



# Are we the Barossa's problem child?

## or art for art's sake

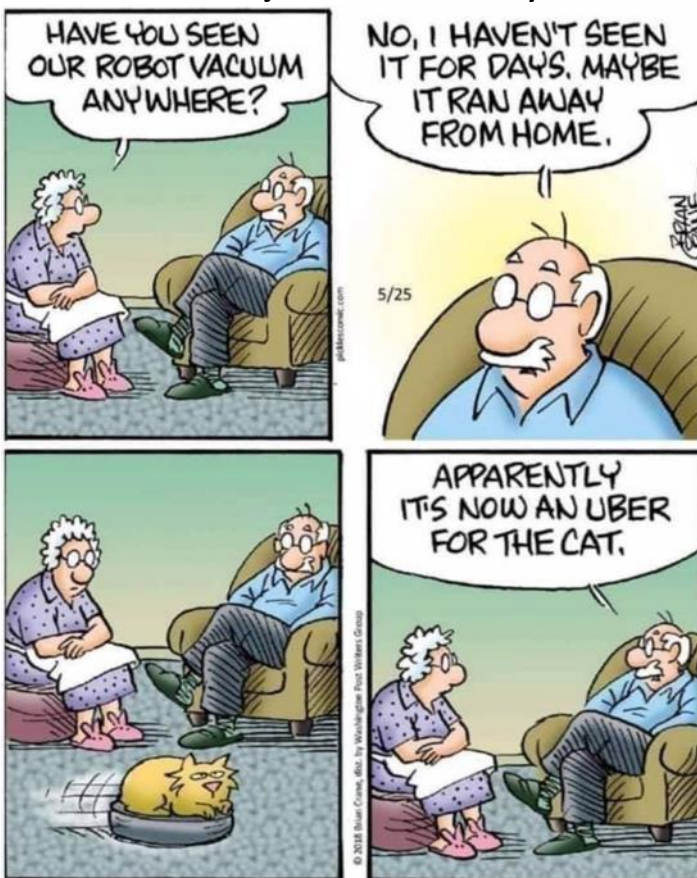
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I love the arts – or as Les Patterson so eloquently puts it “the yartz!” Big fan. Music, painting, sculpture, writing, poetry – all of it. We can't live without it – even those who profess not to care about any of the above – need it. It feeds our souls. Without it our lives would be barren. Every culture reveres artistic endeavour in most forms. Then why would I think that establishing a Culture Hub at Tanunda now, would NOT be a good idea? On the face of it, it's a great concept, and I support repurposing old buildings and sympathetically adding to them. Locating similar activities in the same precinct, with shared facilities makes good, economic sense – just probably not at this time. After all, we still have \$7million owing on the Rex. Yep. I'll bet that surprised a few people. It sure surprised me, because even though I was aware that there were 'issues' and things had blown out in a couple of areas, I thought it would have been paid off by now, or at least, in the throes of. Apparently not. Also, Tanunda's Show Hall is also being considered for a major upgrade – good for them. It's a great facility and well used, BUT – so is Talunga Park. So why, after all the money spent on projects in Tanunda, would The Barossa Council now propose spending another \$10 million on a Culture Hub at Tanunda?

There are towns in the TBC area that are crying out for small sums, mostly maintenance expenditure, and TBC seems intent on putting the needs of the few ahead of the needs of a few. It's easy to ignore those places within the council boundaries, which contribute little to council coffers, and do next to nothing to promote brand 'Barossa', but should they be ignored? We all know what happens when necessary maintenance isn't carried out on our homes, it only gets worse and costs a lot more in the long run, so why should that be any different for town assets?

A 'Dad' joke for Father's Day!



cont'd on page 2

### + Coming events

October

Springton Spring Festival

Woodside Antiques & Collectables

**Art for art's sake: cont'd from page 1**

We are stuck with TBC and they are with us – for better or worse – but if it wants to be seen as a council for ALL of the Barossa, keeping ALL assets in reasonable condition would be a good way to start, else we'll continue to feel like the poor relation – barely tolerated and subsisting on hand-me-downs.

*Disclaimer: These opinions are my own. The details are taken from the latest edition of The Leader, and publicly available documents on TBC website. If you want further information, these might be a place to start.*

**a community gym?**

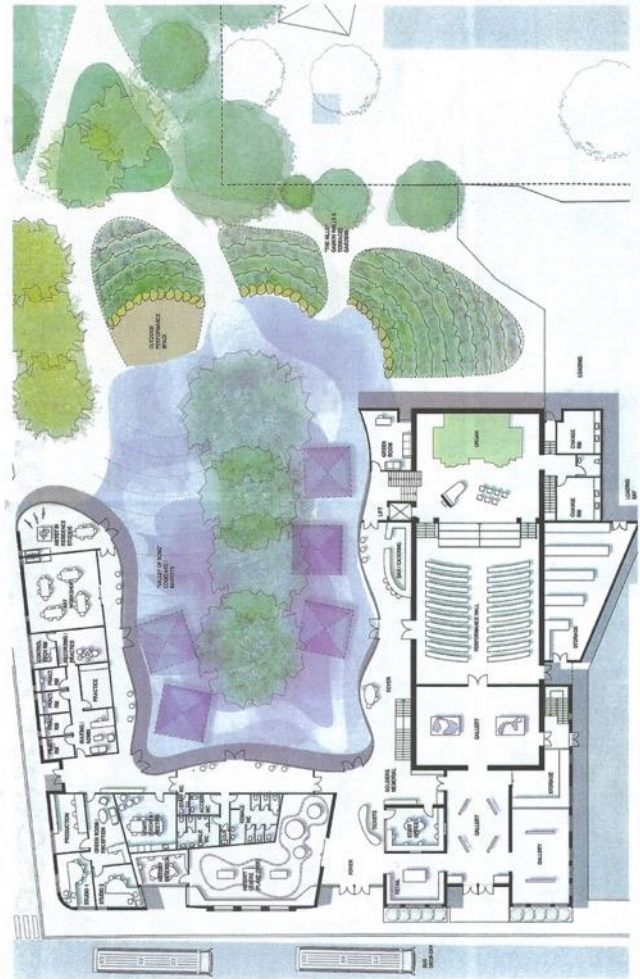
Following enquiries from the Beat, a local benefactor has kindly donated a huge, nearly new shed in which to establish a community gym. We are overwhelmed at this gesture, which also includes transporting it from it's current location, and some further assistance. With permission, I'll be adding more information in the future.

Although community interest has been promising, no-one has stepped forward to help get this project underway, and when I was almost ready to pass it on to another organisation in the hope it would run with it, Gareth made the observation that the Men's Shed needed a shed for metalwork and welding, so why not use it for both? The shed is pretty big, and can easily cope with several uses. Naturally it had to be taken to the Men's Shed committee for their approval, but it seems we are ready to conduct a feasibility study and start some initial planning.

I first started thinking about this as a project during our 'Fund My Neighbourhood' foray, the final stage of which was cancelled by the current government. Paula and I were keen to give the CWA memorial garden a do-over, which would include a rotunda. It was a last minute thing (although we were really pleased to garner a surprising number of votes), and then we saw that the Clinic had put up a proposal for a community gym. Not long after, Doctor Ellie visited the Men's Shed to have a chat about healthy living and exercise. Then on a driving trip I saw that the little town of Booleroo Centre had a community gym – and I thought – why not us? I made some enquiries with the bloke who ran the gym and found out that it wasn't as hard as I thought, although they had repurposed an old CFS shed, and we'd have to build our own – and find a place to put it! I've found some great contacts and also spoken to someone who is keen to be involved as she ran a gym interstate. A community gym is a great asset for any group – catering from birth to death. It could be a place to have kinder gym, yoga, pilates, boot camp, dancing, playing music, even stuff for us old fogeys! This will be a great project to become involved with, and the Men's Shed clearly know what they are doing – as anyone who has seen what they have done so far will attest, and I am indebted to the blokes for their offer to pursue this further.

If you are interested in lending a hand, donating funds, seeking grants, or you'd like to be involved later on, please contact the Men's Shed or us at: [info@mountpleasant.sa.au](mailto:info@mountpleasant.sa.au)

Sue Barrett



An artist's impression for the Barossa Culture Hub which remains a work in progress and is subject to ongoing development.

**Updates**

**the footbridge**

We are still waiting for the surface of the footbridge to be remedied. – it's in the pipeline. Hopefully we are also getting closer to seeing the fencing of the Torrens behind the Hall and abutting Old Talunga Park.

**Talunga Village**

Remedial work continues on Ellen's flat, with a couple of her friends recently removing breakables so that the new floor could be installed. It is anticipated at this stage that Ellen can leave the Bed and Breakfast where she has been staying and move back into her flat with Laddie on the 6<sup>th</sup> September.

**the Amber Animals**

Thanks to John Bowd who brought to the attention of the Progress Association the plight of the Amber Animals, and there are now plans for Men's Shed to mend and repaint them. It would be nice if perhaps they could add their own animal to the menagerie...

# Pleasant History

## History of the History Room

The Mount Pleasant District Historical Research Group Inc. was placed into recess in the early 1990s when numbers dropped to 8 members. The money remaining in the account was donated to the Hall Committee for the purchase of a glass cabinet so that items held by the Hall committee could be put on display. The Committee purchased two such cabinets, which are now in the Memorial Entrance of the Mount Pleasant Soldiers' Memorial Hall.

Move on 20 years and with the material collected by Reg Butler whilst researching for the local history book... 'The Quiet Waters By'... a request was made to have this collection sorted, catalogued and preserved in the Library of the previous Institute at the Hall. For some years I was the only person with an interest in managing this task, but we had an official opening in 2006, by Mr Angus McLachlan, who had a connection to Mr Robert T. Melrose who provided the money and land for the building of the Hall.



It was the plan that the collection could be accessed by researchers, as needed. I am not sure just when the decision was made to open more regularly, but I decided to open weekly, and so advertising began and it is now recognised that the History Room, as it has become known, is open each Thursday afternoon, from February to December. Pauline Taheny joined me in this venture and for some years we were the two faces who greeted people as they researched their local family and/or their houses/property. Pauline made the move to Adelaide a

year ago, and she is sorely missed, as having grown up in the region, it was Pauline who often could remember some little detail that we could then research.

With the sale of the former Police Station it was lovely to see a new face venture to the room; Chris Birrell has been a regular almost from the very first week of moving to the township. Sue Barrett then joined the group, and can often be seen with muffins or flowers in hand, to add that extra flair to the facility. Margaret Parker and Merry Schaeffer join us for a catch-up and assist, and we were pleased to have Cheryl Farinola and Gareth Saunders join us recently... we may get to the number of 8 once again, and I wonder where that might lead us!

Cheryl and I attended a DNA Downunder event held in Adelaide, which will help in our family history research. I had completed my DNA test and



was hoping it would help prove that my 19<sup>th</sup> century family links were accurate, and so this information day has helped to understand just what the DNA can show.

Part of the Historical Research Group ethos is to recognise and perhaps celebrate the milestones for the township and district, and so we have reminded people that Talunga Park is celebrating 100 years since establishment. The key stakeholders have been contacted and at time of print, we are awaiting their response for a proposed recognition of this milestone, sometime in October... keep watch for more information regarding this.

Should you have an interest in assisting in ANY way, please contact me, or any of the members of our group.

Paula Bartsch - Historian

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### Pleasant History cont'd from p3

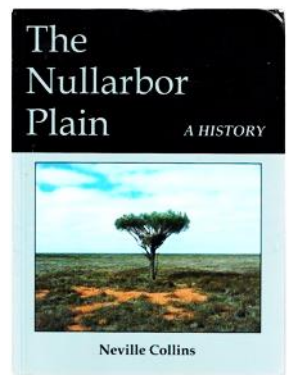
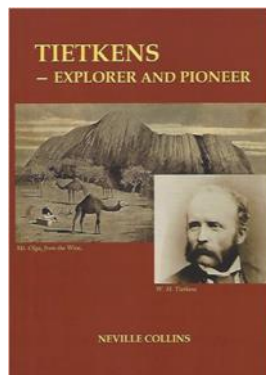
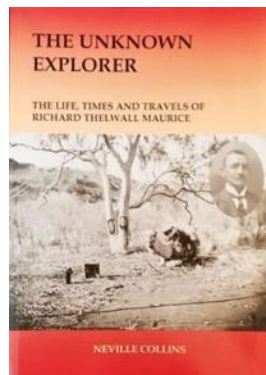
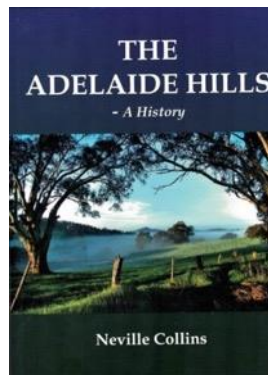
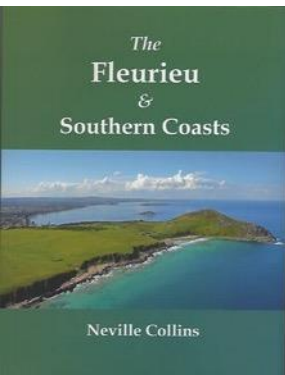
## Visit by author: Neville Collins



I guess we now know where old cops go – former SAPol Superintendent Neville Collins found a new passion in history after leaving the job some years ago, publishing his first book on ‘The Jetties of South Australia’.

Paula first came across Neville's work when she purchased ‘Matthew Flinders in South Australia’, so she was keen to meet up when he contacted her after hearing about our History Room. This week he visited the History Room with his wife Audrey, herself an accomplished musician, to do some research for a project he is working on.

Paula had assembled a large collection of resources and reference items, which may or may not have ‘muddied the waters’ so to speak! He and his wife spent some time browsing the resources and chatting with Paula, and we were joined later on by Barossa Councillors Dave Haebich and Don Barrett who had both worked under Neville in years past.



Neville's book are a great collection of known and little known South Australian places and identities, they are easy to read and well worth adding to a collection of local history. You can contact Neville via: [nevillecollins@adelaide.on.net](mailto:nevillecollins@adelaide.on.net) (Some of his works are also available online.)



Sue Barrett

Don't forget Paula's MPDHRG publications are available for purchase in the History Room:



### 100 Years of Old Talunga Park

Last newsletter we asked if anyone was interested in marking this significant milestone and we have since sent out invitations to sporting bodies associated with the park. We have had some positive response, but are still waiting for a few of the groups to get back to us. If you would like to help us mark this occasion with a small celebration, please contact us via this newsletter: [info@mountpleasant.sa.au](mailto:info@mountpleasant.sa.au)

# Men's Shedding

It's been another busy month in the Shed, with a few new members, and existing members beavering away on a myriad of community projects. The flagpole has been installed and the Australian Flag flies proudly out the front of the Shed.

The blokes have refurbished the SM Hall blackboard – which has made a huge difference. The old one was almost impossible to get clean, and the nails holding it together were a hazard because they protruded through the surface. The details on the sign were also irrelevant, so updating these were a priority.

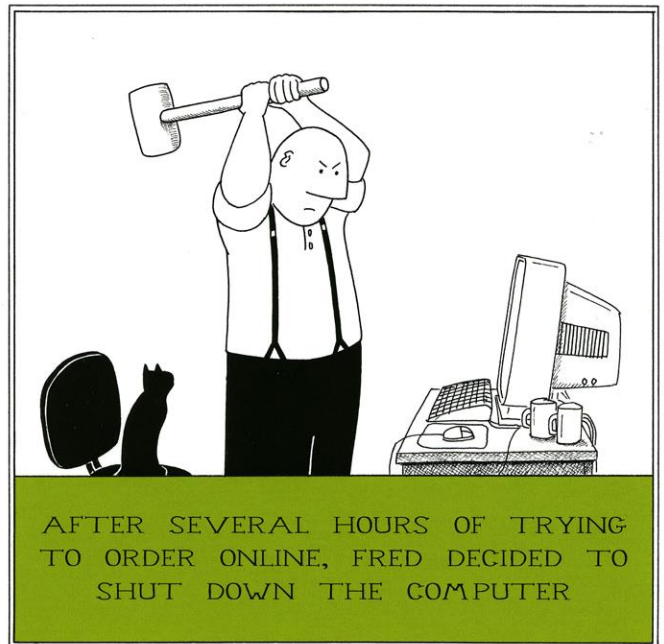


John Bowd also came up with a cunning plan, adding an overhang which we hope will stop the rain from washing away the chalk. Low tech – and works a treat. Keeping the original colours was also a nice touch. The SM Hall group made the recommendation to the Progress Association and John volunteered us. Thanks to all who were able to assist. Pics of the installation below – more on this and our other activities on Facebook.



# Be Connected

Some good sessions this month, with an introduction to projects - workshopping how to make cards and other stationery using Word, with Gareth and I, as well as some basic spreadsheeting using Excel with Paul. As we move on, we seem to be able to concentrate on what our participants need at the moment, so what we are doing is relevant to them. It's been very rewarding and I think we have been able to help some people solve some very basic issues, and gain confidence in mastering their technology.



## Local Computer Services

Nick Sharp is a local computer tech who has been working in the field for over 23 years. He offers a wide range of services including:

- Home Internet and Wireless set up - including NBN
- Desktop and Laptop repairs and tune ups
- Wireless printer / network printer set up
- Virus removal, Security and vulnerability reviews
- Smartphone set up (Email & Apps) & training

Get help with anything relating to:

- Apps and programs
- Internet & WiFi
- Email
- New Hardware and security

Keep in contact with Skype / Facebook training.

In home / Onsite support.

Book your PC in for a Pit Stop now!

Nick can give your PC a check over from \$88.

or Turbo Charge your PC with a SSD HDD RAM Upgrade from \$250 including labour.

**Call Nick on 0414261986**



**The Men's Shed**  
Open Mondays & Wednesdays from 9am.

We welcome all visitors.  
For information please contact:  
Murray – Chairperson – 0439385291 or  
Gareth – Secretary - 0430026993

cont'd on p5

## Men's Shedding cont'd from p4



Above: One of the many visitors from other Men's Sheds who have dropped in recently. John, Roger and Barry were happy to show him around and pick his brains for ideas we might implement in our Shed.



Top: Meeting during August. Bottom: The group gathered to celebrate the retaining of the trophy presented to them for winning the Best Float (again), from the Lobethal Christmas Parade committee. Many thanks especially to Bill, who never gave up!

## MP Primary School engagement continues

The blokes continue to work with a group of senior students from Mt Pleasant Primary School. This term they are progressing well, making candlesticks. Their next projects will be continuing with completing crosses for the RSL in Mt Pleasant and Gumeracha, in time for Remembrance Day. In the past they have produced wooden carry-alls and bird boxes, and the blokes are always on the lookout for other small, useful items that the students will be able to produce.



cont'd on p6

## Men's Shedding cont'd from p5

# Healthy Lifestyle program

Topic Two was - Physical Activity for Better Health What sets this program aside from the rest?

Mel talked us through a range of very low tech exercises we could all do at home that would enhance our wellbeing. She encouraged us to think about what we'd like to achieve, and hopefully some of us will remember to stick to what we said we'd do!

**The Healthy Lifestyle program returns on 3<sup>rd</sup> Sept.**

### Topic Three - What is Healthy Eating?

This encompasses what does eating well actually look like? Eating to live longer, Grain debate, and Food Groups and portions. It is priced at \$25 per session - but there are rebates for those with Type 2 Diabetes, and with private health funds. You are able to pay on the day.

Pictured below are Gonny, Mel and Michael.



## mt pleasant walkers

8am Mondays, Wednesdays & Fridays

call Murray - 0439 385 291

## Food & Film night

We ended up watching another John Wayne classic 'The Searchers' for our last FnF night. Another arctic night - but the company was warm and we welcomed Steve & Chris Birrell to the fold.



## Continence



Continence  
Foundation  
of Australia

CELEBRATING  
**30**  
YEARS

11<sup>th</sup> September from 11-12

Lisa Lawton from the Continence Foundation will be visiting the Men's Shed to talk about continence. Next month there will be a follow up about products & services available.

This is open to all community members.

### ALL WELCOME



## Food and Film night



Come and join the usual suspects during a fun and friendly night in the Men's Shed on **13<sup>th</sup> Sept.** from 6pm.

Film "Dirty Rotten Scoundrels" (1988) starring Michael Caine & Steve Martin

Synopsis: *IMDB*. Two con men try to settle their rivalry by betting on who can swindle a young American heiress out of fifty thousand dollars first.

PS: Bring a cushion.

# viewpoint



springtonSALA



Above: Mayor Bim Lange opening the show.  
 Below: The artists & scenes from the opening.  
 Below left: Rosie Trennery, artist & Curator.



The Springton Hall has once again transformed into the Springton Gallery for the 2019 SALA (South Australian Living Artists) Festival.

Friday 2nd August saw a crowd of around 65 people brave the chilly winter's night to celebrate the opening of 'VIEWPOINT', the towns 5th consecutive SALA exhibition, presented by the Springton Progress Association and sponsored by Edenmae Estate Wines.

In opening the exhibition, Mayor of The Barossa Council Mr. Michael (Bim) Lange said that he was impressed by the high standard of work and the depth talent that was on display, adding 'for a sleepy little hamlet you do amazingly well in putting on quality events such as this and looking after the town assets'.

'VIEWPOINT' showcases the works of 13 local and invited artists, presenting their diverse viewpoints on Art.

Upon entering the exhibition, visitors are greeted by a feast of colour, texture and artistic genre:

Wall art including pastels, acrylic, watercolour, & oil paintings by Suzanne Brierly-Westall, Annette Dawson, Joe Dennis, Amy Herman, Gareth Kelsey-Evans, Viv Liddicoat & Mike Painter plus hand painted lino prints by Talia Dawson; Pottery by Joe Dennis; Wood turning by Barry Liddicoat; dynamic Steel garden art by Trent Manning; Nuno felting by Alana Preece; a spectacular hand made Leather Flower Arrangement in a hand blown studio glass cloche by Rose-Anne Russell plus Sterling Silver & Copper jewellery by Rosie Trennery.

A pop-up gift shop is housed within the entrance foyer and offers a beautiful collection of Art cards plus an affordable range of gift ideas including garden art, scarves, jewellery & fashion accessories, ceramics, limited edition prints, calendars and small framed artworks - cash sales only.

The Springton SALA exhibition, Graetz Terrace Springton, is open from 10am until 4pm on Saturdays and Sundays during August.





# Pete's Poem

## **CROWS**

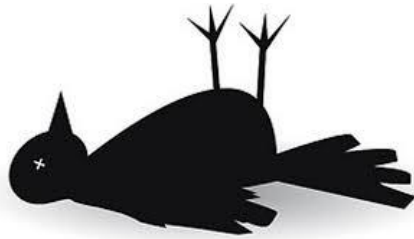
### **control**

We need to buy a new TV – the old one's not too good,  
It doesn't give us Netflix, and other things it should.  
It may seem I'm impatient, or maybe a bit tough,  
But this TV has got to go, the Crows don't win enough!

I've fiddled with the WiFi, tried SBS and ONE,  
But despite all my adjustments, the Crows still get done!  
And sometimes, late at night, approaching witching hour,  
Not only do the Crows lose, but then it's victory to the Power!

I've been to Harvey Norman, they have a huge selection.  
The salesfolk tell me each and ev'ry one's the pinnacle of perfection.  
I ask about the buttons, yellow, green and red,  
But when I ask for 'Crows Control', they sadly shake their head.

"No-one's made one that does that – gives the Crows a win."  
But I'll keep on looking, though it does my poor head in,  
There must be a telly somewhere, that puts the Crows on top,  
And I'll find that telly, there's no way I can stop!



## Pete, the peripatetic poet & sometime Crows supporter...

### RSL news



Recently we held a little celebration in the hall to celebrate George Anne's birthday. See Facebook for more!



Dates to remember :

8th September: RUOK Ride Against Suicide - Mannum RSL – 8am

19 September: Plympton Veteran's Centre – DVA information session at Mannum RSL from 2pm. Individual appointments may be made after.

**Thank You!** FOR WORKING IN AGED CARE DAY  
SEPTEMBER 10<sup>TH</sup> 2019

On Sept 10<sup>th</sup> we're celebrating the great work done by all those working in aged care.

We invite the entire aged care community – care recipients, families, staff and aged care unions – to join the celebration!

To get your workplace involved, contact us at:  
[ourturntocare.com.au/thankyou](http://ourturntocare.com.au/thankyou)

## Notice of AGM

Mount Pleasant Progress Association Incorporated

**Advanced notice of the Annual General Meeting**  
of the  
**Mount Pleasant Progress Association Inc.**

To be held on the 8th October 2019 at 7.30 pm  
in the Westphalen Room at the Soldiers Memorial Hall  
Melrose Street Mt Pleasant

**Positions are available on the Management Board**  
2 X Community Positions for 2 years

Nomination forms are available from and are to be returned to the Admin Desk at the Mt Pleasant Farmers Market, on Saturday mornings or the Admin desk at the Library in the Natural Resource Centre from 9am to 5pm. Monday to Friday

**Members of the community may nominate for those positions**

**A retiring member shall be eligible to stand for re-election without nomination ( Mt P Inc. Constitution.)**

**Nominations in writing must have been received by 5pm on Monday 9th September**



shop  
garden  
home & gift  
sustainable  
workshops  
create

## Wanted

We need your unwanted wire coathangers! We use a lot of wire coathangers for workshops, kids activities, craft packs and are in urgent need of more!! We never thought we would ever run out but I guess we really use lots! Donations gratefully received. If they are plastic coated but still flexible, they are still useful.



## For Sale

Right: We have a couple of different fire pits in stock and plenty of cool evenings to enjoy it still to come! These are big, solid and built to last one with sides and one without. Reckon these will result in many an evening outside baking potatoes and toasting marshmallows.



Below: The Nursery has had a big restock! Natives, herbs, waterwise cottage garden plants, habitat plants for the birds and the bees.



Above Part of the large range of locally made jewellery

Above: Eco crayons! Australian made & are 100% plant based



Left: Soap savers! Make use of all those little bits leftover from bar soap...but them in one of these handmade soap saver bags to use as a body washer. Perfect for hanging in the bathroom to dry between use too. The bags are compostable. Makes a lovely but practical gift too with one of our beautiful natural soaps.



The **Annual General Meeting**

of the

**Mt Pleasant Farmers Market Inc.**

will be held on

**Monday September 16th at 6.30 pm**

in the Library/ Natural Resource Centre

132 Melrose Street Mt Pleasant.

**Guest speaker will be  
Faye McGoldrick**

**who will talk about the  
Mt Pleasant Natural Resource Centre Projects**

There were 3 positions available for election this year.

1 stall holder position and 2 community positions.

We have had 2 nominations for the one Stall holder position

**Kelly Johnson of Woodlane Orchards**

**Natalie Graeber of Natalie's Flowers**

Consequently, there will be an election for that one position

We have had only one nomination for each of the 2 community positions

**Maxine Bartlett**

**Ashley Dent**

Consequently, there will not be an election for those positions.

Only those people who are current members as of the  
14th September 2019 are entitled to vote at the election.

Absentee votes will be accepted.

Please email [managemppfm@bigpond.com](mailto:managemppfm@bigpond.com) if absentee form is required  
or collect at admin. desk on market day.



Proudly Presented by



## FRUIT PRESERVING WORKSHOP

For many generations, summer stone fruit in abundance was carefully preserved & put away for the lean months of winter. It's a simple food skill that is economical, sustainable, and eliminates food waste, and for those reasons it has remained relevant more than 100 years later.

Join **Marieka & Sheralee of Those Barossa Girls** for this introductory fruit preserving workshop to step you through the basics and give you the confidence to start a food story of your own.

**WHEN:** Saturday 26 OCTOBER  
**WHERE:** Mt Pleasant Farmers Market  
**TIME:** 9am  
**DURATION:** 1hr  
**COST:** \$55 (Market Members \$50)  
Participants to return at 11.15am to collect processed jars

**Whats Included:** Demonstrating the Fowlers Vacola method, participants will go home armed with an instruction book, recipes, a vintage knife (for packing fruit into jars), two jars of preserved pears, and a whole new outlook on seasonal fruit. Starter boxes with everything you need to set up at home will also be available for purchase on the day.

**Bookings Essential - Limited Places Available**  
**e. [managemppfm@bigpond.com](mailto:managemppfm@bigpond.com)**  
**p. 0418 301 121**



## Fleece & Fibre

# celebrati

Heard of a special milestone coming up? Let us know! We'd love to spread the word!



Congratulations to Gareth Saunders – erstwhile Secretary of the Men’s Shed who celebrated his 70<sup>th</sup> birthday with family and friends this month.

And it wouldn't be a newsletter without one or both of the Fishers in it! Les celebrated his 75<sup>th</sup> with family and friends. The RSL was the venue for celebrating George Anne’s 80<sup>th</sup> birthday. A large group was on hand to help her mark the occasion.

Jan Gardner – florist extraordinaire - and the perennially smiling John Cussadia both celebrated their birthdays recently.



## Barossa Medieval Fair

The weather might not have been the best, but there was a good crowd and plenty of fun to be had at the first Barossa Medieval Fair.

Left: Handler with a Falcon from Warrawong Sanctuary

Right: Swordplay



# clubs &



## mittees Dell Henderson - vale

It is with great sadness that the Mt Pleasant CWA announce the death of Dell Henderson after a long illness.

Dell was a stalwart of the CWA for many years. She was a member of the Black Hill Swan Reach and Walkers Flat branches for ten years and very involved with the communities there. She was President of the Hills and Murray Group. Living in Queensland she was an outback governess for a while, at one stage having to perform an emergency tracheotomy on a patient for the Flying Doctor Service. In Queensland she also held the position of Divisional President in the CWA, and raised funds, buying a block of land, building a house in the hinterland of Qld for the CWA, which was then rented out. When she came back to South Australia recently to be near her daughter who is suffering from MS, she rejoined the Friends of the Mt Pleasant Hospital (which she helped set up initially) and the Mt Pleasant CWA, the Mt Pleasant Red Cross and Torrens Valley Lions. She also joined the AWWW and Playford Lions.

In the last few years she visited family in New Zealand and some were able to see her recently in hospital.

Dell never sat still. She was always busy with some organisation or other, and was a friend to everyone very special but especially to Margie, Wilma and Helen. Dell and her amazing contributions to many organisations over many years will be sorely missed.



On a trip to Wohlers with the CWA Dell is pictured above with her daughter Nikki (left) and daughter Dawn (right). Right: Morning tea with Margie Wilson, Dawn, Dell, Wilma de Salis and Nikki



# Friends of the MP Hospital

Please support the Open Garden in September and our Garden Fete in November.

Pictured below is the group assembled for the recent AGM. Office Bearers are: Virginia Carnell - Chair, Pauline Day - Secretary & Paul Johnson - Treasurer.



**OPEN GARDEN**

**10am to 4pm**  
**2nd & 3rd**  
**November**

AT THE HOME OF  
**ROGER & BARBARA**  
**BEVERIDGE**  
31 POOL ST, BIRDWOOD

**\$6 entry includes**  
**Tea or Coffee &**  
**Biscuits.**

**FRIENDS OF THE MT PLEASANT HOSPITAL**

# clubs &



Entry forms for the parade have been coming in steadily – a great improvement on previous years, and we thank all those who have got them in early. If there are groups or organisations who wish to be a part and aren't on our list, please contact us via the newsletter and we'll send you a form.

If you wish to donate or be a sponsor for the Street Party, please contact us via [mpstreetparty1@gmail.com](mailto:mpstreetparty1@gmail.com)

We are happy to receive money or goods – every bit helps make the event better.

Catch us on Facey, Insta & Twitter!

## MPCA Inc.



The AGM was held in August and the office bearers remain the same, with the addition of Cheryl Farinola who will be our Publicist (expanding upon the role she has with the Street Party). We also welcome Janelle Bishop and John Hausler to our group.



## Did you know?

- That the Street Party is organised by a core group of around ten people?
- That the Australia Day breakfast has been organised by the same people since it began?
- That the Australia Day breakfast has been held since 1996?
- That the Mt Pleasant District Historical Research Group has been in existence since 1989?
- That all of these groups come under the umbrella of the Mt Pleasant Community Association, which was first incorporated in 1989?



## MP Red Cross

**Australian Red Cross**  
THE POWER OF HUMANITY

The team in SA launched the Member Branch Reconciliation Quilt Project on the 6<sup>th</sup> May. All branches were invited to design a 10-inch quilt square on what reconciliation means to them. They were given a blank canvas to embroider, stitch, paint - any medium they wanted. The idea behind this was to encourage members to reflect on how they are taking steps towards reconciliation within their own communities. It's a great opportunity to meet with, research, and understand local indigenous communities and reflect this in their quilt squares. Once completed, the squares will form a queen-sized quilt. The initiative finishes in September.

When members from the South Australian Red Cross visited recently, our branches were tasked with producing their squares for this project, and Paula has recently completed work on our patch, which was sent off to head office.

The Mt Pleasant Red Cross branch welcomes new members. We are an active group and meet at 1.30pm bi-monthly, in the SM Hall.

## How to ask R U OK?



# markets



11am-4pm

## Lyndoch

Community Market  
14<sup>th</sup> September



HAHNDORF MEMORIAL INSTITUTE



POPMARKET.NET



from 10am-3pm. It features a wide variety of goods on offer including papercraft supplies, handmade greeting cards, fiction and non fiction books, plants, bakery items, jewellery, wooden items, chopping boards, sausage sizzle, freshly baked scones, candles, hand sewn items and entertainment by Sounds Familiar. Stalls change every month to ensure there is always something new for visitors. Tel: 0412 219 742 or email: lyndochcommunitymarket@yahoo.com.au



THE BAROSSA COUNCIL AND THE BAROSSA VISITOR CENTRE PRESENTS:  
FOOD, WINE, MUSIC &  
AUTHENTIC BAROSSA MADE PRODUCTS



1<sup>st</sup> Sep

Mannum Riverside Markets is an outdoor market and can be found on the first Sunday of the month at Arnold Park near the ferries from 9am till 2.30pm in Mannum.

The market has an eclectic mix of over 30 stallholders, showcasing the best that our region has to offer. You will find delicious food, artisan jewellery, fine local handcrafted items, plants, candles, fresh produce and much more.

Come and meet the people who make the products. Enjoy the atmosphere, chat to the locals, watch the buskers and then grab something to eat and relax on the lawns by the river.

The Mannum Riverside Market is proudly brought to you by the Mannum Visitor Information Centre.

## BAROSSA MADE MARKET

SUNDAY 8TH SEPTEMBER 10AM-2PM

2019 Barossa Gourmet Weekend

@ THE TANUNDA TOWN SQUARE

More info at the Barossa Visitor Centre 1300 852 982

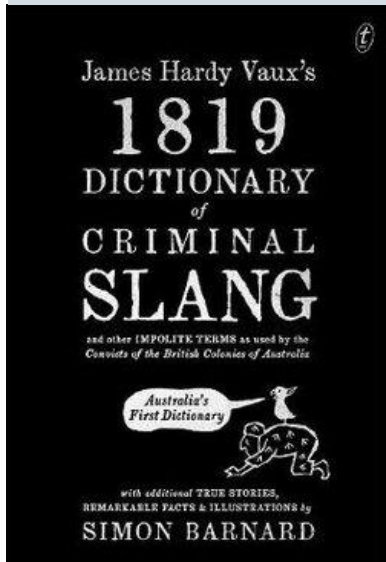
+ BAROSSA GOURMET WEEKEND 6 - 8 SEPTEMBER 2019

To take part in the Gourmet Trail, make sure you purchase your Gourmet Trail pass from your first winery or pre-purchase online to avoid the queues. The \$10 Gourmet Trail pass includes your souvenir glass and grants access to 13 Gourmet Trail events (subject to capacity). If you can't find a designated driver for the trails, why not book yourself on the LinkSA Gourmet Trail bus loop.

From generous breakfasts of sweet and savoury favourites and wine masterclasses, to comedy acts in the vines and four course Spring dinners, Barossa Gourmet Weekend is perfect for wine enthusiasts, foodies and families wanting to discover the Barossa.

# bits &

Books for Dad?



'A jolly romp across the carcass of corporate greed.'  
SAMMY J

**Daniel Ziffer**  
**A  
WUNCH  
OF  
BANKERS**  
A YEAR IN THE HAYNE  
ROYAL COMMISSION



So that's why the internet is slowww

**Rebekha Sharkie MP**  
9 Aug. at 4:44 pm

Believe it or not there are technicians working on NBN towers across the Hills, even in this weather! The work is part of a national program to upgrade wireless capacity. My office has been told that NBN wireless customers MAY experience intermittent outages in Crafers West, Meadows, Mylor, Scott Creek, Littlehampton, Kangarilla, Upper Sturt, Echu... See More

**NBN ALERT!**  
**TOWER  
UPGRADES  
CAUSING  
OUTAGES  
ACROSS  
THE HILLS**

The Barossa Council  
Public Library  
barossa.sa.gov.au

**MEET  
THE  
AUTHOR**

Meet the Author  
**Molly Murn**  
and her latest book  
**Heart of the Grass Tree**

Thursday 26 September  
6.30pm for 7pm start  
Lindsay Wine Estate  
15 Vine Vale Road, Tanunda  
Cost : \$5 includes supper

Bookings essential:  
Phone 8563 8440

Thinking about a book for Father's Day? Some good, meaty reads available – and there's always Star books! John has a great range of good, hardy-used titles to suit every Dad. Don't forget that Rose and Anne have a great selection of new books for sale in the Post Office.

**Australian  
Reading  
Hour**

Thursday 19 September, 2019  
readinghour.org.au

**Mess to Less Decluttering Workshop**  
Wednesday 18 September 6.30pm  
\$5 Nuriootpa Library

Learn to overcome the emotional obstacles and logistical issues faced when decluttering  
Turn your house into your haven  
Bookings Essential: 8563 8440

Helping people get organised  
**clearspace**

**EXCLUSIVE Dams open for fishing, kayaking by summer**

**RESERVOIR  
RODS**

**Coming this summer**

- Shoreline fishing
- Myponga Reservoir
- Expanded access and activities
- Warren Reservoir
- Bundaleer Reservoir

**FREE SCREENING  
AVAILABLE ON  
SUNDAY  
8TH SEPTEMBER 2019**

Lions Mobile Screening Unit  
at  
Hannay Crescent, Angaston  
APPOINTMENTS AVAILABLE  
Sunday 9AM TO 3.00PM

**BOOKINGS ARE ESSENTIAL**

**Mobile**  
PLEASE CALL TODAY TO SECURE YOUR  
APPOINTMENT  
Tracie Broad  
0407 715 791

Proudly sponsored by

## LIONS MEDICAL RESEARCH FOUNDATION (Incorporated in South Australia)

### FREE SKIN CANCER SCREENINGS

Lions are pleased to sponsor free skin cancer screenings at  
**ANGASTON**

A person's risk of skin cancer can increase with these following factors:

- A family member who has had a malignant melanoma. (Mother, Brother, Sister or Grandparents)
- Five or more moles (not freckles) on your forearms.
- Previously had moles removed that were not cancers
- Previously had skin cancer
- A mole or freckle, which is changing, size, colour or shape
- Fair skin that always burns rather than tans
- Had blistering sunburn as a child enough to stay off school
- Any inflamed skin sores that do not heal

A fifteen minute screening may SAVE our life

Screeners are health professionals, provided as a service to the by the Lions Medical Research Foundation.





## bits & bobs

A few volunteers in MP have done this course and we'd recommend it for any groups that provide food at events.

### Food Safety Short Course

Use hygienic practices for food safety SITXFS001



### How up to date is your food safety knowledge?

TAFE SA and your local Council are offering this accredited short course designed to help you increase your knowledge of food safety and to enhance the level of professionalism in your region.

This interactive course is appropriate for anyone involved in food handling.

Course covers:

- > Legal requirements of food safety
- > How to prevent food spoilage
- > Pests and waste control
- > Cause and effect of food poisoning
- > Food handling practices
- > Storage of food
- > Personal hygiene

For enrolment and further information contact TAFE SA:

Bianca Arkley  
TAFE SA Regency Campus  
Ph: (08) 8348 4662  
E: [foodsafety@tafesa.edu.au](mailto:foodsafety@tafesa.edu.au)



The Rural City of MURRAY BRIDGE

Rural City of Murray Bridge

Murray Bridge Council  
Mobilong Suite  
2 Seventh Street  
Murray Bridge SA 5253

Tuesday 1<sup>st</sup> October 2019

9.00am – 12.30pm

BOOK AT:

[https://www.tafesa.edu.au/xml/cookie/sc/sc\\_1468453843.aspx](https://www.tafesa.edu.au/xml/cookie/sc/sc_1468453843.aspx)

Fee Free

(Small Regional Community Funding Criteria applies)  
LIMITED PLACES AVAILABLE

**BOOKINGS ESSENTIAL**

[tafesa.edu.au](http://tafesa.edu.au)



CRICOS code: 00092B | RTO code: 41026  
Information current as at 2017



Just \$5 for the 2019/2020 Season of Little Athletics @ Torrens Valley!!

Yes you heard it right - use your Sports Voucher AND register prior to early bird closing date of 20th September and for primary aged, it's only \$5.



# BE YOUR BEST.



The Friends of the Old Cromer School House will be holding a car boot sale on Sunday 10th November from 8am to 4pm, at the school house. Spots are limited and Sue Streich is the person to contact for a spot 8568 2858, cost is \$10.

A sausage sizzle, soft drinks, tea and coffee will be available on the day, and we invite everyone to come along and buy some goodies! It's our first fundraising event, aimed at resurrecting the beautiful old school house to make it available for use.

The old school house is much loved in the community and we invite Cromer Community members to join our little group by contacting Pauline Williams: 0407 863 575.

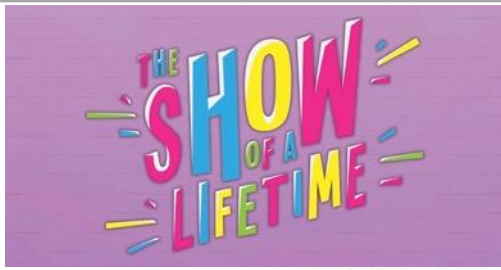


**Mt Pleasant Tennis Club**



Practice starts in September.

# community events



Royal Show  
'til Sunday  
8th Sept

the next  
*Sunday at the Barn*  
191 Bank Road, Sedan  
**1st September**  
*open mic - light meals available*  
*licensed bar - from 11am*  
**Happy Father's Day**

## Palmer Hotel



7 Sept: **Open Air Cinema**  
Palmer Hotel social Club presents The Lion King & Pirates of the Caribbean. Pirate theme fancy dress! Bring your chair, beanie and blanky for a fun filled evening. Dinner and 6 drinks included for all social club members. Stuffed hot potatoes, ice cream, fire roasted marshmallows and popcorn. \$15 dinner for non-members Bookings essential 85694054 or register at the bar \*weather permitting.

21 Sept: **Open Mic**  
Open mic's are an excellent opportunity for amateur and experienced artists to perform in front of a live and supportive audience. Everyone is welcome – 'thank you' drink for all performers. Free camping available.





**WHAT HAPPENED TO SUNDAY LIVE MUSIC**

**WHEN:** Friday 27th September 8.30pm til late

**WHERE:** Mount Pleasant Hotel  
43 Melrose Street, Mount Pleasant

**WHAT:** Live, acoustic music, cold drinks and chilled country vibes




@whathappenedtosunday




**Pizza Night - Fridays from 4-9!**  
Pizza/wine/banter.

**Cellar Door weekends**  
From 11-5 offering: wine, pizzas / platters & tastings. And during this cold winter, what is better than warming up in front of a blazing fire?

**(29th September)** The last Sunday evening of every month is **Rizz 'n Fizz!** An evening of step-by-step creative flow! All supplies & guiding artist onsite... includes take home canvas & complimentary platters. Edenmae wine is available by the glass/bottle!  
No artistic skill required :) \$45

We love functions and take private bookings for groups all the time. We even take private Rizz 'n Fizz bookings if folks can gather ten or more in a group :) See Michelle and her friendly staff at: Edenmae Estate – Eden Valley Rd, Springton. Tel 0409493407

# community events

**Springton**  
Primary School

**YEAR 7 CANBERRA CAMP  
FUNDRAISING DINNER AND  
DANCE**

3 Course Dinner of Italian Cuisine Cooked by  
Local Chef!



**WHERE**  
Springton Town Hall

**WHEN**  
Saturday 7<sup>th</sup> September 6 pm to 11 pm

**PRICE**  
Adults \$35 Kids \$ 20  
Byo Alcohol  
Soft Drinks for sale



Call to reserve your tickets/table today  
0413 353 966 or 8568 2254

**Entry \$2**

**MATERNITY, BABY &  
KIDS CLOTHES SWAP**

**Mt Pleasant Memorial Hall  
61 Melrose St Mt Pleasant**

**SATURDAY SEPTEMBER 7TH**

Drop donations off by 9:30am for sorting.  
Doors open at 10am for swap  
10am-12pm.

Bedding books      Clothes toys

For event info find us on Facebook  
Adelaide Baby n kids clothes swap  
group

<https://www.facebook.com/groups/586902955108775>

**Donate what you don't need.  
Take what you do need.**

**SA SPRING GARDEN FESTIVAL**  
- MOUNT PLEASANT -  
SATURDAY 21 SEPT, 2019

**MOUNT PLEASANT SHOWGROUNDS**  
Melrose St, Mount Pleasant

**8am-3pm**  
ENTRY: \$5/person  
CONCESSION: \$3 | CHILD(REN): FREE

Explore a great range of stalls featuring  
quality plants, garden furniture, decor  
and garden care products.  
Meet our guest speakers and uncover  
the secrets to a successful garden!

**SOPHIE THOMSON**  
SPECIAL GUEST  
SPEAKER

For more information or to become a stallholder, contact us:  
[saspringgardenfestival.com.au](http://saspringgardenfestival.com.au)  
[managempfm@bigpond.com](mailto:managempfm@bigpond.com)  
 like us @saspringgardenfestival  
 follow us @springgardenfestivalsa  
 0418 301 121

The SA Spring Garden Festival is  
proudly sponsored by and will be run  
in conjunction with the  
**MOUNT PLEASANT FARMERS MARKET INC**  
[WWW.MPFM.ORG.AU](http://WWW.MPFM.ORG.AU)

Supported by:  
  
  


## Mt Pleasant CFS Comedy Night

7.00pm on Saturday 14th September at the Soldiers Memorial



Rich Naberhood



Jason Chong



Mickey D



Kel Balnaves

**Due to popular demand, it's back, the funniest show in Mt Pleasant!!**

Get your friends and come and laugh the night away as 4 of Adelaide's multi award winning comedians keep you in stitches. Be entertained by Mickey D, Rich Naberhood, Kel Balnaves and Jason Chong

\*\*\* Rated M, not suitable for Children under 15 years due to language and adult content \*\*\*


Tickets just \$25.00. BYO drinks and supper. Tea and coffee provided.  
Tickets from <http://www.ticketebo.com.au/mtpleasantcfs> or at the Mt Pleasant Post Office



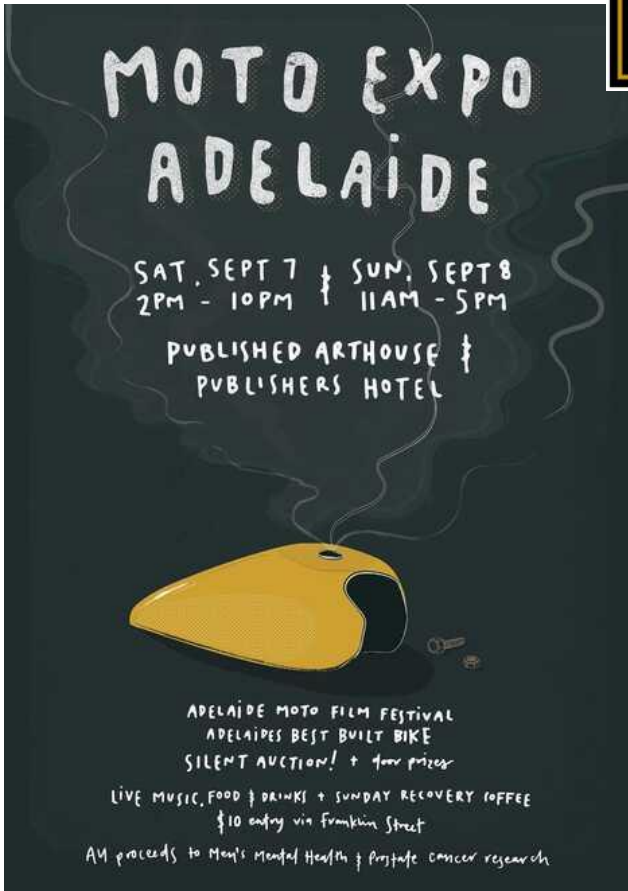
## Mt Pleasant CFS Comedy Night

7.00pm on Saturday 14th September at the Soldiers Memorial Hall

community & other events



**The GLENN MILLER ORCHESTRA**  
 FESTIVAL THEATRE Sun 29 Sep, 3pm | Book at [bass.net.au](http://bass.net.au) | 131 246



**MOTO EXPO ADELAIDE**  
 SAT, SEPT 7 2PM - 10PM † SUN, SEPT 8 11AM - 5PM  
 PUBLISHED ARTHOUSE † PUBLISHERS HOTEL  
 ADELAIDE MOTO FILM FESTIVAL  
 ADELAIDE'S BEST BUILT BIKE  
 SILENT AUCTIONS! + more prizes  
 LIVE MUSIC, FOOD & DRINKS + SUNDAY RECOVERY COFFEE  
 † 10 entry via Franklin Street  
 All proceeds to Mont's Mental Health † prostate cancer research



Gawler Veteran, Vintage and Classic Vehicle Club  
 Presents

**Gawler Mega Swap Meet Show & Shine**




Limited to 50 Entrants only  
 People Choice prizes, awarded  
 Total prizes to be won to the value of \$600.00  
 1<sup>st</sup> Prize winner will also receive a painting of the winning vehicle painted by our very own artist Bruce Williams value \$\$ priceless  
 Gawler Showgrounds  
 Nixon Tce. Gawler S.A.  
**Sunday 22<sup>nd</sup> September 2019**



Gawler Environment Centre proudly presents the  
**Sustainable Living Festival 2019**  
 Sun 27 October / Pioneer Park, Gawler, 10am-3pm



**ANDY'S AMAZING ADVENTURE**  
 LIVE ON STAGE  
 TOURING SEP / OCT

When: 29<sup>th</sup> of September  
 Where: Thebarton Theatre  
 Cost: Up To \$48 a Ticket  
 Website: <https://www.livenation.com.au/artist/andy-s-amazing-adventures-tickets>

Inspiring presenters



**Mademoiselle Bee**  
 Basic beekeeping



**Simon Bryant**  
 Tasters with local produce!



**Niki Wallace**  
 Almost Zero  
 Rethinking rubbish

Plus workshops, kids activities, community stalls, local musicians, food vans and lots of family fun!

Supporters:  
 Gawler Environment Centre  
 08 8215 4620  
[www.gawlerenvironmentcentre.org.au](http://www.gawlerenvironmentcentre.org.au)  
[coordinator@gawlerenvironmentcentre.org.au](mailto:coordinator@gawlerenvironmentcentre.org.au)  
 Riverdell  
 Government of South Australia  
 Adelaide and Mount Lofty Ranges  
 Natural Resources Management Board  
 Gawler



**Lah-Lah** Having Fun!

When: Sunday 22nd October, 2017 at 10 am  
 Where: Norwood Concert Hall  
 Bookings: 1300 788 028

**Kapunda Show**



S.A. Premier Agricultural & Horse Show  
**Kapunda and Light**  
 Agricultural Society Inc.  
**26<sup>th</sup> October**

coming



**supanova**  
comic con & gaming



**NOV 1-3**  
ADELAIDE

**NOV 8-10**  
BRISBANE



**BUY TICKETS HERE**




Palmer Hot Rods - 6 Oct



**SUNDAY 20<sup>th</sup> OCTOBER 10 am 'til 3pm**

# 10<sup>th</sup> Annual Springton Spring Fair


**Springton Town Hall & Village Green**

morning & afternoon tea, delicious home baked food, local winery, regional cheese, local brewery, live music, country BBQ, animals & children's activities, plants & preserves, psychic, gifts ideas, homewares, market stalls, fashion & accessories, vintage cars, machinery displays, mega raffle & much more!

fundraiser brought to you by  
**Springton Progress Association Inc**  
for details call Michelle 040 949 3407 or Rosie 0431 355 702



CELEBRATING 12 YEARS




2019


## Antiques & Collectables Fair

Sat 10 - 5  
**Oct 12**  
Sun 11 - 3  
**Oct 13**

**Woodside InSTITUTE**  
**Woodside School**

\$8 admission, complimentary tea/coffee  
Three jam-packed venues  
Appraisals, Wine Tasting and Sales  
Catering & Entertainment  
Traders enquiries 0417 880 735



**Rotary**  Lobethal based  
**ONKAPARINGA CLUB**

[www.onkapingarotaryclub.org.au](http://www.onkapingarotaryclub.org.au)

Supporting flood relief



Anlaby Open Garden – 19 Oct



**Medieval & Steam Punk Fair**  
Gladstone Gaol, 12 & 12 Oct

### Anything coming up?

Let us know: [info@mountpleasant.sa.au](mailto:info@mountpleasant.sa.au)




**TOP OF THE TORRENS THEATRE GROUP INC.**  
Presents

## MURDER AT THE MANOR

The World premiere of a Comedy with Music  
November 23, 24, 29, 30 & December 1 2019  
**SAVE THE DATES!**

# September calendar

12  
Sept

## Events

It's time to ask R U OK? if you have noticed a change, no matter how small

If you have noticed these signs, it's time to **Trust the Signs, Trust your Gut and Ask R U OK?**

WHAT  
ARE  
THEY

SAYING?

Do they seem:

- Confused or irrational
- Moody
- Unable to switch off
- Concerned about the future
- Concerned they're a burden
- Lonely or lacking self-esteem
- Concerned they're trapped or in pain

WHAT  
ARE  
THEY

DOING?

Are they:

- Experiencing mood swings
- Becoming withdrawn
- Changing their online behaviour
- Losing interest in what they used to love
- Unable to concentrate
- Less interested in their appearance and personal hygiene
- Behaving recklessly
- Changing their sleep patterns

WHAT'S  
GOING ON  
IN THEIR

LIFE?

Are they experiencing:

- Relationship issues
- Major health issues
- Work pressure or constant stress
- Financial difficulty
- Loss of someone or something they care about

Date	Event	Details
7, 14, 21 & 28	MP Farmer's Market	8-12, Saturday @ Talunga Park
1	Father's Day!	All day - wherever you are
1	Mannum Riverside Markets	From 9am, Arnold Park, Mannum
7	Maternity, Baby & Kids clothes swap	10-12, SM Hall
8	Sunday @ the Barn - Open Mic	From 11am, Old Barn @ 191 Bank Rd, Sedan
14	CFS Comedy Night!	7pm Soldiers' Memorial Hall
14	Lyndoch Community Market	10-3, Lyndoch Institute
17	Palmer Hotel Open Mic	Palmer
21	Spring Garden Festival	8-3, Talunga Park
29	Rizz 'n Fizz - Edenmae	(see Community Events)
29	Community Dinner	From 6pm, Talunga Park Pavilion

## Meetings

Committee / Group / Organisation	Details
CFS Training	Every Tuesday @ 7pm
CWA	1 <sup>st</sup> Tuesday, 1.30pm @ Soldiers' Memorial Hall
CWA Craft Group	1 <sup>st</sup> Tuesday, 10.00am @ Soldiers' Memorial Hall
Community Dinner Group	1 <sup>st</sup> Tuesday, 6.30pm @ Soldiers' Memorial Hall
Friends of the Mount Pleasant Hospital	10am, 2 <sup>nd</sup> Tuesday in month
Men's Shed	Open Monday & Wednesday from 9am. Social Night - second Friday in month
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 <sup>nd</sup> Tuesday @ MPNRC
MP Show Society	2 <sup>nd</sup> 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 <sup>nd</sup> & 4 <sup>th</sup> Friday @ MP Library
Red Cross	Bi-Monthly, 1.30pm, 4 <sup>th</sup> Thurs @ SM Hall
RSL Social	3 <sup>rd</sup> Tuesday - Social gathering
RSL Meeting	Alternate month, last Sunday - Bi-Monthly meeting
SM Hall VAC	7.30pm, 4 <sup>th</sup> Monday @ SM Hall
Writer's Group	Please email: mrdonblataceaser@gmail.com

### Newsletter:

Newsletters are published at the beginning of every month, and 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](http://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 or  
e: [info@mountpleasant.sa.au](mailto:info@mountpleasant.sa.au)  
[mountpleasant.sa.au](http://mountpleasant.sa.au) or  
mpbeat on Facebook