

The Laura Standard



August 2016 Issue 10

Hello to locals, travellers and visitors,

I hope you are all enjoying a few winter chills. Having said this, we did have a week of sunshine that was a little taste of spring to come. Our annual Aus Condon Memorial Golf Day, one of our community fund raisers, was a 20+ degree day in ideal conditions and the day went off very well. We had lots of players, lots of fun and I certainly had lots of hits.

We extend a big thank you to Marg Thomas and Val Thomson and their team of workers. The catering was first class! Thank you to the sponsors and people who donate time and goods for the day. With team fees and the chocolate wheel, the day has raised approx. \$2800 to be used within the community. We will soon install a large electric BBQ in the second Parklands shelter and look forward to everyone enjoying the facilities.

Thank you to the golf club who each year have the course looking A1 and we hope that this day also helps the club raise some much needed funds.

It is with regret that we again say farewell to two businesses in town as both our newsagent and transport company close their doors. We thank them and wish both the Hanleys and Schmidts all the best. Their services to the town over many years is greatly appreciated.

Now that the new statue has been placed in the median strip I am sure we will see people take many photos of the 'Family' just as many are taken of the 'Big Bloke' near the Post Office.

Good luck to all sporting teams as we head towards the finals, may the long season of hard work give you something to celebrate.

Please note that the August LCDTA meeting is also the AGM and all people are welcome to attend without taking on a position, all input is appreciated and gives the committee a guide in direction. At the moment we are also working on a 5-year plan, to be reviewed as required.

Thank you, stay warm and enjoy the rain

Andrew Zanker, Chairman LCDTA

Your FREE bi-monthly newsletter of Information produced by the Laura Community Development & Tourism Association (LCDTA) Inc.



Flinders Branch The Embroiderers Guild of SA:

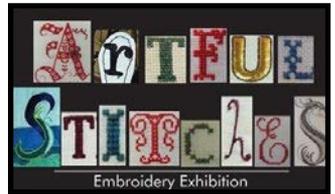
The Embroiderers Guild of S.A. is holding their State Conference in the Laura Civic Centre on **Fri 5th Aug and Sat 6th Aug**. This event will be hosted by the Flinders Branch which is based at Laura.

The general public is invited to view the displays on Friday afternoon until 4pm and Sat morning 9.30 until noon (a gold coin donation would be appreciated).

There will be displays of member's work and a rare chance to see a display from the Guilds Museum.

Flinders Branch members meet on the 1st and 3rd Monday of each month from 10am to 3pm in the R.S.L. clubrooms and have interests in ALL hand Embroidery. New members would be very welcome.

Contact Ann Gillett 86655009 or Anne Smith 86632383



Southern Flinders Tigers:

Where did that season go? With only 4 rounds left, we aren't far from the business end of the season; finals.

Currently we have three football teams all sitting third in their respective ladders - A Grade, B Grade and Senior colts. So it is very likely that all three will hold on and play in finals.

The big question will be - will they make it through for a shot at the Holy Grail? I sure hope so! For our little fellas, the junior colts, it has been a development year. Numbers haven't been flush and neither has height and strength.

With the club hosting the grand final at Gladstone this year, it will be all hands on deck before, on and after the day. If you can lend a hand in anyway, please catch up with any one of our committee members.

In other exciting news, the club has reappointed Scott Brand as A grade coach. The reappointment was a result of a mid-season review and ensures continuity is maintained with our young developing playing group.

Look out on town noticeboards, social media, school newsletters and of course this publication for information on Junior grades wind-up, Senior presentation dinner and AGM dates.



Laura Community Caravan Park news:

The Secretary of the Wanderer's Caravan Club, whose members stayed at the caravan park in April this year, provided the following information as a matter of interest.

'Data collected from most of the members and, with a little educated estimating by the others, we estimated that we spent in excess of \$5000 for the weekend.



That includes park fees which came to about \$1800, so the rest was spent in and around Laura. Our spend does not include fuel used to get to Laura or anything not purchased in the town and surrounds.

I believe that this type of information is useful to local businesses and to park management, as it shows that caravanners do have a significant input to local economy.

Thanks to both of you for your assistance in making our weekend a success - and folk are still talking about the right way to make damper.

Alex & Barb often provide dampers on a Friday night when numbers warrant it, and guests frequently ask for demonstrations and copies of the recipe.

Signed Keith'



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**COCO
laura**
by david medlow chocolates

CocoLaura opens:

Years ago, David Medlow Smith worked as the export manager for a South Australian confectionery manufacturer travelling throughout Europe. It was during this time that he was introduced to his first lime flavoured pectin jelly baby!

David's exposure to a wide variety of confections not available in Australia prompted his research into pectin, the gelling agent of that first lime jelly. His research and recipe trials lasted five years until finally he conquered the bite, texture and flavour profiles he was so determined to reproduce.

David and his wife Sharon started their business in 1992 from within the Middlebrook Winery, McLaren Vale. They shared their chocolates and jellies sales with the wines, developing a following of over 70,000 visitors annually to their factory. After 15 years; established export markets and national distribution, David and Sharon decided it was time for a break. David Medlow Chocolates was sold in 2007.

Their combined passion for high quality confectionery has not diminished so when they saw the original *Laura Standard* Building in Laura; 'CocoLaura' was born.

Following significant research into the tourism aspect of the Southern Flinders Ranges they purchased the building. The transformation is stylish and the renovations conducted by Joel Palmer of JP Build are outstanding.

The 'Pecktons' brand of jellies sold along with their CocoLaura infused liqueur chocolate cousins or the 'RockyRidge' moulded in the finest Callebaut Couverture, are all on display tempting every visitor's resistance to quality confections.

In keeping with the history of the building visitors are encouraged to relax in the 'Paper Rack' for coffee, hot chocolate, and milk shakes along with a warm sticky date pudding, self-saucing chocolate pudding or lemon meringue pies. Indulge in a Golden North Ice cream or a Sundae from a selection of 27 different flavours, in the 'Extras' bar.

Opening hours are Tuesday to Sunday 10.00am – 4.00pm or visit www.cocolaura.com.au for online sales.

Bookings for the Paper Rack phone (08) 8663 2683.

Remembering:

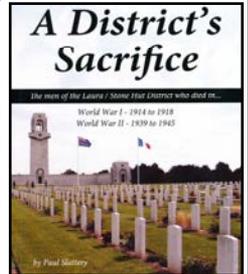
France is normally associated with pleasant feelings based around superb architecture, fine food and wine... and perhaps romance. However recently it has been foremost in the media in relation to violence; the deaths of 84 innocent people in the Bastille Day tragedy, and the centenary commemorations of the Battle of Fromelles.

Fromelles is a small village in French Flanders, where a battle on 19 July 1916 has been described as the worst day in Australian history. Within twenty-four hours 1,917 Australian men died. Among these were men from Peterborough, Gladstone, Crystal Brook and Port Pirie.

Meanwhile the Battle of the Somme was raging further to the south, and on 23 July Australia became involved at Pozieres. During the following six weeks 6,800 Australians were killed in the fighting at Pozieres and nearby Mouquet Farm. These included four men with a Laura connection, Roy Dunn, Wilfred Clarke, Theo Richardson and John Groves. Many others from the surrounding region were also killed, including the three Potter brothers from Yongala, who were all killed on the same day.

Few families were left untouched by Australia's involvement with the so called 'war to end all wars'. From a population of less than five million, almost 417,000 enlisted, of whom 60,000 were killed. Further to that many of the wounded returned home, broken in either body or spirit to die at an early age.

The horrors of the wars are not to be glorified, but are to be remembered with respect, which comes from knowledge. To learn more about Laura's involvement in both world wars, read ***A District's Sacrifice***, by Paul Slattery, which is available for \$30 from the Laura Information Centre, and Creative Treasures.



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RRHAS

History Council of SA - Lecture at Gladstone *The Life and Work of CJ Dennis*

The **History Council of South Australia** proudly presents their 2016 Annual Country Lecture in association with **Gladstone History Group** and **Rocky River Historic & Art Society** of Laura

Sunday 25 September at 1.30pm
Yanga Room, Gladstone Town Hall

In the 140th year of the birth of CJ Dennis, **Dr Philip Butterss** (Senior Lecturer, University of Adelaide) and author of *An Unsentimental Bloke, the Life and Work of CJ Dennis*, will present a refreshing and honest look at the life of CJ Dennis, and the influences which his writings have had on several generations of Australians, through times of both war and peace.

Visit Gladstone and Laura:

The historical societies of Gladstone and Laura, both boyhood towns of CJ Dennis are combining to foster an awareness of CJ Dennis. There is plenty to see around Gladstone and Laura to enhance an appreciation and understanding of the boyhood experiences and influence of the environment, on the early life of CJ Dennis.

Visit these 'sacred sites' of CJ Dennis who became a national literary figure:

At Gladstone:

- Gladstone Public School site where CJ attended school the Gladstone Hotel where he lived with his family

At Laura:

- the '*Big Bloke*' sculpture
- the bust of CJ Dennis
- display in Laura Archives of *CJ Dennis in Print*
- sculpture of the Beetaloo Hotel on the original site
- Stockdale's solicitor's office where CJ worked as a clerk
- *Laura Standard* printing office, now CocoLaura, chocolate shop
- grave of his brother Bert in Laura cemetery
- inspirational spots such as the Rocky River and *Possum Park*
- ... or take a drive out to the Beetaloo Reservoir

Both Gladstone and Laura are participants in '**Brush with Art**' an annual spring time art trail of fifteen art galleries and exhibitions throughout the Flinders Ranges.

Continued on page 7....

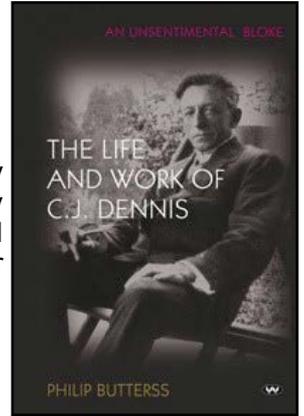
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Exhibitions will be open in both towns :

- Art Exhibition at Gladstone Town Hall
- Photographic Exhibition at Courthouse Gallery, Laura

Published by Wakefield Press in 2014 this superbly researched and written book has received many accolades, including winner of the National Biography Prize 2015. Copies will be available for purchase at the lecture.

The lecture is supported by Copyright Agency Limited and the History Council of SA



flinders ranges
a brush with art

**Photographic Exhibition
at the Laura Courthouse Gallery**

**3 September to 8 October 2016
Open daily 10am to 4pm**

Since 2004 a springtime arts festival has been on the calendar in the Flinders Ranges. About fifteen exhibitions are held during September in what is known as *Flinders Ranges ...A Brush with Art*. Rocky River Historic & Art Society has supported the group for several years and during the last few years has staged a photographic exhibition which grows in popularity year by year.

Entries are welcome for the 2016 exhibition.

Entries must be registered by Friday August 19th 2016

Entry forms with full details are available at the Laura Information Centre.

Or contact
laurarrhas@gmail.com
anne.schaff@aussiebb.com.au



ANZ Bank major supporter of Bowls SA and Associated Club:



The ANZ Bank and Bowls SA are supporting local bowling clubs through a home and business loan referral program. If any local resident applies for and is approved for a home or business loan and they nominate the Laura Bowling Club, the ANZ will provide the Club with a financial reward.

The Laura Bowling Club has been very fortunate to have received four such rewards from local residents through the ANZ Bank. Any sponsorship is extremely important and these reward payments have been a fantastic bonus for the club. The Committee and members of the Laura Bowling Club would like to acknowledge our appreciation to those ANZ customers who have already had a loan approved and nominated the Laura Bowling Club. We are very grateful and extend our sincere thanks for your support.

Anyone who is considering an application through ANZ for a home or business loan, please consider nominating the Laura Bowling Club. All money received is put back into club facilities, maintenance and purchase of equipment needed to maintain the Laura bowling green as one of the very best lawn greens in Country SA. We are very privileged to have such a wonderful green as well as great local people who have provided reward just by nominating their local bowls club.

BOWLS SA



The Laura Soap & Gift Shoppe

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Laura Senior Citizens Club:

The Laura Senior Citizens Club meeting in May was held in the R.S.L. Hall and commenced with a luncheon catered by Koffi and Kandi Café and brought to our table by Sue. Our lunch consisted of delicious fish and chips, with assorted cupcakes to accompany our coffee. We can highly recommend this Laura establishment!

Our business meeting followed lunch during which we discussed the special Bingo afternoon (26th May) and I am happy to report that the afternoon was a great success. The proceeds of the day were to be donated to The Cancer Council for their Biggest Morning Tea fundraiser, so collection boxes were placed on the tables for any players who wished to donate their winnings.

A special afternoon tea was served during the interval and all enjoyed the cakes and pastries offered. The raffle was drawn with two lucky winners claiming their prizes.

All money raised during the afternoon was donated to the cause and together with the Club's offering the total collected was a very impressive \$650. Not bad for an afternoon of fun!



Laura and Districts Probus Club news:

Probus has met twice since the last edition of the Laura Standard and the guest speakers have been exceptional.

June Cowin joined us for one meeting and told us of her trip to Cambodia with a group traveling with 'South Aussie with Cosi'. Cosi has established a program in Cambodia whereby a family adopts a pregnant cow and after she has given birth, returns the cow but retains ownership of the calf which helps the family economically. June has been fundraising for the program.

In July Henry Crossley from Peterborough told us about Pony Carriage Driving – a sport not many of us knew much about. The Crossley's represented Australia at the World Championships in the UK in 2005.

We have a few trips coming up when the weather is warmer – a one day trip east of Mt Bryan in September to visit the homestead and hear the story of Sir Hubert Wilkins. And possibly a 3 day trip to the York Peninsula.

The next meeting is at the Civic Centre on Tuesday 9th August at 10am followed by lunch at the North Laura Hotel. If you're a retiree why not join us!





Stone Hut Bakery & Stone Hut Cottages have re-opened:

Stone Hut Bakery - specializing in

delicious pies, pasties and sausage rolls including the famous crocodile pie and wild boar pie.

Licensed bar serving local wines.

Opening hours 7:30am-5pm daily.

Ph 08 86632165.



Stone Hut Cottages, perfect for a quiet getaway in the Southern Flinders Ranges.

Four Star Cottages in peaceful surroundings, close to the bakery. Catering to couples, friends and families.

Ph 08 86632165 or book online.



LAURA COMMUNITY GYM

Providing an excellent opportunity for people of all ages to live a healthier lifestyle.

Join the Gym now as a casual or permanent member

Membership fees:

Casual visit - \$5.00, 1 month - \$30.00, 3 months - \$70.00,

6 months - \$120.00, 12 months - \$200.00

Application forms are available at the Laura Post Office or call Deb Palmer: 0408 082 614.

Not sure if the Gym is for you? You are welcome to go along with a Member and pay a casual fee of \$5.00 or alternatively, pick up an access button from the Post Office.





NA Council news:

Laura Flood Mitigation Project:

As the warmer months approach, Council is readying itself for the next stage of the Laura Flood Mitigation Project. The project is anticipated to be completed across the next two financial years, with Council recently approving funding for this year's portion of the work as part of its 2016/17 budget. Pending weather conditions, work is anticipated to commence in the short term.

Welcome to Peter Porch:

Following the recent retirement of Peter Broughill as Council's Manager of Engineering Services, Council has welcomed Peter Porch to the team as the its Manager of Operational Services. Peter's role now includes the overseeing of both the former Engineering and Environmental Services Departments. Peter arrives at Northern Areas, having previously served as Works Manager at the Burnie City Council in Tasmania, whilst he has also served at the Devonport City Council.

Community Grant Funding:

At the recent opening of the Hornsdale Wind Farm, funding recipients were announced as part of the 2015/16 Hornsdale Wind Farm Community Fund. Amongst the recipients were the Laura Memorial Civic Centre, who received \$2,500 toward an upgrade of the air conditioning system, whilst the Stone Hut Soldier Memorial Hall Committee received \$2,500 for the upgrade of the floor at the Hall, including the sanding back of the floor boards.



- VIVO 107cm (42") Full HD LCD TV with Built-in HD Tuner
\$275.00 O.N.O
- LG LED 21" Computer Monitor (no cables included)
\$115.00 O.N.O

Enquiries to: 08 8663 2170





Golden North to upgrade production line:

Golden North has been awarded a \$200,000 grant from the state government's Upper Spencer Gulf and Outback Futures Program to upgrade its icecream production line at Laura, with an anticipated doubling of impulse production output.

The \$595,000 project will provide a dedicated production line for items, including Golden North Giant Twins, Swings and Vanilla Cups which are deemed to be impulse purchase products.

The line will also allow the South Australian-owned and operated manufacturing business to introduce new products to its range.

The new equipment will improve the company's production through greater processing capacity, and its new freezing and packaging equipment.

Golden North general manager Peter Adamo said increased production and the development of new products would play an important role in the company's expansion into interstate and export markets.

"This upgrade continues to build the capacity of our manufacturing facility, which will result in more than doubling our current impulse production capacity," he said.

The \$2 million Upper Spencer Gulf and Outback Futures Program is a one-off grants program which was opened in November 2015 in recognition of the challenges brought about by the downturn of the resources sector and the impending closure of the Port Augusta power station and Leigh Creek coal mine.

Grants from the program have been made available to eligible small projects from \$50,000 up to \$200,000.

The program supports the delivery of projects that will contribute to economic diversification, resilience and capacity building of Upper Spencer Gulf and Outback communities, creating sustainable economic benefits to the region and the State.



Pictured: Golden North operations manager Rick Willis, general manager Peter Adamo, Regional Development Minister Geoff Brock and Small Business Commissioner John Chapman

Regional Development Minister Geoff Brock said the impulse production line upgrade would result in the creation of three new ongoing jobs for the area.

Article first appeared in the Flinders News



A.S. Condon Memorial Golf Day Tuesday 19th July 2016:

Since 1997 the Laura Golf Club has provided the course for the Laura Community Development & Tourism Association Inc. to hold its annual golf day.

The weather was glorious and the competition was fierce. As always the organisation of the event was first class.

14 teams played in the Ambrose competition. Trophies were awarded for all events, Championship & Handicap events for winner & runner-up, Ladies & Mens longest drive in three divisions as well as Nearest the Pin both Ladies & Men.

Morning tea, lunch & afternoon tea was enjoyed by all with most of the food provided by the community.

A spinning wheel was held at the end of the day with all prizes kindly donated.

Special thanks to the Laura Golf Club, everyone who donated food & drinks, Marg Thomas and her band of merry workers as well as the three cooks.

This event could not be held without the continued support of the following sponsors:

- ANZ Bank Port Pirie
- Bank SA Port Pirie
- Blights Real Estate
- Bradley Alm Carpentry
- Elders Ltd
- Golden North
- Hunts Fuels
- Intersport Port Pirie
- Jeff Cleggett
- Kalisch Builders
- Koffi n Kandi
- Laura IGA
- Laura Meat Store
- LH Perry & Sons Crystal Brook
- Lines MultiAg
- Lynch & Sarracino Builders
- Mid North Airconditioning, Electrical & Construction
- Nettle Electrical
- North Laura Hotel
- Northern Machinery
- Peter Condon
- Ramsey Pharmacy
- Regional Hardware Supplies
- Sargent Builders
- Stevens Motors
- The Laura Soap & Gift Shoppe

The event will be held next year on the second Tuesday in July (school holidays)

For further information: Contact Val Thomson 8663 2472



Ok folks, the new committee has been elected and we need your help to make the next Folk Fair bigger and better than the last event.

We have one very major hole in the committee and that is a lack of a Treasurer, a role that is vital to the running of Folk fair.

Record keeping tools are already established, and the past Treasurer will be available to assist the incoming treasurer in learning the ropes.

Anyone able to help fill this role will be welcomed by the committee!

We have a slightly larger committee this year but now would like some interested parties to come forward to help with our teams.

Anyone interested in joining the Stallholders, Entertainment, Sponsorship & Grants, Promotion & Publicity or Fundraising teams are encouraged to contact any of the committee members or secretary@laurafolkfair.com.au

The Folk Fair is a very large event and realistically too large to be entirely run by just the 11-person committee without a few more helping hands. You never know, you might just enjoy yourself too!

We have started the process of improving the standard of stalls on offer and would like any suggestions for something different, innovative, South Australian, handmade, etc.

So when you are out and about in this glorious state of ours, if you happen across a market or show with something you would like to see at Folk Fair please get some details to us.

Entertainment was good this year but we need to work on providing more for the children.

Any suggestions of groups or people you may know would be great.

Contact:

08 8663 2221
secretary@laurafolkfair.com.au
PO Box 18 Laura SA 5480

2016/2017 Laura Folk Fair Committee

Sue Scarman	Chairman
Barry Harvie	Vice Chairman
Arwen Pratt	Secretary
Amy Simons	Assistant Secretary
Cr. Geoff Lange	NAC Delegate
Joyce Wode	LCDTA Delegate
Allan Woolford	Committee
Jim Lynch	Committee
Irene Scott	Committee
Emily Smith	Committee
John Kitto	Committee

Tuesday **6th Sept**



FREE WIFI

Savoy Soccer Club

Port Pirie

Southern Flinders **YOUTH 'Expo' forum**



Information Booths:

The Science Experience, One & All STV Sailing Ship, School Based Apprenticeships, TAFE, Living in Adelaide when Study at UNIVERSITY, YWCA – Programs for Girls, Centrelink – Youth Services, Safe Partying, Headspace, Youth Parliament & Career Services

Speakers will cover:

Employment (Career Services), Training (TAFE), Motivational (the Journey after school), Cyber Safety, Homelessness, Mental Health & Wellbeing

\$ Lucky Door Prizes for attending Youth

Meet the Hon Zoe Bettison MP, Minister for Youth, to share your experiences and talk about the challenges and opportunities for young people in your community and across South Australia.

Hosted by the Hon Geoff Brock MP
Member for Frome

For further information: Ph. 8633 1210 Email: frome@parliament.sa.gov.au

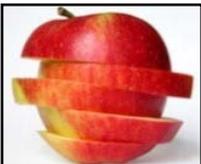
Munchies - Tea - Coffee

6.45 – 9.30pm



Printing sponsored by Automatic Print, Port Pirie





Southern Flinders Health Advisory Council report - July 2016:

Staff Changes at Southern Flinders Health:

Following the departure of Susanne Becker to take up a position as a tutor and researcher at the University of Tasmania we welcome Julie Arthur to Laura as interim EO/DON. Julie is currently EO / DON at Booleroo Centre Hospital and will manage both sites.

Long serving Maintenance Officer, Frank Belcher is retiring from Crystal Brook Hospital. Frank will be greatly missed and we wish him well in his retirement.

Crystal Brook Hospital Guild:

Crystal Brook Hospital Guild remain active and have recently raised funds to purchase a Fetal Doppler Machine, pressure relieving mattresses and a blind for the verandah on the aged care section. The Guild would welcome new members to assist with their activities.

Minister of Health visits Crystal Brook:

On the 14th July the SA Minister of Health - Jack Snelling made an informal visit to the Crystal Brook Hospital as part of his program to visit all Health Units across the state. After a tour of the facility the minister enjoyed morning tea and met with staff members and HAC representatives.



Pictured are Catherine Klingner, Brian Higgins, Liz Traeger, Jack Snelling & Roger Kirchner on the steps of Crystal Brook Hospital

Stone Hut Heritage Trail:

Just in time for the re-opening of the Stone Hut Bakery in May, the Stone Hut Development Committee were able to replace the 17 badly weathered signs dotted around the township.

With the assistance of a Community Grant from Northern Areas Council, the original 2008 signs were reproduced by Pirie Signs and Designs, this time using a UV coating that should last 7 to 10 years.

Each sign bears an original historical photo and an appropriate brief description of the early days of Stone Hut.

These signs have attracted visitors since they were first installed in 2008.

Pamphlets with their location are available at the Bakery and will soon be displayed in the shelter on the Stone Hut Common.



Photo shows one of our volunteers, David Hoare, with the old and new sign outside the Kotz cottage situated south of the Hall on the main road.



Laura Information Centre news:

The Laura Information Centre continues to be well-staffed with volunteers full of enthusiasm for helping both locals and visitors.

There are many ideas for local outings and drives, showcasing the region and of course top quality local produce. There are also tourist brochures to encourage visitors to look at other South Australian regions.

The new photo opportunities with the sculptures in the main street (the Family) and at the Caravan Park (the Emus) will also be a great attraction!

Of particular interest at the moment are the new maps we have on sale to add to those already in stock:

- Outback Central & South Australia
- Flinders Ranges
- Mid North
- South Australia including Alice Springs and Uluru

It is also interesting to see where our visitors for the 2015/2016 year have come from. As well as all parts of Australia, their home countries included:

USA	New Zealand	United	Kingdom	Germany
Switzerland	Netherlands	Fiji	France	Austria
China	Canada	North Korea	Alaska	Japan
Hong Kong	Belgium	Latvia	Lithuania	Singapore





FREE Birthday Party Activities



Does your child have a birthday party coming up?

Don't forget to book the Northern Areas Council or District Council of Mount Remarkable Community Activity Trailer for fun outside party games.



The 'Community Activity Trailer' includes fun activity options to create obstacle courses or party games. A FREE Healthy Party booklet is included so you can easily coordinate the best day for your family and friends!

For more information or to book the trailer
Contact:

Northern Areas Council:
P:(08) 86641139

District Council of Mount Remarkable:
P: (08) 8666 2014



Healthy Winter Soup

Soups served with grains and crusty breads come together to make well balanced dinners. Freeze left overs for quick and easy lunches during the week.

Ingredients

1 tablespoon (20ml) olive oil; 1 clove garlic-crushed; 1 onion -finely diced, 4 stalks of celery-chopped; 3 carrots-chopped; 1 litre of reduced salt liquid Stock Sprinkle with chopped parsley to serve.

Method

Step 1: Heat oil in a large saucepan and add onion and garlic. Cook until onion has softened.

Step 2: Add remaining vegetables and stock. Stir through and continue heating.

Step 3: When the soup reaches a boil turn down the heat and allow to simmer for 10-15 minutes or until vegetables have softened.

**Use this soup recipe as the foundation for more soups to suit your own taste. You can create a range of different soups

to suit your own liking by simply varying the vegetables, meat and herbs and spices.



Chicken noodle soup

Slice 300g chicken breast and add alongside 50g uncooked spaghetti to the foundation soup recipe and cook through.

Pumpkin and lentil soup

To foundation recipe add one cup washed dried lentils and 450g peeled and diced pumpkin. Blend and serve. Add 2 tablespoons of mild curry paste if you want a little more spice.

Lamb and barley soup

To the foundation recipe add 3 lean lamb shanks and ¾ cup pearl barley. Cook until meat is tender, remove meat from bones and return to soup.

Daina McCormack

OPAL Project Officer—0488 090 303

E: daina.mccormack@NACouncil.sa.gov.au

f www.facebook.com/OPALMidNorth



Finding a Justice of the Peace:

Barry Harvie 8663 2187 or 0409 698 009
Geoff Lange 0427 632 334
Jon Hawkins-Clarke 8663 2172
John Stevens 8663 2303

Laura Community Development & Tourism Association Inc. PO Box 149 Laura SA 5480 www.laurasa.com.au

Chairman: Andrew Zanker 0438 118 227
Secretary: Lorraine Griffin 8663 2412
Newsletter Editor: Newsletter Committee

Reports, articles and advertising for the August Newsletter can be submitted by email to lccta5480@gmail.com or delivered to The Laura Soap & Gift Shoppe no later than 5pm Friday 23rd September 2016. Receiving articles electronically assists in the production of the newsletter.

Advertising:

Contact Hans Simons 8663 2170 or 0439 093 100 for details.

This is a community publication. Views expressed are not necessarily those of the Association. The Editor reserves the right to edit or refuse articles.

*As an incentive for supporting the Laura Standard with your advertisements you will receive your 6th advertisement **free of charge.***

Please Note:

If you know of someone who unfortunately hasn't received a copy of the Laura Standard, extra copies are available from the Laura Information Centre.

Laura Standard Advertising Fees:

Full page - \$40.00
Half page - \$25.00
Third page - \$15.00

Latest time to submit articles

for inclusion in the **October**
edition of The Laura Standard is
5 pm Friday 23rd Sept 2016



Lions Club of Rocky River news:

An enjoyable and successful Handover Dinner was held at the North Laura Hotel on June 28th where we saw the induction of new president Greg Wheeler. The gong and gavel was presented by Immediate Past President Bevan Smith.

The induction ceremony was conducted by Past District Governor Ken Bradford (a former Laura resident and Rocky River Lion), who was accompanied by his wife, Yvonne.

Next year is the centenary year of the formation of Lions Clubs International. To celebrate the occasion our club plans to erect a special centenary park bench in Laura, Gladstone and Georgetown. Lions is now the world's largest community service organisation.

Lions Clubs in South Australia are working towards providing a Mobile Skin Cancer Screening bus for use around the state. This is in response and success of a similar unit by Western Australian Lions for use in that state. Rocky River Lions have contributed \$2,000 towards the project.

These funds were raised from the sale of sample grain at the Gladstone Silo complex and should be a most valuable aid to saving lives from the effects of melanoma, particularly in country SA.

A big thank you to everyone for their support in purchasing donuts from our van at the Laura Folk Fair and the home footy/netball games at Gladstone and Laura. Every dollar raised is returned to the community for the betterment of the community.



Contacts:

- **Council Office** Jamestown 8664 1139, 1300 664 108
(Please Note: The 1300 number listed in Laura Community Calendar is only available for landlines)
- **Council Office Gladstone** 8662 2018
- **Dog Control** Garry Harris 0419 858 375
- **NAC Fire Prevention Officer** Jennie Window, 8664 1139
- **Manger Environmental Services** Alan Thomson 0409 286 542
- **Councillor Sue Scarman** can be seen personally at Laura Visitor Information Centre (check the LIC roster for times when she is there) or 0418 844 935 or Sue.Scarman@NACouncil.sa.gov.au
- **Councillor Geoff Lange** 0427 632 334