



Inside:

- Margaret steps back 1
- Council snippets 2
- MPPA Inc. 2
- Pleasant History 4
- Recreate 6
- Marketing! 7
- Habitat Recovery Alliance 8
- Peter's poem 9
- Robber's Dog 9
- CFS news 9
- Congratulations & Celebrations 10
- Clubs & Committees 11
- Sports 17
- Tungkillo news & Cromer news 18
- Bits & Bobs 19
- Events 20
- Events 21
- October calendar 22

Margaret steps back

After 30 years, it's time to call it a day



Margaret Seager has served her community well over the decades, firstly in her capacity as a Justice of the Peace, and also as Chair of the Mt Pleasant Red Cross branch, amongst many other groups and committees. On Monday night, at the annual general meeting of the Hills Group of Justices, she informed us that she would be stepping down from Justice duties immediately.

President of the Hills Group Don Barrett, made a small presentation to Margaret on behalf of her colleagues, and echoed the thoughts of all of us when he thanked Margaret for her years of diligent service, and wished her well in her 'retirement'. He also pointed out that the group is ageing, and as more and more duties are passed on to justices, it is imperative that we attract younger people to the group. Although she will no longer be able to witness documents, etc in any official capacity, Margaret still heads the local Red Cross branch and will be in charge yet again, at next year's February Garden Party with Sophie Thomson at Glen Devon.

Sue B



Hills Group of Justices AGM at Cudlee Creek



Margaret with Nick Seager JP, & Janice

Community Bus

Thanks to the efforts of Elisabeth Hakkarainen, the Barossa Council is exploring the feasibility of offering a Community Transport shopping bus to service Mt Pleasant. It is hoped there will be a community consultation / expressions of interest plan in place by early November. If you are interested, please call 0403012339. You can also hear Elisabeth talk about this and answer questions, at the Men's Shed event on 14th October. (see details on p 13)

Council snippets

Update on drainage issues

Matt Elding, Director of Engineering and Works has given us an update on a couple of concerning situations.

The Memorial Avenue Drainage upgrade project is currently under design development, and scheduled to commence construction end January 2021, once the wet weather has passed.

The Melrose Street Kerb project downstream of the Butchers' shop has been designed and will be packaged up with other smaller drainage construction jobs. We are targeting to have this constructed November / December this year.



Courts update

The Court Redevelopment project tender documentation has been drafted. The tender will be released in October, which could mean that the contracts will be taken up shortly after, and works commencing around March April 2021



Show Society

During the last council meeting, Councillor Barrett moved that:

The updated design and costing information for the Show Office upgrade project as provided by the Mt Pleasant Show Society Inc.

* Confirms the contribution of \$31,000 ex GST to the Show Office upgrade project and a further \$10,000 ex GST contribution (already budgeted) originally earmarked for the refurbishment of the ATCO toilet block, notes that no contingency appears to have been included in the figures provided.

* Requires Officers to be members of the project management team and participate on regular site meetings during financial planning and construction works.

MPPA Inc.

(Mt Pleasant Progress Association Inc.)

Here is an update overview Precis from the recent September Mount Pleasant Progress Inc. AGM and General meeting held on Tuesday, 8th September, 2020, at the Mount Pleasant Men's Shed.

Present were Genevieve Hebart, Wendy Harvey, Christopher Hebart, John Bowd, Don Barrett, Pete Stephens, Paul Johnson, Gareth Saunders and Tracey Spargo.

Apologies: Di Anderson

A welcome was given to those present by Chairperson Wendy Harvey.

Reports:

Chairperson's Report:

Good evening and welcome. Thanks for taking the time to be here this evening

I would like to acknowledge that we are meeting on the traditional lands of the Peramangk people and that we respect their spiritual relationship with their country. We further acknowledge Peramangk people as the custodians of this area and that the cultural and heritage beliefs are still as important to the living Peramangk people today.



Throughout the year, as was the case in the previous year, the Incorporated Body continues to strive to reach a point where we could assume responsibility for some small parts of the business needs for our facilities.

Well, we have gained some traction and continue to seek more responsibility. My impression is that our relationship with the Barossa Council representatives has improved considerably over the past 12 months.

We still find ourselves somewhat stymied by Council's risk averse mentality and the extraordinarily complex financial reporting arrangements, however we are encouraged by their support for our aspirational projects.

We have received in-principle support for the caravan park upgrade as well as equestrian facilities. Unfortunately, the government funding applied for did not materialise, and the influence of COVID19 has had an impact on Council funds, but it is heartening to know the Barossa Council continues to rate these projects very highly as part of the Big Project.

Recent events have highlighted the urgent need for upgrading the electricity supply at Talunga Park. The Barossa Council staff are well aware of these issues. Interestingly, our proposed hybrid power station suggestion (from 2 years ago) would completely resolve the issue. Current status is that TBC have allocated \$20k for a feasibility study – one can only hope the wheels do not move too slowly!

A management agreement has been drafted to allow the Mt Pleasant Progress Association to assume responsibility for actual expenditure against our facilities. Whilst the details are not yet finalised I believe we are reasonably close to reaching agreement. My thanks go to the working group (Gareth Saunders, Paul Johnson and Diane Anderson) who have

mp beat

interrogated the draft agreement and the MOU for your reading pleasure, and submission to TBC once we are all agreed.

On a personal note, I would like to thank the MP Inc Board members for their support to me as chair.

Special thanks must go to Genevieve Herbart who is the strength and backbone of this organisation.

I would also like to thank those retiring from their Board role for their expertise and energy, and wish you well for your future.

I have enjoyed the journey, (despite some occasions of bewilderment), the comradeship and commitment of my fellow Board members, and the opportunity to contribute to what I hope will continue to be progress to this community assuming full ownership and responsibility for its highly regarded public buildings and spaces.

To those of you who remain - and who join - the Board, I look forward to working with you to foster the continuing development of the Progress Association and the Mt Pleasant community.

Wendy Harvey

Finance report:

- Mt Pleasant Inc. - \$9,460.94
- Community Dinner - \$9,837.87
- SALA - \$814
- The Fit and 50s exercise group: nil

It was agreed that Karen Hegarty should be the auditor of the MP Progress Inc.

The positions of the MP Progress Inc. Board were then declared.

Representative from the Talunga Park Committee: Chris Hebart.

Representative from the Soldier's Memorial Hall Committee: Di Anderson

Community members:

- Wendy Harvey 1 year remaining
- Paul Johnson Re-nominated for 2 years
- Gareth Saunders 1 year remaining
- Tracey Spargo nominated for 2 years

Specialist members as elected by the Board:

- Genevieve Hebart 1 year remaining
 - John Bowd: re-nominated for 2 years
 - Pete Stephens: re-nominated for 2 years
 - Don Barrett will continue to attend meetings in an ex-officio capacity as an elected member of The Barossa Council.
- There being no further business, the AGM closed at 7.20pm.

Here is an update overview Precis from the recent September Mount Pleasant Progress Inc. General meeting held on Tuesday, 8th September, 2020, at the Mount Pleasant Men's Shed.

Business arising / ongoing:

The Showgrounds ATCO toilets. A letter of support and offering the \$10k allocated to the MP Progress Inc. body had been sent to the Show Society with copies to the Council staff. The draft Management agreement between the Barossa Council and the MP Progress Inc. was distributed to the group and changes have been made. It was resolved that there should be an extraordinary meeting of the group to be held on Monday 14th September at 2 pm in the Men's shed to finalise this document. It was further recommended that a list of the current policies and procedures be compiled and distributed to the group.

Wendy is in the process of seeking 2 more quotes for the lift in the hall. There was discussion about a process of community consultation with this project.

Genevieve and John have set up a separate cost centre for the fit and 50s group. It is not possible for them to have a deposit card. Genevieve now has a deposit card and will be able to do that on their behalf.

Genevieve and John Bowd have found a site for the "tree stump" for brass plaques and are working on getting the acknowledgement plaques done.

Graeme Westwood is putting together a draft sketch of the proposed mural (shearing theme) on the Melrose side of the alpaca shed. Chris asked that the Show society be included in the process.

Finances:

- MP Progress Inc. - \$9,460.94
- The MP Community Dinner - \$9,837.87
- SALA - \$814.42
- The Fit and 50s cost centre has been established
- The Barossa Council finance information for the Hall and Park was distributed to members

Sub Committee reports:

Talunga Park:

There have been significant issues with the electricity supply to Talunga park with several blackouts. The main distribution Board is known to be non-compliant. An electrical engineer was contracted to do electricity testing asap.

The Community Dinner:

The community dinner numbers were very low last month which was disappointing.

Councillor Discussion:

Talunga Park electricity issues are being managed by the Barossa Council.

The Barossa Council has written to the Minister suggesting that the Barossa area should be GM free from a trade and marketing perspective.

New Business:

The change in electoral Boundaries was discussed and it was resolved that the Board would not put forward any submissions regarding the proposal as Mt Pleasant is included as a whole in the Kavel area.

It was recommended that Genevieve and Wendy meet with Jo Thomas and Rebecca Tappert to discuss the Solar proposal, Project Informed and the Management Agreement. It was recommended that the Mayor, Bim Lange, be invited to attend the next MP Progress Inc. meeting to talk about the availability of funds for specific projects.

It was discussed whether it would be appropriate for the Eden Valley Progress Association be invited to that meeting. There was discussion about the need to spend the Community dinner money.

- A Sound system for the Pavilion (a quote has been provided).
- A shelter over the BBQ.
- Adult exercise equipment in the picnic area

The meeting closed at 9.00 pm

The next MP Progress Inc. meeting will be held at 7pm on Tuesday, October 13th, in the Mt. Pleasant Men's Shed.

Gareth Saunders

on behalf of the MP Progress Assoc. Inc.

Pleasant History

Succession plans

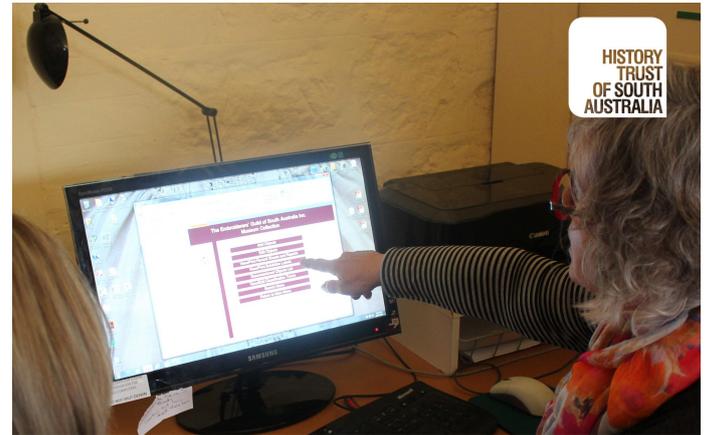
This year has been an interesting one, to say the least, and it has made me think of the priorities in my life. Since 2004 I have been responsible for the establishment of the History Room at the Soldiers' Memorial Hall. It was officially opened in 2006 and has been opened to the public one afternoon a week for quite some time. People have assisted me in this endeavour over the years, and during this year The Barossa Council signed a lease with the Mount Pleasant Community Association, who is the overarching organisation for the History Room and Historical Research Group, giving us use of the current facility for the next five years for a nominal rent. This made me think about the succession plan for the collection... ultimately there is none, unless there are people interested in what is being done.



(Above) Our local papers are a rich source of archival information, and part of Paula's job is to go through them and preserve district information. (Below) Gareth has been going through archive boxes and collating this information. It's been wonderful going back through the years and seeing just how active some of our committees and organisations were.



We have regularly participated in the annual History Month, which is hosted by the South Australian History Trust, and this organisation has in place what is called the MAC programme – the Museums and Collections programme, which has money with which they can support small organisations such as ours, albeit in a competitive way. This programme is of great importance to me, as any monies we have raised by our own fundraising, and of course that has been non-existent in 2020. With \$2,000 in Insurance to pay out each year, it seems sometimes as if all we do is organise the next event... and for what!



In the past we have received money from the MAC scheme towards archive material for housing parts of the collection and payment to have an expert come to view the collection and give some guidelines on just how to preserve what we have for future use. Part of this advice was to develop a more formal cataloguing system and I am happy to say that we have just received word that we have been successful in obtaining grant money for a collection database cataloguing system and the training for two people to learn just how to put this into operation.

This will mean much more work for we three people, but hopefully it will allow us to share our collection on-line a little, to encourage more people to show an interest in what we do. We beaver away quietly and sometimes it feels like we are getting no-where, but at least for the next five years we have a home and something to do!

I will be making changes to our website, to direct it to a more history feel. I am hoping that many of the photos we have in our collection will be uploaded to this site, and perhaps encourage yet more photos of the region to be shared. We recently received copies of photos from the 1950s, of a debutante ball and the school children. I was even able to recognise some of the girls who began their working life at the Telephone Exchange and it was interesting to see just how the exchange looked in the late 1960s... made me realise that it wasn't long after that that I moved to the district!

I recently had visitors who were descendants of the Phillis family (and there are plenty of those, I can tell you!) but what was interesting was that they had been researching and downloaded information which I had placed on the website, about James Phillis and some of the family. It made me realise that there is some appreciation of the work and words that I put together, and that my interest may encourage others, whether they have a connection to the district or not (as is the case for me).

Paula Bartsch - Historian

mp beat

Soup n Cinema

This month we watched a movie brought by one of our regulars – Judy – which was ‘Opal Dreaming’. A charming Australian movie set in Coober Pedy. With Kath and Paula providing the pasties and Lasagnes, it was a nice afternoon with friends.

Our next movie will be in the holidays, and we have chosen ‘Satellite Boy’, another Australian one. This time we will be offering Popcorn and a Fruit Box for \$8, while we watch the movie. This will be funded by the Street Party Group, as one of the things we will be putting on for the community to make up for missing the Street Party and Parade this year. The funding is still an issue (we received a donation which helped us stay in the hall in September), but we are hoping that we’ll be able to continue, as getting out and meeting people in a controlled environment is good for all of us.



The Mt Pleasant History Room

Located in the

Mt Pleasant Soldiers’ Memorial Hall.

Open Thursdays 1-4

Find us on Facebook or
mountpleasant.sa.au

pleasanthistory@gmail.com



Mount Pleasant District
Historical Research Group

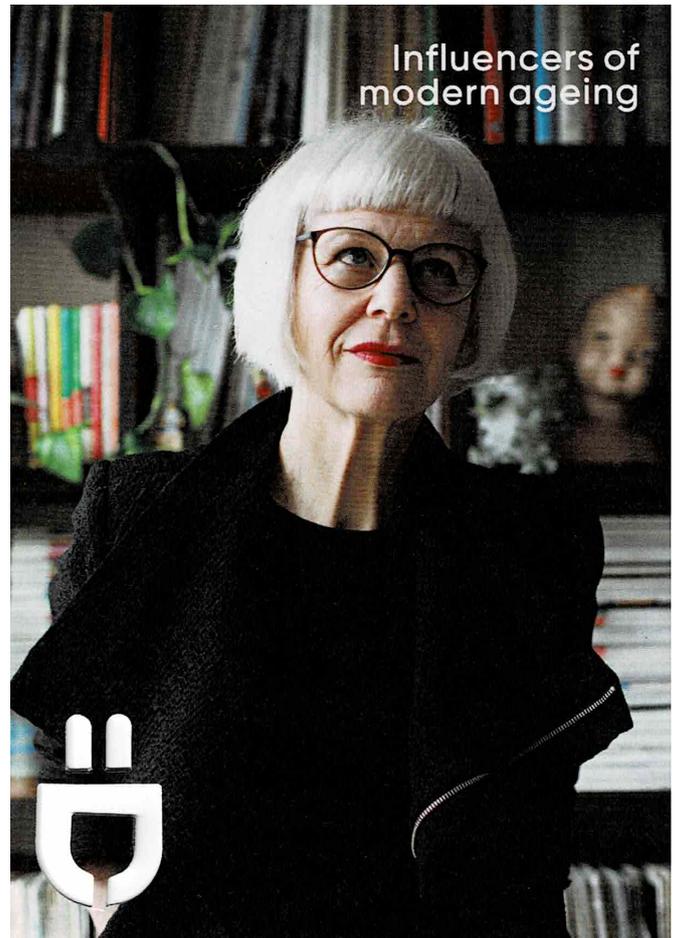
SPEAK UP!
**STOP ABUSE OF ADULTS
LIVING WITH DISABILITY**
STOP ELDER ABUSE



**SA Abuse Prevention
Phone Line 1800 372 310**



South Australian
Adult Safeguarding Unit



The Plug-in.



The Plug-in provides industry, innovators and researchers the ability to connect with older South Australians to innovate, identify, test and take to market new products and services that better meet the future needs of older people.

Powered by COTA SA, The Plug-in offers a fresh approach that delivers streamlined and tailored recruitment of participants that are skilled and can add value to design and innovation processes, with an opportunity for ongoing relationships with this community.

We also allow for deeper dives leading to a deeper level of understanding about what’s important to older people; access to specialist support in developing and facilitating design and innovation processes; accelerated design and development phase and prototyping; the ability to hit the mark (and market) quicker; and early exposure to potential ambassadors.

Connect with us to discuss how we can support your project.

16 Hutt Street, Adelaide SA 5000
PO Box 1583, Adelaide SA 5001
Ph 08 8224 5582 Fax 08 8232 0433
connect@theplugin.com.au

theplugin.com.au





Recreate

Did you know that we are a registered charity? Our volunteers are essential to what we do and we are all about community connections and sustainability Your support makes everything we do worthwhile and valuable



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

The whimsical hand-crafted work of Cate (left) leaves my heart filled with joy and wonder. An incredibly talented and

warm hearted 16 year old, Cate is continuing her creative journey and her latest work is just stunning. These are truly one of a kind and don't last long, so if you need something magical in your home - visit soon!



Little Squiffy (right) trying out one of our cosy patchwork pet beds. If you are having a bit of a spring clear out, we would love donations of cushions, pillows, or quilts to reuse the polyfill

for wonderful creations like this. Squiffy thinks it's a great idea and has volunteered her services as the official Recreate tester. She also likes pats and sneaking your lunch.

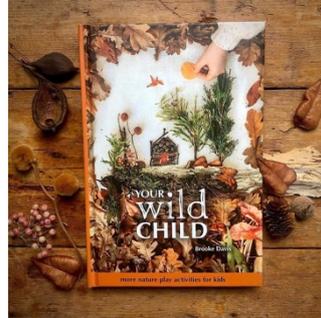


One of our younger volunteers modelling some of the fun new offerings from @thegiddygoat_lowwasteliving. Cute reusable party hats, funky tool belts, reusable party favour bags, fairy wands and bunting. All made with upcycled materials.

We are now stocking stunning art prints by local artist @k.c_originals. She captures the natural world so beautifully. Looking forward to seeing some of her original paintings on her handmade paper too! Kristen was one of our volunteers back in the early days of developing Recreate as a community project, we were operating out of a little office, and she was just in high school. So wonderful to see how she has grown as a creative and maker!



Feeling like Winter is back? We have you covered and snugly warm in our new range of funky upcycled threads by @created_on_eyre Lou reimagines jackets into individual wearable art for kids and adults. All one of a kind with lots of different styles and sizes to choose from.



Excited to be stocking this lovely book by local author @yourwildbooks Filled with beautiful nature play activities for busy hands and inquiring minds. We still have copies of Brookes first book Your Wild Imagination too so pop in and check them out. Photography by @sweet_little_light



Faye McGoldrick
MPNRC





Marketing!

Goodbye and Thank You Maria!



From the Market newsletter:
 Joe and Maria's Bake House would like to thank all of our customers for their ongoing support over the last 9 years, it wouldn't have been possible without you.
 We would like to thank all the Mount Pleasant Farmers Market organisers for making it such a fantastic family friendly market.
 We have been doing markets for 20 years so we decided that it was time to stop so that we can spend time with our family.
 Please check out our Facebook page (<https://m.facebook.com/JoeAndMariasBakehouse/>) for all our pizza bases stockists or you can call Maria on 0438822974 to place an order. Thanks again everyone for your ongoing support of our small family business.

I for one will be really sad not to see Maria's smiling, happy face and swap stories about our families. My granddaughter in particular will really miss the pizzas we made with her 'special' topping. Maria has been such a fixture at the market, and has provided us with some fabulous food over the years, and we will really miss her. I hope that she now has time for a good rest, and to be able to devote more time to her lovely family. Don't be a stranger, Maria!



Sue B

October, 2020



What a great success! So many positive comments about the four weekends of Spring Fling! Although an awful lot of work for the management and stallholders, it was a great result.



Check out our brand new website...

We are pleased to announce fresh new look online for our much loved farmer's market with everything you need in one place, including direct access to our online shopping offer.

Find us at www.mpfm.org.au and make sure you save as a Favourite for future use.

Habitat Recovery Alliance



Collaboration is key to success

The amazing legacy of the 2019/20 Adelaide Hills fires is that a terrible disaster can bring together a collaboration of so many from the community, and for many of those people, the reconnection with the land, and those people who are caretakers of that land.

The Habitat Recovery Alliance (HRA) has been one of those instigators that when the call for help to grow seedlings for the Adelaide Hills fire scar area was made, they were overwhelmed by the number of people who wanted to assist. Terese Stephens, Project Administrator said "Many of the local community groups banded together to ease the task, some with the offer funds to get the project off the ground, others with hands on help to coordinate the now rapidly growing project. Engaging local companies to fulfil some of the projects requirements was also essential to complete the circle of collaboration."

The collaborative group very aptly named Habitat Recovery Alliance with the committee of the Upper River Torrens Landcare Group driving the project, and included Kersbrook Landcare Group, Mt Pleasant Farmers Market Inc. Mt Pleasant Natural Resource Centre, Barossa Bush Gardens, Seeding Natives Inc., Cudlee Creek Fire Recovery and the Mt Pleasant Progress Assoc.

Harnessing the power of the people, HRA were responsible for over 16,500 seedlings being grown as part of the revegetation and restoration activities for those affected by the fire disaster.

HRA was awarded grants through Landcare Australia and Lockheed Martin, enabling the group to firmly & financially establish a strategy and project plan between landholder, HRA and volunteer growers. With the grant funds, thirteen landholders were supported with site visits, weed control, 7000 plants, nest boxes and additional help to plant and the installation of the nest boxes themselves.

The significant project was well underway when the Covid – 19 pandemic arrived. A major rethink of planning was necessary to accommodate the now, in place government regulations with the return and planting of the seedlings. Collaboration was fundamental in continuing the project. Adelaide Hills Council agreed to allow the use of their Woodside Depot for collection, batching and redistribution of the tubestock and this mammoth task of sorting through around 25000 tubestock was achieved with support from Adelaide & Mount Lofty Ranges and SA Murray Darling Basin NRM staff. Tubestock grown by the volunteers was pooled with other plant donations from Future Generation Natives (Mt Torrens), Walkerville Rotary & Trees for Life and

distributed to other property owners affected by the fires, resulting in almost 200 properties being supported by this project. Not a bad effort within 6 months!

HRA volunteer planting events for 2020 season were planned with the easing of some pandemic restrictions. The months of June & July wreaked havoc for planning the planting events with many being cancelled and then rescheduled due to the wet winter South Australia is enjoying.

Kim Thompson Project Co-Ordinator from HRA said, "Planning for the many planting events made for an event coordinators nightmare, with all events being weather dependant and volunteer reliant, it was a week to week proposition, sometimes day to day proposition, if the planting event was to go forward. To the credit of landholders, volunteers and co-ordinators the many planting days went ahead, albeit on many different schedules than first planned.

A diverse range of community including corporate volunteers from Lockheed Martin, members of the Upper River Torrens Landcare Group, Habitat for Humanity group, and land holders themselves were all part of helping out in Cudlee Creek fires bushfire recovery planting days.

Building a range of different kinds of nest boxes has been really important for the habitat recovery project and has seen a big effort from the Gumeracha Men's Shed (supported by Adelaide Hills Council), Tea Tree Gully Men's Shed, TTG Council (supported by Bunnings, Modbury), and a special Mannum man, 82 year old Mr Malcolm Ashby. Collectively they have built over 80 boxes for all kinds of birds (kookaburras, pardalotes, owls, ducks) and small mammals (bats and possums). Great effort by local volunteer, Philip Cornish who has spent the past month installing them around the bushfire scar. "This project has provided so many opportunities for volunteers to contribute in a worthwhile and fulfilling way, our community is very inspiring and we look forward to doing it all again next year. Our work isn't done yet, the environment will take many years to recover and we want to be around to facilitate that healing" said Project Coordinator Kim Thompson

"Thank you so much to everyone who came to help plant and all the amazing volunteers who helped grow and nurture these seedlings ready for planting over the past 5 months. This assistance will definitely help us, and our property recover better and stronger than we were before the Cudlee Creek Fires." Cudlee Creek landholder Lucy Cahill said.

For further information please call Kim Thompson on 0438 639 353



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

A new festival for South Australia

With more than 100 events for all ages, the Nature Festival is full of creative ways to connect with others and to set out on adventures near and far.

More than 90% of us get out into our parks and beaches each year, and the challenges of 2020 have only further highlighted how critical nature is for our health and wellbeing.

Peter's poem

The Palmer Pub

It's a long, long haul over Murray plains, through lignum and mallee scrub,
'Til we tether our horses and slake our thirst, at the old, stone Palmer Pub.

There's a jingle of bit and bridle, the creak of saddle and girth.
The dust, the flies, the unrelenting heat, is like a hell on earth.

So the sight of the pub, beside the foot of the rolling Barossa Hills
Restores and revives our sagging spirits, and fortifies our wills.

Sliding from the saddle, onto the ground, on booted, dusty feet,
Finding a shady bench beside the pub, we rest and look out on the street.

The landlord saw us coming, announced by the rising dust,
And sets 'em up along the bar, to quench the rider's thirst.

The cook is in the cookhouse, a mountain of work to do,
'Cos we're sick to death of our diet, of damper and mutton stew.

We settle in for a well-earned rest, before we tackle the pass,
And hope to find on the western side, sweet water, and sweeter grass.

The stock and the horses graze content, for the road is hard and long,
While we tell tall tales, smoke, and yarn, and sing a drover's song.



Peter – the Peripatetic Poet

CFS news

Comedy Night change

We have a slight alteration to the lineup for our comedy night on October 17. Unfortunately, Micky D cannot make the show, however we have obtained a brilliant UK comic who is very familiar to Adelaide audiences especially at Fringe time by the name of Gordon Southern. Look him up on Youtube and see that he is an excellent high calibre replacement for Micky D.

Bushfire Safety - October

For those who were wondering, my Bushfire Awareness Panel changing elves are having the month off. So yesterday it fell to Captain Twiggy to make the changes.



Here is the month of October message component of readying yourselves for the upcoming fire season.

Property Preparation:

This focuses on the area beyond your house. Keep the garden low in fuel and mow long grass. Clear away accumulated rubbish including winter wood heaps etc

See CFS Factsheet "Preparing your Home for Bushfires".

See CFS Factsheet "Preparing Pets and Livestock for Bushfires".

Glynn Jackson
Captain MP CFS

Robber's Dog



Rob's been busy and put out a new line – because the Lemoncello was so popular, he's added Orangetello – which just may be my new favourite!

A few changes are also underway in the distillery, as he's shifted the stills and will have a viewing window installed so visitors will be able to see the workings of the operation.

Pop along for a chat and a drink when the sign's out.



Congratulations & Celebrations



Celebrating Birthdays last month were:

Roger Trudgen



Roger – often to be found wielding the tongs at any Men’s Shed barby –

Happy Birthday!



Jacqueline, Sam and Henry Francis welcomed Conrad into the family on 25th August.

Jac (formerly Lintern), is the Secretary of the Tungkillio Progress Club, and edits the Gazette.



Top to bottom:

Annie Staehr, Liz Love and Diane Anderson

Annie, Liz and Diane – who are all often to be found in any number of community roles, helping others celebrate!

Happy Birthday!

Paul Sinkinson



Paul Sinkinson has done so many things since he was involved in the production of ‘Luck!’ in Mt Pleasant all those years ago. Find Paul's story on page 10 of Good Lives Magazine. achgroup.org.au/news/goodlivesmagazine/

In this edition’s Q&A, we chat to Paul about his early years discovering music, to his most recent accomplishment as the much loved Choir Director of ACH Group’s Sing for Joy choir. *Paul has worked on South Australian productions of ‘Wicked’, ‘Kinky boots’ and ‘Chitty, Chitty, Bang, Bang’ amongst others.*

Learn more about his story and his passion for singing and performing: achgroup.org.au/blog/lifestyle/community/paul-sinkinson/

Clubs & Committees

Men's Shedding

Psychs on Bikes

Ian Pascoe was our guest – South Australia's only 'Psych on a Bike' – and his talk took us on an amazing journey of how he got where he is today, and what his group is trying to do to help those who are experiencing difficulties.

Ian started nursing in 1966 and retired in 2017. He trained as a psych nurse and general nurse, and has a degree in Nursing, and a Diploma in Community Health.

He is the only member of the 'Psychs on Bikes' in South Australia, as most of them are attached to the eastern seaboard, where the group was formed. The Ramsay Healthcare Group is its only benefactor, and pays for their motor cycles, and they do one big ride a year. All the psychs are still doing paid work (except Ian), and they specialise in talking to groups and offering free men's health checks.

Although it seems a weighty subject, Ian was able to pass on his knowledge and experiences in a way that was relatable to those listening, especially when he touched on the differences between men and women.

He said that adolescence seems to last until your forties, and by the time you retire, you're ready to go.

The group has a particular focus on young men, as their suicide rate is the highest by far.

When blokes come in for health checks, their blood pressure is checked, blood sugar taken and BMI (Body Mass Index) measured, prostate checks and their waterworks checked (this is often a first indicator of a lot of things – including prostate cancer), and they try to make the environment as comfortable as possible, so that men are more likely to open up and discuss what's really bothering them.

A form that they have found useful is one called a K10 form, and if you go to the Black Dog site, you can download one.

This form asks questions like "How often...

...are you tired for now reason?

...do you feel nervous?

...feel so nervous nothing will calm you down?

...feel hopeless?

...feel restless or fidgety?

...feel so restless that you can't sit still?"



And it goes on. If you are experiencing any of these feelings, the questions may be a touchstone for you to understand and seek professional help.

During a recent trip to Dunally in Tasmania, which experienced devastating bushfires a few years ago, they found that the people hated their new hall. On the surface, it was functional, had everything they'd need, and was a beautiful building – but, it wasn't their hall, and it served as a reminder of all they had lost.

Here are some things he identified as concerning – if someone (friend, relative, etc) is...

...moody

...sad

...withdrawn, feeling hopeless, helpless or worthless

...unhappy with things they previously enjoyed.

If they talk about thoughts of suicide or death, drawings are of 'dark' subjects, music they listen to is depressing. If they start giving away possessions and take on risky behaviours, these may be indicators of deeper problems

When we talk about health and wellbeing, it is acknowledged that everyone fares better with strong partnerships and social connectedness. People are our most important asset – and this is where the differences between men and women become very apparent.

When women talk about their problems and issues, they mostly just want to 'offload', whereas men want to solve them. He said men should probably learn to listen more and not worry as much about 'fixing' the problem.

Just remember – two heads are better than one.

If you are not feeling yourself – don't isolate. Speak to someone – either in person, over the phone or the computer.

If you've got a big job and you need help, ring a mate. There are also groups that are really helpful if your other avenues aren't available – such as Lifeline, Black Dog and RUOK? There is a wealth of information on their websites, as well as contact numbers to speak to someone in person.

Humour is important. Your mental, spiritual, physical and physical wellbeing is all connected. There are some therapies you can try if you are feeling depressed.

When we mention spirituality, it is not necessarily about religion, more like the big questions – "Why am I here?" "What am I doing?"

Listen to the running commentary in your head. Would you talk to anyone the way you talk to yourself?

Ian spoke about what he called 'the politics of health'.

A person living in Tasmania needed help. He couldn't get what he needed in Tasmania, so he arranged to fly to Melbourne – when he could have utilised 'tele medicine'. No-one the man contacted had offered it, and the money was spent. People often don't hear about these types of services and it seems a waste of resources.

Ian's services have often been utilised in less than ideal locations, including offering a session during the lunch hour of people who worked in a meatworks.

In closing, if you feel bogged down, or 'stuck', you can't see any options and any options disappear, don't leave things until you are swamped.

With mental health, we need to get rid of 'asylums' as such and work more on support. If people are alone, in a private situation, there is often no-one to help. No-one to tell them to get up, have a shower, eat, etc. He drew an analogy with a car

mp beat

tachometer – in that an engine can operate for a short time in the red zone, but the engine was never meant to stay there. Listen to your body and learn to identify the way your body is ‘talking’ to you, and this will be able to assist you in managing and coping.

Preparing for leaving work and retirement is also often fraught with difficulties. Those who have some plans and who have put some thought into what they will do with all their ‘spare’ time often fare better than those who haven’t, and especially those who are scared of retiring because they ‘wouldn’t know what to do’.

We are hoping to coax Ian back at some stage, as we all got something from his very entertaining and thoughtful words.

Sue B

Spring Fling

The Men’s Shed manned the gates for three out of the four weeks, and held a sausage sizzle on two of those days.

The gate was challenging, as visitors had to be counted in and out, and access to the site was via one gate only.

A lot of hard work, but they seem to have worked out a system for cooking and serving that’s working well.



Above: Don wielding the tongs while Les and Terese chat, Right: Murray getting the rolls ready, and Below: Gareth and Kim enjoying themselves way too much while Roger wonders what all the fuss is about!



October, 2020

More activities



Men in Training – John & Hartley



L: Roger, Bowdy & Les – standing around the bandsaw
R: Dennis Rockley making a clockface with shearing combs



Brian & Murray constructing a metalwork table.

Upcoming events

Mt Pleasant Men's Shed and COTA SA present

MAXIMISING MY INDEPENDENCE

with Elisabeth Hakkarainen

WEDNESDAY, 14TH OCTOBER

11am to 12noon in the Men's Shed

Elisabeth will guide you through services that COTA (Council of the Ageing) offers - including information on My Aged Care. This is a FREE health initiative for the Mt Pleasant community. ALL WELCOME
For details, call 0430 026 993









Mt Pleasant Men's Shed presents a FREE discussion about




DIABETES

with Dr Brian Goh & Nurse Jess from Talunga Clinic

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

Join us as we raise awareness about diabetes and related health issues. All welcome. For details, call 0430 026 993



MT PLEASANT MENS SHED PRESENTS

JOSH FROM BIRDWOOD BODY MED SPEAKING ABOUT

PODIATRY

11am-12pm, Wednesday 28th October









mt pleasant walkers

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



A FREE health initiative for the Mt Pleasant community. ALL WELCOME.
For details, call 0430 026 993

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




mp beat

SACWA

Branch news

Our first meeting following the restrictions was packed full.

The Craft Group



Craft Day / Table Day planning is underway with the theme of 'Christmas in June'.

The Craft sessions are continuing in the hall on the first and third Tuesdays of each month, from 10 until 12.30pm. The sessions are free, although there is a small cost for the kits.

Tea Rooms reopening

The Saleyard Tea Rooms will resume in October. It has been a challenge to do this under the guidelines, but we are sure what we have organised will work very well.

The new stove has also been installed, which will make a great difference.

Horticulture and Arts Officers required

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

SACWA news

Trading Table Trail

Together with many other SACWA branches throughout the state, our branch joined the Farmer's Market Spring Fling, and packed a Trading Table full of many garden related items, as well as our trademark jams, chutneys, and sauces. We also had a variety of our cookbooks and tea towels, and for something different, offered a large range of native and cottage plants for sale. It was a great effort, and the money raised will go towards state funds, going part way to make up for the loss of earnings due to the cancellation of the Royal Show.

Marketing

The SACWA has been given an opportunity to have a pop-up shop in Adelaide Arcade. The opportunity has come at just the right time to help us offset the loss from the cancellation of the Royal Show. Members have been informed and will have the chance to discuss how their branch can best help in this endeavour.

Kath Fisher

Secretary SACWA - Mt Pleasant Branch

Tel: 85682 294

We were very lucky when we joined the SACWA Trading Table Trail with other branches throughout the state on the 12th September, as not only did we have beautiful weather, but we were able to combine with the Farmer's Market Spring Fling.



You can find the SACWA MP Branch and the State Branch on Facebook

October, 2020

Red Cross

Vale Jo Nuske

Before the meeting started, we held a minute's silence for our late and valued member Mrs Jo Nuske. Jo used to own a dress shop at Ridgehaven, and during this time organised many fashion parades for Mt Pleasant and Palmer (now closed). They were very popular and we will miss her, and her contributions to our branch.

Branch news

A last the Mt Pleasant Red Cross branch was able to resume meetings, after nine months under COVID-19 restrictions. After the pledge was recited, it was down to business. As several invitations to other Red Cross branches had been cancelled due to COVID-19 restrictions, our branch had discussed different avenues for fundraising, and one of the suggestions was a December trading Table. It was decided to discuss this in greater depth at the October meeting.

The Valley Red Cross has invited our branch to a morning tea / shopping trip at their Red Cross shop in Angaston, and discussion about a trip to the Cambrai branch Shop has been held over until the October meeting.

Speaker – Community Bus

Elisabeth Hakkarainen spoke about supporting a community bus for Mount Pleasant and the surrounding district. She said that before this can be arranged, there must be community consultation, and this will occur in November on a date to be advised. This bus will be for those over 65, and they must be registered with My Age Care.

The next meeting will be on 22nd October.

Kath Fisher - Secretary

Community Dinner

The next two Community Dinners will be on Sunday, 25th October, and 29th November. The November dinner will be a Christmas themed dinner and the last for 2020.

The Dinner Ladies would like to thank everyone who have attended this year, especially given the uncertainty around COVID 19, it has been a pleasure to cook for you.

The Team that put the dinners together every month will be reviewing whether to continue in 2021, in light of the lower numbers, time, cost and effort to plan and put on these events.

If you have ideas on how to improve attendance numbers and are prepared to volunteer time to publicise the dinners, please talk to one of the Dinner Ladies over the next couple of months.

Thank you for your support for the past five years,

Angela Slagter



Friends of the Mt Pleasant Hospital



Meeting date at last

At last, a meeting date has been confirmed for the Friends – 13th October at 10am. This meeting will be held in the Mt Pleasant Men's Shed, and we welcome any people who are interested in joining the group.

Farewell Babs

There were mixed feelings on the 22nd September when we held a farewell for one of our valued members, Babs Walters. Babs, who was also known as 'Mrs Bucket', and her late husband Tony, came out from the U.K. in the 60's as what is known as a '£10 Pom'. Babs and Tony bought land and built their home at Mt Pleasant in 1985, the latest one of their various homes, , and they soon made friends and joined in with the community. Babs has been a member of the Friends of the Mt Pleasant hospital since 2006, always ready to lend a hand at events like the Fete, various Trading Tables, and on the Farmer's Market gates. She has sold her home and will now live in a retirement village at Hillier. We all wish Babs well with her big move, and I am sure she will be a great help with any events that will go on at the village.



Kath Fisher for the Friends



Picture above is Babs with members of the Friends of the Hospital group – from left: Virginia Carnell, Wendy Harvey, Babs (front), Paul Johnson, Kath Fisher, Helen Allen, Bob & Liz Love and Diane Anderson



mp beat

RSL Report

The RSL AGM was conducted recently (pictured below), and here are the results:

President – Michael Williams

Vice President – Timothy Sutcliffe

Treasurer / Public Relations – Timothy Sutcliffe

Secretary – Liv Anderson

Social Officer – Meralyn Schaeffer

Committee Members – Roger Benton, Dennis Rockley and Kim Yap.

Mount Pleasant RSL members and visitors commemorated the 75th Anniversary of Victory Over Europe Day at the Hall on Saturday August 15.

The RSL Hall was open to the public for visitors to view the collection of Militaria. Springton member Mark Holt displayed his American Army Troop Carrier outside the building on the day. The collection has expanded considerably over the years with local residents and members donating items of interest.

If any members of the public would like to donate or display on loan, items from the Wars that they may have tucked away in boxes or sheds it would be much appreciated.

Discussions are underway with local schools to involve children visiting the Hall and viewing the collection of Pictures and the comprehensive display of uniforms from all parts of The Services.

For those who don't know, the RSL is a registered charity for which the members are constantly seeking ways to raise funds. Money raised is donated to the likes of The Royal Society for the Blind who train dogs for K9. These dogs are given to ex Service men & women in need of support.

The next sausage sizzle outside the Post Office weather permitting is scheduled for Friday 2nd October.

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

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

Enquires to President, Mike Williams on 0419 863 574 or Tim Sutcliffe on 0407 603 081



TICKETS ON SALE NOW!



BREAKFAST OF REMEMBRANCE

75th Anniversary End of World War II

Wednesday November 4, 2020
7.00am – 8.45am
Adelaide Entertainment Centre
Port Road, Hindmarsh (free parking)



\$60.00 for RSL members or \$435.00 for a table of 8
\$65.00 for non-members or \$470.00 for a table of 8

Full refund if cancelled due to COVID 19

www.humanitix.com.au



Mount Pleasant
Street Party
and Parade

Street Party Group

The group is planning a couple of special events to take the place of the Street Party this year. We are mindful that many of the special events that are normally held at this time will not now go ahead.

The Community Association has organised a School Holiday movie event, to be held in the hall, and we hope that families will take advantage of this. \$8 covers popcorn, a fruit box and the movie is an Australian movie called 'Satellite Boy' – which is not one showing at the cinemas, so it may have a novelty value.

Please call or email Paula to book: 85682 126 or pleasanthistory@gmail.com

School holiday movie



movie+popcorn+fruit box for \$8

Brought to you by the
MP Community Association inc. 

Sue Barrett - Secretary

Roger Benton



October, 2020

Sports

Bowls



Gareth, Kim and Hartley (with substitute Bob (left) from Swan Reach) representing our MP Bowling Club at the recent Swan Reach 'Stew Day' Bowls Tournament held on Sunday, 13th September. The lads played well, winning 2 out of their 4 games, and even the lost games were only by 2 and 3 points. It was a beautiful day at the club, idyllically located right on the river banks of 'Ole man river'. A very enjoyable, sunny day was had by all.

TVLA (Torrens Valley Little Athletics)



Come and meet your local Little Athletics Club. Come and join us as we start the season off in style!! Try Athletic Events: Running, Jumping and Throwing the core skills Bring a Buddy for a free showbag! Chat with our current parents, children, and committee Enjoy a free Sausage Sizzle Tiny Tot's Session for aged 3-5 Little Athletics running age 6+ REGISTER YOUR ATTENDANCE NOW.....email us at tva@salaa.org.au

Little Athletics Assistant Wanted

WANTED: Torrens Valley Little Athletics Club is looking for someone to assist our Tiny Tots Coordinator deliver our program for our youngest members. Tiny Tot's is for children aged 3-5, it focuses on participation and fun whilst teaching

the core skills of running, jumping and throwing through game-based activities.

ABOUT YOU: You will be enthusiastic and fun, you do not need any athletic or sporting experience. Ideally, you are looking to build up your experience of working with children and we can help you with that. WWCC essential (free to get). Aged 15+

We meet on a Friday afternoon 4.15pm until approximately 6pm at Birdwood High School Oval from Oct-Apr (no meets during school holidays)

INTERESTED? Please send through an email to tva@salaa.org.au or PM for further details.

Mt Pleasant Gems Netball



Seeking expressions of interest for junior and senior players for Mt Pleasant Gems Mid Hills Netball summer competition contact Tam on 0432666739

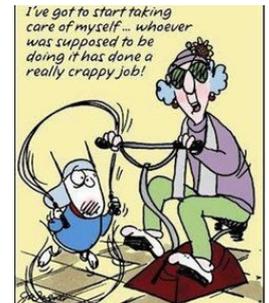
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Reformer		Reformer		Reformer		
7am	Reformer		Reformer		Reformer		
9.15am	Pilates Mat work	Reformer	Pilates Mat work	Reformer	Pilates Mat work	Pilates Mat work	
10.30am	Barre Attack	Pilates Mat work	Barre Attack	Pilates Mat work	Barre Attack	Reformer	
11.30am						Stretch / Foam Roll	
5pm		Barre Attack		Pilates Matwork			
6.15pm	Pilates Mat work	Reformer	Barre Attack	Barre Attack			
7.30pm	Pilates Mat work	Pilates Mat work	Pilates Mat work	Reformer			

Yellow session to be held at Mt Pleasant 6pm and 7.15pm respectively

Kirsty is still offering sessions at the Hall. Contact her for more details - email: gvpilatesstudio@outlook.com or tel: 0433 778 390.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



"I've got to start taking care of myself... whoever was supposed to be doing it has done a really crappy job!"

Tungkillo news

Courtesy: Tungkillo Gazette

Tungkillo Progress Club Inc.

Notice of Special General Meeting & Annual General Meeting

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

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

Tungkillo Community Cookbook

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

A dish that you love to make and share?

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

We are also looking for someone to design a cover for the cookbook.

If you would like to be involved, or have a recipe to share, please contact us.



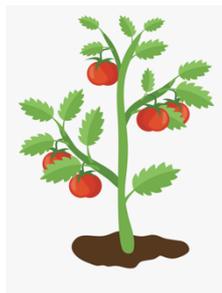
Community Garden

We are currently working to establish a community garden at the Tungkillo Park.

The hope is for the community to be able to plant and pick fruits, vegetables and herbs as they need.

We have some raised potato boxes and some plants to get us started, but would love the community to be part of this project.

Keep checking the Gazette to stay up to date and contact us to become involved.



Cromer news

What's been happening

Things are starting to happen at the old Cromer School House with the council coming by the other week to look at a few things.

David Bradley has agreed to collect the tank and we are looking at new ovens. The old stove and fridge have been collected and gone to recycling.

If you are willing to help with working bees please complete this form and send it to council and also complete the on-line volunteer induction.

FORM: <https://www.barossa.sa.gov.au/.../volunteering-expression..>

INDUCTION:

https://skylearn.com.au/tbc1/V1/story_html5.html

Car Boot Sale

If you are interested in helping in any way, join the Friends of the Old Cromer School House Facebook page:

<https://www.facebook.com/OldCromerSchoolHouse/>, and visit the website: <http://oldcromerschoolhouse.com.au/>

Pauline Williams

Friends of the Old Cromer Schoolhouse



MT PLEASANT MEN'S SHED

PHOTOGRAPHY GROUP

Want to learn more?

GARETH FROM THE MEN'S SHED IS INTERESTED IN CONDUCTING CLASSES FOR BEGINNERS. (IN HIS PRE-MEN'S SHED LIFE HE WAS A PHOTOGRAPHY TEACHER - AMONGST MANY OF HIS OTHER TALENTS!) REGISTER YOUR INTEREST BY CONTACTING HIM ON 0430 026 993

Bits & Bobs

Fit and 50's

A fitness group for over 50's is inducted in the Talunga park pavilion on Thursday mornings. Contact the Mt Pleasant hospital if you are interested in joining the group.

Want to learn another Language? What about German?

There is something romantic about the foreign: foreign places, foreign people, foreign languages. And nowhere is that more apparent than in Gundi Tophinke's German class for beginners at the Lyndoch Library on Saturday morning. In association with the Barossa German Language Association Gundi has been presenting classes at three different levels – beginners, intermediate and advanced – for the past four years. (One of her classes was even featured on the SBS programme Where Are You Really From?) But it is her current beginners' class where romance is blossoming. Harry Lehmann met Anna Ahlhelm when he was in Germany. Because many Germans are fluent in English, he could make his way in Germany with no knowledge of the language. Now he and Anna are living in the Barossa Valley, although their plans for the future include a long-term return to Germany. It is essential, Harry believes, that before he can live comfortably with Anna in her homeland, he must possess a confident grasp of Anna's language. Chad Ober's reason for learning German is similar. While his immediate plans do not include settling in Germany, he has a German girlfriend, and is it not right that he should know her language as she knows his? For Roswitha Voigt the romance is the romance of the past. Her ancestors were early settlers in the Barossa Valley, and it is the language of her forebears that she wishes to recover.

To join the romance of learning the German language Gundi would welcome new members. Classes by the Barossa German Language Association are conducted at the Lyndoch Library, starting in Term 4. Classes take place Fridays from 2 - 5 pm and Saturdays from 11 - 5 pm. There are three groups: one for beginners, one for intermediate and one for advanced students. Groups are small and friendly and everyone speaks right from the start. One session costs \$35. For more info, please contact Gundi on 0431 047 582.



Barossa German Language Association Inc.

John Clarke



MP Hotel/Motel re-opening soon



Staci McKenzie, one of the new owners of the Mt Pleasant Hotel Motel, contacted us recently to give us an update on where they are sitting as regards opening. There has been a bit of a hold up, but they haven't been wasting their time, refurbishing the motel units and the hotel. (Front bar above) Staci writes "We are a father/daughter team - which is great because we are bouncing ideas off of each other all day every day. We own two other pubs which we have successfully turned around to fun places to be & we just love pub life. We are very excited to reopen one of Mt Pleasant's local watering holes as soon as we can!! We aim to always serve delicious pub meals with a bit of a difference, and we also plan on bringing live music to the pub regularly! We are very excited to meet everyone!"

Bakers Delight 

When it comes to breasts – support matters! Head into your local Bakers Delight between 8 – 28 October and buy a Pink Fun Bun 6-Pack.



A welcome visitor to their first meeting in August was Christian Rochau who presented the group with textbooks. While study is serious, the atmosphere of the lessons is one of relaxed friendliness and cheerfulness.

Events



5th Birthday!

Talunga Estate is turning 5 years old. Come and join us for our Birthday celebration, Monday the 5th, of the

October long weekend. There will be games, live music with Sian & Simon, lucky table and chair numbers, free slice of our beautiful birthday cake and tons of fun. Book now so you aren't disappointed!
Tel: 0447 244 306



Young Drivers Awareness Course

On your Ls or Ps and want to learn how to be a better, safer driver?

Wednesday 7 October 2020
Charleston Community Hall
From 8:30am

Defensive driving: learn to think ahead, look ahead, plan ahead. Know your limits.

Practical exercises to increase your car control: braking techniques, avoid obstacles.

Facilitated by the Australian Driving Institute.

\$70 for Adelaide Hills Council residents
\$120 for non-residents

Bookings essential:
adelaidehillscouncil.eventbrite.com.au

Questions?

Community Development Officer
Youth and Recreation
8408 0400
ahc.sa.gov.au



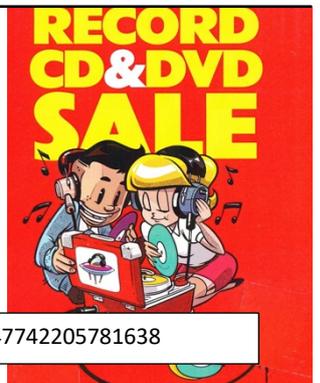
the next Sunday at the Barn

4th October

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

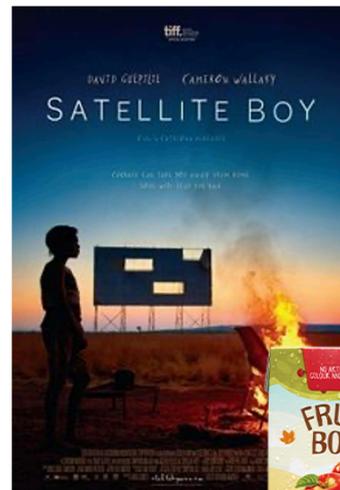
BOOKINGS ESSENTIAL: You're invited to come along to our next "Sunday at the Barn" OPEN MIC. We always have an interesting variety of live music and a warm, friendly crowd. Our feature band for October is "The Cruizin' Blues Band"! Licensed bar and light meals available. So, come and join us for a special 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 (191 Bank Road, Sedan).

WHAT - Walkerville Music Sale
WHEN - Saturday 17th and Sunday 18th of October, from 9am to 4pm
WHERE - Walkerville RSL, 98 Walkerville Terrace, Walkerville



<https://www.facebook.com/events/747742205781638>

School holiday movie



1pm
Friday 9th Oct
SM Hall



movie+popcorn+fruit box for \$8

Brought to you by the
MP Community Association inc.



Events

MT PLEASANT CFS FUNDRAISER COMEDY NIGHT

YES IT'S BACK FOR 5TH YEAR TO HELP YOU BEAT THE COVID BLUES!!

4 OF ADELAIDE'S TOP AWARD WINNING COMEDIANS



KEL BALNAVES



KEHAU JACKSON



GRANNY FLAPS



MICKEY D

SATURDAY OCTOBER 17 2020

MT PLEASANT SOLDIERS MEMORIAL HALL

DOORS OPEN 7PM

TICKETS AVAILABLE AT MT PLEASANT POST OFFICE AND ONLINE \$30 PER PERSON (TABLES OF 8)

TICKETEBO.COM.AU/MTPLEASANTCFS

BYO DRINKS \$ NIBBLES & COINS.

GREAT RAFFLE PRIZES AND SPECIAL PRIZES

**RATED 15+ (STRONG LANGUAGE)

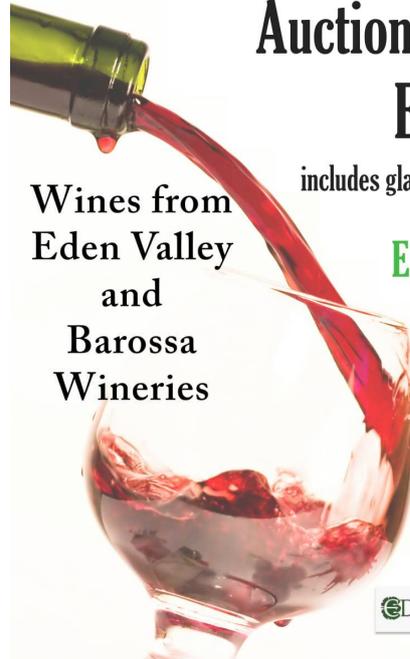
EDEN VALLEY Wine Auction

25th October 2020

Auction Starts 1pm

Entry: \$5.00

includes glass of wine and finger food



Wines from Eden Valley and Barossa Wineries

Eden Valley Institute
Eden Valley Road
Eden Valley SA

EDENVALLEY.ORG.AU

EDEN VALLEY INSTITUTE
IDCORPORATED



Barossa Support Group

Meets 6pm-8pm in the Barossa Council Library Meeting Room, Barossa Valley Way, Lyndoch.

Entrance from the Car Park behind the Lyndoch Hall.

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

Contact Sally Glover on: 0490536989

www.fds.org.au

BAROSSA FAMILY DRUG SUPPORT GROUP RESTARTS

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

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

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

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

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



LOVE! LOVE? LOVE...

TOP OF THE TORRENS THEATRE GROUP INC.

NEW DATES

A show with Music and Comedy about looking for love, losing love & finding love for all ages, all nationalities & all time!

7.30pm SAT 21st, FRI 2nd, SAT 28th
2pm SUN 22nd, SUN 29th NOVEMBER 2020

Mt Pleasant SM Hall, 61 Melrose St, Mt Pleasant
Adults \$25, Concession \$20, Students \$10

Book at www.trybooking.com or 8568 2281

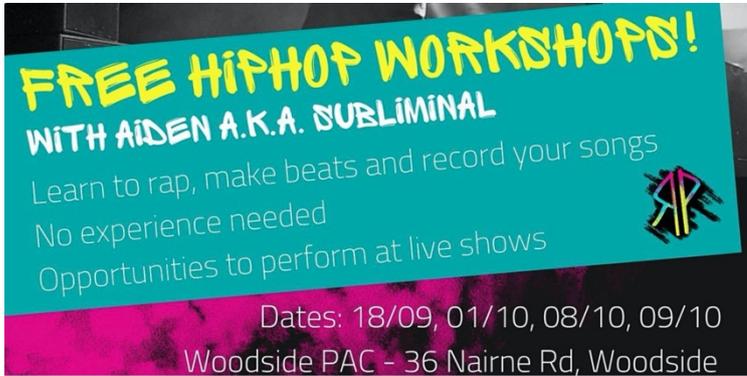
Cabaret Seating Bookings open September 12 BVO drinks & nibbles

Now that some events are back on, please check sites like Weekend Notes and Facebook Events.

As the situation is evolving, we probably won't be putting too much in the newsletters as it will be out of date by the time readers get it.

October calendar

As you can see below, most groups and organisations have resumed. If in doubt – please contact committee members or office bearers to find out the situation for your group.



FREE HIPHOP WORKSHOPS!
 WITH AIDEN A.K.A. DUBLIMINAL
 Learn to rap, make beats and record your songs
 No experience needed
 Opportunities to perform at live shows
 Dates: 18/09, 01/10, 08/10, 09/10
 Woodside PAC - 36 Nairne Rd, Woodside

GARDENING GROUP

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



Events

Date	Event	Details
3, 10, 17, 24, 31	MP Farmers' Market – ALSO ONLINE	8-12, Saturday @ Talunga Park
9 Oct	Children's School Holiday Movie	1-4 MP SM Hall
27 Oct	Community Dinner	6pm in the Talunga Park Pavilion.

Meetings

Committee / Group / Organisation	Details
CFS Training	Every Tuesday @ 7pm
CWA	1 st Tuesday, 1.30pm @ Soldiers' Memorial Hall
CWA Craft Group	1 st and third Tuesdays, 9.30am to 12.30am @ Soldiers' Memorial Hall
Friends of the Mount Pleasant Hospital	10am, 2 nd Tuesday in month (October return)
Men's Shed	Open Monday & Wednesday from 9am. Social distancing rules apply
MP District History	1-4pm, every Thursday @ History Room, SM Hall
MP Farmers' Market	8-12, every Saturday @ Talunga Park (unless otherwise advertised)
MP Inc	6.30pm, 2 nd Tuesday @ SM Hall
MP Show Society	2 nd Monday @ Talunga Park
MP Spinners & Craft Group	St John's Church Hall, 10-3 on Wednesdays (0448 150 015)
MP Table Tennis	7.30pm, every Wednesday @ BHS Gym
Playgroup	9.30-11.30am, every Friday @ MP Kindy
Pleasant Painters	2 nd & 4 th Friday from 10am-2pm, @ MP Library
Red Cross	Bi-Monthly, 1.30pm, 4 th Thurs @ SM Hall
RSL Social	1 st Tuesday - Social gathering
RSL Meeting	Alternate month, last Sunday - Bi-Monthly meeting
St John's Card Group (500)	1 st Thursday every month. 12 noon start. \$10 for 2 course meal + beverages.
Writers' Group	Please email: mrdonblataceaser@gmail.com

Newsletter:

Newsletters are published at the beginning of every month, and generally available in the Wisteria Atrium at the Market, Star Books & the Post Office. If you'd like a hard copy, please ask Anne or Rose @ the PO to reserve one.
 Online @ mtplesantbeat.org (click 'subscribe' on the latest newsletter page)
 Editors: Sue Barrett & Paula Bartsch



Contact us:

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