

ECHUNGA COMMUNITY TIMES

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ECHUNGA COMMUNITY TIMES INCORPORATED

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THE FRONT PAGE

Foggy morning in Echunga
Photo courtesy Annette Schirmer

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 President: Fred Keal 0449 664 370

CHURCHES
 Anglican - Parish Office 8398 2517
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 Lyn Wells (Secretary) 0400 360 345

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 Mrs Sandi Biersteker 8388 8245

POST OFFICE
 Mr Greg Rowe 8388 8120

PRIMARY SCHOOL
 Acting Principal - Ms Pam Thompson 8388 8306

RSL
 Mr Chris Pederson 8388 8458

SNAKE CATCHERS
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HEALTH AND EMERGENCY

AMBULANCE Emergency 000
 Non-urgent 136 272

POLICE Emergency 000
 Non-urgent 131 444

CFS ALARM CALLS 000
 Information Hotline 1300 362 361

COMMUNITY NURSING SERVICES
 Mt Barker Hospital 8393 1880
 8.00am - 4.00pm weekdays by appointment
DOCTOR 8.30am - 9.30am Wednesday in the old foyer of the Institute

The Echunga Community Times is produced by a group of volunteers. Any person wishing to join the committee or is willing to help in any way is most welcome.

Advertising: Advertising is 15c per word. Half or full pages quoted on application. Advertisement and money to be handed in before the deadline.

Business Directory: A single advertisement in the Business Directory is \$40 per annum, double ads \$80 per annum. Variations: price upon request. Cheques to be made payable to Echunga Community Times.

Submissions of local news, information and literary efforts are invited and can be emailed to echungacommunitytimes@gmail.com (in Microsoft Word or Publisher). Submissions are published at the discretion of the Committee.



From the President's desk

While parts of Australia are still struggling with the terrible Coronavirus, here in SA we are continuing to get back to some level of normality, albeit with social distancing still an important requirement in keeping us safe. Cafes and pubs are open for business, including our very own Hagen Arms which seems to be doing a good trade as residents look to break free of the confines of their house. The footy has been back for a month now, although it has been a tough start to the shortened season for our local Demons who have played three and lost most of them by significant margins. And our netballers have also started their season, although they too have had a difficult start to the season, losing their opening 2 matches.

And there is still a lot of uncertainty looking forward, as the Australian federal government prepares to ease off the various social packages that have been helping to keep Australians in work and/or paid for lost work. JobKeeper and JobSeeker amounts are set to reduce and conditions tighten. So apart from the obvious concerns around avoiding Covid-19 and staying healthy, there are growing concerns about business (especially small) viability, and individual economic stability (especially casual workers and those in some industries like the arts, hospitality, and tourism).

Closer to home, unfortunately there were recently some burglaries and break-ins around town. The cricket club had their hot water service and pump stolen, and the CFS was vandalised. Sadly, there are still those who disrespect the belongings of others. It's a reminder that we need to ensure valuable items around our property (e.g. Chainsaws, wood, machines, etc) are properly secured and protected.

It's certainly a gloomy time, and at times it feels like there's not much we can do about it. But there are some things we can do, even if they are little things. As the saying goes, from little things, big things grow. And all out efforts can have a cumulative effect. I know that it may be difficult for some that are struggling financially, but for those that can afford it, why not get out there and support the local community a bit more than usual?

- We can make sure we stay in touch with family and friends, via the phone, over social media, or even in person where we can go out to the local cafe or pub for a coffee or a meal. It doesn't have to be for a special occasion like a birthday.
- We can buy and eat local food - look for Made in SA, if not Made in Australia.

- We can try to buy Made in Australia products. This is hard to do, especially for some items like clothes, but it's not impossible. There are some companies still making products here in Oz.
- We can visit local attractions that are now open: Museums, art galleries, zoos and safari parks

Another thing we can try to do is remain positive, which can actually help our physical and mental health. As the old Monty Python song went, "always look on the bright side of life". For me personally, I've always tried to be as positive as possible. And recently, it seems there is scientific evidence to suggest that the power of positive thinking actually does work. According to an article I read a couple of months ago, researchers at the Mayo Clinic in Minnesota USA have found that the mind and body are linked, and that positive thinking leads to a longer and healthier life. The article suggests that academic evidence exists - establishing attitude and belief is potent in programming the subconscious mind (positively or negatively). So we could try these tips for positive thinking:

- ⇒ Start with the famous positive suggestion "Every day, in every way, I am getting better and better". By repeating it you are programming the subconscious mind to help you get better. You can qualify this by specifying the ailment: e.g. Every day, in every way, my left leg is getting better and better.
- ⇒ Say an affirmation out loud for maximum effect
- ⇒ Use your imagination as well as your intellect. The left side of the brain governs rational thought, and the right, creative thought. By visualising yourself getting better as well as just thinking it in word form, both aspects of the brain are used, and the results will be more effective.
- ⇒ Breathe as deeply and evenly as possible when you practise visualisation, for increased focus.
- ⇒ If you practise positive thinking last thing at night, your subconscious will work on it during sleep.

I realise that the current challenges we're facing with Coronavirus are wide and varied, and some may be out of our control (e.g. unemployment), but I'd like to think positive thinking is still relevant in helping us to get through this turmoil, at least with our mental state of mind.

Take care and stay safe.

Mark McDermid



Echunga RSL Sub Branch

President: Chris Pederson
Vice President: John Wauchope
Secretary: Aileen Pederson
Treasurer: Kym Adams
Committee: Chris Wauchope,
Phil Roberts & Sue Roberts

Social Nights are up and running again so come and join us for our 're-opening' on Friday 14th August from 7:30pm. We are able to accommodate up to 32 persons whilst maintaining the social distancing. Sadly we are unable to provide our normal shared supper but please feel free to bring along your open personal eats.

New members always welcome.



*"They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them."*



battunga weather

Latest Observations, Trends, Graphs, Records and Statistics are updated every five minutes online at battungaweather.com.

Averages and Extremes for the month of July 2020

Data collected from an automatic weather station in Flaxley

Average temperature: 9.2°C

Maximum temperature: 17.2°C on day 17 at time 13:48

Minimum temperature: 1.8°C on day 28 at 06:58

Average humidity: 48%

Maximum humidity: 98% on day 15 at 04:48

Minimum humidity: 22% on day 13 at 14:32

Average wind speed: 5.2 km/h

Maximum wind gust: 53.1 km/h from NNW on day 19 at 14:21

Rainfall Summary

2020	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Rain	63.6	25.2	6.4	83	115.6	93.8	48.1						435.7
Days	8	7	7	14	15	15	12						63

2019	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Rain	0.7	15.9	5	3	103.7	117.3	84.4	77.4	70.4	25	1.2	1.3	447.1
Days	1	6	2	2	14	16	14	10	8	8	2	1	83

Data remains the property of battungaweather.com and may not be reproduced without permission.

Compiled for publication on 28/07/2020 at 19:00

1920	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Rain	1.3	3.3	35.3	23.1	127.9	177	94.6	165.7	50.2	84.4	67.2	40.9	870.9
Days	1	1	3	5	11	28	19	20	13	10	11	8	130

Data collected by E.D. Davenport at Battunga (Flaxley) between 1884 and 1922. Data published by the Bureau of Meteorology.

Total June 2020 rainfall from local Bureau of Meteorology Stations

Sourced from www.bom.gov.au

Macclesfield: 69.6 mm

Meadows: 99.5 mm

Hahndorf: 118.4 mm

Strathalbyn: 49.0 mm

Mount Barker: 100.8 mm

Mylor: 117.8 mm

Mt Bold: 118.9 mm

Kuitpo Forest: 107.6 mm

Adelaide: 47.6 mm

Monthly Dance

SUSPENDED

At this stage, the dance continues to be suspended.

The Way We Were

CORRESPONDENCE - THE ELECTRIC LIGHTING SCHEME.

To the Editor.

Sir-The last issue of the "Courier" contains a report of the Mount Barker rate-payers' meeting which dealt with the proposed electric lighting scheme. Mr. Gardiner, the engineer who read his report on the scheme, you state, quoted figures which showed that one of the prominent advocates of electric light (Mr. A. D. Wilkinson) would, under the proposed system, save £25 per year on his lighting account. This gentleman having at present acetylene gas installed, which cost him £40 per year. If these figures are correct, the proposed scheme would no doubt be a good proposition for him - a saving of £25 per year and the convenience of electric light. It is easy to understand him advocating the scheme. But, sir, there is another side to the question. I refer to the ratepayer outside the proposed lighting area, who will not, of course, have the convenience of the electric light, and will be called upon to pay a lighting rate in addition to the present general rate of 1/- in the pound, and a health rate of 4d. in the pound. The chairman of the district council favours a lighting rate of 2d. in the pound for those outside the town boundary, and 4d. for those within the town. Of course, the business people of the town can well afford to pay the 4d. lighting rate as they will benefit financially, like Mr. Wilkinson, in proportion to the number of light used. There is the wage earner and other people of small means, however, to be considered. Will this scheme benefit them to the same extent as the business people? They will be called upon to pay the lighting rate, whether they can afford to install the electric light or not. According to Mr. Gardiner. It will cost from 25/- to 30/- per light for house wiring, and he estimates to receive an average of £5 per year from private householders for the supply of electric current alone, but no mention is made of the cost of repairs. Can the average wage earner afford, in view of the high cost of living, to incur this fresh liability? At the rate of pay offered by the district council for day men, it would be necessary for a man to work overtime days to earn sufficient money to pay for electric current alone, and it would be no easy matter for some of these people to find the ready money to pay for installing the wires and other necessary fixtures. One advocate of the lighting scheme (Mr. H. N. Bell) advanced the argument that the outside ratepayers would benefit when driving in the town at night. Does this gentleman think that the outside ratepayers do not abide by the law, and carry no lights on their vehicles? Is it hard to understand what use the electric light would be to the

man who obeys the law, and carries a light on his vehicle. Mr. B. Barker, the only other gentleman who could show any benefit the scheme would be to the outside ratepayer, pointed out that the land in the district would increase in value if the scheme was adopted, as the price of land was largely governed by the conveniences enjoyed in the various districts. He said the land in his district was no better than in the districts of Echunga and Macclesfield, but it was the conveniences enjoyed here, such as the railway, for instance, that made the value of the land so much higher. Now, as regards the land in this district being no better than in the other districts mentioned I offer no criticism, as Mr. Barker is evidently an expert on these matters. I am informed that he is a member of the Agricultural Bureau, and also a dealer in property; perhaps the matter is the reason why increased land values appeal to him. How can this scheme increase land values outside the lighting area seeing that the owners of property will be rated to provide a convenience for the residents of the town, and the only benefits they are to receive are those quoted by Messrs. Bell and Barker. In any case, increased land values are of use only to those who wish to sell and as the property owners outside the proposed lighting area are for the most part primary producers, not "land jobbers." Mr Barker's argument is not likely to appeal to them. In regard to the capital cost of Messrs. Christie and Gardiner's scheme, if all the figures quoted by them were calculated in the same basis as the wages for engine for instance, I am told the total cost of plant, land, and buildings required is likely to be nearer £10,000 than £6,000. The salary they estimated to pay the engineer in-charge of the electric lighting plant would be scorned by most unskilled labourers. In conclusion, I would like to ask the advocate of this scheme, why not form a syndicate among yourselves, raise the necessary capital, purchase your plant and land, erect your buildings, engage your engineer and his assistants, and then you will be in a position to supply yourselves with the electric current you require? I understand there is some very capable business men among the advocates of the lighting scheme the necessary capital to carry it through. If this proposition is not a good enough investment for their capital a very bad business for the district council to enter into.

I am, sir, etc..

J. L. FRAME Mount Barker, August 10, 1920

Mount Barker Courier and Onkaparinga and Gumeracha Advertiser (SA : 1880 - 1954), Friday 13 August 1920, page 2

The Way We Were

INSULTING WORDS. An Appeal Granted.

ON Wednesday Thomas Joseph Horan, of Macclesfield, farmer, appealed to the Local Court of Full Jurisdiction against a conviction by Mr. G. C. Bertram in the Echunga Police Court of having used insulting words at Venables-street, Macclesfield, on July 19. The information was laid by Constable Percy Foale. Mr. T. S. O'Halloran appeared for the appellant. The respondent was not represented by counsel.

His Honor said he had no evidence before him, and consequently he was unable to say whether the conviction was right or wrong. It was the duty of magistrates to take the evidence, and Mr. Bertram, the magistrate, should have done so. (To the Plaintiff)—You told Mr. Bertram he ought to take the evidence in writing and he refused.

The Plaintiff—He did not take it in writing.

His Honor said it was a shocking state of affairs, and he was almost inclined to adjourn the case to enable the application to be made to the magistrate by Mr. O'Halloran.

Mr. O'Halloran said it would be difficult to appeal to the magistrate to take the notes. He could only write

out his recollections of the evidence, whereas the appellant could be put in the witness box.

His Honor—I cannot do that. I have no doubt I could take the whole evidence over again, as I have power to take further evidence, but I will not do that. I am not going to constitute the court of appeal a court of first instance. I don't think I ought to be asked to do that.

Continuing, his Honor said the appellant should properly make an appeal to the Attorney-General in regard to the notes. The appeal would be allowed without costs.

Mr. O'Halloran asked for costs, and said he would undertake not to enforce them against the constable in person.

His Honor granted costs to the amount of £5 5/, and in doing so remarked, "The appeal is allowed by me on account of the fact that I have no evidence before me, and I am therefore unable to say whether the offence has been proved. I have no doubt the Government will pay the costs."

*Express and Telegraph (Adelaide, SA : 1867 - 1922),
Wednesday 16 August 1911, page 4*

FROM SERVANT TO SECRETARY

from Echunga and Districts Historical Society's 2009 History Week display

Women In The Office

The introduction of typewriters into Australia in 1883 heralded a new era in employment for women. Business colleges were established to train operators for these new machines and women attended them in droves. It was not long before women began to displace men in offices, not because they were more adept at typing but because they were prepared to accept lower wages and employers were ever ready to cut costs.

In February 1899 the *Sydney Morning Herald* wrote: "But another epoch-making machine came to the light a few years ago. Not at first entirely a woman's machine, it is gradually passing into the hands of women, and typewriting may now fairly be called a woman's occupation.

The mother who looks for employment for her daughters weighs the advantages of typewriting as well as those of more old-fashioned work. She weighs the advantages sometimes without putting conditions into the scale, and as a consequence many girls become typewriters without sufficient previous



education. Typewriting demands manual dexterity, certainly, but not that alone. Mere manipulation a child may manage, but more than mechanical work is needed. A typewriter, to be really valuable, whether in an office or for generally copying work, must spell well, know how to punctuate, and have some general knowledge. Just as a barrister acquires theoretical knowledge of a business whose cause he has to defend, and learns technical details which otherwise

The Way We Were

he might never know, so a typewriter who takes general work may gradually learn a little of the jargon of every trade, and obtain an insight into fields of labour as far apart as Antarctic exploration and Paris millinery.....

Women as candidates for the work of the public are still upon their trial, and every woman's loyalty to her sex should prompt her to do her work as well as she possibly can."

from The Australian Women's Diary 1988 by Kirsty Melville

The decline of the typewriter began around 1980 when the first word processors appeared on the shelves. The decline increased with the advent of the personal computer and affordable word processing software packages. The demise of the typewriter in turn led to the fall of the typist, the typing pool and the traditional view of a secretary. But this dramatic change had a tremendous positive impact on the perception of women in the office and the careers of women.



Brief History of the Typewriter

During the 18th and 19th centuries, many inventors tried to develop an accurate, inexpensive, and easy-to-use typewriter. Then, in 1867, three American inventors from Milwaukee succeeded. The first practical typewriter was patented in 1868 by Christopher L. Sholes, Carlos Glidden, and Samuel W. Soule.

Sholes developed a greatly improved version of the typewriter, and then joined with James Densmore to manufacture and sell the new machine. E. Remington and Sons, the gun manufacturer, bought the manufacturing rights from Sholes and Densmore in 1873.

Once the Remington typewriter became popular, other firms began manufacturing similar machines. Portable typewriters hit the market in the early 1900s, and electric typewriters appeared in the 1920s.

During the typewriter's heyday, manufacturers produced over 5,000 types of keyboards with specialized features such as letters and symbols for different languages, music symbols, or Braille.

Anne Wallingford



Some Office Machines Associated With Typing Dictaphone

Dictaphone was an American company, a producer of dictation machines—sound recording devices most commonly used to record speech for later playback or to be typed into print. The name "Dictaphone" is a trademark, but in some places it has also become a common way to refer to all such devices, and is used as a generic trademark.

Mimeograph/Roneo/Gestetner

The stencil duplicator or mimeograph machine (often abbreviated to mimeo) is a low-cost printing press that works by forcing ink through a stencil onto paper.

For printed copy, a stencil assemblage is placed in a typewriter. The typewriter ribbon has to be disabled so that the bare, sharp type element strikes the stencil directly. The impact of the type element displaces the wax, making the tissue paper permeable to the oil-based ink. This is called "cutting a stencil."

Along with spirit duplicators and hectographs, mimeographs were for many decades used to print short-run office work, classroom materials, and church bulletins. These technologies began to be supplanted by photocopying and cheap offset printing in the late 1960s.

What I'm Watching

The Assistant

The cinemas are back open, so we thought we'd have a night out (which has been lacking in recent months). There isn't a huge selection of movies to choose from, given the film industry has been severely impacted by the Coronavirus - Wallis are screening quite a few old movies but there are a few new ones that have been released in Australia, and we found one that seemed interesting, according to the trailer that we saw. It was called "The Assistant", about a young female assistant working at a corporate company who becomes increasingly concerned with what is happening in her office, particularly in relation to her boss.

The film begins by showing a young woman getting ready to go to work in the morning - she lives on her own, her apartment seems functional but without much character. When she leaves her apartment she is picked up by a car waiting outside, where it's dark and clearly very early. There are very few other cars on the streets (of New York). When she arrives at the office, it's dark, no-one else is there. She moves around the office, turning lights on, turning desk computers on, and cleaning up her boss' office, including wiping down a couch that's in the corner of the office. The movie then spends about 30 minutes showing all the mundane activities she is responsible for, mostly menial tasks like photocopying, making coffee, and cleaning up dishes in the kitchen. She also has to coordinate the travel arrangements for her boss (who we never actually see during the movie), and has to deal with his sudden schedule changes on the fly.

We also see the assistant (I'm not sure what her name is at this stage of the movie) as she has to deal with her boss' wife who occasionally rings the office in a rage, ranting and raving and demanding to know why her credit cards have been put on hold, or where her husband is, or who her husband is with at the moment. The assistant also has to usher in the various pretty young women who come to the office for a meeting with the boss. By now it's clear that the company the assistant works for is some sort of movie production company, and a disturbing picture is building of a boss (male) who is clearly taking advantage of young female "wannabe's" trying to break into the film industry.

As this disturbing picture emerges, it seems the rest of the office staff (mainly men, but also some women) seem to be well aware of the boss' behaviour, and

they just tend to joke about it and turn a blind eye to the abuse that is likely going on behind closed doors. So after a while the assistant decides that she's had enough of what is clearly inappropriate behaviour by her boss towards women, and goes to see the head of HR and raise her concerns. The ensuing scene with the HR Director is very telling: ultimately, without any direct proof of the boss' immoral behaviour, the HR Director passively-aggressively puts her down and reduces her to tears as he explains there's nothing he can do about it. To rub salt into the wound, his parting comment as she leaves is "don't worry about it, you're not his type".

It was quiet a strange and slow movie where nothing much happened. There is a slow build-up of tension, but nothing really eventuates. I was expecting some sort of fireworks to eventually happen, perhaps a showdown between the assistant and the boss, and there are a couple of instances where the boss phones her to berate her for meddling in his affairs (after she has spoken to his wife). However, the assistant (as advised by her colleagues) meekly writes an apology email back to the boss, saying she'll do her best to try not to let that happen again. And then strangely the boss writes to her to say she's smart and doing a really great job.

All of this "action" occurs in the course of just one day. It's a rather bleak assessment of the sexist environment that is the movie industry, suggesting that there's not much that can be done to fix the ingrained unacceptable insidious behaviour of the male bosses that have total control, and that virtually all employees and managers accept it as a necessary evil to be endured if they want to be a part of this "glamorous" industry. It reminds me of what it must have been like in the offices of Harvey Weinstein (former film producer and now convicted sex offender).

On one level, this film is an eye-opener about the goings on in the film industry, and for that it rates highly. On an entertainment level, it's not so great, given the slow plot. The acting however is very good - Julia Garner as the assistant is excellent. Overall I'd rate it about 6.5. I think it was rated M (for language) - it's no longer appearing in cinemas as far as I can tell.

Reviewer: M.McD



Meadows Vet News

Horse owners if you have a horse on Omoguard we have some great news for you. We have been able to get a special bulk buy meaning that the price works out to only \$50 per tube!

All dog owners please make sure your dog's vaccinations are up to date. We recently have had a confirmed case of Parvo Virus and this is very contagious. Please note that the virus can be carried on shoes in dirt so even if your dog never leaves your property it is still advisable to have them vaccinated for protection. Also, this month we are seeing a lot of dogs with ear infections. If your dog is showing signs of ear discomfort, please do not wait before seeking treatment. All ear issues can be very painful but if left can also be much more difficult and more expensive to treat!

August is National Pet Dental Health Month!

At Meadows Vet Centre we are participating in several ways to promote better dental care. This initiative is part of a worldwide effort to reduce the incidence of the most common ailment in adult pets: **oral disease**.

According to veterinary research, 80 percent of dogs and 70 percent of cats show signs of oral disease by the time they are 3 years of age! Signs of disease include:

- persistent bad breath,
- a yellow-brown tartar crust at the gum line,
- red and swollen gums,
- pawing at the mouth and face,
- bleeding, sensitivity to touch,
- changes in eating & chewing habits (often a reluctance to eat)
- depression (recognisable as listlessness).



Left untreated, pet oral disease causes significant pain through tooth decay and gum infection and can pass damaging and even life-threatening bacteria through

the bloodstream to the heart, liver, and kidneys. Such scenarios are easily preventable with proper dental care.

During August we are offering dental check-ups **with a vet for only \$30**. If your pet does need dental work the \$30 fee will go towards the work that needs to be done! Any dental check-up for small animals during August will receive some **free samples** of food designed to promote good dental health. There are also going to be some freebies given out during the month to some lucky clients who bring their pets in to see us. We are also **offering Free dental x rays valued at \$85 to every pet who has a dental booked in during August**. Why are we doing this??? It is because we continually find issues below the gum line that only show on an x ray often well before any outward signs of disease appear! By picking up these problems early we can save our clients' money by initiating early treatment! Note that all our consultations include a dental check-up as a standard procedure throughout the year!



Some products that will keep your pets teeth healthy include: foods such as Hills t/d, toys such as Dental Kongs, treats such as dental chews and raw bones as well as toothbrushes and toothpaste formulated for pets (please note human toothpaste can be toxic and should not be used!). Please ask us for the best and most appropriate products for your pets!





Meadows Vet News

Horses should not be forgotten either! Dr Greg Rodda has had a special interest in Equine Dentistry for many years. He has attended a number of Post Graduate courses and workshops including ones held at The Colorado State University focusing on the latest Equine Dentistry techniques. Whilst in the USA he also purchased the latest equipment and has a "Power Float" designed for use solely by veterinarians to provide the best preventative care and treatment in Equine Dentistry for your horses. He has spent time in NSW helping other veterinarians improve their skills in this particularly important area and spent time on the standing committee advising the Australia Equine Veterinary Association on areas of concern in all aspects of equine dentistry.

Good dentistry is not just rasping any more. To thoroughly examine a horse's mouth and provide thorough treatment a full mouth speculum (gag) is necessary. It is also much easier, quicker, and kinder if dental work is performed using mild sedation. Please remember that only an Equine Veterinary Dentist can legally use sedation, take x-rays, extract teeth, and provide medications if oral infections are present! If you have not established a Dental Routine for your horse/s please make an appointment today. For Dental Month we are offering the special price - Receive 50% off Equine Vaccinations with every dental booked this month! That means **only \$150 for the routine dental, sedation & vaccination!**

Meadows Vet Incorporating: Meadows Mews Cat Boarding Wags & Whiskers Pet Grooming
 2 Battunga Rd, Meadows SA 5201 Ph: 83883455 Fax: 83883001; Email: admin@meadowsvet.com.au
 www.meadowsvet.com.au; www.facebook.com/MeadowsVetCentre
 Office Hours: Mon-Fri 8am—6pm; Sat 8.30am-12 noon; **24 hour emergency service is available.**



Small Acreage Field Days for 2021

The Rotary Small Acreage Field Days (SAFD), which had to be postponed earlier this year due to the COVID virus, have been re-scheduled for the weekend of 13 & 14 March 2021 at Echunga.

The idea of a field day is designed to provide people who live on small acreage with information on products, services and practical demonstrations. A great deal of interest was generated earlier this year and it is very unfortunate that it had to be postponed.

The Rotary Club of Stirling is pleased to announce that planning has re-commenced for the 2021 event and early notice to 'save the dates' is being sent out to businesses, government agencies and the broader community.

The President of the Rotary Club of Stirling, Neil Wickens, believes that, as we emerge from the COVID experience, the community is looking forward to getting back to some normality and, although still some months away, the Small Acreage Field Days will play an important role in that recovery.

Work is now underway on the planning and we have again engaged with the local community in Echunga to partner with us in this event.

Feedback on the proposed event earlier this year from the State Government, local councils, community groups and the business community has been very positive.

It is clear to us that the SAFD could become a major annual event in the broader Hills district as we were able to attract sponsor and exhibitor support not only from the immediate Hills area but also from further afield such as Strathalbyn, Monarto, Murray Bridge, Mount Pleasant and the Fleurieu. Our aim is to broaden the 'catchment area' for the 2021 event.

For further information:

Greg Russell

Event Chair

M: 0427 707 733

Saint Mary's, Echunga

Anglican Parish of Mount Barker Diocese of The Murray



Parish Priest	Fr Thomas Karamakuzhiyil	0473 327 186
Priest Assistant	Fr Daniel Irvine	0415 448 355
Parish Secretary	Annette Schirmer	8388 8119
Parish Office	40 Hutchinson St, Mount Barker	Email: anglicanmtbarker@bigpond.com
<i>Please note that though the Parish Office is temporarily closed, emails are being checked remotely.</i>		
Wardens	Michael and Annette Schirmer	8388 8119
Facebook	www.facebook.com/anglicanmtbkr	
Website	https://www.mtbarkeranglicans.org/	

Worship Times

Sunday 2nd August EUCHARISTIC SERVICE

8:30am at St Mary's, Echunga. With the easing of restrictions, we are no longer limited to 12 congregants at St Mary's. However, we are still obligated to record the names, phone numbers and email addresses of those attending. To save time on the day, if you wish to attend this service, please phone Annette Schirmer on 8388 8119.

Every Sunday EUCHARISTIC SERVICE

10:00am at Christ the King, Mt Barker. This service will also be livestreamed on Facebook.

Tuesdays ZOOM MORNING PRAYER

9:30am every week. Please Use this link to join <https://us02web.zoom.us/j/81863688562>

Thursdays MORNING PRAYER

9:30am live on our Facebook page and later on our website.

In a world you can be anything,
be kind



ONLINE SERVICES CONTINUE IN HOME GATHERINGS

During this season, Echunga Uniting Church are meeting in various homes on Sunday mornings around our online service. If you would like to join a home group, please contact us for location options. You can also engage with our service from your own home 10:00am each Sunday - visit our website at <https://echunga.ucasa.org.au> for details.

Weekly children's videos and activities will continue to be available at <https://echunga.ucasa.org.au/activities/>

MID-WEEK CONNECTION POINTS

Several mid-week activities have also now recommenced:
 Youth Group - Contact Michelle our Children & Youth Worker using the details below
 "Craft & Cards" - Meeting in Wandean each Wednesday 1-3pm. BYO food & drinks.
 Prayer Ministry - We believe in the power of prayer. Contact us if you have a specific need.

FEELING ISOLATED?

Matthew our Minister is available for a cuppa in the church office throughout the week - look for the sign out the front.

Minister

Rev Matthew Carratt
 Phone: 0438 856 167
 Email: minister@echunga.ucasa.org.au



Children & Youth Worker

Michelle Garner
 Phone: 0444 509 291
 Email: cyw@echunga.ucasa.org.au



What's Cooking

Beetroot & Red Onion Tart Tatin



400g beetroot, cut into wedges
 1 red onion, cut into wedges
 3 tbsp olive oil
 2 tbsp rice wine vinegar
 2 tbsp soft brown sugar
 2 star anise
 flour, for rolling
 500g block puff pastry
 1 orange, zested
 peppery green salad, to serve

Method

Heat oven to 200C/180C fan/gas 6. In a bowl, toss the beetroot and onion in 2 tbsp of the oil, the vinegar and sugar. Add the star anise and season well. Heat the rest of the oil in a large, ovenproof non-stick frying pan, then nestle in the veg so that they cover the surface of the pan. Cover with foil and cook in the oven for 45 mins.

On a well-floured surface, roll the pastry to a thickness of 0.5cm and cut out a circle the same size as your frying pan. Carefully take the pan out of the oven, remove the foil and wiggle the beets and onion around in the pan to make a compact layer. Put the pastry on top, tucking it in all around the edges, then return the pan to the oven and bake for 35 mins or until the pastry has puffed up and is a deep golden brown.

Slide a palate knife around the edge of the tart, then put a plate on top of the pastry, serving side down. Flip the pan over to turn the tart out onto the plate – be careful not to burn yourself with the handle. Top with the orange zest and a sprinkle of sea salt, then serve with a peppery salad on the side.

BBCgoodfood.com

Broccoli & Parmesan Pizza

2 heads broccoli, roughly chopped (approx. 1 kg)
 4 eggs
 3/4 cups grated Parmesan (75g)
 salt & pepper
 For the topping
 3/4 cup tinned diced tomato, mashed with a fork
 1/4 cup shaved Parmesan, or more to taste (25g)

Preheat the oven to 200°C. Line two large, or four small, oven trays with baking paper. It's important to line your trays so the bases don't stick.

Place broccoli into a food processor and pulse in short bursts until it resembles the texture of rice or breadcrumbs – you may need to do this in batches. Alternatively, grate broccoli florets and stems with a fine grater.

Add eggs, grated Parmesan, and a good pinch of salt and pepper to the riced broccoli. Mix well.

Divide broccoli mixture onto prepared trays and press into 4 x 22 cm rounds. Bake 20 - 25 mins until firm in the centre and starting to brown on the edges.

Remove bases from oven, spread with tomato, and sprinkle with shaved Parmesan. Return to oven and bake a further 6 – 8 minutes. Cut into wedges to serve.

Sanitarium.com.au

Greek Style Nachos

500g lean beef mince
 1 large onion, finely chopped
 2 cloves garlic, crushed
 2 teaspoons dried oregano leaves
 1½ teaspoons ground allspice
 140g tub (1/2 cup) no added salt tomato paste
 1 reduced salt vegetable stock cube, crumbled
 425g can no added salt kidney beans, drained and rinsed
 2 zucchini, cut into 1cm pieces
 ½ cup reduced fat Greek yoghurt
 1 tablespoon chopped fresh mint
 1 small Lebanese cucumber, halved lengthways, thinly sliced
 250g punnet cherry tomatoes, quartered

Pita Crisps

2 Souvlaki bread rounds
 1 tablespoon olive oil
 1 clove garlic, crushed

Method (*overleaf*)



What's Cooking

To make pita crisps, cut bread into small triangles. Brush both sides of triangles with combined oil and garlic. Place on a large baking tray in a single layer. Bake in 180C oven (fan-forced) for 7-8 minutes or until crisp and light golden. Remove. Cool on trays.

Heat a lightly oiled, large, non-stick frying over a high heat. Add mince, onion and garlic. Cook for 8-10 minutes, using a wooden spoon to break up mince, until browned all over. Add oregano, allspice and tomato paste. Stir over heat a further minute.

Stir in 1 ½ cups water and stock cube. Bring to the boil. Reduce heat, simmer uncovered for 5 minutes. Stir in zucchini and beans. Simmer for a further 5-8 minutes, or until thick.

Combine yoghurt with cucumber and mint in a small bowl.

Divide pita crisps and mince mixture between 4 shallow bowls. Serve topped with yoghurt and tomatoes. Garnish with mint leaves, if desired.

Heartfoundation.org.au

Golden Syrup Custard Tart

8 sheets filo pastry

100g butter, melted, cooled

750ml (3 cups) milk

135g (1 cup) custard powder

80ml (1/3 cup) golden syrup, plus extra, to drizzle

1 teaspoon ground nutmeg

Preheat oven to 200C/180C fan forced. Grease a 20cm round fluted tart tin with removable base. Place prepared tin on a baking tray. Brush a sheet of filo with melted butter. Fold in half and place in the prepared tin, allowing the corners of the pastry to overhang the side. Repeat with the remaining filo and butter, rotating each sheet slightly around the tin as its placed, to form a pastry shell. Brush with any remaining butter. Bake for 20 minutes or until golden. Set aside to cool.

Step 2

Meanwhile, place the milk in a saucepan over high heat. Bring to the boil. Reduce heat to low and whisk in the custard powder and golden syrup. Cook, stirring, for 2-3 minutes or until very thick.

Spoon the custard filling into the pastry shell. Sprinkle with nutmeg. Place in the fridge for 2 hours or until set.

Step 4

Drizzle over extra golden syrup to serve.

Taste.com.au

Violet Crumble Truffles

2 x 50g Violet Crumble bars

2/3 x 250g packet Choc Ripple biscuits

1/2 x 395g can sweetened condensed milk

200g block milk chocolate, melted

Roughly chop 1 1/2 Violet Crumble bars. Process biscuits in a food processor until fine crumbs form. Transfer to a large bowl. Add condensed milk. Stir until well combined. Add chopped Violet Crumble. Stir until well combined. Refrigerate for 10 minutes or until firm enough to roll.

Line a large baking tray with baking paper. Using damp hands, roll 1 level tbsp mixture at a time into balls. Place on prepared tray.

Using a knife, remove and discard chocolate coating from remaining Violet Crumble. Finely chop honeycomb.

Using a fork, dip balls, 1 at a time, in melted chocolate, allowing excess to drain. Return to tray. Stand for 2 minutes. Sprinkle with chopped honeycomb. Stand for 30 minutes or until set. Serve.

Bestrecipes.com.au

Crisp-fried Cheese Ravioli

1 cup (250ml) buttermilk

2 cups panko breadcrumbs (see note)

500g packet good-quality cheese ravioli

Sunflower oil, to deep-fry

300ml good-quality tomato pasta sauce

Parsley and grated parmesan, to serve

Place buttermilk and breadcrumbs in separate bowls. Dip each ravioli first in buttermilk, then in crumbs to coat.

Half-fill a deep-fryer or large saucepan with oil and heat to 190°C (the oil is hot enough when a cube of bread turns golden in 30 seconds). Working in batches of 5, fry ravioli for 1-2 minutes until crumbs are golden and crispy. Remove with a slotted spoon and drain on paper towel.

Meanwhile, heat sauce in a small pan over low heat to warm through. Season, then transfer to a bowl.

Arrange ravioli on a platter, sprinkle with parsley and parmesan, then serve with the sauce for dipping.

Delicious.com.au

just for fun



Simple Folk

Two simple blokes find three grenades in an old shed, so they decide to take them to a police station.

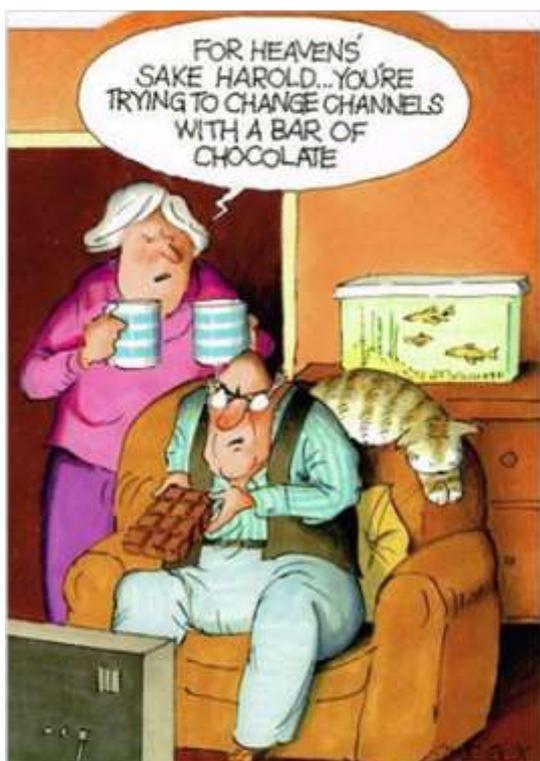
Bloke 1: "What if one explodes before we get there?"

Bloke 2: "We'll lie and say we only found two."

A young man goes to the vet with his goldfish. "I think it's got epilepsy", he tells the vet.

The vet takes a look and says, "It seems calm enough to me".

The young man says, "I haven't taken it out of the bowl yet".



Johnny spies a letter lying on his doormat. It says on the envelope: "DO NOT BEND".

Johnny spends the next 2 hours trying to figure out how to pick the stupid thing up.

Bob was driving home, drunk as a skunk, suddenly he has to swerve to avoid a tree, then another, then another. A cop car pulls him over as he veers about all over the road. Bob tells the cop about all the trees in the road.

Cop says "For Pete's sake Bob, that's your air freshener swinging about!"

An alleged criminal went to trial for armed robbery. The jury foreman came out and announced, 'Not guilty.'

'That's grand!' shouted the alleged criminal. 'Does that mean I can keep the money?'

An old farmer's dog goes missing and he's inconsolable.

His wife says: "Why don't you put an ad in the paper?"

The farmer does. Two weeks later the dog is still missing.

"What did you put in the paper?" his wife asks.

"Here boy" he replies.

An tourist asks the local tour guide: "Why do Scuba divers always fall backwards off their boats?"

To which the tour guide replies: "If they fell forwards, they'd still be in the boat."

Dave told Andy that his wife was driving him to drink.

Andy thinks he's very lucky because his own wife makes him walk.



just for fun

Words Of Wisdom

When one door closes and another door opens, you are probably in prison

To me, "drink responsibly" means don't spill it

When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.

People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.

Interviewer: "So, tell me about yourself."
Me: "I'd rather not. I kinda want this job."

Cop: "Please step out of the car."
Me: "I'm too drunk. You get in."

I remember being able to get up without making sound effects.

I had my patience tested. I'm negative.

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.

When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.

Age 60 might be the new 40, but 9:00 is the new midnight.

I finally got eight hours of sleep. It took me three days, but whatever.

I run like the winded.

I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

I don't remember much from last night, but the fact that I needed sunglasses to open the fridge this morning tells me it was awesome.

When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?

I don't mean to interrupt people. I just randomly remember things and get really excited.

When I ask for directions, please don't use words like "east."

Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.

Don't you love that moment when you walk into a spider web suddenly turns you into a karate master.

Sometimes, someone unexpected comes into your life out nowhere, makes your heart race, and changes you forever. We call those people cops.



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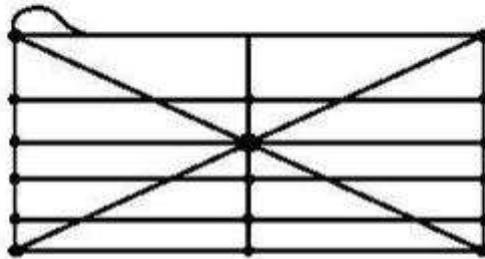
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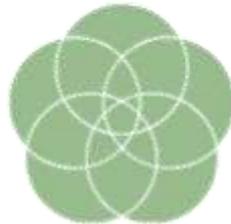
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Cr Greg Morrison 0414 296 159 Email: gmorrison@mountbarker.sa.gov.au