



A change in the air? Or just a whiff of

It wasn't just the kids who marched, everyone was represented – even the occasional suit. It doesn't matter whether you think climate change is man made or not – I think even the skeptics would understand that there is a bigger mess now than there ever was. Some things are self evident, and some of the methods used to combat them are pretty simple. You make a mess – clean it up. Probably best if you didn't make the mess in the first place – as it would save time and money, and you could spend it on... let's say going on holidays to those places others have just cleaned up. Win, win. Everything has consequences. That's what we teach our kids. You could call it the domino effect – and

cont'd on page 2

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As is often the case, this brought out the creative side in many – even a cutout bachelor made it.

At the march for change there were young old, and everything between. People standing on balconies, taking photos, and people joining in. Mostly handmade posters on recycled cardboard – except the Gawler Council, which had flash orange ones.



October, 2019

+ Coming events

November :

- Remembrance Day
- Glen Devon Hospital Fete
- Beveridge Open Garden
- TOTT – Murder at the Manor

A whiff of change?: cont'd from page 1

there's also the butterfly effect, but the one that really worries me is the Overton window.

*'The **Overton window** is the range of ideas tolerated in public discourse, also known as the **window** of discourse. The term is named after Joseph P. **Overton**, who stated that an idea's political viability depends mainly on whether it falls within this range, rather than on politicians' individual preferences.'* Wiki.

This also tells us that eventually – as the lines shift, those things that were once thought of as 'aberrant' or 'wild' become commonplace and we accept them, the more we are exposed to them. So what made you angry earlier on, hardly raises an eyebrow if it becomes the norm. (This is a very simple breakdown, for more please read the article.)

I guess the question is what 'norm' should we accept? If horrible, sexist, racist, cruel, unreasonable, childish, selfish behaviour is acceptable now, not much will surprise or anger you further down the track – until it is directed to you – and then I reckon you might think that this sort of behaviour is not really very good, and then you'll spend time trying to get your life back on an even keel, whilst listening to people tell you to 'get over it' or 'get a job' and who clearly don't understand how much this can HURT.

If you can choose to be anything – be kind (or be Batman), and don't hurt people who are struggling. You have no idea what their day has been.

Sue Barrett

Have your say...



Reforming Local Government

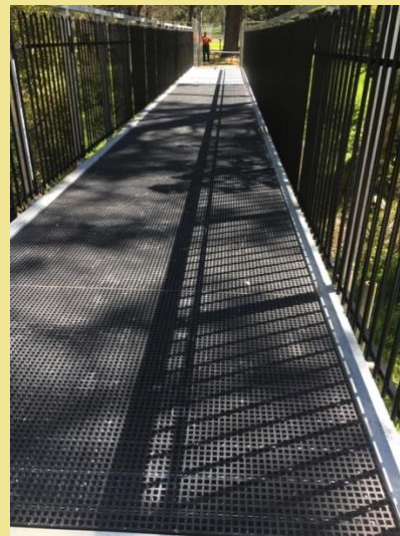
Have your say on how our local councils can become more effective, efficient and deliver better outcomes for their communities.

<https://yoursay.sa.gov.au>

Closing: Friday 1 November 2019

Council updates

The Barossa Council (TBC) has chosen to support the other three towns (Williamstown, Eden Valley and Mt Pleasant – aside from Tanunda) which hold Australia Day events, and have done for some time. TBC has allocated a small amount of money to help communities offset the cost of these events, and we are hoping that this will become something in ensuing budgets. TBC has also forwarded money to the Street Party group and this will come in very handy as all of the entertainment is usually paid for early on in, and it really takes the pressure off the organisers. Thank you to those who have supported us.



footbridge

A new surface is in the process of being affixed to the footbridge, in the hope that it will provide a safer and more comfortable alternative for little kids - and dogs! The sign and plaque that were associated with the footbridge will be added later.

Hopefully also it won't be too long before a start is made on the fence behind the hall, so it will be a much safer area for children to play.



Talunga Village

Remedial work on her flat has finally been completed and Ellen and Laddie have moved back in. It has been a very long process, and we would like to thank all those who have been so helpful along the way. Ellen has a lot of friends in Mt Pleasant

and they were only too happy to help at this stressful time. Thank you also to Jo Thomas from The Barossa Council who was overseeing the work.

Ellen is back to surfing the 'net, and Laddie is getting better all the time, now that the things that made him ill have been dealt with.

Pleasant History

Intelligence Committees – not a new thing

The Mount Barker Courier and Onkaparinga and Gumeracha Advertiser (SA : 1880 - 1954) Friday 7 January 1916 p 3

Recently an intelligence committee was formed with the object of gaining information regarding the movements of Mount Pleasant soldiers, so that none of them would finally depart without being publicly farewelled. The committee's first farewell social was held in the institute hall on New Year's Eve and, although only one day's notice was given proved an unbounded success. The soldiers honored were Privates Ross Smith, Ernest Cooper (right) and Herbert Wegener.



An apology was received from Private Roy Adamson. Mr. J Tamblyn presided, and explained that the object of the committee was to see that none of the brave lads were allowed to leave without being made to feel that somebody took an interest in them, and that those left behind would anxiously watch their careers on the battlefield. Stirring speeches were made by Rev. A. McLennan and Messrs. C. Harding, F. Dewel. B. Giles, C. Bax, and E. Taylor.



The chairman then presented each of the guests with a smokers outfit. Great enthusiasm was manifested when a returned wounded soldier, Private Stan. Spry (left), of Tungkillo, took his place on the platform. The departing men briefly responded. The returned soldier expressed gratitude at the welcome accorded him, and said he admired the men who were enlisting now, as they set out with a full knowledge of what was expected of a soldier in this war.

The pleasure of the evening was enhanced by a musical and elocutionary program, the following contributing items Overture, Miss M. M Tamblyn: recitations, Mr. L. Harding and Miss E. Kemp: songs. Messrs. E. Taylor and Aubrey Hood. Card tables had been provided and a program of dancing was carried out, Mr W. Neagle presiding at, the piano. An excellent supper had been provided by the ladies, and the singing of Auld Lang Syne and the National Anthem brought a most successful and largely attended gathering to a close.

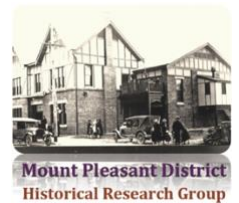
Received at the History Room this week was a small minute book of the Intelligence Committee, which outlined the plan that all soldiers from the district would be given a farewell or welcome home. It was requested of the committee that they learn of those men who were about to embark so that an appropriate function could be organised. I wonder if they were all 'spur of the moment' as the above was... it would be difficult for us to do this in our public spaces these days, with the need to book/fill out event forms/ and make sure all the 'i's were dotted and 't's crossed.

This minute book was found amongst papers when someone was shifting house. We are very happy to receive such items at the History Room as it reminds us of what was once in our community, and just how much simpler things were, and yet not without the enthusiasm that some of us have today.



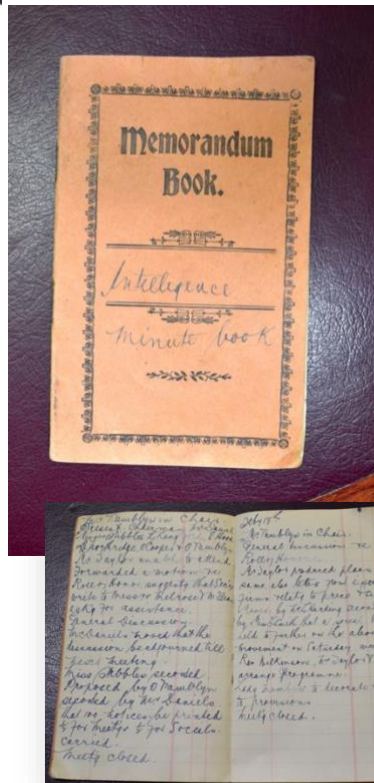
Paula Bartsch - Historian

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



'Minute' Minute book!

Back in the day, although beautifully written, some of the record keeping was sketchy at best! Don't forget, if you have 'something old' that you think might interest us, bring it to the History Room on Thursday afternoons, and Paula will advise you.



100 Years of Old Talunga Park

We had intended to hold some sort of ceremony to commemorate 100 years of the park, but as there is still a hold up with the footbridge and the fencing of the Torrens, have had to postpone it until a later date.

Men's Shedding

8th Annual Men's Shed Gathering

The first recognised 'Men's Shed' hailed from Goolwa, South Australia. From that small beginning many years ago the Australian Men's Shed Association (AMSA) has grown to over 1000 sheds spread right throughout Australia. This year AMSA held its 8th National Men's Shed Gathering for the first time in South Australia at the Morphettville Racecourse from the 10th to 12th September with the theme for the gathering being Our Community. The Mount Pleasant Men's Shed was well represented with Bob Long, Murray Henderson, Gareth Saunders, Michael Trennery, David Ainsley, John Bowd and Don Barrett attending over the 3 days. Throughout the event there were shed and general tours, keynote speakers, numerous exhibitions and a Gala Dinner at the Glenelg Surf Life Saving Club on the Wednesday evening. Murray is still talking about his tour of Adelaide Oval and the heritage listed scoreboard. The keynote speakers were excellent ranging from Barry Sheridan, the CEO of the Irish Men's Shed Association, there are over 400 Men's Sheds in Ireland, Hordur Sturluson, head of the Icelandic Men's Shed project, there are 3 Men's Shed in Iceland with one in development and Dr. Joe Dunn, a psychiatrist in general adult and medico-legal practice. He has started a national mental health charity, called Psychs

on Bikes, raising awareness about mental health and sharing his knowledge to help rural and regional towns. All being well Psychs on Bikes will be coming to Mount Pleasant in the near future – stay tuned. Besides these keynote speakers there were numerous speakers and panel members that kept shedders engaged for the 3 days of the gathering, well done to David Helmers, the CEO of AMSA on an excellent gathering.

Don B



Be Connected

Sessions continue on ever second Monday, with a few issues being addressed and some problem solving. We will hopefully branch out into investigating some useful apps and sites that will help people discover more about their hobbies / passions and becoming more involved.



BE CONNECTED!

free sessions

TOPICS INCLUDE:

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



Next sessions: 7th & 21st October @ 10.00 am
Men's Shed, Talunga Park Rd, Mt Pleasant

For info:

Tel: GARETH – 0430026993 or SUE - 0403012339

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.

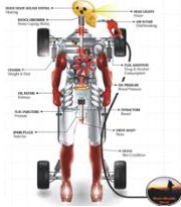
Call Nick on 0414261986

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Men's Shedding cont'd from p4



Healthy Lifestyle



Topic Three was – What is Healthy Eating?

This month Suzannah had us chatting about food and portion sizes. Then Mel had us on the floor and moving – easier for some than others! At least the exercises she had us do were uncomplicated and done easily at home. No special equipment needed.

The Healthy Lifestyle program returns on 1st Oct. Topic Three – What is Healthy Eating?

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.



Chilli Con Carne with Coriander Salsa - Serves 6

Ingredients:

- 1 tablespoon olive oil
- 1 red onion, roughly chopped
- 1 large red capsicum, deseeded and diced into 1cm pieces
- 2 cloves garlic, crushed
- 500g lean beef mince
- 1/2 teaspoon chilli powder (optional)
- 2 teaspoons smoky paprika
- 400g tin diced tomatoes
- 2 tablespoons tomato paste (no added salt)
- 400g tin kidney beans (no added salt), drained and rinsed
- 1 cup brown rice or basmati rice
- Coriander Salsa:**
- 1 bunch coriander, washed & roughly chopped
- 1 avocado, diced
- 250g punnet cherry tomatoes, halved
- 1 fresh lime, juiced

Method:

Heat olive oil in a large saucepan over a medium heat. Add onion and capsicum and fry for about 5 minutes, stirring regularly, until slightly softened. Add garlic and cook, stirring for another minute. Remove capsicum mixture from saucepan to a bowl. Increase heat to high and fry beef mince in the same pan until lightly browned, stirring well to break up the mince. Add capsicum mixture back in to the saucepan along with chilli

powder, paprika, tinned tomatoes, tomato paste and kidney beans. Cook uncovered, stirring occasionally, for about 30 minutes.

Meanwhile, cook the rice according to packet instructions.

In a medium-sized bowl, combine coriander, avocado, cherry tomatoes and lime juice.

To serve, arrange the rice and beef mixture in bowls and top with coriander mixture.

How to make a balanced meal with healthy portion sizes

3+ serves per meal **Vegetables***

1 = serve

- 1/2 carrot, zucchini, cucumber, celery, sweetcorn
- 1/2 large or 1 small tomato, capsicum, beetroot, onion
- 1/4 avocado
- A handful of beans, snowpeas, peas (~10 pieces)
- 2-3 florets of broccoli, cauliflower
- 2-3 slices (~1cm) pumpkin, eggplant, sweet potato
- 3-4 mushrooms, asparagus
- A large handful of lettuce, cabbage, bok choy

*Includes fresh, frozen or canned vegetables

1-2 serves per meal **Protein foods**

1 = serve

- 100g* (raw weight) beef or lamb or fish or chicken or pork
- 1 medallion / 1 small steak / 1 minute steak / 1/2 regular steak / 1 small chop / 1 cutlet / 10 stir fry strips / 5 cubes / 1/2 chicken breast / 1 slice roast beef, lamb or pork (cooked)
- 2 eggs
- 1 cup (150g) cooked or canned legumes (if used as a protein food in the meal)
- 170g cooked tofu

*100g-200g is approximately palm size. Include 3 to 4 palm-sized portions a week to meet your iron and zinc requirements

1-2 serves per meal **Carbohydrate foods**

1 = serve

- 1/2 cup (75g) cooked or canned legumes (if used as a carbohydrate food in the meal)
- 1/2 large or 1 small potato
- 1/2 cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulghur or quinoa
- 1 slice (40g) bread
- 1/2 medium (40g) roll or flat bread

*Active people may need more serves

co-op fresh
FOODLAND

A Healthy Choice
Means a healthier you!

Chilli Con Carne
with Coriander Salsa

Know your Portions

What's on your plate?

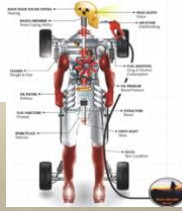


For more information, visit mhahealthymeals.com.au/meat-and-healthy-eating

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Men's Shedding cont'd from p5

Continence



In early September our members were privileged to have a presentation by Lisa Lawton of the Continence Foundation. It was an excellent presentation and I'm sure our members learnt a lot about bowel and urinary health.

The Continence Foundation of Australia is the national peak body promoting bladder and bowel health. The Continence Foundation of Australia's vision is to have a community free of the stigma of incontinence. We provide information on funding, referral and products. We also offer free resources for individuals, carers and professionals to help treat bladder and bowel control problems. Phone a nurse on 1800 33 00 66 for free advice.

The Cancer Council will be delivering our next presentation on the 9th of October, so if you have any questions about cancer then come along and ask whatever question you may have.

Don B



mt pleasant walkers
8am Mondays, Wednesdays & Fridays
call Murray - 0439 385 291

Food & Film night

We didn't overcook the pies this time, and the soup was hot and plentiful. Not sure what we'll be serving up next time - we are open to suggestions!



Food and Film night

Come and join the usual suspects during a fun and friendly night in the Men's Shed on **11th Oct.** from 6pm. Not sure about the food yet, but Murray and the blokes seem to prefer little boys and party pies, so that will probably feature! Ask Bowdy how much the food is per head - as none of us can remember! Bring a cushion.

"The Dirty Dozen"
starring Lee Marvin, Ernest Borgnine, and yes - Charles Bronson. Synopsis: *IMDB* - It is 1944 and the Allied Armies stand ready for a major invasion of Germany from bases in England. As a prelude to D-Day, US Army Intelligence orders a top secret mission where convicted criminals will be offered a pardon in return for parachuting into the Reich on a suicide mission.



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

MPPS engagement

The Mt Pleasant Primary School senior students continue to work with the blokes from the Men's Shed. This time they were working on making some small wooden stools – which looked deceptively simple. “Measure twice – cut once” is a phrase often used when speaking about carpentry, but accuracy is paramount. There is a range of items in the works for the students to work on, and their enthusiasm only seems to be growing.



Springton Fundraiser

The Springton Primary School recently held a fundraiser to raise money for the Canberra Camp – it was a great night. The food was amazing and plenty of it, and the company was fun and raucous. Another fab night in the Springton Hall.

Speaking of fun nights at Springton – a little bird told me there will be another Supper Club – make sure you get to this one as they are always fun and the music makes you want to sing along.



The food was great and well appreciated, and the students easily raised enough money for their excursion. Looking forward to the next one!

CFS Fundraiser

In excess of 100 audience members partook in a fabulous night of many laughs, and for some drinks and food.

The fantastic crowd raised \$3000 to go towards a future training room at our station. The comedians Kel Balnaves, Jason Chong, Rich Naborhood and Micky D were at the top of their games and delivered like only they could.

Glynn Jackson – text & photos

For more photos, please visit MP CFS on Facebook



PREPARE. ACT. SURVIVE.

BUSHFIRE READY MEETING

MT PLEASANT CFS OPEN DAY

Sat 12 th October 2019 10:00am t i ll 2.00pm

1 Railway Tce Mt Pleasant

Mt Pleasant CFS will be opening their doors to the public to help promote fire safety!

Lots to do and see for kids and adults. Members will be available for questions and answers.

Road Crash Rescue demonstration at 12.30pm

Sausage sizzle and more.

000 EMERGENCY

BE FIRE READY

PREPARE. ACT. SURVIVE. BUSHFIRE READY

YOU'VE GOT IT IN YOU

TO BE REMARKABLE

TO VOLUNTEER CALL 1300 364 587 OR VISIT WWW.CFS.SA.GOV.AU

Government of South Australia CFS

Pete's Poem



Winter's winding down again,
No-where near our average rain,
I scan the clouds with an anxious eye,
My sub-soil's looking far too dry!

BUT

The signs of Spring are shining through,
Our Fairy Wrens are turning blue,
The veggie patch is lush with weeds,
And I'm sorting out my Summer seeds.
The buds are bursting, full and fat,
There's simply no denying that,
All through the night, the Magpies sing,
Beyond all doubt, it's an early Spring

Pete, the peripatetic poet

Palmer Playground

It was a beautiful, crisp sunny winter's day when the Palmer Playground was officially opened, and there were plenty of kids to take advantage of it!



October, 2019

Robber's Dog



It's been a long wait, but the Robber's Dog Distillery is nearly ready to open its doors! Situated in the old BankSA building, Rob and Cath Davies have been slowly, but steadily working towards realising their dream. Refurbishing the interior of the old building and complying with council regulations and requirements has meant that it has been a longer process than anticipated, but Rob hasn't wasted his time and has been busy distilling some very interesting mixtures.

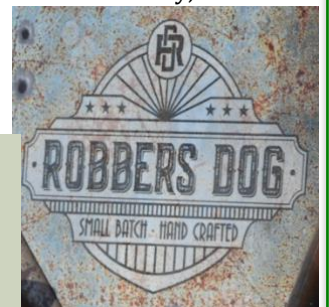
The distillery has a driving focus on producing small batch, high quality spirits. This focus includes sourcing as much locally grown grains and fruits as possible including recycling any organic waste products back to livestock feed where possible. Making spirits of high quality has been a passionate pursuit for Rob and Cath, who hope you enjoy them. This can be done with your favourite mixer or slowly savouring the flavours over ice.

- Gin - Robbers Dog will offer two types of gin, a classic dry gin and Matilda Gin which has a slightly stronger peppery flavour. Both available to purchase now
- Vodka - Classic wheat based, triple distilled, smooth on the palate. Available to purchase now
- Moonshine - A sour mash corn based moonshine, made in true hill billy fashion - coming soon
- Rum - Robbers Dog will offer a rum inline with Caribbean style rum - coming along nicely in the barrel
- Fruit Brandy - Seasonal Brandy using locally sourced fruits such as apple, nectarine and apricots as well as fruit grown in our own orchard - watch for updates on availability.

I did sample quite a few the other day, and I'm looking forward to the opening!

Sue B

For information on the official opening, keep your eye on the Robber's Dog Facebook page





Spring Garden

Despite the unpredictable spring weather, the fourth SA Spring Garden Festival drew large crowds to the increasingly popular gardening show. The event saw over 100 stallholders, and official gate numbers were 3,300 visitors through the gates.

Project Officer Terese Stephens said, "The festival brought crowds from all over South Australia out in their droves, we even had a busload of patrons from Waikerie. This event in just four years has more than doubled the numbers of stall holders and patrons attending."

Crowd favourite & guest speaker Sophie Thomson did not disappoint her large audience, which overflowed the festival marquee, with Spring Festival goers jostling for the best positions to hear the inspirational gardener speak.

"Stall holders were extremely satisfied with the day with both the festival & farmers market stallholders recording well above average sales. Mount Pleasant came alive for the day with the Talunga Park caravan park bursting at the seams, and business owners within the township of Mt Pleasant also reporting a busy trading day."

"As with all major events it would not be possible without the large number of volunteers who assisted with preparations in the week lead up and on the day. A big thank you must go to all those volunteers, as without them this event would not happen." Said Terese.



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.

Proudly Presented by



Bookings Essential - Limited Places Available
e. managemppfm@bigpond.com
p. 0418 301 121



More photos on the MP Beat Facebook page

cont'd on

Spring Garden Festival from



Special guest – Sophie Thomson



Presents
The World Premiere of the Hilarious, Almost-Black
Comedy with Music

MURDER AT THE MANOR

Written by Kate Farrer

Directed by Steve Farrer, with constant hints from the Playwright.

Mt Pleasant SM Hall, 61 Melrose St., Mt Pleasant

7.30PM SAT 16rd, FRI 22nd
SAT 23th **NOTE**
2 PM SUN 17th & SUN 24th **NEW**
November 2019 **DATES**

Adults \$25, Concession \$20, Students \$10

BOOKINGS OPEN Sat. 14th September
Tickets from www.trybooking.com

or 8568 2171

Cabaret Seating—BYO Nibbles & Drinks

Performance dates changed as of 10th September

MURDER AT THE MANOR

When I decided to write a play for TOTT I had no idea it would attract so many young performers.

I had a core group of adults that I wanted in the play and a couple of younger TOTT members that I was hoping to interest.

First a younger sister wanted to be involved, then a friend, then a cousin then more friends. Before I knew it, I had 8 youngsters in the play, ranging from 12 to 16. They were so keen I had to write some more characters into the script.

So now we have a dedicated team of 16 actors in 'Murder At The Manor'. Rehearsals are full of singing and laughter. The youngsters have formed a close bond with each other and the older actors, and are learning new skills and gaining confidence in their abilities.

The play is set in rural Australia in an old homestead called The Manor. It is owned by quirky old Sally Forth who keeps yodelling for no apparent reason. Her cousins Dawn Breaks-Again and Caffy Latte hate each other and want The Manor for themselves. Dawn's husband Alan Again has his own agenda. The young twins, Mabel and Goldy Syrup, from down the road have come to visit Sally and get in the way. There is plotting and counter plotting and that is before the guests arrive for the murder mystery weekend.

Rock band The Wild Rose Thorns arrive, followed by Janet Marble and Hercules Parrot from the Agatha Christie appreciation society. Then Crystal Ball with her mystical powers and second sight comes to join them. Oh yes, there seem to be some resident ghosts at The Manor.

The play moves along with twists and turns, well known songs to join in with and the comedy provides laugh after laugh.

I hope you are able to come along to enjoy all the fun and see how talented our local young people are. Booking details and performance dates are in the advertisement.

Kate Farrer - Writer



Pictured above are some of the cast members from Murder at the Manor. It's fantastic to see so many new young players stepping up, and I'm sure we are all looking forward to enjoying their performances! Break a leg!



shop
garden
home & gift
sustainable
workshops
create



Above: Part of the Recreate display at the Spring Garden Festival, and Below: Sophie listening to Faye speak.



Repair Shop

A new Repair Shop has started in Unley! To be a part of this world-wide movement for change – in Mount Pleasant – please go and see Faye at Recreate. If you loathe throwing things away and like mending them, if you dislike the disposable lifestyle and want a better alternative, being a part of a Repair Shop may be for you. It's a great way to pass on skills or learn new ones.



WEED-BE-GONE

1 Gallon Vinegar
2 Cups Epsom Salt
1/4 Eco-Friendly Dish Soap

It will kill anything you spray it on. Just mix and spray in the morning, after the dew has evaporated. Walk away. Go back after dinner and the weeds are all gone!

Cheaper than anything you can buy anywhere!
Never buy **Round-up** again!

Natural News

congratulations &

Mount Pleasant Bakery and Café Wins Award for Food

5MU Radio recently held a competition called “Simply The Best”, whereby listeners were encouraged to call in and nominate their favourite Takeaway Food Outlet. The Mt Pleasant Bakery and Café was nominated by loyal customers and fans calling in to talk about the delicious Takeaway including the famous Pies and Pasties the Bakery is renowned for.



The competition stretched over the Murraylands, Hills and even down to Port Elliot. Kevin McCarthy purchased the Bakery/Café last November and has been working hard to bring a friendly and warm atmosphere to the business, when he was contacted by 5MU earlier in the month to congratulate him on his outstanding win he was elated.

“I would like to thank those who nominated and voted for us on the day, we are thrilled to receive an award like this that recognises the effort we put in to run a 7 day a week business and keep our food at the high quality customers have come to expect, as well as our efforts to add in the takeaway side of the business for locals and those travelling through on day trips or on their way to the river. I consider the Café to be the hub of Mount Pleasant providing a great meeting place for people in the community to socialise for coffee, food and a chat. An award like this is great for the community as a whole and the prize of radio advertising will increase the awareness of our lovely town and be of benefit to all business owners. Thanks to 5MU for running the competition and all those who have supported us. If you haven’t had a chance to come in and try our menu, make sure you pop in soon.”

Jacque McCarthy



Roger Trudgen celebrated a birthday in September - Roger, most often pictured in a pinny – is the Baron de Barbecue of the Men’s Shed – and no barby is complete without him! Happy Birthday, Roger!



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

DID YOU KNOW



That the Bakery is open for Takeaways on Friday nights?

clubs & mittees at the Royal Show



This year was the first time I have volunteered to help in the SACWA Tea Rooms at the show, and I had so much fun, I will be doing it again next year – hopefully with Kath who won't be on the sick list! It is an amazing experience. As a newbie, I was put on something that wasn't taxing – rinsing and stacking dishes for the dishwasher – something that you might think required little effort – and you'd be wrong. I spent the whole of my shift glued to the sink, except for a short break for lunch, upstairs in the kitchen. There is an art to loading and stacking trays, and then putting them on the trolley to be taken to the dishwasher – and woe betide anyone who didn't get the cup clean! It was frantic. The place was packed most of the time, and the only reprieve we seemed to get was ten minutes before I finished, so I showed someone else how to do it. There were ladies there who had been doing it for over forty years – some of them even had matching flash red and white checked shirts – and they all love it. The tea Rooms used to only be one room, but now they have expanded next door into the little pop up shop, and they do a brisk trade, as everyone wants scones and a cuppa. According to the tally sheet, they had served 12,534 scones during the show. A mammoth effort. This year there was a Tea Cosy Challenge for the 90th Birthday of SACWA, and the winner was a gorgeous one shaped like a sheep.

Sue B



Top: The winning Tea Cosy and trophy. From top right: The Pop-Up Shop, packed with buyers and people having a cuppa, some of the ladies behind the counter, some of the Tea Cosies which were voted on, and the dreaded sink. I must have packed hundreds of those trays!

clubs &



Thank you to The Barossa Council, which recently made a donation to our event. This money will help pay for the many entertainers that perform for us on the day. At a recent meeting we were happy to find out that we have three more volunteers – Heather Reekes-Parsons, Janelle Bishop and John Hausler. We are still accepting entry forms for the parade, and have received some great responses from groups, which have not previously entered. If there are any other groups or organisations that wish to be a part, 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

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

Don't forget there will be a Best Decorated Business and Residence competition again this year, as well as a children's poster competition. Open to all school age children – let your imagination run wild!

Catch us on Facey, Insta & Twitter!

MPCA Inc.



We were very happy to hear that due to lobbying by Councillor Barrett, three Australia Day events that have been held for many years will receive some funding from The Barossa Council. Eden Valley, Williamstown and Mount Pleasant will all receive some money to go towards purchasing food and supplies for the next event, and hopefully this will be included in budgets to follow. These small community events are integral to the community, and it's an occasion to formally recognise local heroes who have made contributions to their communities.



RSL news

Results of the AGM:
Mike Williams – President
Tim Sutton – Vice president & Treasurer
Liv Andersen – Secretary
Committee – Roger Benton, Kim Yap & Dennis Rockley

Dates to remember:

29 October: Veterans Health Week - Keeping ya Cool – at Mannum TSL - a discussion on mental health, suicide and other topics.



Friends of the MP Hospital

Pictured below are a group from the Friends' at the Hills Mallee Southern Conference, which took place at Mannum Hospital recently.

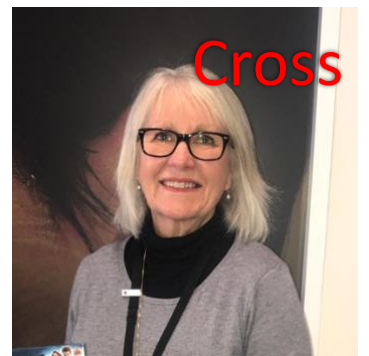
Please support the Open Garden in Birdwood, and our Garden Fete at Glen Devon in November.



Australian Red Cross
THE POWER OF HUMANITY

MP Red Cross

Last month Red Cross farewelled Judith Edwards who has visited a few times whilst working for Red Cross. We wish her well in the next phase of her life and thank her for her efforts.



markets



11am-4pm

Lyndoch

Community Market
12th October



HAHNDORF MEMORIAL INSTITUTE

POPMARKET.NET



from 10am-3pm. Tel: 0412 219 742 or email:
lyndochcommunitymarket@yahoo.com.au



Join us for

MANNUM RIVERSIDE MARKETS

• THE PLACE TO FIND LOCAL •

HANDMADE GOODIES AND FRESH PRODUCE

1ST SUNDAY OF THE MONTH
9^{AM} ^{Until} 2:30 PM **ARNOLD PARK**
MANNUM *near the ferries*

FOR FURTHER INFORMATION CONTACT
THE MANNUM VISITOR INFORMATION CENTRE
T: 8569 1303 • E: MANNUMVIC@PSMARION.COM
WWW.MANNUMRIVERSIDEMARKETS.COM.AU

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



Mt Pleasant Tennis Club



Are you interested in playing tennis? The Mt Pleasant Tennis Club would love to have you play for us. We have both Junior & Senior teams. For more information, call Nick Seager - 0448884721 or email - middlethorpepark@iprimus.com.au



BE PART OF THE PREMIER FOOTBALL CLUB
IN THE ADELAIDE HILLS

2020 JUNIOR TRIALS

ADELAIDE HILLS HAWKS

FIELDING BOYS, GIRLS AND MIXED TEAMS
QUALITY COACHING BRAND NEW FACILITIES
PLAYING IN THE PREMIER LEAGUE COMPETITION

VENUE: HAWK'S NEST, 1 HUTCHENS RS WOODSIDE

Monday 14 October 2019 - BOYS

U8-U11	5.00 -6pm
U12, U13, U14 & U15	5.30 - 7pm
U16, U17 & U18	6.30 - 8 pm

Wednesday 16 October 2019 - GIRLS ONLY

U11, U13, U15 & U17	6.30 - 8pm
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Thursday 17 October 2019 - BOYS

U8-U11	5.00 -6pm
U12, U13, U14 & U15	5.30 - 7pm
U16, U17 & U18	6.00 - 8 pm
Game & Final Team Selections	

Friday 18 October 2019 - GIRLS ONLY

U11, U13, U15 & U17	6.30 - 8pm
---------------------	------------

PRE REGISTER AT: trials@adelaidehillshawks.net NAME AND AGE GROUP



Little Athletics Torrens Valley



Introduction to Little Athletics (Aged 3 +)

Mount Pleasant Farmers Market

Saturday 5th October 2019 9-11am



bits & 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



The Barossa Council



Dance congratulations



Dance stalwarts Roger & Trish Branson will be celebrating with a combined 70th Birthday party on October 13th, and their family will be taking over the running of the dance for that night.

Happy Birthdays!

Pleasant Pickers

19 Melrose St, Mt Pleasant Saturdays 9am to 4pm.
Furniture, vintage rustic, farmhouse, outdoor, garden, artwork, décor, bric-a-brac, etc.

On the Edge



The **Mount Pleasant Community Choir** will soon begin rehearsals for 2019 Christmas events. If you enjoy Karaoke, humming along to the radio, or simply singing in the shower, this is your opportunity to exercise your vocal chords and have some fun.



- * NO MUSICAL BACKGROUND OR TRAINING REQUIRED
- * NO AUDITIONS
- * NO AGE RESTRICTIONS



TIME COMMITMENT: Approximately 2 hours per week

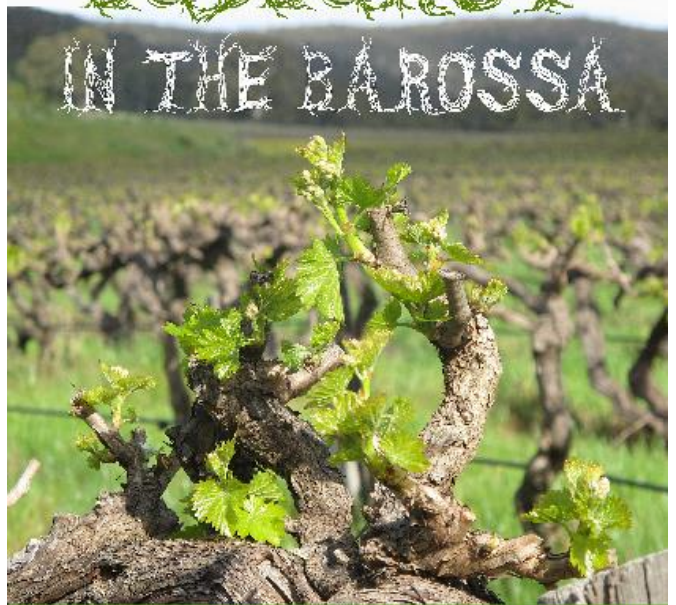
VENUE: Talunga Park Pavilion

Phone Ken for further details: **0408 301 828**

(Practices are scheduled to commence mid-October.)

Everyone is Welcome

BUDBURST IN THE BAROSSA



CELEBRATE THE BEGINNING OF A NEW BAROSSA VINTAGE AT OUR
BUDBURST FESTIVAL ON THE LYNDOCH GREEN,
OCTOBER 12 2018, FROM 5PM ONWARDS!
JOIN US FOR FOOD, WINE AND ENTERTAINMENT BY LOCAL ARTISTS!
go to:



bits & bobs



St John's Card Lunches

October 3rd, November 7th & December 5th for 2019
Lunch is at noon.
Raffle draw & cards immediately after lunch.
Afternoon tea. Admission is \$10-00
Call 85682875 if you'd like to join them.



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 so contact Sue Streich 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!
Call Pauline Williams on 0407 863 575 for info.

Warren Reservoir

More recreational access coming soon

Kayaking Fishing Hiking Cycling Picnicking

Permits no longer needed for non-fishing activities

Lobethal & Districts
Community Bank® Project

Invitation to the Lobethal & Districts community

PLEASE JOIN US TO DISCUSS ALL THINGS COMMUNITY BANKING AT ONE OF OUR EVENTS BELOW:

Monday 23rd September 2019, 7pm – Lobethal Lutheran Reception Centre, Church Street Lobethal

Monday 30th September 2019, 7pm – Cudlee Creek Tavern, Gorge Road, Cudlee Creek

Friday 4th October 2019, 7pm – Lenswood Uniting Church Hall, Cnr Lobethal Road & Swamp Road, Lenswood

Thursday 10th October 2019, 7pm – Birdwood Holy Cross Lutheran Church Hall, 2017 Warren Road, Birdwood

Wednesday 16th October 2019, 7pm – Gumeracha Town Hall, Albert Street, Gumeracha

Tuesday 22nd October 2019, 7pm – Mt Torrens Oval Clubrooms Oval Road, Mt Torrens

Thursday 24th October 2019, 7pm – Mt Pleasant Oval Pavilion, 68 Melrose Street, Mt Pleasant

Wednesday 30th October 2019, 7pm – Woodside Town Hall, 30 Onkaparinga Valley Road, Woodside

**Thursday 24th October, 2019, 7pm
Mt Pleasant Oval Pavilion.**



Youth Barossa AGM

Wednesday, 16th October 2019, 10-11.30am
The Barossa Council Chambers
43-51 Tanunda Road, Nuriootpa
All Welcome
Enquiries to Secretary 0417 503 243

LimeLight Songwriting Competition Event

23rd Nov

The purpose of the LimeLight Songwriting Competition is to offer the opportunity for both aspiring and established songwriters to have their original songs heard in front of a live audience and to receive feedback on their works. It is aimed at fostering the musical talent of songwriters on all levels and to encourage excellence in the skill of song writing.

Get your \$15 tickets here (kids under 12 can come for free):
<https://theoldbarn.com.au/limelight-event/>

Songwriting Entrants go to:
<https://theoldbarn.com.au/limelight-songwriting-competition/>

community events



SUNDAY 20th OCTOBER 10 am 'til 3pm

10th 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



IAN MOSS

MATCHBOOK 30th ANNIVERSARY TOUR

WITH SPECIAL GUEST **MARK WILKINSON & LACHLAN EDWARDS**
(TICKETS, REFUNDABLE & NON-CASHED ONLY)

FRI 1st NOVEMBER **ENMORE THEATRE** SYDNEY
FRI 8th NOVEMBER **ANITA'S THEATRE** THIRROUL
FRI 15th NOVEMBER **THEBARTON THEATRE** ADELAIDE
SAT 16th NOVEMBER **PALAIS THEATRE** MELBOURNE
FRI 22nd NOVEMBER **CANBERRA THEATRE** CANBERRA
SAT 23rd NOVEMBER **CITY HALL** NEWCASTLE
FRI 29th NOVEMBER **THE TIVOLI** BRISBANE
SAT 7th DECEMBER **CROWN THEATRE** PERTH



Lots of upcoming events at the
Barossa Arts Centre
Check out the website

19th October
Barossa Arts Centre

community BBQ

**6:30 pm, 11th of October
At the Tungkillo Hall**

The Tungkillo Progress Club
invites you to join us for a
FREE BBQ Dinner!

Steak Sandwiches, Sausage Sizzle,
Salads & Sweets

Cold Drinks available for a small cost

MEAT TRAY RAFFLE

drawn on the Night

BYO Adult Drinks

Family Friendly
Event



**12 noon, 17th of October
At the Tungkillo Hall**

The Tungkillo Progress Club
invites you to join us
for lunch & card games!

Lunch at 12 noon
Cards begins at 1pm

Afternoon tea is served to finish
the day, after the games are over.

\$12 per person



**Raffles,
Games
& Fun!**

community events

MOUNT PLEASANT HOTEL MOTEL

THURSDAY

SCHNITZEL NIGHT

\$15



Chicken or Beef Schnitzel, served with chips & salad

All toppings ½ price



DINNER ONLY

Contact: 8568 2015 | 43-45 Melrose Street, Mount Pleasant SA 5235

[f Mt Pleasant Hotel Motel](#) | talungahotel@email.com

the next

Sunday at the Barn

6th October



191 Bank Road, Sedan

You're invited to come along to our "Sunday at the Barn" OPEN MIC from 11am to 9pm. We'll have an interesting variety of live music and a warm, friendly crowd. Licensed bar and light meals available. So come and join us for a special treat and just relax for the day!

If you'd like to perform and have a preferred time you'd like to play, please let us know via facebook or call or text Julie on 0413 314-749.



Palmer Hotel

Voted Best Pub by 5MU listeners, the Palmer Hotel hosts Jade and Michael welcome you to try:

Thursday on *Schnitzel Night* - priced from \$13.
 Seafood *Sunday Lunch* - from 12-2 @ \$15.
 Bookings recommended on 85694054.

Open Mic



19th October from 2 to 6pm. 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.



'Shakin' the Blues'

25th Oct – Come and check out 'Shakin the Blues' – another stellar night at the Palmer Pub!

★ Good Luck, Totty!

Best Wishes and Good luck to the licensee and staff of The Totness Inn Hotel. The last little while can't have been easy, but I'm sure the community will join with Paula and I in hoping that we'll welcome the 'Totty' back soon.



Friday Night Dinners - from 4-9!

Food/wine/banter.

Cellar Door weekends

From 11-5 offering: wine, food / 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



Palmer Hot Rods - 6 Oct

Come and be part of Palmers biggest street party. FREE ENTRY – plus Live music, food & drink. Got a hot rod? Contact the Bear Rock Rodders to be part of it!

MT PLEASANT PRIMARY SCHOOL

The \$10 Car Wash Fundraiser

An event to benefit the Year 7 Civics and Citizenship trip to Canberra in November



Saturday 12 October 2019
10 am to 3 pm

At the Mount Pleasant Showgrounds

Need your cars washed? Get it done all while supporting a great cause!

We can wash your car while you visit the Farmers Market in the morning OR enjoy a soft drink and snack in the afternoon (benefits go to the school)..!

For more information please call Tania Drever on 0402 441 303

PROUDLY SUPPORTING


 Women's & Children's Hospital Foundation
 ALL PROCEEDS GOING TO THE WOMEN'S & CHILDRENS HOSPITAL FOUNDATION

Live On Levi Presents...
ANNUAL MEMORIAL RUN + SHOW & SHINE 2019

\$30 PER VEHICLE
 INCLUDES TICKET INTO MAJOR PRIZE

SUNDAY
OCTOBER
20TH
ALL VEHICLES WELCOME

MEMORIAL RUN DEPARTING TEA TREE PLAZA CARPARK OPPOSITE MC DONALDS 9AM SHARP TALUNGA PARK MT PLEASANT OPEN TO PUBLIC 10.30AM

FOOD *RAFFLES*
 DRINKS **FOR ANY ENQUIRIES PLEASE CALL 0455347868** *PRIZES*
 PROUDLY SPONSORED BY









In support of

 Cure Brain Cancer FOUNDATION
Making a Difference Step by Step presents...

CAR & BIKE SHOW n SHINE FOR BRAIN CANCER

13th of OCT 9am-3pm
 At Keith Stephenson Park Mount Barker

FREE ADMISSION

Food
 Drinks
 Bar
 Games



\$15 per vehicle
 0405 013 217

Entertainment
 Prizes/Giveaways



MOUNT BARKER DISTRICT COUNCIL

coming

Anything coming up?

Let us know:
info@mountpleasant.sa.au

Sunset Symphony

Adelaide Symphony Orchestra

Sat 9 Nov - Warriparinga Wetlands



Special guest
Henry Obnga
Star of The Voice

supanova
comic con & gaming

NOV 1-3
ADELAIDE

NOV 8-10
BRISBANE

BUY TICKETS HERE

FAMILY FUN!
KIDS 12 AND UNDER FREE!



The Big 80's Party

Sat 30 Nov 3.30 – 10.30

Peter Lehman Wines

Para Rd, Tanunda

TICKETS are ON SALE NOW and SELLING FAST!

BUY HERE:

<https://thebig80spartybarossavalle2019.eventbrite.com.au>

Jump in your time machine and join us among the vines at the picturesque Peter Lehmann Wines, Barossa Valley for a MASSIVE 80's EXTRAVAGANZA!
DRESS CODE: 80's dress code is vital to fit in with the immersive nature of this event. This Event is 18+

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

Kersbrook Primary School

FAMILY FUN DAY & Gov Pat Lotto

MAJOR FUNDRAISER
3rd November 2019
11am - 3pm
KERSBROOK Soldiers' Memorial Park

BYO Picnic & Alcohol (no glass)

Prize Pool of \$3500
tickets@TryBooking.com

Market Stalls 🍷 Face Painting
Petting Zoo 🍷 Amusements
Food Stalls also available

The Friends of the Mt Pleasant Hospital Inc.

Welcome all to the

Hospital Fete

at Glen Devon

Glen Devon Road, Mt Pleasant

26th November from 10am to 2pm

Guest Speaker:

Linda Hoffmann
President SA Native Food Ass'n

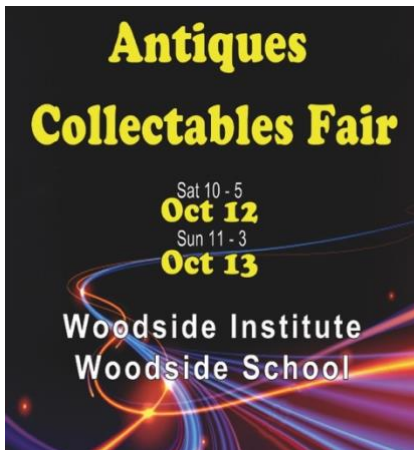
Trading Tables, Raffles

\$10 entry includes morning tea & lunch.

All proceeds directly benefit our Hospital.



October



Antiques Collectables Fair
 Sat 10 - 5
Oct 12
 Sun 11 - 3
Oct 13
 Woodside Institute
 Woodside School



ZEST FEST SA
 A FESTIVAL FOR MODERN AGEING
 14-28 October 2019

Events Program | Oration 2019 | The Nature Strip | Writer's Prize

Events

Check out the Zest Fest website – too much to add here!

Date	Event	Details
5, 12, 19 & 26	MP Farmer's Market	8-12, Saturday @ Talunga Park
5	Mannum Riverside Markets	From 9am, Arnold Park, Mannum
6	Sunday @ the Barn - Open Mic	From 11am, Old Barn @ 191 Bank Rd, Sedan
12	Mt Pleasant PS \$10 Car Wash Fundraiser	10-3 - Fundraiser for Canberra Trip
12	Lyndoch Community Market	10-3, Lyndoch Institute
19	Palmer Hotel Open Mic	Palmer
27	Rizz 'n Fizz - Edenmae	(see Community Events)
27	Community Dinner	From 6pm, Talunga Park Pavilion

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	3 rd 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 one.
 Online @ mountpleasant.sa.au
 Editors: Sue Barrett & Paula Bartsch



Contact us:

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