

Beachside Bugle

Brought to you monthly by Cathy and her team at your local cafe

2011 Kiama Wine Show 23 September: See you there

Now in its 8th year, the Kiama Regional Wine Show is gearing up for record entries, not only from new vineyards in its designated area but because there are more varieties of wine being made locally.

Commercial wine producers from throughout the Shoalhaven Coast and Southern Highlands wine regions and west to Goulburn are eligible to enter the Show, which is run to international standards.

Closed judging will take place prior to the event under the chairmanship of Christian Gaffey, of Australian Wine Selectors. Christian is an award winning winemaker and an international wine judge.

You'll have the opportunity to sample the wines and talk to the winemakers after the judging, by coming along to the Public Tasting soiree. Last year's event was a social highlight for the 200 who attended.

We'll be doing the catering again, so look forward to some delicious food to accompany the wine.

This year Kiama Scenic Tours is offering Kiama and Gerringong residents a door-to-door round trip from 5pm. There are also return runs happening from Wollongong and Oak Flats stations.

*Details: 23 Sept, Kiama Pavilion from 5.30 til 8 pm.
Tickets available from the Kiama Visitors Centre,
p 4232 3322 for \$25 per person (over 18 event)
or at the door. Bookings essential for the
\$10 bus service - p 1800 289 389 or 1800 611 735.*



Spoil your Dad

We got to go home early on Fathers' Day last year when a big wind storm cut off the power. Surely it won't happen two years in a row! This year's **Special Lunch Menu** on Sept 4 will tempt everyone:

Mains Roast Lamb Dinner
Osso Bucco
Chicken Pot Pie

Dessert Sticky Date Pudding
Lemon Tart
Baked Cheesecake

Children's Meal Deal

Mini-burger, iceblock & soft drink \$12

*Details: Two courses and
a coffee (or a beer or wine) for \$30
Bookings advisable for Lunch & Breakfast*

Remembering those without parents



Beachside local, Jenny Milligan, has been supporting two orphanages in Chennai, India, for the last 14 years.

Mithra and Prema Vasam provide homes for able-bodied and disabled children. Currently, they are trying to meet the needs of around 300 orphans of all ages and the numbers grow almost daily with no government funding. The work they do day-by-day and year-by-year is to house, feed and clothe the children in an atmosphere of love and care (as shown in Jenny's pic to the left).

All the kids who are able attend the local school and some of the older ones have gone to university. Jenny says it is amazing to see that, when the orphans are old enough, many train as teachers and workers and return to the orphanage.

A dollar goes a long way in India and Jen is keen to raise more money to help, now that she is retired.

Details: Jenny has organised a fundraising evening at Five Dock in Sydney on Friday 16th Sept. There will be food and an auction for great prizes (like 3 nights on Hamilton Is inc airfares). Anyone wishing to attend or make a tax deductible donation can contact her via jenny.milligan53@gmail.com or leave a message at the Café.

Dame Nellie Melba visits Gerringong

The glamorous world of Dame Nellie Melba will be relived in a musical and theatrical tribute presented by the Gerringong Music Club. Award winning soprano Louise Page (pictured) and pianist Phillipa Candy will recreate the extraordinary life and music of this great lady.



*Details: Gerringong Town Hall, Sunday 18 Sept from 2pm. Tickets available at the door from 1.30 pm. Entry is \$25 (free for children and \$15 for Music Club members).
Inquiries: 4234 3914*

Food Adventures in the South Coast

I've always enjoyed hunting down interesting food experiences and sharing them with my friends. There are some gems on the South Coast which I want to share with you in each edition. These are genuine recommendations, not ads.

Kangaroo Valley Olives

My friend Brenda Sambrook of Kangaroo Valley Olives tells me that their delicious product is being showcased at a special olive focused *Providores' Dinner* at the Pavilion in Berry on Sept 7.

Kangaroo Valley Olives will also feature in our Hawkesbury Harvest Dinner on Oct 14, and are available at Luca's Table, in Collins Lane.

Details: Three courses with matching wines \$45/head. Book on t 4453 1074

Dinner alert

Our Dinners featured in a half page article in the *Illawarra Mercury's Zest* magazine recently, where they were described as portals transporting you around the globe. So, if you are interested in going to Jamaica or Malaysia before Christmas, I'd advise you to book in soon, as lots of earlybirds have already reserved their seats.

For those of you have been asking, Jamaican cuisine is a blend of African, British, French, Spanish, Chinese and Indian influences. The spicy salt rubs promise to be really delicious, and Rice & Peas is a staple side dish.

The October Dinner keeps you closer to home, with a 100 Mile Dinner to showcase the bounty of fellow Hawkesbury Harvest South Coast Food Trail participants.

Details: Jamaican 16 Sept; South Coast 14 Oct; Malaysian 18 Nov. At least 3 courses and coffee: \$40 for Sept and Nov, \$50 for Oct. Call in or phone us on 4232 4990.

Join in the hunt!

My favourite budding scientist and first born is on an insect collecting hunt and she needs your help to get the variety she needs! Margot (she of snail fame) is now studying entomology at Sydney Uni and needs to make an insect collection board.

What can you do to help? Keep an eye out and catch some insects. In her eyes, ants and cockroaches are as worthy as butterflies, so any specimen will be greatly appreciated. Make sure you label the specimens with the capture location (so Margot can look up the GPS coordinates), the date, time and a short description of the habitat.

And how? Put the live insect in a airtight container and place in the freezer overnight. Alternatively you can put it in a jar containing cotton wool balls sprinkled with nail polish remover. Note: spiders aren't insects.

When they are dead, bring them up the Cafe, and I'll pass them on to her. The things I do...

Local artist in the running for the Blake Prize

Congratulations to Kiama local and Café regular Paula Gowans for being selected as a finalist in the Blake Prize, one of Australia's longest standing and most highly sought after art competitions.

Established in 1951, the \$20,000 Blake Prize challenges artists to explore the religious and spiritual in art. It is open to all faiths, artistic styles and media. Each year over 1000 entries are received.

Her work is titled *Persphone of the Illawarra*. According to Greek mythology, Persphone, as Queen of the Underworld, guides souls into Hades. She is allowed to come back to earth for several months each year and brings spring with her so she is also a symbol of regeneration and growth. Paula has made her inviting but enigmatic at the entrance to a tunnel.



Details: The Prize Ceremony is open to the public. 6-8 pm 15 Sept, National Art School, Forbes St, Darlinghurst. The exhibition continues until 15 Oct.

Family photo tips from a professional

Family photographer Sophie Turner, of Kisschasey Photography, has become a regular at the Café since she moved to Kiama earlier in the year. Have a look at some examples of Sophie's work at www.kisschasey.com.au (including the pic below). I've talked her into sharing some of her tricks for getting the best expressions when taking photos of your children:

- ◆ Get down to their level by lying on the floor or crouching down on your knees. You are much less intimidating on their level.
- ◆ Take the camera away from your face when you are not taking a photo. Kids, especially younger babies and toddlers, will mirror your own expressions so give them lots of eye contact and big smiles.
- ◆ Be patient and prepared to take loads of shots to get just one good one.
- ◆ Get good at being silly. Pretend to squat on something painful, balance on one leg, fall over... any kind of broad slapstick will delight small children.
- ◆ Peekaboo is a constant winner with younger babies and toddlers. Make sure your lens is focused, then pop up from behind the camera and say "peekaboo". Most babies will cackle with delight and you can grab a few gorgeous smiley shots.
- ◆ Tickle fingers for a proper belly laugh. Often the easiest and quickest way to lighten up any situation is with a good tickle.
- ◆ For a more thoughtful look directly in the lens, tell your child that a butterfly or fairy {insert their favourite TV character or super-hero here} is sitting inside the camera lens. Ask them to "look closely and you will see her". They will usually look deep into the camera lens which is when you click the shutter and say "did you see that!?". Then you can grab another shot!



- ◆ Try reverse psychology on older children: "No, you are absolutely not allowed to smile... under no circumstances can you smile... I want you to look serious for this photo."
- ◆ With siblings, get them sitting down playing a game of Chinese whispers but make it something really silly or gross, like "daddy has smelly socks". The interaction between them and the smiles on their faces as they realise what is being said are priceless!
- ◆ If all else fails... a small temptation might work! Make it small, something desirable (usually edible) and something you can follow through with immediately. A lolly that is in your pocket is a perfect example.

Details: Alternatively, you might like to take advantage of her Father's Day special offer - \$145 for a one to two hour photo shoot including an 8x10 framed print (offer valid til end Sept). P 0400 402 251 or email sophie@kisschaseyphotography.com.au to book in a session.