



Inside:

- Hard Times 1
- Our Show 1
- Council snippets 2
- Angela’s close shave 3
- MP Inc. 4
- Kids! 5
- Looking after mental health 5
- Pleasant History 6
- What to do... 7
- Marketing 8
- Men’s Shedding 9
- Congratulations & Celebrations 10
- Recreate 12
- Pete’s poem 12
- Clubs & Committees 13
- Bits & Bobs 13
- April calendar 14

unprecedented [uhn-pres-i-den-tid] :

adjective

1 without previous instance; never before known or experienced; unexampled or unparalleled: *an unprecedented event.*

bizarre	uncommon	abnormal	modern	outré
extraordinary	unheard-of	anomalous	newfangled	preternatural
fantastic	unique	eccentric	novel	prodigious
miraculous	unparalleled	exotic	odd	signal
new	unrivaled	freakish	out-of-the-way	sui generis
remarkable	unusual	idiosyncratic	outlandish	unexampled
singular	aberrant	marvelous	outré	
singular	aberrant	marvelous	outré	

Hard Times

Now is the Autumn of our discontent..

OK, that’s a bit harsh.

I’m still trying to come to grips with all that’s happening – but what I do know, without a shadow of a doubt, that if someone like Dr Karl or Dr Norman Swann tells me to stay home and don’t interact, that’s what I do.

A month ago, I went to WOMADelaide. I do it every year. Spend the whole four days there – and mix with people from all over the world. At the time, we were still trying to understand what was happening in China. By the time I got home, things were hotting up, and by the next weekend, our show had been cancelled because all events and gatherings over 500 couldn’t be held. Wow.

It was pretty hard to comprehend. Then I got a bit of a sore throat – Don had one too – and he reckons he got it from someone he works with. I didn’t feel bad, but nervously checked all the symptoms I should be watching out for, then noticed that over the next week, even these changed. Just to be sure, I told everyone before I got too close, that I had a cold. I went to the market, but kept my distance, and wondered why authorities had not said that people who had attended WOMAD should perhaps think about being tested. Then I realised that doing this might have caused mass panic, especially when I understood that when the spread of the virus reaches projected numbers, there won’t be enough medical supplies and equipment to cope. Can you imagine being told that a hospital can’t help you because they don’t have the resources, and then understanding that goes for EVERY hospital?

THIS is why we are staying in contact by telephone and FaceTime. So many of us in this district are creeping into the higher risk categories, but here’s the thing, medical professionals still don’t understand this virus. Babies have died. Old people have died. Fit people have died. We think the incubation period could be two weeks – but some people aren’t even sure about that. Could you live with knowing that you had infected someone – and they DIED? Imagine if it was your mum.

STAY HOME. Play the silly games. Put teddies in your windows. Stand by your gate on Anzac Day – in solidarity. Use the time to do stuff you keep putting off, or can’t normally do. Check in on your neighbours – by telephone or email. Learn how to use Facebook to check in with your



Normally, this newsletter would have been all about Our Show – pages of photos and a bit of a write up – apart from the war years, this is the only time it has been cancelled.

Our hearts go out to the Exhibitors, Stallholders and Traders. This is also a major slice of income and advertising for some of our locals, and we feel for them and will do our best to support them in any way we can in the coming months.

But – to the amazing Show Committee – Neil, Nick, Vicki, Sam, Genevieve and all the others, what can we say? Over a year’s worth of work seems to have been for nothing, and we couldn’t feel for you more. It is our greatest wish that Our Show returns next year - bigger, better and stronger than ever before. That our community step up and help, and that this never happens again.

Thank you for all the years of work you put into making Our Show the Best Little Show in the Hills!

Sue and Paula

mp beat

community to see what others are doing. Learn how to use Face Time or Skype.

Someone said this was like the war. No, it's not. We have technology to keep in touch and some can work remotely, we just can't leave home unless we've got a good reason. People aren't dying because they are being killed in battle, they are dying because the virus is being spread via person to person contact. So, stay at home and get creative. We have enough food – the market is still going with restrictions, and Klose's have online purchasing. If you haven't got the internet, you can still do a lot over the phone. If we all do the right thing, we won't go hungry. I am happy to hear that the government is putting measures in place so those who have lost jobs will have SOMETHING.

And STOP BUYING TOILET PAPER!

New website

So, I got bored. Then I thought I might do something I'd been threatening for years – and I made a website for the newsletter.

Like everything I do – it's a bit over the top – but I couldn't stop. It was great fun and I highly recommend setting up a website for anyone who thinks they might have something to say or sell.

Sue B

mpb

[Home](#) [Our District](#) [Community News](#) [Social Media](#) [Newsletter](#) [Places Of Interest](#) [Events](#) [Entertainment](#) [Projects](#) [Contacts](#)



Council snippets

At the last council meeting, several key changes were put into effect to enable The Barossa Council to function during this time.

Customer Support:

Effective from 11.59pm on the 25th March, operating only from the principal office at Nuriootpa with increased signage, access to hand sanitizer and social distancing provisions remaining in place. Cashless payments are preferred.

Customers are strongly encouraged to access services remotely via online services, email or telephone.

To access online services, please go to

<https://epayments.baross.sa.gov.au> and follow the prompts.

April, 2020

Home and Community Care:

Operating as per normal with increased engagement with contractors to ensure adequate management of their own and client health and safety.

Libraries:

Effective from 11.59pm on 25 March, all libraries will be closed to the public.

Recreation and Sporting Parks and Ovals (Talunga Park):

Effective from 11.59pm on 25 March, all non-essential community facilities on council land will be closed as per Commonwealth Government announcements.

Parks, Gardens and Playgrounds (Old Talunga Park playground, CWA Garden and playground, Talunga Park playground):

Effective from 11.59pm on 25 March, all non-essential community facilities on council land will be closed as per Commonwealth Government announcements.

Public Conveniences:

Operating as normal with increased cleaning regime. Supplies of some cleaning products are becoming limited which may require us to close some public conveniences.

Council Halls and lessees and licences of these facilities:

Effective from 11.59pm on 25 March, all non-essential community facilities on council land will be closed as per Commonwealth Government announcements.

Lease and licence fee refunds will be considered by council at the Special Council Meeting on 26 March.

Caravan Parks (Talunga Park):

Williamstown, Eden Valley and Mount Pleasant Caravan Parks will continue operations with permanent residents and amenities cleaning to be increased.

Aged Care Services:

No change at this time.

Men's Sheds:

Closed as of COB Wednesday 25 March.

Planning, Building and health Services:

Mandatory inspections – currently awaiting sector advice.

Public Safety, Dog and Cat Management, By-Law

Management, Parking:

No change at this time.

Waste Management:

No change to waste contract services.

Suspension of school and community visits.

Suspension of waste transfer station services at Springton.

Waste-Water Management:

No change at this time.

Maintenance and Works such as road, footpath, parks and gardens:

No change at this time.

Capital Programmes and Projects:

No change at this time.

Environmental Programmes:

Reduced Natural Resource Centre activities – no Natural Resource Management visits to schools and community.

Financial Process including payments and rates:

No change at this time.

Council meetings and workshops:

Remote options are being considered for essential matters.

All non-essential briefing and reports will be postponed.

mp beat

Business Continuity Plan for Pandemic

Council has updated its Business Continuity Plan. Should there be insufficient staff available for work, or other instructions and directions are issued by the Commonwealth or the State, we may have to invoke our plan and restrict services to those that are most critical.

Communications

Council will provide regular updates via website, Facebook, media& notices in offices/buildings.

Commonwealth Department of health – COVID19

For up to date information please refer to the following websites:

SA Health:

<https://www.sahealth.sa.gov.au>

Department of Health:

<https://www.health.gov.au/news/health-alerts/update-coronavirus-measures>

Australian Government Coronavirus Measures:

<https://www.pm.gov.au/update-coronavirus-measures>

Several entries (notably Community Transport, Visitor Centre, Leisure Centre) were omitted as they probably don't apply to anyone here, but if you need to know any more, please contact The Barossa Council either by calling: 85 638 444 or via the website <https://www.barossa.sa.gov.au>.

The Barossa Council



Post-Coronavirus males, displaying their Hunter Gatherer prowess in order to attract mates

Angela's close shave

Just before all the restrictions really hit, Angela Nabb gathered with her family to show us all that she really meant it when she was going under the clippers for the World's Greatest Shave! Surrounded by her wonderful family, well-wishers and onlookers, Angela sat while her grandchildren took turns in shaving her head – some a little more gleeful than others – and none with any expertise to speak of - until someone who actually had some experience stepped up to finish the job properly. Well done Angela, we hope you feel proud of your efforts – we are very proud of YOU!



Top: Angela and her support crew, the first cuts from her grandson, tidying up, and Angela in all her shaven headed glory! Thanks to all who supported Angela's efforts.

MP Inc.

Here is an update overview from the recent March Mount Pleasant Progress Inc. meeting held on Tuesday 10th March 2020.

Present were Genevieve Hebart, John Bowd, Gareth Saunders, Di Anderson, Paul Johnson, Wendy Harvey and Chris Hebart & observer Cr Don Barrett

Business arising:

The ongoing MP Market ATCO toilets refurbishing work. The new plumbing proposal has been delivered to the Barossa Council and we are awaiting a response for work to commence asap.

The MP Showgrounds Shed Mural has been completed by local MP artist, Graham Westwood.

Finances:

MP Progress Inc. has \$13,053.01. Community Dinner has \$10,392.97. SALA has \$814.42.

The MP Progress Inc. Financial statements have been done for 2018/2019. They will go to Karen Hegarty for auditing. Genevieve Hebart will put the 2017/18 finances together. Paul Johnson will enter data.

Correspondence:

Wendy responded to Nick Seager about shed mural concern. He has responded. Email to be sent to all committee members.

Project updates:

The MP Information Kiosk Project has been updated with the change to an outside the Hall system. The overall cost will be higher, now will be about \$10-12K. There are a number of extra issues to be considered with Council approval, e.g., electrical installation, cabling and security. It is hoped that the MP Men's shed will be able to design and construct the containing structure for the installation. This is a new initiative which is 2nd on the list of probable Council financial approvals. Don Barrett to take the updated proposal to Council.

The MP Caravan Park Caretaker report included the good feedback from a Caravan Park client.

Sub Committee reports:

Talunga Park: No further issues have arisen.

The Soldier's Memorial Hall:

2 quotes have been sought for complete refurbishment of the Soldier's Memorial Hall Kitchen into a commercial standard facility. SEAMs of Angaston quoted \$130K. Still waiting for the second quote from Hughes Construction.

Community Dinner:

The first 2020 Community Dinner was scheduled for the 29th of March, but has had to be postponed until further notice.

Council:

The Mount Pleasant Strategic Plan is on hold for the moment. Councillor Don Barrett's discussions included the Barossa Council's New Initiative process. There is drought funding of \$1m available, but Council has not made any decisions about the final selection criteria as yet. It was recommended that a submission about the Soldier's Memorial Hall kitchen

upgrade to commercial standard be put forward. Drainage at the front of the Show Hall and Atrium is no. 5 on the BC New Initiatives list but further information is required. Administrative support for the MP Progress Inc. body did not reach the top 20 on the list, so Genevieve Hebart and Wendy Harvey will attend the special Council meeting to put forward the case for the continuance of this funding. The MP Information Kiosk Project was number 2 on the list and is to be updated. The proposed disabled ramp for the front of the Soldier's Memorial Hall was 41 on the list. Although compliant when the hall was built, people with limited mobility and in wheelchairs still have difficulty accessing the hall. Don will talk to this at the special Council meeting.

New Business included John Bowd expressing his concern about the horses using the oval grassed area opposite the MP Show Hall recently, when it was cordoned off and being watered for the forthcoming MP show. Di Anderson expressed concern about the management of Hall bookings. It was agreed that she should get all the facts before proceeding.

The meeting closed at 8pm.

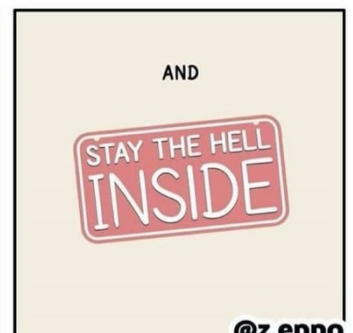
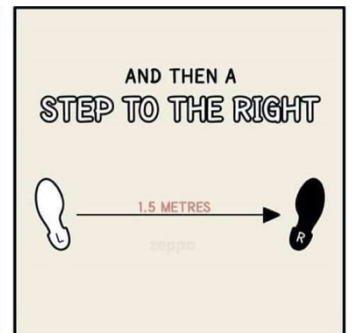
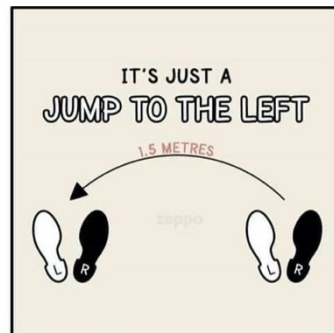
The next meeting was scheduled to be held on Tuesday April 7th at the SM Hall, but will probably not go ahead due to the current Coronavirus pandemic.

Gareth Saunders on behalf of the MP Progress Inc.



Teddy Trail

Some people in London started putting teddies in their windows – and created a phenomenon. It's a fun thing for kids to look for when they are out walking with their families.



@z.eppo

Kids!

What's the matter with kids today?

Time was – back when dad was a kid – my grandmother would wave goodbye to he and his cousin Glen on a Saturday morning, and they'd disappear with a sandwich and a gun, and she wouldn't see them until Sunday in time for dinner. Yep, those were the days. Now, we've taught them to expect so much more. No longer the free-range parent like I was, it's a little more hands-on these days.

So, what can we encourage the little darlings to do?

One of the mental health gurus was giving out some advice which wasn't half bad – but the main thing was – it's not a contest, there will not be a test at the end of it. We'll all be pleased if you're still talking with one another.

Perhaps – if you're keen on them keeping up their writing skills – you could get them to do a journal.

Write a letter to a relative of friend – nothing's really replaced that.

There are great podcasts available for kids – I'd recommend Short and Curly, which is all about ethics – pitched for a young audience.

There are a couple of things on this site that we did a while back – there is still a zip line attached the stairs, and Matilda made an inspirational quote painting for her mum for Christmas.

<https://www.northshoremums.com.au/fun-home-activities-with-kids>

Looking after mental health

Children and young people

Families and caregivers of children and young people should discuss news of the virus with those in their care in an open and honest way. Try to relate the facts without causing alarm, and in a way that is appropriate for their age and temperament. It is important to listen to any questions they may have, to let them know that they are safe and that it's normal to feel concerned.

If the media or the news is getting too much for them, encourage them to limit their exposure. There is a Beyond Blue video on YouTube called 'Talking to young people about scary stuff in the news.' Worth a look.

Beyond Blue's Be You initiative has also developed the following resources to help educators support children and young people's mental health during the coronavirus outbreak.

Coronavirus (COVID-19): Supporting school learning communities

Coronavirus (COVID-19): Supporting early learning communities

Try to maintain perspective

While it is reasonable for people to be concerned about the outbreak of coronavirus, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

Find a healthy balance in relation to media coverage

Being exposed to large volumes of negative information can heighten feelings of anxiety. While it's important to stay informed, you may find it useful to limit your media intake if it is upsetting you or your family.

Access good quality information

It's important to get accurate information from credible sources such as those listed below. This will also help you maintain perspective and feel more in control.

Australian Government coronavirus (COVID-19) health alert Health Direct – Coronavirus (COVID-19): Health Direct have also developed a COVID-19 Symptom Checker - an online, self-guided tool to help people find out if they need to seek medical help.

- smartraveller.gov.au – travel information for Australian citizens
- World Health Organization – coronavirus disease (COVID-19) outbreak

Try to maintain a practical and calm approach

Widespread panic can complicate efforts to manage the outbreak effectively. Do your best to stay calm and follow official advice, particularly around observing good hygiene habits.

The Australian Psychological Society has advice about maintaining positive mental health during the outbreak.

Try not to make assumptions

To contribute to a sense of community wellbeing, try to remember that the coronavirus can affect anyone regardless of their nationality or ethnicity and remember that those with the disease have not done anything wrong.

Managing your mental health while in self-isolation or quarantine

There are a number of ways to support your mental health during periods of self-isolation or quarantine.

- Remind yourself that this is a temporary period of isolation to slow the spread of the virus.
- Remember that your effort is helping others in the community avoid contracting the virus.
- Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.
- Connect with others via the Beyond Blue forums thread: Coping during the coronavirus outbreak.
- Engage in healthy activities that you enjoy and find relaxing.
- Keep regular sleep routines and eat healthy foods.

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- Try to maintain physical activity.
- Establish routines as best possible and try to view this period as a new experience that can bring health benefits.
- For those working from home, try to maintain a healthy balance by allocating specific work hours, taking regular breaks and, if possible, establishing a dedicated work space.
- Avoid news and social media if you find it distressing.

Support for those experiencing financial hardship

As the ongoing spread of the coronavirus continues to affect the global economy, many people in Australia are losing jobs, livelihoods and financial stability. For information and services provided by the Australian government, please visit [Services Australia](#).

If you are experiencing financial hardship, [National Debt Helpline](#) offers free financial counselling.

Health care workers

Health care workers may feel extra stress during the COVID-19 outbreak. This is a normal response in these unprecedented circumstances. Such feelings are not a sign of weakness and it's important to acknowledge this. There are practical ways to manage your mental health during this time, including:

- getting enough rest during work hours and between shifts
- eating healthy foods and engaging in physical activity
- keeping in contact with colleagues, family and friends by phone or online
- being aware of where you can access mental health support at work
- if you're a manager, trying to create mentally healthy work structures.

It's important the general public recognises the pressure that health systems and workers themselves are under and takes steps to support them where possible. Following government advice about ways individuals can help slow the spread of the virus will support the health care workers who are saving lives and keeping people safe. Our Heads Up website has more information about implementing mental health strategies in healthcare settings.

Seek support

It's normal to feel overwhelmed or stressed by news of the outbreak. We encourage people who have experienced mental health issues in the past to:

- activate your support network
- acknowledge feelings of distress
- seek professional support early if you're having difficulties.

For those already managing mental health issues, continue with your treatment plan and monitor for any new symptoms.

Social contact and maintaining routines can be supportive for our mental health and wellbeing. In circumstances where this is not possible, staying connected with friends and family online or by phone may assist. Beyond Blue also has a

dedicated page on its forums about coping during the coronavirus outbreak.

Acknowledge feelings of distress and seek further professional support if required.

Beyond Blue has fact sheets about anxiety and offers other practical advice and resources at [beyondblue.org.au](#).

The Beyond Blue Support Service offers short term counselling and referrals by phone and webchat on 1300 22 4636.

24/7 Mental Health Services	
Beyond Blue <i>Anyone feeling anxious or depressed</i> beyondblue.org.au 1300 22 4636	Kids Helpline <i>Counselling for young people aged 5 to 25</i> kidshelpline.com.au 1800 55 1800
MensLine Australia <i>Men with emotional or relationship concerns</i> mensline.org.au 1300 78 99 78	Open Arms <i>Veterans and families counselling</i> openarms.gov.au 1800 011 046
Lifeline <i>Anyone having a personal crisis</i> lifeline.org.au 13 11 14	Suicide Call Back Service <i>Anyone thinking about suicide</i> suicidecallbackservice.org.au 1300 659 467
Is it an emergency? If you or someone you know is at immediate risk of harm, call triple zero (000)	
healthdirect	

Pleasant History

The History Room is closed for the time being, but that doesn't mean research has stopped. Paula is taking the time to continue the research into her family's history, and hopefully she'll have a lot to show for it when we can all resume. Meantime, all the tours we had planned, as well as the film night and sewing bee are on hold. We hope we can put them on at a later date.

The History Room

is closed for the duration.
You can still find us on
Facebook:
Mt Pleasant District History
Contact us via: 85682126
or
pleasanthistory@gmail.com

Paula Bartsch Historian



What to do...

House Rules

Now there's an interesting concept. The MOTH (man of the house) and I have been negotiating. I have a list of things we probably need to do – and being in the midst of renovations (which we understand may be on hold for some time), we think it's probably a good time to get these done. This is why we have separate studies – I won't let him in mine because I've seen what he's done upstairs! His first task is tidying that, and mine should probably be de-cluttering, but I have a lot of craft projects I want to do. (Serendipitously I tidied up my study a couple of months ago, and whilst it's like undoing a puzzle to get stuff out and then put it back, it LOOKS tidy.)

House Rules – there's only one – be kind.

Food

We both like to eat, so it's only fair that we share the cooking. I use that term loosely as I'm not sure that whipping up a sandwich constitutes 'cooking'. I vacillate between quite liking cooking and almost hating it, and cooking for a disinterested audience loses its appeal quickly. When the kids were growing up and they decided they weren't eating certain foods (what kid doesn't eat hot chips, for goodness' sakes?), it was difficult. A friend up at Marla cooked four meals for the four people in her family. Crazy. In the end I used to serve things buffet style (only no fancy serving plates – I left stuff in saucepans), and the family served themselves. The only thing was, if they put it on their plates, they should eat it. I became the uber meister at leftovers.

When the kids left, I couldn't cut down on portions, so I froze the leftovers into two person packets, and since we eat less now – we get more portions. One good thing about growing old.

No point in telling you how to set up a pantry – it's a little late for that, although you can order online, and you may be able to organise yourself that way. In the meantime, you have time to experiment!

If you don't have an ingredient, you can check on the internet to find substitutions. I'm not sure that applies to main ingredients, but with many recipes, there are things you can substitute that will give you a similar result.

If you don't have the internet, hopefully you have a swathe of cookbooks (as they seem to be the most purchased), that you probably haven't looked at in years. Well, now's the time!

Some useful food sites:

<https://taste.com.au>

<https://www.4ingredients.com.au/recipes>



Where you can get it & ordering online

Mt Pleasant Farmers' Market: The market management has worked very hard with the stallholders and issues weekly lists of stallholders and contact details with their newsletter so you can text an order to pick up.

Many offer PayWave, which is fantastic for no-contact. If you don't have card capabilities, speak to the management and see if you can work something out.

Remember – because the market is the only place in town we can buy a range of foodstuffs, it is deemed an essential service, so will remain open. Social distancing rules apply.

Lovell's and the Bakery are offering some food lines.

The two **hotels** are doing takeaway.

The **Chemist** is open for essential medications

Rob from **Robber's Dog** is manufacturing hand sanitiser.

Rose & Anne at the **Post Office** are still open.

Klose's also offer an online service.

I'm sorry if I've missed anyone.

TEMPORARY CLOSURE OF SELECT ACCIDENT AND EMERGENCY SERVICES

A&E services temporarily closed in the Barossa Hills Fleurieu LHN:

- Gumeracha District Soldiers' Memorial Hospital
- Strathalbyn and District Health Service
- Kapunda Hospital[^]
- Eudunda Hospital
- Mount Pleasant District Hospital

[^]Obstetric services continuing

A&E services remaining open to the public in the Barossa Hills Fleurieu LHN:

- Angaston District Hospital
- Gawler Health Service
- Kangaroo Island Health Service
- Mount Barker District Soldiers' Memorial Hospital
- Southern Fleurieu Health Service
- Tanunda War Memorial Hospital

HOW TO PROPERLY GREET SOMEONE DURING THE CORONAVIRUS OUTBREAK





Marketing

To keep the public informed as to the current state of play, here are a few excerpts from the Farmers' Market Association Fact Sheet:

With growing international concern about Covid-19 (Coronavirus) and the Australian Government announcing enhanced measures to address the risks of the pandemic AFMA would like to draw your attention to some key best practice principles for ensuring health and safety at your farmers market.

Farmers' markets are essential sources of fresh healthy food. Under the current Federal Government advice farmers markets are classified as essential food supply as distinct from other public gatherings or events and may continue to trade mindful of all other public health recommendations.

Best advice suggests farmer's market shopping should be conducted by one family member and market managers must ensure social distancing of 1.5m between shoppers outdoors; 4sqm per person in an indoor space. i.e.: 25 persons (inc. stallholders) in an 100sqm hall.

AFMA recommends adherence to these numbers for all farmers markets. Shopper flow should be managed to meet the required safe health procedures at markets. 'Shop and Go' is also recommended. Buy what you need and then head home. Tap and Go cashless purchasing is also recommended. The reduced shopping duration, typically less than 30 minutes outdoors, also serves to reduce risk.

AFMA wishes to convey to market managers, stallholders and shoppers the need to consider the health of your fellow market-goers.

Transmission via hands, sneezing and human contact is the most common route of infection, just as for colds and flu. Anti-bacterial handwash, and hand washing with soap (for 20 seconds or more) is effective and needs to be practised more regularly than usual, whether you are a stallholder or shopper. Wash hands before heading to the market, sanitise at stalls, and wash hands at home.

There are a number of recommendations that have been made that Market Management either have already put in place, or are ensuring happens. These include:

FOOD SAMPLING

All stallholders are requested to cease open food sampling.

PRODUCE SELECTION

Shoppers should not be permitted to touch produce or self-select. Remove all baskets, bowls for self-select unwrapped produce shopping. Install signage to explain new shopping procedures. Pre-bagged produce is recommended, ideally in paper bags or cartons. This will help speed the customer shopping interval.

SHOP n GO/ TAP n GO

Speedy cashless food shopping is encouraged!

ATM & CASH PAYMENTS

Please encourage use of tap-and-go payments wherever possible. If mobile ATMs are on site, please ensure sanitary cleaning undertaken/ wipes available. Cash transactions can be refined so that customers deposit cash into a cash box with change offered by the stallholder from a separate till. One stallholder only to manage cash.

NON-FOOD STALLS

The government provisions to allow the continued trading of farmers markets is based solely on the essential status of food provision. If your market has stalls selling non-food items these stallholders are to be asked to temporarily stop trading at the market to ensure its essential status is maintained.

Stalls selling food plants, food seeds and food propagation materials, or small livestock (e.g. hens) are currently permitted.

For up to date information – as it changes rapidly – please go to these sites:

www.facebook.com/farmersmarketsaustralia

AUSTRALIAN FARMERS' MARKETS ASSOCIATION

30 March 2020

www.farmersmarkets.org.au



Genevieve Hebart
Manager – MPFM

Men's Shedding

The shed will be closed until it is safe for people to get together again.

All workshops and related events are cancelled until further notice.

Our first newsletter is online on the Facebook page.

Please stay safe and socially distance yourself – not only for your sake, but for everyone you care for.

If you need help in any way, please call someone who is close to you or one of the numbers listed in the right-hand side column.

Healthy Agenda

All workshops have been cancelled. Hopefully some of those proposed will be held after a few months – we'll try and keep you up-to-date.

First Aid Training

The training session set for April has been postponed. We will try and schedule one as soon as the current crisis is over.



Be Connected

Postponed until further notice. If you have any issues, please call 0403012339.



The Men's Shed is closed until further notice.

For information please contact: Murray – Chairperson – 0439385291 or Gareth – Secretary – 0430026993 or email - mpmensshed@bigpond.com

New telly in town

The blokes lashed out and bought a new TV for the shed. Before the social distancing rules came in they had it mounted quick smart. They should be able to watch tutorials and other useful and interesting programs.



MPMS engagement

The planning was well underway for the work the men continue to do with MPPS students. Hopefully they will be able to resume after term 2.



Want a laugh? Google: Astrophysicist sticks magnet up nose. True story – Aussie was trying to invent something that warned you not to touch your face.

Congratulations & Celebrations



*All the usual suspects met in the Totty to celebrate Wilma de Salis' birthday. A week later and it would have been a different story!
Happy Birthday, Wilma!*



Back in February, you might have thought that a large contingent of scouts had taken over Kent Farm – but it was only the tents set up for the wedding guests at Kent Farm's first wedding. Nick and Ash finally tied the knot – literally – on the 22nd February, and it was probably like nothing Mount Pleasant has seen before, as the invitation suggested, it was more of a festival.

Officiating was Celebrant Wendy Harvey, while Ash's best friend Nick, and his brother Jarrad were the attendants, all dressed in moleskins, with teal jackets and vests. The ceremony was a very emotional one, and most of their families and a huge group of their friends were there to

WEDDING at



KENT FARM

- EST 1840 -

CONGRATULATIONS ASH & NICK



Top: Attendants (or Best Blokes) Jarrad (L) and Nick (R) witnessing Nick signing and Ash watching, with celebrant Wendy Harvey looking on. Left: Signed and sealed!

witness the occasion, which culminated in a traditional handfasting, after their vows.

The Coach House, specially built for the occasion, was kitted out with chairs, occasional tables and carpets, so guests could sit around chatting and socialising. The enormous bar and a huge bank of fridges supplied by bar staff kept us all supplied with drinks.

In keeping with their wish to spread the love locally, they hired a variety of food trucks and stands with a range of different foods – catering for everyone. Even our own CFS was there, trying to keep up with the demand for their hot spuds!

As the night wore on, the trees in the garden came to life, with chandeliers hanging amongst the branches. While we were eating, the band played some smooth jazzy and bluesy music,

mp beat

followed by a DJ who made sure we were all dancing. All this was overseen by Kristina, who brought her feathers and fabulous presence, as we all posed for photos with her. If the blokes ever decide to take up hosting wedding s, I can't think of a better venue.



Pictured clockwise from right: a snapshot of the wedding guests, the Kent Farm logo in the Coach House, Kristina and the boys, the campground for all the guests who stayed and the eating area with the band.





Recreate

Whilst our front door might be temporarily closed, our Grow Free cart, Little Free Library, and Community Share Garden are all open!

Community generosity, caring, and unconditional sharing at it's best. Thanks to Bellandarreh Farm for the lovely additions to the grow free cart - jams, sauce, chutney. Yum!



Recreate's library and sharing garden – supporting our community.

Pete's poem

Diary of an adopting dog

Chapter 4

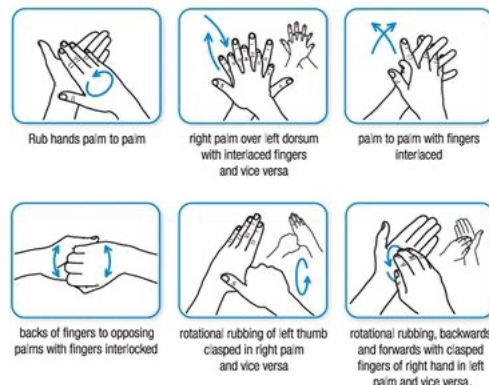
Meeting Floyd, the Great Dane

A big black car pulled into our drive,
 the back door opened, and MAN ALIVE,
 This massive dog (or is it a horse?),
 came romping out, a primeval force.
 He's a Great Dane, and playful, as big as a tree,
 and he must be big, 'cause he's bigger than me.
 He rejoices, it seems, in the name of FLOYD.
 He's huge, so we'd better not get him annoyed.
 But I'M fast – I'm really so fast,
 that before he can slime me - I've rocketed past.
 Then I chase him, and run him, working him hard,
 round and around here in the backyard.
 When I get him so weary, he can play no more,
 he falls on his tummy outside the back door.
 But I've got the dog flap, so I just swan about,
 while he's just too tired to figure it out.
 And boy, can he slobber, and drool at the mouth,
 he's got me quite damp, from North through to South!
 He loves sharing chasey, and roaring around,
 but I'M springy, and agile, with a prodigious bound.
 So, with dancing and twirling upon my back feet,
 I've got Floyd bamboozled, and in full retreat.
 But it's fun to torment him, and lead him a chase,
 so Floyd's always welcome to visit my place.

Pete – the peripatetic poet and Zeus the Wonder Dog



Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below.



6 steps to clean hands

1. Open all shades, curtains, etc.
2. Play music all day in kitchen.
3. Shower, clean clothes.
4. Drink water in a fancy glass.
5. Call at least one friend a day.
6. Movie time is 4-6pm.
7. At least 1 walk or bike ride.

Mental Health Resources, Inc.

Clubs & Committees

RSL News

The ANZAC Dawn Service has been cancelled for this year, and the RSL will be closed until further notice – so no meetings or social gatherings.

For more information, please contact: President Mike Williams on 0419 863 574 or Vice president Tim Sutcliffe on 0407 603 081.



CWA

All meetings have been cancelled until further notice, as have the Crafting sessions, table days and group meetings.



MPCA Inc

The Community Association met in March to finalise accounts and plan for the next few months. Hopefully, we will be able to proceed with the Street Party as planned, even if the meeting is postponed until later. We will also be keeping an eye on things as we had also planned a Quiz night for July, to raise money for the Street Party. Whatever happens, we always welcome new members.



Street Party Group

The Street Party group is busy tying up loose ends and storing things for the end of the year. The next meeting will be in April, as we commence preliminary planning for December. Some planning can go ahead – such as requests for road closures and permissions from the council, etc. We may be able to book some entertainment, but we won't know until later. Think about helping this year – there are all sorts of jobs – big and small – that you could help with, for this great community event. We welcome new members with energy and great ideas.



Red Cross

Red Cross Calling has been postponed. We'll let you know if it has been rescheduled. We are always looking for new members, and if you are interested, please contact President Margaret Seager on 85682368.



Community Dinners

Community Dinners are a great way to connect with other community members, and also to help raise money for community projects, but unfortunately these are also on hiatus until further notice.



Bits & Bobs

yourSAy



What's new on YourSAy?

Health outcomes and experiences for people with disability

We want to know what are the issues that affect health outcomes for people living with disability and their experience when engaging with the health system.

We want to understand:

- The issues that people with disabilities experience
- How they might impact on their overall health and wellbeing
- What would matter most if the health system were to change

We are also holding a number of community sessions where you can share your experiences of interacting with the health and disability service.

Closing: Friday 3 April 2020

Tungkillo Community Cookbook

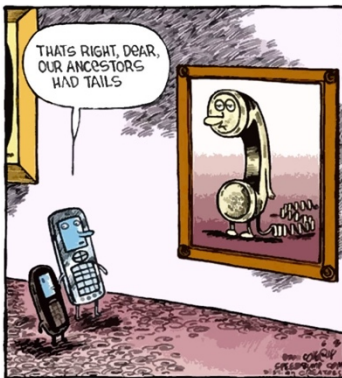
PLEASE HELP!

Do you have a recipe that people are always asking for?

A Dish that you love to make and share?

We are creating a cookbook and we would love to include your recipe!

April calendar



ALL face-to-face meetings are suspended until further notice.

Most businesses are closed unless deemed essential. The Mount Pleasant and Totness Inn Hotels are doing takeaway. The Chemist, Bakeries, Post Office & Garage are still open. You can still go to supermarkets, but in all these cases, social distancing will apply. Please be sensible, limit visits and only get what you NEED. Klose's have an online service, as do a few other businesses. Check on the net for these.

CFS – an essential service – this group like other emergency services will be observing social distancing guidelines as per instructions.

MP Farmers' Market - as the only place the public can buy fresh fruit & vegetables in any quantity in the town, the market (and most others like it) are considered essential services, and remain open, following strict social distancing protocols.

Events

Date	Event	Details
4 & 18 only	MP Farmers' Market – Closed Easter Saturday 11th March * no Twilight Market * Closed Anzac Day – 25th March	8-12, Saturday @ Talunga Park
25 April	Anzac Day NO Dawn Service	Check with social media about how you can observe this important event within social distancing guidelines.

Meetings

Committee / Group / Organisation	Details
CFS Training	Every Tuesday @ 7pm
CWA	1 st Tuesday, 1.30pm @ Soldiers' Memorial Hall
CWA Craft Group	1 st and third Tuesdays, 9.30am to 12.30am @ 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 Farmers' Market	8-12, every Saturday @ Talunga Park (unless otherwise advertised)
MP Inc	6.30pm, 2 nd Tuesday @ SM Hall
MP Show Society	2 nd Monday @ Talunga Park
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	2 nd & 4 th Friday from 10am-2pm, @ 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	Bi-monthly 7.30pm, 4 th Monday @ SM Hall (Jan, March, May, July, August, October)
St John's Card Group (500)	1 st Thursday every month. 12 noon start. \$10 for 2 course meal + beverages.
Writers' 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, Star Books & at the Post Office. If you'd like a hard copy, please ask Anne or Rose @ the PO to reserve one. Online @ mountpleasant.sa.au



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
e: info@mountpleasant.sa.au
mountpleasant.sa.au or mpbeat on Facebook