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Amy Gillett Bikeway

receives federal boost for extension

Adelaide Hills Council Media Release - published 12 October 2020
 We have received \$2.6 million of Federal funding to complete the Mount Torrens to Birdwood Stage Four section of the popular Amy Gillett Bikeway. It is hoped that this project will be a boost to recovery in the region, and will support our wider strategic vision for cycling in the hills.
 We recognise the efforts of Federal Member for Mayo, Rebekha Sharkie, who has been a long-time supporter of the Amy Gillett Bikeway and has helped secure this outcome. The bikeway currently stretches from Oakbank to Mount Torrens, with this funding going towards the extension to Birdwood. The proposed final stage would take in Birdwood to Mount Pleasant.
 The bikeway is named in honour of cyclist Amy Gillett, who was tragically killed in 2005 during a training ride with the Australian women's cycling team.

Adelaide Hills Council



Recently, when someone (who shall not be named) was talking about the location of something and named the wrong state, she reasoned it away by saying “Same dog – different leg.” I’d not heard it before, so looked it up and found this cricketing reference:

You never want an Australian with his back against the wall. You put any 12 blokes together and you’ll get a job done. Whether it’s getting a bogged four-wheel-drive off the beach or standing in front of a cricket wicket and making sure we’re in a dominant position. It’s the same dog, different leg action, so to speak - (Matthew Hayden - cricket player)



Seeking interest in a return Community Shopping Bus from Eden Valley, Springton and Mount Pleasant to Gawler.

The Barossa Council is proposing a Community Transport shopping bus service from Eden Valley, Springton, Mount Pleasant to Gawler and return.

Funded by the Commonwealth Home Support Programme this service would be primarily for older people who are registered with My Aged Care who struggle to use the public bus. Spare seats would be available to the wider community.

The monthly service would be door to door with registered passengers booking in advance. Cost would be \$10 return. The bus would be driven by a Community Transport volunteer. Wheelchair access would be available.

If you think this is a service you might use or would like to provide feedback you can:

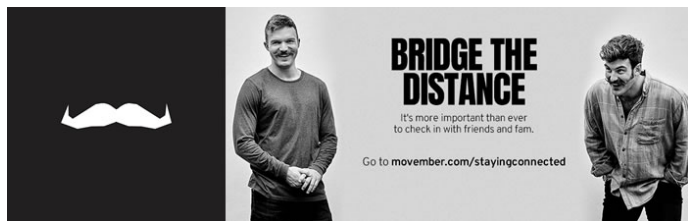
Complete our short survey online yoursay.barossa.sa.gov.au/ 4 to 24 November

Complete and return the survey in hard copy (see reverse)

Email - transport@barossa.sa.gov.au

Call - 8563 8411 - during business hours

Feedback to be received by 24 November 2020



Get on board! If you’d like to fill out the feedback form, go to the website and click on the link. Email to transport@barossa.sa.gov.au

MPPA Inc.

(Mt Pleasant Progress Association Inc.)

Here is an update overview precis of the minutes from the recent Mount Pleasant Progress Inc. General meeting held on Tuesday, 13th October, 2020, at the Mount Pleasant Men's Shed.

The Minutes of the previous General meeting of September were adopted. Moved: Pete Stephens, Seconded: Gareth Saunders.

Present were: John Bowd, Wendy Harvey, Genevieve Hebart, Don Barrett, Paul Johnson, Pete Stephens. Christopher Hebart, Tracey Spargo, Di Anderson.

Apologies: Gareth Saunders.

Business arising / ongoing:

- The replacement of the Show office building and renovation of the toilets is progressing.
- The MP Show committee have been notified that our local Mt Pleasant artist, Graham Westwood will commence an additional mural (shearing shed scene) when the weather is fine.
- Brass plaques to acknowledge donors for the trees around the MP oval will be ordered and installed in the next few weeks. Some trees have unfortunately died and will be replaced.

Finances:

- MP Progress Inc. has \$9,177.42.
- The Community Dinner has \$10,574.43 and may not continue if the attendance does not improve. Attendance is encouraged.
- SALA has \$814.42.
- It was resolved to change the MP Progress Inc. banking from People's Choice to BankSA.
- The MP Progress Inc. financial records are now ready for auditing by Karen Hegarty.

Sub Committee reports:

Talunga Park:

- Concern has been expressed with the ruts in the oval following the installation of the watering system. The Barossa Council will be repairing the ruts in the oval.
- The shutter in the kitchen has been fixed.
- There is no further information at the moment regarding the park power problems.

SM Hall:

- There have been water leaks at the Soldiers' Memorial Hall due to excessive rain and overflowing gutters. This is being attended to by the Barossa Council.
- Concerns were raised about the viability and role of the SM Hall committee.
- The Stairs either side of the stage will be fixed in January/February 2021.
- An asbestos audit of the SM Hall has been completed.
- The following issues have been reported to Barossa Council; Exit sign lights, box guttering, Hall painting regime, general maintenance and hand drier in the outside ladies' toilets.

Councillor Discussion:

- The Barossa Council has put forward a submission re the change in Council Boundaries as they wish to stay within Schubert.
- The multi-council grant application for a feasibility study into a state wine trail was not successful.
- The Adelaide Hills Council has committed monies to extend the Amy Gillet Bike trail to Birdwood. It is hoped that the trail will continue to Mt Pleasant eventually.
- There is a proposed Youth Leadership programme which is currently being formulated.
- There has been further discussion about the Gawler River flood plain problem.

New Business:

- Wendy and Genevieve have met with Jo Seabrook to commence discussions about Project informed. The proposal has been given to Jo to read and a further meeting will be held with Jo and Paul for further discussions.
- The Tree replacement program will go ahead in the following weeks.
- Concern was expressed about the high cost of hiring the SM Hall for local people and that they are going elsewhere for their celebrations. This means that the hall is not being used as often as it could be and the thought is that it is better to be used more often for a small charge than being left empty. Pete and Di will put together a document of definitions for a different costing system for the Hall which can then be sent to the Barossa Council for consideration.

The meeting closed at 8.15pm.

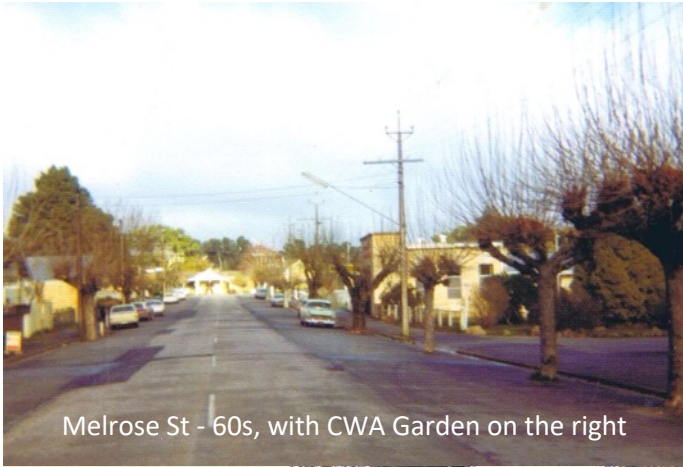
Gareth Saunders

on behalf of the MP Progress Assoc. Inc.



Pleasant History

The Good Old Days



Melrose St - 60s, with CWA Garden on the right



CWA Garden during the 70s

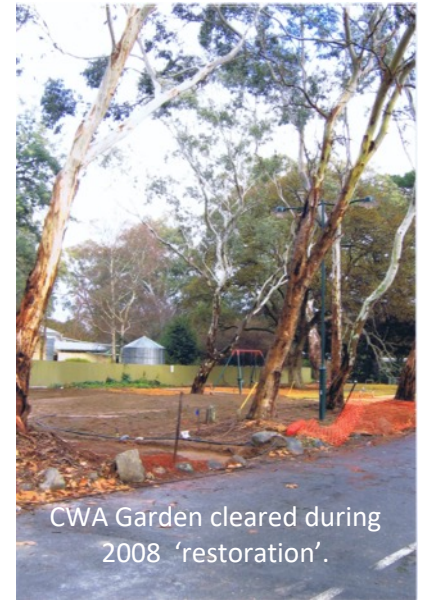


CWA Garden KESAB presentation 80s

There are some of us within the community who have a great respect for the facilities that our forebears provided. We know the history of their development and constantly remind others of the need to remember the history. Without the entrepreneurs who encouraged the development of various public buildings and finance to support such ventures we may not have our local Halls, recreation grounds, parks or hospital. In Mount Pleasant we can thank Robert Thomson Melrose who donated the land for the Soldiers' Memorial Hall, Talunga Park (now Old Talunga Park) and Mount Pleasant District Hospital. The Soldiers' Memorial Hall was built in 1926/27, some years after World War 1, and some funding was available to

November, 2020

support the venture along with that donated by Robert T Melrose and the community. Talunga Park, and the bridge which traverses the River Torrens behind the Hall, was another donation by Robert T Melrose. It is a pity that 100 years later the bridge has been replaced by something totally unlike the original, but I am hoping that a sign can be placed on the bridge to tell the story of the Park and the



CWA Garden cleared during 2008 'restoration'.

access to it. Likewise the CWA Tribute Garden is nothing like that planned in 1949, to remember the people from the district who served during World War 2. For some time now, the CWA members have been asking for the garden to be restored back to something akin to the original, with roses and something cheerful. The Hospital was once truly a 'district' hospital with committees in the various townships surrounding Mount Pleasant fundraising for the upkeep and improvement of this facility. Today there is the Friends of the Hospital group, members of which assist in providing the little extras that are needed.

Time marches on, however, and the ability for a local community to provide the funding for these community assets declines. Sometimes this means the sale of facilities and at times it is requesting that another organisation, such as the local council, or government to take responsibility. Such was the case with the Soldiers' Memorial Hall, CWA Tribute Garden, Talunga Park Recreation Ground, and the Hospital. Along the way though, the history is often ignored, and the information not sort, so that these facilities can be respected as they once were. Those of us who continually remind the powers that be of the need for improvement are often seen as nuisances, and whilst we are assured that our concerns regarding necessary upkeep is in hand, when this upkeep is months in the wanting, I do wonder if it is worth reminding others of the importance of community pride and how important that is to the well-being of a community.

Paula Bartsch - Historian

The Mt Pleasant History Room

Located in the
Mt Pleasant Soldiers'
Memorial Hall.

Open Thursdays 1-4

Find us on Facebook or

mountpleasant.sa.au

pleasanthistory@gmail.com



**Mount Pleasant District
Historical Research Group**



Peter's poem

From the Diary of an Adopting Dog
Chapter 7 – Mistaken Identity

In my new life at Cromer, there's not much aggravation,
 But lots of humans mix me up, with a not-so-smart Dalmation.
 Have they not noticed my noble head, my regal, lordly stance?
 You'd think, to spot the difference, just needs the slightest glance.
 Look at my beautiful, shiny coat, my intelligent, chocolate eyes,
 Look at my huge, yet handsome feet, and still, to my surprise....
 So many humans do not note, the uniqueness of me!
 I'm not a Shepherd, NOT Dalmatian, I'm a glorious GSP!!!
 Grand Stately Phenomenon ... How can anyone mistake,
 The superior Being that I am?? It's plain, for goodness' sake!
 It's just as well I'm wise, and kind, or I just couldn't take
 How stupid senseless humans, could make such a huge mistake.
 At least I have my family (I let them live with me),
 They bask in the Heavenly, Lovely Light, of their God-like GSP,
 We might just start a web-site, to make the world aware,
 But then again, I've got it made, so I don't really care.



Zeus, Wonder Dog and
collaborating Poet

Peter – the Peripatetic Poet

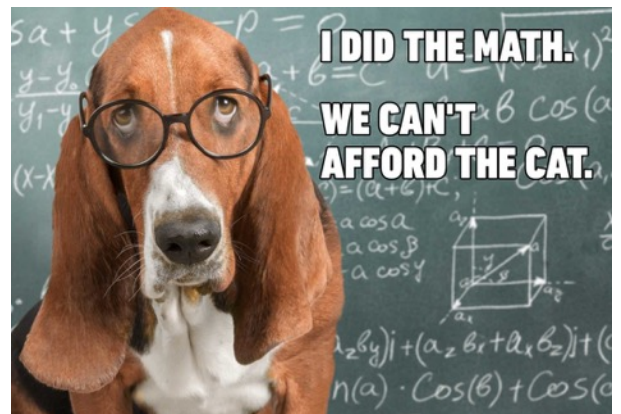
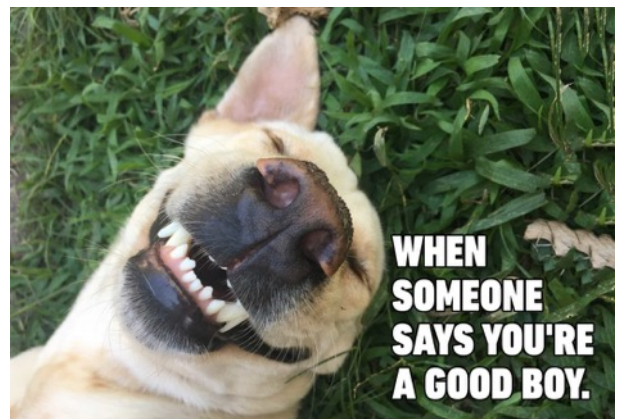


School Holiday Cinema

During the holidays, the Community Association hosted a movie for children, as an experiment to see if it would be worthwhile doing it again in other holidays. Our aim was to show a movie that wasn't something that kids might have normally seen – that is – not the latest blockbuster. Instead we chose an Australian film (Satellite Boy) featuring indigenous young actors on a mission to save a drive-in. The small group who attended were very appreciative, and you could have heard a pin drop. The ticket price included a bag of popcorn and a fruit box. We will endeavour to host another movie during the next holidays, and we are open to suggestions.



Mt Pleasant Community Association Inc.





Recreate

So many beautiful bespoke items for sale at Recreate. (Below) One of young Cate's beautiful sculpture creations. Needle felted wool mouse, paper, fabric and beeswax mushrooms, handmade cloche and timber base.



November, 2020



Recreate not only stocks personal products, second-hand items, antiques and bric-a-brac, but also occasionally beautiful restored and repurposed furniture items (above) and clothing. And don't forget the free donated goods as well as the huge range of plants and herbs.



Faye McGoldrick
Recreate

Left top: Earrings by Head Cred
Left bottom: Pots by Really Useful Pots



Marketing!



Woodlane Orchard has been selected to be one of 30 businesses from around Australia to be nominated for a People's Choice Award with Business Australia.

Kelly & Mark from Woodlane Orchard wanted to thank everyone for all their support, especially as they have slowly been navigating and learning how to grow a small business.

If you would like to vote for Woodlane Orchard
Click Link [Here](#) to vote
Voting closes on 8th November

Not sure if this will work, but try this page:
<https://m.lndg.page/4> to vote

New Stalls:



Kirkland Plants from Mt Barker

The Milk Chef
with roasted coffee beans

Come over and say "Hi" to Sam!



Habitat Recovery (right)

<https://www.eventbrite.com.au/e/habitat-recovery-alliance-mt-pleasant-nursery-workshop-tickets>



Flowers By Natalie

It is with great regret that Flowers By Natalie will no longer be a stall holder at the Mount Pleasant Farmers Market due to work commitments. I have loved my time at the market and have made some lovely friends and loyal customers. I will miss you all and thank you again for your awesome support of my business. I hope to see you all again one day and I wish you well. Take care ❤️🥺🥺



The Mt Pleasant Farmers Market is once again hosting Habitat Recovery Alliance nursery workshop days.

If you are interested and would like to be part of the workshops again Habitat Recovery Alliance (HRA) and Upper River Torrens Landcare Group (URTLG) invites you to register for the nursery workshops via the link below.

[Click Here](#)

They are facilitating three sessions per day (9am, 10am & 11am) for three weeks starting 21st November, 28 November and 5 December, 2020.

Tickets are limited, so please book now to secure your spot. If you are unable to attend, please let them know ASAP so they can ensure all sessions are covered.

Please note you will be required to return them to Mt Pleasant by end of April 2021 in readiness for planting in May/June 2021.

CFS Comedy

Such a fantastic night that raised \$3500 for our brigade. A sell-out crowd was entertained by four of the funniest comedians to grace our stage.

Host and MC was Kehau Jackson, who introduced local favourite, the very laid-back Kel Balnaves.

Our next act was all the way from the UK - Gordon Southern. Gordon was a victim of the COVID-19 quarantine situation and was trapped in Adelaide after The Fringe. The UK's loss was definitely our gain.

The final act was someone I have waited 5 years to get to perform with us - the one and only Granny Flaps.

What a night!!

An absolutely fantastic night of high-level comedy. seeing 100+ members of our community laughing their backsides off was such a joy to watch.

Mt Pleasant and surrounds, you did yourselves proud with your enthusiasm and commitment to raising over \$3000 to go towards your local CFS brigade being able to further serve you, our community.

Many thanks to Kehau Jackson, Kel Belnaves, Gordon Southern and Granny Flaps for sharing their talent with us.

As an aside - apart from Kehau, these comics are all doing Adelaide Fringe shows in 2021, so please get behind them and book your tickets to their shows. You won't be disappointed.



Glynn Jackson
Captain MP CFS

(All photos courtesy Glynn Jackson – more on CFS page)



Congratulations & Celebrations



Celebrating her Birthday last month was



Claire Simmonds



Collette & Roger Benton

November, 2020



Michael & Margaret Seager

Michael and Margaret were married on the 3rd November, 1960 at St Peters College, and they have been farming at Mt Pleasant since then. Michael and Margaret have both worked very hard on their farm 'Middlethorpe Park' to make a go of it, and set it up for the future, and Michael is still active on farm. They had four children, three boys and a girl, and were blessed with seven grandchildren. They are devoted grandparents. 60 years of marriage is a great achievement, and we wish them all the best.

"Mum and Dad have been great role models for us as children, and now for their grandchildren. They have both been heavily involved in the community, dad with the Mount Pleasant Council and later with the Barossa Council, Mt Pleasant Show Society, and many other committees over the years, and mum with St Johns, the Red Cross and Justice of the Peace duties. They also played local sport, dad with football, tennis, cricket and table tennis, and mum played some tennis."

Nick Seager



Clubs & Committees

Men's Shedding

COTA talk



On October 14th we were fortunate enough to have Elisabeth Hakkarinen as our guest speaker. Elisabeth is a volunteer with COTA and also drives the Adelaide Hills Community Bus to Tea Tree Gully. She was there to give us information about COTA, what it is and how we can benefit from 'Maximising My Independence'.

COTA (Council of the Ageing) is a not for profit organisation, located in Hutt Street, which is involved in the Zest events, 'Strength for life', as well as Insurance and Travel, supplies Volunteers for talks, and assisting people in overcoming social isolation with visits – amongst other things!

The process for Maximising My Independence started around 10 years ago, and was in part sparked by the Royal Commission into Residential Care. The three levels of care are Residential Care at the top – this is the highest level of assistance. Home Care is the middle level, which includes a range of agencies enabling people to still live at home – but with help. Low Level care is done with the help of Commonwealth agencies.

It can be a long process and is available to people over the age of 65 (if help is needed before this, it is done via the NDIS – National Disability Insurance Scheme) People who identify as Aboriginal or Torres Strait Islander may access assistance at 50. If people are able, assistance is not available until difficulties are encountered. The assistance can be long or short term – for instance if you only require help because you are recuperating from an operation, or you've been ill. If you are going into hospital, you can talk to a social worker while you are there, or organise something beforehand if it's a scheduled procedure.

If you are worried about your balance, you may need to have handrails installed or other aids. So you may need tools, rather than physical help. Allied health services and resources may be brought in. (Physio, etc)

The emphasis is in wellness – looking into what you CAN do when you are being assessed. The old adage if you don't use it, you lose it, certainly rings true.

Think about your goals, and what do you need to do so that you are able to stay at home. Doing things with you rather than getting things done for you – it's a different way of thinking.

Registering for My Aged Care (MAC) gives you a number that will stay with you for life, and your calls do not go overseas. You will need to provide some personal details, and if you don't need immediate help, you can stop there and get in touch when you do. A MAC Regional Assessor will help you work out what level of assistance you will need. And do up a support plan. You will be given options which you need to choose, and to be honest in your requirements. Initially this might feel difficult, but it needs to be done if you wish to remain in your home. The Government will expect you to contribute to this, but service can't be denied if there is a financial difficulty, they will renegotiate. (At the lower level, the organisation doesn't have access to your money.) You are able to choose the agency and they will then do an assessment of their own (OH&S and explain your rights). Carers (respite) is also available, and they should register as a support person. No information is given out without your permission. It is easy to register if you are on a pension, but self-funded retirees may find this a bit more involved. The service does work in with DVA (Department of Veterans' Affairs). During your assessment, you may have a support person of your choice with you. You can refer yourself to my Aged Care, or someone can do it on your behalf – but they will need your permission. If the service is not working out, you can talk to MAC, or you can call the provider. You can speak to your carer, but some people may not be confident to do this. You are able to change organisations. ARAS (Aged Rights Advocacy Service) is able to advocate for you.

As far as the movement for Mt Pleasant people to have access to a community bus, The Barossa Council requires that people who request this be registered with MAC. (Please see the information regarding securing a community bus for Mt Pleasant on the front page.)

We all learned a lot about the process for accessing assistance and feel less alarmed at the prospect of asking for help.



mp beat

Podiatrist visit

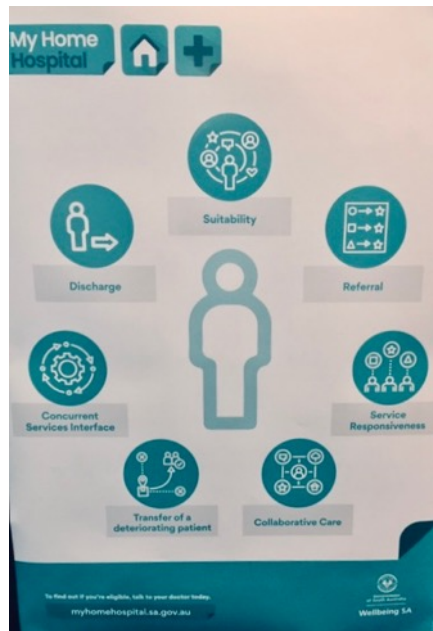
The last week of October saw Josh from Birdwood Body Med visiting the Men's Shed, and we hope to have a bit about that next newsletter.



Josh (right) with Roger, talking about feet. Thanks to Kim Yap for the photo.

Hospital at Home

I recently represented the MPMS and the MP Progress Inc. at a series of 3 full day seminars held at the Adelaide Convention Centre exploring the concept and implementation of the SA Health's My Home Hospital initiative.



The Calvary/MediBank partnership will manage the process around the enclosed design principals shown here. Although I originally declared a healthy cynicism at the proposal, I was very impressed with the professional integrity voiced by all participant stakeholders.

However, as we all know, 'action speaks louder than words' and so time will tell just how successful the scheme will be, but at this stage, I am reasonably optimistic of its potential benefits to the people in our types of semi-rural, smaller remote regional towns. If anyone has any questions about the health scheme, feel free to contact me on 0430026993.

Gareth Saunders

Photography Classes start

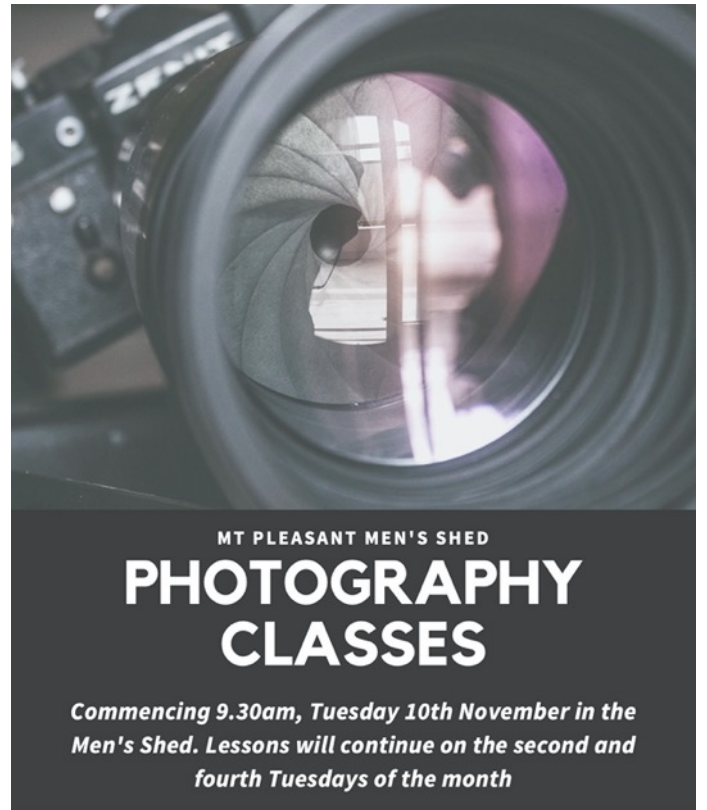
Good news! We have had enough interest registered in our proposed Photography group to schedule sessions, beginning on Tuesday, 10th November, from 9.30am to 11am every second and fourth Tuesday of the month. Sessions will be held at the Mount Pleasant Men's Shed in the general meeting room. There will be a nominal \$5 per session to cover tea/coffee/biscuits and other sundry

expenses such as electricity, prizes, certificates, and software purchases, etc.

As a Post-Graduate in Media Arts from the Australian Film, Television and Radio School, one of my specialist areas of interest and teaching areas was Photography, so I'm looking forward to sharing my experiences with adults. Although I will be offering the bulk of the learning materials and program direction, I hope that people will be willing to bring their own experiences, hints, and tips to share. I will be open to people's requests on what they want to learn and practice in these sessions, so the program will be flexible and adaptable according to peoples' needs and wants.

Please feel free to bring along your cameras, laptops, iPads/tablets and any other relevant photographic accessories you may have, as we move through the program. Looking forward to the sessions.

Gareth Saunders



ALL WELCOME
\$5 PER SESSION TO COVER COSTS
TO JOIN THE GROUP -
CONTACTING GARETH ON 0430 026 993



Top of the Torrens Gallery Birdwood

Invites you, your family and friends to view

'Revealed' - Secrets from the Men's Shed

An exhibition highlighting the talents of
artists who work from the shed.

On view from Friday 9th of October

Exhibition concludes on 29th November



9 Shannon Street, Birdwood ~ PH: 8568 5577
Open Wed to Sun, 11am till 4pm
Opening times include Public Holidays

More activities



MP Men’s Shedder, Dennis Rockley, proudly displays his completed outdoor clock. It has a shearing theme with shearing shear cutters decorating the outer edge, and shearing photos to be added around the inside areas of the clock.

MPPS Engagement



The students from Mt Pleasant Primary School started their first sessions in metalwork this month, and already we can see a lot of promise. More pics next month.

Upcoming events

We are negotiating for speakers from the Heart Foundation amongst others to visit the shed in the new year. Stay tuned.

Mt Pleasant Men's Shed presents a FREE discussion about



with Dr Bryan Goh & Nurse Jess from Talunga Clinic



**10.30-11.30am,
Wednesday, 4th November
at the Mt Pleasant Men's Shed**

Join us as we raise awareness about diabetes and related health issues.

All welcome.

For details, call 0430 026 993



mt pleasant walkers

8am Mondays, Wednesdays & Fridays

call Murray - 0439 385 291

For information regarding the Men's Shed please contact:
Chairman – Murray – 0439385291
or Secretary – Gareth – 0430026993
or email -
mtplesantmensshed@bigpond.com



SACWA

Branch news



The Mount Pleasant SACWA branch held a craft session followed by a meeting on 6th October, and it was decided that due to Melbourne Cup Day on Tuesday 3rd November, that in lieu of a formal meeting, there would be a casual meeting at the Gumeracha Hotel, before our usual Cup Day luncheon. The group also decided to hold a Trading Table on 5th December at the Farmer's Market, joining with Red Cross and Friends of the Hospital.

The Craft Group

The Craft sessions are continuing with lots of ideas for the Christmas Stall to be held on 5th December. The Farmer's Market has confirmed that the SACWA branch is able to hold a stall on that day. Our Craft Officer Jan Bransbury is very keen to welcome any newcomers – whether or not they are members of the SACWA – and this month we welcomed Bethany. Any interested people are invited to come along and join us on the first and third Tuesdays of every month. Bring along any craft project you are working on, or would like help with, and suggestions about what we could do next.

Tea Rooms reopened

The Tea Rooms at the Saleyards opened, with COVID-19 restrictions in place and adhered to. We were enthusiastically welcomed back by the workers and community, and everything went like clockwork. I'd like to pass on a 'well done' to our team.

Trading Table Trail follow-up

The SACWA Trading Table at the Spring Fling – part of the state wide Trading Table Trail – was our best fundraiser for the SACWA. Thank you to the Spring Fling and Market committee for allowing us to have our stall, to the ladies who worked on the stall, our members who contributed to the goods for sale, and to our wonderful community for supporting it. The money has been sent to the SACWA Association, which will assist our ongoing, state wide commitments.

Horticulture and Arts Officers required

The branch is looking for someone to take on these roles.

SACWA news

Pop Up Shop

The Pop-Up Shop will be situated in the Adelaide Arcade and continue from 9th November until 12th December. We are hoping that the money raised from this will make up for some of the funds we couldn't raise because of the closure of the Show. We urge all SACWA members to support this, and to encourage others to do so.

Marketing

The SACWA Marketing Committee has asked the branches to support a Pop-Up Market in the Adelaide Arcade in Rundle Mall. The shop will be open for approximately five weeks, and all branches have been asked to contribute what they would have to the Market Shop, if the Royal Show had gone ahead. Our branch has had discussions about how best to do this and will contribute as much as we can and in any way we can, which will also include going to Mary Walker House to help with readying the goods for sale.

If members are stuck for something to contribute, the Association has suggested knitted tea cosies – which were a great hit at the Show last year, and Christmas themed goods. Biscuits can be made in batches and delivered to Mary Walker house for packaging.

Kath Fisher

Secretary SACWA - Mt Pleasant Branch

Tel: 85682 294



Craft group October sessions



Natalie Dee.com

mp beat

Red Cross

Branch news

Our meeting on 24th September was very well attended, and members were pleased to be face-to-face as it had been a long time since the branch had been able to hold a meeting.

Op Shop visits

Members were excited to be able to accept an invitation to visit the Barossa Valley Red Cross shop in Angaston on 16th November. Donna will provide morning tea, and then the 'Bargain Hunting' will commence.

We also discussed our visit to the popular Cambrai Op Shop and decided to do it on the 25th November. This is always a great outing, with many interesting bargains to be found.

December Stall at Farmer's Market

Due to the cancellation of the Christmas Street Party, the Red Cross will combine with the SACWA and Friends of the Hospital, and hold a stall at the Farmer's Market on 5th December.



Friend's Day Care project:
photo by Kath Fisher



Meeting: photo by Kim Yap

Kath Fisher - Secretary

Friends of the Mt Pleasant Hospital



Meeting report

We had a reasonable attendance at our first meeting for the year, held in the Mt Pleasant Men's Shed. We discussed our fundraising options and have decided to join with the local SACWA and Red Cross branches to hold a stall at the Farmer's Market on 5th December, which would have been the day we had on during the Street Party, which has been cancelled. This will be our only fundraiser for this year and we are hoping that our community will come out and support us. The next meeting will be held at 10am on 10th November, again at the Men's Shed, and all are welcome.

Hospital Visit

Kath Fisher (left) and Heather Reekes-Parsons (right) visited the Hospital Day Care as part of an initiative coordinated by Pam Gillespie. It was a great success with lots of laughs, and Kath and Heather are looking forward to continuing.

Kath Fisher for the Friends



MP Fitness Group

The Mount Pleasant Fitness Group, previously known as the 'Fit and Fifty Exercise Group' commenced about fifteen years ago, and was conducted in the Day Centre at the Mount Pleasant Hospital. This was run by Ann Potter, a physiotherapist with Community Health, Mount Barker.

As the group grew too large for the Day Centre, it was moved to the Talunga Park Pavilion, and when Ann retired a few years ago Carol, an assistant physiotherapist from Mount Barker Community Health, continued the classes until government funding was withdrawn.



Pam Gillespie, who has volunteered at the Mount Pleasant hospital for over eleven years - particularly in the Aged Care facility - was asked by Hospital management if she would be prepared to train in the EMMA (Easy moves for Active Ageing) exercises. Subsequently she was then asked if she

mp beat

could put together an exercise programme for the group, which was approved by the DON/EO of the hospital.

We are very much a community minded, not for profit group, and not only do we exercise, but care for each other, ensuring those living alone are alright.

We meet every Thursday at 10am at the Talunga Park Pavilion, the cost is \$2, and we always welcome new members.

If you'd like to join, or just enquire whether this group is what you need, please call Pam Gillespie on 0428445022, or Heather Reekes-Parsons on 85682084.

Heather Reekes-Parsons

RSL Report

Friday October 2nd saw Mount Pleasant RSL sub branch members Tim Sutcliffe and Roger Benton carry out a successful sausage sizzle outside the Mount Pleasant Post Office with the kind approval of Anne. They raised \$184 for RSL activities.



Friday October 23 Mount Pleasant RSL were honoured with a visit from ex local resident Brian Watkins (pictured above). Brian served in The Royal Marines for 7 years from 1952 to 1957. He served on 5 different Royal Navy warships including a Aircraft Carrier. Obtaining the rank of Sergeant he also served with ground forces during the Malaysian Emergency.

October 31st will see RSL members Roger and Collette Benton celebrate 56 years of marriage receiving congratulations from The Prime Minister and other Federal & State Ministers. Married in Woolwich South London in 1964 they emigrated to South Australia in 1973 raising two children and now have 4 Granddaughters. Woolwich was a famous Garrison Town and The Royal Arsenal making munitions and armaments since 1685 Coming from London to Mount Pleasant was a complete sea change but locals accepted them very warmly. The Benton's fully restored a settlers cottage in Mount Pleasant of which the 1.5 acre block of land was home to the original Bowling Green and Croquet Lawn. The area bordering the property was called White Hills by The Leakes who came from Tasmania in 1897 with 200 sheep and set up a wool wash in The River Torrens raising 8000 sheep before moving South to Glencoe.

It is interesting to note that back in 1977 there were 3 Lancaster bomber pilots living in Mount Pleasant not 100 metres apart. They served the Empire during WW2. They were Phil Herriot, Wally Schultz and Mr Terry.

Please note that the Mount Pleasant RSL Sub Branch will be conducting a Memorial service for Remembrance Day at the RSL hall on Wednesday November 11 at 10.30 Tea, Coffee & biscuits will be supplied. All welcome.

You are also welcome to drop in at 156 Melrose Street, Mt Pleasant at 7 pm on the first Tuesday of the month.

Mount Pleasant RSL welcomes new members and to remind people that it is not necessary to be serving or former-military to join the RSL anyone of the community can join.

Enquires to President, Mike Williams on 0419 863 574, Tim Sutcliffe on 0407 603 081 or Liv Anderson on 0415 412 267

Roger Benton



Committee members Dennis & Jenny Rockley together with Vice President Tim Sutcliffe drove to Gladstone to purchase a ex Army Field Tent which will be utilised in future fund raising events.

mp beat

Community Dinner

The last Community Dinner for 2020 (possibly the last one ever) will be on Sunday 29th November. This will be a Christmas theme so come along and enjoy a great night with good company and delicious food.



Angela Slagter



Street Party Group



The Street Party Group will be organising a large Christmas Tree that will be erected in the SA CWA Garden on 5th December, when the Street Party would normally have been held. Come along to see it light up. More details in the next newsletter.

Sue Barrett – Secretary

Top of the Torrens Theatre group



TOTT's committee has met and come to the unanimous unfortunate decision that it is not feasible for TOTT to hold an end-of-year show.

While we are in the state with the best statistics, the occurrence of new COVID outbreaks interstate and overseas makes it very clear how easy it would be for the same to happen here. Many of our cast and patrons fit into the vulnerable status. The number of changes we would have to make to the performance conditions would result in an atmosphere of restrictions instead of the usual expected fun and easy-going times that audiences have come to expect.....Marshals would have to be in place ensuring distancing regulations, food platters would not be allowed, bottomless cups of drink would not be allowed, entrance would be slowed by attendance records, much cleaning would have to be done during performance times, cash handling would have to be accompanied by regular cleaning, and, most significantly, social distancing would not be possible for actors on or off stage and singing is the most effective way to spread the virus (or any other bugs).

Hopefully conditions will change by next year and we will be able to have a big fun celebratory show in May 2021. TOTT still has opportunity to fundraise on the Mt Pleasant Market gates on November 14th please come to the market and support us!

Meg Stephens

November, 2020

Sports

Mt Pleasant Bowling Club

Night owls

Thursday 5th November 2020

Come and enjoy an evening of fun and activities.

Raffles and prizes to be won.

Great music to help you cheer on the bowlers.

Full bar facilities available.

Have a try ,you may even win a prize.

\$5.00 includes,

great bbq meal with salad,

light supper, coffee and tea,

bowls and friendly coaching.

All ages are welcome.

Players need to wear flat soled shoes.

**MEALS TO BE ORDERED BY 6.30PM,
BOWLERS START AT 7.15PM.**

Presentation of prizes and light supper,
after the game.

For more info please phone Bo Hambly 0417047812

Covid rules apply

SEE YOU THERE!

Mt Pleasant Fitness Group

(See article in the Clubs section)

Meets in the Talunga Park Pavilion, the cost is \$2, and we always welcome new members.

If you'd like to join, or just enquire whether this group is what you need, please call Pam Gillespie on 0428445022, or Heather Reekes-Parsons on 85682084.



Please join us

in the return of the mighty Gumeracha Magpies

SENIOR WOMEN'S FOOTBALL TEAM.

No experience necessary.

Training to start in November for season 2021.

If you're looking for a kick, to learn skills and get fit

call or SMS Wayne on 0434413487

for more information.

Cromer news

What's been happening

When you are going past the Cromer School House you might notice something a little different as we now have a tank! Big thanks to Coopers Farm Supplies, MJD Bobcat & Tipper Hire, David & Robyn Bradley, and Mike & Pauline Williams for putting in their time.

David removed the tank a couple of weeks ago, Michael from MJD Bobcat laid the new pad and we all helped position the tank and David kindly put nearly 2000 litres of water in it. Gutters were cleaned and next job is plumbing in the tank. Of course, it was time for a bit of celebration!



Car Boot Sale

If you are interested in helping in any way, join the Friends of the Old Cromer School House Facebook page: <https://www.facebook.com/OldCromerSchoolHouse/>, and visit the website: <http://oldcromerschoolhouse.com.au/>

Pauline Williams

Friends of the Old Cromer Schoolhouse

FOCOSH

Friends of the Old Cromer School House



Sunday, 8th November, 2020

8.00am-4.00pm

Old Cromer School House, Cromer Road

**Sausage sizzle, tea, coffee and soft drinks
will be available to purchase**

(100% proceeds go to improving the facility)

**Have you got items to sell? Spots are limited, \$10 per site
Please contact Sue 0407 978 757 by 31/10/2020 for a site
Other enquiries contact Pauline on 0407 863 575**

Last year's event was fun and it would be great to make it an annual event. We hope you can make it.

Tungkillo news

From the Tungkillo Gazette

Tungkillo Progress Club Inc.

Notice of
**Special General Meeting
& Annual General Meeting**

2nd of November 2020
At the Tungkillo Soldiers'
Memorial Hall

**7:00 pm - Special General Meeting
Followed by - AGM**

Bits & Bobs

<https://www.facebook.com/cleanupaustalia/>



The Plug-in.

older people. new insights.

PROJECT CALLOUT: Tell us how you like to do your banking

We all have preferences about how we bank, whether it's in branch, over the phone, online or delegated to trusted family. Perhaps those preferences have changed as you've aged or due to factors such as branch closures, technological change or COVID-19.

The Plug-in is very pleased to be working with researchers from UniSA Business School to explore the attitudes and behaviours that influence older Australians' banking decisions, including use of online or telephone banking services. If you have a bank account and are aged 65 and over, we want to hear your experiences.

For this project, we are seeking individuals living in **South Australia and Victoria**. We are excited to begin inviting **South Australia residents** for friendly conversations in November/December 2020. Victorian participants will be invited in early 2021.

Additionally, our research team is interested in understanding how difficulties with hearing or vision may affect individuals' choice to use services by phone or internet. If you prefer face-to-face interactions rather than the phone or find it difficult to use the internet due to your vision, please register your interest below. If this sounds like someone you know, please let them know so they can consider participating in our project.

If you're interested in being part of this important process please complete the survey below to register your interest.

If you are selected to take part in this project you will receive a \$30 gift card in recognition of your involvement.

<https://survey.zohopublic.com/zs/ufbCF5>

November, 2020

MP Hotel/Motel re-opens!



The Mount Pleasant Hotel Motel is open again. Opening every day from 11 am. Dining available 7 days a week. Lunch from 12 noon to 2 pm and Dinner from 5.30 pm to 8 pm. Pop in and say Hi we are looking forward to meeting everyone!



MT PLEASANT MEN'S SHED PHOTOGRAPHY CLASSES

Commencing 9.30am, Tuesday 10th November in the Men's Shed. Lessons will continue on the second and fourth Tuesdays of the month

ALL WELCOME
\$5 PER SESSION TO COVER COSTS
TO JOIN THE GROUP -
CONTACT GARETH ON 0430 026 993

Events

WINDAMERE HORSE HAVEN

OPEN DAY!

Saturday – 31st October

589 Burfords Hill Road, Mt Torrens.

Garage sale 10am - 2pm (no early birds).

Heaps of rugs (summer and winter), tack, accessories and even some clothes!

Tour starts 11.30am - meet some of the horses in rescue and training, followed by a horsemanship demonstration by Sarah our trainer, then a BBQ lunch.

COVID protocols will need to be followed, we have a Marshall for the day.

the next

Sunday at the Barn

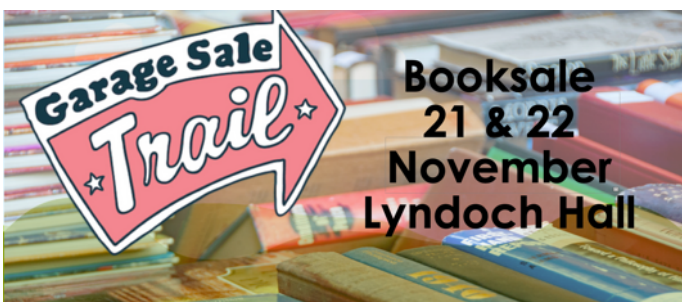


1st November

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

BOOKINGS ESSENTIAL: You're invited to come along to our next "Sunday at the Barn" Open Mic. We'll have an interesting variety of live music, with Above the Steel as the feature act. We have a licensed bar and offer light meals, so come and join us for a special treat and just relax for the day!

To book your table, or 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. (191 Bank Road, Sedan).



November, 2020

REGIONAL DEVELOPMENT AUSTRALIA



OUR TOWN WORKSHOPS

Mount Pleasant

Our towns are the heartbeat of our communities and their businesses critical for jobs and services.

RDA, in collaboration with your town group, will hold a workshop facilitated by Maz McGann to help each township identify, plan and implement their version of sustainable vibrancy.

RDA will continue working with active town groups and their communities to progress opportunities that help towns to become the vibrant communities they want to be

Come join us and share your ideas. To register, click [here](#)

WEDNESDAY NOVEMBER 11TH 5:30PM-

7PM

Pavilion, Talunga Recreational Park (Show Grounds), Melrose Street, Mt Pleasant.



The Stirling Players present a...

Dinky-Di Double Bill

Directed by Bronwyn Chapple



Events



Native Food workshop

Saturday 14th and Monday 16th November 10am to 1pm.

Learn from pioneers of native food production in Australia, Mike and Gayle Quarmby. Book via Eventbrite:

<https://www.eventbrite.com.au/e/australian-native-foods-workshop-at-sophies-patch-tickets-123963424941>

Another year passes as we celebrate gardening and nature in the beautiful productive grounds of Sophie's Patch. Naturally some changes have been made as we adapt to our new normal, but as I love sharing this annual Spring event in my garden with wonderful like-minded people, the show will go on! Once again the experts are on hand to answer all your gardening questions on topics such as habitat gardening, productive gardening and climate compatible gardening, along with the nurseries, garden art, kids activities and delicious food prepared with produce grown in Sophie's garden.

SATURDAY 7, SUNDAY 8, MONDAY 9 NOVEMBER 2020

SPRING OPEN GARDEN

COVID change To work in with COVID guidelines we must take pre-ordered tickets in advance to manage numbers. In addition food has to be ordered and prepaid in advance (as part of your booking) if you want to sample home grown produce from the vegie garden and orchard at Sophie's Patch. Choices are available on the rear page.

Nurseries
As always, local nurseries will be sharing their knowledge and selling plants.
• Bickleigh Vale Organic Farm • Tupelo Grove Nursery
• Hillside Herbs & Succulents

Supporting organisations
• Beekeepers' Society of SA • Recreate, Mt Pleasant
• Butterfly Conservation Society of SA • Birds SA

Garden Art

Exclusive Talks The program of live garden talks in the shed will be replaced by exclusive access to short online talks from experts on butterfly gardening, beekeeping, birdscaping your garden, making kokedamas, and much more. This will mean you can catch all the talks from the comfort of your home at a time that is convenient to you. After one month these talks will be made available to those who were unable to attend the open garden.

Entry Fee Tickets are \$15 over 13 years, \$5 aged 5-12 years and free under 5. For COVID tracing every person needs to have a pre-ordered ticket, including babies. Supporting the Rotary Club of Mt Barker and Operation Flinders. *Gates open 10-4pm daily.*



Hamlyn Cottage,
394 Springs Road,
Mt Barker Springs
(Follow the signs from
Mt Barker - no dogs allowed)

For further details visit
www.sophiespatch.com.au
www.trybooking.com

PRE-ORDERED TICKETS ONLY



Birdwood United Church

www.birdwoodunitedchurch.org.au 8568 5540
Worship Service and Sunday School : Sundays 10:00am



Half day breakfast with eggs, bacon, sausages & onion
• **Fresh scones with jam & cream and coffee & tea.** •
• **Op Shop clearance sale** • **Stalls for bric-a-brac, fresh fruit, sundries, produce, plants, cake & biscuits, fashion & jewellery** • **Mini auction: 11 - 11:30am which will include various items such as trailer loads of wood & sides of lamb** • **Children's face painting, trail bags & balloons** • **SA Rally car on display** • **Children's colouring in competition gallery along with a secure playground and great community.**

Funds raised will go toward helping our community through our Pastoral Care and our new Sunday School Building fund. If you would like to donate any goods, please call: Amy Loechel 0416222 591.



Barossa Support Group

Meets 6pm-8pm in the Barossa Council Library Meeting Room, Barossa Valley Way, Lyndoch. Entrance from the Car Park behind the Lyndoch Hall.

July 14, 2020
August 11, 2020
September 8, 2020
October 13, 2020
November 10, 2020

Contact Sally Glover on: 0490536989

www.fds.org.au

BAROSSA FAMILY DRUG SUPPORT GROUP RESTARTS

Are you struggling with another person's drug and/or alcohol use? You can get support and assistance from our Family Drug Support group that has recommenced meeting 2nd Tuesday, each month.

Family Drug Support offers non-religious, open support groups in various locations.

- ✓ Opportunity for you to talk about issues in a safe and supportive environment.
- ✓ Benefit from experience and collective wisdom of other group members.
- ✓ Receive useful information regarding establishing boundaries, dealing with conflict, effective communication & coping strategies.
- ✓ Keep up to date with Family Drug Support events and courses.

If you have any COVID-19 Symptoms, please do not attend and seek medical advice/COVID testing.

FOR 24/7 SUPPORT, PLEASE CONTACT THE FAMILY DRUG SUPPORT TELEPHONE SUPPORT LINE ON 1300 368 186.



November calendar



GARDENING GROUP

For a few years we have been trying to determine interest in starting a group that would share information, hints and tips about gardening, and maybe also have a hand in beautifying our town.
If you are interested, please call 0403012339.



Events

Date	Event	Details
7, 14, 21 & 28	MP Farmers' Market – ALSO ONLINE	8-12, Saturday @ Talunga Park
11	Our Town workshop	5.30pm to 7pm, Talunga Park Pavilion
29	Community Dinner	6pm in the 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 and third Tuesdays, 9.30am to 12.30am @ Soldiers' Memorial Hall
Friends of the Mount Pleasant Hospital	10am, 2 nd Tuesday in month (October return)
Men's' Shed	Open Monday & Wednesday from 9am. Social distancing rules apply
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 (0448 150 015)
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
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 & the Post Office. If you'd like a hard copy, please ask Anne or Rose @ the PO to reserve one.
Online @ mtplesantbeat.org (click 'subscribe' on the latest newsletter page)
Editors: Sue Barrett & Paula Bartsch



Contact us:

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