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EDITION_32

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King Island Long Table Festival

Brian Ritchie
FESTIVAL OF KING ISLAND

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Welcome aboard



I hope you had a Merry Christmas and a Safe and Happy New Year. Now the summer has begun it is always a great opportunity to explore new places, attend new events or find a new hobby.

There is some brilliant summer reading I would think there is something for everyone on our summer reading list. Or you can try to introduce one of the many uses of olive oil into your life, Flinders Island oil is delicious and beautiful ingredient to add to your next dish.

In this edition we showcase some major events happening this summer Hooked on Portland was brilliant event last year with

10,000 attending and this year it has attracted a high profile chef and some award winning musical acts such as ASTA. Of course we have the Festival King Island once again, this time it will be held February, the event is run by the locals, with a line-up that includes local and national acts plus those who have played on an international stage, such as Brian Ritchie from the Violent Femmes.

We look forward to welcoming you aboard when next you choose to travel with us, travel safe & enjoy your summer.

Malcolm Sharp
Director

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Flinders by Bike

Flinders Island is made up of mountains, oceans, flora, fauna, dirt, sand, granite and many wonderful individuals. It enjoys the freedom of fresh air, isolation and four distinct seasons. A bike may be the best way to enjoy this island.



Mountain Biking Flinders Island is an exciting new business just beginning its uphill pedal on Flinders Island. "Never before have island residents or visitors had such an opportunity to explore out of the way places, on board a world class mountain bike, with a guide on hand to show them through the trails, to a destination where a gourmet lunch will delight their appetites!" said Claire Castle one of the founders of this new venture.

The entrepreneurs behind this initiative are Claire Castle and Amanda Blyth, passionate islanders and mountain bike riders, they are fourth and fifth generation Islanders respectively.

"Earlier this year we had a vision of creating fun mountain biking experiences on our island home, and with our dedication and our strengths, we set about doing just that!" explains Amanda

Amanda and Claire are a passionate and dedicated pair, Claire says "this mountain biking project reflects our love for the island, our children and the future of the island,

and of course, our inclination towards adventure; which is at the heart of the sport". The community support behind the two young women has been positive and plentiful, and Amanda and Claire will forever be grateful to the numerous people who helped get them started.

Mountain Biking Flinders Island has created three very different mountain biking tours to some very extraordinary places.

"Each Mountain Biking Flinders Island tour is vastly different, but all of them share one important factor; they take people away from their everyday and gives them something whole in return; new thoughts, new inspirations" said Amanda.

"A lot can be gained from riding into the sea breeze and feeling it on your skin, or riding under tall timbers of native gums, towards an ocean high on its own strength" said Amanda.



TOUR OPTIONS

Explore Emitta with Us - this tour is a wonderful choice for those looking for beautiful beaches to visit and something to learn, and for those that like to marvel at past ingenuity and courage. This tour includes a visit to the wonderfully curated Furneaux Museum.

Cycle2 Rock & Sea Tour - offers a fun journey for people eager to see a lot of the island in a short amount of time. This ride has a bit of everything Flinders Island has to offer; coastlines, moody seas, impressive mountains, wildlife and lots of activity!

Ride Strz Tour - enjoy the beautiful Strzelecki National Park, this tour is for the explorers and those who like to see what's around the next corner. The ride ends at Unavale Vineyard in the South West of the Island, where lunch is enjoyed amongst the grapevines.

Mountain Biking Flinders Island keeps true to their motto, "Keeping it Real". The women and ideas behind

the business are just that; down to earth in nature and in island lifestyle. The rides are for people who enjoy the outdoors, and for those who like to see and do something they've never done before.

"Mountain Biking is really fun, and at the end of the day, if our guests have had a few laughs, enjoyed the outdoors and found themselves back in nature, then we have succeeded in our plight." said Amanda.

All of the tours include museum and national park fees, morning tea, lunch, a complimentary drink bottle, pick up and drop off and two local guides who will endeavour to make your experience a great one! If the tours don't tantalise your curiosity, or you simply want to go solo, their mountain bikes and town bikes are also available for hire all year round.

The tours operate between November and April, but if you have other ideas, then absolutely, let Mountain Biking Flinders Island know!

Mountain Biking Flinders Island is a clean, community minded and eco-friendly business.



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REMOTE LUXURY ON BEAUTIFUL FLINDERS ISLAND





TOURS

Tours are suitable for ages 12+ and people with an average fitness level; you don't need to be an experienced bike rider. Mountain Biking is an awesome way to experience and view Flinders Island from a different perspective! If you would like to visit their website to find out more or to book your mountain bike tour.

Tours operate from November to April. Visit mountainbikingflindersisland.com

Chelsea Neely Photography



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Get Hooked on Music at Portland

AUSTRALIA DAY



Portland will be the regional events capital this Australia Day weekend as the city plays host to the Hooked on Portland festival, which was successfully launched in 2018 to a crowd of more than ten thousand people.

The festival, hosted in partnership with Glenelg Shire Council and Victorian Fisheries Authority, will feature some of Australia's best up and coming musical performers and celebrity chefs, as well as offering entertainment and activities for all ages including a national skate competition, fishing clinics and competition, children's amusements, market stalls, pop up bar and food trucks and much more.

FESTIVAL LURES RENOWNED CHEF PAUL WEST

Renowned chef and sustainability advocate Paul West will headline the food and lifestyle element of the 2019 Hooked on Portland festival.

West is a popular television chef, rising to fame after hosting four seasons of cooking and lifestyle show River Cottage Australia across Foxtel's The Lifestyle Channel and SBS. The show followed West's journey to grow an abundance of farm-fresh food to cook and share with his local community.

West will appear at Hooked on Portland to provide cooking demonstrations using local produce and to discuss the importance of sustainability and supporting regional suppliers as part of the 'Sustainability Talks' series.

West will be joined by industry experts to explore the regional food trail in south west Victoria and to provide insights into how community members can access the farm to plate experience.

MEET PAUL WEST

Fans of Paul West will also have the opportunity to meet the chef at his book signing session at 1:30pm at the Food and Fishing Hub.

Cooking Demonstrations and Sustainability Talks with Paul West
11am and 3pm - Food and Fishing Hub

Book Signing and Meet and Greet with Paul West
1:30pm - Food and Fishing Hub

FISHING FOCUS

Portland's proud fishing culture will once again be celebrated this Australia Day weekend, with a number of fishing focused activities and events on offer.

Recreational fishers will once again have the opportunity to reel in a winning catch as part of the Hooked on Portland fishing competition, with the land and sea based competition running from 6am on Saturday through to 10am on Sunday.

Open to both adult and junior anglers, the competition is open to six species including kingfish, snapper, whiting, gummy, salmon and tuna, with cash prizes of up to \$250 on offer for the heaviest catch in each species and age categories.

Novice and first time anglers will also have the chance to learn expert fishing techniques and tricks during the free fishing clinics from the Victorian Fisheries Authority. The fishing clinics, held throughout the day, will teach community members how to cast, tie knots and what to do with a fish when caught.

WHAT'S ON AT HOOKED ON PORTLAND

Saturday 26 January

6am - 6pm

- Lifestyle & Leisure show
- Fishing competition
- Fishing clinics
- Harbour tours
- Foreshore amusements and activities
- Market stalls
- Pop up bar and food truck park
- Circus elements performance and interactive workshop
- Cooking demonstrations
- Sustainability and fishing panel
- Q & A session
- Skate competition
- Skateboarding come and try sessions

Live music 4pm - Midnight

- Josh Rawiri
- The New Savages
- Wallace
- Benny Walker
- 19 Twenty
- ASTA

Sunday 27 January

6am - 6pm

- Lions Club breakfast
- Boat show
- Fishing competition presentations
- Foreshore amusements and activities
- Market stalls
- Pop up bar and food truck park

Live music 11am - 5pm

- Gav Ridell
- Teleah Evans
- Jason Bull
- Cover Story



Portland the Music

ASTA

An Indie Pop genre ASTA rose to prominence when her track "My Heart Is On Fire" won Triple J's Unearthed High in 2012. The track went on to be voted into position 50 in the Triple J Hottest 100, 2012. She has gone on to release the singles "Escape" and "I Need Answers", as well as touring Australia nationally.

In 2015, she released the song "Dynamite" featuring Australian rapper AllDay which reached number 66 on the ARIA Singles Chart.

ASTA featured as the opening act for British musical act Ellie Goulding in 2015 and again in 2016 and featured at music festivals such as The Plot in December 2015, Skullduggery (Adelaide) in February 2016 and Hyperfest (Perth) in February 2017.

In 2016 she released the single "Wild Emotion", and started an Australian Tour for the song in March 2016.

In February 2017 ASTA released her debut EP, Shine (streamed 1.3 million times independently). In March 2017 she embarked on her national Shine Tour to promote the EP.

19-TWENTY

19-Twenty have been whipping up a frenzy on the festival scene. They are electric. An infectious riff and groove based blue-billy-grass-rockin'-roots band. The 19-Twenty lads have been performing their high-energy sonic-party nationally, headlining sell-out shows and festivals in all states and territories.

They have toured seven times around Oz and performed gigs throughout Europe including Belgium, The Netherlands, France, and a suite of gigs in London (a highlight was a spell at the famous Alley Cat nightclub in SoHo).

Performing anywhere and everywhere, this straight-up 100% independent act have been blazing throughout Europe and Australia and gaining new music fans/fiends from their live shows.

BENNY WALKER

Hailing from regional Victoria, Indigenous singer/songwriter Benny Walker is the real deal. His love songs and epic tales are mixed with passion for the land, the people, summer vibes and deep grooves are the elements that reach the soul.

Benny has performed alongside some of Australia's finest, including Archie Roach, Blue King Brown, Tim Rogers and Vika and Linda Bull, and was awarded Victorian Indigenous Performing Arts Award for Best New Talent.

An accomplished solo performer, Walker is regularly joined on stage by his band, where he replaces his acoustic guitar with a Telecaster and indulges his passion for the big blues-rock sound

JOSH RAWIRI

Josh Rawiri is a contemporary Australian singer songwriter recognised for his heartfelt and potent live genre-fusion of pop, folk, deep roots rock and soulful blues. Early in his career, Rawiri gained recognition for his heartfelt song writing and powerful live performances – quickly falling into a diligent schedule of national touring. After years of widespread regional touring playing popular venues and festivals across every state, Josh Rawiri's tunes have reached stereos across every nook and cranny of Australia. Four singles from Rawiri's first two albums received widespread radio play, numerous international TV placements and song-writing awards.

The last 18 months have seen Josh touring with an evolving musical mob, turning heads at popular festivals and crafting a handful of new singles for an upcoming album.

WALLACE

Future soul singer and songwriter Wallace Gollan has a background in traditional jazz and a musical inflection and a natural pull towards hip hop and soul.

Wallace is fast establishing herself as an artist to watch. Some of her most notable achievements to date include the numerous awards she won in her early years in New Zealand; a swag of glowing reviews from international taste makers and publications; high profile international supports such as Slum Village; winning the JJJ unearthed Listen Out slot for Sydney; high profile playlist adds on Spotify and collaborations with acclaimed international acts such as Kraak and Smaak and outstanding Australian peers such as Sampa the Great.

With a couple of deals recently falling into place, Wallace is most definitely an artist to keep a close eye on in the coming 12 months.

THE NEW SAVAGES

The New Savages play their own kind of blues. It's a familiar but original sound, somewhere between Jim Morrison playing in an electrified delta blues duo, with a dash of Johnny Cash.

They call their music Melbourne Hill Country Blues – their distinct take on the droning, rhythmic and hypnotic blues of the Mississippi Hill Country.

SUNDAY SESH LIVE & LOCAL

Gav Ridell – Maton Season
Jason Bull
Cover Story



Festival of King Island

1 - 2 FEBRUARY 2019



Brian Ritchie is a multi-faceted musician and arts curator. His musical career extends across the fields of rock, classical, folk, blues, Japanese traditional music and musique concrete and beyond. He first came to international prominence as bassist/multi-instrumentalist with post-punk trio Violent Femmes. He has also performed and recorded with artists such as Rodriguez, Lou Reed, Australian Chamber Orchestra, electronic music pioneer Pierre Henry and many more. He is a licensed teacher and performer of the shakuhachi, Japanese Zen flute.

Brian moved to Tasmania in 2007 and became the Music Curator at Mona (Museum of Old and New Art). In this capacity he organizes MONA FOMA (Museum of Old and New Art Festival

of Music and Art) combining music, sound art, visual art, dance, spoken word and theatre, and the Synesthesia festival which is a classical and experimental music festival of sound and light. MONA FOMA has won the coveted Helpmann Award for Best Contemporary Music Festival three times, and the Sidney Myer Performing Arts Award. Brian's programming is based on ideas, individuality and collaboration rather than a style driven approach. Award Winning curated events such as The Barbarians by IHOS Music Theatre and Opera and 48 Fugues for Frank by pianist Michael Kieran Harvey stand alongside touring international artists such as Philip Glass, Nick Cave, PJ Harvey and Neil Gaiman to name only a few of the thousands of performers and artists to grace MOFO spaces.

Brian and his team organises over 100 performance events at Mona every year, including the Mona Market (MoMa), Jazz at Mona (JAM), onsite concerts and art openings.

Brian has had long-term engagement with Australasian indigenous musicians. He has mentored Aboriginal musicians at the annual Bush Bands Bash in Northern Territory, Bleach Festival for the Commonwealth Games on the Gold Coast and Songs for Peace, a project by Big hArt.

Brian will be performing jazz and Japanese music on shakuhachi (Japanese bamboo flute) with his trio for Festival of King Island on 1-2 February 2019.

Yoga loves live music with true spirit revival



True Spirit Revival is your new favourite way to experience yoga. Imagine your uplifting yoga practice, merged with live music, humour, challenge and connection. This exciting 'Yoga Loves Music' workshop collaboration between two internationally renowned presenters, Canadian-born yoga instructor, Kimberly Erin, and Australian singer - songwriter, Tom Richardson, evolved from a chance meeting at a Canadian music festival in 2012.

Since their introduction, the pair has taken their unique partnership and respective talents to festivals, retreats, studios, bars and theatres throughout the world. In 2019, their frequent flyer points will continue to accumulate, with tours booked throughout Australia, North America, Europe and South-East Asia. First stop, Australia!

Having spent the past two years connecting with a dedicated yoga community in Warrnambool on Victoria's south-west coastline, Richardson & Erin expanded out of their studio, Seachange Yoga, and took Yoga Loves Music to the early risers at Port Fairy Folk Festival & Queenscliff Music Festival. This year, throughout February and March, the duo will take their soul & sounds to yogis across Victoria and also Western Australia, launching their brand new Yoga Loves Music album - 'Live In Canada'. The recording reflects the infusion of play felt during their workshops.

Kim guides an emotive yoga practice, using juicy pranayama & asana. Balancing ancient wisdom and yoga origins with light-hearted fun, the practice builds into a peak Vinyasa flow, continuing to strengthen, engage and get stuff moving! The final moments offer surrender & savour, to focus on the highest vibration of unity with spirit.

"Yoga is such a fascinating, diverse, ancient, undefined practice and I am constantly being humbled by the

wisdom I have yet to learn. It is my joy and honour to teach, study and share Yoga in the world!" - Kimberly Erin.

Music comes from, and speaks directly to the soul and whether consciously or sub-consciously vibrations awaken the mojo. People who have experienced yoga before know the feeling of bliss upon leaving a yoga class, centered and relaxed, yet supercharged. The additional energy and literal vibrations of live music during a yoga session greatly enhances these feelings.

"Yoga & music are best friends.... How can they not be?! Our minds, bodies and hearts are programmed to move when we hear music. To tap our toes, nod our heads, DANCE! Or, flow through a series of magical yoga poses. Somewhere along the line, some western dude came up with this crazy idea that music was meant to be played in a fancy concert hall, and people were to be placed in organized rows and to sit still. No thanks!" - Tom Richardson.

Personally having a strong connection to the practice of yoga, Tom shares a live soundtrack that intertwines and mirrors Kim's dynamic yoga flow. Tom's positive humility, demeanour and lyrics spin a musical web amongst delicious slide guitar and infectious rhythms. Using the latest in loop pedal technology, the live soundscape enters the ears and pours straight into the heart, inviting participants to dive deeper & evolve their personal practice.

On this tour, Tom & Kim decided to take yoga to the community, utilising a multitude of venues across the country and will be at Festival of King Island. They are looking forward to reviving true spirits through their insightful and enlightening workshops & retreats - connecting yogis and music lovers at festivals, conferences and studios across the country.

truespiritrevival.com

FOKI 2019

The Festival of King Island (FOKI) takes place in the picturesque Currie Harbour and brings a broad range of Australia's best folk, blues, indy, funk, rock, country, jazz... and a bit of everything in-between. The quality of talent is comparable to other music festivals many times its size. The festival has a great vibe, it is a community event where you mix with the locals and some of talented musicians.

In addition to the great lineup they have a 100m waterslide (for risk-takers only), a raft race (where not all rafts make it back to the safety of land), and a pie-eating contest (not a pretty sight).

FOKI was an initiative designed to help King Island recover from the economic and social shock of closure of the second largest employer on the island. Kim Churchill a musician wanted to help and visited King Island in February 2013 from that FOKI was born. The first festival was held using a small container, minimal equipment and six lights. They have come a long way from there, the event continues to grow and each year attracts some of Australia's best musical talent.

1-2 February

DAY TICKETS

Friday \$30

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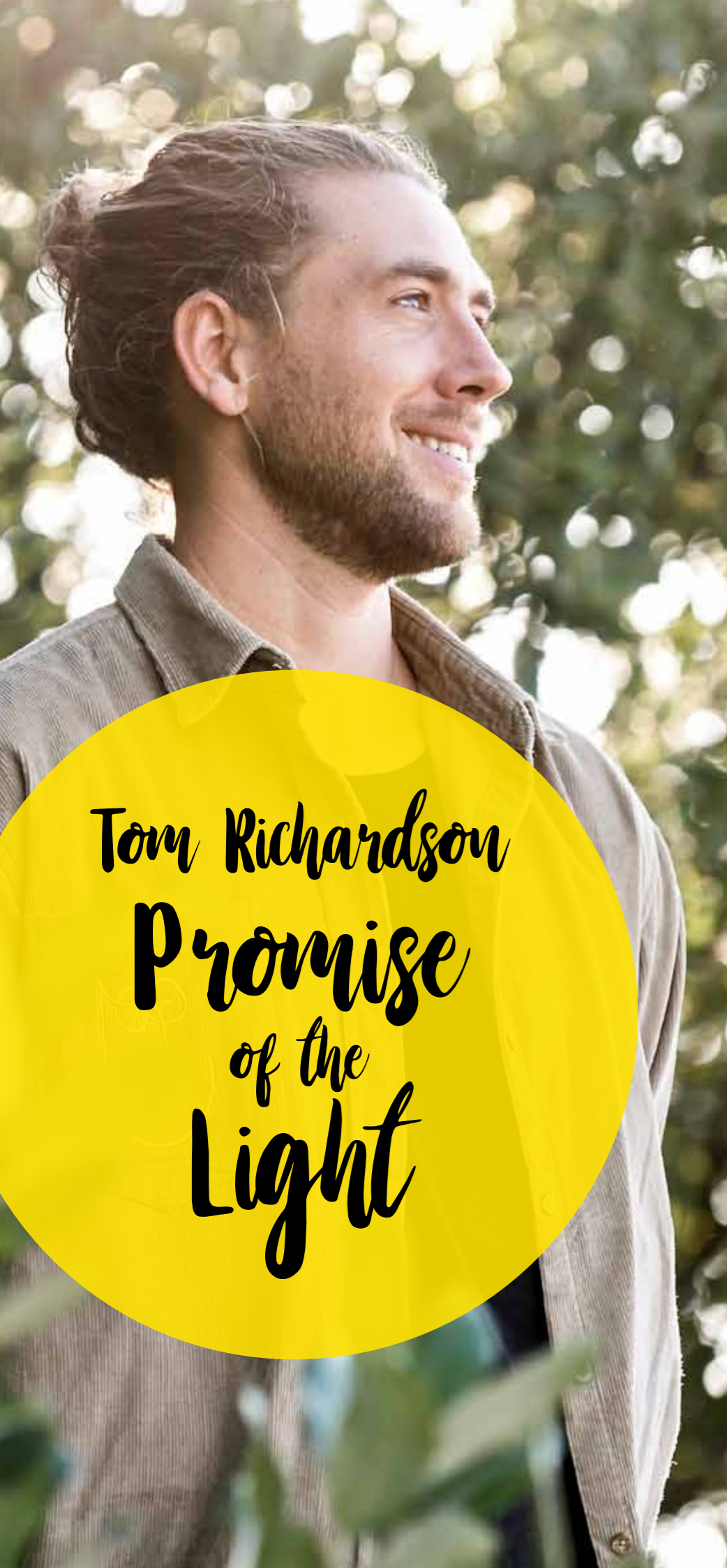
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Tom Richardson Promise of the Light

Tom Richardson is your newest oldest friend. And his brand new offering - 'Promise of the Light' - will leave you feeling as fulfilled as your most inspired coffee date. Tom's songwriting, story telling & intricate guitar playing are a delicate balance of grace, truth and passion, evident of an artist whose soul shows signs of unpaved back-roads, with sleeves stained by countless hearts from all corners of the globe. Appreciating the liberation in exploration and privilege of forging relationships with listeners and cultures around the world, Tom has performed in 15 different countries, reflected in musical arrangements better categorised by emotion and experience, rather than genre.

2018 marks a decade as a full-time independent artist, Tom Richardson might just be your next 'over-life' success story. Having shared songs and stories at almost every festival in his homeland Australia, and stages with Joe Bonamassa, Cold Chisel and John Butler Trio, his passport now shows memories of musical collaborations with Native American poets, Indian Kirtan masters, Fijian highland village choirs & indigenous Australian icons. It's a musical odyssey that includes regular tours around Australia, North America, Asia and Europe leading to "rave reviews, prime festival slots, and international airplay" (The Standard).

With a genuinely infectious demeanour, Tom's live performances have been described as the "best opening to a festival yet!" (Port Fairy Folk Festival, Australia). It's not uncommon to experience people laughing, crying, dancing and singing - often long after the show has finished. Entire theatres

have been known to exit at the end of a performance, continuing to sing in unison all the way out. Renowned as a "maestro" for his "clever skills" (The AU Review) on the loop pedal, Tom is seen dancing over his pedals, creating soundscapes of four part vocal harmonies, multiple guitar sections and complicated percussion grooves, all live on stage.

Like the ultimate New Years resolution, 'Promise of the Light' was released worldwide in early 2018. The record is equal parts John Mayer attempting to cure his self-proclaimed "ego-addiction" at a retreat in Hawaii, accompanied by Bob Marley activism and George Harrison worldliness.

Recorded in solace in lakeside cabins in Alberta, Canada and jungle hideaways in Bali, Indonesia, before collaborating with close friends Benny Walker & Tim Bennett in home studios in the Adelaide Hills and with seaside views at his home in Warrnambool, Australia, this latest release truly reflects Richardson's nomadic schedule.

"What is more inspiring than the beauty of adventure and connection?! Music has been the vehicle that has allowed me to continually experience both of these things."

Equal parts connection and healing, Tom continues to work beyond the cliché of television talent shows,

turning passion & career into lifestyle. Off stage, Tom coordinates All-Abilities choirs, adaptive surfing and skating programs for wheelchair-bound individuals, all ages songwriting and performance workshops and combined yoga, music and sound healing collaborations.

The first single - 'Somebody Say Love' - was released worldwide January 2018 through popular online platforms and is sure to leave that coffee cup overflowing...

Tom will be performing at the FOKI.

tomrichardsonmusic.net



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Long Table Lunch

KING ISLAND. 2019 FESTIVAL PROGRAMME

FRIDAY 22ND FEBRUARY 2019

King Island Farm & Produce Tour

10.00am

Join us on a journey to meet some of King Island's most dedicated farmers and food producers. We will travel by coach from Gatenby Park, Edward St, to our fishing port, beautiful Currie Harbour, to meet Donna Whitehouse-Summers from King Island Seafoods. Donna and her husband Max have a wealth of knowledge to share about local seafood – especially Lobster, Oysters and King Crab. If we are lucky enough we may see this dynamic team unload a fishing boat! Donna will prepare local seafood tastes for us.

11.45am

Next we visit co-founders of our festival, Paul and Cynthia Daniel at The Garden.

The wedding celebrations of Paul and Cynthia provided the catalyst for the very first Long Table Festival. Wedding guests congregated on the Island, all worked together, diving, hunting and gathering ingredients, preparing and tasting. All sat to break bread, a shared camaraderie prevailed and special bonds were forged. Paul will show you around the farm and talk about his experiences.

1.00pm

For luncheon we will savour superb King Island Fare. The Rock Café hospitality students from King Island District High School will support the management team at Bischoffs Café to bring you a delicious, seasonal and regional menu. Through the King Island Long Table Festival students have opportunity to learn from authentic practice within the hospitality industry thus providing them with a rich learning experience. We thank Rob Taplin and Chantelle Coleman for creating such an opportunity in their new business venture for our students.

2.15-3.30pm

Is anyone hungry? We will travel to the King Island Dairy to meet our master cheese-makers.

Passionate makers will chat about the intricacies of making the perfect cheese, also the special elements that make King Island Cheeses world renowned. We will have some time for tasting and afternoon tea before returning to Currie.

A Chic Beach Party

5.30-7.00pm

Welcome to our official opening!

Sit back, relax in the warmth of the afternoon sun, gazing into the vast blue Indian Ocean whilst enjoying exquisite canapés prepared by Amy Clemons from Salt & Thyme. Salt & Thyme is

one of King Island's newest businesses and we are thrilled to have Amy, who has close ties with our festival, create a delicious local tasting menu for you.

Guests will be treated to fine Tasmanian beverages. Quality wines from Pipers Brook and artisan specialty beers from Van Dieman Brewing. Coach will depart from Gatenby Park at 5pm, and leave our gorgeous venue at 7pm.

SATURDAY 23RD FEBRUARY 2019

The Crayfish Brunch & Masterclass

King Island District High School, George Street, Currie.

9.00am-11.30am

Join Chef David Hall and team from Pure South Dining for this outstanding event.

Chef will share techniques about all things lobster – cooking, cleaning and then a scrumptious brunch served with Tasmanian bubbles. Whilst stepping through this culinary journey you will also be creating your own amazing feast for today. Enjoy our King Island District High School's commercial grade facility and the opportunity to be a part of a very small group who will garner chefs' techniques and expertise.



King Island Farm, Produce & Music Tour

1.00pm - 5.45pm

Your coach departs the King Island District High School. We will visit the farm of Shona and Fred Perry, who have been involved with our festival for many years. Fred and Shona's unwavering support of our festival and their unbridled enthusiasm for farming and King Island produce is infectious. We will enjoy our time looking at this prime beef property and orchard before relaxing under the walnut tree, sampling delectable tastes from Chef Stephen Russel from Kings Cuisine, whilst enjoying some original live music with local icon Rusty Falcon.

Later, leisurely, we will continue on to the King Island Dairy. We invite you to "The how to of cheeses platters!

This experience is a must for cheese enthusiasts! Learn why King Island Dairy cheeses are so unique and delicious. Explore the full range of award winning specialty cheeses and meet the Cheesemakers. Create and enjoy an impressive cheese platter, complimented with Tasmanian wines or specialty beer. Your coach will return you to Currie, (Gatenby Park, Edward Street) by 6.00pm

Indian / Malaysian Cooking Experience

3.30-8.30pm

Join our talented festival co-founder Cynthia at the beautiful commercial kitchen of Portside Links to prepare and enjoy a meal. This will be a hands on authentic experience for participants, who will then appreciate their creations. The menu may include

favourites like, Spinach Paneer, Gajjar Salat (carrot salad), a traditional meatball curry and Banana Lassi. Cynthia is looking forward to sharing her love of good food with you.

SUNDAY 24TH FEBRUARY 2019

King Island Sunday Long Lunch

King Island Golf & Bowling Club, Owen Smith Drive, Currie

12 noon-3.30pm

It's time to come together for our feast. Our aim has been to share with you the bounty of King Island. We have endeavoured to show where our finest local produce is grown and how to create a delicious feast with the fare. Now we invite you to enjoy old friends and new! Celebrate seasonal local dishes and fine Tasmanian wines at our festival's most special event.



A Taste of Flinders



FLINDERS ISLAND

Flinders Island is located in Bass Strait, north-east of Tasmania. The island is the largest in the Furneaux Region with a population of approximately 900 islanders, hosting approximately 6,000 visitors each year. With a land area of 1,333 square kilometres, the island is 75 kilometres long and 40 kilometres wide, with 73 kilometres of sealed roads and 312 km of gravel roads. Three main population centres are located at Whitemark, Lady Barron and Killiecrankie. There are daily commercial air services from Launceston in Tasmania and flights from Melbourne, as well as charter flights from Tasmania and Victoria.

A weekly freight ferry to Flinders Island operates from Bridport in northern Tasmania and cargo is also shipped to the Island from the port Welshpool. The Strzelecki Peaks National Park (managed by the Tasmanian Parks and Wildlife Service) covers 4,216 hectares of rugged mountains rising to an altitude of over 700 metres in the south west of the island. Flinders has a really diverse landscape, featuring many mountain ranges, inlets, beaches and outer islands.

Famous for untouched beaches with crystal clear waters, deep forestland and some of Australia's greatest produce, the island has been a chef's secret pantry for many years. The cool clean waters of the Bass Strait create the perfect breeding ground for the island's produce.



Jo & Tom Youl and what inspires us to live on Flinders Island

Tom, Jo and their young family love the lifestyle that Flinders Island offers. Weekends are spent exploring, fishing, beach combing, going on bush picnics and tending the stock on the farm. The people they have met and experiences they have had living on Flinders, could not be replicated anywhere else.

Living on Flinders is not for the faint hearted and it can be challenging

at times; however, the good things definitely make it worth it. The island's farming and business community are some of the most productive and inspiring in the country. The weather doesn't seem to bother us much anymore as it is a lot warmer than 'Mainland Tassie'. Flinders is not as remote as it once was with the improved phone, internet and airline access. The key to living on Flinders is to plan trips away to see friends and family and reset the batteries.

Tom is a qualified landscaper and builder and is now a full-time farmer.

He spends his time looking after the cattle and pastures, building and maintaining fencing, water systems and developing new pastures. Jo started a business in 2015 called A Taste of Flinders that specialises in sourcing local produce and offering great food and drink options for the community and visitors. Jo is passionate about improving the visitor experience whilst working with talented island producers and makers. Which is why they created the Flinders Wharf that will launched in February 2019, showcasing the best of the island.



FLINDERS ISLAND PRODUCERS TO BE FEATURED AT THE FLINDERS WHARF

Crayfish

Jack Wheatley

Octopus

Top Fish (Craig Hardy)

Lamb

Markarna Park (Darren Grace)

Mutton Birds

Ocean Omegas (John Wells)

Honey and Honeycomb

Tas Wilderness Honey (John Siermicki)

Beef

Cape Grim (all Island beef producers)

Garlic and Produce

Brymworth Farm (Sophie & Mark Pitchford)

Eggs and Produce

Strait Produce (Gail Grace)

Produce and Wasabi

Lettuce Lady (Helen Cassidy)

Produce

KR & Barb Robinson

Whisky

Furneaux Distillery (Damien Newton-Brown)

Gin

Flinders Island Gin (Rob Walsh & Lyn Davis)

Flinders Island Distillery (Paul Williamson)

Wine

Butterfactory (Butterfactory Boys)

Unavale (Bev & Rog Watson)



THE FLINDERS WHARF - LAUNCHING FEBRUARY 2019

Showcasing the best of our island

The Flinders Wharf is a new concept with the primary objective of supporting local business and production by delivering an innovative visitor experience on Flinders Island. The project will stimulate new activity for a small economy in transition and will assist this remote community to achieve economic growth and create new jobs. It will also provide new opportunities for the development and growth of new businesses and investment, while directly benefiting other Island businesses and services, including transport and accommodation.

The vision is to develop a world class hospitality experience on Flinders Island while continuing to supporting local producers and makers.

The project will transform a disused space on the Whitemark Esplanade, into a new destination spot. The focus will be on providing great food and drinks; being a place where islanders and visitors can enjoy the best of what Flinders Island local producers, operators and makers have to offer.

The concept has been designed to facilitate 3-6 long term businesses and a small number of short-term rentals.

These will include:

- The new Furneaux Distillery, producing whisky in their 1000L & 600L copper stills.
- Relocation and expansion of the current A Taste of Flinders café/providore business. This existing Flinders Island business offers gourmet meals and locally sourced produce such as crayfish, garlic, honey, hot sauce, boutique liquor and local water bottled by Straitwater.
- Helicopter and fixed wing tour business and booking office operated by Flinders Island Aviation and Unique Charters.
- Long and short-term office space for innovative island businesses and consultants.
- A conference room that can be booked for functions, meetings, yoga or health treatments. This will be a flexible space serviced by the A Taste of Flinders café. A fully serviced bar that will operate with the restaurant, 7 days a week in summer and during functions, special events and tastings.
- Commercial kitchen and dining space available for 'fly in chefs' to rent and run a pop-up restaurant, with full access to local products and produce.
- Tour booking office for guided walks, fishing charters, diamond fossicking, mountain biking, produce/whisky tours and cooking classes.
- Arts and storytelling including promotion of work specific to the Furneaux Islands.



Flinders Island's Partridge Farm

A unique accommodation experience...

Four star accommodation with free range partridge, guinea pigs, Cape Barren geese, Rastus the alpaca, deer and dorper sheep, a large orchard and olive trees.

Enjoy a relaxing, private outdoor bath among the gum trees, sipping wine and watching the vista.

Private modern units all with panoramic view of Franklin Sound.

Each unit has a large wine and beer selection. Meals prepared by Lorraine can be delivered to your unit and a Rav4 is available for hire.

Venue of the SBS Gourmet Farmer Long Table Lunch.

To find out more call Lorraine & Rob Holloway on 03 6359 3554 or visit www.partridgefarm.com.au



LIKE TO KNOW MORE?

For more information or to contact us please go to theflinderswharf.com.au
 T 0474 889 236 E experience@theflinderswharf.com.au
 16 Esplanade, Whitemark, 7255
 Instagram @theflinderswharf facebook.com/theflinderswharf

ROCKJAW TOURS

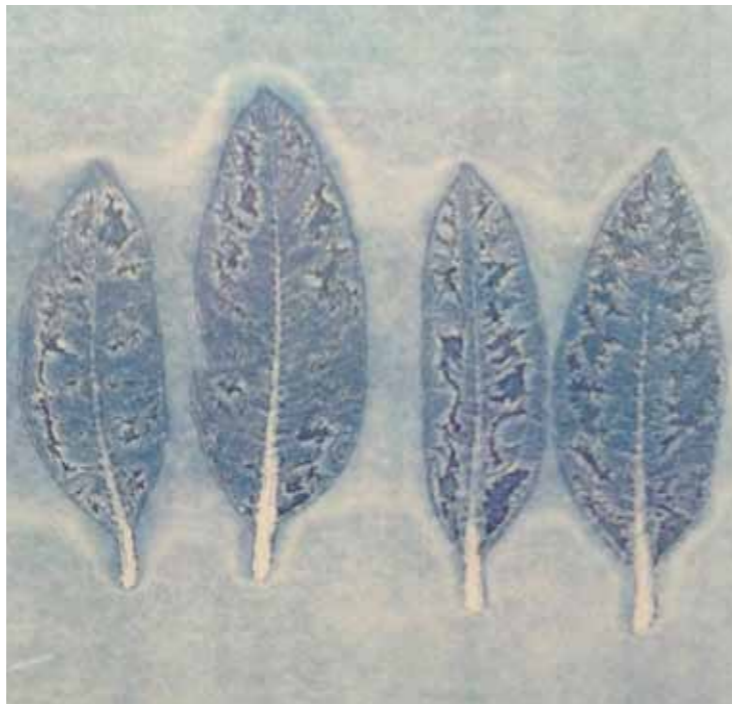
FLINDERS ISLAND HUNTING + FISHING TOURS

Chris (Rockjaw) Rhodes

M 0427 596 506

email chris_rhodes@bigpond.com web www.rockjawtours.com.au





Inspiration

“The process of being mentally stimulated to do or feel something, especially to do something creative”

A stroll along a desolate coastline may just be a beach walk to some – but for others there’s a sudden brilliant idea or timely find that ignites within us a creative spark.

The essence of ‘place’ is a common theme amongst the artists & makers of Flinders Island. There are many Islands in these waters of Bass Strait, some are just a jut in the ocean whilst others boast miles of untrodden silken sand.

In the upcoming series of exhibitions at the Strait Works Gallery on Flinders Island, our artists explore connections with the places we regularly inhabit and also those we don’t. Here within lies an inspiring moment - of island time.

UPCOMING EXHIBITIONS AT STRAIT WORKS GALLERY

‘Island Inspired’ January 4th - 26th
Denise Dixon & Sally Pickford

The spectacularly rugged coastlines, sweeping skies and abundant wildlife present a never-ending array of visual inspiration and illustrative possibilities for mixed media artist Denise Dixon.

“Over the last twenty years, I’ve spent much time on Flinders Island and the Australian environment is my greatest influence” says Denise.

In this collaboration with printmaker Sally Pickford, the artists present a body of work at the Strait Works Gallery aptly titled ‘Island Inspired’

“The colours of lichen on granite boulders, patterns on the inter-tidal sand, windswept landscapes and amazing treasures washed up on the seashore all provide endless vision for my printmaking” says Sally

Sally too has been a frequent visitor to Flinders island since 2003. The natural beauty and the pristine environment are a big drawcard and have been the biggest influence in her growth as an artist.

‘A Deal Island Adventure’ February 1st - 23rd
Dale Williams

Many might think their home at Badger Corner on Flinders Island is a pretty isolated location – not artist Dale Williams & her husband David! They signed up for a 3 month stay as caretakers on remote Deal Island in the Kent Group National Park in the middle of Bass Strait.

In search of solitude and inspiration, they experienced a seclusion and beauty that proved even better than anticipated. After completing daily caretaker duties, it was off to explore, sketch and paint the changing landscapes, historical buildings, relics and animals.

Dales upcoming exhibition ‘Deal Island’ is a body of work inspired by her extended stay on the island, and includes artist studies of developing pieces for the exhibition

‘Twisted’ March 1st - 23rd
Aimee Wheatley, Claire Nicholl, Katie Cole

A second collaborative display by three local women comes to life in the March exhibition entitled ‘Twisted’

Inspired by gemstones, wallaby leather, flotsam / jetsam and a connection with each other, ‘Twisted’ showcases an eclectic mix of intricate jewellery design, unique wearable art and amazing home décor pieces.

Art takes centre stage here in honouring an island story – this is one of resourcefulness, sustainability and turning discarded items into precious treasures.



LIKE TO KNOW MORE?

Currently, relatively little data exists on current platypus populations across Australia. However, many enthusiasts let others know via platypusSPOT.org

IMAGE: Josh Griffiths

Wildlife Spotting

What to see throughout the year in Tasmania's island heritage.

SUMMER (DEC - JAN - FEB)

December is the time to keep a lookout for baby platypus (if you see three platypuses in one area it is probably an adult with her young) or you may spot a baby ringtail possum riding on its mother's back.

December to February is a great time to see carnivorous marsupial young such as Tasmanian devils and quolls.

The endangered orange-bellied parrot breeds around this time. Viewing is possible at Melaleuca in the Southwest

National Park. A bird hide has been built especially for observing these birds (mid October - March)

The endangered swift parrot only breeds in Tasmania. Viewing is possible in the blue gum stands on the east coast, Bruny Island and Maria Island (September - end of March)

Between September and April, Bass Strait and the south east coast of Tasmania come alive with 18 million short-tailed shearwaters, more commonly known as mutton birds. Leatherwood has sweet-smelling white flowers that bloom in December and January. Bees love the flowers and Tasmania is the only place where Leatherwood honey is made.

A significant natural event that can be experienced on an annual basis within this Landscape

discovertasmania.com.au



I Shed My Skin, A Furneaux Islands Story

Image: Frank Willis, ink and pigment on paper, on canvas on stretcher, 150cm x 120cm 2018

Opening at the Furneaux Museum
Fowlers Road, Emita, Flinders Island

5.30pm, 17th January 2019

Open daily 1pm - 5pm until 17th February 2019

Join us for a few refreshments at the Special Twilight Viewings:
5pm - 7pm, 25th January, 8th February, 15th February 2019

This exhibition opens at the Queen Victoria Museum and Art Gallery, Launceston, on the 8th March till the 7th July 2019, then at the Burnie Regional Art Gallery, 25th October till the 1st December 2019. Colville Gallery, Hobart 6th March 2020.

This project was assisted through Arts Tasmania, by the Minister for the Arts.

Supported by:





Paw'some

WORKING DOGS

Regional Victoria might be a pawfect destination for a short break, however it's anything but a dog-cation for some hard-working pooches.

From the culinary scene to big screen, Victoria's working dogs are not only great for a pat but these good boys are keeping busy.

MAREMMA DOGS

In a world-first, Maremma dogs are trained and placed on Middle Island in Warrnambool to protect the penguins from foxes during the breeding season. The story goes that local chicken farmer Swampy Marsh made the suggestion to protect the Little Penguin colony after he successfully used the dogs to protect his free-range chickens. The tale inspired the Australian hit family-friendly movie *Oddball* and the *Penguins*, released in 2015. Middle Island has been closed to the public since 2006 to protect the burrows from trampling which can harm penguins, penguin chicks and eggs. Each summer, visitors to the Great Ocean Road can book a Meet the Maremma Experience.

From December to April, the fun, educational and interactive Maremma experience will teach visitors about little penguins, the importance of protecting them, learn about the project and be given the opportunity to pat and have a photo with a Maremma guardian dog. All funds from the tours go towards the care of the Middle Island Maremma dogs.

Warrnambool Civic Centre
25 Liebig Street, Warrnambool VIC
T 1800 637 725

TEDDY & THE FOX

Teddy is not only the resident pooch at the Bellarine Distillery's new cellar door at The Whiskery but the family dog has been immortalised on the label of the small batch hand craft gin bottles. The name was born from a chance encounter with Teddy and the property's fox. The fox stuck his head out of the old wood shed at just the wrong time and the chase was on. Teddy never did manage to catch the

fox but the fox did seem to enjoy the chase. Teddy and the fox now live in harmony together, where the fox never leaves the den when Teddy is around.

Visitors to the Bellarine can visit Teddy at The Whiskery.
Corner Scotchmans Road and Port Arlington Road, Drysdale VIC
T 0468 926 282.

WORKING DOGS

The town of Casterton, four hours west of Melbourne in Victoria's south-west corner, is recognised as the 'Birthplace of the Kelpie' breed. The township celebrates the amazingly intelligent Kelpie breed of working Australian cattle and sheep dog with the annual 'Australian Kelpie Muster' held over the Queen's Birthday long weekend in June. The original 'Kelpie' was born in 1871 north of Casterton at Warrock Homestead; her parents being a pair of black & tan Collies imported from Scotland. Visitors to



Howling Huskys. Julian Kingma | Dinner Plain 2017

Casterton can enjoy the Kelpie Walking Trail which links five unique sculptures revealing the fascinating life and times of the Kelpie. In 2018, the Australian Kelpie Centre opened. Believed to be the world's only dog museum, the centre includes a Visitor Information Centre, meeting spaces, amenities and an interpretive display showcasing the history of the Kelpie Working Dog.

139 Henty Street, Casterton VIC
T 03 5554 2440.

HUSKIES

Victoria's spectacular Alpine National Park region is home to the beautiful husky. Visitors can live the excitement, get close to nature and discover the special bond between human and husky with an unforgettable sled dog experience with tours available at Dinner Plain, Hotham, Mount Baw Baw and Mount Buller. Visitors can witness two sled dog races over two consecutive weekends in

Victoria's High Country. Unique to Victoria, visitors can watch more than 70 Musher's (dog team drivers), and in excess of 350 sled dogs racing through the Falls Creek Village under lights during the Falls Creek Sled Dog Classic in early August. Followed by the Sled Dog Challenge, Australia's oldest sled dog race, take over the tree lined trails around Dinner Plain.

TRUFFLE DOGS

Victoria's truffieries are among the best in the world with visitors welcomed to pull on their gumboots and get out and about from late May to early August for the Victorian truffling season. Ella and Harry are Black Cat Cottage's truffle dogs who love to walk around the stunning property, set on 20 peaceful acres in the Central Highlands. Thomas the dog at Red Hill Truffles sniffs out the black truffles under the oak and hazelnut trees, growing deep in Red Hill's rich volcanic soil. Abbie and Holly are the resident

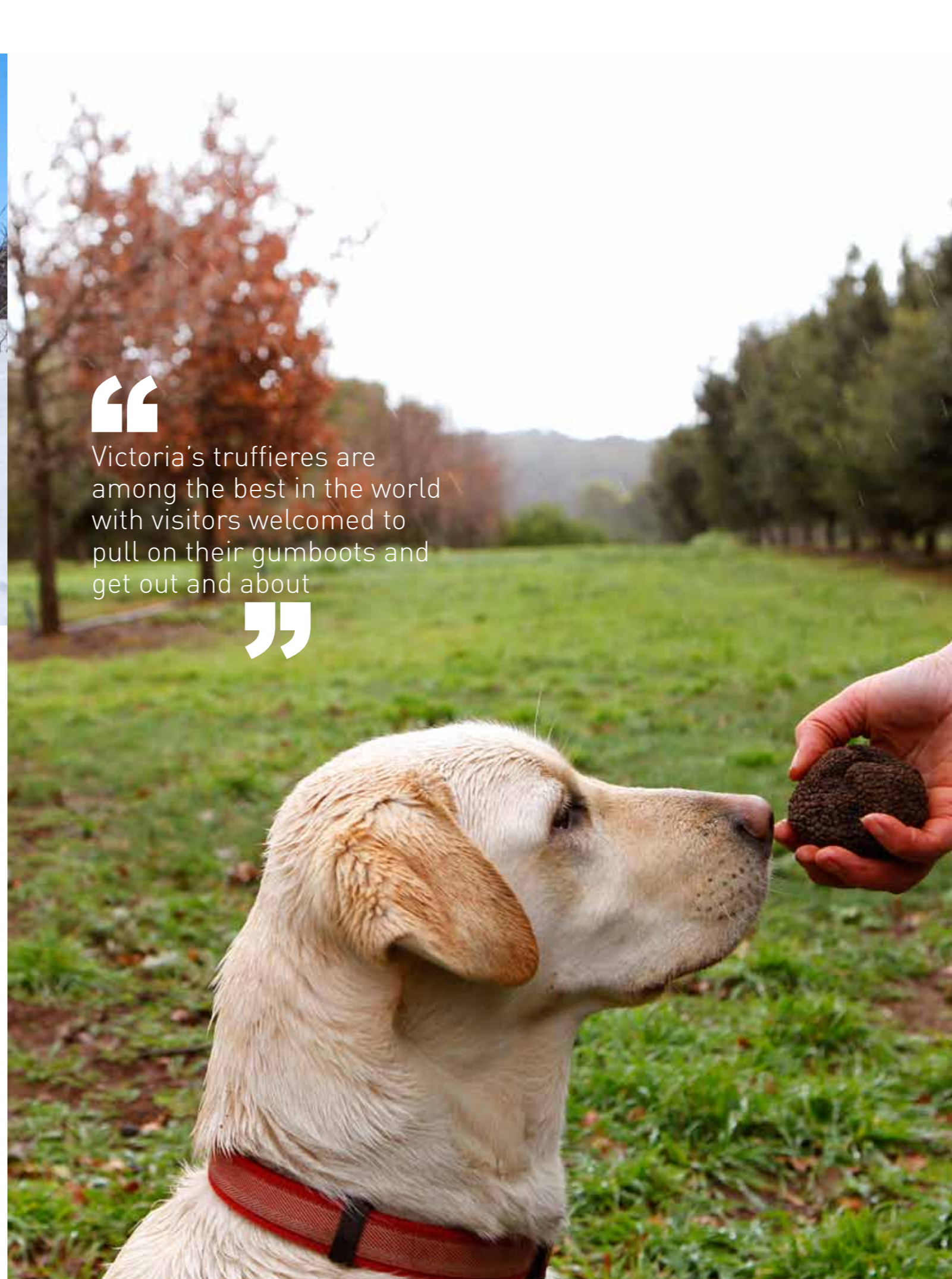
truffle dogs at Truffle Treasures in Victoria's Central Highlands region.

MR. WALKER

Hard working dogs aren't limited to regional Victoria with Mr Walker an important member of the Park Hyatt's concierge team at the Melbourne hotel. The scarf-wearing Labrador, an official ambassador of Guide Dogs Victoria, plays a very important role at our hotel, with duties including greeting guests at the lobby, attending important client meetings and taking walks through the local Fitzroy Gardens. Between pats and meetings, the busy employee has just released his first book named The Tales of Mr Walker - a hotel dog with a nose for adventure.

1 Parliament Square, off Parliament Place, Melbourne VIC
T 03 9224 1234.

Source: visitvictoria.com.au



“

Victoria's truffieries are among the best in the world with visitors welcomed to pull on their gumboots and get out and about

”

11 Proven benefits of olive oil

The health effects of dietary fat are controversial.

However, experts agree that olive oil - especially extra virgin - is good for you.

Here are 11 health benefits of olive oil that are supported by scientific research.

ONE

Olive Oil Is Rich in Healthy Mono-unsaturated Fats

Olive oil is the natural oil extracted from olives, the fruit of the olive tree.

About 14% of the oil is saturated fat, whereas 11% is polyunsaturated, such as omega-6 and omega-3 fatty acids

But the predominant fatty acid in olive oil is a mono-unsaturated fat called oleic acid, making up 73% of the total oil content.

Studies suggest that oleic acid reduces inflammation and may even have beneficial effects on genes linked to cancer

Mono-unsaturated fats are also quite resistant to high heat, making extra virgin olive oil a healthy choice for cooking.

SUMMARY Olive oil is rich in mono-unsaturated oleic acid. This fatty acid is believed to have many beneficial effects and is a healthy choice for cooking.

TWO

Olive Oil Contains Large Amounts of Antioxidants

Extra virgin olive oil is fairly nutritious. Apart from its beneficial fatty acids, it contains modest amounts of vitamins E and K. But olive oil is also loaded with powerful antioxidants. These antioxidants are biologically active and may reduce your risk of chronic diseases

They also fight inflammation and help protect your blood cholesterol from oxidation — two benefits that may lower your risk of heart disease

SUMMARY Extra virgin olive oil is loaded with antioxidants, some of which have powerful biological effects.



THREE

Olive Oil Has Strong Anti-Inflammatory Properties

Chronic inflammation is thought to be a leading driver of diseases, such as cancer, heart disease, metabolic syndrome, type 2 diabetes, Alzheimer's, arthritis and even obesity.

Extra-virgin olive oil can reduce inflammation, which may be one of the main reasons for its health benefits.

The main anti-inflammatory effects are mediated by the antioxidants. Key among them is oleocanthal, which has been shown to work similarly to ibuprofen, an anti-inflammatory drug

Some scientists estimate that the oleocanthal in 3.4 tablespoons (50 ml) of extra virgin olive oil has a similar effect as 10% of the adult dosage of ibuprofen

Research also suggests that oleic acid, the main fatty acid in olive oil, can reduce levels of important inflammatory markers like C-reactive protein (CRP)

One study also showed that olive oil antioxidants can inhibit some genes and proteins that drive inflammation

SUMMARY Olive oil contains nutrients that fight inflammation. These include oleic acid as well as the antioxidant oleocanthal.

FOUR

Olive Oil May Help Prevent Strokes

Stroke is caused by a disturbance of blood flow to your brain, either due to a blood clot or bleeding.

In developed nations, stroke is the second most common cause of death, right behind heart disease

The relationship between olive oil and stroke risk has been studied extensively.

A large review of studies in 841,000 people found that olive oil was the only source of mono-unsaturated fat associated

with a reduced risk of stroke and heart disease

In another review in 140,000 participants, those who consumed olive oil were at a much lower risk of stroke than those who did not

SUMMARY Several large studies demonstrate that people who consume olive oil have a much lower risk of stroke, the second biggest killer in developed countries.

FIVE

Olive Oil Is Protective Against Heart Disease

Heart disease is the most common cause of death in the world Observational studies conducted a few decades ago showed that heart disease is less common in Mediterranean countries.

This led to extensive research on the Mediterranean diet, which has now been shown to significantly reduce heart disease risk Extra virgin olive oil is one of the key ingredients in this diet, protecting against heart disease in several ways. It lowers inflammation, protects "bad" LDL cholesterol from oxidation, improves the lining of your blood vessels and may help prevent excessive blood clotting.

Interestingly, it has also been shown to lower blood pressure, which is one of the strongest risk factors for heart disease and premature death. In one study, olive oil reduced the need for blood pressure medication by 48%

Dozens — if not hundreds — of studies indicate that extra virgin olive oil has powerful benefits for your heart.

If you have heart disease, a family history of heart disease or any other major risk factor, you may want to include plenty of extra virgin olive oil in your diet.

SUMMARY Extra virgin olive oil has numerous benefits for heart health. It lowers blood pressure, protects "bad" LDL cholesterol particles from oxidation and improves the function of blood vessels.

SIX

Olive Oil Is Not Associated With Weight Gain and Obesity

Eating excessive amounts of fat causes weight gain.

However, numerous studies have linked the Mediterranean diet, rich in olive oil, with favourable effects on body weight

In a 30-month study in over 7,000 Spanish college students, consuming a lot of olive oil was not linked to increased weight

Additionally, one three-year study in 187 participants found that a diet rich in olive oil was linked to increased levels of antioxidants in the blood, as well as weight loss

SUMMARY Consuming olive oil does not appear to increase the likelihood of weight gain. Moderate intake may even aid weight loss.

SEVEN

Olive Oil May Fight Alzheimer's Disease

Alzheimer's disease is the most common neuro-degenerative condition in the world.

One of its key features is a build up of so-called beta-amyloid plaques inside your brain cells.

One study in mice showed that a substance in olive oil can help remove these plaques

Additionally, a human study indicated that a Mediterranean diet rich in olive oil benefited brain function

Keep in mind that more research is needed on the impact of olive oil on Alzheimer's.

SUMMARY Some studies suggest that olive oil may combat Alzheimer's disease, but more research is needed.

EIGHT

Olive Oil May Reduce Type 2 Diabetes Risk

Olive oil appears to be highly protective against type 2 diabetes.

Several studies have linked olive oil to beneficial effects on blood sugar and insulin sensitivity

A randomized clinical trial in 418 healthy people recently confirmed the protective effects of olive oil

In this study, a Mediterranean diet rich in olive oil reduced the risk of type 2 diabetes by over 40%.

SUMMARY Both observational studies and clinical trials suggest that olive oil, combined with a Mediterranean diet, can reduce your risk of type 2 diabetes.

NINE

The Antioxidants in Olive Oil Have Anti-Cancer Properties

Cancer is one of the most common causes of death in the world.

People in Mediterranean countries have a lower risk of some cancers, and many researchers believe that olive oil may be the reason

The antioxidants in olive oil can reduce oxidative damage due to free radicals, which is believed to be a leading driver of cancer

Many test-tube studies demonstrate that compounds in olive oil can fight cancer cells

More research is needed to determine whether olive oil in fact reduces your risk of cancer.

SUMMARY Preliminary evidence suggests that olive oil may reduce cancer risk, but further studies are needed.

TEN

Olive Oil Can Help Treat Rheumatoid Arthritis

Rheumatoid arthritis is an autoimmune disease characterized by deformed and painful joints.

Though the exact cause is not well understood, it involves your immune system attacking normal cells by mistake.

Olive oil supplements appear to improve inflammatory markers and reduce oxidative stress in individuals with rheumatoid arthritis

Olive oil seems particularly beneficial when combined with fish oil, a source of anti-inflammatory omega-3 fatty acids.

In one study, olive and fish oil significantly improved handgrip strength, joint pain and morning stiffness in people with rheumatoid arthritis

SUMMARY Olive oil can help reduce joint pain and swelling from rheumatoid arthritis. The beneficial effects are greatly increased when combined with fish oil.

ELEVEN

Olive Oil Has Antibacterial Properties

Olive oil contains many nutrients that can inhibit or kill harmful bacteria. One of these is *Helicobacter pylori*, a bacterium that lives in your stomach and can cause stomach ulcers and stomach cancer. Test-tube studies have shown that extra virgin olive oil fights eight strains of this bacterium, three of which are resistant to antibiotics

A study in humans suggested that 30 grams of extra virgin olive oil, taken daily, can eliminate *Helicobacter pylori* infection in 10–40% of people in as little as two weeks

SUMMARY Extra virgin olive oil has antibacterial properties and has been found to be particularly effective against *Helicobacter pylori*, a type of bacterium that can cause stomach ulcers and stomach cancer.

Make Sure to Get the Right Type

Buying the right kind of olive oil is extremely important.

Extra virgin olive oil retains some of the antioxidants and bioactive compounds from olives. For this reason, it's considered healthier than the more refined variety of olive oil.

Even so, there is a lot of fraud on the olive oil market, as many oils that read "extra virgin" on the label have been diluted with other refined oils.

Therefore, examine labels carefully to ensure you're getting real extra virgin olive oil. It's always a good idea to read ingredients lists and check for quality certification.

The Bottom Line

At the end of the day, quality extra virgin olive oil is incredibly healthy. Due to its powerful antioxidants, it benefits your heart, brain, joints and more.

In fact, it may be the healthiest fat on the planet.

healthline.com

Flinders Island Olive Oil - from an island in Bass Strait, Tasmania



Flinders Island, Tasmania is a Bass Strait island embraced by the Roaring 40's Trade Winds. The robust tang in the air challenges the plant life and adds its own flavour to any produce. Flinders Island Olives own a fully certified organic olive grove, tucked behind the sand dunes of Killiecrankie Bay in the north of the Island. It produces a spicy oil, rich and fruity with a hint of pepper. Our organic extra virgin olive oil is a blend of Leccino, Frantoio and Coratina mixed with Picual, Picholine and Barnea.

Olive oil is also processed from the olive trees in private gardens or micro groves, including one at Flinders District High School.

This oil is a tasty golden product ready for use on salads and pasta or for dipping with your favourite bread.

All olives are processed within hours of picking.

flindersislandoliveoil.com

Locally owned, grown and processed.

Chocolate Olive Oil Glaze



MAKES 1 CUP

By adding some mild-tasting extra virgin olive oil to melted chocolate, you'll end up with a delicious vegan chocolate dip and even a lusciously smooth cake glaze.

Ingredients

6 ounces dark chocolate (70 to 72%), finely chopped

2 tablespoons mild tasting extra-virgin oil or neutral vegetable oil

2 pinches flaked sea salt (optional)

Instructions

1. Line a sheet pan with a piece of plastic wrap, parchment or a Silpat baking mat.
2. Melt half of the chocolate with olive oil in a heatproof bowl set over a pan of simmering water (make sure the water does not touch the bottom of the bowl), stirring a few times until the chocolate is just melted. Add the rest of the chocolate and stir until melted.
3. Remove bowl from the saucepan. Wipe the water from the bottom of the bowl. Crush the salt between your fingers and add to chocolate, stirring until the chocolate is completely melted and the glaze is smooth.
4. To dip larger items: hold by the end or stem. Dip each piece two-thirds of the way into the chocolate. Lift up and allow the excess chocolate to drip back into the bowl.

Set each piece on the lined sheet pan and push forward just slightly, so the chocolate doesn't puddle too much. (Don't worry if it does.) Allow chocolate to set at room temperature for about 15 minutes, then refrigerate on the tray until set. To dip smaller pieces, such as nuts or seeds, plunk a bunch at a time into a shallower bowl of chocolate and push them around with a fork until coated. Remove with a large fork or slotted spoon and allow the excess chocolate to drip back into the bowl. Place on the lined baking sheet to harden and then refrigerate.

5. Refrigerate until serving. The chocolate dipped "anythings" will peel off the acetate, parchment, or Silpat when the chocolate has hardened.

Note: Fruit must be thoroughly dry and cold before dipping (chocolate sets fastest on cold fruit). Rinse the fruit gently (do not wash berries more than 30 minutes before using), gently pat dry with paper towels and refrigerate until cold.

Variation: Add a coating of chopped nuts, seeds, coconut or fine cake or cookie crumbs: After dipping the item, roll or sprinkle with any of the above toppings. Make a free-form design by waving a forkful of melted chocolate over the item instead of dipping. If you want to create neat lines, pipe the melted chocolate through a small pastry bag, paper cornet, or squeeze bottle.

Recipe courtesy of Vegan Chocolate by Fran Costigan



Cheese Trail

GREAT OCEAN ROAD

TIMBOON CHEESERY

The Timboon Cheesery is a must do on the 12 Apostles Gourmet Trail. Handmade cheeses and local produce is available to sample and a garden surround by the scenic farmland is the ideal place to unwind. The fromagerie features L'Artisan Cheeses and Shultz Organic Dairy produce alongside its own Timboon Dairy range of German style cheeses. Cheese tasting and cheese platter are on offer along with boutique roasted coffee and tea, scones and cream, local beer or wine.

23 Ford & Fells Road, Timboon

APOSTLE WHEY CHEESE

Located on the inland loop from the 12 Apostles, Apostle Whey Cheese is the home of award winning, delectable hand-made cheeses. Running a paddock to plate operation, all of its cheeses are made on-site from pure milk that has been produced by its specially bred herd of Aussie Red/Jerseys. Cheese tastings are free and little ones might be lucky enough to meet the resident donkeys.

9 Gallum Road, Cooriemungle, +61 437 894 337

CHEESE WORLD WARRNAMBOOL

Located across the road from the Warrnambool Cheese and Butter Factory, Cheese World tells the story of the local dairy industry through film, artefacts, photos and personal items belonging to early local dairy farming families. Complimentary tasting presentations are held hourly, providing the chance to sample the award winning Warrnambool Heritage brand cheeses.

5330 Great Ocean Rd, Allansford, +61 3 5565 3130

SHAW RIVER BUFFALO CHEESE

Pioneers of water buffalo milking in Australia since 1996, Shaw River Buffalo Cheese crafts a range of cheeses and yoghurts from the milk of its herd of buffalo. Two tours are available at their property in Yambuk, enabling visitors to learn about the beginnings of the buffalo milking industry of Australia and the cheese making business as it is now. A second tour looks at the Haldane family's herd of purebred Icelandic horses, the biggest in Australia. Watch spectacular footage of the 5 gaited horses and their most famous gait the tolt – no riding just hugging.

Princes Highway, Yambuk, +61 3 5568 4321

Summer READING

AUSTRALIAN FICTION

The Clockmaker's Daughter Kate Morton

My real name, no one remembers. The truth about that summer, no one else knows.

In the summer of 1862, a group of young artists led by the passionate and talented Edward Radcliffe descends upon Birchwood Manor on the banks of the Upper Thames. Their plan: to spend a secluded summer month in a haze of inspiration and creativity. But by the time their stay is over, one woman has been shot dead while another has disappeared;

a priceless heirloom is missing; and Edward Radcliffe's life is in ruins.

Over one hundred and fifty years later, Elodie Winslow, a young archivist in London, uncovers a leather satchel containing two seemingly unrelated items: a sepia photograph of an arresting-looking woman in Victorian clothing, and an artist's sketchbook containing the drawing of a twin-gabled house on the bend of a river.

Why does Birchwood Manor feel so familiar to Elodie? And who is the beautiful woman in the photograph? Will she ever give up her secrets?



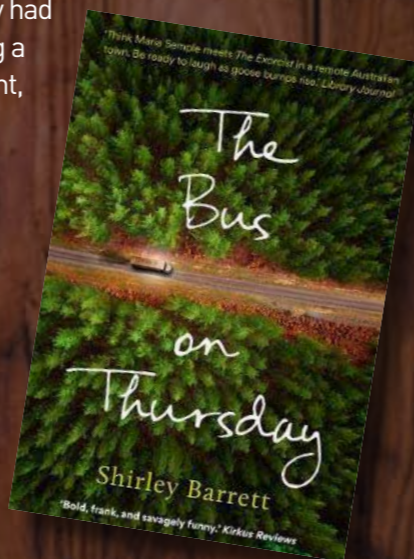
Told by multiple voices across time, *The Clockmaker's Daughter* is a story of murder, mystery and thievery, of art, love and loss. And flowing through its pages like a river is the voice of a woman who stands outside time, whose name has been forgotten by history, but who has watched it all unfold: Birdie Bell, the clockmaker's daughter.

The Bus on Thursday Shirley Barrett

'That's when I literally had thoughts of becoming a nun, because I thought, Well, I'm never going to have sex again. If I become a nun, I would at least have somewhere to live.'

It wasn't just the bad break-up that caused Eleanor's life to unravel. It was the cancer. And the demons that came with it.

Freshly single and thoroughly traumatised from the ordeals of breast cancer, Eleanor Mellett starts a new job as a teacher in a remote mountain hamlet. It's certainly peaceful enough, almost too peaceful. But what's become of the previous teacher, the saintly Miss Barker, who has disappeared abruptly under mysterious



circumstances? And what's with all those locks on the door? And what the hell is that bus doing idling outside her house late, late at night?

Bridget Jones meets *The Exorcist* in *Twin Peaks*. Darkly funny, deeply unsettling and surprisingly poignant, Shirley Barrett's *The Bus on Thursday* is a strange and wild ride for all fans of Helen Fielding, Maria Semple, David Lynch and Stephen King.

LITERARY AWARD WINNERS

Less

Andrew Sean Greer

Winner of the Pulitzer Prize for Fiction 2018



Who says you can't run away from your problems? You are a failed novelist about to turn fifty. A wedding invitation arrives in the mail: your boyfriend of the past nine years is engaged to someone else. You can't say yes—it would be too awkward—and you can't say no—it would look like defeat. On your desk are a series of invitations to half-baked literary events around the world.

QUESTION: How do you arrange to skip town?

ANSWER: You accept them all.

What would possibly go wrong? Arthur Less will almost fall in love in Paris, almost fall to his death in Berlin, barely escape to a Moroccan ski chalet from a Saharan sandstorm, accidentally book himself as the (only) writer-in-residence at a Christian Retreat Center in Southern India, and encounter, on a desert island in the Arabian Sea, the last person on Earth he wants to face. Somewhere in there: he will turn fifty. Through it all, there is his first love. And there is his last.

Because, despite all these mishaps, missteps, misunderstandings and mistakes, *Less* is, above all, a love story. This is a scintillating satire of the American abroad, a rumination on time and the human heart, a bittersweet romance of chances lost.

CRIME & THRILLERS

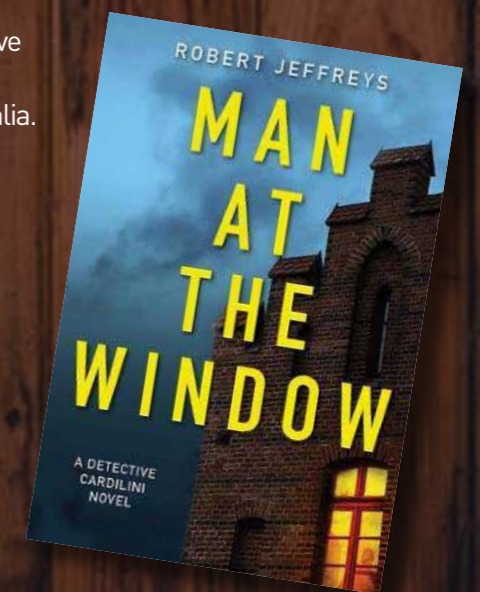
Man at the Window

Robert Jeffreys

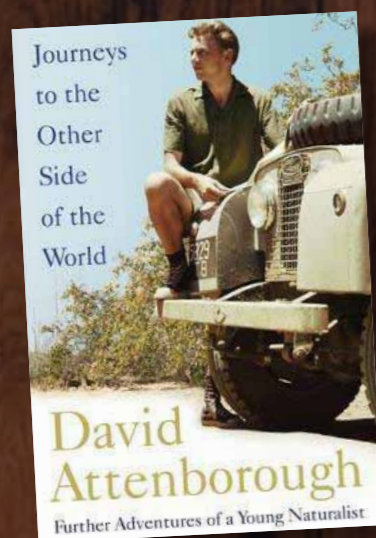
An atmospheric crime novel with a burning moral dilemma at its heart, for fans of Michael Robotham, Jane Harper and Gary Disher.

When a boarding master at an exclusive boys' school is shot dead, it is deemed accidental. A lazy and usually drunk detective is sent to write up the report. Cardilini unexpectedly does not co-operate, as he becomes riled by the privileged arrogance of those at the school. He used to have instincts. Perhaps he should follow them now. With no real evidence he declares the shooting a murder and puts himself on a collision course with the powerful and elite of Perth. As he peels back layers, the school's dark secrets being to emerge. But is his dogged pursuit of justice helping or harming those most affected by the dead?

Man at the Window is the first in the Detective Cardilini series, set in 1960s Western Australia.



BIOGRAPHY



Journeys to the Other Side of the World: Further Adventures of a Young Naturalist

Sir David Attenborough

Following the success of the original Zoo Quest expeditions, in the late 1950s onwards a young David Attenborough embarked on further travels in a very different part of the world.

From Madagascar and New Guinea to the Pacific Islands and the Northern Territory of Australia, he and his team were not just searching for rare animals, but were aiming to record the way of life of some of the tribes of these regions, whose traditions had never been seen by most of the British public before.

From the land divers of Pentecost Island and the sing-sings of New Guinea, to a Royal Kava ceremony on Tonga and the ancient art of the Northern Territory - the place where, it has since been discovered, humanity has existed the longest - it is a journey like no other. Along the way, he encounters paradise birds, lemurs, sifakas, and many more animals in areas that are home to some of the most unique wildlife on the planet.

Written with David Attenborough's characteristic charm, humour and warmth, Journeys to the Other Side of the World is a unique, and inimitable, adventure among people, places and the wildest of wildlife.

SCIENCE & NATURE

Diving for Seahorses: The Science and Secrets of Memory

Hilde Ostby, Ylva Ostby

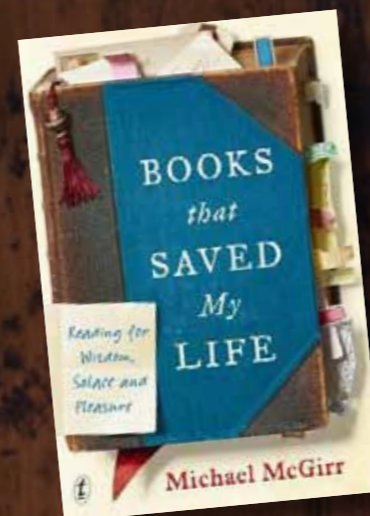
What makes us remember? Why do we forget? And what, exactly, is a memory?

Diving for Seahorses answers these questions and more, offering an illuminating look at one of our most fascinating faculties: our memory. Sisters Hilde and Ylva Ostby - one an acclaimed writer the other a neuropsychologist - skilfully interweave history, research and personal stories in this fascinating exploration of the evolving science of memory from its Renaissance beginnings to the present day. They interview top neuroscientists, famous novelists, taxi drivers and quizmasters to help explain how memory works, why it sometimes fails and what we can do to improve it.

Filled with cutting-edge research and compelling case studies, the result is a gripping-and-unforgettable-adventure through human memory.



AUSTRALIAN STORIES



Books That Saved My Life: Reading for Wisdom, Solace and Pleasure

Michael McGirr

Great literature is thrilling. It will feed your hungry mind and take your heart on a journey. It will help you on the wonderful path to one of life's most elusive and hard-won freedoms, freedom from the ego.

Here is a book about the sheer joy of living, exploring forty texts that can enrich us in all manner of ways. Some are recent, such as Harry Potter; some ancient, such as Homer and Lao Tzu. There are memoirs (Nelson Mandela), poetry (Les Murray) and many of the world's great novels, from George Eliot's Middlemarch to Toni Morrison's Beloved. This book uses them to muse upon life in all its glorious complexity.

Our guide, in entertaining short accounts of personal encounters with these works, is Michael McGirr: schoolteacher and father, reviewer of hundreds of books and lifelong lover of literature. His humour and insight shine through in essays that connect the texts he has selected with each other, and connect us to them.

This is the ideal companion for a keen reader-and it may just inspire someone you know to become one, too. Never prescriptive, and often very funny, Books that Saved My Life is an invitation to reflect on the extraordinary gift of reading. 'It is a gift that is taking me a lifetime to unwrap,' McGirr writes. 'The excitement has never worn off.'

Australian Bush Superfoods

Lily Alice, Thomas O'Quinn

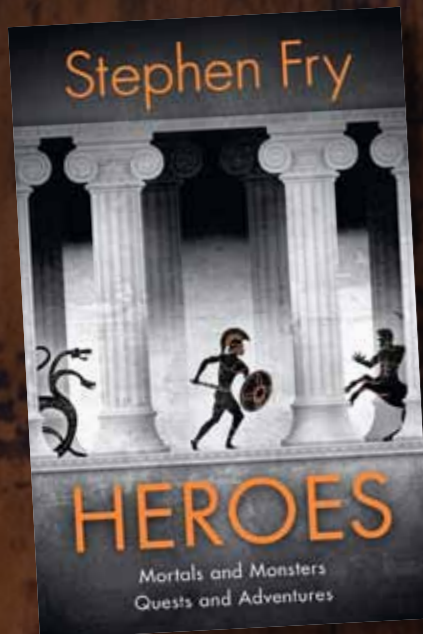
Australia's unique native ingredients boast nutritional and medicinal benefits that cannot be found anywhere else. From the Kakadu plum with its unmatched vitamin C content, to Bunya nuts that contain natural antibacterial properties, knowledge of these superfoods has been passed down in Aboriginal cultures for thousands of years.

This cookbook features Australia's most interesting and beneficial bush superfoods, with beautiful illustrations and information on where they grow, traditional Indigenous uses, nutritional benefits, and advice on how to use them in your home kitchen. You can then follow an easy plant-based recipe, such as Sweet Potato Toast with Finger Lime Guacamole, or Spiced Apple and Riberry Chia Pudding, to enjoy the health benefits yourself!

No matter whether you live in the city or the outback, you too can discover the foods that nourished the first peoples of this land.



LANGUAGE, POETRY & ESSAYS



Heroes
Stephen Fry

The dazzling companion volume to the bestselling *Mythos*. There are heroes - and then there are Greek heroes.

Few mere mortals have ever embarked on such bold and heart-stirring adventures, overcome myriad monstrous perils, or outwitted scheming vengeful gods, quite as stylishly and triumphantly as Greek heroes.

Join Jason aboard the *Argo* as he quests for the Golden Fleece. See *Atalanta* - who was raised by bears - outrun any man before being tricked with golden apples. Witness wily *Oedipus* solve the riddle of the Sphinx and discover how *Bellerophon* captures the winged horse *Pegasus* to help him slay the monster *Chimera*.

Heroes is the story of what we mortals are truly capable of - at our worst and our very best.



Best Summer Stories
Aviva Tuffield

Summer is the time for good stories. This lively new collection from Black Inc. draws together new and published short fiction from some of our country's most talented storytellers, showcasing the vibrancy and diversity of Australian short fiction.

Each of these memorable tales will stay with you long after reading - and the collection as a whole makes the perfect holiday gift. Whether you're by the pool, on the beach or lazing in the park, spend your summer with Australia's best writers.

Featuring new stories from Tony Birch, Stephanie Bishop, Chris Womersley, Paddy O'Reilly, Michael Mohammed Ahmad and many others, this brilliant collection continues Black Inc.'s long tradition of discovering and celebrating the country's finest writers.

The Flinders Wharf

Showcasing the best of our island



PRODUCE



EXPERIENCES



STAY



EVENTS

UPCOMING EVENTS AT FLINDERS ISLAND STRAIT WORKS GALLERY



JANUARY 2019
Island Inspired

Denise Dixon & Sally Pickford



FEBRUARY 2019
A Deal Island Adventure

Dale Williams



MARCH 2019

Twisted

Aimee Wheatley
Claire Nicholl & Katie Cole

PATRICK ST, WHITEMARK - visit facebook @FurieuxCommunityArts for updates

The Flinders Wharf - Opening early 2019

The Flinders Wharf is set to arrive to Whitemark in 2019, a brand new concept designed to showcase the very best of Flinders Island. The Whitemark Wharf site has been given a new lease on life and will be turned into a space for both locals and visitors alike to experience the best Flinders Island produce, hospitality and experiences. The Wharf will be home to the brand new 'no waste' whisky distillery, Furieux Distillery, with a focus on sustainability across all aspects of the building and its design.

Sip on locally produced Flinders Island whisky and gin while you book a scenic flight, a delicious crayfish lunch, or maybe a guided bushwalk is more your style - whatever you choose the Flinders Wharf team will be there to make it happen. We also understand that you might like to experience the island your way, and that's ok too, we're here to provide you with local insights and tips. Our chefs will produce delicious, locally inspired breakfasts and lunches daily so you can sit back and soak in the relaxed Flinders lifestyle.

More information coming soon to www.theflinderswharf.com.au

@FESTIVALOFKINGISLAND #FOKI2019

FEBRUARY 1ST-2ND 2019



FESTIVAL OF KING ISLAND

www.foki.com.au

[MORE GREAT ACTS
TO BE ANNOUNCED]

BRIAN RITCHIE TRIO

TOM RICHARDSON * THE SAXONS

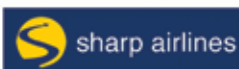
THE SPINDRIFT SAGA * LAURA HILL

FLICKIN' THE SWITCH * RUSTY FALCON

CLARE WOODBURN * THE LANKYS

MISS K

TRUE SPIRIT REVIVAL
(YOGA LOVES MUSIC)



KING ISLAND BENNS' TOURS

KING ISLAND CAR RENTALS