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## Cool runnings

So, why cool runnings? Mainly because at this time of year not much is happening, and this article seems more like a running sheet than a news bulletin. Also because I like slipping in song or movie titles!

Those of us who were wanting rain seem to have got our wish, although most of the dams still have a long way to go. Things are looking lush, but the cold just makes me want to stay indoors. School holidays loom, and there wasn't much room to put options in, so if you need to know, head to Weekend Notes (click on Adelaide). The website has some great suggestions under all sorts of categories – including Free, Kids, Playgrounds, Picnic Spots and School Holidays. I can vouch for it as a great resource having used suggestions myself, and passing it onto my kids for their kids.

Lots happening in the town at the moment – some of it promising, some of it concerning, and there are issues that the general public can have their say on that I would urge you to do so. The Health Survey mentioned on page 2 is one of those. It will only take a few minutes to do (Kath and I checked it out), and input from our community is vital.

There are also concerning rumblings with a beloved and innovative local institution, and we'll keep you up to date with that – hopefully in the next newsletter.

The CFS have secured a great line-up for the next Comedy Night in September – and who can deny we could all use a good laugh?

Meantime, the crazy Car 4Bro and Car 764 gangs will again be holding a quiz night fundraiser. These nights are great fun and Sam and her crew always manage to find some great raffle prizes.

The Soccer Club is also having a fundraiser – An Evening with Amity Dry – on 16<sup>th</sup> July, now that sounds like something worth seeing.

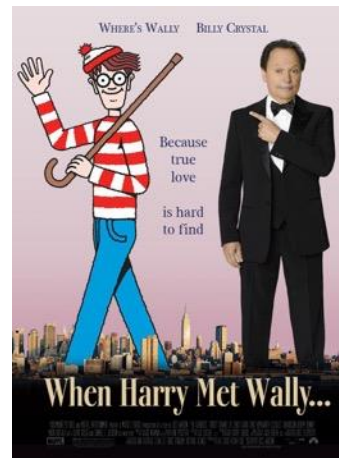
And just in case the usual comfort food isn't working – celebrate World Chocolate Day at Melba's on the 7<sup>th</sup>!

All this information in the Events section.

Stay warm – maybe do dry July – and in the immortal words of Ted "Be excellent to each other!" Words to live by. (And another movie title reference!)

### Sue B

And because it's cold and miserable, just change one letter...



## NAIDOC Week

4<sup>th</sup> to 11<sup>th</sup> July, 2021

[naidoc.org.au](http://naidoc.org.au)



# The Uluru Statement from the Heart

## Wins The 2021 Sydney Peace Prize

The Uluru Statement from the Heart is an invitation to the Australian people to walk with First Nations people to create a better future. It is a gift: a strategic roadmap to peace, where all Australians can come together to realise our nation's true potential.

A First Nations Voice, protected by the Constitution, will mean Aboriginal and Torres Strait Islander people have a say in the laws and policies that impact them. It also means that agreement-making and truth-telling can finally be done on equal terms. With Voice, we can begin the journey of coming together after a struggle – Makarrata.



# MP Inc

## Caravan Park upgrade

There was no meeting of the Progress Association this month, but here is a prepared statement regarding the upgrading of the Caravan Park:

"It is good to hear that with a funding grant and back up finances from Council, the Mt Pleasant Caravan Park is to be upgraded at last.

The works will start in September this year and are planned to be finished at the end of the 2022 financial year.

This upgrade will also include significant changes to the electrical supply and switchboard.

The upgrade will include the following:

- An increased number of sites with water, power & sullage
- Drive through sites
- Camp kitchen
- BBQ shelter
- Recreation zones
- Roadway upgrade
- 2 Cabins

As with any major works, there will be some significant disruption to the users of the Park

Unfortunately, and unavoidably, the long-term residents of the Park are required to move out for the duration of the

upgrade. As we understand it, the Council is doing their best to re-home these residents in nearby Parks, such as Murray Park at Eden Valley, for the interim, but they will be able to return as soon as the major works are completed.

Should you have any queries about this upgrade or wish to view the plans, please do not hesitate to contact your local Councillor Don Barrett, or members of the Mt Pleasant Progress Association, Wendy Harvey and Genevieve Hebart. Plans will be available for viewing at the Mt Pleasant Farmers Market."

## Town Brochure

Over the last couple of months, Progress has been working – in conjunction with interested community members – on a three-fold town brochure that is to be funded by council and the Regional Development Board, with input from Tourism Barossa. It has taken some time and back and forth with a graphic designer, but we are pleased with the result. This will be the information available for tourism outlets and we hope that this, and subsequent brochures like this will attract tourists to our town.

It contains a collage of local sights – with the front cover being a scene taken from a Jo Dennis painting. The interior is a fold out map, and the other side contains a list of events and facilities, etc.

In subsequent years, the brochure will change and adapt to events and features. If you have anything to add, please feel free to contact the Progress Association or the Beat.

## MP Progress Inc.



# Health Survey



Want to have your say on the future of our health system in the district? Please go to the website below.

You will need to register first. This is very important for our wider community – and only takes a few minutes:

**Community Survey**

Do you live or work in the Barossa, Adelaide Hills, Fleurieu Peninsula or Kangaroo Island?

Take This Survey

**Share your thoughts. Help develop a new Strategic Plan**

Your views are valuable and confidential. While you will be asked to register a user name and provide your email address to participate, we protect your privacy. Your personal details are not linked to your survey responses.

Find Out More

<https://bhflhn.engagementhq.com/?draft=true>

## Could it be SAD?

### What is seasonal affective disorder (SAD)?

Seasonal affective disorder (SAD) is a type of [depression](#) that comes and goes according to the season. People with SAD have symptoms of depression or mania at roughly the same time each year.

SAD usually develops in autumn and winter, then disappears in spring and summer. In some people, the symptoms develop in spring and early summer.

### What are the symptoms of SAD?

Symptoms usually start out mild and get worse as the season progresses. When the season changes, people normally become completely well again.

Symptoms of SAD in winter include:

- lack of energy
- sleeping too much
- finding it hard to wake up in the morning
- feeling very tired all the time
- overeating and craving carbohydrates

- gaining weight
- [losing interest](#) in normal activities
- Symptoms of SAD in summer include:
- [trouble sleeping](#)
- [not feeling hungry](#)
- losing weight
- feeling [agitated](#) and [anxious](#)

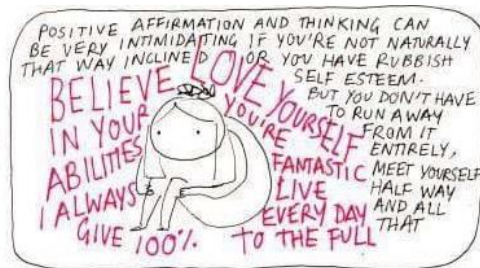
People with a mental health disorder might find their symptoms change at different times of the year. For example, some people with [bipolar disorder](#) find they are more likely to experience mania in spring and summer and depression in winter.

### What causes SAD?

SAD is thought to be caused by changes to the body's circadian rhythms (its 'body clock') at certain times of the year. It may also happen because in winter the body produces less of the hormones melatonin and serotonin, which affect sleep and mood.

### When should I see my doctor?

SAD is rare in Australia, but many Australians report that they feel flat and lethargic in winter. If you have symptoms that don't go away and are affecting your everyday life, it's important to see a doctor.



So... HERE ARE SOME POSITIVE SELF AFFIRMATIONS, AMENDED FOR THE INSECURE

FOR THE SAKE OF MY SANITY I AM ~~BEAUTIFUL~~ GOING TO BE INDIFFERENT TO MY APPEARANCE SO THAT I CAN GET ON WITH MORE IMPORTANT STUFF,

I CAN DO ANYTHING ~~WELL~~ SOME STUFF, PRETTY WELL

I ~~LOVE MYSELF~~ AM CAPABLE OF BEING A LITTLE KINDER TOWARDS MYSELF TODAY



RUBHET



beyond blue.org.au  
1300 22 46 36

# Pleasant History

## Website re-vamp

Paula has been very busy overhauling and adding to her website, and the results are impressive:

[mountpleasant.sa.au](http://mountpleasant.sa.au)

With the Beat website concentrating on the news and businesses in the area, Paula felt that she could finally concentrate on the history, adding more information on not only the families of the district, but also the public and historic buildings, past and present. What she has designed is a comprehensive tour through the history of our district, adding little known facts and photos of the area from the earliest days.



## What App?

There has been a hold up with the launching of the app, in which the Mt Pleasant District History Group was asked to be one of the inaugural contributors. Who knew these things could be so complicated? It might still be a few months off yet, but we hope that the information Paula has provided will be a great addition to the Walking Map that the History Group created some time ago. Copies of the map are available from the History Room, for a small donation, and it is updated regularly. Why not pick one up and take a stroll around the town – you might be surprised at some of the information about some of our prominent – and not so prominent – buildings and structures.

Visit the History Room on Thursdays between 1 & 4.  
email [pleasanthistory@gmail.com](mailto:pleasanthistory@gmail.com),  
or phone 85682126.



Paula Bartsch – Historian



# About town

Council employees were out this week cleaning up the last of the old pine trees, ready for topsoil in the picnic area at the front of Talunga park.

Work has also been underway in the Hall, and hopefully the issues we had with the flooding will be tidied up. The stairs leading from the floor to the stage have been re-done to get them up to code, but sadly the stairs leading to the dressing room haven't. I hope these will be looked at very soon as they are hard to manoeuvre.

The new Standpipe (pictured below) is almost ready. It has been relocated from Melrose Street (across the road from the central entrance or Talunga Park), to the back of the showgrounds (near the ponds). The relocation seems a much safer option and the upgrade to the system is very welcome. And as we were going to print, the light towers for the netball courts were being installed.



# Recreate



## State of Play

Some of you have heard various versions of us having to close...or perhaps you are wondering why you haven't had a response to emails or messages recently...

The reality is we have been fighting for nearly 2 years now to secure ongoing funding to keep the Mount Pleasant Natural Resource Centre Inc and all of its community projects operating- including Recreate.

Our staff and volunteers are tired. We have had to expend so much energy on trying to convince state and local government that they should continue to support community environment centres such as ours. At the same time dealing with the impact and stress of bushfires, COVID, a rapidly increasing workload, continued funding cuts, and still trying to deliver on our community development and environmental projects. The human cost of this fight has largely been unseen as we have tried to put on a positive face for our community projects but it has been a stressful and exhausting time.

So, what is happening? Short term we are operating as normal till end of June. Then we are going to close the doors for two weeks to give our Coordinator Faye a much-needed mini break.

Then we regroup and put in place a revised community project and employment plan for another 6 to 8 months. Things are going to look and run differently to give us the best chance of survival, and there will be times when we call on our awesome community to step up and help us.

We haven't given up. We just need a chance to pause and breathe.

What can you do now? Continue to support us with crucial fundraising sales via recreate. Talk to your local MP or councillor about what keeping community environment centres open means to you. Be kind if we don't respond to enquiries quickly - we are doing our best.

As we work out our next steps, we will let you know in what direction we are headed.



# Marketing!



## Advance Notice of the Annual General Meeting of the Mt. Pleasant Farmers Market Inc.

To be held at 6.30 pm on Monday 16th August 2021 at the Wisteria Atrium, Talunga Park

Positions are available on the Management Board.

### 2 Community positions for 2 years:

Positions held by Ashley Dent and Maxine Bartlett, who may wish to nominate again

### 1 Stall Holder position for 2 years:

Position currently vacant due to a resignation.

Nomination forms available from the Admin. desk on Market day or at the front desk, Natural Resource Centre, Mt Pleasant (Mon - Friday 9-5)

- Only a member of the association can nominate a person for a position.
- A retiring member shall be eligible to stand
- for re-election without nomination

**Nominations in writing must have been received by 12midday on the 16th July 2021.**



**This month we are about all things CITRUS! Cooking demos & tastings, and loads of information about citrus!**

In July all the delicious varieties of citrus are now ripening, and DJ Citrus are now picking

- Leng Navel Oranges
- Washington Navel Oranges
- Imperial Mandarins
- Lisbon Lemons
- Marsh Grapefruit
- Pink Grapefruit
- Ruby Grapefruit
- Tahitian Limes

Come on over and see Dave & Joy!!

## Provide Trees for Bees

Did you know that bees get most of their nectar from trees? When a tree blooms, it provides hundreds — if not thousands — of blossoms to feed from. Trees are not only a great food source for bees, but also an essential habitat. Tree leaves and resin provide nesting material for bees, while natural wood cavities make excellent shelters. With deforestation and development on the rise, you can help bolster bee habitats by caring for trees and joining tree-planting parties in your area.

# Peter's poem



'Bin working hilly country lately, fencing out the creeks,  
 And haven't stood on level ground for weeks and bloody weeks.  
 We're doing 'remedial fencing' in the Cudlee Creek fire zone,  
 Where the native scrub is scorched and dead, and the hilltops  
 blackened stone.  
 There's rock and shale a'plenty, out there on the ranges,  
 And our wives, our lovers, and the kids, have all turned into  
 strangers.  
 The auger keeps on busting teeth, the tips all chipped and  
 scored,  
 But it's vital work, or so we're told, by the water and  
 Environment Board.  
 So it's bloody rock, and bloody barb, and bloody creosote,  
 And mud and Jane, bloody flies, and dust all down your  
 throat.  
 BUT ... at the end of the job, with the last wire run, we can  
 straighten each aching back,  
 Lean on the bonnet, and take a look from wind-swept, stony  
 track.  
 See the lofty Ranges roll away to the Gulf, in the westering  
 sun, THEN  
 It's a wonderful life out fencing, and pride in a job well done.



Peter  
 – the Peripatetic Poet



July, 2021

# CFS



What next?



On the 3rd of June, Mount Pleasant took delivery of a new unit - 34. The new Mount Pleasant 34 is based on a 2019 Isuzu FTS 139-260 chassis, is 4 x 4 and carries around 3000 litres of water. Built by Fraser Fire and Rescue, it has a Deutz BF4L2011W motor / Darley HE500 pump. It comes fitted with LED driving lights and an Engel fridge and equipped with a Stihl chainsaw. It replaces the existing 25year-old Hino based Mount Pleasant 24, which will be assessed for ongoing operational use. Thanks Dean Norman for the photo.



## Comedy Night news

It's purely coincidental that we get a new appliance 3 weeks ago and now it's time to launch our 6th annual comedy fundraiser night! Here are all the details you require to help us pay for the truck, hahahaha! Seriously though you don't need to pay for the truck, however we have already purchased a potential life-saving Heart Defibrillator to carry on the truck so each appliance will have one available from last year's raised funds.

Tickets will go live for sale on 2<sup>nd</sup> July, 2021 at 9am via [ticketbo.com.au/mtpleasantcfs](https://ticketbo.com.au/mtpleasantcfs)

They will also be available at the Mt Pleasant Post Office (Cash only payment available)



From Facebook



# Congratulations & Celebrations

*Happy Birthday to.....*

The effervescent Jan Gardner



The often questioning - Barrie Mills

The always kind - Di Henderson



*And Goodbye and Good luck to...*



(Left)  
*Elisabeth  
Hakkarainen  
(and Roy)*

(Below)  
*and Janelle  
Bishop and  
John Hausler*



*We'll miss you!*

# Library news

## AUTHOR EVENT

Come along to our in-conversation with local author Melissa Whyte (nee Hickson) on Saturday 24 July at 11.00am.

Hear her remarkable story of surviving a car accident at the age of 16 and the transformation to the woman she is today living life to the absolute max. This is an inspirational session not to be missed.

Free, Barossa Regional Gallery (Tanunda)

Booking essential via Eventbrite.



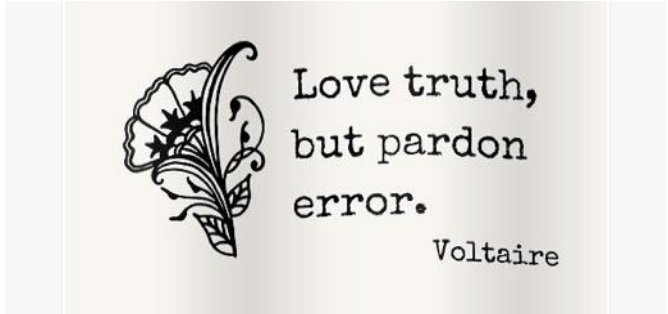
## Mt Pleasant

Monday to Friday - 9am - 5pm  
(closed 12.30pm - 1.30pm)

Council services available at Angaston, Lyndoch and Mt Pleasant Libraries.

## HOME LIBRARY

Delivery of library materials available for residents who are temporarily or permanently unable to access the library. Speak to our Home Library Coordinator today.



## PROGRAMS & COMMUNITY

### Tech Help Thursdays

Need help with a device or program?  
1st, 2nd & 3rd Thursday @ Nuriootpa.  
Last Thursday @ other Barossa Libraries.  
Call to book & see where we are visiting each week, multiple time slots available.

### Pleasant Prose & Poets

Writer's group for aspiring or published writers with a shared interest for writing and sharing ideas. All ages and skills welcome.  
Fortnightly on a Thursday.  
10am-12pm @ Mt Pleasant.  
Call the library to enquire on dates.

### Pleasant Art

Informal art group who get together to share a love of art and work on projects. All ages and all levels welcome.  
2nd & 4th Friday of the Month.  
10am-12pm @ Mt Pleasant.

### Table Top Games

Scrabble - Mon, 10am @ Lyndoch.  
(no bookings required).



## WHAT'S ON...

Winter Warmers Intergenerational Workshop  
Make your own Polymer Clay Jewellery  
Wednesday 14 July  
10.30-11.30am, Nuriootpa Library  
\$10pp / per workshop  
Bookings via Eventbrite

School Holidays are from 5 - 16 July.  
There's something for everyone in July's school holiday program. STEAM activities, family challenges, book club, jewellery making, and our ever popular Lego Crew. We are even launching our brand new Sphero robots.  
Bookings essential via Eventbrite.

Library Book Sale  
Our retired and loved library books.  
10 - 17 July  
@ Lyndoch  
10am - 3pm (Sat 10 July)  
12-17 July - during library hours.  
50c each or fill a bag for \$5

Author Event  
Melissa Whyte (nee Hickson)  
Saturday 24 July  
@ Barossa Regional Gallery  
11am - 12.30pm  
FREE, Bookings essential via Eventbrite

## AVAILABLE @ OUR LIBRARY

- FREE Internet, Wifi and Computer Use
- Printing, scanning and office administration
- Books, DVDs, CDs, Magazines, Audio Books and more from all across SA
- Workshops and Training Sessions
- IT Help
- Programs and Events for all ages
- School Holiday programs
- Digital Library available 24/7
- JP Services

## ASK US ABOUT...

- Family History and Ancestry Search
- Local Barossa History and information
- Digitised newspapers, photos and historical documents
- Book Clubs
- Assistance with any of the Digital Services below

## DIGITAL SERVICES





# Clubs & Committees

## Men's Shedding

### George's Bench

The blokes have finished on creating a lasting tribute to our former member George Harrison. The bench is made from Red Gum, taken from President Murray's property, and it has been left with a 'live edge'. The supports and legs are made of black metal. Pictured below (from left) are Roger Trugden and Hartley Ramm who are our newest Life Members, with Kim Yap and Bill Bartsch. Bottom is the seat in all its glory – on the verandah where it belongs.



### Community Workshop progresses

Action is progressing with plans for the new Men's Shed Community Workshop. The erection is being initially supported by our major sponsors MP Crash and Hughes Construction, and we thank Tom Campaniello again for his generous donation of the shed. Some exciting plans for this great space!



## Projects



Murray (pictured left) is busy making a sit-on horse and cart for Shari's Family Day Care kids.

Another group of Shedders are busy producing some hand made products including footy shakers and rolling pins for sale at the forthcoming MP Spring Garden Fling in September.

## Women's Workshops

Women's only woodwork sessions are continuing every first Wednesday in the month from 7 - 9pm for a \$5 cover charge.



## Photography

The last Photography session included tips for Winter shots – how appropriate! The next session will be on Tuesday, 20th July from 9.30 - 11am for a \$5 cover charge. Bring your happy snaps!

## SACWA

### Yearly report

As 20/21 draws to a close, the 21/22 begins for us at the AGM on 6<sup>th</sup> July. It has been an unexpectedly busy and eventful year for our branch.

With several visits and fundraising behind us, we can reflect on our unexpected successes - which included providing scones, jam and cream for the Barossa History Festival at Angaston. Although the Arts Day organised by Woodside branch was expected, our enjoyment at providing a skit wasn't! Most of us were not confident at getting up in front of others, but it turned out to be a lot of fun, as did trying to draw trees!

### June State Council



State Council has been and gone, and was well attended, with over 90 delegates and observers being present. Sue Barrett was our delegate, and as well as being on the State Marketing Committee, has joined the State SIFFT (Social Issues Fact Finding Team). As a branch, we are certainly well informed about state issues, activities and projects. Pictured above is Roslyn Schumann (outgoing President) pinning her badge on Davina Quirke (current Deputy State and future President SACWA).

### Baby Parcels, Beanies & Foodbank

Baby Parcels are provided through social workers in hospitals to those in need of this help. This project is partially funded from the Emergency Aid Fund (for the purchase of baby clothes) and partly by beautiful handmade garments, rugs and toys, supplied through the generosity of SACWA members. Feel free to call into the SACWA State Office to see an example of this very worthwhile project.



July, 2021



SACWA accepts donations of handmade garments to be packed into the Baby Parcels. While you can use any pattern of your choosing, there are downloadable patterns on the SACWA website. Our branch has always actively

supported the Baby Parcel initiative - delivering some beautiful garments and blankets over the years - and this year we have been busier than ever. Together with other members of our community, we have added Beanies and lap rugs for the APY Lands to our tasks, and have had several bags of these delivered over the last couple of months. Although central Australia is often seen as quite warm - even in winter - the nights and early mornings are very cold, and the knitted items are certainly welcome. (Pictured below left are some of the happiest kids in Fregon!)

Together with our friends, we support Fred's Kitchen's, the St Vincent de Paul Society and Catherine House. Our branch - and other groups in Mt Pleasant - continue to support the Foodbank at Birdwood United Church run by Rhonda Loechel. This last year has proven to be challenging for so many people and we are glad to support this initiative. The group welcomes donations from our wider community.

### The Craft Group

Our Craft Days - under the watchful eyes of Craft Officer Jan Bransbury - are really enjoyable. We are well into the 2021 crafts, and also getting 'garden' themed goods ready to offer at the Spring Fling in September. Paula has come up with some innovative ways to use tea towels (pictured right), and several members are propagating plants for sale.



A reminder that you don't have to be a member of the SACWA, or even experienced with crafting - just come along and have a try - you'll be most welcome. Craft sessions are held on the second and third Tuesdays in the month from 9.30am at the SM Hall.

### Marketing

The State Marketing team are gearing up for the Royal Show - and we are hoping for a bonanza. Applications to help in the Country Café - serving those famous scones, jam and cream have officially closed, but late entries will probably be welcome. Jenny Holland gave the Marketing report for the last year to State Council, and amazed everyone with the amount of money marketing achieved - despite COVID. We also have some ideas in the pipeline for the near future - with a focus on ramping up the accommodation and a website for that, as well as some ongoing and emerging partnerships with businesses and organisations, building on the successful ones we already have with Foodland, Lauke's and the like.



### Next Meeting

AGM followed by General Meeting 6<sup>th</sup> July at 1.30pm in the SM Hall.

**Kath Fisher - Secretary SACWA**

## Red Cross

### AGM

The branch held the Annual General Meeting in the 24<sup>th</sup> June, welcoming new member Frances Piennaar.

2020/2021 Reports from the President, Secretary and treasurer were tendered, and then elections took place, presided over by Henry Carter.

Results as follows:

President – Margaret Seager

Vice Presidents – Kim Yap & Heather Reekes-Parsons

Secretary – Kath Fisher

Treasurer – Liv Anderson

Committee Members – Claire Simounds, Merry Schaeffer, and Heather Austin.

Henry was thanked and we proceeded with the general meeting.

### Branch news

Our branch continues to be busy with our usual commitments as well as combining with the SACWA for the visit to Cambrai and assisting at the Barossa history Festival. Lunch at the Gumeracha Hotel was again an enjoyable day out for all of us. At the combined branches meeting at Balhannah, it was surprising and pleasing to see how many branch members were able to be present, considering the awful weather. State Director – Jan O’Toole, Rose Rhodes (Advisory Committee) and Manomica De Mel attended and gave very informative talks on the SA Red Cross, and spent some time answering questions from branch members.

A visit to the Angaston Red Cross was discussed and several dates were put up, hopefully we’ll have a firm date by the next newsletter.

Future fundraisers were discussed, including a stall at the Twilight Christmas Market this year, and one at the Mt Pleasant Show next year. One for the diary - the Garden Party will again be held in 2022 – with Gardening Australia’s Sophie Thomson our special guest. 15th February at Glen Devon, courtesy of Hugh and Fiona MacLachlan, long time generous and firm supporters of Red Cross. So it looks like we will continue to be busy – which is all good for such a great cause.

### Goodbye and Good Luck

It is also with sadness that we say goodbye to our immediate past Treasurer Elisabeth Hakkarainen, and members Janelle Bishop and John Hausler. These members have all worked tirelessly in our community for Red Cross, and have become valued members of the Mt Pleasant Community – we will miss them and wish them well on their journeys.

### New members

If you would like to join us, new members are always welcome.

**Next meeting:** 1.30pm, 26<sup>th</sup> August, SM Hall.

### Kath Fisher – Secretary



## Friends of the Mt Pleasant Hospital



### Meeting news

At the last meeting we discussed fundraising with restrictions and are happy to say we are still going ahead with the Garage Sale, although some different arrangements may have to occur, depending upon the COVID-19 situation. Hopefully the Open Garden (postponed last year) at Barbara and Roger Beveridge’s will still happen. At this stage a date and time are yet to be finalised.

The Friends still volunteer to be on the Market Gate and the next morning is scheduled for 31<sup>st</sup> July.

### Next meeting

Our next meeting will be the AGM, to be held on 10<sup>th</sup> August at 10am– venue to be advised.

**Kath Fisher**  
Publicity Officer



## RSL Report

### Next Social Night

The next social night at the Mount Pleasant RSL is on Tuesday 6<sup>th</sup> July 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**

## TOTT



TOTT’s mid-year show season of ‘LOVE! LOVE? LOVE...’ was a great success and there were a multitude of smiling happy faces and comments from the audience who were lucky enough to make it. You can read all about it and see a few photos in the latest edition of our newsletter ‘The Backstage Banter’ – please contact me if you’d like a copy, or to be placed on the TOTT mailing list.

The show must go on and so our attention is already focussed on our End-of Year show; the world premiere of the new comedy with music ‘99 Years Young’, written by our very own talented Kate Farrer. If you have ever had the desire to ‘tread the boards’ and feel that now is the time to step out, we will be holding the read through of the script and auditions in July. All are welcome to these events at our Pentelows Rd clubrooms in Mt Pleasant. Anyone aged between 10 – 90 are welcome and no previous experience is required. Read through is at 7pm Monday 26th July. Auditions at 7pm Thursday 29th July.

### Meg Stephens

0437 647 247 – Box 258, Mt Pleasant



# Sport



## Torrens Valley Little Athletics

TVLA needs the community's help... help us spread the word!!

Do you know anyone who wants to help us next Season?

- Assisting our Little Athletics club at our Friday Meets in Birdwood
- Great local sports club with the community at the heart
- Fun and fitness
- Age groups range from age 3 upwards
- A great opportunity to develop your work experience, especially if you are interested in teaching and/or sport
- The club will pay for athletic accreditation if interested and committed
- Mentor and support our kids at SALAA State events, a rewarding experience.
- No experience necessary (age 14 +)

INTERESTED? Season starts in October (Term 4 and Term 1). Email us for more information: [tva@salaa.org.au](mailto:tva@salaa.org.au) or message our page

PLEASE SHARE AROUND

## Torrens Valley FC

Looks like the TVFC had a great night for their 30<sup>th</sup> celebrations. Head to Facebook for more pics of participants.

*From Facebook*



## Mt Pleasant Golf Club



Congratulation to the Blyth Golf Club and their Ladies who took out their first ever Mid North Ladies Golf Teams Day. 3 wins and a square on the challenging Mount Pleasant Golf course which was wearing its winter coat in cool and showery conditions. A big thank you to Beth, Deb and Merry for a busy day in the kitchen putting on a superb lunch. Well done to Merry on her victory in the Clare/Mt Pleasant mixed team and continuing her fine form from Wednesday competitions. A big thank you to all the teams who participated..... yours was behind the bar serving the Prosecco, Sav Blanc and Riesling. Paul, Beth and I also ensured the course was in good nick despite the wet conditions this week. BELOW Blyth Women -Kerryn, Denby, Barb & Janet proud to display silverware on the 18th at M.P.G.C.



The Mount Pleasant Golf Club, home to FootGolfSA, is looking to invite Tee Block Sponsors - We have a number of Tee Blocks (Golf and FootGolf) available to promote your cause and with great deals. Give Dave a buzz on 0438095231 for details of costs for the following three deals. Your support will allow us at our 'not for profit' golf club to continue to provide golf and FootGolf at affordable prices and to continue to improve our sporting facility.

Deal A - We arrange printing and construction of your sign and you receive a complimentary day (midweek) for your club or company to play golf or footgolf.

Deal B - We arrange printing and construction of your sign and you receive a complimentary single full annual membership.



mp beat

Deal C - We arrange printing and construction of your sign and you receive 4 transferrable annual playing passes for your club or company.

Celebrating our New Course at the Mount Pleasant Golf Club, we are making a special offer to new members.

**Membership**  
From Now until September 2022

**\$500**

Includes Children (to High School Age) and Grandchildren (to High School Age) And a bonus Footgolf



Let all your friends know.... share this unbelievable offer ..... Contact Dave or Beth at the club either by phone message or email and we will get back to you.  
Phone - 8568 2652 email - mtpgolf@bigpond.com.au

Anyone have Elon Musk's, Jeff Bezos' or Richard Branson's phone number? 'cos if they want Space we got Space!!....

Fed up with crowded golf courses at your club?..... perhaps 5+ hour rounds due to slow play? Cannot get a tee off time earlier than 11, and you need to be off the course before 2?

join our small competition numbers on Wednesday and Saturday. TEE OFF between 8.15 and 9.00.

If you hold an official GA Handicap and are a member of a Golf Club, you can join our Competitions for \$20 which includes your comp fee and green fee. A win/win, we reckon. Please pass on to fellow golfers and help us to grow the game up here.

Contact Dave on 0438095231 to ensure a spot in our field. (Mixed competitions on both days)



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

Dave Swann – President

**The Thursday Fitness Group**  
Meet at Talunga Park at 10am every Thursday.

July, 2021

# Cromer news



## Friends of the Old Cromer Schoolhouse Update



The Friends have pretty much finished the required work on the Schoolhouse – and what a difference! It's amazing what this group has achieved since the inception. It is now a warm and friendly place to meet and hold functions.

Last Sunday a group of the volunteers got together to celebrate and enjoy the fruits of all their hard work.



Photos by Penny Kazla and Anne Easton



# Tungkillo news



After a few years of juggling distance and life – Jacqueline (pictured above with her family) has decided to hand over the reins of the Gazette:

I would like to thank you all for contributing and reading the Tungkillo Gazette whilst I have been editor. I have enjoyed the task but it is time for someone else to take the keys and put it together. I hope you continue to enjoy the Tungkillo Gazette, which will now be edited by the Tungkillo Progress Club Secretary, Joyleen Burton.

Regards,

Jacqueline Francis

## The Tungkillo Gazette

We thank Jacq for her tireless efforts to bring Tungkillo news to the wider district and hope she enjoys a bit more time and a little less hassle!

MP Beat would like to wish Joyleen Burton every success in bringing us the latest from Tungkillo.

# Classifieds



## Local Job Opportunity

Expressions of interest are sought from suitably experienced and passionate people to assist the Mt Pleasant Farmers Market Board take the Market forward into its next exciting chapter.

After an initial period of training, the role will become permanent part time in a job share arrangement.

This opportunity has arisen following the future planned retirement of the current Market Manager.

If you care about building our local community through the continued growth and development of the Farmers Market, and are passionate about supporting our local producers, then this may be the position for you.

Please send us a short story about yourself either in writing or in a video clip and share with us what your vision for our Farmers Market could be and what you can offer our Market.

If you have any questions, please do not hesitate to contact our team.

We look forward to hearing from you very soon!

Ashley Dent  
Chairman

Mt Pleasant Farmers Market Board Inc.

[manager@mtpleasantfarmersmarket.com.au](mailto:manager@mtpleasantfarmersmarket.com.au) or phone 045884439

**TORRENS VALLEY CHILDREN'S CENTRE INC.**  
John Fisher Avenue Gumeracha SA

**Seeking Educator**  
**For 6 mth Contract (min 30hrs/wk)**  
**(with possibility of ongoing employment)**

**Diploma or Cert III Qualified**

We are seeking Early Childhood Educators with a Diploma or Cert III in Early Childhood Education and Care to join our team, working in the Long Day Care Program within a DECD Integrated Children's Centre.

**Requirements**

- Diploma or Cert III in Early Childhood Education and Care
  - Current Working With Children Check
  - Responding to Abuse and Neglect (RAN) training
  - First Aid: HLTAID004 Provide an emergency first aid response in an education and care setting

**Please send cover letter and resume along with evidence of requirements to Sue Melville-Smith at**  
tvccchildcare@bigpond.com  
PO Box 445 Gumeracha SA, 5233  
Ph: (08) 8389 1335

**WANTED**

Stable hand needed for approximately 2 hours each day, Mon-Fri between the hours of 8am and 12pm. Duties include cleaning stables, filling hay nets and waters etc. Must be confident around horses and reliable. More work and responsibilities could be available for the right person. Needing someone to start in 2 week's time. Located Mount Pleasant.

LOVE GOOD FOOD, WINE & COFFEE

**tafesa**  
Government of South Australia

SHORT COURSE BIG FUTURE

If you share our love of good food, wine and coffee why don't you join a TAFE SA short course that explores the flavours, smells and tastes of some of the best things in life. With courses throughout June and July you are sure to find the perfect drop.

Also, did you know we have cooking classes for kids during the July school holidays? Find out more about Kids Kitchen.

mp beat

Contact Phoebe Foulkes via Facebook.

## Jobs website:

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

# Bits & Bobs

## Low Interest loans:

<https://barossacares.com.au/receive-help/financial-support/>

## University of the 3<sup>rd</sup> Age

Gawler, Tea Tree Gully: <https://u3asouthaustralia.org.au>

## White Card Training



Event by [Johnson Safety and Training](#)

22 Kentish Rd, Gawler Belt SA 5118, Australia

Tickets · \$127.69

[www.eventbrite.com/e/prepare-to-work-safely-in-the-construction-industry-tickets-160521338645](http://www.eventbrite.com/e/prepare-to-work-safely-in-the-construction-industry-tickets-160521338645)

Do you need a White Card (CPCCWHS1001 - Prepare to Work in the Construction Industry) to start work?

Please remember that you cannot undertake this training online unless you live over 100km away from a Registered Training Organisation.

Book in your seat today for this course! In alliance with RTO 32577 All States Training



PROUDLY SPONSORED BY

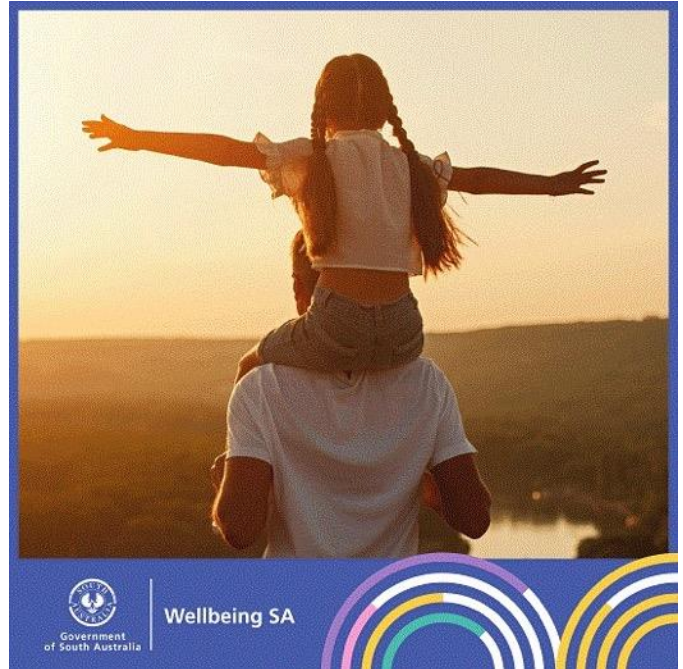
**ATKINS**  
FOR PICTURES THAT MATTER  
EST. 1936 ATKINS.COM.AU

**Through the Lens:**

Seniors Card photographic competition and exhibition

July, 2021

## Wellbeing



Applications are now open for the second round of Bushfire Mental Health Project Grants.

Wellbeing SA is offering the grants as part of its four-year Bushfire Mental Health Project to strengthen community mental health and wellbeing in the aftermath of the 2020 bushfires.

Applications are encouraged from community groups with strong connections to bushfire-affected communities.

To find out more and apply, please visit [wellbeingsa.sa.gov.au/bushfiregrants](http://wellbeingsa.sa.gov.au/bushfiregrants). Applications close Friday 9 July 2021.



## Facebook Group for MP Mums

Mount Pleasant & Surrounds Mums (Adelaide)

Facebook group – private

<https://www.facebook.com/groups/516559182693429/>



## Facebook Group for Hobby Farmers

<https://www.facebook.com/groups/166195258042203>



**Fun**  
**Play**

# Williamstown Community Playgym

**OPEN TUESDAYS**  
(During school terms)  
9.15 am to 10.15 am  
**AGES 0-5 WELCOME**

Helps to improve childrens motor and sensory skills

Today's little Moments Become tomorrow's precious Memories

**Creative**

- \$5 per session (under 18month free)
- Registration fee is \$10 per family for one year
- Coffee and Chat 10.15am - 10.45am

Find us at the Williamstown School Gym

Registration forms and further information available at Williamstown Primary School  
08 8524 6289

WILLIAMSTOWN  
**WAS**  
PRIMARY SCHOOL  
Work - Play - Success

Made with PosterMyWall.com

## Mannum Riverside Market – Arnold Park



Mannum Riverside Markets presents  
Rhinstone Cossacks

Sunday July 4th 2021  
9:00 am to 2:30 pm  
Arnold Park near the ferry

## CASH AUCTION



Mount Pleasant Showgrounds, under cover.  
**TUESDAY, JULY 6**  
Start 9.15 a.m.

Bring your unwanted goods and turn them into cash. Tool's, building materials, china, bric-a-brac, Plants and antiques. Contact Peter on

## Markets

### Lyndoch Institute Market



Lyndoch Community Market  
Saturday 10 July, 10am-3pm  
Lyndoch Institute

## COUNTRY MARKET



• CRAFT • COOK • GROW • FRESH

Sat, 3<sup>rd</sup> July, 08:30 -12:30 at One Tree Hill Institute

### Hahndorf Pop Market

<https://popmarket.net>

## Local Native Plant Sale

Sunday 4<sup>th</sup> July  
10am-2pm



KLN  
Plant of the Year  
*Microseris lanceolata*  
Yam Daisy

Most tubestock plants \$2.50

Some plants sold out for 2021 but many species still available

176 South Para Road, Williamstown

For more info and current stock-list  
[kersbrook.landcaregroup.org.au](https://kersbrook.landcaregroup.org.au)

Email: [klg.nursery@landcaregroup.org.au](mailto:klg.nursery@landcaregroup.org.au)  
Phone: 0431 989 397



# Events



Photo courtesy Mark Peters

The Gumeracha Community Resilience Group presents

## ARE YOU READY FOR THE NEXT EMERGENCY?

Learn how you can get prepared for an emergency.

Community members, the CFS and Red Cross will share their experience and resources

Thursday 1<sup>st</sup> July 2021, 6.30pm for 7pm start


Gumeracha Town Hall. Tea and Coffee on arrival

Registration via Eventbrite <https://areyoureadygum.eventbrite.com.au> ,or

Phone Torrens Valley Community Centre 8389 1711, 9am-3pm Monday – Friday



Photo courtesy Urselash



Top of the Torrens Gallery invites you to view

### 'Artisans Unite'

Encompassing textiles and jewellery and highlighting the talents of Artisans who work from the shed.

To be opened on Sunday the 6th June at 2pm by *John Ragless*

Featuring a musical interlude by *Terry Davenport*

Exhibition concludes on 25th July

9 Shannon Street, Birdwood – PH 8568 5577  
Open Wed to Sun – 11am till 4pm  
Including Public Holidays



**MELBA'S**

## World Chocolate Day

At Melba's!

7th July 9am - 4:30pm

AN EVENING WITH

# Amity DRY



SATURDAY JULY 17<sup>TH</sup>  
AT 6:30 PM  
MT PLEASANT SOLDIERS MEMORIAL HALL

the next

## Sunday at the Barn



4<sup>th</sup> July

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

BOOKINGS ESSENTIAL. July open mic is shaping up to be a fabulous day of many and varied open mic performers. We've got live music starting around (or before) midday. The feature band this month is Speedometers around 1:30 / 2pm and BadLands around 3:30 with some other awesome entertainers in-between... and a little birdy told me that the amazing BOBBY HUNTER is coming along to perform a rock'n'roll too! Another solid day of live music... and then the fig jam starts! Something for everyone, so come and enjoy! Gas heaters, combustion fire and the dance floor to keep you warm. Book your table with Julie text 0413 314-749

ON BEHALF OF THE 2021 VARIETY SA BASH  
CAR 4BRO AND CAR 364 INVITE YOU TO  
ATTEND OUR ANNUAL.



# VARIETY QUIZ NIGHT



WHEN  
July 10th, 2021  
7:00pm

WHERE  
Talunga Park Pavillion  
Talunga Park Showgrounds, Melrose Street, Mt Pleasant

LIMITED SPACE! BOOKINGS ESSENTIAL

BOOKINGS TO:  
SAM SCHULTZ 0417851790  
JIM CLARK 0412363765  
4BROBASHCAR@GMAIL.COM  
OR VIA THE 4BRO BASH CAR FACEBOOK PAGE

BAR FACILITIES AVAILABLE ON THE NIGHT—CASH ONLY  
ALL PROCEEDS IN SUPPORT OF VARIETY SA—THE CHILDREN'S CHARITY

COME ALONG AND SUPPORT YOUR LOCAL BASH TEAMS!

**ENTRY**  
\$10 per person  
Up to 8 people per table

**ON THE NIGHT**  
Silent Auction including:  
Large Ute Load of Wood  
SG Automotive Service Voucher  
Framed Phar-Lap Memorabilia  
Framed Onkaparinga Races Memorabilia  
International Wine Pack  
And more!

Also...  
Raffles  
Games  
Prizes  
(Cash on the night or bank transfer payment options on auction purchases)

**WITH THANKS TO OUR SPONSORS**  
Nutrien Fawcett Livestock  
Totness Inn Hotel  
SG Automotive  
Chooks Custom Grafix  
And more to be thanked on the night!



# TRANSFORMING BUSINESS 2021

INNOVATING YOUR BUSINESS MODEL

21 July 2021  
Novotel Barossa Valley Resort

School holiday fun

# Weekend NOTES

<https://www.illuminateadelaide.com>



# Coming Events

## SALA

### SALA in the Wisteria Atrium

Local Mt Pleasant artist Joe Dennis' art will be showcased for SALA festival (South Australian Living Artists) in the community wisteria atrium for the month of August. Every Saturday Joe will demonstrate art in all types of mediums.

Every Saturday 8am - 12pm



**MT PLEASANT CFS FUNDRAISER COMEDY NIGHT**

BACK AGAIN!! OUR 6TH ANNUAL NIGHT OF HILARITY & COMMUNITY SPIRIT. GET YOUR FRIENDS AND COME LAUGH THE NIGHT AWAY.

KERAV JACKSON   KEL BALNAVES   BEN GARSOW   GORDON SOUTHERN

SATURDAY, SEPTEMBER 18 2021  
MT PLEASANT SOLDIERS MEMORIAL HALL  
DOORS OPEN 7PM

TICKETS AVAILABLE AT MT PLEASANT POST OFFICE AND ONLINE \$30 PER PERSON (TABLES OF 8)  
[WWW.TICKETEBO.COM.AU/MTPLEASANTCFS](http://WWW.TICKETEBO.COM.AU/MTPLEASANTCFS)

BYO DRINKS \$ NIBBLES & COINS.  
GREAT RAFFLE PRIZES AND SPECIAL PRIZES  
\*\*RATED 15+ (STRONG LANGUAGE)

**MT PLEASANT CHRISTMAS TWILIGHT FARMERS MARKET**

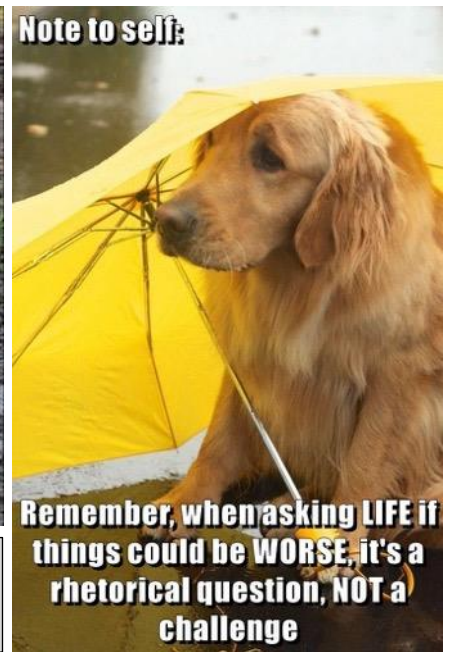
**Thursday 23 December**  
5pm - 9pm

Dinner Stalls  
Music  
Father Christmas  
Easy Parking  
Friendly Stall Holders

Fresh Fruit & Veg, Meat & Seafood, Milk & Cheese, Bread, Cakes & Pastries, Wine & Beer, Honey, Jams & Olive Oil, Chocolate & Dried Fruit, Plants & So Much More.....

[www.mtpleasantfarmersmarket.com.au](http://www.mtpleasantfarmersmarket.com.au)  
@mountpleasantfarmersmarketau

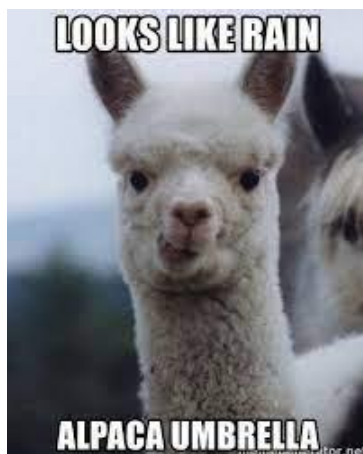
# Winter fun



## Song titles

Can you name the performer/s?  
(Answers below right)

1. Singin' in the Rain
2. Purple Rain
3. Fire and Rain
4. Blue Eyes Crying in the Rain
5. Have You Ever Seen the Rain?
6. Who'll Stop the Rain?
7. It's Raining Men
8. November Rain
9. Laughter in the Rain
10. Kentucky Rain
11. I Love a Rainy Night
12. I Can't Stand the Rain
13. Mandolin Rain
14. Raindrops Keep Falling on My Head
15. Blame it on the Rain
16. I Wish it Would Rain Down
17. Here Comes the Rain Again
18. Rain On Me
19. Rhythm of the Rain
20. Rain



### ANSWERS:

1. Gene Kelly
2. Prince
3. James Taylor
4. Willie Nelson
5. Creedence Clearwater Revival
6. Creedence Clearwater Revival
7. The Weather Girls
8. Guns N' Roses
9. Neil Sedaka
10. Elvis Presley
11. Eddie Rabbit
12. Eruption (or the Commitments, etc)
13. Bruce Hornsby and the Range
14. John Farnham (or B.J. Thomas)
15. Milli Vanilli
16. Phil Collins
17. The Eurythmics
18. Lady Gaga & Arian Grande
19. The Cascades
20. Dragon

And for something really silly, go to YouTube and search for 'Chocolate Rain'.

# July calendar

A reminder that COVID-19 is a Health issue – it is not a political issue  
 Speak to your GP if you have any issues.  
 For more information: <https://www.sahealth.sa.gov.au>



## Events

Date	Event	Details
3, 10, 17, 24 & 31 ALSO ONLINE	MP Farmers' Market	8-12, Saturday @ Talunga Park
July 10	Variety Quiz Night	7pm Talunga Pavilion
July 16	An Evening with Amity Dry	6.30pm SM Hall

## Meetings

Committee / Group / Organisation	Details
CFS Training	Every Tuesday @ 7pm
CWA	1 <sup>st</sup> Tuesday, 1.30pm @ Soldiers' Memorial Hall
CWA Craft Group	1 <sup>st</sup> and third Tuesdays, 9.30am to 12.30am @ Soldiers' Memorial Hall
Friends of the Mount Pleasant Hospital	10am, 2 <sup>nd</sup> Tuesday in month
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 <sup>nd</sup> Tuesday @ SM Hall
MP Fitness Group	Talunga Park Pavilion - Thursdays
MP Photography Group	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays - 9.30am @ Men's Shed- \$5 a session
MP Show Society	2 <sup>nd</sup> 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 <sup>nd</sup> & 4 <sup>th</sup> Friday from 10am-2pm, @ MP Library
Red Cross	Bi-Monthly, 1.30pm, 4 <sup>th</sup> Thurs @ SM Hall
RSL Social	1 <sup>st</sup> Tuesday - Social gathering
RSL Meeting	Alternate month, last Sunday - Bi-Monthly meeting
St John's Card Group (500)	1 <sup>st</sup> Thursday every month. 12 noon start. \$10 for 2 course meal + beverages.
Writers' Group	Please email: <a href="mailto:Dwainecelie@gmail.com">Dwainecelie@gmail.com</a>

### 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](http://mtpleasantbeat.org)  
 (click 'subscribe' on the 'Latest Newsletter' page)  
 Editors: Sue Barrett & Paula Bartsch  
 Printed by the Mt Pleasant Men's Shed



### Contact us:

Contributions may be emailed to: [mtpleasantbeat@gmail.com](mailto:mtpleasantbeat@gmail.com)  
 If you wish to be notified when the newsletter is available online, please contact us via clicking 'subscribe' on the website, [mtpleasantbeat.org](http://mtpleasantbeat.org)  
 t: 0403012339 or  
 e: [mtpleasantbeat@gmail.com](mailto:mtpleasantbeat@gmail.com)  
 w: [mtpleasantbeat.org](http://mtpleasantbeat.org) or  
 Facebook: mpbeat