

Yorkes

magazine

COVER

LIGHTS & MUSIC

Tim Tuck's passion for performance shines

INSIDE

UNBREAKABLE SIBLING BOND

A shock diagnosis and miracle match for Emma Borlace

AND THE BAND PLAYED ON

Marking 160 years of brass bands in the Copper Coast

SHARING THEIR STORIES OF WAR

Local Vietnam veterans reflect



Yorke Peninsula Tourism Update

2023 Visitor Guide!

The 2023 Yorke Peninsula Visitor Guide is out now, and packed full of ideas for how to get out and about in our beautiful region. This year the guide highlights hands-on experiences, bookable tours, workshops and events, and invites guests into our region to explore more of Yorke Peninsula. The 2023 Guide also marks the very first time a Visitor Guide in South Australia has included a Welcome to Country written in language, with an English translation. We've also introduced a co-naming protocol, identifying towns by their Nharangga names, where known. Check it out now!

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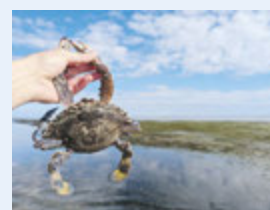
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New Tourism Experiences launched!

Yorke Peninsula is bursting with things to do this spring. Join Shane Warrior at Nharangga Aboriginal Cultural Tours for an unforgettable experience exploring the First Nations culture, history and storytelling of our region. Get some friends together and enjoy a cooking class with Emily at Grazing Yorkes or climb aboard the magnificent Brindabella for the sail of a lifetime. And for the freshest seafood around, let Kim from Catch N Cook host you for a blue swimmer crab experience, and cook up a shared feast while learning some new recipes.



New website coming soon

A fresh new destination website is under construction for Yorke Peninsula. The new yorkepeninsula.com.au will prominently feature bookable experiences, hosted classes, workshops and events, and will tell the story of our region to the world. Filled with suggested itineraries, local insights, beautiful imagery and packed with information, this essential component of our regional marketing will highlight everything there is to love about Yorke Peninsula.

Spring events

26-28 September – Yorke Peninsula Field Days, Paskeville

1 October – Port Broughton Annual Rubber Duck Race

30 September to 1 October – Moonta Open Gardens

4 October – Southern Yorke Peninsula Show, Minlaton

Planning an event? Get in touch with Yorke Peninsula Tourism for support, resources and information

This regional tourism update was brought to you by Yorke Peninsula Tourism – supporting and developing the visitor economy of our region.
Contact Regional Tourism Manager Jess Greatwich on 0424 895 309



Contributors

MANAGING DIRECTOR
Michael Ellis
director@yorkesmag.com.au

EDITOR
Rhiannon Koch
editor@yorkesmag.com.au

ADVERTISING MANAGER
Bernice Williams
sales@yorkesmag.com.au

CONTRIBUTORS
Erica Andrews
Fin Hansen
Patrick Goldsmith
Will Hunter
Jess Liddy
Michelle Daw

DESIGN
Lindsay Rover
Justin Price
Ian Shaw
Rod Penna
Lachlan Newbold

PHOTOGRAPHY
Rod Penna

PUBLISHER
Yorke Peninsula Country Times
31 Goyder Street, Kadina
8821 1155
info@yorkesmag.com.au

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Editor's letter

Milestone moments

AH spring! The extra warmth I've been looking forward to through the cold, winter months is surely on the way now.

We're marking a milestone with this issue — well, at least I am. We've now completed two whole years of creating this very special publication.

None of it would be possible without the support of our major partners as well as participants and the community.

This fourth edition of Yorkes Magazine explores some other milestones, both joyous and tough.

For members of the Kadina Wallaroo Moonta Band, 2023 marks 160 years of brass bands in the area, and an exciting celebration of the band's history.

Vietnam veterans across the country, including those from the Copper Coast, are marking 50 years since the end of Australia's involvement in that war.

And the Tape family is facing mixed milestones — 30 years since their son Jamie won a SANFL premiership and 20 since he tragically passed away.

Life is incredibly rich and varied, and we're proud to be able to share these stories, and many more, with you.

Rhiannon Koch, editor

Acknowledgement of Country

The Yorke Peninsula Country Times respects the fundamental role of the Narungga people as the First Nations custodians of the country known as Yorke Peninsula and the seas surrounding it.



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The local team you know, now able to service Yorke Peninsula better than ever with five offices across the region.

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It's not just about doing the very best for our clients, it is about listening to them and focusing on their dreams and aspirations so everyone will thrive socially and financially.

Through our passionate dedication to our region, and to the people we assist with their lifestyle dreams, we see ourselves as an integral member of the community and hold in high esteem the valuable contributions we continue to give.

This relationship we develop and continue to foster with our clients forges a special bond — a partnership and friendship which is the beginning of a rewarding long-term affiliation.

Ray White Yorke Peninsula believes there are no shortcuts and no compromises on the traditional values of doing business — integrity,

hard work, client service and accountability.

These values have become the backbone of our agency and we strive to ensure we do not waver from these basic principles in everything we do.

It is these principles and our honest approach to business which have earned us the respected position we hold on Yorke Peninsula.

We are a local agency which pulls out all stops to achieve the best outcome we can for our clients.

Our consummate professionalism and reliability have become the hallmark of a highly adaptable team of 25 people across five offices, where the property market is evolving and constantly changing.

Ray White Yorke Peninsula is a constant force which has clear strategies and a firm direction for the future where clients' needs are always foremost.

Call us today to find out how we can help you on your property journey.

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- 2023:** Agency of the Year Wallaroo (Rate My Agent)
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Client Choice Award
- 2021-22:** Top 5 Clients Choice Award
Community Service Award
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Alan White Elite Business Development Business
Premier Business Leader
- 2020-21:** Clients Choice Office Award
No 1 Regional Office
Top 10 International Clients Choice Office Award
Elite Business Leader
Premier Business Leader
- 2019-20:** Top 5 Clients Choice Office Award
Top Office Database
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- 2018-19:** Property Management Team of the Year
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- 2017-18:** Top Office Database
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- 2015-16:** Property Management Team of the Year

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Peter Shepherd, Wallaroo, treasures the memories of his racing career.



Peter's passion for the racing industry

Words Jess Liddy

Photos Rod Penna, Jess Liddy

"AND they're off and racing" — is a phrase Wallaroo's Peter Shepherd grew up listening to when his family attended the Cheltenham races.

Those words became part of his life as a professional jockey, even hearing them during the race that stops the nation — the Melbourne Cup — not once but five times.

"My parents were keen punters, but we never had anything to do with horses beyond that," Peter said.

"I didn't love school, so I left halfway through year 11, at the age of 15, and got some work experience as a stablehand for Roy Robinson in Glenelg but there wasn't enough work.

"I was always athletic and good at sport but when everyone kept growing, and I didn't, I had to start thinking of my options.

"I thought being a jockey might be the next best thing."

Peter spent about 12 months as an apprentice under prestigious trainer Colin Hayes at Lindsay Park in Angaston, before a 15-year association with John Hawkes, one of Australia's leading trainers.

"In 1977, I was given my first opportunity to race at just 17 — I didn't know the horse and the owner didn't know I had never raced — but I got my first win at Morphettville that day," he said.

"I always went into a race confident in myself and even more so once it kicked on."

Peter raced professionally for 24 years and said, despite loving what he did, some of his favourite memories were of meeting new people, the racing community — which became his family — and travelling.

"We would only race twice a week back then, it is nothing like it is now where some jockeys are riding every single day," he said.

"I would make \$17 a fortnight, get \$20 for a ride (not a win) and was given one Sunday a fortnight off — so minimum wage with no holidays.

"It was no high life like these days — it was really hard work — but also very rewarding!"

Peter said he would have to do all the track work himself and exercise the horses day in and day out, but it didn't guarantee him a ride on race day.

"My day would start at 3am to get the horses ready, ride them around until about lunchtime, feed them in the afternoon and do it all over again. I would ride what I was told to ride and if I didn't get a race, I didn't get a race, everyone was loyal to their boss," he said.

Peter's career highlights were in the 1980s and 1990s when he rode in world-famous events such as the Melbourne Cup, Cox Plate and the Golden Slipper Stakes — he even got to meet the Queen.



Peter Shepherd reminisces with mementos of his racing career.



"It's every jockey's dream to ride in the Melbourne Cup and I got to race in five," he said.

"When I first got the call-up, I thought it was a prank but I'm glad it wasn't.

"Although, in my very first Melbourne Cup, my horse reared backwards, and I was thrown straight into the rose bushes... I still raced... and it is a funny story to tell now.

"I was fortunate I was very light and never strayed from about 49 kilograms so I could pick up a lot of rides on 'roughies' other guys couldn't and ultimately I was just really happy and grateful to be there."

Peter hung up the saddle in 2001 to work with the TAFE jockey apprenticeship program, something which brought him even more joy than being on the back of a horse.

"I spent 14 years at TAFE teaching apprentices to ride and I really enjoyed those years before the program ended," Peter said.

"I got to work with people who are world-class jockeys now such as Jason Holder, Ronnie Stewart and Zac Spain.

"I actually spotted Ron at a family racing event when he was just a kid — he got on the mechanical horse, and I thought he's a natural, and that's how his career began.

"It's really special to see these guys have successful careers after working with them so closely and we still stay in touch now."

Peter and his wife Tracy recently used their racing connections to bring the Melbourne Cup to Wallaroo and continue to do regional tours to promote the cup.

"I'm also the ambassador of the Balaklava Cup," he said.

"And I spent some years volunteering my time at Riding for the Disabled in Kadina but that has since stopped which is such a shame — horses can have such a positive impact on humans."

Peter still enjoys watching the races, having the occasional bet, and keeping an eye on the careers of up-and-coming jockeys.

"I've spent the past six years living in Wallaroo, I love the lifestyle and especially the fishing," he said.

"It has been a humbling career, one that started with a love of racing in the family and, while my three children weren't interested in becoming jockeys, racing has continued in the family with my son Daniel who became a trainer.

"I just love horses, the camaraderie the industry has, and the experiences that came with it." ■



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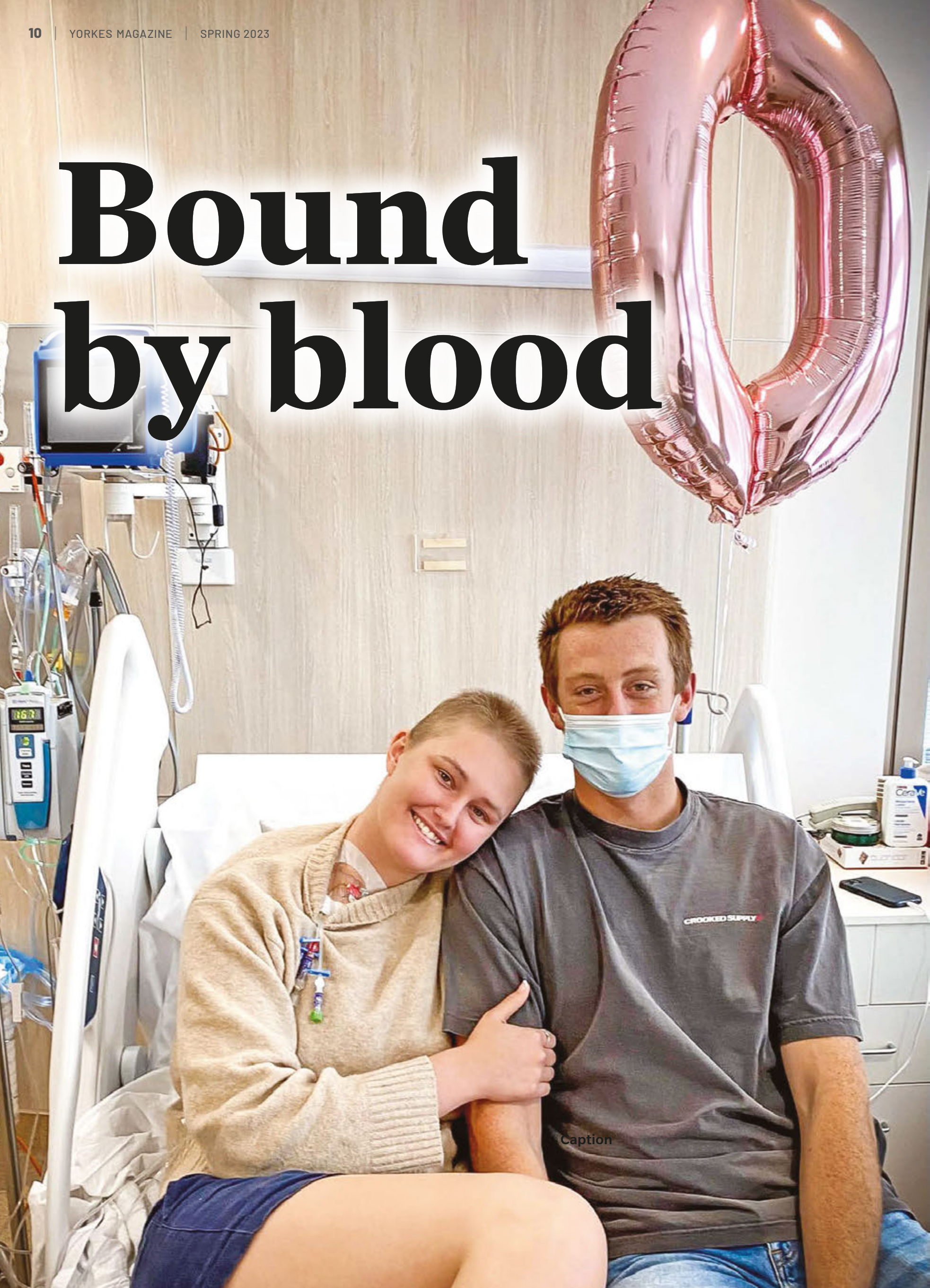
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Bound by blood



Caption

Unbreakable sibling bond confirmed by miracle cell match

Words Fin Hansen

Photos Rod Penna, supplied

EMMA Borlace never thought her first time donating blood would have such an unexpected outcome.

An aspiring veterinarian who grew up in Wallaroo, Emma offered up her arm at the Wagga Wagga Donor Centre for the first time on November 16, 2022.

She had just completed her fourth year of veterinary exams and had the world at her feet.

Just a few days after her donation, Emma received an unexpected call from Lifeblood.

An abnormal population of cells had been found in her blood and required urgent follow-up testing.

"I went to the emergency room and underwent some tests, but I was extremely confused as I felt completely fine," Emma said.

On November 21, Emma received call from an emergency doctor who told her to get to St Vincent's Hospital, Sydney, immediately.

The testing suggested an acute lymphocytic process, a dysfunction that occurs when bone marrow produces immature blood cells which can develop into leukaemic white blood cells.

"(My partner) Hugh (Morrison) and I drove five hours to Sydney that night and I rang my family (parents Martin and Katrina, and brother Matt) on the way to tell them we didn't really know what was going on but the referral to Sydney meant it was serious," she said.

"They all got in the car instantly and drove 16 and a half hours non-stop to be with me in hospital for the formal diagnosis.

"I presented to the emergency room the next morning to have a bone marrow aspiration done which very quickly revealed a large number of leukaemic cells."

Emma, 24, was diagnosed with early T-cell precursor acute lymphoblastic leukaemia, an aggressive blood cancer which usually develops quickly during a period of days or weeks, and can be fatal if left untreated through this time.

"All of this was such a shock to me because I had none of the clinical signs and was feeling great," she said.

"It was extremely tough and confronting news to receive but I knew from day one I was in the best hands possible, so I didn't let my mind wander to the 'what ifs' and just focused on what was next.

"Since then, I have been in and out of hospital for treatment, fevers and infections.

"I have lost my hair more than once, taken more medications than I ever thought possible, and experienced unrelenting nausea and vomiting.

"But to say I'm counting my lucky stars I donated plasma when I did is an understatement."



Emma Borlace's love for animals has taken her far and wide, including a trip to Namibia where she met a pair of baboons in 2019.

“We consider ourselves so fortunate because not everyone finds a match, let alone a perfect one.”
– Emma Borlace



ABOVE: Emma and Matt Borlace as children on a family holiday in Thailand in 2014.

RIGHT: Matt flicks through photos of he and Emma at home in Wallaroo, while the two are separated by 1250 kilometres.

FAR RIGHT: Emma and partner Hugh Morrison shaved his head to support Emma following her cancer diagnosis



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Emma's father Martin, brother Matt and mother Katrina have sacrificed much of their day-to-day lives to be by her side in St Vincent's Hospital, Sydney.

Soon after her diagnosis, Emma's specialists decided she should undergo an allogeneic stem cell transplant, using a donor's stem cells, to give her the best chance to enter remission.

This type of transplant often comes from a donor whose tissue type closely matches the recipient's.

Siblings are the most likely stem cell matches, but still only have a one in four chance of a complete match.

"Matt and I underwent the workup for the transplant which involved lots of blood testing and tissue typing," Emma said.

"The results came back weeks later to reveal he was a 100 per cent match, which was the best news in the world.

"We consider ourselves so fortunate because not everyone finds a match, let alone a perfect one.

"Having Matt as a perfect match has meant I have had fewer complications with graft vs host disease post-transplant.

"In the world of blood cancers, the day you receive your stem cell transplant is considered the day you are reborn.

"Matt didn't even think twice before donating his cells in order to save my life and for that I am eternally grateful."

Matt said he was genuinely happy to find out he was a full stem cell match with Emma.

"Despite hating needles, it was a very easy decision to go through the testing and then the stem cell procedure, knowing I was Emma's best hope of a good outcome," he said.

"When I found out there might be a possibility of me being a match, I didn't hesitate because she is my sister and I'd do anything to help her.

"I ended up having to self-inject eight times under Emma's close supervision to stimulate the stem cells so they flooded into my blood and could be harvested... injecting myself was not something I thought I'd ever have to do.

"They removed about eight million stem cells and Emma eventually received 5.4 million of them."

Matt, 21, said he and Emma have always had a good relationship.

"We spent a lot of time together and had normal sibling arguments, mostly through both of us being very competitive," he said.

"She made me laugh every day though with her crazy antics.

"This whole experience has brought our relationship much closer under unfortunate circumstances."

Emma was forced to put her studies on hold due to the duration and frequency of various forms of intense chemotherapy and radiotherapy.

"This was super disheartening as I was going

into my final year and a half of my five-and-a-half year course," she said.

"The great news is university will still be there when I am ready to return. I am hopeful to restart in March 2024.

"I was extremely fortunate my family could move temporarily to Sydney to be there for every step of the way post-diagnosis.

"My partner Hugh, who was at the same stage of his veterinary studies, put his studies on hold and moved to Sydney to be with me from day one.

"I've felt unwavering support from Mum, Dad and Hugh; it wasn't an easy task but they turned up for me every day so I knew I was never alone in this.

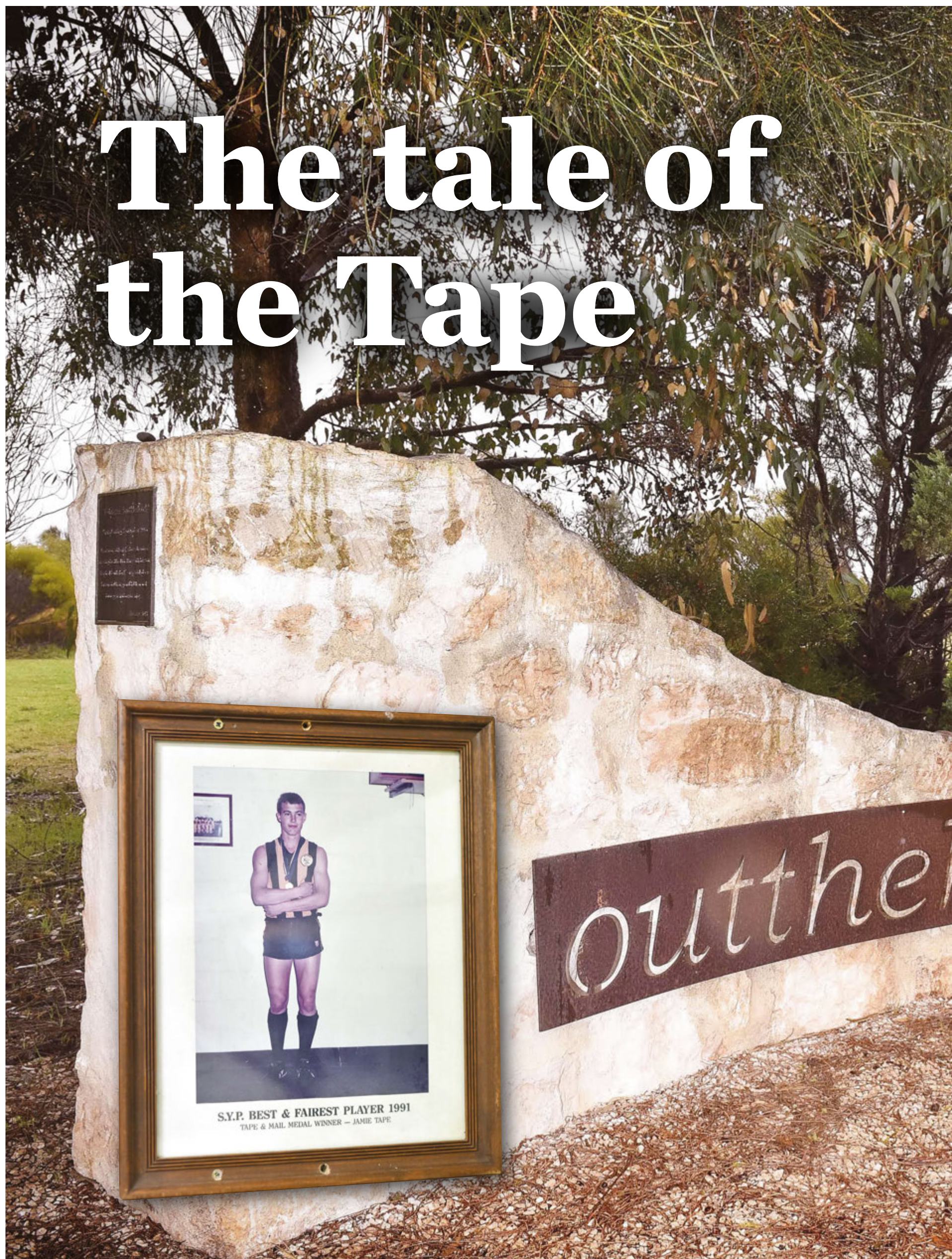
With the stem cell transplant considered a success, Emma is now in remission and her own bone marrow has returned to regular functionality.

She has introduced walking into her daily routine and plans to return to Wagga Wagga in the near future before eventually making the trek home to Wallaroo.

Emma hopes to continue building up her strength and fitness, wean off protective medications, receive all childhood vaccinations once again and, importantly, remain in remission for the long term.

The world remains at her feet. ■

The tale of the Tape



Small plaque on the wall, likely a dedication or inscription.



S.Y.P. BEST & FAIREST PLAYER 1991
TAPE & MAIL MEDAL WINNER — JAMIE TAPE

outthere

Words Patrick Goldsmith
Photos Rod Penna, supplied

JAMIE Tape was a quiet Coobowie kid driven to achieve his goals.

The humble member of a tight-knit family, Jamie was the first player from southern Yorke Peninsula to play AFL-level football and was a member of Woodville-West Torrens' inaugural premiership team.

He was also the youngest person to win the Mail Medal as the SYP Football League's A grade best and fairest, but Jamie's story is one which ends far too early, at the age of 28.

This year marks three decades since his Eagles premiership and two since he died of a heart attack, having just won a 12-month battle with Hodgkin's-lymphoma.

Jamie was a son, brother, teammate, friend, husband and a father of little fanfare, but also a man of extreme loyalty, laughter and love, according to parents Peter and Kathy.

During his and siblings Rebecca and Simon's youth, Peter and Kathy were heavily involved in Tape Homes, the family construction business.

"With three children it was busy because there was always football, cricket, basketball, netball and work," Kathy said.

Peter and Kathy's memories of Jamie's childhood are headlined by someone who was entrepreneurial, even in the backyard, where a two-storey cubby house was turned into a carpentry shop and where a "fortune" would one day be made from a handful of sheep which Jamie purchased through family friend Bob Warren.

At Yorketown Area School Jamie stood out in class and competed in the state athletics carnival, excelling in javelin, for which he held the school record.

Football came calling because that's just what you did; living in Coobowie, it was a short drive to Edithburgh to play minis, colts and A grade for the Peckers, sometimes the latter two in the same afternoon.

There were other commitments which came with that too, such as regular trips to Adelaide.

"I remember standing outside the post office in Edithburgh, sending him off on the bus to SAPSASA football in year 6 and he was so determined to go, but it was a 'don't look at me' type of focus," Kathy said.

"He sat down at the back of the bus and just looked straight ahead, not sideways at us waving to him wishing him good luck.

"But that was just his determination.

"He wanted to be an AFL footballer, that was his aim, but every kid who's played footy has said that, so I probably never took it too seriously."

By the time the Peckers finished 1991 as undefeated A grade premiers, Jamie was making a name for himself as a key player and claimed the league-wide best and fairest.

Newly formed SANFL club Woodville-West Torrens had also come calling and, when further studies beckoned, so did football at a higher level.

"He was only 17 when he won the Mail Medal, playing both colts and A grade each Saturday, so the next year after he finished year 12, he went over to Adelaide and got selected in the SANFL reserves just before his 18th birthday," Peter said.

Peter and Kathy Tape take a moment at the entrance to the bushland area called outtheback, which their family created at their Coobowie property in their son Jamie's memory.

"The league side got thrashed by Glenelg and he got picked the next week and stayed in the side for the rest of the year.

"He was drafted that year and a few (AFL) clubs spoke to him but he ended up going to Richmond, despite them not being overly successful at that time.

"We had their CEO (Cameron Schwab) and their coach John Northey come for dinner one night; I remember we served them freshly caught whiting and Coobowie shop chips.

"They wanted him to come and play reserves over there, but Jamie felt he hadn't quite made it with the league side at the Eagles yet, so he stuck around for 1993."

It proved a good decision, as he played every league game of the season, including the grand final which the Eagles won by 73 points.

Brother Simon played in the reserves side too and, when they also won the flag, it made for a week-long celebration not just for the club, but for the family.

"On the Friday they presented the players in Rundle Mall and that was a 'wow' moment and then afterwards we went back to Woodville Oval and it just went on and on," Kathy said.

Peter and Kathy travelled to Melbourne to see him play as often as possible from 1994 onwards.

"Jamie had a lot of people from the peninsula keeping an eye on him to see how he was going every week," Peter said.

"I don't think he played any reserves games when he got to Melbourne and, as it turned out, he debuted in round 1 and he and fellow South Australian Matthew Rogers were given the 'Best First Year Player' awards.

"Richmond did really well in his second year, 1995, making it to the preliminary final and then bombing out, which was a crazy ride.

"You'd go down to the changerooms with the team after the game and you couldn't believe it, you'd just be pinching yourself to be so close to the action."

Jamie played in Melbourne for six years, amassing 75 games with Richmond, before being traded to Collingwood and playing another 16 games, but was hampered by a



Jamie Tape (right) dives for the ball alongside Norwood's Anthony Eames during the 1993 SANFL grand final, which Woodville-West Torrens won by 73 points.

broken wrist.

He represented South Australia in State of Origin three times.

"He would've loved to have stayed at Richmond, I think he was actually quite devastated by being traded," Kathy said.

"Richmond had a great family set up, because you'd just walk from the MCG to their clubrooms across at Punt Road after a game and you'd have a great night.

"When he was traded to Collingwood it was an entirely different experience and for us, it just wasn't the same; we had built so many strong connections while Jamie was at Richmond."

He and partner Kelly were ready to move back to Adelaide, so 2000 and 2001 were spent back at the Eagles for football.

Things turned in 2002 when he fell ill preparing for the new season.

"He was doing his preseason training and just couldn't get his fitness up; then he discovered a lump under his arm and thought it wasn't quite right," Kathy said.

Jamie was diagnosed with Hodgkin's lymphoma; a relatively aggressive cancer of

the lymphatic system which can spread quickly, but is also one of the easier types of cancer to treat.

"Support came from far and wide; Australian Test cricketer Simon O'Donnell, a non-Hodgkin's disease survivor, was one of many who reached out to Jamie," Peter said.

"Once we knew, he had 12 months of treatment (throughout 2002) which was intense, as it is for everyone, and he supposedly got the 'all clear' at the end of it."

However, tragedy struck on the evening of January 3, 2003, when, driving home after a beach run, Jamie had a fatal heart attack.

Peter and Kathy were in Port Lincoln at the time and couldn't get themselves on a plane, so endured a long drive back to Adelaide, arriving at 4am the following day.

The front-page headline in the Yorke Peninsula Country Times read "Community mourns favourite son", while a story in The Advertiser pondered how something such as this "isn't supposed to happen to men like Jamie; fit, young and popular, with the world at their feet".

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More than 600 people, including a host of Richmond, Collingwood, Woodville-West Torrens and local teammates, attended his funeral at Yorketown Uniting Church six days later.

On that day, Simon, as part of the eulogy, spoke about a brother who had enormous love for his wife Kelly and son Tom.

"We were lucky because he and Kelly decided they would start a family soon after getting married," Kathy said.

"Their son Tom was only 18 months old when Jamie passed away, and we often think about how blessed we are Kelly, and especially Tom, are still in our lives and are a beautiful reminder of Jamie."

The family has kept a strong connection with the Richmond and Woodville-West Torrens Football Clubs; the latter has an annual player award for sacrificial acts named in Jamie's honour.

Peter and Kathy took Tom to Melbourne in 2008 to receive a gift, a locker door signed by Jamie from diehard Richmond fan Riley Wolff, to keep.

"We were walking across to Punt Road with Jamie after a game at the MCG once and Riley and his mum approached us with the door of an old school locker, adorned in yellow and black and asked him to sign it," Kathy said.

"She had it made for him for his birthday as he had followed Jamie from the very beginning.

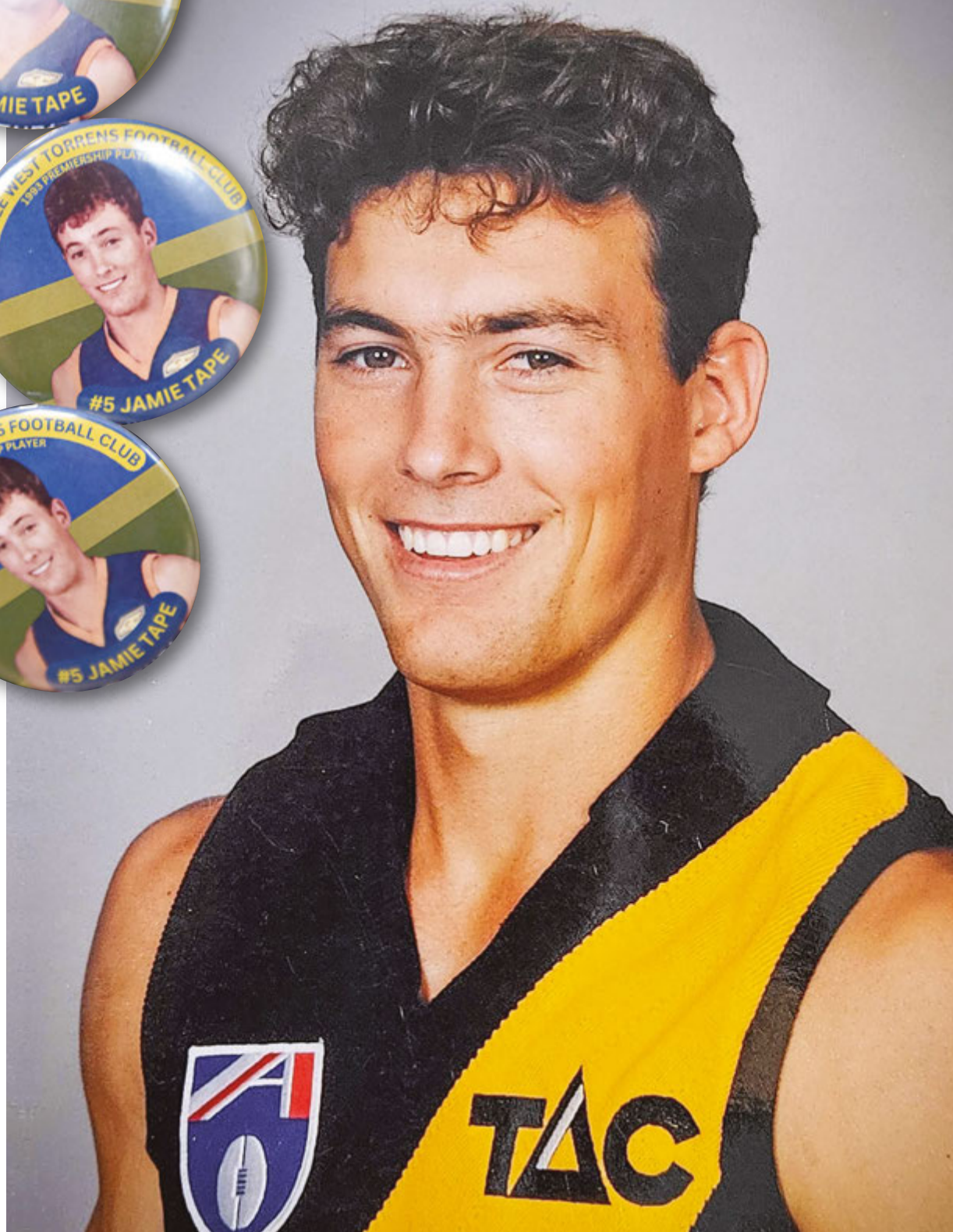
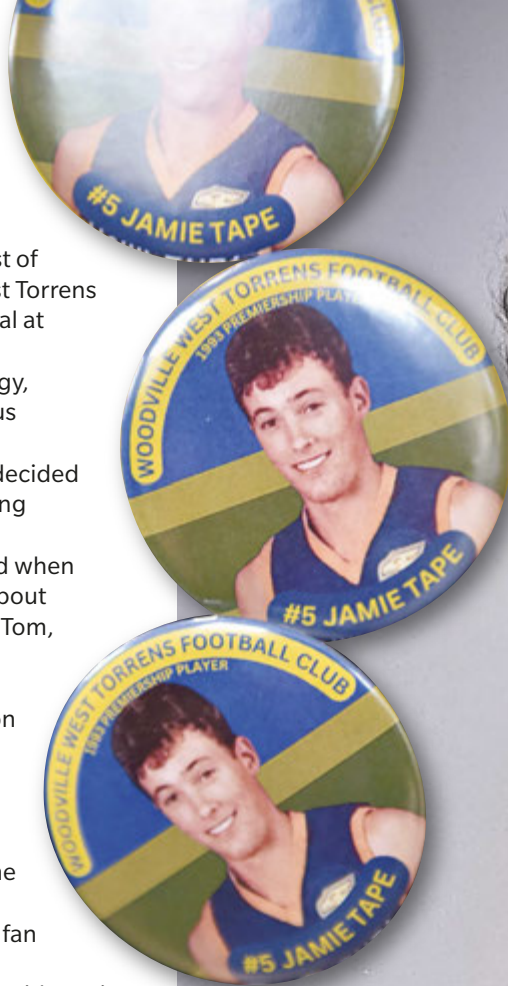
"Years later when Riley discovered Jamie had a son, he reached out to give it to Tom, which was incredibly special."

The Christmas before he passed, Jamie voiced ambitions to create bushland to share with his family.

Since 2006, much of the Tape's Coobowie property has been transformed into a playground for future generations to enjoy.

It includes thousands of native plants in and around handmade sculptures, paths named after grandchildren, a camping spot and even a cricket/football oval.

In his memory, it was appropriately named 'outtheback'; and, much like his other goals in life, it was achieved with little fanfare — and much love. ■



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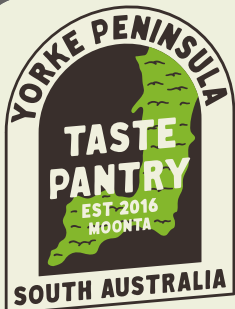
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Tim's journey from shy boy to showman

Words Will Hunter
Photos Rod Penna

MUSIC and theatre have coursed through Tim Tuck's veins for more than four decades.

Serving as a form of escapism for the multi-faceted writer, director, performer and musician, Tim has flourished in the performing arts and, in turn, brought much joy to audiences across the peninsula.

Whilst his original musicals are now a staple of the community calendar, he was not always musically inclined.

After immigrating to Australia from the United Kingdom as a teenager in 1971 with his parents and four siblings, Tim settled in Salisbury East and attended the high school of the same name.

It was here, Tim concedes, he failed year 8 music despite his mother being a practising musician.

"At this point I think it was clear I had no real desire for music or drama, nor any idea what I wanted to do once I left school," he said.

An active member of Scouts SA at the time, Tim's interests changed when the group wanted to visit Canberra on an excursion but could not afford it outright.

"Someone came up with the idea of putting on the show, which we eventually called Scout Shouts, to help raise money for the trip," he said.

"We wrote all the material, constructed all the props and I think I even played Juliet which was quite a sight to behold.

"It would turn out we would never quite make it to Canberra, but Scout Shouts has continued every year since and is definitely what sparked my initial passion for theatre and music."

Tim eventually decided to become a teacher and, while studying at university, managed to pick up some rudimentary music theory which formed the basis for the rest of his career.

By the time he had graduated and found a job at Streaky Bay Area School in 1980, he was confident enough to play a few chords on the bass guitar.

Four years later, Tim started at the then Maitland Area School under principal Colin Fahey, who had identified the need for an instrumental music program at the site.

Despite failing year 8 music, Tim has found his passion in the performing arts.



"The Department for Education wouldn't fund an instrumental music program at the time — or supply an instrumental music teacher — but Colin saw the value in having such a program," he said.

"One day he looked around at the teaching staff and realised there was one who could play the flute, one who could play brass and one who could play the drums.

"He knew I had a bit of theory knowledge, which admittedly was mostly self-taught, and believed all of us combined would be enough to start up our own program.

"He had a huge amount of faith in me.

"I was the youngest teacher at the school when I came here, which is ironic because I am now the oldest, but I look back and realise he obviously saw some potential in us.

"By the following year, we became the first school on Yorke Peninsula with an instrumental music program."

Tim admitted the program was far from great when it first grew legs, but it laid the foundations for what would later become a school-wide musical affair.

"At the time we had nothing to compare it against, but what the kids played back then I wouldn't let my current junior primary students play now," he said.

"Eventually, we looked at doing a musical

and I discovered quite quickly people write them for small casts which didn't suit us as we wanted all of the students to be involved.

"I took matters into my own hands and wrote David and Goliath — we cast our six foot tall physical education teacher as Goliath and David was performed by a year 2 student.

"It didn't really matter what we did on stage because people thought that whole dynamic was hilarious by itself.

"I took the script to Cathy Bishop (music teacher) and told her I didn't think we would be able to pull it off — she just looked at me and assured me we could.

"Having someone who encouraged me by having my back in that moment meant a lot and from there, it just grew bigger."

David and Goliath proved to be a pivotal moment for Tim who has now written and performed more than 30 original musicals from Maitland, with some being picked up by other schools across the globe.

He said his passion for the performing arts continues to evolve each day with more technology available in the modern era to help him develop his craft.

Tim chalks a portion of his success up to the fact he has always had a mentor who has kept him motivated along the way, even if

they did not realise they were an inspiration to him at the time.

"Funnily enough, I was always the kid who didn't want to put my hand up in class to answer a question in fear others might laugh at me — I often ask myself when I changed," he said.

"These days if there were 200 people in a room and I was told to go and entertain them I would be in my element.

"I think a lot of it is in your head which is something I try to teach the students who worry about going up on stage.

"We try not to make a big deal about it and now the program is established, we get the opportunity to involve students as young as kindergarten to build their confidence early."

Tim said the best part about the musicals was not the musicals themselves, but their ability to provide a creative outlet for every student.

"There are so many things involved in a musical which appeal to everybody, from singing and performing to backstage roles like lighting and sound," he said.

"It is one of the few things where you can be in a team that is not trying to beat another team.

"Watching the teamwork and cooperation which takes place towards a goal much larger than one person is the truly inspiring part of it all." ■



Tim Tuck has now written and performed more than 30 musicals from Maitland.



Tim Tuck with Central Yorke School students Adelyn Bennett, Alexander Gatti, Azariah Wanganeen, Iris Sansbury, Lucas Brooks.



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SHARING WAR STORIES



Words Michelle Daw

Photos Rod Penna, supplied

THEY fought an elusive enemy in the air, from the sea, on land, and even underground in treacherous, booby-trapped tunnels.

Members of the Vietnam Veterans' Association of Australia Copper Coast sub-branch are telling their stories as part of national commemorations to mark 50 years since the end of Australia's commitment to the Vietnam War.

More than 60,000 Australians served in the war, the longest conflict of the 20th century involving Australian forces.

It cost 523 Australian lives and more than 3000 personnel were evacuated with wounds, injuries or illness.

VIETNAM WAR FIELD ENGINEER

KEITH WILKINSON



RETIRED career soldier Keith Wilkinson likes to joke Redgum's hit song, I was only 19, was written about him because he was that age when he arrived in Vietnam in 1971.

He served for eight months as a plant operator and field engineer with the Royal Australian Engineers, loading and unloading ships, building infrastructure and clearing mines.

"My overriding memories are the heat and the humidity and the smell. There was no running water and no sewerage," he said.

Keith's group packed up the Australian base at the port of Vung Tau and were among the last Australian troops to leave in 1972.

"It was sad leaving because it was inevitable they (South Vietnam) were going to be overrun because the north was stronger," he said.

In addition to the health problems, veterans had to deal with antagonistic responses from the Australian public and Returned Services League.

"A lot of the World War II soldiers said it was not a real war and we were told by the general public we were baby killers," Keith said.

"It was the first war people could watch in their lounge rooms.



Keith Wilkinson's field messages book from the Vietnam War and multi-purpose tool from his rations pack.

"They were seeing people shot, killed and napalm-ed.

"There was a lot of animosity and demonstrations in the main streets of big cities."

Keith returned to Vietnam in 1999 with 15 other Australian veterans and their wives.

"It's a beautiful country and they welcomed us with open arms," he said.

"The Australian veterans are very well received and we met with some ex-service people from North Vietnam and chatted to them."

Keith served 23 years in the Australian Army and was a warrant officer class one. Now he serves as the president of the Vietnam Veterans' Association of Australia Copper Coast sub-branch in Moonta, one of only three sub-branches in South Australia.

◀ LEFT: Keith Wilkinson served in the Royal Australian Engineers in Vietnam and is president of the Vietnam Veterans' Association of Australia Copper Coast sub-branch in Moonta.



VIETNAM WAR INFANTRYMAN ROB NANKIVELL

ROB Nankivell was a conscript in the 2RAR and served from May 1970 to 1971.

He was part of a transport team manning checkpoints and providing driving support to officers and medical staff at the Australian base at Nui Dat.

"It was the longest year we have ever had in the heat," he said.

"We lost quite a few boys right at the end of the tour.

"I just wanted to get out and get home."

Rob said the Australian soldiers did humanitarian work in Vietnam and he used to transport Australian army doctors and medics to isolated villages to treat civilians.

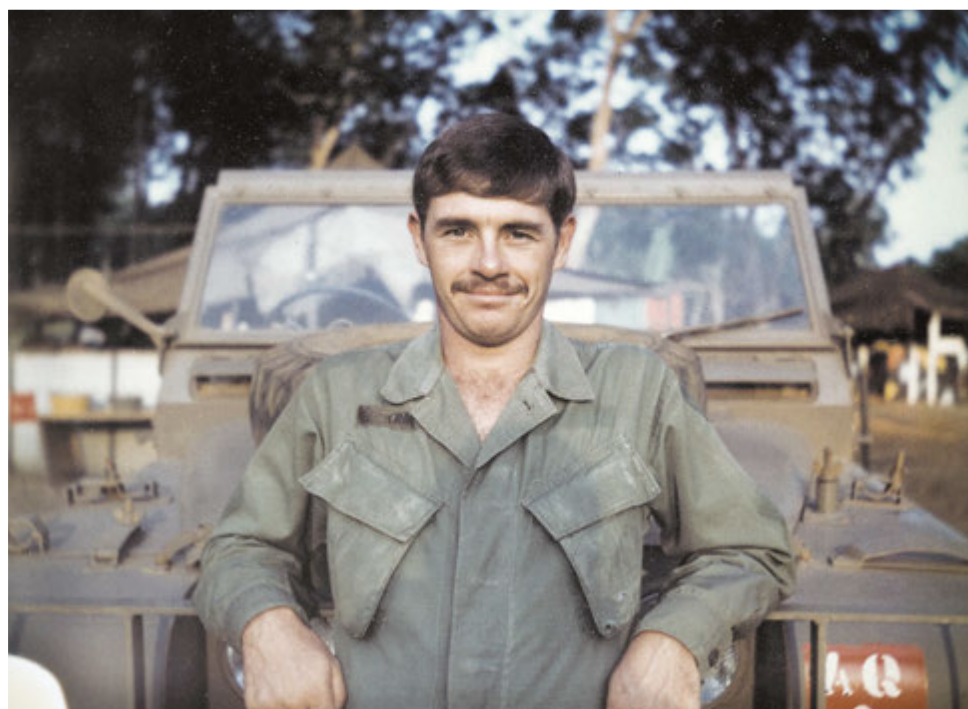
But he said the response many veterans got on their return to Australia was hard to take.

"A girl in Adelaide came up to me and called me a murderer," Rob said.

"I said to her, 'I have done more humanitarian work than you have ever done in your life!'"

Rob said he was pleased the contribution of the Australians who served in Vietnam was being recognised.

"It's important to commemorate the memories of the blokes we lost in the war and even the ones who came home — 14 of the fellows I served with have died in the past five years," he said.



◀ LEFT:
Rob's dog tags
from the
Vietnam War.

▶ RIGHT:
Rob Nankivell in
1971 during his
tour of duty in
Vietnam.

VIETNAM WAR INFANTRYMAN BARRIE BARKER



PRIVATE Barrie Barker went to Vietnam as a conscript or NASHO and served as an infantryman for 10 months with 3RAR in 1971.

He worked as a driver and also did foot patrols near the main Australian base, Nui Dat.

"Most of the time we were doing night ambushes and tail patrols to check the enemy were not sneaking in and to protect our fire support bases," Barrie said.

"We had a few contacts — you would meet up with the enemy and they would disappear or run into their tunnels.

"Land mines were always in the back of your mind. But we were trained for it, it was no good panicking. You were there and you had to make the best of it."

Barrie said arriving in a poor, war-torn country was a culture shock for a 22 year old from country South Australia.

"It made you grow up pretty quick," he said.

"I had just worked in a shop in Moonta and lived with my parents, then all of a sudden, I'm in Vietnam."



Barrie Barker and Rob Nankivell both grew up in Moonta and did their cadet training together at Puckapunyal before being sent to Vietnam.

COMBAT ENGINEER

GRAHAM “TITCH” FLETCHER



SAPPER Graham “Titch” Fletcher was a combat engineer with the Royal Australian Engineers’ 1 Field Squadron, which became known as the Tunnel Rats.

After being conscripted, Graham did three months of general training and arrived in Vietnam in October 1969 for a 12-month tour.

After just two weeks of specialised training, he was sent into the jungle to search for and destroy unexploded bombs and bunkers on the surface and explore the maze of underground tunnels created by the Viet Cong.

“We were looking for caches of explosives and weapons, we would have to drag them out and destroy them,” he said.

“In the first seven months, I lost seven mates from our troop, through exploding mines.”

About 700 Tunnel Rats served from 1965 to 1972; during that time, 36 killed were killed and around 200 wounded, creating a casualty rate of 33 per cent.

Graham said his youthful enthusiasm helped him to cope with the dangers of the work.

“We were young and silly — we couldn’t wait to get down there and see what we could find for a souvenir,” he said.



Graham Fletcher and a comrade in front of a Viet Cong tunnel they had just cleared in Biet Thu province, Vietnam, in 1970.

Graham is a member of the Vietnam Veterans’ Tunnel Rats Association, which donates money and food to two orphanages in the Phuoc Tuy region.

He has made two trips back to Vietnam with the association and is returning in November.

He said one of the highlights of these trips was being able to meet on friendly terms with former enemy combatants.

“There is no animosity towards the Australians from the North Vietnamese — we respected each other because we were all in the same boat,” he said.

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LEADING AIRCRAFTMAN

MARFELL
"BOMBER
MICK"
SPENCE

MARFELL "Bomber Mick" Spence was a leading aircraftman in Number 2 Squadron of the Royal Australian Airforce.

He enlisted in 1968 and served in Vietnam for "one year and one stinking day" from February 1970.

Number 2 squadron, the only Australian unit operating bombers in Vietnam, won two unit citations in the war and is one of the highest decorated squadrons in the RAAF.

Mick's initial role at Phan Rang Air Base, looking after the sailing boats on a nearby beach, which were used by the Australians on their days off, may have seemed cushy but he requested a change of duties after being shot at three times by the Viet Cong while he was unarmed.

He was transferred to building bombs weighing between 340kg and 450kg. Each bomb had five parts and every man had to assemble 48 bombs a day. "Where we worked in the bomb dump, it was as big as Wallaroo, and it was full of explosives, napalm, bombs, ammunition — you name it," he said.

"It was guarded by 20 machine guns and the Viet Cong tried infiltrate it eight or nine times. But we never got a bullet, a rocket strike or a mortar strike. There were that much explosives there, it would have wiped out the whole base."

Mick finished his 25 years in the RAAF as a flight sergeant.



ABLE SEAMAN

TONY EMMERTON

TONY Emmerton was just 15 years old when he signed up with the Royal Australian Navy.

Three years later, Able Seaman Emmerton was deployed to Vietnam as a sonar operator on the HMAS Brisbane on its second deployment with the United States Seventh Fleet.

The ship was equipped with automatic rapid-fire guns, anti-aircraft guided missiles, anti-submarine missiles and guided torpedoes and one of its main roles was to bomb enemy targets close to shore.

"On my first or second night in Vietnam, we were on the gunline near the demilitarised zone," he said.

"It was just unbelievable, there was tracer fire going from one direction to the other and we had to send parachute flares up to let the US army and artillery know where we were."

Tony said the 50th anniversary of the end of the conflict was an important time to remember old friends and recognise the service of Vietnam veterans.

"When we came back to Sydney, we weren't allowed to wear our uniforms because of all the anti-war protests," he said.

"We just wanted to get home but it was a difficult time back in Australia."

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And the band plays on...



The Kadina Wallaroo Moonta Band in 2023, back: Gay Lee, Kathrine Jaeschke, Ian Philbey, Doug Clark, Dianne Morgan, Josie McWaters, Bob Minne, Rob Kutcher, Jose Vermeulen, Wendy Koennecke, Roger Blieschke, Barb Langman, Aaron Jenkins, Vaughan McWaters, Nathan Wright, Rob Hooper, Jennifer Clifford; front: John Wright, Bill Daddow, Ian Miller, Liese Gordon, Brian Schulz, Linda Kinch, Christine Kutcher, Graham Sobey, Malcolm Kinch.

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Words Michelle Daw
Photos Rod Penna, Michelle Daw
 and Bernice Williams

THEY have played at solemn occasions and celebrations, at Christmas pageants and Anzac Day dawn services, and for marches, military funerals and Cornish ceremonies.

They even welcomed the English cricket team to Kadina when they came to play against Yorke Peninsula in 1874.

This year, Kadina Wallaroo Moonta Band is celebrating 160 years of brass bands in the three towns, culminating in a concert at the Wallaroo Town Hall on Sunday, September 24.

The brass band tradition was brought to northern Yorke Peninsula by Cornish miners who began emigrating not long after copper was discovered there in the 1860s.

Since then, the three towns have had 13 separate brass bands, plus four school fife and drum bands.

After many closures and amalgamations, only the Kadina Wallaroo Moonta Band is left to uphold the tradition.

Its contribution is particularly evident during the Kernewek Lowender Copper Coast Cornish Festival, a biennial celebration of Cornish culture in the Copper Coast.

The band won Copper Coast Council's 2023 Community Club of the Year Award and has 25 playing members.

It reached its pinnacle in 1968 when, as the Kadina and Wallaroo Band, it won the C Grade Championship at the National Band Championship in Tanunda, then it won the B Grade Championship for South Australia the next year.

In those halcyon years, the band was led by the legendary Sam Trenwith, who had first played solo cornet at the age of 13 in the Kadina Salvation Army Band.

After working briefly in the mines, Sam became a professional musician, playing at silent picture theatres in Adelaide and vaudeville concerts as well as in military bands and with the Adelaide Symphony Orchestra.

He returned to Kadina in 1955 and not only led the band, he also wrote many original tunes, some of which will be played at the anniversary concert.

Female members were recruited for the first time in 1960 and, by 1970, there were eight girls in the band, with five of them joining their fathers.

Kadina Wallaroo Moonta Band operations manager Malcolm Kinch and bandmaster Linda Kinch.



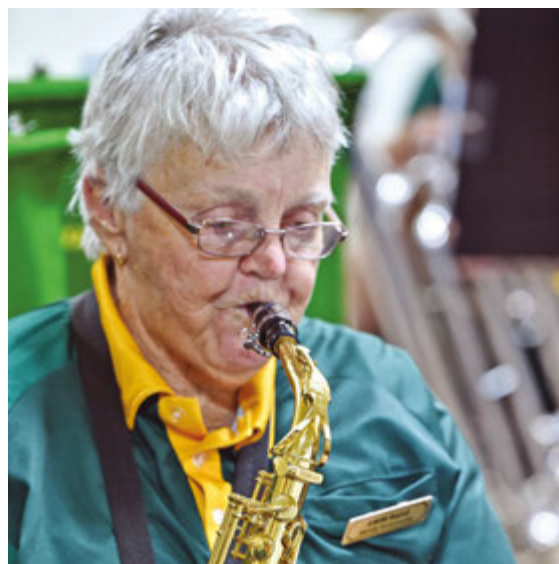
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Father and daughter members of the Kadina Wallaroo Moonta band in 1970, Bill and Gwen Carter, Cliff and Jennifer Sutton, Steph Schirmer and Carol Schirmer, Kevin and Janette Thomas, and Jack and Barbara Doyle.

TOP LEFT: Gay Lee and her father Brian Schulz both play drums in the band.

LEFT: Wendy Koennecke plays alto saxophone with the Kadina Wallaroo Moonta Band.



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Among them were Jennifer Sutton (now Clifford) and her father Cliff.

Jennifer still plays in the band, as first cornet, and fondly recalls competing with her father at Tanunda in 1968 and the bond she has shared with band members over the years.

"Once you are in, it becomes a family," she said.

"You are quite happy to give up other things to help with the band."

It really is a family affair, with three married couples and still one father and daughter pair in the band, Brian Schulz and Gay Lee, who both play bass drum.

Gay came back to the band in late 2018 after an 11-year break, initially just to fill-in for the Kernewek Lowender the following year.

But the joy of music and the camaraderie of the band has kept her involved ever since.

"Sometimes I feel tired and don't want to travel in from my home at Kulpara but music just invigorates you," she said.

Cornet player and band president Aaron Jenkins was just 7 years old when he started.

"I hit it off with the old blokes and I have been here ever since," Aaron said.

Aaron said it was an amazing feeling when the band is on song.

"We are amateur musicians and we are playing simple music but when everything is together and it's all happening, I get goosebumps," he said.

Dedication is a hallmark of band members, with some travelling for performances and weekly rehearsals from Adelaide and southern

Yorke Peninsula, including deputy band master Liese Gordon, of Curramulka.

Among those looking forward to the 160th anniversary concert is its longest-serving living life member, Jeff Roberts, who joined in 1958 and played for 65 years, on cornet, tenor horn and tuba.

This year also marks a special milestone for life member and current band member, Graham Sobey, who is celebrating 60 years with the band.

When he joined in 1963, it was a marching band and Graham played the side drum, then he learned cornet and has also played trombone.

"Now I play an e-flat tuba," he said.

"All the old blokes end up on the tuba.

"There is less pressure required to play the larger brass instruments because they have a bigger mouthpiece.

"We are all different ages, shapes and sizes. We work as a team for people's entertainment, we are one big, happy family."

The band has set up a sub-committee to tackle its biggest challenge — recruiting new members.

"We are not getting any younger," Aaron said.

"Most of the band members are in their late 60s to 70s, I am the youngest by far at 39."

Unlike other volunteer organisations, the band cannot take people off the street.

They need to be trained musicians, preferably playing brass or woodwind instruments, as bandmaster Linda Kinch explained.

"I believe the future of the band is with people who come up here to start their retirement and

“

"The band has given us a place in this community, which we wouldn't have had without it."

– Linda Kinch

”

have played in the past but we are very keen to hear from anyone who would like to join," she said.

Linda and her husband Malcolm emigrated from the United Kingdom in 2007, to be closer to their son, Gavin, who was living in Kadina. Malcolm joined the band first, then Linda taught herself to play saxophone so she could join.

Linda is a former music teacher and violinist with the Sadlers Wells Royal Ballet Company, while Malcolm was a trombone player and orchestra operations manager for the Royal Opera House in Covent Garden, London, for 30 years.

Aaron is full of praise for the professionalism the couple have brought to the band, but Linda said the benefits are a two-way street.

"What the band has done for my husband and I far outstrips what we have done for the band," Linda said.

"The band has given us a place in this community, which we wouldn't have had without it." ■

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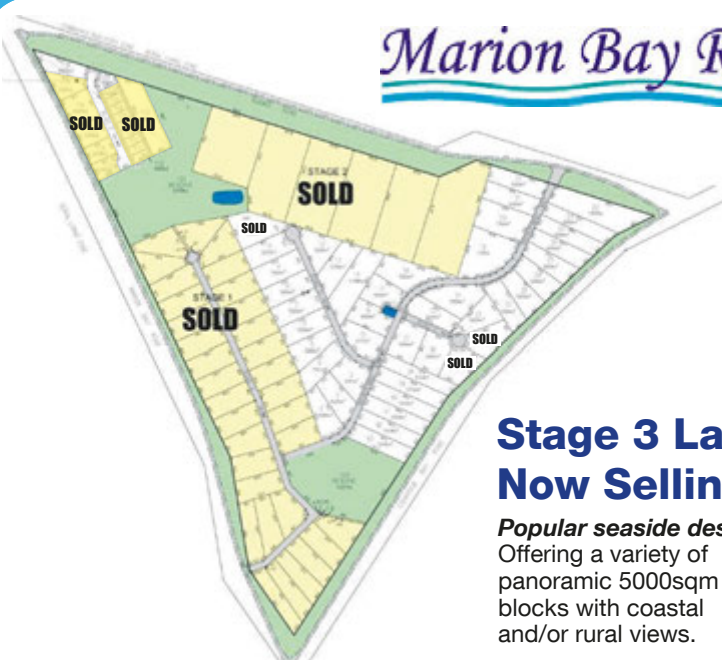
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How to make and keep strong bones

Words Tim Gross and Burhan Saeed,
Newbery Chemists

IT is true our bones tend to lose strength as we get older. However, even in later years, we can do plenty to prevent falls and fractures.



Stay active

Being inactive makes your muscles and bones lose strength, this increases your risk of osteoporosis, falls and fractures.

People over 65 should try to get 150 minutes (two and a half hours) of moderate-intensity exercise every week.

It's best to do some exercise every day, spread across the day. Doing something is always better than doing nothing. Exercise outdoors if you can, and build up slowly.

Moderate activity will raise your heart rate and make you breathe faster and feel warmer. One way to tell if you're exercising at a moderate level is if you can still talk but can't sing the words to a song.

Moderate-intensity activities include walking, water aerobics, riding a bike on level ground or with few hills or gardening.

You should also try to do activities to improve

muscle strength at least twice a week.

This could include lifting weights, dancing, carrying groceries, going up and down stairs, exercising to music, heavy gardening, such as digging or shovelling, or yoga.

It's also a good idea to do activities to improve balance and flexibility twice a week as this can reduce your risk of falling.

Activities such as yoga or tai chi are best for this and these types of activities can also ease stiffness and unsteadiness associated with painful joints. You can do activities twice a week which combine moderate-intensity exercise to improve your strength, balance, and flexibility, or do different activities.

You should also try to avoid sitting around for long periods, if you have been sitting for more than 20 to 30 minutes, get up and move.

If you have a health condition such as heart disease or arthritis, you may be able to join a suitable group exercise class.

Exercising with osteoporosis

If you have a high fracture risk or spinal fractures caused by osteoporosis, you need to look after your back.

It's especially important to bend your knees when lifting objects. Avoid movements that involve awkward bending and lifting movements.

You may need to be cautious about some types of high-impact exercises. Your GP or physiotherapist can advise you about this.

Eating for healthy bones

Some people find their appetite starts to drop as they get older. Eating less can make it more difficult to get the nutrients you need to keep muscles and bones healthy.

Staying active will help to keep your appetite up. But, if you don't feel like eating much some days, it's still important to try to stick to a healthy, balanced diet.

For healthy muscles and bones, you need calcium, vitamin D and protein — calcium keeps our bones and teeth healthy, vitamin D helps our bodies to absorb calcium and protein is

important for muscle maintenance.

Another reason to eat a balanced diet is that it will help you to maintain a healthy body weight.

Being underweight is linked to a higher risk of fractures. If your diet isn't as good as it should be, you may want to consider taking a dietary supplement. Go for one that contains calcium and vitamin D. Your GP or pharmacist can help you choose one that's suitable for you.

Some medicines can affect your appetite.

If you think a medicine you're taking may be affecting your appetite, perhaps because it makes you feel nauseous, talk with your pharmacist or GP. They may be able to suggest an alternative.

Vitamin D

Vitamin D is important for strong muscles and healthy bones. Our bodies make vitamin D from the action of the summer (October to March) sunlight on our skin. All adults are advised to consider taking a daily vitamin D supplement, particularly during the winter months.

People who are not often exposed to the sun should take a daily vitamin D supplement throughout the year. These include people who are not often outdoors, such as those who are frail or housebound, are in aged care or usually wear clothes that cover up most of their skin when outdoors.

People with darker skin tones might not get enough vitamin D from sunlight, so they should consider taking a supplement throughout the year.

Other things to consider to help prevent falls and fractures are to quit smoking and reduce alcohol consumption, go for an eye test as poor eyesight can affect mobility and balance, get your hearing checked as ear problems can affect your balance, look after your feet — foot pain can affect your mobility, review your medicines with your GP or pharmacist and make your home safer to avoid accidents.

It's important you do not stop taking a medicine without getting advice from a qualified health professional. ■

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Groupies get the goodies

Words David Kluske, YP World Travel

SOME of the best memories you can have of travel are with family and friends.

The experiences and opportunities you share at the time are priceless, and the experience continues when you return home and reminisce.

Everyone has a different perspective on the story, naturally, and the laughter flows. This is why group travel gets the goodies.

These shared experiences make us feel alive as we relive them, and maybe think of better times as our lives go by.

Being a travel agent, I have been on both sides of the travel group scene.

I have jumped on a plane knowing no one yet, by the time I arrive home, I have new friends and stories to tell.

I've also organised numerous group tours around the world, with the latest to Ireland, London, and France.

Some of my fellow travellers I know very well,

as they have travelled with me before, and others I will meet for the first time at the airport before we fly out!

Getting to know your fellow travellers is part of being in a group. Some are quietly spoken and take a little bit longer to settle in, while others hug you when they meet you.

The benefits of joining a group for travel are great. For a start, your guide is experienced.

You don't need to organise anything as your itinerary is made, and your activities are set for the day.

If you are a single traveller, you become a part of the group, which becomes your travelling family.

When joining a group there are a few things you need to take into consideration.

Extras can be expensive, so make sure all your accommodation, activities, sightseeing and transport are included in your package.

Group size should be around the six to 26 people, so you are not just a number; large groups can have issues when it comes to things

like transport, meals and toilet stops.

If you are travelling in a group of 40 to 50 people, it can be time consuming!

Yes, time is important in many ways, so it's important to have a few free days included in your trip. You might want to do some shopping, or visit a site that's not on the itinerary.

You can also catch up on emails, phone home, or just venture out to a café, order a drink, and watch the world go by.

If you start travelling early and finish late every day, you miss out on so much free time, and it becomes tiring.

Some days need to be long because of the logistics, but go with a group that arrives at your accommodation around 4pm on most days, with a couple of nights at the same hotel. This way, you can venture out to enjoy what the area has to offer.

This is what makes group holidays special, memorable so you will want to do it all over again! ■



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GROUP TOURS... Annmarie Hicks, Jo Garwood, David Garwood, David Kluske, Ian Hicks (sitting), Karen Willson, Trevor Graham (red hat), Tim Phillips (green hat), Perry Woodward, Judith Clayton, Sharyn Phillips, Rod Jenke (cap), Judith Lodge, Colleen Kluske, Gary Tierney, Vickie Easter, Heather Luttrell and Deborah Graham explore the walls which surround the city of Derry, Northern Ireland, during their recent group trip.

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GROWING NATIVES

FOR CUT FLOWERS



Words Bruce Liebelt
YorkKreation Garden Centre

AUSTRALIAN natives are on trend right now in floristry and garden planting.

With huge individual feature flowers, dainty flowers or just foliage, natives allow you to create a stunning arrangement. They also mix well with common cut flowers.

Not only will they look great, but Australian native flowers last for weeks in a vase, and many can be dried to last even longer.

Natives are suitable for every gardening style as they bring so much through foliage, colours and shapes and also attract birds, bees and butterflies.

The key to growing these types of plants on Yorke Peninsula is the soil conditions.

Whilst most will grow, the varieties may change depending on a range of conditions, but mostly it will be down to your soil's pH.

Popular natives for cut flower use

Banksias are one of those plants where certain varieties will grow well in different regions of Yorke Peninsula.

Banksias have dramatic flowers, often changing colour or formation as they gradually open, from smooth grey buds to vibrant orange, as often seen on the Acorn Banksia, *Banksia prionotes*.

Popular varieties are *Banksia praemorsa*, *Banksia menziesii*, *Banksia marginata*.

Kangaroo Paw (*Anigozanthos*) comes in a range of heights and colours for the garden, with tall flower stems up to 1.5m or less for the front border.

Give them good drainage and, when picking the stems, cut down as low as possible.

The Bush Gem series has some beautiful colours, and the new Bush Gem Celebrations Masquerade released last spring looks stunning with its blue flowers.

Watch out for snails.

Billy Buttons, *Craspedia globosa*, with long stems and bright yellow balls on top, look stunning in floral arrangements or arranged as bunch in a vase. They produce flowers on and off during the year.

You can dry them by picking them and hanging upside down in a dark, dry place (like a shed or garage) for about a month.

Geraldton Wax, *Chamelaucium uncinatum*, is a small waxy looking flower used for filling out a bouquet while crushing the foliage releases a pleasant citrus scent.

The plants are easy to grow with some varieties being very tall shrubs, or some just small compact plants.

Good drainage is essential for this plant so it can be challenging to grow on YP.

The foliage of certain varieties of eucalyptus has beautiful silvery grey foliage, complementing many colour palettes and flower varieties.

They smell fresh and make excellent fillers in arrangements or bunches. Popular varieties for floristry are *Eucalyptus pulverulenta* Baby Blue, *Eucalyptus cinerea* Argyle Apple, *Eucalyptus kruseana*, *Eucalyptus gunni*, whilst *Eucalyptus pleurocarpa* syn. *tetragona* has beautiful silver foliage and gum nuts.

It's worth noting these foliage shapes and colours are generally achieved by continually cutting the foliage for use, or you risk your gum tree reverting to the common gum foliage.

Isopogon has a striking cone flower.

Candy Cones is a small shrub with attractive foliage and stunning purple flower heads that are great as cut flowers.

Proteas, like *Leucadendrons* or *Leucospermums*, are often thought of as natives; however, they are native to South Africa but they blend so well with our Aussie natives.

Proteas come in a range of colours and shapes, with nice long cupped bracts with striking markings on the ends or just pure colours. The huge King proteas come in white and pink forms.

Leucadendrons are grown for their beautiful colourful foliage, coming in a variety of shades of red, yellow, the bi-colours of Jester or beautiful silver leaves.

If left for a time, a cone can develop in the colourful tips and you can use these as well in your arrangements.

To achieve tall stems for your vase, cut as low as possible each spring.

Leucospermums, known as pincushion flowers, come in a range of orange and yellow shades and also have different forms with curling or straight pin-like stamens.

Feed the natives

Australian native plants, along with the South African species, greatly benefit from some regular fertilising.

The only issue we need to be aware of is natives prefer a fertiliser with a low phosphorus content.

So apply a specially formulated native plant fertiliser — Bush Tucker by Neutrog is a great starting point, for beautiful blooms and foliage for your creative side! ■

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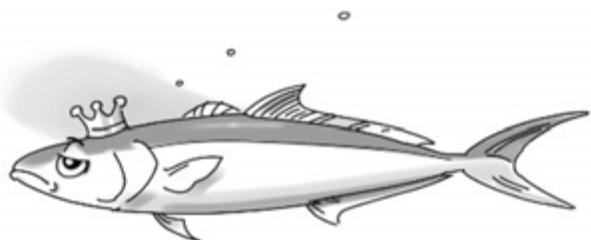


CATCH IT COOK IT EAT IT

Words Greg James

YORKE Peninsula enjoys national and international fame for its wonderful fishing and seafood.

It's important then to know how to catch, cook and eat some of the region's best produce next time you wet a line or fancy yourself as the chef de maison!



KINGFISH

CATCH IT

The highly prized kingfish is in fact a mackerel from the Scombridae family of fishes, which makes it a close relation to fish like tuna, wahoo and bonito.

Features of the Australian kingfish include two dorsal fins and a unique ability to hide its dorsal fins in clefts of the fish body itself — making it an outstanding swimming and hunting machine!

Kingfish eggs (spawn) have a minute droplet of fish oil embedded in the larvae to maintain buoyancy.

Kingfish have a mainly carnivore diet which consists of other smaller fish species, baby squid and shrimps.

Their colouring is deep grey on top running to silver/grey bottom, often with yellow-fringed fins.

The best baits to catch one are lure, fish pieces, soft squid and pilchards.

COOK IT

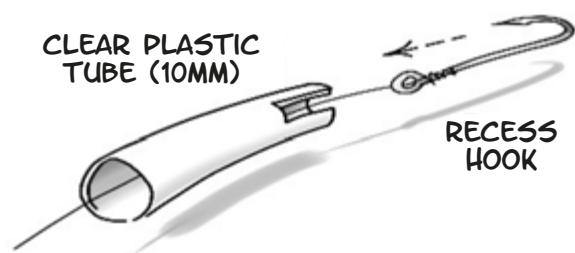
Spicy kingfish

Ingredients: 4 fillets kingfish, harissa paste, olive oil, coriander, chicken stock, 2 red onions.

Preparation: Coat fish fillets in harissa paste and stand in fridge for 30 minutes. Caramelise the chopped red onions in olive oil and set aside, then gently fry fillets for three minutes in stock. Serve with caramelized onions and chopped coriander.

EAT IT

I would recommend a cool glass of fresh Barossa Valley rosé.



YELLOWFIN WHITING

CATCH IT

Yellowfin whiting, *Sillago schomburgkii* (aka sand whiting), is a member of the smelt-whiting family Sillaginidae, as is King George whiting.

Identifiable by the yellow fins and silver body, these lovely fish live across a large coastal area from Gulf St Vincent right round to Dampier in Western Australia, sticking to relatively shallow waters for perhaps their entire life.

Yellowfin whiting are benthic carnivores, taking a diet of sea-worms, bugs, clickers and small crustaceans.

Reproduction occurs often during warm weather with an incredible 217,000 eggs produced per season.

The best baits to catch them are bloodworms, cockles and very soft squid.

COOK IT

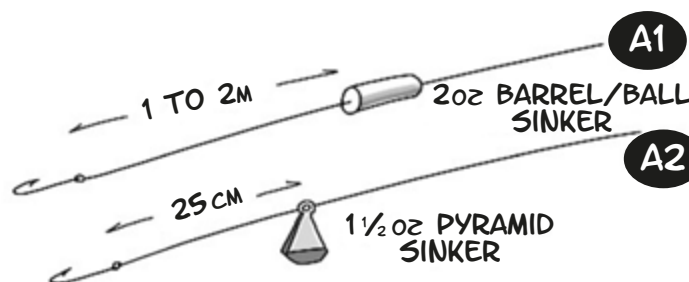
Pan-fried whiting with pineapple chutney

Ingredients: 4-6 fresh whiting fillets, flour, five spice, ginger, oil and a pineapple chutney.

Preparation: Mix fish coating of flour, spices and ginger in a bowl and coat fish fillets. Pan fry fillets in hot oil for two to three minutes (skin side down). Remove fish and plate, covered with a generous serving of the pineapple chutney.

EAT IT

I would recommend a cool glass of Clare Valley pinot grigio.



SNAKE BITES

IN DOGS AND CATS



Words Amanda Bunney, Seaside Vet Surgery

SPRING and summer are great for gardening, bushwalking and just generally having a great time outside but one thing we really need to be aware of is the danger of snake bites for our cats and dogs.

Spring cleaning sheds and backyards may uncover and awaken snakes.

Snakes love to hide under old wood, tin, plant material, et cetera, which may be found lying on the ground.

It is best to clean up your yards to reduce the chance of snakes setting up camp.

We generally see brown snake bites on Yorke Peninsula.

Brown snake venom is highly toxic and bites are often fatal if left untreated.

It causes muscle paralysis, which starts with the back legs and then progresses forward towards the head.

The effect is seen very quickly in dogs —

often within 30 minutes. Their back legs become uncoordinated and weak, causing wobbliness and they fall over easily.

The paralysis is not painful, but distress can occur as the legs stop obeying the brain.

As the muscle paralysis continues to progress, the respiratory muscles become affected. Paralysis of these muscles causes difficulty breathing and will be fatal without treatment.

Cats are often much more delayed in showing clinical signs, taking 12 hours in a lot of cases. They tend to become floppy and lose the ability to land on their feet and easily right themselves.

While brown snake bites in cats can be fatal, cats often stabilise — they are floppy for a few days then start to recover.

Treatment includes snake anti-venom, intravenous fluids and supportive care.

When dogs are treated quickly with anti-venom, their clinical signs quickly stabilise

and stop getting worse. They are often mostly back to normal within a couple of hours, though we do like to continue intravenous fluids to flush out the kidneys.

While cats will often survive without anti-venom, they recover a lot faster and with fewer long-term complications when they are treated with anti-venom, intravenous fluids and supportive nursing care in hospital.

They need to be turned regularly, have their bladder expressed and their eyes kept moist.

If you think your furry friend has been bitten, there is no need to look for a bite wound or trying to strap the limb like we do in people.

The fang marks are so tiny it is almost impossible to find the bite, it is best to contact your vet immediately.

In preparation for snake bite season, people should have some savings put aside as snake bite anti-venom and the associated treatment is costly, but so worth it to save our pets! ■



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KAYLA *and* MARK





Married on a family property near Warooka **20.8.2022**

KAYLA Kennedy and Mark Robb couldn't have asked for a better day to get married.

The couple tied the knot in front of 96 of their closest friends and family at a ceremony on a family property just outside of Warooka (on the Yorketown side).

"Having an August wedding you really don't know what the weather will do," Kayla said.

"We had a horrible day on the Friday before and the Sunday following but the Saturday was just perfect."

Kayla and Mark met down at Pondalowie Bay amongst family and friends and got engaged on Kayla's 30th birthday.

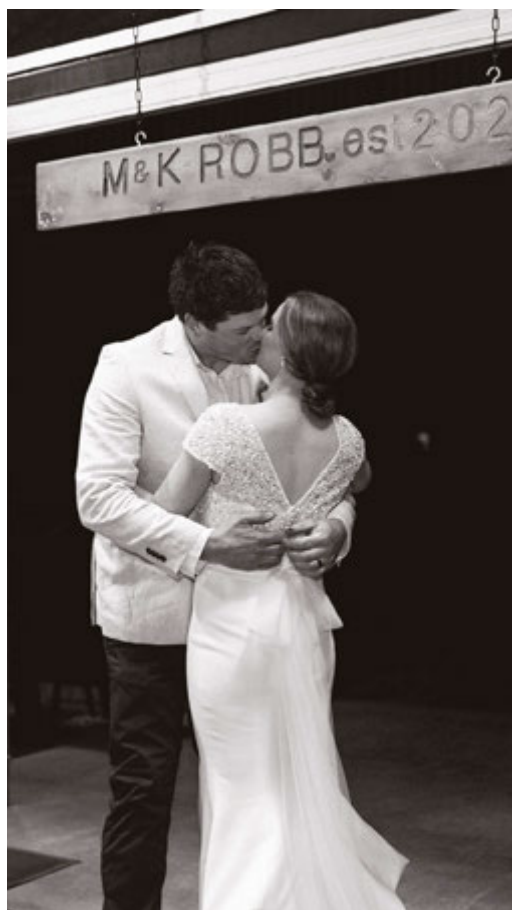
"Mark had cooked a nice meal for tea," Kayla said.

"At the end of tea, he said my birthday wasn't over yet, then pulled out the ring."

Wedding celebrations continued at Watsacowie Brewery, Minlaton, where Kayla and Mark had their first dance to *Falling Like the Stars* by James Arthur.

They spent a month travelling the Western Australian coast up to Broome for their honeymoon.

Kayla is the daughter of Sharron and David Kennedy, of Minlaton, and Mark is the son of Raelene and the late Terry Robb, of Adelaide. ■

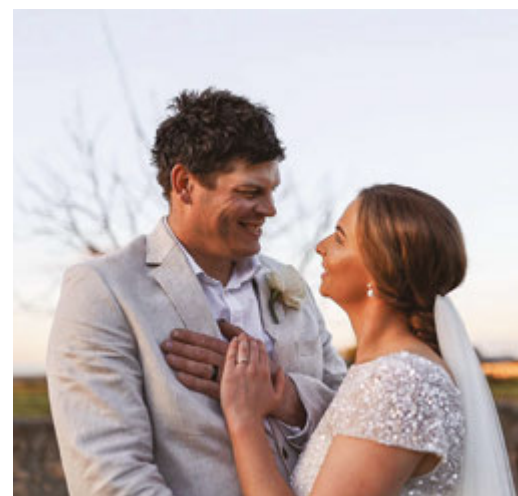


THE *Finer* DETAILS

- **Venue:** Family property near Warooka (ceremony), Watsacowie Brewery, Minlaton (reception)
- **Celebrant:** Leanne O'Brien
- **Photographer:** Take Us With You Media
- **Catering:** Vintage Chef Co
- **Cake:** Tania's Cakes
- **Music:** Squirrel Grip
- **Florist:** Carbery Flowers
- **Make-up:** L B Forbes Artistry
- **Hair:** Julie Harris
- **Accommodation:** Ballara Art and Lifestyle Retreat (used by the bridesmaids and bride to get ready, for photos and by the bride and groom on their wedding night)
- **Bride's dress:** Caleche
- **Groom/groomsmen outfits:** Gazman

Bridal party

- **Bridesmaids:** Alex Rowe, Amy Kennedy, Kasiah Barrand
- **Groomsmen:** Oren Myroniuk, Tim Kennedy, Joel Kennedy, Justin Rowe



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BROOKE *and* CHASE

Married at Dudley Wines,
Kangaroo Island
4.3.2023

DUDLEY Wines, Kangaroo Island, will forever hold special memories for Brooke Bettess and Chase Martin.

Chase got down on one knee at the venue in October 2020 and the pair said their vows in front of 65 friends and family there in March 2023.

Brooke and Chase met in high school through mutual friends.

"I was 16 and Chase was 17, he was the year above me in school and through our mutual friends we became friends first, and got to know each other in school and out," Brooke said.

"When we first spoke about our wedding plans a few years ago, we knew we wanted a smaller, more intimate wedding with our closest family and friends but still wished to celebrate with everyone so we had a larger engagement party back in 2021, and a wedding guest list of 65.

"Both Chase and I had never been to Kangaroo Island before but had always wanted to go.

"After the bushfires, an Air BnB was doing an accommodation giveaway our friends just so happened to win and took us!

"We spent a few days exploring the island before visiting Dudley Wines where the proposal took place.

"After a cheese platter, a few wines and taking in the stunning views, we all made our way to the grass platform overlooking the ocean to take photos.



"I stood facing the views and when I turned around, Chase was on one knee.

"It was the most perfect proposal and it took me by complete surprise.

"We spent the rest of the day celebrating and calling everyone we loved."

The couple spent the week before the wedding on the island, organising the final touches, settling in and watching guests arrive.

"We slept apart the night before the wedding, but made the decision to watch the sunrise together on the morning of our day," Brooke said.

"He picked me up, we ordered coffees and made our way to the beach.

"We sat together and watched the sunrise over the ocean before he dropped me off at my accommodation to begin getting ready.

"It calmed every nerve and was the best decision to begin the day!

"Our photographer wanted to catch this moment too so we are also so lucky to have photos of our morning together too."

Brooke and Chase's day was made more special thanks to the inclusion of one of their four-legged friends, and special song selections.

"We had our darling border collie, Arlo as our ring bearer," Brooke said.

"She had her own flower collar our florist made, another collar with "I do too" engraved on the buckle with our rings in a box and bag attached.

"She was so well behaved, so beautiful and made the ceremony even more memorable.

"I wanted the song choices for my dances with both Chase and my dad to be a surprise until the night so I gave them both the chance to pick a song and surprise me!

"Chase chose A Thousand Years by Christina Perri and Dad chose My Little Girl by Tim McGraw.

"Both were so perfect."

The pair spent the week after the wedding exploring Kangaroo Island.

Brooke is the daughter of Kate and Greg Bettess, of Kadina, and Chase is the son of Elizabeth Simmons, of Mallala, and Shanandor Martin, of Mackay. ■



THE
Finer
DETAILS

■ **Venue:** Dudley Wines, Kangaroo Island

■ **Celebrant:** Jessica Maida

■ **Photographer:** Lilac In Hand Photography

■ **Videographer:** KMS Visions

■ **Music:** Tom Harrington and Diversity Entertainment

■ **Florist:** Ethereal Botanica

■ **Make-up, hair, tans:** Samantha Ruby Artistry

■ **Bride's dress:** Made With Love

■ **Bridesmaid dresses:** Bec + Bridge

■ **Groom/groomsmen outfits:** Ferrari

Bridal party

■ **Maids of Honour:** Elise Shephard, Gabby Rule


■ **Best Men:** Matt Beadle, Tim Nadich



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KATE *and* ROWAN



PHOTOS: Apricot Skies



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Married Point Gilbert Beach
29.4.2023

AN intimate ceremony at Point Gilbert Beach, Port Moorowie, was the setting for the wedding of Kate Muirhead and Rowan Kleemann.

The pair had met in Waikerie and got to know each other through hockey.

“Rowan proposed on our three-year anniversary at a lookout in Stansbury,” Kate said.

“We had about 15 members of our immediate family attend the ceremony before we had a celebration with about 100 people at my parents’ house in Stansbury.

“It was an overcast day and the rain held off for the ceremony, but it just started to rain when we got to our cars.

“It drizzled for our first few photos and the sun shone for the rest.”

Kate and Rowan chose to forgo bridal parties, with their brothers acting as witnesses, and had a familymoon in Robe in August with their 2-year-old daughter Zara.

Kate is the daughter of Brenton and Rose Muirhead, of Stansbury, and Rowan is the son of Darren and Carolyn Kleemann, of Waikerie. ■



THE
Finer
DETAILS

- **Venue:** Point Gilbert Beach, Port Moorowie (ceremony), Stansbury (reception)
- **Celebrant:** Leanne O’Brien
- **Photographer:** Apricot Skies
- **Catering:** YP Wood Oven Pizzas
- **Florist:** SYP Florist
- **Make-up:** MJ Beauty
- **Hair:** Heart of Hair
- **Event hire:** Mid North Party Hire
- **Bride’s dress:** Oleg Cassini



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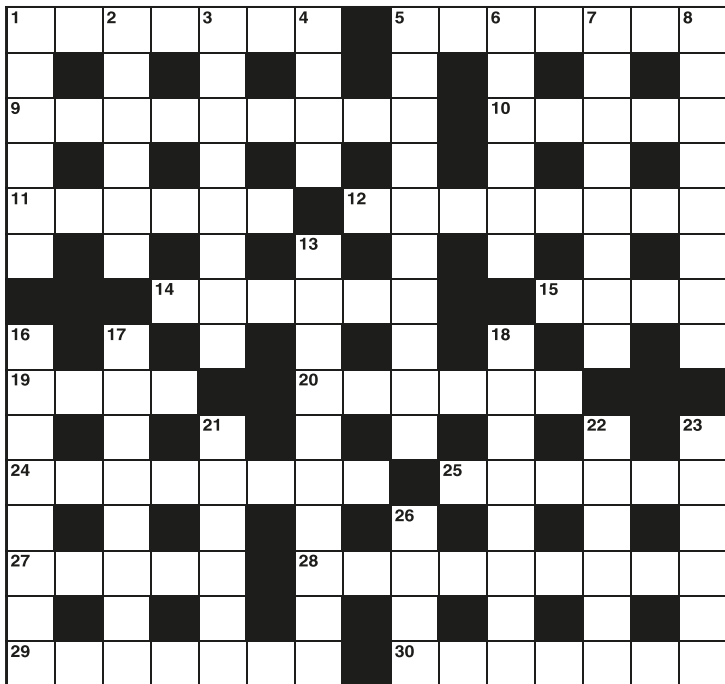
QUICK CROSSWORD

ACROSS

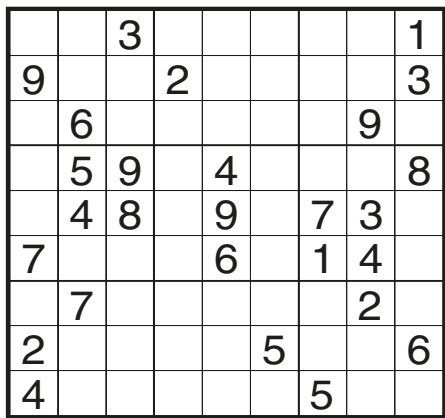
- 1 Unfathomable (7)
5 Reprieve (7)
9 Most pungent (9)
10 Facetious (5)
11 The capital of Spain (6)
12 Former US Supreme Court Justice Thurgood - (8)
14 Hate (6)
15 Monarch (4)
19 Musical instrument (4)
20 Leader of the X-Men (6)
24 Self-government (8)
25 Bottle for the table (6)
27 Belonging to them (5)
28 From Oslo, eg. (9)
29 Broadcast, transmitted (7)
30 Ways (7)

DOWN

- 1 Undertake (6)
2 Surrenders (6)
3 Island group in the Indian Ocean (8)
4 Ogle (4)
5 Alluring (10)
6 One who goes naked (6)
7 Relating to lines on a weather map (8)
8 Large logs traditionally burnt at Christmas time (4,4)
13 Looked again (10)
16 Of no consequence (2,6)
17 City in Quebec (8)
18 Deteriorating (8)
21 Liveliness (6)
22 Gambling house (6)
23 Game played on a court (6)
26 Stiffly neat (4)

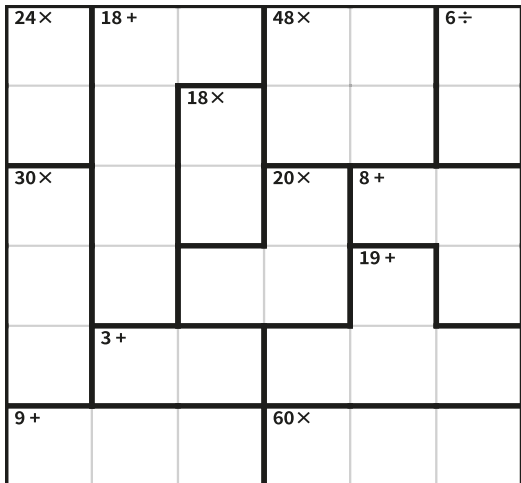


SUDOKU



CALCUDOKU

Every row and column must contain the numbers 1 to 6 once each, with each outlined section equal to the number in the top left of the area when the noted mathematical operation is used. For subtraction and division, start with the largest number in the section.



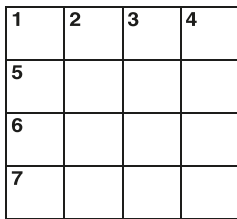
4x4

ACROSS

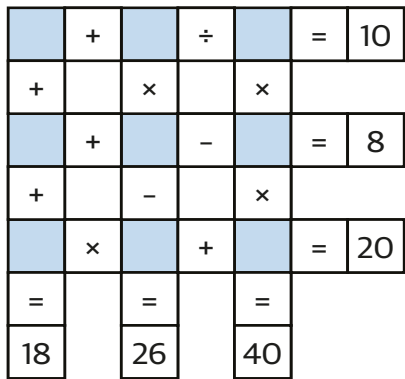
- 1 Singer
5 Large amount (1,3)
6 Part in a play
7 Ooze

DOWN

- 1 Blocks
2 Drug-yielding plant
3 Lone
4 Pace



CROSS MATH



Insert each number from 1 to 9 in the shaded squares to solve all the horizontal and vertical equations.

Multiplication and division are performed before addition and subtraction.

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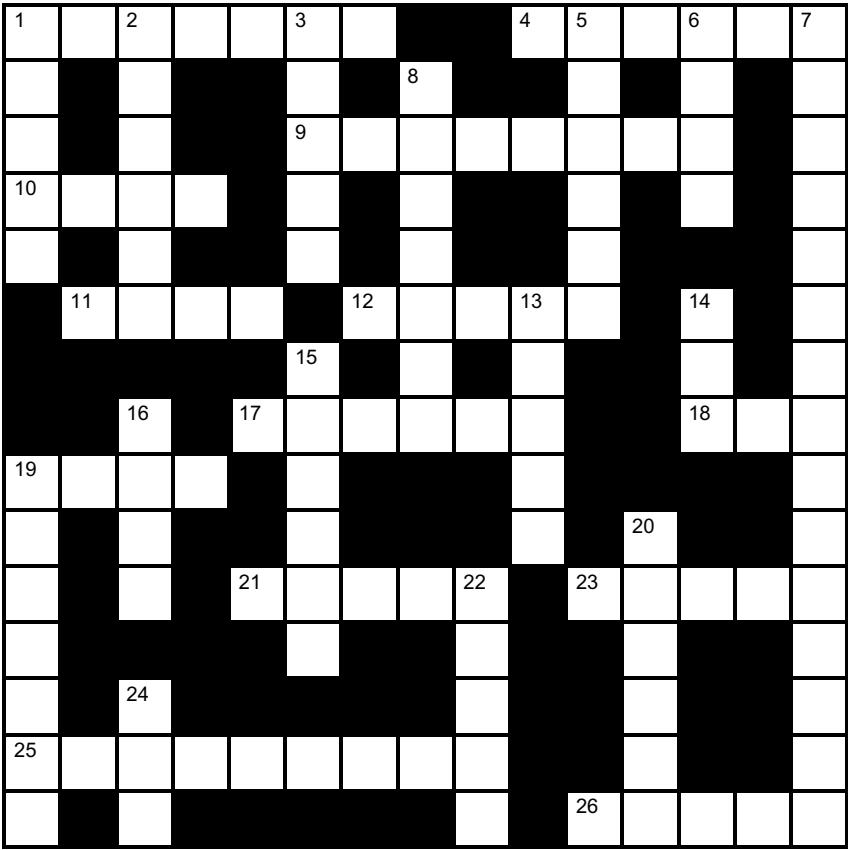
YORKE PENINSULA CROSSWORD

ACROSS

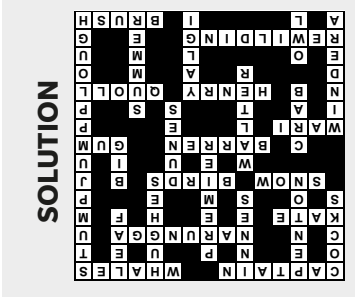
- 1 & 21-across**
... .. Richard Hancock, historical mining figure in YP (7,5)
- 4.** Near Ardrossan there is a memorial to seven of these which were beached (6)
- 9.** First peoples' nation of Yorke Peninsula (8)
- 10 & 1-down**
The British Empire's first female police officer, born in East Moonta (4,5)
- 11.** Body of water near Stenhouse Bay and Inneson, ... Lake (4)
- 12.** Greenshanks, honeyeaters and egrets are some of Yorke Peninsula's native what? (5)
- 17.** One of Yorke Peninsula's native 12-across, Cape ... goose (6)
- 18.** Yorke Peninsula council ward, ... Flat (3)
- 19.** One of the four 9-across clans (4)
- 21.** See 1-across
- 23.** The Western ... is scheduled to be introduced as part of the 26-across project (5)
- 25.** Repairing damaged ecosystems, the aim of the Marna Bangarra project (9)
- 26.** The ... tailed bettong is thriving after its reintroduction as part of the Marna Bangarra project (5)

DOWN

- 1.** See 10-across
- 2.** Early pastoralist in the Yorke Peninsula, George ... (6)
- 3.** ... 2-down Vale, Yorke Peninsula council ward (5)
- 5.** Last name of the pastoralist who owned the land on which copper was discovered
- 6.** A wildflower found in Dhillba Guuranda-Innes National Park: Narrow ... bush-pea (4)
- 7.** Revolutionary machine invented on the Yorke Peninsula by Richard and Clarence Smith (5-4,6)
- 8.** John Olsen, former mayor of Kadina, went on to become this (7)
- 13.** Golf course designed by Greg Norman overlooking Spencer Gulf, The ... (5)
- 14.** Sight for snorkelers near Edithburgh Jetty: ... belly seahorse (3)
- 15.** First name of the pastoralist who owned the land on which copper was discovered (6)
- 16.** Seafood caught in great numbers on these parts (4)
- 19.** One of the four 9-across clans (7)
- 20.** There is so much to do at this time of year on the Peninsula (6)
- 22.** 9-across word for bettong (5)
- 24.** Populations of this species are hoped to be boosted by the Marna Bangarra project, barn ... (3)



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