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Australia Day

Community Awards

The Mount Pleasant Community Association Inc. hosted their annual 'Breakfast in the Garden' on 26th January 2020. The morning started off misty and foggy, but by the time people were sitting down to a hot breakfast cooked by the Men's Shed, it was warm and sunny. Proceedings began with our MC Murray Henderson giving the Acknowledgement of Country, and the flag raising, which was performed by cadets and members of the Mount Pleasant CFS whilst our National Anthem was sung. The On the Edge Choir – without which no Mt Pleasant event is complete - followed with a bracket of traditional Australian songs including a wonderful arrangement of 'Waltzing Matilda', finishing with 'I Still Call Australia Home'.

Councillor Don Barrett read a prepared speech from The Barossa Council's Mayor, Bim Lange, also mentioning the contribution made by council this year. He then presented the award for 'Best Event' – which this year went to an event that almost didn't happen.

The award for 'Citizen of the Year' was an extremely popular choice.

The CFS were given a 'Community Award', and will receive the profits from this Australia Day breakfast, and Murray read out some statistics from just the last year, where our CFS has been called to assist. It was certainly an eye opener for those present, and when it was pointed out that in the last month the callouts totalled almost more than the whole of last year, it was very sobering. Hartley Ramm accepted the Community Award on behalf of Captain Glynn Jackson and the MP Brigade. Our town Poet – Peter Wilde himself a serving CFS member - then read a poem he'd written after his deployment to Kangaroo Island. He spoke of the poignant and sometimes funny things that happened, finishing with his plans for a trip back there to help with his 'tourist cash'.

Our wonderful Australia Day team never lets us down, and today was no exception. The awards have been going since the early nineties, and the same volunteers have been putting it on, with a few changes over the years. Thanks to Michael and Margaret, Bill and Barb, Kath and Les, Paula and Bill and all the others for their seemingly effortless support and good humour. Many thanks also to Pete Stephens and his crew for providing the sound. With these dedicated people in our community Mount Pleasant continues to have a bright future.



Coming up in March:

Our Show!



Message from the Mayor

Good morning, and a warm welcome to all of you on this special day of national and community celebration. Ours is a close-knit and compassionate community, which is why it's no surprise that we are also a community of helpers.

Many of you here today wear a variety of volunteer hats, and it brings me great pride to know that almost 30% of our community are volunteering in some capacity – a rate 10% higher than the greater Adelaide area.

Our region is certainly richer because of this, and it gives me great pleasure to see some of these remarkable people recognised publicly today.

In light of recent events locally and nationally, I think it's also important to recognise the remarkable service, generosity and compassion of volunteers working at the coalface of the devastating bushfires around our state and nation.

May we pause and recognise that for many Australians, today may not be a day of celebration. We know many people are doing it tough.

But we also take comfort in the fact we are a nation of helpers. I have no doubt that through volunteer effort, we will rebuild these communities and the people who call them home.

So this Australia Day, I ask you to join me in pausing to reflect, but also to celebrate those things and those people that make our country the great place it is.

Bim Lange –The Barossa Council



Above: Genevieve Hebart accepting the Best Event Award on behalf of the Market Management and stallholders.



Something for everybody!



Best Event for 2019

The award for Best Event 2019 has been won for various events in the last few years, and this year there were a few contenders. The Spring Garden Festival continues to grow in size, with attendances pleasing and a large and varied number of stallholders. Now if only the weather would cooperate! Sam Schultz and her family continue to raise money for the Variety Club and last year put on a hugely successful Quiz night, which was hard fought and packed to the rafters. Our fantastic Show continues to be prominent in the Country Show Calendar and without the contributions of a group of very dedicated people might have gone the way of a few others. By the way, Vicki's always looking for volunteers to be stewards and generally help with setting up, etc.

But this year, the award has been given to an event that didn't quite go to plan. The Farmers' Market has been about for 8 years (in February), and in that time has built a solid reputation within and outside the district, and the Twilight Markets are a huge highlight. Last year, as you know, the night the market was due to take place the weather conditions were the worst in decades, and the Cudlee Creek fire was wreaking destruction. There was no option but to postpone, but as it was the last one before Christmas, the dilemma was what to do? People were depending upon this market to stock up, and there was the added complication of a rapidly filling Caravan Park with people who were escaping fire zones. The decision was made to hold it the next morning, when the weather was a lot milder, and the wind had died down. Sadly, not all the stallholders were able to make it, but those who did were amazing. As Manager Genevieve Hebart put it, "it was the most emotional Market we've ever had." Our Caravan Park next to the Market precinct was bursting at the seams with evacuees, and many had fled without money, so the Market stallholders opened their arms and many received hot, cooked breakfasts at no cost. To compound the issue, there was no ATM and no mobile coverage. (Our thanks go to Anne and Rose from the Post Office who opened on that day and provided a banking service.) We thank the Management and Stallholders of the Mt Pleasant Farmers' Market for their response to the recent catastrophe, and hope the Market continues to play an important role in our community for many years to come. The Farmers' Market Management and Stallholders were commendable recipients.

Citizen of the Year

Just like a family, a village is made up of individuals. In order for the family / village to function well, people need to work together. So many of the people in this town carry on with their daily lives not thinking about those community members who support them, who provide a service that we all take for granted. Some of these people are in paid jobs which means that they are the people who everyone asks for assistance. Some like Dave Mac, just seem to have all the answers, but even Dave was pushed to the limit when his already full caravan park was suddenly overflowing with evacuees. Dave responded brilliantly (as we have come to expect of him) and we thank him for that. John Bowd is another who springs to mind – as he's the one we all turn to

when something needs to be done yesterday! There are also volunteers like Murray and the other blokes from the Men's Shed, who seem to be everyone's 'go to' mob. Then there's Di and the ladies from the CWA, and Margaret and her team from Red Cross, and Virginia and the Friends of the Hospital, and of course Kath – who's in everything! All of these groups and individuals make up a thriving, energetic town. But some people really slip under the radar. There are a few people in this town who go about their business, quietly helping, providing services, doing favours, all without fanfare. We might not notice them in a crowd, but we'd sure notice them if they WEREN'T there! Our recipient for the Citizen of the Year 2019, is Mark Wilksch.

Mark was nominated because of his selfless attitude, his generosity, kindness and amazing sound engineering skills. He is probably one of the quietest members of our community, but definitely one of the most invaluable. Chris Hebart accepted the award on Mark's behalf and had us all laughing with references to Mark's uncanny ability to find anything in his goldmine of a shed – except once. After the presentation was over many were heard referencing Mark's charity, cheerfulness and helpfulness.



Pictured above: Chris Hebart accepting the Citizen of the Year Award on behalf of Mark Wilksch.

*Right from top: CFS members raising the flag, the On the Edge Choir, a section of the crowd, Hartley Ramm accepting a **Community Award** on behalf of the CFS, and Peter Wilde, reading his poem 'My Island Holiday' (See Pete's page for a reprint of this, plus a bonus poem to lighten the mood...)*

A huge Thank You once again to (Captain) Glynn Jackson who provided the great pictures from the event. If you want to see more of Glynn's work, head to the MP CFS Facebook page.

How to help?

Recently there has been a lot in the 'news' and on social media about issues concerning Red Cross' handling of monies donated for the Bushfire Appeal. Red Cross Australia has come out and explained the process of assistance and reminded people that this will be an ongoing process, possibly for years to come. Governments of all persuasions and levels have endorsed the Australian Red Cross, as well as St Vincent de Paul and the Salvation Army as groups they will work with. Sadly some people have seen fit to issue threats for perceived mismanagement without learning the facts, and Red Cross were forced to close down social media accounts and take other measures recently in order that the Police deal with the issue.

Please take note of the official guidelines, and if you wish to donate, or help in other ways, do so and feel confident that your efforts will help those who are struggling – not just in the immediate future – but also for those days, weeks and months ahead.

As always with social media – and sometime with mainstream media – there are stories we call 'click bait'. They are the sensational headlines that encourage outraged people to click on them, and lead them sometimes into places they might not wish to go. Think carefully before you trust something that seems wrong – as it probably is.

Mistakes may be made, but the situations we are currently experiencing are (I hesitate to use the word) unprecedented, and those who are used to dealing with trauma are still the best people to do it.

Be kind.



Many of you will be familiar with Angela Nabb (*pictured above right with Maxine Bradley*). She's a regular volunteer at the Community Dinners and the Farmer's Market. But did you know that Angela's former occupation was that of a hairdresser?

Which makes it even more amazing when you find out that Angela is part of the 'World's Greatest Shave' and will be fronting up to have all her hair shaved off at the Farmers' Market on the 21st March. Angela has some personal reasons for doing this, and she hopes we will all get behind her and support her and others who are part of this great event to fund research to defeat blood cancers.

You will be able to support Angela online – just ask her how when you see her at the market.



Men's Shed

January exploits

Like most small organisations things tend to slow down over the Christmas/New Year period and the MPMS is no different, however now that two months of summer are behind us, things are back to normal with the Shedders. With development and building approvals in place



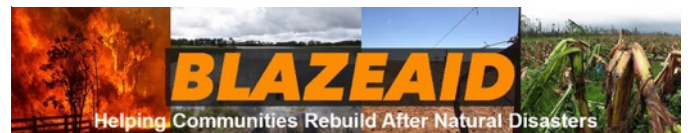
members have been working on the shed extension, the framing has been erected along with rafters and purlins. It won't be long before the concrete floor is poured followed shortly after by the erection of the roof and walls. Once built the extension will be a much-needed storeroom so that the workshop can be a workshop, and not a dumping place for all and sundry.

Thank you to the Farmers Market for allowing us to undertake gate duties during the month of January, it was a most enjoyable experience and one we look forward to as we meet many interesting people coming through the gates. As luck would have it, we managed to score our local Federal MP Mr. Tony Pasin, touring the region after the devastating Cudlee Creek bushfire. Thank you, Tony for making the effort to come all the way from Mount Gambier and support local traders and listen to electors.

To pay for the extension of our shed we need money, and to that end we thank The Barossa Council for engaging our services in the removal of 10 large pine trees at the Nuriootpa Centennial Park. This job would not have been possible without Harry Bryant undertaking the tree cutting, thank you Harry, with your qualifications and experience you are a wizard with a chainsaw. With the trees gone The Barossa Council can now get on with the next phase of the Big Project.

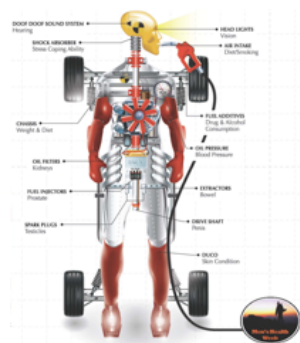


Pics clockwise from top left: Working on the extension, cutting the pines at Nuriootpa, Murray, John & Kim preparing food for BlazeAid, the BlazeAid workers.



Earlier I touched upon the Cudlee Creek fire, now that the fire is out people are trying to re-establish their lives. BlazeAid have established a base at the Lobethal Sporting complex and each day a band of willing workers go out and rebuild fences. To assist these people in their tasks, a group of Men's Shed members recently attended the Lobethal Sporting Complex and catered for approximately 60 Blaze Aid workers. They were most appreciative of a meal that they did not have to cook themselves after a hot day, erecting fences. Thanks to BlazeAid for their efforts, they are much appreciated.





Healthy Agenda

The last fortnightly meeting for January was followed by an excellent presentation by Lisa Lawton, on continence. This is the second time that Lisa has attended our shed and should any group what an excellent health related presenter then it would be hard to go past Lisa.



Now that school has resumed several of our shedders will resume woodworking classes with the Year 7 students from the local Primary School. Such interaction keeps our members young and passes on some of the practical woodworking skills that our members possess. To conclude, just remember all work of the shedders is done 'Shoulder to Shoulder'.



Food and Film night

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



mt pleasant walkers

8am Mondays, Wednesdays & Fridays

call Murray - 0439 385 291



John's working on another corrugated creation – the time it's Simpson and his Donkey – for the RSL.

Be Connected

Sessions will continue on every second Monday from 10th February, with a few issues being addressed and some problem solving. Please let us know if you need something specific and we'll do our best to be prepared so we can best help you.

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



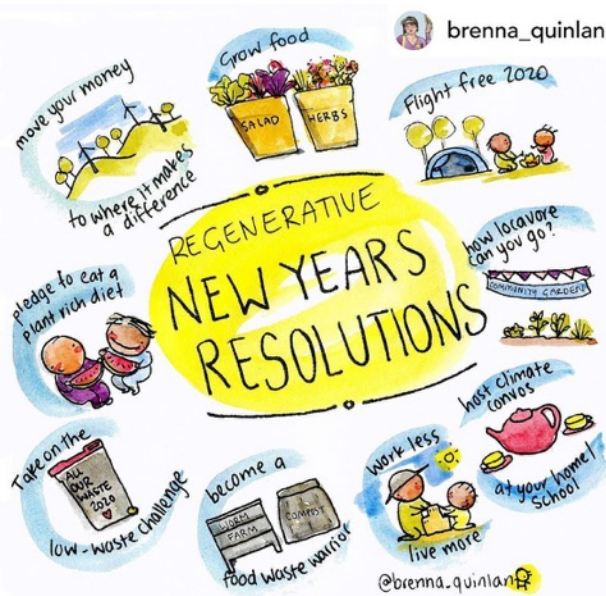
The Men's Shed is open Mondays & Wednesdays from 9am, and we welcome all visitors. For information please contact: Murray – Chairperson – 0439385291 or Gareth – Secretary - 0430026993



Recreate



Saturday
1st
February
2020
8am - 12 noon



Repair Café

Tea Tree Gully Library
Saturday 8th Feb from 10am to 3pm
Don't throw it away - get it repaired! The Library is hosting its first ever 'Repair Cafe' in February, a new initiative that aims to fix stuff to save more waste going to landfill, and allow our community to get to know one another. Our team of fix-it volunteers will include:
Jihad - mechanical repairs
Kanchana- general repairs and bike maintenance
Heather – sewing
Men's Shed - furniture repairs
George – woodwork
Peter - wooden toys, basic upholstery
Iwona - sewing, darting painting, gluing (shoes, breakable stuff), fabric
So if you've got something - and it's broken - but you think it can be fixed, don't toss it - let's fix it! Free event.



Farmers Cookbook
will be for sale
from market administration desk
\$30 each



Important Market Dates for your diary

Market Closed Sat 21 March 2020 due to the Mt Pleasant Show
Easter Twilight Thursday 9 April 2020 Easter
Market Closed Sat 11th April 2020 due Easter Twilight
Market Closed Sat 25 April 2020 due to ANZAC Day holiday
Saturday 19 September 2020 SA Spring Garden Festival

What else can we do other than give a monetary donation?

The Upper Torrens Landcare Group is asking for volunteers to grow seedlings for the major re vegetation when it begins. Volunteer growers will be given a tray/or trays of seeds and will be asked to water till the seeds germinate (takes about a month) then pots & potting mix will be provided for you to pot up and nurture till ready.

Interested? Email Kym at torrenslandcare@gmail.com

Pete's poem

My Island Holiday

We're on deployment to K.I.,
the CFS, the Army, MFS and I,
Camped at Kingscote airport, in the stubble and the sand,
Catered for by The Salvos, (God Bless 'em), and coffee on demand.
The wind scours 'cross the runway, under the flap of my tent,
The mattress is full of sand, the cot frame badly bent.

The generators run all night, I guess that MUST be so,
But we're all awake in any case, as the night shifts come and go.
It's bacon and eggs for breakfast, and God-knows-what for tea,
Cold water in the showers, all a bit tough for me.
Then, after the morning briefing, we roll out to explore,
With Daniel, Emma, the lads and me, in Shake and Bake 34*.

The Playford Highway's sealed and black, with road-kill ev'rywhere,
I steer around them with the truck, but the road-kill doesn't care.
Onto Bark Hut Road we cruise, looking for signs of smoke,
And the crew is filled with fear and dread, of one more Grandpa joke.
The Bulk Tanker crews are settled in camp chairs beside the track,
They're full of crap as they see us off, knowing we'll soon be back.

This is Kangaroo Island cruising, surprise heaped on surprise,
With soot, and smoke, and desolation, assaulting weary eyes.
But there's smiles when we hit the mess tent, where the Salvos do their stuff,
"Have an extra helping mate, make sure you eat enough!"
We can flush our eyes with the Ambos, (Bless 'em), and have our small wounds
dressed,
We're lacking some home comforts, but the care's the very best.

So as I lie back on the rain-damp cot, with home thoughts in my head,
I might have holidayed in K.I., but it's Tassie now instead.
Then I reviewed that flawed decision, it was selfish, somewhat rash,
The Islanders are welcoming, plus - they need the tourist's cash.

I've had one visit this year, my CFS deployment,
And I plan to bring my darling back, to heighten my enjoyment.
Although the Island's mostly scorched, in shades of grey and black,
Someday, the rains will turn it green, and THAT'S when we'll be back.

Pete – the peripatetic poet



February, 2020

To Stay, or to Go?

Kangaroo Island was ablaze,
The wild-life in distress,
The water sources mostly gone,
the whole place was a mess.
All the native animals,
Were struggling to survive,
With just a small percentage tipped
To barely stay alive.
Out on Bark Hut Road,
On the Island's Northern side,
Lived Daddy Brush Tailed Possum,
And his Brush Tailed Possum bride.
After weeks of deprivation,
And strife beyond belief,
They decided to take a holiday,
Though it would be very brief.
They decided, regretfully,
That Bali was out of reach,
But they could, with luck just manage,
A few days at the beach.

Time would not enable them
to journey far away,
So it was an easy option
To visit Vivonne Bay.
The sun scorched down all through the day,
But that was quite alright,
As Possums are nocturnal,
And just come out at night.
So off they went to Vivonne Bay,
By the light of a Summer moon,
And frolicked in the beach-side scrub
Along a sandy dune.
The glorious week sped quickly past,
Too soon, it was time for home,
Only to find the CFS
Had filled their tree with foam!!!
So even when life seems too tough,
What with embers, ash and soot,
It's sometimes best to run away,
But occasionally, to stay put.



Congratulations & Celebrations

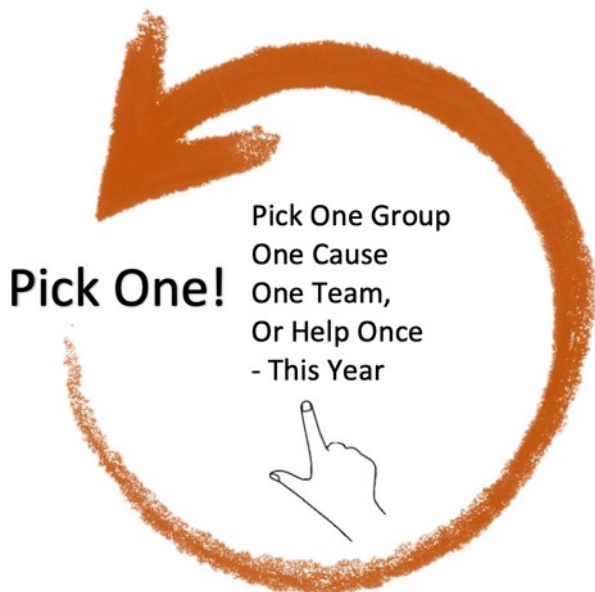
★ HAPPY ★ BIRTHDAY!



Heather Reekes-Parsons – pictured on the right at a Red Cross event, recently celebrated her birthday with friends at a morning tea.

CONGRATULATIONS

Congratulations to the Men's Shed group which will celebrate the official opening of the shed, two years ago on the 14th February.



THANK YOU

Day Care Thank You

The Mt Pleasant Hospital Day Care Centre had a Pop Up Market on Wednesday 29th and then provided a Morning Tea as 'Thank You' to the exercise group for their donation.

The exercise group meets every Thursday at 10 am in the Pavilion. (Cancelled if temp forecast 35 and over)



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

Clubs & Committees

MPCA Inc

After a great Street Party and Australia Day celebration, we think it's time for a break. We'll be back on board planning for the next street Party and Parade in April – although we'll have a meeting between now and then. In the meantime, if you'd like to join us, please contact us via this newsletter. We'd love to have you!



Street Party Group

Although the Street Party planning doesn't start happening until April we finally finished putting the last of the photos on the Facebook page. If you'd like a higher resolution photo of any of the pics (there were some great ones with Father Christmas) please contact us via this newsletter and we'll pass it on.



RSL News

The 2020 schedule has been released. Please feel free to come along and join us. We welcome past and present serving members, but you don't have to have been a serving member to be a part of the RSL.



MOUNT PLEASANT RSL SUB-BRANCH MEETINGS 2020

Date	Meeting	Time
7 January	Tuesday Monthly Social gathering	7.00pm
2 February	Sunday Bi-monthly meeting	5.00pm
4 February	Tuesday Monthly Social gathering	7.00pm
3 March	Tuesday Monthly Social gathering	7.00pm
29 March	Sunday Bi-monthly meeting	5.00pm
7 April	Tuesday Monthly Social gathering	7.00pm
5 May	Tuesday Monthly Social gathering	7.00pm
24 May	Sunday Bi-monthly meeting	5.00pm
2 June	Tuesday Monthly Social gathering	7.00pm
7 July	Tuesday Monthly Social gathering	7.00pm
26 July	Sunday Bi-monthly meeting	5.00pm
4 August	Tuesday Monthly Social gathering	7.00pm
1 September	Tuesday Monthly Social gathering	7.00pm
27 September	AGM & Sunday Bi-monthly meeting	5.00pm
6 October	Tuesday Monthly Social gathering	7.00pm
3 November	Tuesday Monthly Social gathering	7.00pm
29 November	Sunday Bi-monthly meeting	5.00pm
1 December	Tuesday Monthly Social gathering	7.00pm



The CWA Calendar and Tea Room Roster are out now. Please see Kath for your copy. Don't forget – the first meeting is 3rd March at 1.30pm. Craft group meets at 10am.

Red Cross



Although the last meeting was unable to be held because of the extreme weather, planning is well underway for the Garden party at Glen Devon. If you need to know anything, or unsure what you need to do, please contact Margaret or Kath.

Glen Devon Garden Party

'Glen Devon', Glen Devon Road, Mount Pleasant – follow the signs
10am Tuesday, 11th February \$8 donation
 Devonshire Morning Tea, Trading Table & Raffle.



Throughout the decades, the Australian Red Cross has been there to help people in need and this valuable service continues to this day. The Mt Pleasant Branch of the Australian Red Cross has given more than 80 years of service to our community. During the day the branch will be collecting for the S.A. Bushfire Appeal.

Gardening Australia presenter Sophie Thomson has been a regular guest at the Glen Devon Garden Party for over 20 years, and she will again be on hand to lend her wit and wisdom to the occasion. We invite you to come along and enjoy this wonderful event with us.

Enquiries: 85682294 or 0403012339

Humanity Impartiality Neutrality



Community Dinners

At the last Community diner for 2019, we were updated about the purchases the Dinners group has made with monies raised since the kitchen was completed.

Items purchased include:
 exterior roller blinds for the kitchen at the pavilion
 A new oven
 A trolley

They are also planning on installing ceiling fans in the Pavilion, as the cost of air-conditioning is prohibitive at \$22,000

The group also paid the Men's Shed blackboard to be refurbished at hall

Next dinner is the last Sunday in March.



Mt Pleasant Netball Club 2020

AGM & Registration Day

We invite you to our AGM

and 2020 winter registrations.

Please join us for a family fun day

at the Mt Pleasant Bowling Club.

Sausage Sizzle and bar facilities will be available.

Come and have some fun with a game of bowls.

Sunday 2nd February @11.30am

For further information contact Mel Freeman

0439879823 or mtpnetballclub@gmail.com

Hope to see you there!

Bits & Bobs



Saving South Australia's Wildlife
www.faunarescue.org.au | info@faunarescue.org.au

Are you in a bushfire impacted area?

Has wildlife returned but there's no food?

Fauna Rescue can help – AT NO COST TO YOU

Here's how ...

Fauna Rescue of SA Inc will assist wildlife in fire damaged areas in the Adelaide Hills and, where possible, on Kangaroo Island. We can assist with:

1. Arranging food drops where wildlife is present but food is limited or non-existent, until regrowth occurs.
2. Supporting property owners who have sighted populations of wildlife on their land and would like assistance to feed them.
3. Supplying and installing feed stations and water stations (if needed) for a variety of native animals.
4. Installing temporary shelters for wildlife ie possum and bird boxes.
5. Rescuing injured, orphaned or sick wildlife.
6. Supporting people rescuing and rehabilitating wildlife.
7. Possibly contributing to re-vegetation projects.

Please email Fauna Rescue of SA Inc for assistance at info@faunarescue.org.au



SA BUSHFIRE GARDEN REVIVAL COLLECTION POINTS

BALAKLAYA	Sonja	0438 826 532
BLACKWOOD	Zoe	0433 670 752
BLAIR ATHOL / SCHOOL	Tom	0410 543 474
BLYTH	Trish & Craig	0428 224 976
DAVERON PARK	Cynthia	0477 095 732
GLYNDE	Jacqui	0412 243 226
GOLDEN GROVE	Helen	0417 844 294
KERSBROOK	Nicole and David	0418 893 268 / 0417 847 143
KLEMZIG	Rachel	0422 472 772
LOVER EYRE PENINSULA	Kerryn	0498 387 961
MAGILL	Karen	0423 975 147
MENINGIE	Marianne	0437 320 779
MOANA	Kylie	0413 265 065
MT COMPASS	Pamela	0448 081 611
ONKAPARINGA HILLS	Peta	0407 660 317
OVINGHAM	Claire	0407 340 086
PT ELLIOT	Wendy	0410 279 903
SUMMERTOWN	Kate	0439 826 871
TROTT PARK	Kristy	0413 565 469
UNLEY	Lorraine	0412 648 486
UPPER HERMITAGE	Yicki	0411 808 592
WATERVALE	Eddy	0459 349 908
WATTLE FLAT (YANKALILLA)	Marcia	0434 493 470
WEST LAKES	Rose	0419 807 896
YATTALUNGA (ONE TREE HILL)	Lorna	0408 801 162

The Adelaide Remakery



18-28 Young St, Adelaide, South Australia 5000

Wednesday, 5 February 2020 from 10:00-18:00, & every Wednesday – last one May 24th

We declare Wednesdays to be Wildlife Wednesday at The Adelaide Remakery for as long as the Animal Rescue Collective South Australia

needs items to be made. On Wildlife Wednesday, you are welcome to come into our workshop space to make + to learn how to sew or knit or crochet + to use our tools, equipment and materials. FAQs:

- * You don't need to tell me you are coming.
- * There are no classes, just people around who know what they are doing.
- * Grab materials and go OR stay and make in our workshop area - up to you (and subject to space)
- * We DO take donations of materials of all kinds.
- * Children are welcome but we DON'T have anything else for them to do and they will need to be supervised at all times. There is also limited space and the workshop area may not be the safest place for small humans.
- * We are NOT a drop off point for the end product. That is up to you to organise.
- * We are ONLY helping you make for @Animal Rescue Collective South Australia by providing the place, the materials, and the tools if you want to help but don't have the funds, tools or know how. It would be great if you came in already knowing what you wanted to make and have your own access to the patterns they want you to use.



The Seniors exercise group meets every Thursday at 10 am in the Pavilion. (Cancelled if temp forecast 35 or over)



ABC TV, FM, AM, Digital Radio Frequencies

abc.net.au/reception

Coverage is approximate and will vary with terrain and receiver type.

Note: (M) = Marginal reception

SA

	Digital TV (UHF or VHF)	Local Radio		RN		triple j	Classic FM	NewsRadio		Digital Radio
		AM	FM	AM	FM			AM	FM	
Adelaide	12/39	639/891	-	729	-	95.9/105.5	97.5/103.9	97.2	-	✓
Andamooka	7	-	105.9	-	107.5	-	-	-	-	-
Angaston	-	639/891	-	729	-	-	-	97.2	-	-
Balaklava	12/43	639/891	-	729	106.7	103.5/105.5	103.9	97.2	102.7	-
Bordertown	(38)/42	891/1161	-	729	95.7	-	-	-	-	-
Burra	35	639/891	-	729	(106.7)	(103.5)	-	97.2	(102.7)	-
Cape Jervis	(12)	639/891	-	729	-	-	-	97.2	-	-
Caralue Bluff	47	693	-	729	-	-	-	-	-	-
Carrickalinga	-	891	-	729	-	95.9	103.9	97.2	-	-
Ceduna/Smoky Bay	39	693	-	-	107.7	-	-	-	-	-
Clare	(12)/(43)/47	639/891	-	729	106.7	103.5	(104.3)	97.2	102.7	-
Coffin Bay	44	693/891/1485	-	729	-	-	-	-	-	-
Coober Pedy	7	-	106.1	-	107.7	-	-	-	-	-
Cowell	36	639/891	-	729	(106.7)	(103.5)	(104.3)	97.2	(102.7)	-
Craigmore/Hillbank	39	639	-	729	-	105.5	103.9	97.2	-	-
Crystal Brook	43	639	-	729	106.7	103.5	104.3	97.2	102.7	-
Cummins	30	639/891	-	-	101.9	-	-	-	91.5	-
Ellistown	-	693	-	729	-	-	-	-	-	-
Eudunda	(12)	639	-	729	-	-	-	97.2	-	-
Flinders Ranges	-	639	-	729	-	-	-	-	-	-

Bits and bobs



Mount Pleasant Dance Group Charity Dances 2020

Dances will be held on Sunday afternoons, in the Mt Pleasant S. M. Hall, 1:30pm to 4:30pm. Tea & coffee on tap.

A plate of afternoon tea to share, please.

Admission - \$8-00 CD Music

February 2nd, April 5th & June 7th

August 7th "Come as you are dance"

7-10:30pm. Admission \$5-00. Supper supplied.

August 9th, "Short Weekend of Dance" 11am-3:30pm.

Admission \$10-00 - Soup & Sandwich lunch supplied.

A plate of afternoon tea to share, please.

October 11th & December 6th

PROFIT WILL GO TO CHARITIES / COMMUNITY GROUPS

For information contact Barb on 08 85682160, or email billbarbtap@bigpond.com - or Roger on 0417846274.

Sponsored by The Barossa Council & Landmark Fawcett



Rotary Self Defence for Women & Teenage Girls

5 week beginner's course \$5 per night

Starts Friday Feb 28th, 2020, 7.00-8.30pm, Birdwood Hall

Presented by Barossa Districts Freestyle Martial Arts Club

Sponsored by Onkaparinga Rotary Club, Lobethal

- very experienced instructors - two female, one male
- learn how to confidently defend yourself!
- feel safer and more self reliant!
- safe accessible inclusive environment
- you will learn strikes, escapes and awareness



What should you wear? Sturdy T shirt and non restrictive pants eg track suit **Cost?** \$5 per session payable on each night. Please pay in cash as there will be no eftpos. The cost is waived for those who need it - just talk to Denise on the night

Age? Catering for women and teenage girls from ages 13 to 100 years of age. **Where?** -Birdwood Community Hall next to the Birdwood High School. **Time?** 7.00 to 8.30pm **Length?** The course runs for 5 weeks (Fridays February 28, March 6, 13, 20, 27) **Do you need to prebook?** No - just arrive on the night but it would be helpful if you could let Denise know that you are coming just to give her some idea of numbers. **Do you need any experience?** No just come as you are. **What staff will there be?** Denise will be coordinating the night. The trainers are highly experienced and will include two female and one male member. **Do you need to bring any equipment?** No. Any equipment needed will be supplied. **How fit or strong do you need to be?** The level of instruction will be adapted to your age and physical ability. **Can you miss one lesson?** If you must miss a week it's OK. **Can you just watch?** If you feel that you are not physically able to do it, you are welcome to come and watch. Please bring a friend or two if you wish.

Further enquiries: Denise 0417 822 983

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Beautiful Basic Yoga

YOGA CLASSES &
a new BEGINNERS CLASS



Weekly classes in Springton Hall.
\$12 per class

Wednesdays 7pm - 8.15pm

Fridays 9.30am - 10.45am

New 4 week Beginners Class
Wednesday 6-7pm (starts within
the next 2 weeks depending on
interest) If you're interested in
joining this class, call Helen on
0472 539 403. This will be a small,
all-inclusive group with postures
to suit individuals. \$12 per class.

Mount Pleasant Bowling Club

Night Owls – Thursday nights

Wishes to invite non bowlers and bowlers to an evening of
Fun and Activities - Prizes and Raffles

Full bar facilities available

Great music, to help you cheer on the bowlers!

\$5.00 Includes:

A great BBQ meal with salad and a light supper.

Meal at 6.30pm, and Bowlers start at 7.15pm.

Open to all ages/ beginners very welcome.

Players need to wear flat soled shoes.

Presentation of prizes and light supper after the game.

Come and try your luck at bowls!

For more info please phone Hank 0488546710

or Bo Hambly 0417047812

See you there!



LOVE! 
LOVE?
LOVE...



A show with Music and Comedy

7.30pm SAT 23rd, FRI 29th, SAT 30th

2 pm SUN 24th, SUN 31st **MAY 2020**

>>>>>> **SAVE THE DATES!** <<<<<<<<

AUDITIONS

Will be held for the production -

LOVE! LOVE? Love...

A show with music and comedy.

Looking for love, losing love and finding love will be the theme of this variety type show with lots of fun and laughs and a few sweet and serious spots. There will be opportunities for solos, duets, joke telling, skit participation or just singing along with a group. NO PREVIOUS STAGE EXPERIENCE NECESSARY - just a willingness to join in, learn about stagecraft & sing your heart out in a friendly, creative atmosphere.

Saturday 1st February from 10.00 am, at The Top Of The Torrens Clubrooms, Pentelows Road, Mount Pleasant Please bring a plate of food to share for lunch. All welcome, ages 12 to adult. For further details please contact the director Meg Stephens on :

mysticmeg@adam.com.au

or phone/text: **0437 647 247** - or just turn up on the day. If you are interested but cannot make it on the day please contact Meg. Rehearsals start on **Mon 3rd Febr 2020 7pm to 9.30pm**, and continue on **Mondays & Thursdays**.



Soccer Registration Night

Come & Try
Tuesday 18th February 2020
5 - 8pm, Birdwood Park

U7 Development Squad
 U8 & U10 Non-Competitive Teams
 U12, U14 & U16 Competitive Mixed Teams
 U13G & U17G Competitive Girls Teams
 New U18 Comp—register your interest!

U18 Players Wanted!

New U18 Comp!

For more information
 Email: tvscbirdwood@gmail.com
 Web: <https://tvscwebsite.wikisite.com/website>
 Facebook: Torrens Valley Soccer Club



Markets



RE: GATHERED FUNDRAISER
 LOBETHAL BUSHFIRE RECOVERY MARKET

SAT 8 + SUN 9
 FEB 2020
 FABRIK :
 OLD WOOLLEN MILL,
 LOBETHAL
 11AM - 7PM

RE: gathered

Adelaide Hills COUNCIL | FABRIK | dasign

Lyndoch Community Market

The Market is held on the 2nd Saturday of each month from 10am-3pm. Tel: 0412 219 742 or email: lyndochcommunitymarket@yahoo.com.au




One Tree Hill Country Market
 1st Saturday of each month



Join us for
MANNUM RIVERSIDE MARKETS
 THE PLACE TO FIND LOCAL

HANDMADE GOODIES AND FRESH PRODUCE

1ST SUNDAY OF THE MONTH
 9 AM - 2:30 PM
ARNOLD PARK MANNUM *near the ferris*

FOR FURTHER INFORMATION CONTACT
 THE MANNUM VISITOR INFORMATION CENTRE
 T: 0860 1302 • E: MANNUMVIC@PSMARION.COM
WWW.MANNUMRIVERSIDEMARKETS.COM.AU

ARTISANS • FOOD • ENTERTAINMENT • CRAFT
 COMMUNITY • FAMILY FRIENDLY
& much more!

Community events

Glen Devon Garden Party

'Glen Devon', Glen Devon Road, Mount Pleasant – follow the signs
10am Tuesday, 11th February \$8 donation
Devonshire Morning Tea, Trading Table & Raffle.

the
power of
humanity



Throughout the decades, the **Australian Red Cross** has been there to help people in need and this valuable service continues to this day. The Mt Pleasant Branch of the **Australian Red Cross** has given more than 80 years of service to our community.
 During the day the branch will be collecting for the **S.A. Bushfire Appeal**.

Gardening Australia presenter **Sophie Thomson** has been a regular guest at the Glen Devon Garden Party for over 20 years, and she will again be on hand to lend her wit and wisdom to the occasion. We invite you to come along and enjoy this wonderful event with us.

Enquiries: 85682294 or 0403012339

Humanity Impartiality Neutrality



LOBETHAL
CINEMA



FRI 31 JAN @ 7pm
FUNDRAISER MOVIE

ALL door takings donated to the Lobethal Bushfire Recovery Fund



Friday Night Dinners - from 4-9!
 Food/wine/banter.

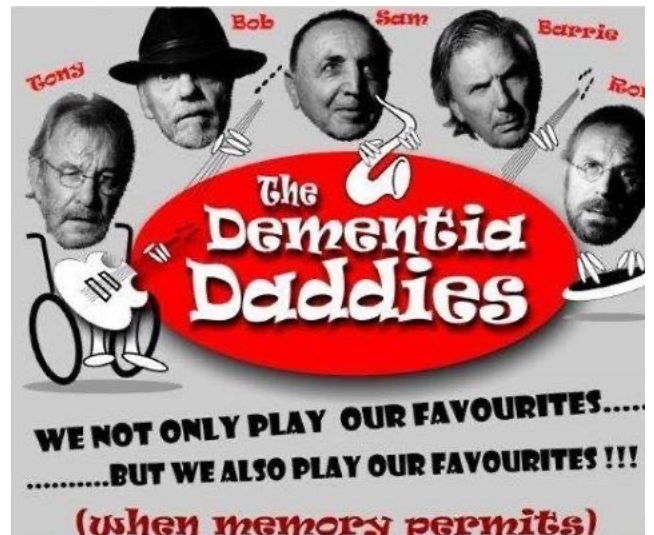
Cellar Door weekends
 From 11-5 offering: wine, food / platters & tastings.

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

Palmer Hotel



**WE NOT ONLY PLAY OUR FAVOURITES.....
BUT WE ALSO PLAY OUR FAVOURITES !!!**

(when memory permits)

The best rockin' blues in the country today!
 Book early for dinner. Free overnight camping

the next Sunday at the Barn

2nd February

open mic - light meals available - licensed bar - from 11am

Don't miss The Shadowcasters!
Sunday 2nd February – The Old Barn Sedan –
 2.00pm – Free – Fringe Preview Show

Community Events

COOPERS FARM SUPPLIES INVITES YOU TO POST BUSHFIRE PASTURE RECOVERY

WHEN: THURSDAY 13TH FEBRUARY

TIME: 5:00PM ONWARDS BBQ DINNER TO FOLLOW AROUND 7:00PM

WHERE: MOUNT TORRENS OVAL CLUBROOMS, OVAL ROAD

PLEASE RSVP FOR CATERING: 83894188 OR ADAM@COOPERSFARMSUPPLIES.COM.AU

GUEST SPEAKERS:

- Brian Hughes - PIRSA
- Craig Johns - Coopers Senior Agronomist
- Russell Meade - NUFARM
- Kym Jones - Barenbrug / Heritage Seeds
- Bruce Munday - previous local landholder and author

KEY TOPICS:

- Soil health and pH affects post fire
- Pasture grass recovery post fire
- Summer / Autumn weed potential
- Feed / seed options moving forward
- Previous lessons learnt after a bushfire

Ride with one of Australia's most

respected and honoured horsemen. **TEACHING & COACHING.**

WILLOUGHBY WAY HORSEMANSHIP
RIDE WITH *Bill Willoughby*

Bill is respected by all his peers in the horse world.
Riding and always learning himself from other incredible horsemen worldwide. **Mr. Ian Francis OAM**. Has been a huge influence and mentor to Bill.

Stepping aside from starting horses for others, now concentrating on coaching, teaching and mentoring others in his exceptional horsemanship and cattle working clinics, Australia wide and Internationally.

CLINIC IN GROUP, OR PERSONAL PRIVATE LESSONS AVAILABLE.

- Kind and empathetic to every individual rider and horse.
- Individualised, personalised and focused on your needs and goals.
- Safe, relaxed, encouraging and positive environment.
- Limited number of riders in a clinic.

"I cannot teach anybody anything, I can only make them think" - Socrates.

Contact: 0428 586 072 email: barbwilloughby@aactvd.net.au
Website (under construction) willoughbyway.com.au

BILL WILLOUGHBY WILLOUGHBY WAY HORSEMANSHIP

SOME Dates to ride

2020 **MANY OTHER DATES WILL BE LISTED**

FEB 2020

1ST & 2ND	WHYALLA. S.A.	PRIVATE LESSONS	CONTACT.	0428 494 279
22ND 23RD	LYNDOCH. S.A.	CLINIC & PRIVATE LESSONS	CONTACT.	0408 544 209
29TH	MT. PLEASANT S.A.	BEGINNER ROPE CLINIC / HORSE WORK	CONTACT.	0428 586 072

MARCH 2020

7TH & 8TH	TROTT PARK ADELAIDE.	CLINIC & PRIVATE LESSONS.	CONTACT	0428 586 072
9TH	AS ABOVE	PRIVATE LESONS.		
14TH & 15TH	MT. PLEASANT	CATTLE WORKING CLINIC	CONTACT	0428 586 072
17TH & 18TH	WILLOUGHBY WAY ARENA	PRIVATE LESSONS OR GROUP RIDING.		

PRIVATE OR SMALL GROUP COACHING AVAILABLE MOST WEEK DAYS

CONTACT 0428 586 072

CIRCLES AND SQUARES

a poem by Ali Cobby Eckermann
dance piece by Yellaka



APOLOGY BREAKFAST

THURSDAY, FEBRUARY 13 | 6.45AM - 9AM
ADELAIDE CONVENTION CENTRE

Purchase your tickets now at reconciliationsa.org.au/events

"[Yellaka] lifts you and the rest of the audience out of a moment and places you in the palm of their hands"

CITYMAG

BOOK NOW!

Brought to you by Reconciliation South Australia Inc.

Principal Partner: Government of South Australia
 Department for Child Protection

ADELAIDE WRITERS' WEEK

29 Feb - 5 Mar 2020



ADELAIDE FESTIVAL

28 Feb - 15 Mar 2020



Other events



Waterwise Gardens

Adelaide and Mount Lofty Ranges Natural Resources Management Board and City of Prospect

Wednesday, 18 March 2020 from 19:00-20:30

Payinthe - 128 Prospect Road, Prospect, South Australia

Work with nature to create green and cool homes

Water smart solutions for your home and backyard

Learn about ways to capture rainwater to reuse inside and outside of your home. Discover how to work with nature to create green and cool homes that support biodiversity and protect our waterways and oceans.

Topics include:

- how to capture and reuse rainwater, including how to calculate what size tank best suits you
 - options for using household greywater
 - mechanical solutions that conserve water inside your home
 - using permeable and porous paving to reduce hard surfaces
 - in-ground infiltration systems
 - using vegetated swales and buffer strips to keep your garden green
 - building raingardens and the best types of plants to choose.
- This workshop is suitable for:
- people looking to retrofit their homes
 - people planning new house builds
 - all types of homes, even those without a garden.

1.5 hour workshop, with time for Q&A.

Please bring a notebook and pen if you wish to take notes.

For more information contact Diane Salvi, Environment and Sustainability Officer at admin@prospect.sa.gov.au.

Brought to you by the City of Prospect and the Adelaide and Mount Lofty Ranges Natural Resources Management Board.



25 February 2020 - 6.30pm - SA Police Headquarters, 100 Angas St, Adelaide

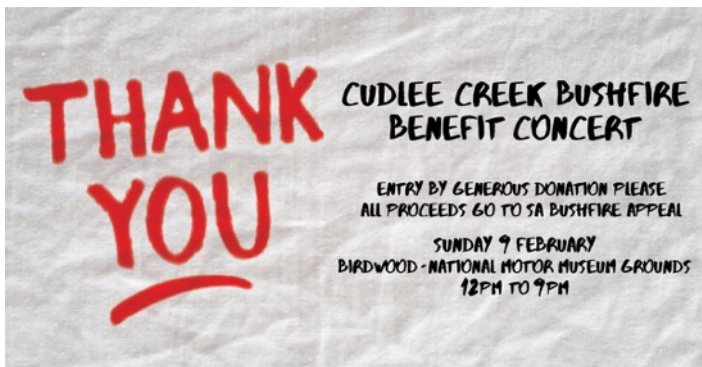
A career with the police is attracting a growing number of women, and it can be an exciting and rewarding option for you, too. Female officers span all levels of SA Police, from senior management and specialist positions to frontline patrols. And we're always looking for more talented women to join our team. We offer a diverse range of career options, which means that no matter where your interests lie, you can find a field that's the right fit for you.

SA Police supports a healthy work-life balance for our officers, with six weeks of recreational leave every year as well as other entitlements, such as maternity leave (paid after 12 months) and opportunities for flexible work hours (after your probationary period). And, with benefits that include professional training, competitive salaries, and a supportive work culture, you'll find it a great place to work.

Want to find out more? Register today to attend our youth seminar. Please note registration via our website is essential, go here:

<https://www.police.sa.gov.au/join-us/achievemore/police-officer-careers/information-seminars/register-for-seminar>

Every day deserves excitement so take the opportunity today to embark on a challenging career as an officer with SA Police: <https://www.police.sa.gov.au/join-us/achievemore/police-officer-careers/women-in-policing>



February calendar



The South Australian Country Women's Ass'n Inc will once again be running the 'BBQ on Dequetteville'. The BBQ coincides with Superloop Adelaide 500. Funds raised will assist in the administration of the SACWA Emergency

Events

Date	Event	Details
1, 8, 15, 22 & 29	MP Farmer's Market	8-12, Saturday @ Talunga Park
11	Red Cross Glen Devon Garden Party	with Sophie Thomson – Glen Devon Rd

Meetings

Committee / Group / Organisation	Details
CFS Training	Every Tuesday @ 7pm
CWA	1 st Tuesday, 1.30pm @ Soldiers' Memorial Hall
CWA Craft Group	1 st Tuesday, 10.00am @ Soldiers' Memorial Hall
Community Dinner Group	1 st Tuesday, 6.30pm @ Soldiers' Memorial Hall
Friends of the Mount Pleasant Hospital	10am, 2 nd 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 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	Bi-Monthly, 1.30pm, 4 th Thurs @ SM Hall
RSL Social	1 st Tuesday - Social gathering
RSL Meeting	Alternate month, last Sunday - Bi-Monthly meeting
SM Hall VAC	7.30pm, 4 th 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



Contact us:

Contributions may be emailed to: s.d.barrett@bigpond.com
If you wish to be notified when the newsletter is available online, please contact us via -
t: 0403012339 or