



Anzac

Dawn Service
6.15am 25th April

Mount Pleasant

SHOW



Perfect weather and a great turn out for the 153rd show – what more could we ask for?

The show has certainly changed over the years and continues to reflect country life at it's best. With all the usual events – horses, sheep, goats, cattle, alpacas and then some, plus wood chopping, cookery, photography, art, the Ute Muster, etc, etc – there was something for everyone.

The Mount Pleasant Show is a jewel in the crown of country shows that are defying the odds and not only surviving - but thriving. Country shows are integral in retaining crafts and events popular for generations, and therefore ensuring they are not lost to future generations. Certainly some of the events seem to be enjoying a resurgence in popularity – may it continue. Meantime – planning is already underway for next year, so maybe for those of you who have long thought about entering something in one of the categories, next year might be your year! Have a go!

Thanks to all who make our show possible every year – the committee, the judges, stewards – and the competitors.

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PTSD – A Life sentence – not a Death sentence
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The Show....



Mount Pleasant
A. H. & F. Society Inc
150 years of history
1863-2013

ANZAC commemoration



The Mt Pleasant Sub-Branch of the RSL was awarded Best Community Event in our local Australia Day celebrations – Merry Schaeffer accepted the award for the committee. This year the RSL will again be hosting the Anzac commemoration at the hall. The service will start at 6.15 promptly.



A few weeks ago, members of local RSL sub-branches were invited to dinner by the Gumeracha Sub-Branch. One of the speakers was Mr David Everitt, who has worked with the RSL and ADF, helping returned soldiers with PTSD. PTSD, as we found out, is not just the new fangled name for Shell Shock. It is a medically recognised disorder, and it can affect anyone after trauma. Here is a short summary of what he had to say:



Military related PTSD

A Life sentence – not a Death sentence

My name is David J Everitt and I am a Vietnam Veteran and this is an abridged version of a presentation at the Gumeracha RSL annual dinner. I am not qualified in any medical field and my presentation is based on personal experience, my own research and working as a volunteer in veteran's health. This subject is more complex than 1 page can do justice to so this is only a snapshot. In early 2000's I was diagnosed with PTSD and through support of my family and treatment I am now in the Post Traumatic Recovery stage of my life.

PTSD, or Posttraumatic Stress Disorder, is a psychiatric disorder that can occur following the experience or witnessing of a life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents, or physical or sexual assault in adult or childhood. Most survivors of trauma return to normal given a little time. However, some people will have stress reactions that do not go away on their own, or may even get worse over time.

"Homer" the Greek poet first wrote (860 BC) of the guilt of surviving soldiers from war. Since then many terms have been used shell shock is probably the best known before in the late 1970's the Psychiatric profession termed it PTSD.

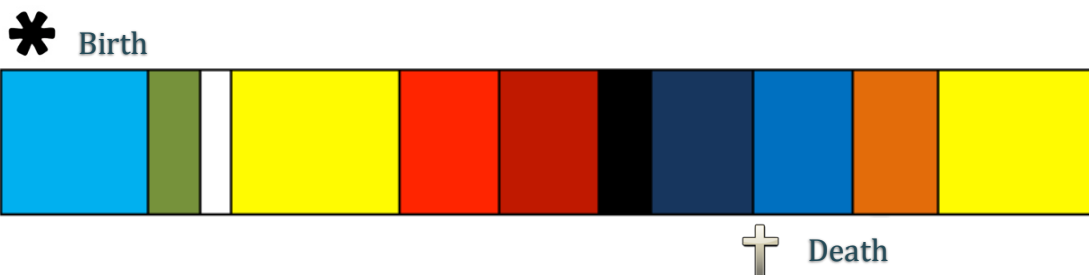
Often suggested as mainly a military problem in reality it affects people in the wider context of life. There are other mental health disorders that may occur through similar events such as anxiety disorder, depression etc.

PTSD is gender neutral and can have a latency effect as highlighted Vietnam Veteran's, diagnosed some 40 years after the conflict. If there is concern for an individual's behaviour and there is a suspicion of PTSD then talk to a GP, counsellor or health professional to obtain a diagnosis and if needed treatment. Treatment may include "talk therapy", medication and other forms but it is up to the individual to take responsibility and follow a treatment pathway. It will assist greatly if a balanced lifestyle of fitness, diet and exercise is followed to support the treatment regime. PTSD may develop additional disorders such as depression, substance abuse, problems of memory, and other problems of physical and mental health.

If post-traumatic stress is a consequence of service, it does not mean you are 'weak'. It means you experienced a normal reaction to an abnormal event. You are human and PTSD can be a time for personal growth

"Colours of Life"

I have depicted my own life's journey with PTSD in my "Colours of Life" diagram, which clearly indicates life growth with PTSD.



Blue represents my first 20 years of life prior to National Service – **Great times**

Green is my 2 years in the Army including my overseas service – **Representing my Country**

White is the immediate post National Service 6 months – **A time of Confusion**

Yellow was the beginning of what I thought was normality - **Intrepidation**

Red represents another beginning – **The beginning of the downward spiral**

Dark Red was the stage of being out of control - **Denial**

Black, the time it all came crashing down – **Change or Die!**

Dark Blue, the colour for a new beginning – **Maybe this time**

Light Blue was the time of evolution, - **Light at the end of the tunnel**

Orange represents a new chapter in my life - **Life has really begun**

Yellow or the Golden Years with all the assistance available – **Post Traumatic Recovery**

End: ..

Uncovering Mount Pleasant's past: Anzac Day - 1932

The Mount Barker Courier and Onkaparinga and Gumeracha Advertiser Friday 29 April 1932

Annual Effort in Aid of the District Hospital.

The Anzac Day effort was held on the show grounds on Monday, 25th April, and though the weather appeared to threaten rain, it held off and the sports were carried out according to the program arranged. The Mitcham Brass Band, of 25 performers who played on the grounds during the day, headed the procession of decorated motor cars and trollies through the main street and into the show grounds. Each year the procession grows in size and novelty, and the judges have not by any means an easy task in front of them. Mesdames Vigar, Bruce, Forrest, and Lillicrapp as judges, awarded the prizes to the following:-Hospital trolley, represent a ward, first prize; wool car (utility), Elder, Smith & Co., first prize; fruit and vegetables (utility), Mr. Staples, second prize. School section - Mount Pleasant (Fairylane), first prize; Eden Valley (Harvest), second prize; for most original display (Pram), first prize, Mr. Winter; special prize, (ice cream), Miss Forrest (most striking display) (Indian Chief), first prize, Agnes Cooper; the triplets on cycles, second prize, Messrs. A. Reeks, C. Fulwood, and C. Egel.

Inside the hall the stalls were laid out and looked very effective with beautiful flowers and decorations, and reflected credit on the ladies in charge who had devoted much valuable time in preparing the work displayed. The work stall was in charge of Mrs. Westphalen, Miss J. Talbot, and Mrs. P. Smith; sweet stall, Mesdames MacBean, Maitland, and Miss MacBean; produce, Mesdames Shanks, Ross-Smith, Reeks and Verrall; cake, Mesdames Giles, Davey, Cowling, and Stow-Smith; ice cream and cool drinks, Mr. H. Hudson; gatekeepers, Messrs. Learmouth and E. Tapscott.

Luncheon, afternoon tea, tea, and supper, Mrs. Hicks in charge with the following helpers; Mesdames Smith, Fulwood (2), W. Dewell, Phillis, Chapman, M. O'Dea, Hissey, Morgan, Tart, Miss Cooper. A program of sports were carried out on the grounds during the afternoon under the supervision of Mr. V. C. Cooke, the judge being Mr. MacBean.

A concert was held in the Memorial Hall in the evening. The program was in the hands of Miss Aileen Newlyn's L.A.B., "Sunshine" Music Makers. The following are the amounts taken at the stalls and out door attractions: Hoop-la, £2 10/-; sheep, £1 12/-; wheat, £1 3/-; gates, £7 11/2; produce, £9 4/10; sweets, £8 4/7; ice cream, £2 5/11; cake. £7 2/3; art gallery,



£3 6/-; bran pie, £1 3/3; work, £19; luncheon and teas, £12 18/9; concert, £6 10/-; total, £80 18/9. The chairman, secretary, treasurer, and all the members of the hospital committee were on the grounds all day, and with the assistance of many helpers, all worked hard to make the yearly effort a success.

On Sunday last, the Mount Pleasant sub-branch of the R.S. and S.I.L. arranged a memorial service, which was held in the hall and was largely attended. A programme had been arranged with a service suitable for the day. The lesson was read by Mr. A. D. Terrell, Hon Secretary, and Rev. W. H. Irwin M.A. conducted the service. Mrs. Rankine was accompanist for the hymns. The platform was beautifully decorated with lovely flowers and foliage grown in gardens in the district. A wreath of white and purple flowers made by Miss J. Talbot was hung from the honour roll in the entrance hall. The collection amounted to £6 10/-, which is to be divided between the limbless soldiers and Angorichina Hostel.

Paula Bartsch - Historian



+ Interested in History?

Anything you'd like to know about? Do you live in an old house and want to know the history - or do you perhaps have some information you'd like to share? Drop us a line - we'd love to hear your story!

Mount Pleasant Gem: John Bowd

John Bowd is a valued community member of Mount Pleasant and is currently the Treasurer of the Mount Pleasant Mens' Shed Inc. He has been involved with the Shed from the inception; firstly as an instigator for the building of the Shed, and currently as the man who handles the money.

John has been instrumental in gaining the approvals for the shed and negotiating the building requirements in order for Council approval; this has meant liaising with the Barossa Council and the Mens' Shed committee, and taking into account ALL ideas that seem to come forth from such negotiations.

John, together with other Mens' Shed members have assisted in various jobs at Talunga Park and the Kindergarten; all on behalf of the Mount Pleasant Mens' Shed.

The Mens' Shed project for the preservation of the Rockleigh School was in conjunction with Mid Murray Council. Under John's supervision work was completed in a timely manner, and as a consequence the finances of the Mens' Shed benefitted considerably. It is now being planned that the school may be used for overnight stay for trail riders who ride the Kidman Trail, on which the school is situated, with yards appropriate for horses.

The Rockleigh School project led to the construction of a ramp to the Rockleigh Church, enabling parishioners easy access to the premises. Again, John was responsible for the organisation of this project.

His artistic talent came to the fore with the construction of the Ettamogah Pub style float, (designed by Barry Liddicoat, another Mens' Shed member) which was entered into the Mount Pleasant Street Parade in 2014 and 2015, gaining a second prize, and then a third; and again with the building of the Trojan Horse in 2015, (which was kept secret until the last minute) which earned first prize in both Mount Pleasant and Lobethal Street Parades, and earned \$250 for the Mens' Shed from the Lobethal committee.

John is an enthusiastic member of the Mount Pleasant Mens' Shed Inc. and justly deserved the Certificate of Recognition at the Mount Pleasant Citizen of the Year for 2015 awards, which was awarded to him in January 2016. He currently has an interest in the Mount Pleasant Inc. committee, which is currently liaising with Barossa Council for the interests of Mount Pleasant, and assists at the Street Parade each year. He encourages others to take part in the community and is more than willing to lend a hand to guide those who show an interest in our community.



Above: John and Kevin Kleeman from the Lobethal Street Parade committee - presentation of the trophy for the Lobethal Street Parade winner, together with a cheque for \$250).

Paula Bartsch



Hall Repairs

Recently some Barossa Council workers were spotted carrying out some necessary repairs to the façade of the SM Hall.

From Terese Stephens -
Assistant Manager

Mount Pleasant FARMERS MARKET

Boots – any kind – gumboots, work boots, riding boots, tap boots, cowboy boots, fashion boots – will all feature at this special Mount Pleasant Farmers Market **BOOTS FOR CHANGE Market Month of April**. Boots have been chosen as the symbol to promote farmers' markets and to celebrate our hardworking farmers and their families.

This market is part of the national **2016 BOOTS FOR CHANGE Support Farming Families** awareness campaign, organised by the Australian Farmers' Markets Association (AFMA) during April. Over 40 farmers' markets will host over 60 **BOOTS FOR CHANGE** Market Days in all states.

The **BOOTS FOR CHANGE** campaign idea originated from the 2015 ABC Heywire Youth Innovation Summit, championed by an HSC student, Emma Mott from Bega, south coast NSW.

'The beauty of Australian produce is that it's grown by our mums and dads, who care for our livestock and environment. We see the struggle and hardship that farming families go through to produce food for Australia's dinner tables. We think more people need to appreciate this,' said Emma Mott.

'We want people to **put boots on and head down to their local farmers' market to show local producers that we care and want them to keep producing healthy farm fresh Australian food**. It's something everyone can do.'

So do head down to your local farmers' market and support **BOOTS FOR CHANGE** to raise awareness of farmers' markets and encourage vital community conversations – about local food, supporting local farming families and encouraging regional youth to explore opportunities in agriculture.

'Market shoppers across Australia are being asked to wear boots, recycle old boots in novel ways, participate in best boot parades, boot photo competitions, boot-scooting and many other fun activities to draw attention to farming and local food production, as well as youth programs in these rural communities,' explained Jane Adams, spokesperson for the Australian Farmers' Markets Association.

Market shoppers are asked to shop in boots; stallholders will do more than just wear boots so you can expect plenty of boot action – and prizes from Platinum Boot Partner Blundstone.

Blunnies have been worn on the land through good times and bad. Since 1870, Blundstone boots have been an institution in Australian farming.

'The idea of supporting our farmers by pulling on a pair of boots – and stepping into their shoes – or boots – is an act that will surely resonate with everyone interested in local,



seasonal, paddock-to-plate food. This simple gesture is bound to attract more shoppers to farmers' markets across Australia during Boots For Change month,' commented Blundstone's, Jodi De Cesare.

Expect plenty of boot action at our market. There will be best boot competition, bootarama (boot throwing competition), kids boot garden workshop and even a boot-scooting display

'We're asking shoppers – and stallholders – to put their best boots forward. It is amazing how this idea resonates; people are very passionate about supporting farming families and promoting agriculture to boost the local economy,' said Genevieve Hebart, Manager of the Mt Pleasant Farmers Market.

Mt Pleasant Farmers BOOTS FOR CHANGE Market Day
will be held in April on 9 & 16 April 2016,
from 8am at Mount Pleasant Showgrounds, Melrose
Street, Mt Pleasant

Be there – boots and all!

www.bootsforchange.org.au

www.facebook.com/BootsForChange

Twitter: #bootsforchange

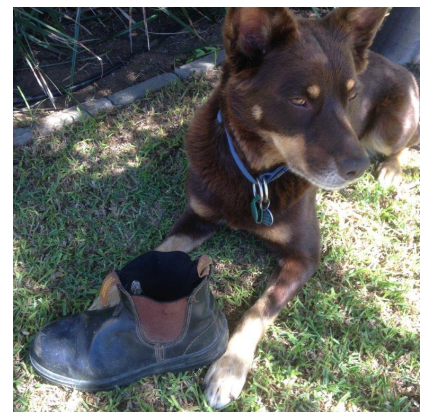


In May:

On 7th May for Tasting Australia, the Market will feature a guided five course tasting experience, highlighting our 'paddock to plate' philosophy during a typical Market day.

For tickets:

<http://www.tastingaustralia.com.au/>



TASTING
AUSTRALIA
ADELAIDE / 1-8 MAY 2016

THOMAS FOODS
INTERNATIONAL
PRESENTING PARTNER

Community notices

+ Kitchenalia

During May, a recreation of a Cheer-Up Hut will be located in the SM Hall. In order to recreate the era, we would like to borrow some kitchen items from that time – like beaters, bowls, brooms and boards. Anything you can think of. Please see Paula at the History Room.

Our Library

130 -132 Melrose Street t: 85682407 f: 85682699

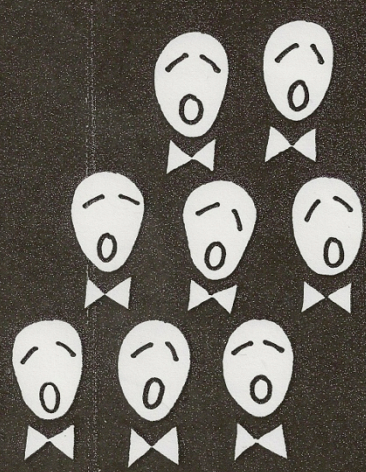
Mon-Wed & Fri 9-5, Thu 9-6 Closed for lunch 12.30 to 1.30.

Closed weekends.

Services include: Photocopying, Printing, Faxing, Scanning, Laminating, Public computers, Internet access, Internet training, Displays, Local History, Family History, Microfiche / Microfilm, Research queries, Inter-Library loans, Home Library Service, Book Discussion groups, Scrabble @ your library, Rattle & Rhyme, Storytime, Homework help, School Holiday activities, Community information, Library Newsletter, Friends of the Barossa Library membership, Australian Bureau of Statistics publications.

Council Services: Australian Citizenship forms, Change of Address, Concession applications for SA Water / Council Rates, Council information, Council meeting minutes & agendas, Council Rates payments, Debtor payments, Development Application lodgement / payment, Dog registrations, General Council Enquiries, Mosquito solution for rainwater tanks, Rubbish bins & Recycling application / replacement.

The Lobethal Harmony Club in Concert
Featuring
Male Voice Choir
& Assisting Artists



LOBETHAL HARMONY CLUB

PROGRAMS AND CD'S OF POPULAR NUMBERS BY THE CLUB ARE AVAILABLE AT THE VENUE

WHERE: S M Hall Mt Pleasant Tickets \$15 ea. at the door.

ON: 17th April 2pm. Afternoon Tea for all.

Contact Barb Beveridge 85685112

FOR: Friends of the Hospital


Wedding dresses



We will have a Fashion Parade of Wedding Dresses as part of our Violet Day High Tea in August 2016.

Do you have a wedding dress, bridesmaids dress or going away outfit we may borrow for this event, and will you allow our models to parade them?

Please contact Paula on 0885682126, or come to the History Room any Thursday afternoon between 1pm and 4pm.



Makers' Market

Mt Pleasant Soldiers Memorial Hall

Saturday April 2nd

8.00am - 12.00pm

candles, jewellery, artwork, woollens, woodwork and more

Contact: Robyn 0427 258 894

April events and meetings

+ Anzac commemoration 25th

Mo	Tu	We	Th	Fr	Sa	Su
				1 9.30-11.30: Playgroup @ Mt Pleasant kindy	2 8-12: MP Farm Mkt 8-12: Makers' Market	3
4	5 CWA meetings 7.00: CFS Training	6 9.30: Men's Shed - MPNRM 7.30: Birdwood / Mt Pleasant Table Tennis BHS Gym	7 10-12: Rustic Writers MP Library 1-4: Mt Pleasant History Room	8 9.30-11.30: Playgroup @ Mt Pleasant kindy 10-2 MP Art	9 8-12: MP Farmers Market	10
11	12 7.00: CFS Training	13 7.30: Birdwood / Mt Pleasant Table Tennis BHS Gym	14 1-4: Mt Pleasant History Room	15 9.30-11.30: Playgroup @ Mt Pleasant kindy	16 8-12: MP Farmers Market	17 2pm: Lobethal Harmony Club
18	19 7.00: CFS Training	20 9.30: Men's Shed - MPNRM 7.30: Birdwood / Mt Pleasant Table Tennis BHS Gym	21 10-12: Rustic Writers MP Library 1-4: Mt Pleasant History Room	22 9.30-11.30: Playgroup @ Mt Pleasant kindy 10-2 MP Art	23	24 6-8: Community Dinner Talunga Park
25 6.15: Anzac Day Dawn Service	26 7.00: CFS Training	27 7.30: Birdwood / Mt Pleasant Table Tennis BHS Gym	28 1-4: Mt Pleasant History Room Newsletter deadline	29 9.30-11.30: Playgroup @ Mt Pleasant kindy	30 Newsletter	

+ Contributions:

If you would like your community event or meeting added to the calendar (to be published at the end of the month for the next month), or you would like to make a contribution in any way (writing, compiling, photographing, distributing), please contact us. Details below.



+ Find us on the web:

<http://mountpleasant.sa.au>
Fan of Facebook or instagram? See:
Mount Pleasant Shines
#mountpleasantshines
#mountpleasantmarket
#mountpleasantshines3daysinapril



Thank You

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And thank you also to those businesses that have agreed to distribute the newsletters.



If you wish to receive this newsletter, and / or notifications of other special community events, please contact us via:
t: 0403012339 or
e: mountpleasantshines@gmail.com