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Australia Day Breakfast in the Garden



The selection committee for Australia Day had a pleasing number of nominations for 'Citizen of the Year', but in many ways, the winner was an easy choice, and unanimous.

Dave 'Mac' Maczkowiack has really earned the title of Mount Pleasant's 'Citizen of the Year'. Again, he is one of those people who just gets things done, who truly understands 'community', and who remains cheerful despite the circumstances. Here is Paula's speech:

"Last Australia Day Dave Mac, Caretaker for Talunga Park and Eden Valley, was given an honourable mention for his efforts during the Cudlee Creek fires. During that time, his cool head and response to the flood of people who descended upon Talunga Park was greatly appreciated not only by those poor people affected, but also the wider community, as having a place to send people in crisis where they would be looked after, was an enormous help at that time. Dave used his initiative and stepped up – as many have done at this time – and his friendly face was much appreciated by those he helped.

Over the time he has been working at Talunga park, he's proved himself a major asset to not only The Barossa Council, but also to our communities. Dave's a cheerful, personable bloke who gets on well with everyone. He knows his job, and even though the circumstances are often trying, he does it with a smile, as evidenced by the many favourable online reports he has received.

Since the fires, the population at the Caravan Park hardly seems to drop, and there are times – especially with the power issues – when he must have been tearing his hair out, trying to make sure that everything is running as smoothly as possible. Some of the facilities at Talunga Park are outdated, inadequate or just not up to scratch, but he 'makes do', and always has time to answer a query (because he knows everything there is to know about the park), and will point you in the right direction if he can't help you.

Glen Devon Garden Party

10am Tuesday, 16th February
\$8 donation

Devonshire Morning Tea, Trading Table & Raffle.



Gardening Australia presenter Sophie Thomson has been a regular guest at the Glen Devon Garden Party for nearly 30 years, and she will again be on hand to lend her wit and wisdom to the occasion. We invite you to come along and enjoy this wonderful event with us.
Enquiries: 85682294 or 0403012339

'Glen Devon', Glen Devon Road, Mount Pleasant – follow the signs



Throughout the decades, the Australian Red Cross has been there to help people in need, and this valuable service continues to be relevant. The Mt Pleasant Branch has given more than 80 years of service to our community.

Humanity Impartiality Neutrality

Australia Day cont'd

Hopefully, the Talunga Park Master plan will receive some funding and the facilities will be upgraded, making Dave's job easier, and increasing the value of our Caravan Park to the wider community.

Dave is often called upon to help with quite a few different events, ferrying chairs, tables and bins to wherever they are needed, then putting them all back, sometimes even though he hasn't been asked because people just assume he'll be there to do it, and often after hours.

So, although Dave is employed as a caretaker, his contribution to our community goes far beyond that, as much of the work he does after hours is voluntary, and invaluable to the smooth running of many of our events.

Dave is a gem, he works hard for our community, and we wish there were more of him."

We congratulate Dave, and thank him for his service, and if the response from the audience was anything to go by, his award was extremely popular.

Our 'Young Citizen of the Year' is Matt Kazla (*pictured below*). Matt was also a popular choice, especially amongst those who are acquainted with the work he has done with our CFS.



Here is what Paula had to say:

"Matt is a multi-talented, community minded young man.

He completed the CFS Cadet course with Mt Pleasant brigade, then qualified in his mid-teens as firefighter. With application and ability, Matt has risen to Lieutenancy before 21 years of age, and currently has the role of Brigade Training Co-ordinator, assisting with the training of the current batch of Cadets. This latest group numbers 15.

Matt is a regular Category 1 driver, which involves road crash rescues, and fires of all types. He is qualified in 'Apply First Aid', and Road crash rescue - including hydraulic rescue

equipment (The 'Jaws of Life', and 'CABA' Compressed Air Breathing Apparatus).

After finishing his secondary education, he has completed the first three years of his degree course in Communications and I.T. His graduation has been somewhat delayed by his long hours fighting fires in 2020, with deployments to the NSW and Kangaroo Island fires, plus Cudlee Creek and many other smaller incidents.

Three years ago, to help defray his education costs, Matt commenced his own lawn mowing and gardening business. Currently, he has added various contracting operations to his activities, and provides regular work for four of his contemporaries, and occasional work for four others, including school holiday employment for youngsters in the area.

He is a quality tennis player and assists with coaching at the Lyndoch tennis club.

Matthew is a personable young man, with a well-developed sense of community, enjoys volunteering, and sharing his skills."

Congratulations Matt - we wish you the best in the future.



Pictured above is CFS Captain Glynn Jackson accepting Matt's award. Matt was unable to be present to accept the award.

2020's 'Event of the Year' one might have thought wouldn't be awarded because of the restrictions we all experienced, but if anything, this made the award even more important. The Spring Garden Fling was an obvious choice - not only because the organising committee led by Terese Stephens (*pictured*) was able to hold it at all, but because it was done in such a way as to involve more of our community.

"As the events of 2020 overtook us, and it was clear that the Spring Garden event could not be held in its previous format, the response by the committee and stallholders in holding a 'mini' event every Saturday in September was a fantastic idea.



Australia Day cont'd



This event ran in conjunction with the Farmers Market and also presented those stallholders an opportunity to join in and reach a wider audience.

This not only kept the event going at a time when so many had been cancelled, but also gave many town organisations opportunities to join in and make money for their causes. This event is growing into an important one on South Australia's Gardening Calendar, and it has begun to give another group of people a reason to visit Mt Pleasant.

Thank you to Terese and her committee for responding to the situation and organising this wonderful alternative."

Congratulations to Terese and her team, a fantastic response in a stressful time. (Above) Maxine Bartlett received the award on behalf of Terese and the team.



Pictured above – our wonderful volunteers – from left to right: Don Barrett, Bill Bartsch, Paula Bartsch, Kath Fisher, Les Fisher, Margaret Seager, Heather Reekes-Parsons, Pete Stephens, Meg Stephens, Virginia Carnell, Margy Wilson and John Bowd. (Absent Merry Schaeffer & Sue Barrett)

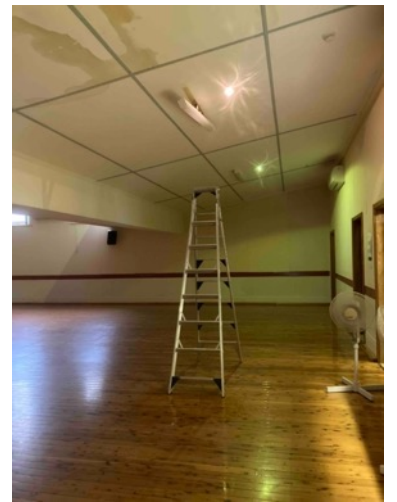
Behind the scenes

This year's Australia Day Breakfast in the garden was not without its dramas. Monday night's heavy downpour again proved too much for the hall's roof to handle, and as Kirsty Mueller opened up for her regular Pilates classes, she was drenched with rain pouring into the hall. Luckily for us, she called 000 and our CFS were there in minutes – with electrician Hartley Ramm to make sure those cleaning up weren't in danger from the water getting into the lighting.



Pictured above is Kirsty Mueller of Good Vibes Pilates Studio who was forced to cancel two sessions because of the flooding.

It took some time to mop up the water, which had flooded well into the main hall, and fans were left on overnight to help dry out the beautiful wooden floor. Pictured right is the hall after being mopped. The marks on the ceiling are from an earlier flooding event in October, but you can see the flouro light which was eventually removed as it had filled with water and was unsafe, as was the EXIT light. Many thanks for the prompt and professional actions of the CFS who ensured that the floor in the hall was as dry as they could make it, and that no-one used it whilst it was unsafe. An electrician was sent by The Barossa Council later that night to ensure that the hall would be safe to use for the Australia Day Breakfast.



In further Australia Day related news, a Barossa Council works team painted the base of the flagpole a few days before Australia Day (the flagpole was replaced in November 2019.)

Sue B



Aussie Politicians

- * In 1954, Bob Hawke was immortalised by the Guinness Book of Records for sculling 2.5 pints of beer in 11 seconds. Bob later became the Prime Minister of Australia.
- * Sir John Robertson, five times premier of New South Wales, was said to have drunk a pint of rum every morning for 35 years. Later said: 'none of the men who have left footprints in this country have been cold water men.'

Australia Day cont'd

An Australia Day message from the MP Community Association inc.:

We thank all who came to the Australia Day Breakfast - it was a great event - despite the drama with the hall the previous night, and the continuing misty weather.

As Paula said at the beginning of our Community Awards ceremony, we'd like to acknowledge the first people of our district - the Peramangk. Their Elders - past, present and emerging - and their continuing attachment to their land and the continuance of their rich culture - the oldest on earth.

Although we acknowledge that this date has hurtful connotations for many of our First Nation's peoples, we will continue to thank our community members who have contributed over the previous year, in the hope that a day will be chosen soon that is more appropriate for all of us to feel proud about celebrating the collective cultures that make us Australians.



Carla Scott

Congratulations Linda Keen!



Semi-local (we're claiming her!) Linda Keen (pictured above at recreate) - who started the Adelaide Hills Garden Revival received a Civic Award from the Adelaide Hills Council at a ceremony in Gumeracha on Australia Day.

From the AHGR Facebook page:

"One of our founding members has been awarded an Adelaide Hills Council Civic Award!

"Award recipients are nominated by their peers for the positive impact they've had on their local community, going above-and-beyond in times of need, and being an inspirational representative of the Adelaide Hills."

Linda Keen has played an integral and tireless role in our Hills community in the wake of the Cudlee Creek bushfire, and continued throughout the year. Not only did she co-found this group with Melissa Rosenberg, which in itself has been a full-time commitment for her, she also spent countless hours in the days following the fires, with her husband Terry filling stock troughs and transporting hay, transporting medication for burnt animals, food drop off, coordinating food for CFS and putting out spot fires. Linda works full time at a local school, and personally knows many of the fire affected families. She has continued throughout the year outside of this role to ensure that our Hills Community feels supported. She has personally distributed donations of compost, fertiliser, plants and more, coordinated the first open day that was held last year with support from the AHGR Team, and liaised with key stakeholders and major sponsors along the way.

She is caring, kind and compassionate, and so incredibly humble, always looking to recognise others. Well, Dear Linda, we are so excited that you have been recognised for all your hard work.

We love and appreciate you, and all you have done for these communities.

I'm sure you will all join me in congratulating Linda on this magnificent award.

Megan and the AHGR Team."

Here is some of what Linda posted on the Facebook page:

"I truly must be the luckiest and most blessed person alive. Today I received a civic award for the role I have played in bushfire recovery this past year I am a firm believer that these awards do not come about without the support of amazing team work and dedicated people. Thank you to you all who have stood by me, encouraged me and came along for the ride. Special thanks to my hubby Terry Keen and my gorgeous family and community who supported and cheered me on.

Special mention of my partner in crime Melissa Rosenberg and our amazing admin team Nikki Hutt, Fionna Davies, Megan Bray, Tim Dennis and Sokhan Greenwood, plus recreate's Ingrid Howell, Faye McGoldrick and volunteers, Christy Spier and Sophie Thomson."

I truly believe that even after the worst of times, some great things happen, and Linda's drive to help those affected by the fires last year will continue and help others who will be affected in the future. A wonderful and innovative people powered movement.

JP's needed



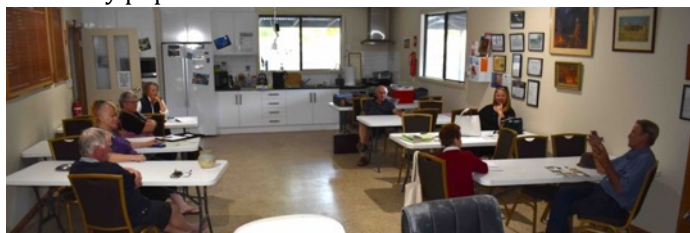
Some people in the community may be aware that I'm Chairperson of the Hills Group of Justices of the Peace. In that role I witness legal type documents on a daily/weekly basis. Of late there have been a number of local JP's retire and as such numbers are getting a bit thin. This is a call out to anyone who has ever thought of becoming a JP to give me a call and I will fill you in on how to become a JP. It is a rewarding way to assist your community. Please call on 0400019586

Don Barrett Chairperson Hills Group of JP's

Town brochure

A formal meeting of the Progress Association wasn't held during January, but instead a meeting was called and locals were invited along to give their feedback to a proposed brochure, advertising the town. There are a few guidelines we have to adhere to, but nothing too onerous.

It was a lively discussion with many ideas shared – many we've discussed before, but some new ones with a different focus. Some of us had brought along brochures from within the district to give us some inspiration, and a couple of them were very popular.



Pictured above left to right: Don Barrett, Meg Stephens, Genevieve Hebart, Wendy Harvey, John Bowd, Kelly Matthews, Kath Fisher and Steve Birrell.

Some of the topics discussed were:

- Although the Peramangk are the traditional custodians of the area, the indicators of their presence are often discreet and most are located on private property. Further acknowledgement / tours would need to be investigated with the Elders (Isobel Campbell amongst them).
- The source of the River Torrens is located in the district.
- There are some good walking trails to Mt Pleasant summit – some of which are easily accessible for those not used to walking.

History – noting that Paula has already put out a Walking Trail brochure which points out buildings of interest in the town accompanied by a potted history. I told the group that Paula had already been approached to be a part of a pilot program to develop an app within the 'My Tours' format. Barossa Tourism has expressed an interest and Angaston and Mt Pleasant were the first two towns chosen to explore this. Points to note were:

- Mt Pleasant was settled by predominantly Scottish and English people – noting that there is no Lutheran Church in the town, unlike others in the district.
- There is still evidence of a coach turnaround – which now serves as a car park for the Totness Inn Hotel.
- Several significant buildings – including the State Heritage listed Police Station, the Town Hall, and Melrose House. Also 'Rosebank' and 'Glen Devon' are important properties, with Rosebank's Woolshed also listed.

The proximity of Mt Pleasant to many 'trails' is an asset. These include:

- Lavender Federation Trail –with the Mt Pleasant Loop
- Heysen Trail
- Kidman Trail
- Many trails within conservation parks
- And the possibility of the completion of the Amy Gillett Bikeway being a few steps closer to reality.

There are also quite a few Conservation Parks within half an hour's drive.

There was talk of more community art – we already have a couple of large murals at the showgrounds.

Perhaps we could add some sculpture – there is an Adelaide Hills Sculpture Trail that ends at Mt Torrens, and there is a Barossa Sculpture Trail and Park.

We have some significant annual events:

- The Show
- The Fleece and Fibre Fair
- Spring Garden Festival
- Christmas Parade and Street Party

There is also:

- Weekly Farmers Market
- Regular Stock Markets (one of few left in the area)
- Horse events
- Monthly Auctions

We have some thriving businesses in town:

- 2 Bakeries – one located in the historic Mill area
- 2 Hotels – one with weekly live music
- Robber's Dog hand crafted Gin Distillery
- Recreate – well known sustainable workshop offering unique hand-crafted gifts, homewares and personal products as well as Australian Native plants
- A very popular Book Shop with attached Gift shop
- Gift and Second-Hand Shop
- Pet Shop
- Coopers & Magnus

There is also the Men's Shed, with the oft photographed 'Quirky'.

- We have a good oval and tennis / netball courts (which are due to be upgraded very shortly).
- Several playgrounds
- The CWA Garden is a pleasant place to sit and have lunch, but it needs work.

Other discussions centred around peripheral things the district is known for, or that lie nearby:

- Gum Trees
- Stone Walls

The unique Stoneybank Settlement was talked about, but as it is now owned by a Buddhist group, it is not known whether they would be conducive to showing tourists around.

Also, a reminder that Mt Pleasant is in the Adelaide Hills Wine region, but it's primarily an agricultural area.

Mention was also made of some of the 'characters' in the town:

- Mark and Wilksch's Garage
- Jamie the butcher and his award-winning smallgoods
- Dave and the Caravan Park

Choosing the 'look' of the pamphlet will be important as the front cover needs to indicate what we are about, and encourage people to look further.

A few catch phrases were tossed around – including that Mt Pleasant is a 'Junction' – referencing the Railway Line, perhaps gates as we are seen as a 'Gateway'.

There are many things to discuss and our next meeting will be in the Men's Shed at 7pm on the 1st February.

If anyone has anything they wish to add or contribute, they are most welcome to pass on their suggestions to Genevieve or Wendy at the Market, Paula in the history Room or via this newsletter.

Sue B

Pleasant History

Visitors!

There are days when it is like 'old home week' at the History Room and recently that is what happened. I was expecting someone who had made enquiries regarding photographs of the shop (now Pets Galore) opposite the former Talunga Hotel (now Mount Pleasant Hotel Motel). I was able to give detail regarding the titles of the land, but unfortunately there were no photos of that particular street view, at least on the shop side. I am currently looking for interesting tales about that part of the street as I am in the midst of creating a walk from the Soldiers' Memorial Hall to Talunga Park for an App that will be accessible on a mobile phone for people visiting the area. The Barossa Regional Heritage Network, of which I am Chairperson, has gained a grant towards the cost of the App and Mount Pleasant is one of the trial areas.



Consequently, I am creating detail on the various buildings, and wish to include some stories to go with the historical detail so the ensuring discussion about various people and places in the town has assisted in my quest. If you have an interesting story, I would love to hear it... I know there is one about a car being hoisted into a tree at Herriot Road corner, and I know I have read about it but have spent many hours looking for that detail once again... can you help with that or any other story?



Photo by H. Krischock.

MR G. B. SKETHEWAY'S PREMISES. MOUNT PLEASANT.

In the meantime, of course, I have found a lovely photo of the shop... (pictured above) as is always the case... from the Cyclopaedia of South Australia of 1909. This publication also told me that P. (Peter) Miller was the first storekeeper in 1864, then Robert Wylie in 1874. The premises was in the hands of John Freeman in 1870, but he was a Teacher, and two of his daughters were the teachers of the first school, so he must have leased the building to the storekeepers. John

Freeman died 1873 and then Elizabeth Thomson, his daughter inherited it. In 1881 the title was transferred to Jane Loutit, her sister, by then a widow, and she sold to George Sketheway in 1881.

John Freeman had four daughters and Ann Freeman came here as the teacher in 1858, but dying in 1861. Elizabeth Freeman took over as teacher until 1877 and then married John Thomson in 1878. Daughter Jane had married Thomas Loutit at the residence of her father at the Eastern Sources of the Torrens (which is what Mount Pleasant was known as at this time) in 1858, but I am not sure whether it was at these premises, bearing in mind the Title is dated 1870.

On that same day we were presented with some newspaper cuttings regarding the soldiers who left the district during World War 1, and other newspaper snippets mentioning deaths of residents or simply mentioning Mount Pleasant... all worthwhile to add to our collection. I was very happy to receive these items and hopefully the photos that were mentioned of one of the soldiers may end up in our collection too.



We were also visited by a descendant of James Phillis and she was happy to browse the maps we have in our collection.

Pauline Taheny called in and caught up on the latest news around the town, and I had an enquiry from a newly retired person who wants to come along and assist us... so hopefully I can get my 'managerial hat' on and actually work out what people can do. The App detail needs to be finished by end of February, and with the grant we received to purchase a new cataloguing system I am in the midst of setting this up, so that will firstly make us look at the collection and perhaps remove some of the items that are there simply to make the room look appealing, and also work out just how we are going to store everything. Of course, it is time for planning any events for the History Festival in May, and we have decided to host a 'Mystery Australian Classic movie' this year, as well as Open Doors, which Sue is discussing with various people in the township. If you have an interest in assisting us, please come along any Thursday after 1pm, as we would love to see you.

Paula Bartsch – Historian

Photos – Above left, from left to right: Margaret Parker, Paula Bartsch, Jo Zander, Gareth Saunders and Sue & Max Kroehn.

Above: Paula pictured accepting the book of clippings from Dennis Hicks. They were compiled by his mother.

Peter's poem other job

Or what do you do when they won't let
you go?

You keep on volunteering, that's what!



Recently Peter assisted with other members of our CFS at the Lucindale fire, which was sort of going back to his roots. Here's some of the article and a photo from the *Naracoorte Herald's Elisabeth Champion (18th January edition)*:

"Mount Pleasant Country Fire Service volunteer Peter Wilde was one of the 250 CFS firefighters who risked their lives to save Lucindale from the Blackford fire last week, but Mr Wilde said it was "an honour" to return to the area in which he grew up.

He was born at the Naracoorte Hospital in 1943, and for a long time, held the record for the largest baby ever born at the hospital.

He was schooled and raised in Robe and Kingston, before moving from the area for his wife's job.

Speaking on Wednesday, he said that he was delighted to be able to help the community that he grew up in.

"When the Blackford fire was announced, I thought "Lucindale, that's close to Naracoorte" but I didn't know how close the fire was going to get to Naracoorte," he said.

"So, I was pleased to be given the opportunity to come here, it feels like the most delightful type of small payback.

"We were billeted at the Naracoorte High School, which was interesting - we were in the science lab, so there were all sorts of interesting pictures on the wall!

Mr Wilde, along with the other volunteers, enjoyed a meal at the Lucindale pub before returning home on Wednesday, which he described as "superb."

Peter is also a member of Air Support – article under CFS news.

Peter – the Peripatetic Poet



CFS news

CFS Aerial

Scattered across our state, are several small airstrips, which serve as operational bases for the "Water Bombers", which have become a vital part of fire management in recent years. The two bases most relevant to the Mt Pleasant area are Mt Crawford, the strip adjacent to the Mt Crawford Forestry depot, and Gawler Airbase, at the Gawler Soaring Club facility.

The Region 2 Air Support brigade services aircraft at both these facilities, with occasional deployment to other bases on the Yorke Peninsula, and when required, as far away as Kingscote and Port Pirie.

Training is at Gawler, and on alternate Wednesdays, Mt Crawford.

The principal fixed wing aircrafts, are designated SEAT, or Single Engine Air Tractor, and the water and foam load is typically 3,000 litres. Target time for turn around on the ground is 3 minutes, accomplished typically, by a team of 4 very well drilled operatives, all volunteers. Training also provides for those occasions when smaller numbers are available for the task. A suitably trained solo operator can accomplish the task, but perhaps not quite as rapidly.

There are also the "LATs" – Large Air Tankers – and these aircraft are able to deliver between 10,000 and 15,000 litres of firefighting product, dependant on the type of aircraft operating. Their size means they can only operate from Edinburgh air force base, and when the LATs are deployed, a team of our local volunteers go to the base for the operation. The CFS also contracts a Type 2 Heavy Firebombing helicopter, the Ericson AirCrane®, which has a capacity of 7,200 litres. The AirCrane® based in South Australia this year has the name 'Elsie'.

As with all CFS brigades, new members are actively recruited and welcomed.

The Brigade Captain is John Paynter, and he may be contacted on 0417844675 for further information.



Pictured left is a Single Engine Air Tanker, below left are surveillance Helicopters and below right it the Ericson AirCrane. All photos from the CFS site.



mp beat

CFS cont'd



Pictured above left is Jacqueline Ruehl and right 'Snowy', both of whom volunteered at the Lucindale fire.



CFS members at the Australia Day Breakfast were Glynn Jackson, Sue Streich, David Kuchenmeister, Nastarzia Denherder, Peter Wilde, Bridget Denherder, Peter Phaup and Hartley Ramm.

Check out the CFS Facebook page for lots more photos and information on this and other events.



UNDERSTANDING FIRE DANGER RATINGS

EXTREME

Hot, dry and windy conditions.

Fires will be unpredictable, move very fast and be difficult to control.

You must be physically and mentally prepared to defend in these conditions, and have well-thought out plan in place.

Do your 5 Minute Bushfire Plan, visit www.cfs.sa.gov.au

BE BUSHFIRE READY

February, 2021

Can you Help?

Do you have a disused home or outbuilding? Springton Brigade is on the lookout for old disused or abandoned buildings or homes that we can use for training purposes.

We are looking for a number of different shapes, sizes and materials etc. If possible, we'd like to have a list of buildings on file that we could use for future training so it keeps things different.

The training we are looking to use these buildings for would vary from a house fire simulation to asset protection and include multiple different brigades at times.

The training would simulate real-life situations and as such, there would be some commotion, noise and lights from the exercise so please consider this when contacting us.

If you or someone you know has a building we can use, please contact us via Facebook or contact Matt on 0409 822 214

Springton CFS



MP Show

The Show Society finally received the go-ahead for their much-anticipated administration shed. The old ATCO hut was removed months ago and preparations had stalled for a while whilst the last few points had been ironed out with the council.

G.E. Hughes Construction will be erecting the shed, and Magnus Australia will be manufacturing it. Nothing like keeping it local!

Although the shed will be incomplete at the time of the Show, it is hoped that the society may be able to use it in some form, once they have compliance.

There are a few new faces in the Show Society this year. Genevieve Hebart has stepped away from her duties and Henry Carter has taken over. Genevieve has been heavily involved with the Show for some time, and we're sure she'll be missed and we wish her well. Henry is a new face in Mt Pleasant and has recently been involved with some of the new things happening in Gumeracha. Henry's partner Bethany is also on board and will be assisting Henry.

There are a few changes due to COVID-19 compliance and people who intend to send in entries for the various section will need to check the website for details, as they may need to get them in earlier than previous. Late entries will not be judged.

There are a few Stewards positions available – if you are interested in helping our iconic show, please contact Vicki Fawcett via the website.





Recreate

Did you know?



- We are a registered charity
- Our volunteers are essential to what we do
- We are all about community connections and sustainability
- Your support makes everything we do worthwhile and valuable

So, this is a big thankyou to everyone involved in making Recreate, the Community Share Garden, our Community Nursery and the Mount Pleasant Environment Centre such a special community space.

Thanks also to:
 Mount Pleasant Natural Resource Centre Inc.
 Green Adelaide
 Northern and Yorke Landscape Board
 Hills and Fleurieu Landscape Board
 Murraylands and Riverland Landscape Board



(Left) Creative nature play idea from @blog.estefi.machado
 A little bit of glue, some imagination and outdoor exploring, and you have the makings of some pretty spectacular critters!

(Right) Funky upcycled garden art is something we love at recreate!

Faye McGoldrick



GAWLER REPAIR CAFE



Date: Sat 20 February 2021
Time: 9.30am-12.30pm
Cost: Free
Location: 43 High St, Gawler East
Repairs available: Sewing/mending, jewellery, small electrical, general / mechanical / woodwork
Bookings: www.eventbrite.com.au/e/gawler-repair-cafe-tickets-136747380095

Repair Cafes provide a free meeting space where community members can work with skilled volunteers to repair items that would otherwise go to waste. Services are provided free of charge by volunteers, but customers can choose to make a small donation to support the service if they wish. Coffee, tea and cake are available too!

If you would like any further information, or if you are interested in becoming a Repair Café volunteer, please contact GEC Coordinator Kathy on 8115 4620 or coordinator@gawlerenvironmentcentre.org.au or check out www.gawlerenvironmentcentre.org.au/event-gawler-repair-cafe

Future dates:
 Sat 17 April 2021
 Sat 19 June 2021

ECO COFFIN PROJECT



After a highly successful debut in 2020, Gawler Environment Centre's inspiring and life affirming Eco Coffin Project (ECP) is back in 2021, and places are filling fast!

ECP participants will attend a series of workshops to raise their awareness of natural burial options and to explore the concept of sustainable dying as part of sustainable living. They will then share their knowledge and experiences with the broader community through a public art exhibition of the eco coffins and shrouds they have created as part of the project.

The initial workshops run over four consecutive Sunday afternoons in Feb/March 2021. Participants then have four months to make/and or decorate their own eco-coffin or shroud before the exhibition, which will take place in August at Gawler Civic Centre as part of the SALA Festival. We are very grateful to the Town of Gawler for providing the exhibition space.

There are only 15 places available and two thirds have sold already. Please book soon if you would like to join us on this remarkable journey!

Further Information: www.gawlerenvironmentcentre.org.au/eco-coffin-project

Facilitator Abby Buckley: abby@ourfamilycelebrant.com.au

Bookings at Eventbrite: www.eventbrite.com.au/e/eco-coffin-project-2021-tickets-133570616309

Recreate cont'd



ECO ARTS & CRAFTS GATHERING



Thu 4 Feb 2021, 10am-12pm / 43 High St, Gawler East



www.gawlerenvironmentcentre.org.au

GEC MONTHLY WEBINAR/LIVE ONLINE SERIES



February: Kimchi and Sauerkraut LIVE ONLINE

Date: Thu 11 February 2021

Time: 7pm-7.30pm

Online with Facebook Live: on the Folk of All Trades Facebook page

Price: Free

Presented by: Folk of All Trades

Join Sam from Folk of all Trades for a live workshop on making kimchi and sauerkraut from scratch. We'll cover the process, equipment, materials, plus tips and tricks!

This workshop will be live streamed for free on the Folk of all Trades Facebook

Join us live at 7pm (SA time) to ask real-time questions. A recording will be available for two weeks after live streaming.

If you have any questions or queries about the workshops please contact Folk of all Trades at folkofalltrades@gmail.com or 0423172386

Follow Folk of all Trades on Facebook and Instagram (@folkofalltrades) to see more.

This workshop is proudly presented by Gawler Environment Centre.

Keep an eye on the GEC website for further info about upcoming webinar/live online workshops. We have had some great suggestions for topics including regenerative agriculture, biodiversity and revegetation, and alternative building techniques. We will be scheduling March-June soon!

February, 2021

Bushfire Recovery

The Second Year, for the Upper River Torrens Landcare Group



UPPER RIVER TORRENS LANDCARE GROUP

Thanks to a successful WIRES Landcare Australia grant, the URTLG have been able to commence implementation of the 'Wildlife habitat recovery in the Adelaide Hills' project. This funding aims to support four property owners in Gumeracha with weed control, site preparation, planting of 5000 tubestock and the provision of artificial nest boxes for birds and small mammals.

Project Co-ordinator, Kim Thompson said 'these four property owners were chosen as they share common boundaries, collectively own almost 300 Ha, and have a shared vision and interest in enhancing and protecting remnant vegetation. This project will enable wildlife habitat recovery actions across 50 Ha'.

Early October, the URTLG facilitated two seed collection workshops through Kersbrook Landcare Group and the Barossa Bushgardens. The URTLG have hosted two Nursery workshops to engage volunteers in pricking out seedlings for tubestock and have almost 5000 tubes currently being grown by around 50 community members and two school groups.

Work has commenced on all four properties, with weed control the focus until planting time in May-June 2021.

Following the December 2019 bushfires, the Upper River Torrens Landcare Group (URLTG) members worked tirelessly with Habitat Recovery Alliance (HRA) partners, Habitat for Humanity, and many other volunteers to start bushfire recovery across the Adelaide Hills.

The results speak for themselves: over 16500 tubestock were grown by 250 volunteers and planted throughout June-September 2020. 60 artificial nest boxes were built by local Men's Sheds and installed across properties from Harrogate to Kenton Valley. For further information please call Kim Thompson on 0438 639 353



A project of the Upper River Torrens Landcare Group in partnership with



UPPER RIVER TORRENS LANDCARE GROUP



Barossa Bushgardens Live local... plant local





Marketing!

Pictured right:
Former local Jake
Clarke was visiting
during the holidays
and took time to
busk at the market.



COME & CELEBRATE



SATURDAY 6TH FEBRUARY

February, 2021

Buy Nothing

Heard on the ABC

"The Buy Nothing Project is the Joy of Giving"
Buy Nothing Project SA Development Member Mel Lamborn told Spence Denny on *Summer Breakfast*, "The project offers a way to give and receive, share, lend, and express gratitude through a worldwide network of micro-local gift economies." One year on and Mel now has over 50 groups in SA and has gained a real sense of community and local connection. Did you know there was a local Buy Nothing Group? Buy Nothing Palmer/Tungkillo/Springton/Mt Pleasant/Cromer, SA



From Wiki:

The Buy Nothing Project is a global network of community-based groups, founded in the United States in 2013, that encourages giving of consumer goods and services in preference to conventional commerce.

Further

If you go to the Buy Nothing website you will see that being altruistic is not without its difficulties. It can be tied in with the circular economy also, in that nothing is wasted or thrown away – thereby massively reducing our footprint. Recreate is a great proponent of sustainability, recycling, refurbishing and the circular economy. If you ever need a lesson in 'how to' pop in one day and see just what can be done. It's a happy, lively place with many volunteers who are eager to spread the word. It's a great place to sit and chat – or just BE.

Once upon A Time

There were four people named Everybody, Anybody, Somebody and Nobody. When there was an important job to be done, Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. When Nobody did it, Everybody got angry because it was Somebody's job. Everybody thought that Somebody should do it, but Nobody realised that Somebody would do it. So, it ended up that Everybody blamed Somebody, when Nobody did what Anybody could have done in the first place.

COTA – plug in

Late last year, The Plug-in conducted a Mood Snapshot survey to hear from older Australians about their experiences in 2020 and to understand how people are feeling as we prepare to start a new year.

After an extraordinary 2020, the insights shared by over 250 Plug-in Influencers provided a human voice and personal insight into some of the hardships faced. Encouragingly when looking ahead to 2021, there is a strong feeling of hope amongst the responses, appreciation of the environmental benefits seen across the world, a sense of camaraderie and working together to help and protect each other, and an overwhelming sentiment that people feel lucky to live in Australia.

Here are key highlights from the survey results:

+ How I feel about life right now... 76% ranked their positivity at 7+, (average of all respondents was 7.3).

+ Most respondents are optimistic about the outlook for next year (average rating 7.4/10) but also pragmatic with 43% focused on 'Just taking one day at a time'.

While people missed being able to freely catch up with loved ones, there was an appreciation for some 'downtime' and a slower pace to life.

Thank you to everyone who took the time to share their personal experiences, reflections and thoughts for the year ahead. Those who participated in the Mood Snapshot survey went into the running to win 1 of 5 Coles/Myer gift cards. A big congratulations to our lucky winners!

+ Bill Watson of Valley View

+ Sharon Mahony of Mount Gambier

+ Glennys Carse of Gawler East

+ Tony Coombe of Port Pirie

+ Julie Phillips of West Lakes Shore

"It's been a chance to re-assess our priorities, and also be grateful for the way people (and even politicians) can come together for the greater good. We have recognised and given thanks for the mighty efforts of hospital and other front-line staff. For me personally, I have given more time to being mindful, and am practising compassion and kindness more as a result of COVID-19." Plug-in Influencer

SAGE Yoga trial

If you are aged 60 or over, you are invited to participate in a free research study promoting healthy ageing conducted by the University of Sydney.

The 'Successful AGEing (SAGE) yoga trial' aims to measure the effect of a group-based yoga exercise program compared to the effect of a home-based seated relaxation yoga program on falls and other important health outcomes.

If you decide to take part in this research, you will be randomly allocated to one of the yoga programs and you will be expected to take part for 12 months.

Participation is free. Yoga classes will be offered in various locations around Sydney and you need to be able to commit to attending two classes each week.

Ethics committee approval number: 2019/604

Eligibility

You may be eligible to participate in this study if you are:

Are aged 60 years or older

living independently in the community

not currently participating in yoga

healthy enough to be physically active.

How to participate

If you are interested in assisting with this important and exciting area of research, please contact Dr Juliana Oliveira on sph.sagetrial@sydney.edu.au or 02 8627 6389.



Houseboat Shedding

A few of the blokes from the Men's Shed hired a Houseboat recently to spend a while bonding and drifting down the Murray. It was a blissful few days, and I reckon it won't be long before they're finding an excuse to do it again. Nothing like getting away from it all! Pictured below, left to right are John W, Dennis R, Don B, Gareth S, Kim Y and Bob W. Pics by Gareth.



Congratulations & Celebrations



January



Pauline Williams



Kath Fisher



Bill Bartsch



Liv Andersen



Susie Gaston-Guthrie



Don Barrett



Margaret Seager
Who celebrates a big one this year – but sssh! Don't tell anyone!



Mostyn Pauley



Tim Annear & David Evans celebrated their anniversary as well as David's Birthday!



Happy Anniversary Georgeanne & Peter 30 years!



Happy Anniversary Nick & Ash



Amie & Paul Ashby

Congratulations to all who celebrate birthdays or significant milestones or events in February!
If you know of anything coming up – please let us know.

Clubs & Committees

Men's Shedding

Heart Health

On 27th January Charlie Sheridan from the Heart Foundation dropped in to give a free workshop on Heart Health.

The Heart Foundation is a not-for-profit organisation which serves the community by giving these workshops, putting out a newsletter with up-to-date information, providing resources and free, healthy recipes.

The foundation is affiliated with the Country SA Health Network and is assisted in its work by donations from benefactors and the public.

Did you know that one in three people experience symptoms but don't call 000 – or wait hours before seeking help?

Heart attacks are not always of the 'Hollywood' variety.

You may experience a squeezing pain, or pressure. A heaviness or tightness above the waist. Some people have described it as like a belt around their chest, being pulled tighter and tighter.

Victims may experience a shortness of breath or dizziness.

The longer you wait until seeking help, the more heart muscle will be lost. Time = muscle.

It is not necessarily the same as a stroke. Heart attacks are a blocking of the artery, whilst strokes usually occur after a build-up of cholesterol, or an aneurism.

(For more information on these conditions – please check out the Heart and Stroke Foundations information on the net. If you have any concerns – please seek help as soon as possible. It is much better to be safe than sorry.)

At the first sign of symptoms, stop and rest.

Talk to someone (spouse, neighbour, friend) – tell them how you are feeling.

Call 000 - DO NOT HANG UP – and wait for instructions. The operator will stay on the line until the ambulance comes.

(And just on this note, apparently Ambulances are subject to council boundaries – this is a little concerning when there is an ambulance much closer. Might be worth speaking to your MP about that.)

If you have a pre-existing condition, take your prescribed medicine and follow your doctor's advice.

Heart attacks can be prevented.

There is plenty of information on Australian guidelines for healthy eating. If you can't find it on the web, or are unsure which advice to say, please ask your doctor.

Salt increases your blood pressure, so it is wise to limit or eliminate it from your diet.

Thirty minutes of moderate physical activity a day is recommended. It doesn't have to be heavy exercise (weightlifting or heavy cardio) – just keep moving. Find any excuse to go for a quick walk, and take breaks if your work is keeping you confined to a chair.

The Heart Foundation has information on walking and groups – find one near you. The Men's Shed is registered with the Heart Foundation and Murray does group walking several times a week. (See the Walking Group ad.)

February, 2021

Understand the role that bad cholesterol plays in your heart health. Eat much less of the bad fats, and more of the healthy fats. Cholesterol is fatty acid, and the build-up of cholesterol is harmful to your health.

High blood pressure is a warning sign. You should aim for the top number to be less than 140, and the bottom to be less than 90.

The Heart Foundation has a heart health calculator on their website – check it out and see if it's time you made some changes. Some of this may be under Medicare – but check with your doctor about this.

It was a very informative session and helped also by a couple of members sharing their heart attack stories – it's not all gloom and doom – and many people go on to enjoy their lives more and live far longer than they would have if they hadn't made the changes.

Please note that the information here is very general – we urge you to check with your doctor if something's 'not quite right' – they would rather you come in for the check than risk your life so as to not 'bother busy people'. It's their job. It's what they do – so help them do their job and help you.



Pictured above is Secretary Gareth checking his Heart Health with The Heart Foundation's Charlie Sheridan, and below the members listening to the talk.



mp beat

Men's Shedding cont'd

The Heart Foundation gave us booklets with some great recipes in them. This is one – but there are many available online. Also, it's worth checking out the healthy recipes on sites like 'taste.com.au'.



EGGPLANT & CHICKEN PIZZA

SERVES: 4
PREP: 10 MINS
COOKING: 35 MINS

INGREDIENTS

2 large eggplant (500g each), tops trimmed
½ cup no added salt tomato paste
2 cups (300g) shredded, cooked chicken breast
200g drained antipasto mix, chopped (see Tip)
¾ cup (80g) grated pizza cheese

METHOD

1. Cut each eggplant lengthways into 4 slices.
2. Heat an oiled char-grill plate or large non-stick frying pan until hot. Add a single layer of eggplant slices. Cook for about 3 minutes on each side, or until lightly charred and just tender. Transfer to a large, greased baking tray. Repeat with remaining eggplant slices.
3. Spread tomato paste evenly over eggplant slices. Top with chicken and antipasto mix. Sprinkle with cheese.
4. Cook in a 200C oven (fan-forced) for 10-12 minutes, or until topping is lightly golden. Garnish with basil leaves, if desired.

TIPS: This recipe is a great way to use up leftover cooked chicken breast or skinless roast chicken. Antipasto mix is available from supermarket delicatessens. Drain well on paper towel to remove excess oil and moisture. Replace antipasto mix with roasted capsicum strips, if preferred. For touch of crunch, sprinkle with toasted pine nuts. For added wholegrains, serve with a slice of wholegrain bread.

Photography Classes

Have resumed – the February sessions are on the 9th and 23rd. All are welcome.



mt pleasant walkers

8am Mondays, Wednesdays & Fridays

call Murray - 0439 385 291

Certificate from Blaze Aid

Shedder John Wymark (pictured below right) was on hand to accept a Certificate of Appreciation from Blaze Aid on behalf of the Men's Shed, for their efforts during the Cudlee Creek fires.



Pictured above is Gareth's group Howlin' at Nothin', which played at the Mt Pleasant Hotel Motel Sunday session on 17th January. A great afternoon, and fantastic to see local live music being supported.



For information regarding the Men's Shed please contact:

Chairman – Murray – 0439385291
or Secretary – Gareth – 0430026993
or email -
mtplesantmensshed@bigpond.com

mp beat

SACWA

Branch news

Hello to everyone, we hope you all had a great New Year with family and friends. As 2021 is with us, everyone is hoping for a better year than 2020. Many events and meetings were cancelled or put on hold but it seems our state is managing very well and although not out of the woods yet, we may not have to observe the strict conditions we had to last year.

Our branch will resume normal activities, and our first meeting is scheduled for 2nd February.

Market Tea Rooms

Market days have resumed, with some restriction, but our ladies are up to the challenge. We have some varied menus so farmers, community members and visitors will enjoy the fare.

Personal Packs

The Personal Packs initiative, run in conjunction with St John's Anglican Church is coordinated by Vice President Jean McQueen (Jean is also a Warden of St John's). Up until December 103 packs have been distributed, and this will continue through 2021.

Foodbank

Foodbank has been well supported by our members and community. Thank You to all for supporting this venture with the United Church in Birdwood. The donation box is situated in the Mt pleasant Post office, and we thank Anne and Rose for their help and support.

The Craft Group

Craft meetings are scheduled for the first and third Tuesdays of the month, at 10am in the Soldiers' Memorial Hall. Our Craft Officer Jan Bransbury welcomes members and non-members alike, so come along if you'd like to join, or perhaps need some crafting advice, we're here to help.

Kath Fisher - Secretary SACWA

Red Cross

Branch news

Our branch will resume meetings on 4th February in the Soldiers' Memorial Hall at 1.30pm. This meeting will be mainly for finishing up the organising of the annual Garden Party to be held on Tuesday the 16th February at the home of Hugh and Fiona MacLachlan at Glen Devon.

The event starts at 10am, with a Devonshire Tea, our Guest Speaker at 10.30am will again be Gardening Australia presenter Sophie Thomson. Sophie is always an entertaining speaker and gives out great gardening advice and tips. This wonderful event has been held for thirty years, and as always, our branch works as a team, which has enabled us to continue our work for so long. See you all there!

New members

Red Cross is an old and essential worldwide organisation, which is there in any emergency. If you would like to join us, new members are always welcome.

Kath Fisher – Secretary



Friends of the Mt Pleasant Hospital



Friends of Mount Pleasant Hospital

Happy New Year to everyone – and after the events of 2020, we are hoping it will be a better 2021 and we'll be able to hold some events for badly needed fundraising. We are hoping that the Mt Pleasant Show will go ahead, as this will be our first major fundraiser for the year.

Next meeting

Our next meeting will be held on 10th February in the Mt Pleasant Men's Shed at 10am. If you or anyone you know would like to join our group, please come long. Our President Virginia Carnell and members will make you very welcome.

RSL Report

Branch news

The Mount Pleasant RSL had their bi monthly meeting on Sunday January 17th 2021 where a number of items were discussed. The main topic was discussing the likelihood of a full Anzac Day commemoration on Sunday April 25th. A committee was formed and will continue to organise the event, but due to the ever changing situation with the corona virus the RSL will still need to be prepared for any eventuality.

Over the years the Mt Pleasant branch has done an incredible job of generating a lot of interest in the event. What used to be a few dedicated members attending the service it has now gone to over 300 people attending the Dawn Service, and interest from the general public is very much appreciated. As Anzac Day commemoration has increased over the last decade, the local branch now uses the Soldiers Memorial Hall for the event. Hopefully this year the usual displays will be set up.

Another agenda item identified the need for an extension to be sourced for the Army tent recently purchased. This will be used for fund raising events.

Discussion was also held on the sourcing of funds so a carport type structure could be erected on the side of the RSL building. As the building is owned by The Barossa Council it may be difficult to get funding. This topic will be ongoing. Mount Pleasant RSL members Peter & Georgeanne Kaines recently celebrated their 30th wedding anniversary. Peter is now a life member after dedicating the last 14 years or so assisting with the setting up of events, and donating many hours of his time, making the sub branch what it is today. He is much helped by his wife Georgeanne.



RSL report cont'd

Serving member Steve Hughes was presented with a flagpole donated by Mt Pleasant RSL and erected by Tim Sutcliffe. *(Pictured right)* Steve served in the Navy for 43 years with part of his service in Submarines. He battled throat cancer throughout 2020 and is still dealing with the aftermath, for his service it was decided presenting the flagpole and Navy flag would help brighten up the year. RSL members wish him a speedy recovery.



It is pleasing to see that many properties in Mount Pleasant have flagpoles which display the National flag. The tallest one of 34 feet (10.3metres) is on the property of Collette and Roger Benton. It is over 50 years old and was originally displayed by the Croquet club and Bowling Club on the property.



On Australia Day the RSL was open for visitors, during the day 15 people including the President of Tea Tree Gully RSL called in to peruse the collection of Military memorabilia. Members are hopeful of being able to cater at the upcoming Mount Pleasant show on March 20th and recommence sausage sizzles outside the Post Office, subject to COVID-19 restrictions.

Next Social Night

The next social night at the Mount Pleasant RSL is on Tuesday 2nd February at 7pm. Visitors welcome to come along and join in with the social activities.

Care to join us?

Members of the public are reminded that it is not necessary to have a Military background to become an Affiliate Member. Community-minded residents are welcome to join. Contact Mike Williams on 0419 863 574 or Tim Sutcliffe on 0407603081

Roger Benton



Tungkillo news

from Jacq, editor the Tungkillo Gazette

GET INVOLVED!

Do you have an idea for the Tungkillo community?

Want to be part of an event or project in your home town?

Contact us to be part of to get involved or volunteer with the committee and the projects we have planned!

We need a Gardener!

The Tungkillo Progress Club is searching for a gardener to maintain the garden beds around the Tungkillo Soldiers' Memorial Hall and the Tungkillo Park.



If this is something you are interested in please send us an email at tungkillogazette@gmail.com for more information

Sport

Mt Pleasant Gems Netball



Registration & Family Fun Day
Sunday, 21 February 2021 from 12:30-16:30

Torrens Valley Soccer Club



Torrens Valley Rd, Birdwood SA 5234, Australia
Tuesday, 16 February 2021 at 17:00 UTC+10:30
Price: free
Registration Night - Come & Try
Tuesday 16th February 2021
5 - 8pm, Birdwood Park
Development Squad—Under 7's
Non-Competitive Mixed Teams—Ages 7 to 11
Competitive Mixed Teams—Ages 12 to 17
Girls Teams—Ages 8 to 17



GIRLS, COME AND JOIN THE PREMIER CLUB IN THE ADELAIDE HILLS

Girls football is growing at Adelaide Hills Hawks. We have 5 girls teams who play against some of the best teams across Adelaide.

WE ARE LOOKING FOR NEW PLAYERS AGED 11-16 YRS

If you would like to come and be part of the Hawk's family, develop your football skills & have fun, we would love to see you at our late Summer trial!

**SUNDAY FEB. 7
10-11:30am**

HAWKS NEST, 1 HUTCHENS RD WOODSIDE

For further information or to register your interest please email stephenspen@gmail.com

Torrens Valley FC



Our first official training nights for the 2021 Season were held in January at 6.30pm, Mount Torrens Oval.
Our third training session will be held on Monday the 1st of February.
Our Fourth training session will be held on Wednesday the 3rd of February.
If you cannot make any official training sessions, please call / text message (0438-109-971) or Lowie (0448-310-360).

Any new players welcome!
Get involved... Make a difference!

Mt Pleasant Bowling Club

Mt Pleasant Bowling Club

Night owls

Thursday nights

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!

Bits & Bobs

Qualified Spray Painter required



Are you looking to make a positive change in 2021? Mount Pleasant Crash Repairs is a family owned and operated company that won the 2019 National Paint & Panel Large Shop Award - why wouldn't you want to be part of something special?

We have an exciting opportunity for an experienced trade qualified SPRAY PAINTER to grow the current team of Tradesmen.

- Are you a Trade Qualified SPRAY PAINTER?
- Do you have experience in repairing late model vehicles?
- Do you have a high attention to detail?

If you have answered yes to the criteria this is what we can offer you:

- Attractive wages & benefits
- Stable, full time employment
- Clean modern repair facility
- Additional industry training
- Fun, friendly family environment

For more information contact Tom on 0438 682 225. Applications are strictly private and confidential

MP Crash

Chef / Cook wanted

For Mount Pleasant Hotel Motel.

Immediate start.

You must:

- Be able to take & follow instructions
- Be able to work unsupervised
- Have reliable transportation
- Be a friendly team member
- 30-35 hours per week for the right candidate
- Ring Richard on 0448 001 393 or email staci@stockmangroup1857.com.au

MP Hotel Motel



Jobs website:

<https://www.barossaplainsjobs.org.au/>

Junior Worker – Horse Business

Performance Poles are seeking a part time junior worker in a Horse Jumps production business - immediate start.

Hours will be mostly afternoons after school, some occasional weekends, approximately 10-12 hours a week.

Best suited to a local candidate due to small hours. Perfect for getting some work experience, and it will be an ongoing role with the ability to learn various related jobs. Tasks will include: painting poles, jumps, fillers, wings, maths work, some woodwork, and assembly work for the right person.

No experience necessary as successful person will be trained. Located at Sanderston, 15 mins from Mount Pleasant, 20 mins from Mannum.

Those interested should please contact via Facebook.



PERFORMANCE POLES

CUSTOM HORSE JUMPS & CAVALETTI'S

Tutoring



German Classes

The Barossa Valley is proud of its significant German heritage. Interaction with Germany has always been fertile, be it through family ties, exchange students, visiting backpackers, blossoming romances or the wine industry.

For the last 4 years, the Barossa German Language Association has been offering German Language Classes. The groups are small and friendly, with just the right balance of focused studies and laughter.

A class for learners with previous knowledge is held on Friday afternoons from 2 pm to 5 pm in the Lyndoch Library. A class for beginners is held on Saturdays from 11 am to 1 pm. A class for advanced students is held on Saturday afternoons from 2 pm to 5 pm.

We cater for learners who want to better communicate with their German relatives, or want to study or work in Germany. The cost for Term 1 is \$ 280.

Classes will resume on Friday, February 5, 2021

For more details, check the website of the Barossa German Language Association or ring Gundi on 0431 047 582.

Gundi Tophinke

mp beat

Bits & Bobs cont'd

For Sale – Greenhouse

Walk-In greenhouse with door.
 2metres x 2 metres x 2.2 metres high.
 6 tier shelves.
 Brand new – still in box.
 For Sale at \$70 (original cost \$200)
 If interested, please call Paul on 0475 127 950.

YAC

2021 Youth Environment Council applications now open



South Australian students in Years 7 to 11 who are passionate about sustainability are invited to apply to be in the Youth Environment Council.

- Share your passion
- Develop leadership skills at camps, workshops and forums
- Take action for the environment!

Applications are now open. Places strictly limited. Applications close at 9am Monday 1 March.

Visit www.yecsa.net.au or contact info@yecsa.net.au



Health Survey

Throughout February 2021, BHFLHN will be holding community engagement workshops across our network. If you're interested in getting involved, please register by completing our registration form:
<https://www.surveymonkey.com/r/VW675PB>
 Keep following our Facebook page for further updates.

Health
 Barossa Hills Fleurieu
 Local Health Network

Government of South Australia

Peaceful Parents
 4 WEEK PARENT WORKSHOP

The Peaceful Parents 4 week workshop is a Mindfulness & Positive Psychology based parenting program to increase resilience in primary aged children.

Peaceful Parents is a strength based parenting workshop that is engaging, practical and supportive for parents. It helps parents build on their parenting strengths to build resilient and calm kids.

Parents learn

- Resilience building exercises & strategies
- Mindfulness strategies to keep stress levels low
- Mindful listening & responding
- Positive psychology strategies to boost wellbeing
- Techniques to help their child lessen worrying
- Effective coping strategies
- How to help children manage their feelings
- How to help their child problem solve difficulties
- How to create healthy thinking habits

Workshop runs over 4 sessions on the dates and times listed below.

A commitment to attend all 4 sessions is required as these are not separate workshops.

Maximum of 12 parents
 All parents & carers welcome

Please note that this is a 4 week educational course for parents and not a counselling course or a course on behaviour management for children.

Come along to a **free** Information Session to find out more about the Peaceful Parents program and how you can support your child with strategies to help deal with anxiety.

When: Thursday 4th February 2021

Time: 9.30am till 10.30am

Where: 11B Adelaide Road Gawler South (Dr Naomi Rutten Mental Health GP)

Register now at: www.togetherwemakeadifference.com.au/peacefulparents



Understanding Psychological First Aid

For more information contact Red Cross in your state or territory.

Psychological first aid is an approach to helping people affected by an emergency, disaster or trauma, which aims to reduce initial distress, meet current needs, promote flexible coping and encourage adjustment.

Gumeracha Training

Date And Time:
 Mon 22 February 2021
 6:30 pm – 8:30 pm ACDT

Location:
 Torrens Valley Community Centre
 45 Albert Street
 Gumeracha, SA 5233

Understanding PFA is a 4-hour face to face workshop designed to give participants an understanding of the principles of psychosocial support and how and when to provide psychological first aid.

Participants will learn:

- about the psychosocial impacts of crisis events and distressing situations
- how to identify common distress reactions
- how to help promote calm, safety, self-efficacy and connection, and instill hope
- how to provide Psychological First Aid using the 'Look, Listen, Link' principles
- how to look after themselves when in helping roles.

redcross.org.au follow us



Bits & Bobs cont'd

MENTAL HEALTH FIRST AID TRAINING **THU 11TH & FRI 12TH FEBRUARY, 2021**

15 SECOND STREET, NURIOOTPA
CARERS & DISABILITY LINK

Each year 1 in 5 Australians will experience a mental illness. Mental Health First Aid (MHFA) teaches people the skills to help someone who they're concerned about.

- Time 9- 5 pm both days
- Cost: FREE - B40 Lunch
- Open to all community members - priority given to family carers (15yrs & over), volunteers, students/unemployed
- Enquiries/ Bookings - 8562 4000

Government of South Australia Department of Human Services
MENTAL HEALTH FIRST AID TRAINING Accredited Instructor
young carers
CARERS & ABILITY LINK
*A Covid Community Support Grant Project

2021 YEAR OF THE OX



SHORT COURSE BIG FUTURE

Who will you be in the Year of the Ox?

People born in the Year of the Ox are said to be hard workers and no matter the career they choose, it must be one they love. Only those who find a career that matches their passions are able to find their true calling. At TAFE SA we believe this to be true for everyone ... so if you need help finding your true calling consider studying a short course to retrain or learn a new skill at TAFE SA. Find a [short course](#) that is right for you:

- | | |
|--------------------------------|------------------------------------|
| Arts and Design | Hair and Beauty |
| Building and Construction | Health and Lifestyle |
| Business and Marketing | Hospitality and Tourism |
| Community Services | Information Technology |
| Education and Languages | Mining, Engineering and Automotive |
| Government, Property and Legal | Primary Industries and Science |

Looking to start studying now?

Make the most of now, by studying an online short course. With over 100 courses now available online you're in control of when and how you study with online learning. Find an [online short course](#) starting now.

*some of our short courses might include accredited units. Check the website for further details.

Stitch Sew & Share

At SACWA – Mary Walker House
10am till 3pm.

Donations always welcome.

Morning and Afternoon Tea supplied.

BYO Lunch.

Dates for 2021:

27th Feb, 27th Mar, 24th Apr, 22nd May, 26th Jun,
24th July, 28th Aug, 25th Sep, 23rd Oct & 27th Nov.



Draft Suicide Prevention Bill 2020

Help us establish a whole of community and whole of government approach to suicide prevention in South Australia.

Let us know your thoughts around the draft Suicide Prevention Bill 2020.

Closing: Friday 12 February 2021

yoursay.sa.gov.au

Markets

Mannum Riverside Market

SUNDAY
7TH FEBRUARY
2021

Mannum
Riverside
Markets Near
The Ferry

9 AM TO 2:30 PM

Lyndoch Institute Market

Sat 13 Feb 2021
10am-3pm
Lyndoch Institute
Enter through
front door

Saturday, 13 February 2021 from 10:00-15:00
Come and enjoy the reopening of the market which has been closed since last March. Begin the day with a hearty egg and bacon sandwich cooked fresh by Community volunteers followed by a browse through the many stalls, both outside and inside. Products include handmade greeting cards, books, jewellery, biscuits, plants, scones (including lactose free), cardmaking products and scrapbooking paper, woodware, paintings, giftware. Don't forget to scan the QR code or else complete the paper version upon entry. Hand sanitiser will be available.

Events



Mount McKenzie Country Rock Night

Live music from Heartland,
6.00-11.00, 6th February.
Tickets \$20, children free, hot
food, drinks on sale. Call
0439856532 for more
information.



the next
Sunday at the Barn
7th
February



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

191 Bank Rd, Sedan SA 5353, Australia
Sunday, 7 February 2021 at 11:00
BOOKINGS ESSENTIAL: You're invited to come along to our
next "Sunday at the Barn" OPEN MIC. We always have an
interesting variety of live music and a warm, friendly crowd.
Our feature band for February is "The Fabulous
REZONATORS"!
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 an approximate time you'd
like to play, please let us know via our Facebook page or call
or text Julie on 0413 314-749

Mt Pleasant Show

Saturday, 20th March 2021

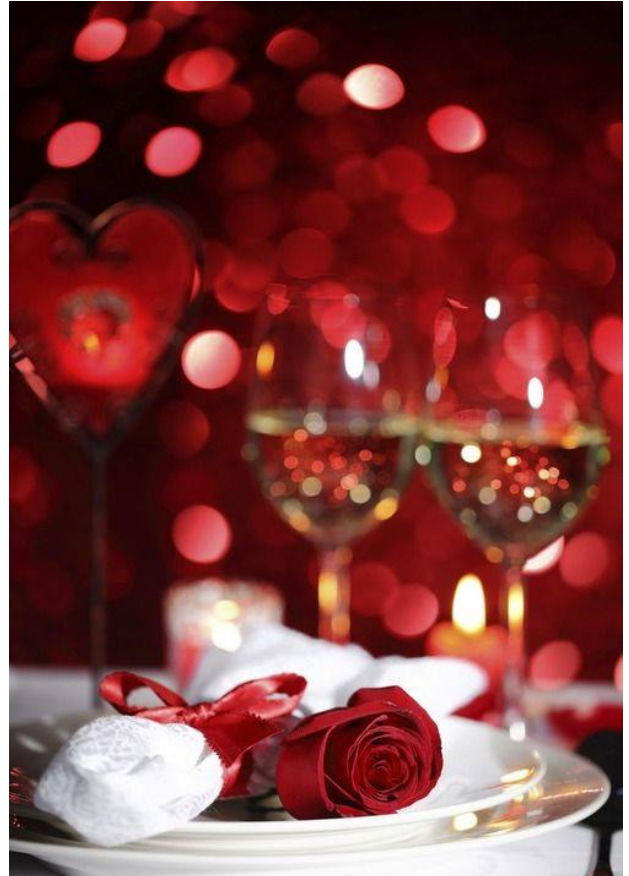


February, 2021

Talunga Estate Winery

Sunday, 14 February 2021 from 10:00 -4:00
BOOK NOW for VALENTINES DAY ~ Sunday February 13th
2021.

We have LIVE MUSIC with Sian & Simon and a free drink of
your choice for your sweetheart
Ph 0447 244 306 or PM us to BOOK



MT PLEASANT FARMERS MARKET

Easter Twilight
2021

THURSDAY APRIL 1, 2021
MT PLEASANT SHOWGROUND
5PM - 9PM

Fresh Fruit & Veggies, Meat & Seafood, Milk, Cheese &
Bread, Cakes & Pastries, Wine & Beer, Eggs Honey, Jams &
Olive Oil, Chocolates, Dried Fruit & so much more

www.mpfm.org.au @mountpleasantfarmersmarketau - 0418 301121

February calendar

Want to help with the Show?

Get in touch with Vicki via the website:
<https://www.mtpleasantshow.com.au>
 or phone: 8568 2303
 The Show Society welcomes new members and helpers.

Events

Gardening Group

We have now got quite a few people interested in forming the Gardening Group. There are some who have a good range of horticultural knowledge and this will help tremendously. We may even be able to work in conjunction with another established group, and together we will be able to beautify our town.
 If you are interested, please call 0403012339.



Glen Devon
Garden Party

10am Tuesday, 16th February
\$8 donation
Devonshire Morning Tea, Trading Table & Raffle.

Gardening Australia presenter Sophie Thomson has been a regular guest at the Glen Devon Garden Party for nearly 30 years, and she will again be on hand to lend her wit and wisdom to the occasion. We invite you to come along and enjoy this wonderful event with us.
 Enquiries: 85682294 or 0403012339

'Glen Devon', Glen Devon Road, Mount Pleasant - follow the signs



Throughout the decades, the Australian Red Cross has been there to help people in need, and this valuable service continues to be relevant. The Mt Pleasant Branch has given more than 80 years of service to our community.

Humanity Impartiality Neutrality

Date	Event	Details
6, 13, 20 & 27 ALSO ONLINE	MP Farmers' Market	8-12, Saturday @ Talunga Park
7, 14, 21 & 28	Live Music @ Mt Pleasant Hotel Motel	2-5pm
7 & 13	Country Markets	Palmer & Lyndoch (see Markets section)
6	Mt McKenzie Country Rock Night	Mt McKenzie Hall (see Events page)
7	Old Barn Open Mic	Sedan (see Events page)
13	Talunga Estate Winery – Valentine's Day	Gumeracha (see Events page)

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 Fitness Group	Talunga Park Pavilion - Thursdays
MP Photography Group	2 nd and 4 th Tuesdays – 9.30am @ Men's Shed- \$5 a session
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) (starts March!)	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 @ mtpleasantbeat.org (click 'subscribe' on the latest newsletter page)
 Editors: Sue Barrett & Paula Bartsch



Contact us:

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mtpleasantbeat@gmail.com
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