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Change in times

Rebekha Sharkie, member for Mayo – and still our elected representative until the next federal election - has written to the state Health Minister Stephen Wade on our behalf. These are the matters she put to him:

1. What efforts, if any, did SA Health make to secure additional medical practitioners to staff the overnight Accident and Emergency service before a determination was made to cease delivery of the service?
2. What arrangements are in place to ensure that those in the Mount Pleasant community who do require emergency services after hours will be provided with appropriate medical care?
3. Are you able to provide a briefing on the long term plans for the delivery of services at the Mount Pleasant District Hospital, noting this may provide an opportunity to assuage to concerns of the local community?

We await his answer.

Meanwhile – Wendy Harvey Director of Nursing for Gumeracha and Mt Pleasant Hospitals attended the community dinner on the 24th and had a few words to say about the current position:

From 4 March 2019, Mount Pleasant District Hospital will no longer provide overnight Accident and Emergency services between 6pm and 8am.

Mount Pleasant and district residents requiring emergency medical assistance at any time are asked to call an ambulance by dialling 000, and they will be taken to the most appropriate hospital.

From 4th March, the Mount Pleasant District Hospital Accident and Emergency service will continue to operate between the hours of 8am and 6pm - 7 days per week. Patients who self-present to the accident and emergency service after hours will be assessed by a Registered Nurse and treated or transferred as appropriate. If you need emergency medical help, **always** call an ambulance on 000

The reason for this change is that the Talunga clinic has experienced an unexpected and sudden reduction in the numbers of available Doctors.

To date all attempts to recruit additional Doctors have been unsuccessful and it is not possible for the remaining Doctors to continue to provide a 24 hour on call service for the Accident and Emergency Service.

Cont'd on page 2



Give generously to Red Cross Calling this March.

Visit redcross.org.au
or call 1800 811



Who are these two lovebirds, and why are they in the newsletter?

See page 8

+ Coming events

April:

- Anzac Dawn Service
- Twilight Market

Mt Pleasant Hospital Accident & Emergency – update cont'd from page 1

Last year there were 820 presentations to the Accident and Emergency Department at Mt Pleasant.

Almost all of these patients were in the non-urgent category. In 2018 there was an average of 4 presentations per week between the hours of 6pm and 8am.

Talunga Clinic is still operating and we aren't losing our doctors and they are available during business hours, and on some nights until 8 pm.

Angaston still has a 24hour Accident and Emergency service, as do Gawler, Mannum, Gumeracha and Mt Barker.

A question was asked regarding the merger of Gumeracha and Mt Pleasant Ambulance services.

Gumeracha doesn't have an ambulance service, but there is a site in Birdwood (where the old Nursery was) that has been cleared in preparation for a facility to be built there, and the Mt Pleasant station will close. That decision was made some time ago. Wendy is unsure how many ambulances will be based there.

For some months, before the change to the Accident and Emergency opening times was identified, Wendy has been working with SAAS (South Australian Ambulance Service) on a Destination Triage tool.

This is designed to guide decisions to get the patient to the right place for the right treatment as quickly as possible. For example, if a patient is having a stroke or heart attack, they would automatically bypass Mt Pleasant, no matter what time of day, to go to a metropolitan hospital which has the facilities they will need to carry out procedures such as dissolving clots or angiograms, which can't be done at Mt Pleasant.

When an ambulance is called, the operator is told what the patient is presenting with - and the method of transport is determined based on that individual patient.

During December the proposal was to close the Accident and Emergency facility for six months, and Wendy thought this was not a good option for the hospital, as it would have been difficult to re-establish it after that time. When it was decided to cut back the hours, it was a great outcome, because we still have an Accident and Emergency capability. There are 60 vacant positions across Country Health SA and many communities do not have doctors at all.

Another question asked was when does hospital become non-viable?

From the 1st July 2019, the management arrangements across all SA Health will change to a local board. Our Board will be for all hospitals and health services in the current region (which will be known as a Local Health Network - LHN) including hospitals from Eudunda, Kapunda, Angaston, Tanunda, Gawler, Gumeracha, Mt Barker, Strathalbyn, Victor Harbor and Kangaroo Island as well as Mt Pleasant.

The LHN Board will assess each site for service provision and viability. It is possible that in future some hospital services may change. This will be based on community needs, for example Mt Barker is receiving an extensive upgrade to their facilities because of the massive increase in population. Our community supports the hospital, and it's important that it continues to do so. Without aged care services, the hospital is probably not viable. Our hospital has twelve hospital beds and twenty two aged care places. This combination allows the hospital to meet the needs of the community and have appropriate staff on duty at all times.

Do we have to be vigilant?

Both Mt Pleasant and Gumeracha hospitals (Wendy is the Executive Officer / Director of Nursing for both) are currently operating within the allocated budget and are still viable.

There is an opportunity to provide feedback via Genevieve Hebart who is a member of the Health Advisory Council which advocates for communities.

Wendy reminded people that subscribing to SA Ambulance Service was a good thing to do, especially if you want to avoid the approximately \$900 it will cost to go from a place of injury to hospital. If a patient presents by ambulance to the Mt Pleasant hospital, and needs to be transferred to another hospital, Mt Pleasant hospital bears the cost. But if you choose to go to a private hospital, it's at your cost and your Health Fund may not cover that cost.

Will volunteers be considered to become paid staff? Locals have local knowledge and might be able to get to the patient much more quickly.

Wendy replied that she is not sure if they will be upskilled, but they could be. There are Paramedics at Woodside, Angaston and Mannum. We don't currently have a 24hour ambulance service at Mt Pleasant.

There still seems to be some confusion in the community about going to Mt Pleasant Hospital Accident and Emergency Department.

It is still open from 8am to 6pm seven days a week. Currently Talunga Clinic runs on Saturday mornings for a few hours. In the future it may be all day, and they will think about a Sunday clinic. If you take ill and are unsure, and worried, ring the hospital. If you are very unwell it's better if you call an ambulance (in an emergency), or get someone to bring you in. Whilst nurses aren't able to admit you, after hours they can access phone advice from Gumeracha Hospital or MedStar. A nurse will have a few options to help you.

How can we get doctors to live here?

Living locally is not really the issue. Doctors are not prepared to work all day and then be on call overnight. If you are an admitted patient, your doctor will still be contactable, and doctors of residents in the nursing home are able to be contacted. In an emergency, staff will contact MedStar for phone support (which is also the case when a Doctor is on site) and MedStar will come to retrieve the patient if required.

The Mt Pleasant Hospital, as is the case in all hospitals across the world, cannot provide every service on site. We have centres of excellence less than an hour away by road, and 17 minutes by helicopter. The job of the local hospital is to assess and treat locally if safe to do so, and to transfer if required. That is the case 24 hours per day, and whilst we will not have a doctor on site between 6pm and 8am, the nursing staff will provide a comprehensive service to the community with remote support from a doctor.

Wendy Harvey

D.O.N., Mt Pleasant & Gumeracha Hospitals

Red Cross Garden Party

This year the Mount Pleasant branch of the Australian Red Cross celebrates 80 years of service- no mean feat nowadays.

On the 12th February, the annual Mount Pleasant Red Cross Garden Party was held in the grounds of Glen Devon, Mount Pleasant, and a large crowd was there to witness the cutting of the birthday cake by a sword, wielded by Mount Pleasant Red Cross Chair – Margaret Seager. The sword has been in the Seager family since the Crimean War and was carried by Margaret’s husband Michael’s Great-Grandfather Edward.

During the celebrations Fiona MacLachlan was presented with an Australian Red Cross Humanitarian Partner Award, which is a national award recognising outstanding services by external partners, individuals, corporations or institutions who display a close relationship with Red Cross over a substantial period and exceptional service that greatly enhances the work of Red Cross. Fiona has opened her garden for 29 years, and for all of that time, Sophie Thomson – Gardening Australia presenter – has been our special guest.

Amongst the guests were Vice Patrons Helen Ashby and Greg Clark, Chair SA Divisional Advisory Board - Rose Rhodes, Director SA - Mark Groote, Chair Zones Committee - Sarah Wood, SA Membership Coordinator - Judith Edwards and members of the Tea Tree Gully, Charleston/Lobethal, Clare, Lyndoch, Nuriootpa, Nairne, Seaton, West Lakes, Cheltenham and Kensington Park branches

Sophie has been passing on her knowledge and gardening stories, making us laugh, wonder and question, urging us to protect and enjoy our environment.

She spoke about the importance of bees to our ecosystem, and informed us that one in three mouthfuls of food requires the input of bees directly, and about 85% of all we eat depends upon bees. She has been actively promoting bee friendly gardens throughout the wider community and reminded us that not only do bees need plants, but also water and shelter.

Above all, Sophie wants us to enjoy our gardens and understand that gardens don’t have to be perfect to be enjoyed.

Thank you to all of our wonderful Red Cross volunteers who work tirelessly to make the day a success – including Mrs Fiona MacLachlan and her band of helpers, Mary Starkey – who made the 80th Birthday cake, Dave Mac, volunteers from the Men’s Shed, Jo Dennis, and all the other people who always contribute on these days.

Next February we will hold the thirtieth garden party – put it in your diary!



Pictured from left: Margaret Seager – Chair MP Red Cross, Rose Rhodes – Chair SA Divisional Advisory Board, Mark Groote - Director SA, Guest Presenter – Sophie Thomson, Fiona MacLachlan – Humanitarian Award recipient, Kath Fisher – Secretary MP Red Cross.



Above from left, watching branch Chair Margaret Seager and Betty Minge cutting the cake are Diane Anderson, Les Fisher, Kim Yap, John Hausler and Janelle Bishop.



Left & right: the wonderful Sophie Thomson in action!

Find us on facebook

Mount Pleasant FARMERS MARKET

Mount Pleasant Farmers Market Inc

132 Melrose St,
Mount Pleasant
South Australia 5235

Phone: 0418 301 121
Fax: 08 8568 2699
Email: managermpfm@bigpond.com
Web: www.mpfm.org.au



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Get in quick!
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<https://www.tastingaustralia.com.au/program?q=farmers%20market>

In February 2019 Mt Pleasant Farmers Market celebrated their seventh birthday, commencing a year brimming with celebrations, major events and significant milestones for the popular southern Barossa market.

In April the market is preparing for their annual Easter Twilight Mega-Market showcasing a smorgasbord of the region's best producers. The ever-popular twilight market is an important drawcard to the region, with ample opportunity to purchase locally produced foods in a festival atmosphere.

Also held in April, the market is once again hosting their 4th annual Tasting Australia regional event. Marketing Manager Terese Stephens noted, "The event in previous years has been an early sell out event and 2019 is fast approaching that status with tickets highly sought after. The event gives an opportunity to meet the faces behind the food, and to enjoy a comprehensive 4-course tasting menu sourced entirely from the market's producers, surrounded by the Saturday morning market atmosphere."

The celebrations continue with a major milestone for the community in May, the presentation of a ceremonial cheque to the value of \$100,000, in recognition of the ongoing fundraising initiatives for the community groups involved.

Terese explained "The money is raised through an optional on-site parking fee, a gold coin which is collected every Saturday at the Market gate. The Market links with a number of community groups – schools, charities, and other local interests – who spend their Saturday mornings collecting at the market gates to boost their fundraising efforts. Those funds

go back into our region to grow the good works of our community groups."

In September the market anticipates the return of the annual SA Spring Garden Festival, which is run in conjunction with the Farmers Market. The Spring Festival now in its fourth year and is a major event for both the market & the township of Mt Pleasant, attracting visitors from all over the State to enjoy the festival and all its offerings.

To round out the year the market will host its hugely popular 8th twilight Christmas Market, an unequalled favourite in the Barossa and Hills region.

"From small beginnings the market continues to grow," Terese says, "putting the township of Mount Pleasant on the map as a place to seek out and visit, and to enjoy the tastes of the Mount Pleasant Farmers Market. It also provides opportunity for the local community to shop local and support local. Many of our stallholders, family owned and run, have reported that their businesses have flourished in the last 7 years under the Farmer's Market banner. It is a win-win for community".

The Mount Pleasant Farmers Market is held every Saturday, 8am – 12 noon at the Mount Pleasant Showgrounds.

For enquiries Genevieve ph. 0418 301 121 or email managermpfm@bigpond.com.

Genevieve Hebart & Terese Stephens

Mt Pleasant Show 16th March 2019

Mt Pleasant Show

Show Hall Management / Coordination: voluntary vacancy

The Show Hall at the Annual Mt Pleasant Show is currently managed by Genevieve and Christopher Hebart.

The Show hall displays the Arts and Crafts, needlework, Cooking/baking, Vegetables, flowers etc.

Gen and Chris have been working with the Show Society in the Show Hall for over 20 years now, and have been specifically co-ordinating the hall activities since the retirement of Elaine and Neil Day

Gen and Chris will be retiring from this job in 2 years and would really appreciate it if there were another couple of community members who would like to take on the challenge. It will take a couple of shows to learn the system.

Skills required are good organisation, managing volunteers, some minor maintenance skills and the ability to delegate specific functions to volunteers who co-ordinate areas within the categories and also be able to work with the Show secretary and staff in the management of the day.

Gen and Chris also purchase (on behalf of the Show society) prizes for the various categories within the hall and there is a reasonable amount of paperwork and basic computer knowledge required.

Genevieve starts the organisation about 2 months prior to the Show, ensuring there are adequate volunteers, paperwork and shopping for prizes.

The week prior to the Show requires someone all day, every day, to work with volunteers in setting up the hall and working with the Show secretary in ensuring that all entries are managed.

The Friday and Friday night are very busy accepting entries and checking them off, but there are a number of volunteers who assist with this work.

The Saturday becomes hectic with more entries and managing the stewards and judges and then opening the hall for visitors.

Cleaning up is always done that afternoon, evening and the Hall left clean for the Farmers Market managers to move back on the Sunday.

Anyone who is interested in taking on this role please contact Genevieve on 0458884439

Show Hall volunteering

As with most community events, the Mt Pleasant Show runs on the goodwill of volunteers.

The Show Hall is the building in which all of the arts and crafts, needlework, home grown and home-made produce is displayed.

This is an important annual community event for Mt Pleasant, and probably the most outstanding country Show in SA

We would appreciate any assistance in setting up the Show Hall the week prior to the Saturday. None of this work is difficult, just a little tedious at times, but the camaraderie of others and the morning and afternoon teas are well worthwhile.

We also ask for support on Show day in the morning as stewards supporting the many judges. Being a steward is far from rocket science and only requires writing skills and a little concentration for 4 hours.

Please do not hesitate to contact Genevieve Hebart on 0458884439 should you have some spare time during that week, and/or be prepared to be a steward on the Saturday morning.

Genevieve Hebart
Mt Pleasant Show

History

The History Festival will start a little earlier this year, with the addition of 'Open Doors', a series of events which are designed to give the public access to some places they wouldn't normally. In mount Pleasant, three of our significant buildings will be opened for limited tours at the end of April, in the lead up to the History Festival. Visitors will be able to tour our wonderful Soldiers' Memorial Hall and hear some of the history and stories about this beautiful old building. Steve and Chris Birrell will also be opening a section of their State Heritage listed old police station. Visitors will be shown how Steve and Chris have decorated the old police office, and also tour the courtyard and cells area where prisoners were incarcerated. Steve is also establishing extensive garden areas on the grounds.

Don and Sue Barrett will also show visitors through the old 'Elders' building, which was originally built as the Bank of South Australia before becoming a stock and station agents' premises for much of its life. Permission has just been given for the demolition of the 60's add-on, and they hope to restore it to its former glory over the next few months.

All this will take place during the hours of 1 to 4 on 27th, 28th and 29th April. Bookings are desirable, and may be made (please see the posters for details).

During May we will be mounting an exhibit the Soldiers' Memorial Hall, with the theme of 'There was movement', documenting the movement of the early settlers and transport throughout the years.

More in the next newsletter.

Paula Bartsch Historian



Open Doors

Selected historical buildings open for viewing
27, 28 & 29 April



mountpleasant.sa.au
pleasanthistory@gmail.com

Or phone Paula on 85682126

Mt Pleasant District
Historical Research Group

Exhibition:

There was movement in the district

Transport throughout the years

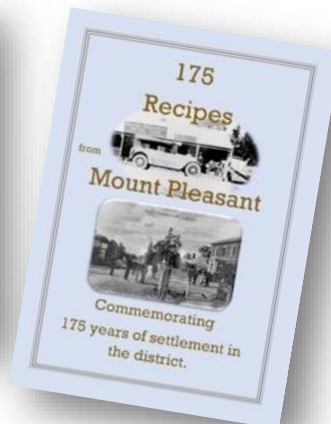
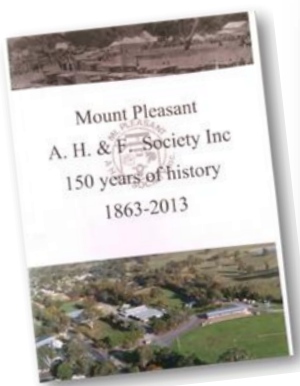


History Room open every Thursday
during History Month
from 10am to 4pm

pleasanthistory@gmail.com
or tel: 85682126

Histor

SALE



The 175 Recipes book was launched at the Street Party last year and is now available, along with Paula's other books 'Remember our Diggers' and the Mt Pleasant A. H. & F. Society's '150 Years of History' – all priced at \$20.

The History Room is located in the Mt Pleasant Soldiers' Memorial Hall, and it is open every Thursday from 1pm to 4pm. All welcome.


Contact Paula via snail mail: PO Box 130 Mt pleasant, the Mt Pleasant District History Facebook page, or by email: pleasanthistory@gmail.com.

Pete's Poem



Rain again

There's still a God in Heaven – I awoke this morning to proof,
To the scarce remembered, welcome sound, of rain on my hot, tin roof.
The smell of damp soil filled the air, Eucalyptus strong and pure,
While rain-soaked chooks crouched and gazed at me, with moist and glassy stares.

The harlequin beetles have scuttled deep, in the mulch to keep i 
But I walk about enraptured, that's a simple matter-of-fact.
We all know the smiles and frowns, of old Mother Nature's face,
Perhaps it's the Maker's subtle way, of keeping us in our place.

Tho' it's not always clear why seasons endlessly wax and wane,
Perhaps it's the summer's cruel sear, that lets us appreciate rain.
Three-and-a-half mills was all we got, it's almost a damned insult,
I cleaned out the gutters in advance, so it's probably all my fault!

Will I till and plant again next year, and take my chance with the rest?
But there are our dauntless farmers, who seem to meet ev'ry test.
It's character building, seemingly, for us never-will-learn folk,
We can laugh up our sleeves maybe, at the Creator's cosmic joke.

Pete – The Peripatetic Poet 



RSL news

The RSL is making preparations for the annual Anzac Dawn Service. As the commemorations of the Centenary of the First World War have finished, it will be the usual service. Information about the service will be out in the next newsletter.

The next meeting to plan for Anzac will be on 6th March at 6.30pm.

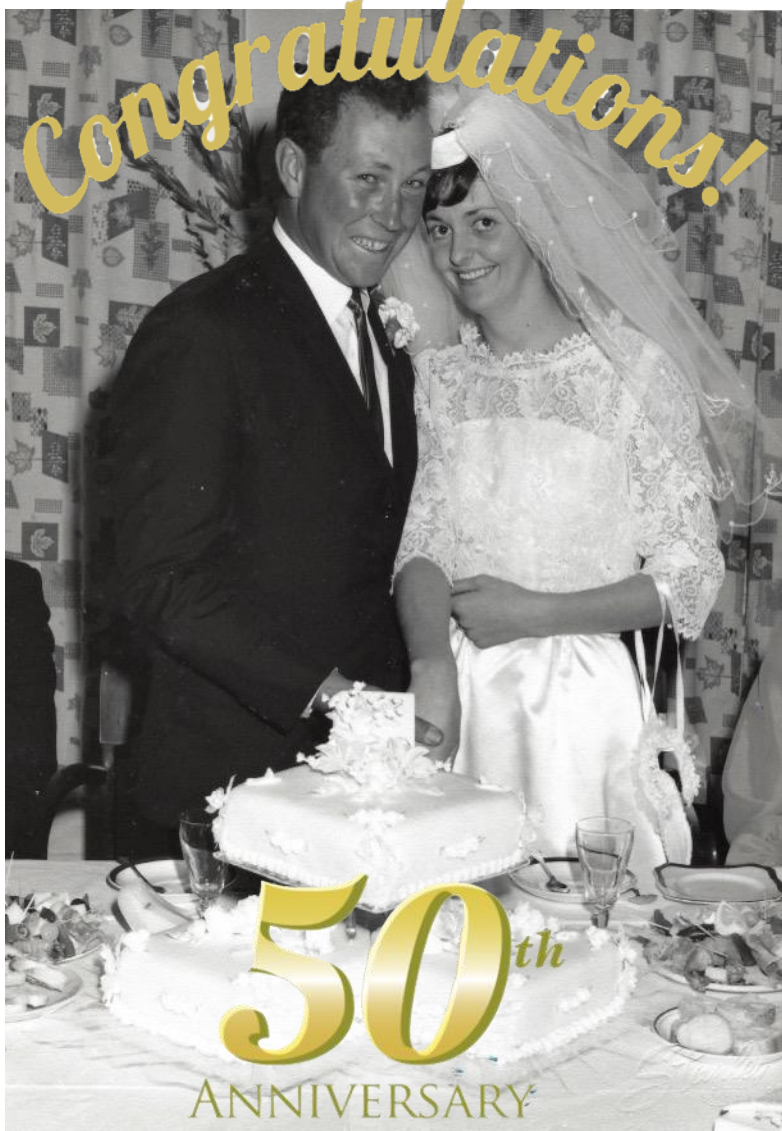
A big Congratulations to Secretary Liv Andersen who celebrated a big birthday recently with family and friends. Happy Birthday, Liv!



Seniors Card Discount Directory

March, 2019





Les and Kath



Yes, it was 50 years ago on the 1st March, 1969 that Les Fisher took his child bride Kath in hand, and he's been smiling ever since! It's been a long road, but to say you've been together for fifty years is a pretty good achievement. These two are a great double act, and continue to contribute enormously to our community – always with a smile (in Les' case it looks like a frown – but it's really a smile – just so you know!) Les and Kath Fisher – your community congratulates you and wishes you many more happy years together.



Dave Mac!

Caretaker extraordinaire!

A Special Thanks from all of us who rely on your good nature, and hard work. Thanks for anticipating what we'll need and for getting it done before we had to ask! You're a legend, mate!

In case you missed Valentine's Day – here's what Jan (Bohemian Garden) gave to John (Star Books)



Congratulations to Donna and Danny Pauley, who welcomed Mostyn William Pauley on 26th February. Weighing in at 8lbs 6ozs in the old money. Mother and baby both doing fantastically, Dad still taking it all in, and Grandma Paula and Grandpa Bill are ecstatic!

Welcome little one



Men's Shedding



Never ones to make a fuss, the blokes held a sausage sizzle to celebrate the first birthday of the official opening. Murray couldn't help himself, however and offered up his home-made gazpacho, which received Dave Mac's seal of approval, and once the blokes got used to the idea of a COLD soup, they were on board as well. Roger once again wielded the tongs with authority, and we all left satisfied.



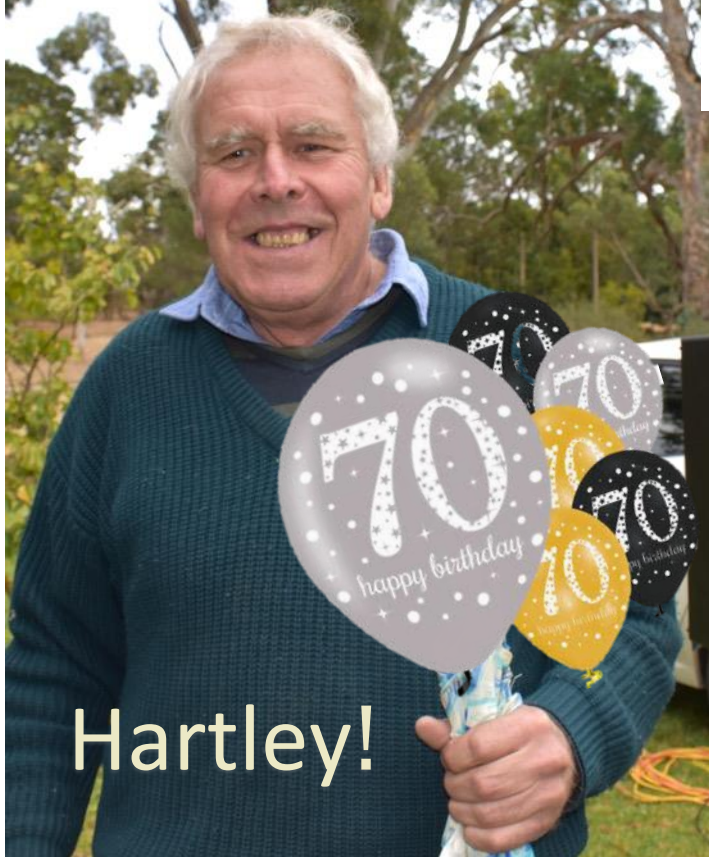
The Men's Shed continues to put their grant money to work and has just finished installing the dust extraction system with money from Green Industries. This is a major safety feature for the shed and will ensure that all airborne waste is disposed of appropriately and safely.

On Tuesday a group of Shedders will be heading to the Pooraka Shed which will be hosting a Regional Muster for the Australian Men's Shed Association (AMSA). A couple of AMSA staff coming over from Newcastle to seek feedback and input about what groups want from AMSA and what can be done to help sheds. Some local politicians - Federal, Local and Council members - may be present so shedders can get in their ear about getting more grant funding and support in other ways. As an added incentive to come - they have a heap of tools to give away to any shed which wants them!

Pictured right is the exterior of the dust extraction system.



★ HAPPY BIRTHDAY! ★



Hartley!

We are also working again with students from MP Primary on some projects for them and the community. Pictured below is the Tuesday group.



Cont'd on page 9

Cont'd from page 8



CFS presenters Sarah Harris and Annie Pomeroy visited the men's Shed on the 12th to chat with us about being Bushfire Ready.

Have you written your Bushfire Survival plan? Few of the key things for people to note:

- Fire Danger Ratings: to check what the rating is each day of the bushfire danger season; once you know this, to act accordingly. This might mean changing your plans for the day and enacting your bushfire survival plan, etc.
- Understand the CFS warnings system - and very importantly to know where to get information from. Do not rely completely on a mobile phone. Have a battery powered radio as well.

The CFS can also come to your home and go through how to make your place safer.

Clear vegetation from around your house – have nothing flammable within 2 metres, and manage vegetation within 20 metres.

Did you know there are 47 active fire safe groups in our area? The CFS attends around 2,000 bushfires per year.

There are three factors which directly affect fires – Fuel, Weather and Hills & Valleys. An important thing to note about the last is that for every 10° of slope, the fire speed doubles – a sobering statistic).

During the Victorian fires embers were starting fires kilometres in front of the actual firefront.

There is a lot of information on the website, ie where to get information about a fire etc.

Pictured below Annie (left) and Sarah.



Mondays & Wednesdays from 9am. Call Murray: 0439385291 Or Don: 0400019586 for information.



BE CONNECTED!

TOPICS INCLUDE:

- The absolute basics
- Getting to know your device
- Getting started online
- Safety first
- More online skills
- Connecting to others
- All about data
- Wi-Fi & mobile networks
- Online hobbies
- All about apps



4th March at 10.00 am

Men's Shed, Talunga Park Road, Mt Pleasant
(opposite the Bowling Club)

TEL: MURRAY – 0439385291, OR GARETH - 0430026993

The above topics are a guide only. If you have anything you'd like to know about computers and related technology, please come to the sessions and ask one of the people there. No question is too small or trivial. We can help you become more confident with managing those essential things like emails and social media.



mt pleasant walkers

8am Mondays, Wednesdays & Fridays

call Murray - 0439 385 291

COMMUNITY ASSOCIATION



Thank you once again to the marvelous people who every year get together to bring the Australia Day community breakfast to Mt Pleasant. See you all again next year! The Community Association will meet in February on a date TBA.

Paula Bartsch- Chairperson



Planning is already underway for the next street Party – some items have to be organised early! Sadly, even though we put in our request in December, we were unable to secure the Police Band as they were already booked! We are making enquiries about other musical acts, but are open to suggestions. Do you know of a group or performers you think might be an asset to our event? There will be a few new things we'll tell you about closer to the time, but we are very flexible and welcome input from our community.

If you'd like to join us in bringing this fun event to Mt Pleasant, please contact us via the newsletter. We'd love to see you! The Street Party group will meet in April on a date TBA.

MP Street Party Group



Friends of the Mt Pleasant Hospital



Friends of the Hospital and the Aged Care Facility group will be having a joint stall at the MP Show.

If you have any donations of cakes, biscuits, fruit and vegetables – produce or handmade goods - that we could sell at the show, it would be greatly appreciated. Donations and enquiries to Virginia Carnell via 0400 275 602 or email ginnycar@bigpond.com.

Red Cross Calling

Australian Red Cross THE POWER OF HUMANITY

For over 70 years, we've been reaching out to the community in March to raise funds to support the great work we do.

Red Cross helps people in need. Whether it's providing disaster relief, helping vulnerable people in the local community, or providing long term assistance to communities overseas after a disaster, we're always there to support people in times of crisis. Donate to Red Cross Calling and help us continue this important work.

Community Dinner returns

A large crowd attended the first dinner for 2019 on the 25th. On offer was a lamb and a pig on spits – something quite different, which took a lot longer to prepare than the usual leg of lamb. Because of a scheduling conflict, the dinner was served in the Atrium, which is a great venue, and when the heat of the day gave way to a cooling breeze – very comfortable. Thank you to all who came and supported the Dinner group.

Thank you also to Wendy Harvey, the DON of the Hospital (pictured right) who spoke to us about the changes that are occurring. Below is a shot of the crowd, bottom: the group that cooks for you.



BITS & Bobs

MARKET

local

Palmer Country Market



17 Mar



We are looking for an experienced Chef who can take charge of the kitchen including food preparation, maintaining cleanliness, etc. Must be motivated, highly organised, reliable and be able to work in a team environment. It is a casual position (15+ hours – two days a week Monday & Tuesday).

If you're passionate about hospitality, show a great work ethic and have at least 2 years' experience as a Chef, please contact the Mount Pleasant Hotel Motel in SA.

If this sounds like you, or you know someone suitable for this position, please email resumes to talungahotel@email.com

Seen anything interesting or unusual?

These pages are for all sorts – let us know.

MT PLEASANT BAKERY & CAFE

The Mt Pleasant Bakery is now open until 7pm on Friday nights! Pop in and say hello to Kevin and Jacquie.



3rd March

Arnold Park, Mannum - near the ferries - 9am to 2.30pm. The market has an eclectic mix of over 30 stallholders, including delicious foods, artisan jewellery, fine local handcrafted items, candles, fresh produce and more.



TAKEAWAY	
Hot Chips + Gravy	\$5.95
Fish + Chips (2 pieces)	\$8.95
Dim Sims / Nuggets	\$12.50
chicken Tenders	1 for \$1.20, 3 for \$3.00
chicko Roll	\$3.80
Mount Pleasant	
Steak s/w, The lot + chips	\$12.95 / \$15.00
Hot Dog, The lot + chips	\$9.95 / \$12.50
chicken Burger + chips	\$10.95
Beef Burger + chips	\$10.95
Bacon Egg s/w	\$12.50 / \$8.95
Milkshake	Reg - \$5.95, Lge - \$6.95
Vanilla Banana Lime, Chocolate Strawberry, Malt Caramel	
Thick Shake	\$6.95
Spider	\$5.95



Keep up to date with the latest developments at the Mill on Facebook!



BITS & Bobs



AS SEEN ON NICK JUNIOR

We are the official Ready Set Dance studio in Kersbrook.

So much fun for the students whilst focusing on the 3 C's. Why not come and try one of our classes for the special trial fee of \$6. Bookings Essential. Classes Monday 4-5 and Saturday 9.30-10.30 Level 1, 10.30-11.30 Level 2. Tuesday morning class will commence when we have enough interest in attendance. Message us via Facebook today to secure your trial spot.

This is a gentle, deep, effective approach to therapy. It is an aid to personal development and is suitable for issues such as stress, anxiety, depression and grief. No artistic skills required! The group will commence Tuesday 9th April, 2019 at 10.00am in the Birdwood Institute. For further information, please contact Leola Kean BSW Dip. Adult Psychotherapy (ANZAP). Tel: 0414774152

NETBALL THAT FOLLOWS FOOTBALL

IN 2018, WE HAD 6 TEAMS PLAY WITHIN HFLNA, TEAMS FROM ECHUNGA, MEADOWS, KANGARILLA, KERSBROOK AND BIRDWOOD! WE ARE LOOKING FOR NEW TEAMS TO JOIN

THE HFLNA AIMS TO PROVIDE A COMPETITION THAT WILL STRENGTHEN COMMUNITIES AND GIVE THE LADIES OF HILLS FOOTBALL COMMUNITIES THE CHANCE TO PLAY NETBALL AT THE SAME LOCATION AS FOOTY.

THE BENEFITS OF HFLNA INCLUDE:

- THE CHANCE TO PLAY NETBALL WITH FRIENDS AND FAMILIES STAYING TOGETHER ON A SATURDAY
- ITS EASY, FUN AND FRIENDLY. ITS AN ENJOYABLE, RELAXED NETBALL COMPETITION
- NETBALL & FOOTBALL CLUBS REPORT INCREASED CLUB REVENUE
- MORE ATMOSPHERE AT SOCIAL EVENTS

TO JOIN THE HFLNA, ALL YOU NEED IS:

- A CLUB CONTACT PERSON
- A TEAM OF NETBALLERS (8 LADIES) \$500 PER TEAM
- AN UMPIRE
- NETBALL COURTS

hflnetballassociation@outlook.com
Ashlea: 0400 640 360



BFNC 2019 - FAMILY DAY & MODDIES PRESEASON

Birdwood Football Netball Club is excited to announce that preseason training for our moddies sides will commence in March 2019.

Family Day, Saturday 23 March 2019

Time: 10AM - 2PM Location: Birdwood Oval

Under 12's: Wednesday 6 March 2019

Time: 5PM Location: Birdwood Oval

Under 8's & 10's: Wednesday 27 March 2019

Time: 5PM Location: Birdwood Oval

AFL Auskick: Wednesday 1 May 2019

Time: TBA Location: Birdwood Oval

For any further information please forward enquiries to:
Matt Parkin - Junior Football Director - bfncmembers@outlook.com



Can you find yourself in this picture from presentation day 2018?

BITS & Bobs



Early Literacy Program Review and Revamp

Early literacy programs

All sessions free, everyone welcome

Rattle & Rhyme

Mondays and Fridays - 11am - 11.30am
Nuriootpa Library

Interactive baby bounce sessions
with songs & rhymes
for babies 0-2 years

Storytime

Monday - Lyndoch Library - 9.30am - 10.30am
Tuesday - Tanunda Library - 9.30am - 10.30am
Wednesday - Nuriootpa Library - 9.30 - 10.30am

Stories, songs, interactive fun and craft
for 2-5 year olds

Every second week of month - STEAM Storytime
Join us for fun stories that focus on a STEAM theme,
with activities and simple science experiments
suitable for pre-school children

Welcome to a new year of sharing a love of reading and books, developing early literacy skills and encouraging your children to become lifelong learners and readers.

This year will see some exciting changes to our Early Literacy and other children's programs. Storytime will continue to be held at Lyndoch on Mondays, Tanunda on Tuesdays and Nuriootpa on Wednesday mornings with all sessions commencing at 9.30am. Storytime sessions include stories based on a suitable pre-school theme with an accompanying craft. This year we will introduce more songs and rhymes, with fun interactive crafts and activities.

Every second week of the month will become **Second Week STEAM Storytime** building on the importance of Science, Technology, Engineering, Art and Mathematics. Pre-school children will have the opportunity to enjoy stories around a STEAM theme and participate in simple science experiments and experiences. **Please note: Little Groovers will be taking a break on Thursday mornings.** This will provide an opening for our existing STEAM program, **Little Bang Discovery Club** to be offered at another library branch and enable us to introduce **Little Bang Discovery Club Plus**. Read more about Little Bang on page 3.

Rattle and Rhyme will continue on Monday and Friday mornings at 11am, Nuriootpa Library. Please send feedback and ideas through to library@barossa.sa.gov.au

Angaston Lions invite you to their upcoming

BOOK SALES

Mt Pleasant Show
Saturday, March 16

Enquiries: 0438 809 211 • 8564 1058



MOSAIC



Come and join our monthly small group of mosaic artists for a day of play. No experience needed. All materials and tools are provided including a healthy lunch, tea & coffee. Plenty of choices of materials are offered to start something new for beginners and the more experienced. If you have something that you have started and not finished and/or a work that is ready to be grouted, bring them to the workshop to be completed if you wish. Virginia & Karen will guide and encourage you as they facilitate this workshop. Sunday March 17th 2019 from 11am - 4.00pm, Lillefield Gallery, Matthews Road, Eden Valley. All materials and tools provided including lunch. Cost \$25 per person. Next Mosaic Workshop will be April 21st 2019 11 - 4pm \$25. Bookings are essential: Contact Virginia with a text message: 0427 605 699 or email: varnold48@y7mail.com

Inspiring South Australia, the Children's Discovery Museum and Libraries of SA bring you the

Little Bang Discovery Club



Young children are already great scientists without even knowing it. Little Bang Discovery programs are fun-filled, hands-on, creating journeys of shared discovery by combining everyday objects and experiences with genuine scientific enquiry methods.

Little Bang Discovery Club

Mount Pleasant Library | Thursdays, 9.30am - 10.30am
4 sessions | March 7 - March 28, 2019

Science for children ages 3 - 5 | limited places 10 children per session

Little Bang Discovery Club is designed for pre-school aged children and their adult carers to participate together in enquiry-based learning. Divided into four one-hour sessions, along with take-home activities.

1. Collecting and classifying
2. Measuring
3. Experimenting
4. Science for

Little Bang Discovery Club PLUS

Nuriootpa Library | Thursdays 9.30am - 10.30am

8 sessions | February 14 - April 4, 2019

Science for children who have already participated in Little Bang Discovery Club | limited places 8 children per session

Little Bang Discovery Club Plus is a follow on program for pre-school aged children



Little Bang Programs are FREE
BOOKINGS ESSENTIAL phone 8563 8440



Tuesday February 14 is Library Lovers' Day, a National celebration of Libraries recognizing the value of all types of library services across Australia. The theme this year is 'Library Love Stories' and ALIA is running a flash fiction story competition open to all Australians. Get social and spread #LibraryLoversDay with your social media posts, and get the love trending...



Adelaide Writers' Week
March 2 - 7, 2019

The Library will be live streaming Adelaide Writers' Week events again this year. More information about our live streaming sessions will be available soon. Follow this link to check out the impressive line-up of interesting, erudite and insightful authors appearing at AWW - www.adelaidefestival.com.au/writers-week

Jack Rabbit's
Restaurant
Williamstown

OPENING
- Hours -
Monday to Friday
9am to 3pm
Saturday & Sunday
9am to 4pm

Of all the things
you wear,
your expression
is the most
important.

MAD MARCH

EVENTS

TICKETS AT ONCEANDFUTURE.EITR.ONLINE

ONCE & FUTURE

THE MYTH & MUSIC OF ALBION



8PM, 1ST OF MARCH
ST PETERS CATHEDRAL, ADELAIDE

7PM, 2ND OF MARCH
ST PAUL'S ANGLICAN CHURCH, PORT ADELAIDE

3PM, 3RD OF MARCH
ST PAUL'S ANGLICAN CHURCH, PORT ADELAIDE

ELEPHANT IN ROOM
THE PRODUCTIONS



ADELAIDE IGNITES 28 FEB - 3 MARCH 2019

TICKETS ARE NOW ON SALE FOR THE 2019 SUPERLOOP ADELAIDE 500.

ADELAIDE FESTIVAL

AF

1-17 March 2019



* ADELAIDE FRINGE *

15 FEBRUARY - 17 MARCH 2019



Boy George (DJ SET)

australian/ friday
dj tour/ 15th march 2019

fat controller
136 north terrace, adelaide sa
Open - 5pm
18+ only

Eventbrite, Dailymotion, Fx, Spotify

ADELAIDE FRINGE

PLAYFORD PALACE

2019 PROGRAM OUT NOW | FEB & MAR



MARRIED at first FIGHT



Maxim's Wine Bar
Feb 12 to March 16

Adelaide Fringe

WOMADELAIDE

8 - 11 MARCH 2019 BOTANIC PARK ADELAIDE

2019 EARLY BIRD TICKETS ON SALE NOW




KEL BALNAVES

YOU BEWDY

"...PUNCHY DELIVERY, VIVID MENTAL IMAGERY & AN ENGAGING MANNER"
CHORTLE

"...HAD THE AUDIENCE CONTINUALLY LAUGHING"
THE ADVERTISER

1ST MARCH TO 6TH MARCH
THE NATIONAL WINE CENTRE

* ADELAIDE FRINGE * FringeTIX
adelaidefringe.com.au 1300 621 255

TIX @ WWW.MATTBYRNEMEDIA.COM.AU OR WWW.ADELAIDEFRINGE.COM.AU

FOR BOOKINGS AND INFO VISIT ADELAIDEFRINGE.COM.AU OR CALL 1300 621 255



the next
Sunday at the Barn
3rd March
Open mic-licensed bar-light meals-from 11am

191 Bank Road, Sedan 0413 314 749



Elysian Springs March
Saturday Session

As one weekend ends, why not plan on a great night out for another in the near future? Elysian Springs next monthly dinner for March is on Saturday 2nd at our cellar door in Mt Pleasant. Start the night with a glass of our Elysian Springs wines (or a cider or beer) and shared grazing platters of local foods. The main feed of spit roasted meats and salads and sides, always goes down a treat. Live music from Ben Povey Music is growing a true following. Bookings via Facebook or on our website: www.elysiansprings.com.au



Mt Pleasant Hotel Motel
Live music 1st, 15th, 22nd & 29th March!







SUNDAY 7 April 2019 from 11 to 5, at Gumeracha
Tickets \$25
www.trybooking.com

TICKETS GO ON SALE 22ND FEBRUARY

The Beer and Bite Festival is back for 2019 after a stellar 2018. This event will be bigger better and have the same awesome vibe that made 2018 year such a local success.

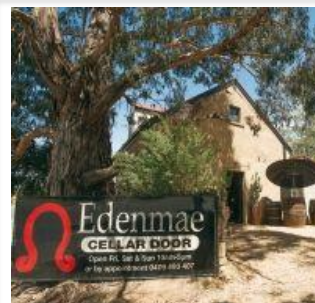
If you are interested in being involved contact beerandbite@gmail.com

KEEPING ROCK ALIVE!
DRAMA KINGS
FREE ENTRY 8 TIL LATE



Totness Inn Hotel
148 Melrose Street, Mount Pleasant
SATURDAY MARCH 16TH
Presented By CARRERA ENTERTAINMENT

Something coming up?
Email: info@mountpleasant.sa.au
Deadline: 3 days before end of month



Friday Night fun

Eden Valley Rd, Springton SA 5235
Friday 4pm to 9pm
Saturday 11am to 5pm and Sunday 10am to 5pm
Estate Wines by the glass or bottle
Friday Nights – Kitchen of Bliss onsite
Sunday Brunch – Kitchen of Bliss onsite
Sat/Sun – Grazing Platter (booking required)
Sat/Sun – Mt Pleasant Butcher Pizza



EASTSIDE AUTOMOTIVE PROUDLY PRESENTS

2019 ROCK & ROLL RENDEZVOUS

NATIONAL MOTOR MUSEUM • BIRDWOOD
SUNDAY 14 APRIL 10AM - 5PM

MT PLEASANT EASTER TWILIGHT FARMERS MARKET

THURSDAY APRIL 18
5PM - 9PM
MT PLEASANT
SHOWGROUND

Fresh Fruit & Veg, Meat & Seafood, Milk & Cheese, Bread, Cakes & Pastries, Wine & Beer, Honey, Jams & Olive Oil, Chocolate & Dried Fruit, Plants & So Much More.....

fb @mountpleasantfarmersmarketau

ph. 0418301 121
www.mpfm.org.au

REBECCA O'CONNOR AS

TINA

Simply the Best!

Rebecca is so good it's SCARY!
-TINA TURNER

14th April

Gumeracha Medieval Fair



4th and 5th May

Federation Park, Gumeracha

Adults \$20 2 days - \$40

Concessions / Students - \$15, 2 days - \$20

Family 2 days pass - \$70. Kids under 5 free

Children 5-12 - \$10, 2 days - \$10

BAROSSA

VINTAGE FESTIVAL

24-20 APRIL 2019

 An illustration for the Barossa Vintage Festival featuring a vintage car, a church, palm trees, and people in a rural setting.

COMING SOON

25th & 26th
May, then

31st May and
1st & 2nd June

TOP OF THE TORRENS
THEATRE GROUP INC.

BUNKERED

Written by Lynn Brittney
Directed by Maureen Johnson

Hilarious cross
between 'Dad's Army'
and 'Carry On' set in
a Cold War Bunker

What's on in March...



Looking for a local?
Pick up your copy of **085**
White / Yellow pages
@ **Landmark, Mt Pleasant.**

Events

Consultation on customer service

We're building an organisation that values our customers and provides the right people, process and systems to deliver quality customer service.
We have reviewed our existing Request for Service and Complaints Policies and amalgamated them into a draft Customer Service Policy, which is now released for community consultation.
People can give feedback in a variety of ways, including at the following drop-in sessions:
Mount Pleasant Library Council Office, Thursday 14 March, 9am – 5pm
Comments can also be made online at ourbetterbarossa.com.au; in writing to the Chief Executive Officer, PO Box 867, Nuriootpa; or by email to barossa@barossa.sa.gov.au
Consultation closes 25 March, 2019.
Information regarding the draft Policy is available from Joanne Thomas on 8563 8444. Draft Customer Service Policy and the Customer Service Charter available online @ barossa.sa.gov.au



Date	Event	Details
2, 9, 16, 23,30	MP Farmer's Market	8-12, Saturday @ Talunga Park
	Market at the Mill	9-2, every Saturday @ Totness Mill – check Facebook
1 15, 22 & 29	Live music @ Mt Pleasant Hotel Motel	From 7pm
2 Mar	February Saturday Sessions Dinner	5 to 9 @ Elysian Springs, Springton Rd
3 Mar	Sunday @ the Barn – Open Mic	From 11am, Old Barn, Sedan @ 191 Bank Rd, Sedan
3 Mar	Mannum Riverside Markets	From 9am, Arnold Park, Mannum
14 Mar	The barossa Council -Consultation Cust Svce	9am-5pm Mt Pleasant Library
16 Mar	Mount Pleasant Show!	From 9am to 5pm
16 Mar	Totness Inn Hotel – Drama Kings	From 8pm
17 Mar	Palmer Country Market – Trash 'n Treasure	From 5pm, Collier Park, Palmer
24 Mar	Community Dinner	From 6pm, Talunga Park Pavilion

Meetings

+ Check the website for more: www.mountpleasant.sa.au

Committee / Group / Organisation	Details
CFS Training	Every Tuesday @ 7pm
CWA	1 st Tuesday, 1.30pm @ Soldiers' Memorial Hall
Community Dinner Group	1 st Tuesday, 6.30pm @ Soldiers' Memorial Hall
Friends of the Mount Pleasant Hospital	10am, 2 nd Tuesday
Men's Shed	Third Wednesday @ The Men's Shed. Open Wednesday from 9
MP District History	1-4pm, every Thursday @ History Room, SM Hall
MP Farmer's Market	8-12, every Saturday @ Talunga Park
MP Inc	6.30pm, 2 nd Tuesday @ MPNRC
MP Show Society	2 nd Monday
MP Spinners & Craft Group	St John's Church Hall, 10-3 on Wednesdays
MP Table Tennis	7.30pm, every Wednesday @ BHS Gym
Playgroup	9.30-11.30am, every Friday @ MP Kindy
Pleasant Painters	10-2, 2 nd & 4 th Friday @ MP Library
Red Cross	Bimonthly, 1.30pm, 4 th Thurs @ SM Hall (7 th Feb for Garden Party)
RSL Social	3 rd Wednesday - Social gathering
RSL Meeting	Alternate month, last Sunday - Bi-Monthly meeting
SM Hall VAC	7.30pm, 4 th Monday @ SM Hall
Talunga Park VAC	1 st Monday @ Talunga Park
Writer's Group	Please email: mrndonblataceaser@gmail.com

👍 Thank you:

Newsletters are generally available in the Wisteria Atrium at the Market & the Post Office. If you want a hard copy, please ask Anne or Rose @ the PO to reserve one.
Online @ mountpleasant.sa.au
Editors: Sue Barrett & Paula Bartsch



+ Contact us:

If you wish to be notified when the newsletter is available online, please contact us via -
t: 0403012339
e: info@mountpleasant.sa.au
mountpleasant.sa.au or
mpbeat

