries that used a variety of mixed media including collage, pastel, paperbark, shells, paint, and glue.

The judges were local artists Chris Olsen and Donna Chess who said. "Thanks to the teacher and students for their beautiful artwork, reflecting our lovely community and Aldinga Bay."

The prize winners were as follows:

**First prize \$70:** Bridie (Front Cover Page)

*"Bold use of colours, with blending of colours done well. The variety of elements were well-balanced"*

**Second Prize \$50:** Evie

*"Interesting and creative colour choices and use of collage media."*

**Third prize \$30:** Mila

*"Original design it makes us think of a tidal pool."*

There were so many excellent and compelling submissions we have decided some other worthwhile entries may be included in later editions of Coastal Views, with the student's permission.

Editor  
Dean Rowe



2<sup>nd</sup> Place - Evie 11 Years Old



3<sup>rd</sup> Place - Mila 11 Years Old



## Aldinga Sports Park

The first stage of a major long-term vision to redevelop Aldinga Sports Park is now complete following the official opening of the latest new and upgraded facilities.



## ANZAC DAY

The inaugural ANZAC Day Dawn Service at the Aldinga War Memorial brought so many together. Over 1,000 people gathered in the early morning to honour the sacrifices of Australian and New Zealand service members. The ceremony was marked by reflections, wreath-laying and involvement from many local clubs, education sites, churches, and community organisations, which added a profound sense of respect and remembrance.



Following the service, the Aldinga Football Club hosted a fantastic BBQ breakfast. The smell of sizzling sausages and bacon filled the air, as people enjoyed a meal together. The traditional game of 2-up, a time-honored ANZAC Day tradition, was played, bringing joy and laughter to many. Community collaboration sat at the heart of the service and could not have happened without so many who helped to organise the day. Thank you to everyone who joined together to honour and reflect on the sacrifice of so many.



**Lauren Jew**  
Elected Member  
South Coast Ward  
Ph. 0468 859 128

[www.onkaparingacity.com](http://www.onkaparingacity.com)

Representatives from local sporting clubs, the community and all levels of government came together at the sports park on Friday 12<sup>th</sup> April 2024 to celebrate the official opening with the sports park's completed elements including:

- new irrigated turf senior-sized soccer pitch,
- new hockey building including a canteen/bar, toilets and medical room/office,
- new soccer clubroom with kitchen, canteen/bar, medical room/office, two unisex changerooms, function room and associated toilets,
- an upgraded access road and a new sealed car park,
- site services upgrades including sewer, electrical, potable water, and irrigation,
- sports lights for hockey, bowls, and croquet, upgraded irrigation for bowls and croquet clubs,
- construction of fully enclosed cricket nets
- the relocation of equestrian facilities
- six upgraded netball courts
- a new drinking fountain and pathway connections at netball
- two new and two upgraded unisex football/cricket changerooms and new public toilets.



One of the next elements to be completed later in 2024 as part of the long-term master plan is a new skate park.

Councillor, Paul Yeomans

[paul.yeomans@onkaparinga.sa.gov.au](mailto:paul.yeomans@onkaparinga.sa.gov.au)

# MESSAGE FROM THE MAYOR

## Coastal Views in City of Onkaparinga



### One, Two, Tree

Everyday people are working towards a greener and fairer future for our planet. Each generation has its part to play, and I was thrilled to launch on Earth Day (22 April) a new partnership in the City of Onkaparinga with One Tree Per Child.

I have been encouraging community members to give trees as presents this year - birthdays, anniversaries, thank you gifts. We can all plant a tree or shrub in our homes, at our place of work, in our business or at school.

Urban heat and canopy mapping shows that we have areas across our region that contain little natural shade for cooling or habitat for native critters. With a massive 74 per cent of Onkaparinga being privately owned land (that council has no control over), you can see why it's so important that we encourage everyone to get planting!

One Tree Per Child, a not-for-profit founded by Olivia Newton-John and Jon Dee, with the aim to inspire every child to plant at least one tree before they finish school. I want us to be more ambitious and would love every child in Onkaparinga to plant one tree a year for every year they are at school.

This global program has already made a big impact, with hundreds of thousands of trees planted across 10 countries! We're thrilled to be the first SA council to partner with One Tree Per Child, Green Adelaide, Arborgreen, and Trees For Life in order to bring the One Tree Per Child Onkaparinga campaign to our community

I would like to invite you and your family to our Community Tree Giveaway event at the **Seaford Community Centre on Sunday 2 June from 2:00pm – 4:30pm**. This year our tree giveaway is going to focus on trees that the yellow-tailed black cockatoo loves.

***Please note that Costal Views will be published after June, 2<sup>nd</sup>. (Ed.)***

Through our partnership. We're giving away 1000 free trees and shrubs - with a range of species to suit all gardens, no matter the size! Just bring some proof that you live in City of Onkaparinga so we can put your tree on our virtual map.

Loads more information about this program and how to get involved can be found <https://www.onkaparingacity.com/Services/Environment-and-sustainability/Trees/One-Tree-Per-Child-Onkaparinga#what>

Moira Were AM

Mayor, City of Onkaparing



# Rebekha Sharkie MP

Federal Member for Mayo

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## Adelaide Hills Office

Unit 3, Barker Plaza,  
22-28 Hutchinson Street  
Mount Barker, 5251  
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## South Coast Office

26 Hindmarsh Road  
McCracken, 5211

Tuesday & Thursday  
9.30am - 4.30pm

**We're here  
to help**



Authorised by Rebekha Sharkie.  
Unit 3, Barker Plaza, 22-28 Hutchinson St, Mount Barker, SA, 5251



# ALDINGA COMMUNITY GARDEN

**Opening times: 9–12 on Mondays, Wednesdays, and Fridays (or by appointment).**

**Address: 7 Stewart Avenue, Aldinga Beach. Next to the Aldinga Community Centre.**

Calling all green thumbs and nature lovers – the Aldinga Community Centre Community Garden is looking for new volunteers who can help contribute to an ever-growing green space! The hardworking volunteers who run the garden grow a variety of plants and fresh produce, such as tomatoes, zucchinis, pumpkins, strawberries and pears and they also help to maintain the vibrant ecosystem of bees and other insects that call the garden home.



The team welcomes any potential volunteers who would like to make a difference in their community, are interested in learning about or are passionate about gardening and would like to meet other like-minded people.

If you're not able to commit to volunteering on a regular basis, the community garden accepts any participants who would like to come by during opening hours and give a helping hand whenever it suits you. Simply sign in when you arrive, fill in a participant form on your first visit and ask the volunteers how you can help.

Not the sort to get your hands dirty? The community garden is open to all visitors, who are welcome to look, touch and smell the plants and produce, walk around or even practice mindfulness amongst the chirping of birds. Any families who would like to use the children's play space situated in the garden or have children and young people who are interested in gardening themselves, are encouraged to come and visit the garden.

The fresh produce grown in the garden can also be purchased at the Aldinga Community Center.



As part of Council's 'Suburb Improvement Program', Council is proposing to plant 2630 street trees at various locations within Aldinga Beach between May and the end of October 2024. Letters to residents of these streets are being delivered. Signage will also be placed in areas advising residents that street tree planting is occurring at least two weeks prior to planting.

Submitted by Lauren Jew & Paul Yoemans - Southcoast Councillors.

# Exercising for Endometriosis



Endometriosis is a condition where endometrial or abnormal tissue begins to grow outside or around the uterus and pelvis. It can present very differently between individuals and cause a range of symptoms including inflammation, pelvic pain, cramping, infertility, bloating and much more. Whilst there is no cure for endometriosis, surgery and exercise can help to manage the symptoms.

## Why exercise is recommended?

- ✓ Improving related fatigue and sleep quality
- ✓ Increasing energy and motivation
- ✓ Reducing some gastrointestinal symptoms
- ✓ Strengthening your pelvic floor
- ✓ Reducing joint, muscle, back and some pelvic pain
- ✓ Improving pelvic tightness
- ✓ Reducing endometriosis related stress
- ✓ Increasing inflammation fighter cells to reduce pelvic inflammation
- ✓ Decreasing oestrogen levels
- ✓ Helping emotional wellbeing and self-confidence



## How do I start?

It is important that the exercise is something that you enjoy and doesn't exacerbate your pain or symptoms. Qualified health professionals, such as exercise physiologists, can modify your exercise habits appropriately.

If you are wanting to return to exercise or movement following surgery, start for the first time, or return from an extended break, it is important to take things slow and pace yourself. Exercising with endometriosis may also mean that your exercise or movement may look different week to week depending on your symptoms and cycle (if you have one). Knowing when to listen to your body and opt for gentle movement, and then understanding when you may be able to push yourself a bit further without exacerbating symptoms can take time. Seek support and don't give up!

Want to learn more even about endometriosis and exercise?

Call us on **0423 085 884**, visit our **website**, or send an email through to **admin@fleurieuep.com.au**.

# CHOOK'S LITTLE WINERY TOURS



## JUDITH'S LEGACY GETS A LIFT THANKS TO CHOOK'S LITTLE WINERY TOURS.



Kerry and Chook McCoy holding the banner.

Photo - Atkins Photography

Chook's Little Winery Tours are sponsors at the Strathalbyn Races, a touching tribute to Chook's Dad Coy who loved the races. At the April meet a race had been named after his Dad, Coy. Chook took a group from the Alma Hotel in March, and a group of friends in April, where winning bets from Bet R's credit and friends and the revenue from the bus tours, donating \$1,750.00 to Judith's Legacy's for Ovarian Cancer Research.

I Thank, Chook, Kerry, Andrew and the all the people who went on these two tours to the Strathalbyn Races.

Dean.



Coy McCoy



Coy McCoy with a Beer and Chook McCoy with a Glass of Wine

# MAIN SOUTH ROAD UPGRADE UPDATES

## What is happening -

Removal of the southbound overtaking lane between Old Coach Road, Aldinga and Sellicks Beach Road, Sellicks Beach.

## During May and June we will be undertaking the following -

### A) Site Establishment and Management:

Preparing the site by clearing it, doing necessary earthworks, removing vegetation, surveying the area, setting up utilities, installing drainage systems, creating access points, and maintaining cleanliness by sweeping and watering, especially in dry and windy conditions.

### B) Asphalt work:

Road repairs, laying asphalt and line marking; Speed and lane restrictions will apply throughout the project area.

## How this affects you:

Some noise and light spill can be expected, but we'll try to keep these disturbances to a minimum. Please follow traffic management directions while work is in progress.

In addition, we will contact you if the work directly impacts your property. Detour information will be provided on VMS boards in your local area and on the website:

[www.fcalliance.com.au](http://www.fcalliance.com.au).

Weather conditions may affect our progress.

## Servicing the Southern Suburbs & Fleurieu Region



☎ 8556 6260 📍 72 How Rd, Aldinga Beach  
🌐 [aldingalandscape.com.au](http://aldingalandscape.com.au)



☎ 8382 6260 📍 32 Gates Rd, Hackham  
🌐 [hackhamlandscape.com.au](http://hackhamlandscape.com.au)

The Planning Study Report is now in the final stages, with potential sites, estimated construction costs and possible management models now being explored. While it will take a little longer than expected, we are optimistic it will be done by July 2024. Once the report is complete it will be reviewed by the government before being signed off. Until then the contents of the report remain confidential.

Thank you to everyone who came along to the ABRA Public Meeting on 20th May at Aldinga Community Centre. We updated the audience on the campaign's history, survey results, and the planning study process, and what we are asking for from the government.

You may have read in the Draft Onkaparinga Council Budget for 2024/2025 that \$1.5 M has been allocated for Noarlunga Regional Aquatic Centre. Unfortunately, this amount will only cover important remedial work, with no change in Council's short-term plans for upgrading or replacing that facility, nor plans for a facility at Aldinga.

The Planning Study Report will confirm that there is a need and population to support a pool in Aldinga, in addition to facilities at Noarlunga. So we continue to advocate for land to be set aside now, before it is too late.

It is really not good enough that the largest Council area has just one run-down pool with limited services, while new aquatic facilities are close to completion in other high growth areas such as Salisbury and Mt Barker.

To read updates, please 'like' and 'follow' our facebook page 'Aquatic Centre Aldinga Bay Action Group', check out instagram, or email us at [aquaticcentrealdinga@gmail.com](mailto:aquaticcentrealdinga@gmail.com).

Once again, thank you to ABRA and everyone who supports the campaign, from Tracey, Karen, and Anne.

For more information:

Inside Edge Sport and Leisure Planning:  
[www.IESLP.com.au](http://www.IESLP.com.au)

Office of Recreation Sport and Racing:  
[www.orstr.sa.gov.au](http://www.orstr.sa.gov.au)

Design Inc Architects, Adelaide:  
[//designinc.com.au](http://designinc.com.au)>

Story: Tracey Atkinson



Left to Right Karen Lever Anne Cross, Tracey Atkinson.

Photo Jan Jasiewicz

## ABRA'S SEAFORD BUNNINGS SAUSAGE SIZZLE

ABRA's fundraising Sausage Sizzle at Bunnings on Sunday 21st April 2024, raising \$1,220.44 for the purpose of improving ABRA's website. We appreciated the assistance of Ian Renshaw, Dean's friend, and Treasurer Tracey Atkinson's sister Stephanie Walters.



Dean Rowe and Tracey Atkinson waiting for customers.

Thank you, Dean, for allowing us to use all of Judith's Legacy's BBQ equipment. The sausages were, as always, a winner!



Anne Chittleborough opening for business.

### Thank you to Fentons Conveyancing and Bendigo Bank



fentons conveyancing

Left to Right: Tracey Atkinson (ABRA ), Ben McDonald (Fentons Conveyancing), Dean Rowe (ABRA & Coastal Views).

ABRA was fortunate to receive grants from both Fentons Conveyancing, Christies Beach (\$500) and Bendigo Bank Fleurieu Community Enterprises Investment fund (\$500) towards publication of this 500th edition of Coastal Views.

ABRA used the money towards printing additional page and copies of Coastal Views, a new computer and publishing software for our new editorial team, and voucher prizes for the art students featured in this month's 500th issue.

We are also extending a 10 percent discount to our regular advertisers for a further 3 months.

Thank you Fentons and Bendigo Bank.

Community Bank · Fleurieu



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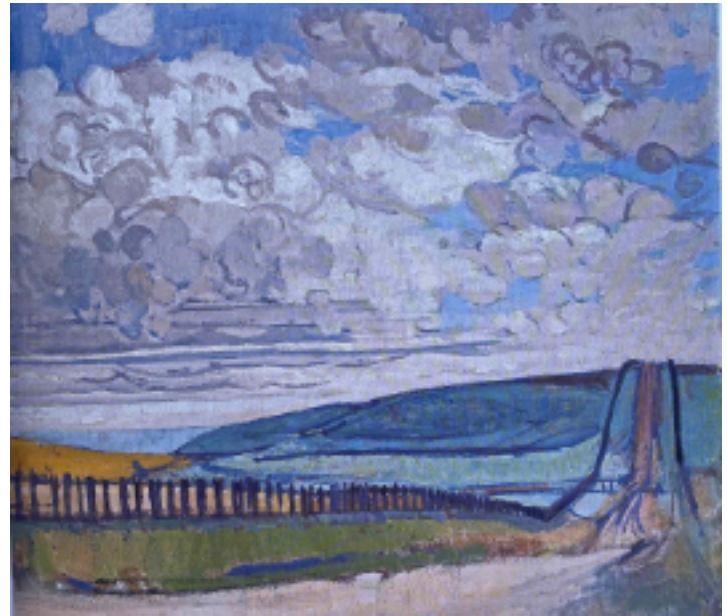


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Horace Hurtle Trenerry painting at Aldinga circa 1947.  
Photo Colin Ballanyne from Klepac p19



'Winter Landscape' 1940, Gallery 5, Art Gallery of South Australia.

## **Horace Trenerry: Aldinga's famous artist. A colourful life and a tragic death.**

Horace Hurtle Trenerry (1899-1958) was a South Australian landscape artist who lived in Aldinga and Pt Willunga for around 10 years, from 1935 and 1947.

Trenerry is known for his distinctive, chalky landscapes with their earthy muted colours. Although his paintings saw early success and posthumous acclaim, he lived in poverty for much of his life and died of Huntington's Disease, age 59.

Trenerry's early work life was in the 1920s in the Adelaide Hills, where he was mentored by Hans Heysen, and others. But for a curious incident involving stolen chickens, Trenerry may never have come to live around Aldinga.

Trenerry and a friend were found guilty of theft and Trenerry was fined. Having recently visited the Fleurieu with fellow artist, Kathleen Sauerbier, he packed up his home and moved to Port Willunga in 1935.

Initially Horace Trenerry lived at the 'Residential Cafe' in Port Road (previously the Seaview Hotel), then next to the blacksmiths in Aldinga (now Goodness Cafe), and later in the harbour masters cottage and nearby 'Uncle Tom's Cabin' (ruins at Port Willunga), 'Clark's Cottage', Aldinga (since demolished), 'Cox's Cottage' (possibly on Coach Rd, Aldinga), sheriffs cottage, Maslin Beach, and others.

Trenerry lived a happy and bohemian life and was variously described as 'lively' 'charming' 'a practical joker', and also 'solitary', and 'temperamental' (Klepac, p.10, 74).

Artist Jeffrey Smart said of him:

*"There was something so brave and mad about Tren. He knew how to live, but painting was the imperative necessity, and everything was sacrificed to that."*

When Trenerry's health declined he survived hand to mouth, by selling his art and with the support of friends. Nevertheless, he produced some of his best work during this time.

In 1947 he was diagnosed with Huntington's Disease, an inherited dementing illness that manifests later in life, usually around middle age. It is incurable and over time severely affects mood, balance, gait, motor control, thinking, memory, and personality. Trenerry was admitted to the Home for Incurables (Julia Farr Centre) in 1951 where he died in 1958.

In 1953 Trenerry's friends organised a retrospective exhibition featuring 113 paintings. It was attended by 500 people at John Martin's Department Store Art Gallery. Due to his illness Trenerry could no longer paint. He attended this final public exhibition in a wheelchair.

Trenerry is thought to have painted around 400 works during his career. Paintings of Trenerry's fetch up to \$40,000 at auction these days.

His representations of the Fleurieu inhabit homes and galleries in Australia and overseas, and were featured in an exhibition of Australian art at the Tate Gallery, London, in 1962.

Sources:

- Klepac, Lou (2009). Horace Trenerry. Beagle Press: Sydney.
- Willunga National Trust, Willunga

Story: Tracey Atkinson.

# ALIE AND THE PEBBLE HOUSE

When Stan and I first came here from England many years ago, we travelled up and down this coastline whenever we got the chance and fell in love with this area and eventually after 10 years of travelling around, we settled here in Sellicks and bought the Pebble House. That was about 1980.

When we bought the Pebble House the only dates we could see on the house was 1925 and another date of 1941 was put in the extension for the memory of Mr Middlebrooks second wife Grace.



Mr & Mrs Middlebrook during the 1920's. Courtesy of Alie Beck.

The house started off as a shack and was gradually built onto and then finally morphed into the Pebble House in the 20's.

Mr Middlebrook was the original owner and from what I have been told this place was very much a party place where friends and family would travel down to Sellicks, play tennis, party and enjoy life! Probably part of the deal would also encourage friends to go down to the

beach, get a bucket of pebbles and bring them back up and continue to cover the outside of the house.

I have been asked how many pebbles are, however I can only assume that thousands have been bought up from the beach over the years to put on the outside of the house. I certainly don't want to count them!! Of course, these days you are not allowed to take anything from the beach, so that's a good thing. When the mail started to be delivered in 1990, I built a small pebble letterbox to match the house. There is also a pebble fishpond and grotto in the front yard.

Upstairs of the Pebble House, I have my small art gallery where people can come and look and also purchase some of my art. I have always been involved in the Arts in some form or other, whether in theatre production, painting, costume design, sculpting, ceramics and so much more.

Over the years I have been involved in many community projects and groups:

1. Sellicks Progress Association.
2. Anti Marine Petition (which we won).
3. Association with building Sellicks Hall with council.
4. Conducted many art classes and beading classes.
5. Involved in the Hopgood Theatre closure (successful in reversing governments decision to turn into storage facilities)
6. Made 100 copies of "Wilbur the Wombat" for the RSPCA that was featured in their ads.



From the photo album of the Pebble House. Courtesy of Alie Beck.





Pebble House during the late 1940's or early 1950's. The roof tower was added in 1944. Courtesy Alie Beck.



Alie Beck the current owner. Alie and Stan bought the Pebble Beach House around 1980.



Pebble Beach Tower as it is today.



View from the Pebble Beach Tower - 1940's or early 1950's.

Courtesy Alie Beck.



## WHO WE ARE

Our team are a very experienced and enthusiastic bunch of **locals** who love the McLaren Vale Wine Region and Mid Coast beaches - from the coast to the hills, our beautiful Fleurieu Peninsula really does have it all! We are **passionate** about our Southern real estate market. Whether it's **selling buying, renting,** or leasing your investment property... we have the experience to help!

We believe that real estate is the most **exciting** and satisfying industry to work in and we **love** what we do! The most important aspect being the long-term relationships we can form with **clients** whilst helping them achieve their property goals.

Our aim is to provide **you** with caring, honest and professional service, whilst minimising the pressure associated with **selling** your property or **buying** or **investing** in real estate for your retirement and wealth creation.

## THREE OFFICES. ONE TEAM.

<b>Aldinga</b>	Shop 4/215 Port Road
<b>Aldinga Beach</b>	Shop 34 Aldinga Central Shopping Centre
<b>McLaren Vale</b>	162 Main Road, McLaren Vale
<b>Phone:</b>	(08) 8323 9300
<b>Website:</b>	winecoast.harcourts.com.au
<b>Email:</b>	winecoast@harcourts.com.au
<b>RLA:</b>	249515



**Harcourts** Wine Coast

## MORE THAN PROPERTY

At Harcourts Wine Coast, **'Property is our Passion - But People Come First'**. We always aim to provide the highest level of customer service to our **clients** and strive to be caring members of our communities where we live, work, and play. Our team are **locals** and are very proud to be involved as sponsors, volunteers and members of:

- THE NEXT STEP - Men's Mental Health
- Awesome Foundation
- McLaren Vale Vintage & Classic
- Fleurieu Film Festival
- Cinemallunga
- McLaren Vale Bowling Club
- Willunga Bowling Club
- Seaford Rotary Club
- Coolock house collections & donations
- McLaren Flat Community Club
- Willunga Football Club
- McLaren Districts Football Club
- Aldinga Football Club
- Myponga/Sellicks Football Club
- Willunga Business Association
- Aldinga Bay Business Association
- McLaren Vale Business & Tourism Association
- Judith's Legacy - Raising Awareness & Funds for Ovarian Cancer
- Hands Across the Water - Raising funds for kids and communities in Thailand

## WE LOVE LOCAL!



Beautiful Port Willunga Beach.

Matt Frost | Infusion Media



Change your *məɪ!*



We are a small and dedicated team who are focussed on professional and friendly service. We have a high focus on building a happy relationship between the tenant and the landlord to achieve a long term tenancy and we pay our owners weekly!

We have 3 local offices in your community for your convenience to help ensure that your investment and your tenants are looked after.

Get in contact with one of our expert property managers today! (08) 8323 9300



### WHY CHOOSE US?

In an increasingly fast-paced world, Harcourts Wine Coast knows that whilst people want a **professional** and efficient service, they still prize the fundamentals of honesty and **integrity** from Real Estate consultants committed to achieving their clients' **goals**.

That's why Harcourts Wine Coast combines **world-renowned** technology, training and systems with a focus on establishing **trust** and respect with their clients who always remain at the centre of the process.

Whether you're **buying, selling** or **renting** residential property, Harcourts Wine Coast is proud to offer a service which continually delivers superior results and exceeds **clients** expectations.



## ULYSSES CLUB FLEURIEU - ANY BIKE, ANY RIDER.

If you're into motorcycling and over 40, you've probably heard of the Ulysses Club, and maybe even heard the rolling thunder as they take off from outside the Alma Hotel in Willunga on a Sunday morning?

Coastal Views caught up recently with Phil, aka 'Stik It', the local Branch President, who was also one of the ride leaders on the 'Two Ferries' ride happening on the day.

Ulysses is a great social group for anyone over 40 who enjoys motorcycling, having a laugh, and getting some 'wind therapy'. Along with having fun, safety is a top priority and everyone is encouraged to ride to their ability.

Members join Ulysses for many reasons. They may be passionate, lifelong riders, new to the area, or returning to motorcycling to build new friendships after time away. Sometimes they join because of changes in their personal lives, positive or negative.

Apart from regular Sunday and weekday rides, Ulysses members hold regular branch meetings, organise social functions, overnights, and attend local and national rallies.

The first Ulysses Club was formed in Sydney in 1983 with three principles that still apply today:

1. To provide ways in which older motorcyclists can get together for companionship and mutual support;
2. To show by example that motor cycling can be an

enjoyable and practical activity for riders of all ages; and  
3. To draw the attention of public and private institutions to the needs and views of older riders. There are now Ulysses clubs all over the world, with over 16,000 members worldwide.

Ulysses Fleurieu has been around for 22 years, with a membership of around 70, an active enthusiastic committee, and ride leaders who are ready to show you the Fleurieu at its curvy and scenic best.

If you'd like to find out more, or attend a ride or dinner meeting at the Alma Hotel, why not get in touch? Before you know it, it could be KSU for you too!

For more information:

Ulysses Club Fleurieu Branch  
 Phone : Phil on 0405 226 284  
 Website: ucfb.au  
 email: president@ucfb.au

[https://en.wikipedia.org/wiki/Ulysses\\_Club](https://en.wikipedia.org/wiki/Ulysses_Club)

Story: Tracey Atkinson.



Fleurieu Ulysses Club members and others, Alma Hotel Willunga before Kick Stands Up (KSU) at 10:00am.

Photo Tracey Atkinson.

# MARIA BOWERING: HEROINE OF THE STAR OF GREECE SHIPWRECK

Who was Maria Bowering? During the 19<sup>th</sup> century, women tended to be invisible, but Maria Bowering was arguably responsible for saving more lives than anyone else during the Star of Greece shipwreck event in 1888. But while male rescuers were issued with medals and certificates of appreciation, the South Australian Government did not even thank her.

Maria Bowering was born around 1837 in Ham, Wiltshire. Her father was George Mills, and her mother was Marianne Tarrant Mills. The Mills family arrived in Port Adelaide in December 1839 aboard the ship Moffatt. Their family life is unknown, but George certainly prospered, leaving an estate of 7,870 pounds. In 1854, Maria married William Bowering at Trinity Church, Adelaide. William Bowering had arrived in South Australia aboard Stebonheath in 1849 after living in Chard, Somerset. They moved to Port Willunga, where they established "Summerset Farm." They proceeded to have 13 children between 1857 and 1882.

Although William was known primarily as a farmer, he was also listed as holding the licence of the Seaview Hotel, Port Road, Port Willunga then known unofficially as the Rising Sun, from 1860-63, 1879-80, and for 2 months in 1881. He was a member of the Aldinga District Council and an office bearer of St Anne's Anglican Church, Aldinga.

Maria also seems to have been an acknowledged community leader. After her death, she was "prominently connected to all local movements" (The Register, 11 July, p. 6.)

On July 13, 1888, when news of the wreck of the Star of Greece circulated among the Port Willunga community, Maria went down to the beach with a host of other residents. Where some others did little, Maria ensured that a fire was built on the beach and that each rescued man was dried off and covered.

This aid was especially important on a beach in July with turbulent seas and low temperatures. Most, if not all, of the Star of Greece sailors were naked after their ordeal, and the shock they had suffered undoubtedly put them in danger of hypothermia.

After the wreck, Constable Thomas Stephen Tuohy was asked to provide the names of those who had been prominent in the rescue. Maria Bowering and "her excellent daughters" featured in his report.

Tuohy received a medal from the Police Commissioner, while other constables who assisted received sums of either 5 or 2 pounds depending on the degree of assistance during the shipwreck. Several residents of Port Willunga received a certificate of appreciation signed by the Colonial Secretary. Maria, however, received nothing from an oblivious government.

When Maria Bowering died in 1912, her service was remembered:

"On the cliffs willing hands made a large fire. The women brought piles of dry clothes and blankets; and as each body was brought to them, they, under Mrs. Bowering's direction, did their utmost to restore life. She and her sons were untiring in their efforts; for 22 hours they worked on, saving some men, but eight were past all aid, and some were washed off before the vessel struck. Mrs. Bowering never quite recovered from the effect of her exertions. Intense fatigue."

Reference: Hoad, JL (Bob), Hotels and Publicans in South Australia 1836-March 1993, 2<sup>nd</sup> edition (Rev), Self Published.

Story: Paddy O'Toole - National Trust Willunga Branch.



Star of Greece by George Frederick Gregory (Junior).

Photo Courtesy Paddy O'Toole



## Every Generation Onkaparinga Awards

These awards recognise and celebrate the outstanding achievements and valuable contributions that people of all ages, cultures and abilities make to positive ageing.

Honour a superstar in your community by nominating them for an award.

### Nominations open

Friday 5 July to Friday 9 August

### More information

Phone 8384 0666 or visit [onkaparingacity.com/EGO](http://onkaparingacity.com/EGO)



Since its establishment in 2006, the Every Generation Onkaparinga (EGO) Program has celebrated and acknowledged the outstanding achievements and valuable contributions people of ALL ages, cultures and abilities have made to positive ageing in the City of Onkaparinga area. Under the guidance of a volunteer advisory group, which includes community representatives, council staff and an Elected Member liaison, the program has evolved to embrace the importance of engaging with people of all ages, cultures, and abilities to foster interaction and promote greater understanding and respect between the generations. It also acts to challenge stereotypes and attitudes towards older and younger people and promotes the building of more cohesive communities.

The EGO Awards have had success in helping to achieve this goal, especially with the introduction of a 'Group' category in 2007 and an 'Intergenerational' category in 2012.

The EGO Awards is an annually event and nominations (see the information in this issue) from any individual, group or Organisation wishing to recognised people community groups or clubs that:

- Have made a significant voluntary contribution to positive ageing which benefits local communities,
- Are inspirational role models that instil pride in local communities,
- Have reached an outstanding level of achievement in any field including arts, media, entertainment, Indigenous and cultural services, sport and recreation, environment, education, and technology,

· Engage in intergenerational initiatives which bring together both seniors (over 50 years of age) and younger people in purposeful mutually beneficial activities.

The activity must be within the Onkaparinga Council Area.

Over the last 18 years the City of Onkaparinga has celebrated and recognised 147 individuals and 69 groups through the EGO Awards, several of whom are from the southern coastal area of our city.

- Southern Onkaparinga Seniors Access Volunteers (2008)
- Margaret Staples (2008)
- Ron Jenkins (2011)
- Willunga District Community Bus (2012)
- Roger Sigston (2012)
- Willunga and Districts Lions Boutique (2013)
- Neil Cole (2014)
- Kalyra Communities McLaren Vale (2018)
- Aldinga Bay School for Dogs (2019)
- Messy Church Willunga (2021)
- Rotary Club of McLaren Vale (2023)

Others who recognised for their wonderful efforts included the Chat & Chunes Program Volunteers based at Aldinga Community Centre along with the Seaford Community Centre's Garden Group and Op Shop Team.

## Aldinga Esplanade Walkers

Monday 20 2024 Dean Rowe was presented with the Heart Foundation's 2024 Golden Shoe award for South Australia. The award also acknowledges the positive changes Dean brings to the walking group and the community.

The Heart Foundation asked all walking group members in SA to nominate their Walk Organiser and let us know why they think they deserve the Golden Shoe award.

Dean was nominated by his group the Aldinga Esplanade Walkers, saying Dean is a very giving man who donates his time and efforts to the Heart Foundation walking group as well as several other important causes.

A E Walkers was formed in October 2017, by Dean & Claire Newlon, Fleurieu Exercise Physiology, and became an official Heart Foundation Walking Group in 2023.

Some history on Dean, Dean & his wife Judith joined the Heart Foundation Walking 2005. On February 25, 2017, was their last walk together, 14 days later Judith lost her battle with Ovarian Cancer, they had accumulated 3,117. Since Dean has continued walking and has registered 4,760 walks.

Jordan Forrest - Walking Program Officer SA.



Aldinga Esplanade Walkers.

Photo: Jordan Forrest.



**Surfing!**  
Avoid the online sharks!

**THINK ABOUT IT!**

Beware of strangers online and those who pretend to be 'friends'. People can be thoughtless, hurtful or even dangerous. Don't take the bait, you might get caught in the net.

Think about it, surf safely as trouble could be just a click away.

SOUTH AUSTRALIA POLICE  
 Government of South Australia  
 WatchSA

**THINK ABOUT IT!**  
STAY SAFE ONLINE - SURF SAFELY

- ☞ Don't give out any **private information** over the internet or through mobile phones about you, your family, friends or other people that you know.
- ☞ People may pretend to be someone they are not online. It is important you **know** and **trust** the people you chat to and accept as 'friends'.
- ☞ Use a **strong password** (a combination of upper and lower case letters, symbols and numbers) eg P@\$\$w0rd
- ☞ Make sure your social networking profile is set to **private** (check your security settings).
- ☞ Think about all of the information you share online. Even small details like your screen name may give away your **identity**.
- ☞ Think before you share. Once it's on the internet you can't take it back. You create a **digital footprint**.
- ☞ Don't hide behind a computer screen, if you wouldn't say it to their face, **don't say it at all!**
- ☞ Never meet up with **strangers** offline, especially if you have only met them online.

**Respond quickly** if you feel uncomfortable while online. Close the program and tell an adult you trust.

**Report any suspicious or dangerous online contact to police on 131 444.**

SOUTH AUSTRALIA POLICE  
 Government of South Australia  
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With great sadness we would like to inform readers of Coastal Views that Edna Spencer passed away shortly after contributing a story for the 499<sup>th</sup> Edition of Coastal Views. She passed away peacefully on May 10<sup>th</sup>, 2024 from COVID. In her honour would like to reprint her story below.

## **My Fabulous Bus Story.**

**Written by Edna Spencer (aged 101).**

My bus journeys started 26 years ago, after a stroke at the age of 76, I had to give up my drivers licence. Now, 2 months shy of 102, I make the effort to go shopping on Fridays. It has become a real challenge, and only with the help of bus driver Dave, can I continue to do this. He is wonderful.

When I remember back through the years I have so many happy memories of the bus trips, the different drivers who gave up their time to look after us “oldies” and the other passengers, now passed on, with whom I had so much fun and laughter. I often think of them.

When we got the new buses we all thought how posh we were. It amazes me how many bus drivers I’ve known and become fond of over the years.

Graham, my first driver, was memorable as he was so kind and so much fun. Every Christmas he would have us all singing carols while we drove around.

Over the years I have met so many different people and visited many different places on trips. I have always been thankful for the fun, the support and the good company.





**Willunga District Community Bus Inc**

## **Volunteer Drivers Needed**

**Can you spare a few hours per week?**

**Reliable and Compassionate Have a clean driver's licence!**

**If yes, we would love you to join our team of dedicated drivers.**

**Contact: 85577899 or email: willungacombus@gmail.com**

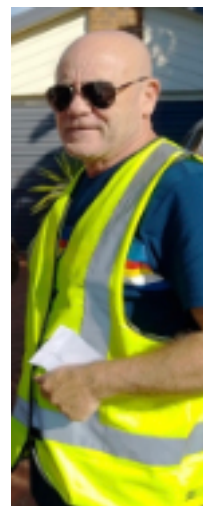


## **Secure Your Home Loan with Us**

WITH OVER 30 LENDERS, WE WILL FIND THE RIGHT LOAN FOR YOU

**James Paterson**

**0410 123 201**



Dave Williams.

Dave Williams is one of our valued drivers and when he is not volunteering, he spends his time watching all kinds of sports. Dave served in the Army for twenty years and has previously worked in the aged care sector.

Dave has been volunteering as a driver for the Willunga District Community Bus for the past three years enabling those who are transport disadvantaged to get out and about in the community, to do their shopping and for social times.

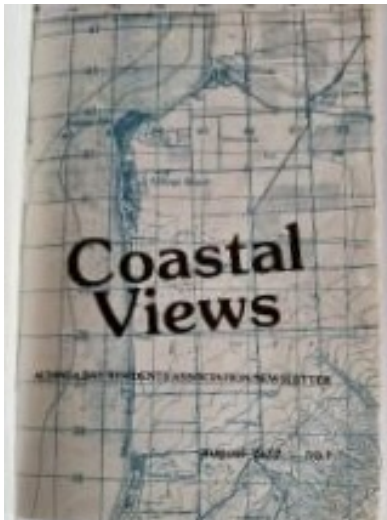
When asked what he enjoys most about his role, Dave said "He loves meeting the people and finds it very rewarding to be able to help others and feels a sense of achievement when he gets home".

Story: Liz Thompson.

# HOW IT BEGAN: THE EARLY YEARS OF COASTAL VIEWS AND ABRA

On the 1<sup>st</sup> August 1977 President of ABRA, Don Richards, produced the first issue of a new newsletter, Coastal Views, “designed to keep you informed of activities which the Aldinga Bay Residents’ Association are involved with.”

It was a duplicated 12 page newsletter, with a map on the cover showing the area it served – tiny clusters of roads and houses at Port Willunga, Aldinga Beach and Sellicks, swamp areas, drains, ruins and beach huts; a far cry from the settled sub-urban area it is now. Reports of meetings of the Aldinga Bay Residents Association were included as were general comments and suggestions from local residents.



Early Coastal Views map showing the areas served, circa 1977.

Issues raising interest at the time included the possibility of a marina being built here, the need for street lighting, perennial concerns about cars on the beaches, shacks on the beach, protection of sand dunes and the need for a buffer zone and green belt area from the north of Maslins to Pt Willunga. The Coastal Protection Board was concerned about “creeping suburbia” and the effects of “civilisation” on beaches. The District Council of Willunga was planting trees and constructing roads in the area and looking at development of reserves for community use, and social and recreational centres. A mobile library was wanted (the Institute library of that time was open on Mondays, 3-4pm with a subscription of \$2 a year). A dog pound was needed. Some sections of the beach should be closed to traffic. Monthly issues included cheerful chat and backchat about people in the community, and on a serious note, an article on the prehistory of the area, the Kaurna people and land development.

In October 1977 correspondence indicated dissention and disturbance at a general meeting. Peter McArthur was made President and held this office for two years. Under his leadership ABRA and Coastal Views survived, and by November 1977 the newsletter had a new format. A grant from the Council enabled ABRA to purchase a typewriter and duplicator, and produce 800 A4 copies a month.



Circa 1980 - President Lee Taylor with the Coastal Views Committee being assisted by Sydney the Dog.

The suggestion of a harbour restoration at Port Willunga caused growing antagonism. A proposal for a small boat mooring facility at Port Willunga was challenged as representing the interests of non-resident boat-owners, and as something that would lead to environment damage and noise problems. Expensive engineering projects would be necessary to counteract our heavy seas and high winds.

Sports clubs wrote regularly for Coastal Views. Tree planting was enthusiastically promoted. April and May 1978 carried interviews with Bill How, the local fisherman recounting his family’s past, the local shipwrecks and the story of Chinaman’s Gully. In later issues the “History Corner” provided information on the Port Willunga Jetty and the Aldinga Institute.

In August 1979 Geoff Schulz was made President of ABRA, and a year later, Leigh Taylor. Tension between the “old ways” and pressure for change had begun to show. Coastal Views claimed that “The importance of our association is to provide a forum where both the old views and the new views may be expressed and considered.” Should leases be renewed for beach shacks? What should be done about traffic on the beach? There was “constant flooding of Rowley Road” - what to do about malfunctioning septic tanks?

The Aldinga Primary School, over 100 years old (its exact age was not known as it had been burned down in 1970 and records lost) now had 250 students and was outgrowing its Port Road location. In 1980 the current school was opened by Prince Charles. The school had a its own page in Coastal Views.

By November 1981 Coastal Views had reached its 50<sup>th</sup> issue and there was a change of editor, but it was proving difficult to keep up the newsletter’s impetus. In August 1982 (No. 59) the front page bore the words THE LAST ISSUE – more of a statement than an actuality - due, it said, to lack of support for ABRA. However it seems that the community responded, as in August 1988 Coastal Views had a circulation of 2000 and was 40 pages in length. It was on its way to being a printed local newsletter.

Story: Anne Chittleborough.

## CLIFFS, BEACHES AND SHIPWRECKS

The National Trust's exhibition of paintings, *Coast*, at Waverley Park Homestead (23 St Peters Tce, Willunga) was opened on Sunday 6<sup>th</sup> May by the Mayor, Moira Were AM. It includes paintings featuring places and events on our coast from the mouth of the Onkaparinga River to Sellicks Beach.

Artworks by a number of well-known artists, contemporary and early, are on view. They include works by G.F. Gregory junior, Lesley Redgate, Brian Dobson, Tracey Atkinson, Hugo Shaw, Lynn Chamberlain, Chris Olsen, Roe Gartelmann, Sarah Price and others.

The exhibition is open to the public on Fridays, Saturday's, and Sunday's 1-4pm. Don't miss it!

Admission is free. In an exciting development, the Art Gallery at Waverley Park Homestead has been accepted as a venue for the Federal Government's "Sharing the National Collection" initiative. This will allow paintings from the National Gallery's collection to be shown here! Waverley Park will be the first art gallery in SA and, at this stage, the only art gallery in the City of Onkaparinga (and the Federal electorate of MAYO and the State electorate of MAWSON) to be a partner in the "Sharing the National Collection" programme.

Story: Anne Chittleborough.



Curator Sarah Livsey with some of the *Coast* paintings.

### **NEXT ABRA PUBLIC MEETING**

**WHEN: MONDAY 17TH JUNE 2024, 7:00 PM**

**WHERE: SELICKS BEACH COMMUNITY HALL, WILLIAM EATTS RESERVE, RIVIERA ROAD, SELICKS BEACH SA 5174**

**TOPIC: JUSTS ROAD DEVELOPMENT (SPEAKER CAMILLA JOLLY) AND BUTTON ROAD (SPEAKER TBC)**

**OTHER SPEAKERS: COUNCILLORS PAUL YEOMANS AND LAUREN JEW**

## STUDIO 20 YOUTH CENTRE SCHEDULE

### Game On!

Date: Fortnightly Tuesdays 14 May – 25 June 2022  
Time: 3.30 – 5pm  
Cost: Free  
Age: 8 – 12 years

Come hangout with mates and join us for an Arvo of video gaming, table tennis, crafts, board games, and good vibes!

### Spark Pride Party

Where: Aldinga Institute Hall, 23 Old Coach Road, Aldinga Beach  
Date: Friday 28 June  
Time: 6 – 9pm  
Cost: \$5 (\$10 for bus transport ticket)  
Age: 12 – 17 years

LGBTQIA+ Young people and allies, come celebrate Pride Month with us! Live Music, DJ, Photo Booth, and more!!

### The Studio

Date: Weekly Thursdays 9 May – 27 June 2024  
Time: 3.30 – 6pm  
Cost: Free  
Age: 12 – 17 years

Come hang with mates and chill at the Studio! Free food, gaming, boardgames, and more.

### Book Club

Date: Monday 13 May & 17 June 2024  
Time: 4 – 5pm  
Cost: Free  
Age: 13 – 17 years

Calling all young readers! Join us monthly as we choose a new book to read and chat about. Different themes, different authors each month.



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[facebook.com/clipbds](https://www.facebook.com/clipbds)



# TRIPLE Z WEEKLY SCHEDULE



## Triple Z Program Guide (as of Monday 15 Jan 2024)

### Monday,

- 6:00pm - Hot Stuff with Thiele and George
- 8:00pm - The Thiele Experience with Thiele
- 10:00pm - [Mike's Mixtape](#) with Mike (AMRAP Charts)

### Tuesday,

- 12:00am - Oz Tunes Overnight
- 7:00am - Pete's Gumbo
- 9:00am - [Into The Wind](#) with Pat
- 11:00am - [Walk Right In](#) with Michelle
- 1:00pm - [Off The Beat'n'Track](#) with DC
- 4:00pm - Global Beat with Cheri
- 7:00pm - Zedfest with Brenton and Besty
- 9:00pm - [Filler](#) the Punk Show with Greg

### Wednesday,

- 12:00am - Oz Tunes Overnight
- 7:00am - On The Loop (100% Aussie tunes)
- 11:00am - [Let's do Lunch](#) with Milton
- 1:00pm - Breakfast with Thiele
- 3:00pm - [Melting Pot](#) with Dudley
- 5:00pm - Bertie's Bag
- 7:00pm - The Voyage with Sean
- 9:00pm - On The Loop (100% Aussie tunes)

### Thursday,

- 12:00am - Oz Overnight
- 7:00am - The Brekky Mix with Steve
- 11:00am - Rewind with Pat
- 1:00pm - Jazz Jukebox with Vivian
- 3:00pm - [Some Folk](#) with David and Julie
- 5:00pm - [The Local](#) with Kym (Extended)
- 9:00pm - [Mishmash](#) with Mish

### Friday,

- 12:00am - Oz Tunes Overnight

### Other Broadcasts (only via our stream):

- Friday 4:00pm - Song Stew with Eli
- Saturday 5:00pm - [The Local](#) with Kym (R)

The logo for 'The Next Step Men's Mental Health' features the text 'THE NEXT STEP' in a circular arrangement around a central graphic of two hands shaking. Below this, it says 'MEN'S MENTAL HEALTH' and 'Est. 2020'.

**IT'S OK TO SEEK HELP  
IT'S OK TO SHARE**

**MENS MENTAL HEALTH  
SUICIDE PREVENTION  
SUPPORT AND ASSISTANCE  
REFERRAL INFORMATION**

**REACH OUT TODAY**

f @ The Next Step Australia  
@ the.next.step.australia  
www.thenextstepaustralia.com.au

A circular logo for 'The Next Step Men's Mental Health' with the text 'THE NEXT STEP' around the top and 'MEN'S MENTAL HEALTH' around the bottom.

## MENTAL HEALTH SUPPORT SERVICE



**Lifeline**  
ph 13 11 14

**Beyond Blue**  
ph 1300 22 4636

**Kids Helpline (ages 5yrs - 25 years old)**  
ph 1800 55 1800

**Eheadspace**  
ph 1800 650 890

**UMHCC (Urgent Mental Health Care Centre)**  
ph 08 8448 9100

**Mates In Construction (MIC)**  
ph 1300 642 111

**Suicide Call-Back**  
ph 1300 659 467

**MensLine Australia**  
ph 1300 78 99 78

**Open Arms, Veterans & Families Counselling**  
ph 1800 011 046

Call Sign: Triple Z  
Frequency 91.1

SVCR Inc (Southern Vales Community Radio Inc)  
PO Box 666 McLaren Vale SA 5171  
Tel: (08) 8323 0911 E-mail: sec@5triplez.com.au  
ABN 67 194 618 879 Website: 5triplez.com.au

# TRIBE FM WEEKLY SCHEDULE



## FRIDAY

- 00:00 to 09:00, Music from the Vault.
- 09:00 to 12:00, "Generation Gap" with Trev and MC Blaze.
- 12:00 to 15:00, "Naked Radio" with Todd Bennett.
- 15:00 to 17:00, "Friday Drive" with Oliver Riddle.
- 17:00 to 18:00, "Music Mayhem" with Craig.
- 18:00 to 20:00, "Siren to Siren" with Craig, Davo and Magic.
- 20:00 to 21:30, "The lost and Found" with Richard.
- 21:30 to 00:00, "Chill the F#iday Out" with Da Dude.

## SATURDAY

- 00:00 to 00:30, "Chill the F#iday Out" with Da Dude.
- 00:30 to 07:00, Music from the Vault.
- 07:00 to 10:00, "Saturday Morning" with Julie Reynolds
- 10:00 to 12:00, "Saturday Brunch" with Jen.
- 12:00 to 14:00, "Saturday Arvo with Charlie".
- 14:00 to 16:00, "A Bumpy Road" with Alan Barrie.
- 16:00 to 17:00, Music from the Vault.
- 17:00 to 19:00, "Kaos Show" with Tony, Julie K and Vicki.
- 19:00 to 21:00, "Raised on Rock" with Mark O'Neill
- 21:00 to 23:00, "The 80's Mixtape" with DJ Sassy.
- 23:00 to 24:00, Music from the Vault

## SUNDAY

- 00:00 to 09:00, Music from the Vault.
- 09:00 to 10:00, "Music with Mitch".
- 10:00 to 16:00, Music from the Vault.
- 16:00 to 18:00, "The Indigo Show" with Vivi.
- 18:00 to 20:00, "The OZ Effect" with Wisey.
- 20:00 to 22:00, "Raw Radio" with Corey.
- 22:00 to 00:00, Music from the Vault.

## MONDAY

- 00:00 to 06:00, Music from the Vault.
- 06:00 to 09:00, "Breakfast with the Hounds and Geoff".
- 09:00 to 12:00, "Anything Goes" with Anne.
- 12:00 to 14:00, "The Wave" with Marty and Mel.
- 14:00 to 16:00, "The Bubble" with Ros.
- 16:00 to 18:00, "Monday Drive".
- 18:00 to 00:00, Music from the Vault.

## TUESDAY

- 00:00 to 12:00, Music from the Vault.

## WEDNESDAY

- 00:00 to 04:00, Music from the Vault.
- 04:00 to 06:00, (R)\* Saturday Brunch with Jen.
- 06:00 to 16:00, Music from the Vault.
- 16:00 to 18:00, (R)\* Raw Radio.
- 18:00 to 00:00, Music from the Vault.

## THURSDAY

- 00:00 to 10:00, Music from the Vault.
- 10:00 to 12:00, (R)\* The Indigo Show.
- 12:00 to 18:00, Music from the Vault.
- 18:00 to 19:30, (R)\* The lost and Found.
- 19:30 to 00:00, Music from the Vault.

## FRIDAY

- 12:00 to 14:00, Todd Bennett with "Naked Radio"

\*(R) repeat program

## IMPORTANT PHONE NUMBERS

Emergency	000
Police Assistance	131 444
Aldinga Police Station	8556 6541
24 Hour Health Advice	1800 022 222
Adelaide Metro InfoLine	1300 311 108
Council After Hours	8384 0622
City of Onkaparinga	8384 0666
Crime Stoppers	1800 333 000
Domestic Violence Helpline	1800 800 098
Drug & Alcohol Info. Service	1300 13 1340
Family & Individual Counselling	8186 8900
Family Relationship Centre	8202 5200
Flinders Medical Centre	8204 5511
Gambling Helpline	1800 060 757
GP Aldinga After Hours Clinic	0410 190 291
GP Plus Aldinga	8557 9500
LifeLine	13 11 14
McLaren Vale Hospital	8323 6600
Mental Health Emergency Service	13 14 65
Noarlunga Hospital	8384 9222
Parent Helpline	1300 364 100
Poisons Info Hotline	13 11 26
Road Hazards and Incidents	1800 018 313
RSPCA SA	1300 477 722
Seniors Information Service	1800 636 368
Youth Helpline	1300 131 719

## FREE FOOD AND COMMUNITY HELP

### **Aldinga Beach Children's Centre**

Evans Street, Aldinga

Monday 9:00am to 4:00pm - Bread is available from Puddle Jumpers.

Tuesday and Friday from 2.30pm - Oz Harvest is available from the front door. Bread, fruit and veges, snacks and sometimes meat and dairy are available.

### **Aldinga Breadman**

65 Whinnerah Ave, Aldinga Beach

Wednesday, Saturday and Sunday and as advertised for other days - Free bread available.

### **Aldinga Community Centre**

7 Stewart Ave, Aldinga Beach

Christian Care and Support office - Please ring between 9:00am and 11:00am on Monday or Wednesday to make a time to go in. Phone - 0497 164 210

Fred's Van - Bread and a sit down meal available Friday evenings.

### **Giving Garden**

Evans Street, Aldinga

Open anytime - help yourselves to any fruit and veggies growing in the garden. A street library is also available.

### **here's to strength**

1A Old Coach Road, Aldinga

Monday to Sunday 9:00am to 5:00pm - Food, fresh produce and self care items are available.

Friday - Fresh bread is available.

### **Lion's Op Shop**

Butterworth Road, Aldinga Beach

Wednesday and Saturday - Mainly bread is available.

### **Little Street Library**

3 Oriana Drive, Sellicks Beach

Open all the time - Everyone is welcome to take, swap or leave books.

### **Lutheran Op Shop**

8 Aldersey Street, McLaren Vale

Wednesday, Thursday and Friday 9.30am to 2pm - Emergency relief and bread available.

### **Saint Vincent De Paul Society**

Thursday Mornings at the Aldinga Community Centre from 9:15am

By appointment only: ring 1 300 729 202

### **Sellicks Grow Free and Swap Produce Stand**

Seashore Ave, Sellicks Beach

Open all the time - plants, produce and books available to take as needed. Donations appreciated.

### **Urban Fusion**

Aldinga Central Shopping Centre

Every second Sunday - free meal available.

# COMMUNITY GROUPS

## **Aldinga Bay Bowling Club**

Social bowls every Tue, Thurs and Sat from 1pm and Barefoot Bowls from 6pm every Wed

Aldinga Sports Park- Port Rd Aldinga

Aldingabaybc@gmail.com

Enquiries: Carol 0409582489

## **Aldinga Bay Men's Group**

Meetings – St Ann's Hall Stonehouse Lane, Aldinga

Every Tuesday 1:00pm – 3:00pm

Contact: John Neailey – 8556 5492

## **Aldinga Bay Residents Association**

Community meetings and locations will be advised via an email to our members, our facebook page and *Coastal Views*.

Contact: Anne Chittleborough via email to secretary@abra.org.au

## **Aldinga Happy Stitchers**

Join the Aust. Sewing Guild branch from 10:00am – 3:00pm each 1st & 3rd Thursdays at the Aldinga Institute, Old Coach Rd, Aldinga

Coordinator: Mandy 0422 903 257

Treasurer: 0497 051 538

## **Aldinga Netball Club Inc.**

Enquiries to Secretary: Ellen Ling 0411 590 744

## **Aldinga Quilters**

10am – 2pm on 2nd & 4th Tuesday of the month Aldinga Institute, Old Coach Rd, Aldinga Patchwork, quilting, friendship and fun!

President: Hazel Taylor 8556 3787

Secretary: Elizabeth Grocke 8386 1182

## **Aldinga Senior Citizens Club Inc**

Corner Quinliven and Valiant Rds, Pt Willunga

Bridge, Pool & Snooker, Carpet Bowls, Sausage Sizzle last Wednesday of month

Enquiries- 8556 5918

## **Aldinga and Sellicks Spinners, Knitters and Weavers**

Meetings at Aldinga Institute Hall and at the Library. For details please contact:

Rosemary Dunbar 0417 823 176

## **AROCHA- Conservation and Hope Working Together for Creation Care in Australia**

Christian- Conservation-Community-Cross-cultural- Cooperation

[www.australia.arochoa.org/](http://www.australia.arochoa.org/)

Contact Sally Shaw +61 418 154 195 ; sallyashaw@gmail.com

## **Business and Tourism Aldinga**

Holly Rickard, Chairperson

E: chair@businesstourismaldinga.com.au

M: 0423230733

W: [www.businesstourismaldinga.com.au](http://www.businesstourismaldinga.com.au)

## **Coast to Vines BUG (Bicycle User Group)**

Residents in the coast to vines region, passionate about active transport and advocating for shared-use infrastructure for happier, healthier and more connected communities.

[www.facebook.com/groups/coast2vinesbug/](http://www.facebook.com/groups/coast2vinesbug/)

Email: c2vbug@gmail.com

## **Down South Craft Group**

Meet Thursdays 9:30am – 11:30am

BYO craft or learn something new

Contact Wendy on 0417 895 502

## **Fleurieu Harmony Chorus**

Male A Capella barber shop singers.

Fridays 9:15am – 12:00pm at Lifecare Community Hall, Pridham Bvd, Aldinga  
Contact: Gordon Tomlinson 0459 299 767

[www.fleurieuharmony.org](http://www.fleurieuharmony.org)

## **Friends of Aldinga Scrub**

Meetings held at St Ann's Hall, Stonehouse Lane, Aldinga

Secretary: Helen McSkimming 8556 3166  
Working Bees: John Edmeades 0488 552 797

## **Friends of Port Willunga**

[www.friendsofportwillunga.org.au](http://www.friendsofportwillunga.org.au)

## **Friends of Willunga Basin**

[www.fowb.net](http://www.fowb.net)

## **Ladies Probus Club of the Fleurieu**

10:00am each 4th Monday of the month- Alma Hotel, Willunga

Contact: Reggie Roe 8556 2543

Or Marg Hobby 0407 186 011

## **Ladies Probus Club- Southern Vales**

10am each 3rd Monday of the month- Lutheran Church Hall, Aldersey St, McLaren Vale

President: Evelyn Craik 0416 324 535

Secretary: Sue Hocking 0448 783 261

## **LETS South**

A simple bartering system using old methods of exchange and barter in the southern suburbs and Fleurieu Peninsula.

For information please contact: Margaret Beed 0417 835 884

## **McLaren Vale Bowling Club**

147 - 149 Main Road McLaren Vale (opp Drakes)

Social Bowls Wednesday Twilight and Thursday Night Owls

Pennant - Thursday Morning Ladies & Saturday Open Gender  
Friday Night Meals

Contact Jen 0408 812 220

## **McLaren Vale/Willunga and Districts Combined Probus Club**

Meetings: 10am 2nd Tuesday of the month at St Pauls Lutheran Church, Aldersey St, McLaren Vale.

Outings/ lunch: 3rd Tuesdays of the month Rosalie Atkinson 0438 261 717



### **Lions Boutique**

Boutique opens each Wednesday & Saturday from 7:30am – 1:30pm location the Lion's Den Butterworth Road, Aldinga Beach.

You will find many bargains – clothes, bric-brac, books, toys etc. All profits go back into the community as we are all volunteers. In 2023 donated and distributed \$90,000 to various local causes.

### **Northern Fleurieu Stroke Support Group**

10am – 12 noon on 2nd Tuesday of each month at Noarlunga Health Village (Teaching Room 2), Alexander Kelly Drive, Noarlunga Centre

Enquiries: Will Swart

wil.swart@outlook.com

### **Ochre Coast Poets**

10am – 1pm, 2nd Saturday of the month at the Seaford Library, Grand Boulevard, Seaford Contact: David 8327 2459 or Tess 8556 3816

### **Rotary Club of McLaren Vale**

Supports activities in Aldinga, Willunga, McLaren Vale and surrounding districts 6:30pm for 6:45pm start, Monday nights for dinner meetings.

For information contact President: Briony Casburn 0437 500 251

### **Rotary Club of Seaford**

Denise Luker, President

E: denise@connectthedotscareers.com.au

W: www.connectthedotscareers.com.au

### **School for Dogs Aldinga Bay Inc.**

All breeds welcome! 8:30am – 12:00pm Sunday mornings and Tuesday evenings (during day light saving) Symonds Reserve, Stewart Avenue, Aldinga Bch. [www.facebook.com/sfdab](http://www.facebook.com/sfdab)

### **Sociable Singles Inc.**

Provides an opportunity for single, divorced, widowed or separated persons to attend functions for friendship and companionship.

Ring for a copy of the current 3 monthly program Enquiries to Linda 8184 8427

### **Southern Vales View Club**

10:30am for 11:00am start on the 2nd Friday of the month at the Alma Hotel, Willunga.

Women of all ages welcome! Enquiries to: Linda Hooper 0425 205 725

Email: linda.hooper@adam.com.au

### **Southern Vales Wellbeing Group**

Meets every 2nd Wednesday from 1:00pm to 3:00pm at St Margaret's Anglican Church Hall, Main Street, McLaren Vale, (during school terms only)

Guest speakers at 1:15pm

Enquiries to: Judy 0409 692 088 or Lesley 0415 818 700

### **Willunga Bowling Club**

23 St. Peters Terrace, Willunga

[www.willungabc.com.au](http://www.willungabc.com.au)

Social bowls every Tuesday and Saturday. Night Owls on Thursday evenings Pennant or competition bowls Thursday mornings and Saturday Afternoons.

Contact: Judy 0418 891 228

### **Willunga District Community Bus**

18 Lacey Drive, Aldinga Beach

Monday to Friday

Enquiries to: 8557 7899 (office 8:00am – 11:30am) Or leave a message on the answering machine.

### **Willunga Embroiderers**

1st and 3rd Tuesday on the month at "The Hub", corner Main Rd and St Peters Tce, Willunga

All welcome! Embroidery, friendship and fun Contact: Wendy 8323 7475

### **Willunga Environment Centre**

15 High Street Willunga

P: 85564188 [www.willungaenviro.org.au](http://www.willungaenviro.org.au)

Hours Monday to Friday 10:00am-3:00pm

Occasional Saturdays

### **Willunga Farmers Market**

Meet the grower – taste the region!

Every Saturday 8:00am – 12:30pm at Willunga High School

Contact: Richard Bennett 0407 479 459

### **Willunga Garden Club Inc.**

7:30pm on 2nd Thursday of the month

Lutheran Church Hall, Aldersey St, McLaren Vale Guest Speakers. Visitors welcome! Contact: Chris 0419 532 545

[willungagardenclubinc@gmail.com](mailto:willungagardenclubinc@gmail.com)

### **Willunga & District Lions Club Auction**

We hold an auction on the last Saturday of each month at Centenary Park, cnr. Binney and Strout Rds, Willunga.

Country market, 'Swap & Meet' and other events throughout the year [www.willungalions.com.au](http://www.willungalions.com.au)

### **Willunga Quarry Market**

2nd Saturday every month, 9:00am - 1:00pm at Willunga Recreation Park Oval, Aldinga Rd, Willunga.

Craft, produce, plants

[www.willungaquarrymarket.com](http://www.willungaquarrymarket.com)

### **Willunga Table Tennis Club**

Social games played every Wednesday, 7:00pm – 9:00pm, with supper afterwards.

Willunga Town Hall, Willunga. Cost \$5

Contact: Trevor Bradley 0413 577 304

### **Willunga Tennis Club**

Social Competition – 6:30pm Tuesdays  
Cardio Tennis – 8:00 – 9:00pm  
Wednesdays Hotshots – Saturday mornings tennis for kids 5+.

Bookings essential!

Contact: 0432 526 793 or

[willungatennisclub@gmail.com](mailto:willungatennisclub@gmail.com)

# BUSINESS AND SERVICES LISTINGS & LIBRARY SCHEDULES

## ALDINGA CARPET & FLOORING

Carpet, Laminate, Vinyl, Timber,  
Hybrid & Repairs  
Shed 4/211 Aldinga Beach Road,  
Aldinga Beach SA 5173  
Ph: (08) 8556 6882

## JEMMA TURNER - REAL ESTATE AGENT

Magain Real Estate Adelaide  
Sales & Rentals  
Ph: 0404 003 283 E: jemma@magain.com.au

## A LA MODE NAILS & BEAUTY

Nails and Beauty  
Shop 37, Aldinga Shopping Centre  
Phone: 0472 521 963

## THE STELLA CAT HOTEL

Cat boarding with the best care and attention.  
www.stellacathotel.com  
3 Polkinghorn Ave, Aldinga Beach 5173  
Ph: 0488 588 880 E: stellacathotel@gmail.com

## AM LEGAL - LAWYERS

Wills & Estates, Family Law, Business,  
Commercial & Employment Law,  
General Advice  
29 Old Coach Rd, Aldinga. 5173  
Ph: (08) 7521 9800, E: office@amlegal.com.au

## WISE WOMEN WELLBEING

Fun Feminine Fitness \* Dance & Yoga  
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Yoga & Belly Dancing Classes  
Kashante – 8556 6563

## Aldinga & Willunga Library Schedule and Events: Jan - July 2024

**Chess Club: Enjoy a game or two of chess. Every player is welcome, from beginner to advanced.**

Aldinga library Mondays 2:30-4:45pm Free  
No bookings required

**Creative Writing (Pen to Paper) Share your stories and ideas with other passionate writers.**

Aldinga library Tuesdays 10:00-12:00pm Free  
No bookings required

**Digital Help: 30-minute appointments for support with using your digital device.**

Aldinga library Fridays 10:00-12:00pm Free  
Bookings essential  
Willunga library  
Tuesdays 2:00-4:00pm  
Free Bookings essential

**Family & Local History Help: Assistance with family and local history research**

Aldinga library Mondays 10:00-12:00pm Free  
Bookings essential

**Knitting & Crocheting: Knit and crochet for charity. BYO materials**

Aldinga library Tuesdays 10:00-12:00pm Free  
No bookings required

**Lego Club: Build and create with Lego (For ages 5+, all Leg supplied)**

Aldinga library Tuesdays 3:30-4:30pm Free No bookings required  
Willunga library Thursdays 3:30-4:30pm Free No bookings required

**Minecraft Mondays: join likeminded builders for Minecraft challenges and free play challenges and (For ages 8+)**

Aldinga library Monday 3:30-4:30pm Free Bookings essential

**Movie Matinee: join us each month for contemporary and classic films**

Aldinga library last Friday of the month 2:00pm Free No bookings required

**Scrabble Club: Enjoy a friendly game or two of Scrabble**

Aldinga library Wednesdays 1:00-3:00pm  
Free No bookings required

**Storytime & Babytime: stories, songs and other fun activities for children weekly during school term time. Free. No bookings required.**

Aldinga library – weekly Mondays (Storytime) & Fridays (Babytime) 10:00-10:30am  
Willunga library – weekly Tuesdays (Storytime) & Thursdays (Babytime) 10:00-10:30am

Go to [www.onkapingacity.com/onkapingalibraries](http://www.onkapingacity.com/onkapingalibraries) for more services and activities available at your local library.

# LOCAL CHURCH SERVICES & CHURCH COMMUNITY EVENTS

## **Aldinga Community Church**

**Aldinga Community Centre**, 7 Stewart Ave, Aldinga Beach  
Ph 0423 923 068  
E: accfec@gmail.com  
Friday 9:00am & Sunday 10:00am.

## **Anglican**

<http://www.southernvalesparish.org>  
Email: westernfleuriu@tpg.com.au  
Saturday  
**Willunga** 5:30pm - St Stephen's, St Andrews Tce  
Sunday  
**Aldinga** 9:00am - St Ann's, 7 Stonehouse Lane  
**McLaren Vale** 10:30am - 99 Main Road  
**Seaford Christian Churches**, 97 Main Street - 10:30am

## **Almond Grove Family Church**

32 Old Main South Road, Aldinga  
Sunday's 10:00am Service  
[www.almondgrove.org.au](http://www.almondgrove.org.au)  
E: info@almondgrove.org.au

## **Catholic**

[www.willungaparish.org.au](http://www.willungaparish.org.au)  
E: admin@willungaparish.org.au  
**Mary of Galilee, Aldinga** 5:30pm  
**St Joseph's, Willunga** 7:30pm

## **Lutheran**

**McLaren Vale** (4 Aldersey St)  
Ph 0400 734 619  
Sunday: 9.30am 0400 734 619 Seaford 588 Grand Blvd,  
**Seaford** SA 5169  
Ph 8392 4520  
Wednesday 9:00am & Sunday 9:00am



## **Autumn @ Willunga Uniting Church**

St Stephen's, St Andrews Terrace

Our faith community has been exploring what is important to us.

Three areas have been highlighted: Worship, pastoral care & hospitality.

Pastoral care involves being there for those who are struggling.

It is about creating a welcoming place where people feel safe to share

these struggles, find encouragement, and grow spiritually.

We send grace and peace to all those who are grieving and struggling at this time.

## **Church of Christ**

**Noarlunga** (151 Beach Rd)  
Ph 8326 1153  
Sunday 10:00am

**Seaford** (Grand Blvd & Main St)  
Ph 8392 4518  
Sunday 9:00am

## **Uniting Church**

**Aldinga** (2 Old Coach Road)  
Sunday 10:00am  
Ph 0416 195 192  
Email: tinal48@hotmail.com

**McLaren Vale** (257-261 Main Road)  
Sunday: 10.00am

**Noarlunga** (23 William Road, Christies Beach)  
Ph: 8384 3868  
Sunday 9:30am

**Seaford** (Grand Blvd & Main St)  
Ph 8392 4518  
Sunday 9:00am

**Willunga** 33 St Andrews Tce  
Sunday 10:30am

We worship each Sunday at 10:30am and all are most welcome, with a time of hospitality afterwards at Bethany Hall.

For your calendar:

Tuesdays Christian Meditation 9am – 10am  
(concluding with a cup of tea or coffee)

Saturdays Holy Communion 5.30pm

Where do we meet Jesus in our lives?

Grace & Peace, Jenny Esots.

Willunga Uniting Church  
Corner of St Andrews Terrace and St Jude Street,  
Willunga. Office: (08) 8556 2650  
Secretary Contact: 0481 006 696



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Plantation Shutters | Sheer & Block-out Curtains  
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# Leon Bignell MP

Member for Mawson



PO Box 1080, Aldinga SA 5173

P (08) 8556 5722

E [mawson@parliament.sa.gov.au](mailto:mawson@parliament.sa.gov.au)

## Working hard for our area

Authorised by L Bignell, Parliament House, North Terrace, Adelaide SA 5000