

ECHUNGA COMMUNITY TIMES

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ECHUNGA COMMUNITY TIMES INCORPORATED

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INSIDE THIS ISSUE

- CHURCHES**
10 St Mary's
11 Echunga Uniting Church
- CLUBS & GROUPS**
4 Echunga RSL
- EVENTS & HAPPENINGS**
5 Monthly Dance
- JUST FOR FUN**
14 Jokes
- REGULAR FEATURES**
3 From the President's Desk
5 Battunga Weather
6 The Way We Were
8 What I'm Watching
9 What I'm Reading
12 What's Cooking
16 Business Directory



THE FRONT COVER

Elegant parrot in the Flinders Ranges
Photo courtesy Mark McDermid

COMMUNITY PHONE NUMBERS

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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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POST OFFICE
Mr Greg Rowe 8388 8120

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Acting Principal - Ms Pam Thompson 8388 8306

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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

South Australia continues to move gradually towards “normality” in the face of the COVID-19 pandemic, although the country as a whole is still struggling. As of late June, Victoria was battling coronavirus outbreaks in a number of Melbourne suburbs, sparking concerns of a “second” coronavirus wave starting.

Unemployment across the continent continues to be a major concern, with Qantas being a high-profile casualty in releasing 6,000 jobs and temporarily pausing 15,000 others. Small business continues to be hit badly by the pandemic, particularly in the hospitality and arts industries, and concerns are mounting as the government support through the special JobKeeper and JobSeeker payments are scheduled to end in September.

As for us here in SA, according to the SA Government website, from Monday 29 June, restrictions are being eased in South Australia with the introduction of a 1 person per 2 square metres density rule. All South Australians need to play their part to keep South Australia COVID safe:

- If you have COVID-19 symptoms, even if mild, get tested.
- Wash/sanitise your hands regularly.
- Avoid close contact with others.
- Wipe down frequently touched surfaces.
- Download the COVIDSafe app.

So while physical distancing of 1.5 m is still encouraged, social distancing requirements within venues will be reduced to a **rule** of 1 person per 2 square metres which must be followed.

- Places of worship are now allowed to be open
- Restaurants (including our own Hagen Arms) are now open to the public with indoor dining.
- Maximum attendees for weddings and funerals will be based on the 1 person per 2 square metres rule.

In other good news, outdoor contact sport competition is now possible. In the case of our

local football, the Echunga Football Club will be back out on the park from July 4 with the commencement of Round 1, when we take on Uraidla at home - the senior game starts at 2:30pm. Go the (Southern) Demons!

Travellers entering from Western Australia, Tasmania, Northern Territory and Queensland are able to enter South Australia without quarantine. Travellers from other states and territories must quarantine for 14 days, although this rule will be reassessed on July 20.

There are numerous support services available for those struggling in the face of this “new world”.

Resources are available for anyone feeling overwhelmed or needing additional support during the COVID-19 pandemic, including the **COVID-19 SA Health support line: 1800 632 753.**

The SA state government's wellbeing strategy, **Open Your World**, aims to give South Australians help in building resilience and quicker recovery. The website features sections on how to:

- look after you and your family
- connect with others
- stay active and healthy
- learn and experience new things

More information is at

<https://openyourworld.sa.gov.au/>

Numerous **domestic and family violence and sexual assault support services** are also available, at

<https://www.sa.gov.au/topics/family-and-community/safety-and-health/domestic-violence-and-sexual-assault/support-services>

Stay well 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

We are currently waiting on the lifting of restrictions from COVID19 health crisis and hope to advise in the near future when we will be up and running again, so till then, stay safe and well.

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 June 2020

Data collected from an automatic weather station in Flaxley

Average temperature: 8.3°C

Maximum temperature: 16.6°C on day 12 at time 13:37

Minimum temperature: -1.9°C on day 09 at 07:10

Average humidity: 87%

Maximum humidity: 97% on day 26 at 05:33

Minimum humidity: 45% on day 11 at 10:16

Average wind speed: 1.4 km/h

Maximum wind gust: 44.4 km/h from NNE on day 13 at 10:55

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							387.6
Days	8	7	7	14	15	15							51

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		445.8
Days	1	6	2	2	14	16	14	10	8	8	2		82

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

Compiled for publication on 28/06/2020 at 18:00

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 May 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

THE ECHUNGA HOTELS.

DECISION OF THE LICENSING COURT.

The adjourned annual meeting for the Midland Licensing District was held at Mount Barker on the 1st inst, the Court consisting of the President (Mr. R. G. Nesbit, S.M.), and Messrs. T. J. S. O'Halloran, S.M., and E. J. Thomas. The applications set down for hearing were those of Horace R. Rowe for a renewal of the licence of the Hagen Arms Hotel, Echunga, and of Mrs. F. M. Thomas for a renewal of the licence of the Bridge Hotel, Echunga. The hearing was begun at Mount Barker on June 3, and was adjourned until July 1. The question was whether two hotels were required at Echunga, and if not, which of the two should be closed. Mr. L. von Doussa appeared for the owners of the Bridge Hotel, and Mr. C. J. Coventry for Mrs. Thomas, the licensee of that hotel. Evidence was given by Inspector Mallard, Senior-Constable Murphy, J. P. Colebatch, W. R. Delaney, and C. W. Fenn, to the effect that two hotels were not required at Echunga.

Evidence was also given of the increasing prosperity of the district, and it was submitted that two hotels were necessary, and that more accommodation for boarders would be required in the near future. In the case of the Hagen Arms Hotel the licence was granted, and by a majority verdict (Messrs. Nesbit and O'Halloran) the Bench decided to grant the application in respect of the Bridge Hotel also, subject to certain alterations and repairs being effected to the premises.

Mount Barker Courier and Onkaparinga and Gumeracha Advertiser (SA : 1880 - 1954), Friday 9 July 1920, page 2

AGAINST THE GRAB.

At a meeting of the District Council of Echunga it was unanimously resolved to condemn the unpardonable and unwarrantable action of the Federal members in voting an additional £400 per annum to their salaries. Resolutions of protest against the Federal grab have been passed by the District Councils of Dudley, Browns Well, Tumby Bay, Willunga, Keyneton, and Onkaparinga. At a meeting of the Eudunda branch of the Farmers' and Settlers' Association the following resolution was carried:— "That the meeting expresses its indignation at the act of some of the Federal members in reference to the Federal grab, and at the indecent act by which members increased their salaries without first consulting the electors." At the opening meeting of the Morphett Vale District Council held on Monday, a minute was adopted condemning the federal £1,000 "grab". The District Council of Dalkey has also passed a resolution expressing indignation.

Chronicle (Adelaide, SA : 1895 - 1954), Saturday 10 July 1920, page 3 4

ECHUNGA HONOR ROLL.

On his way home from Victor Harbor on Friday the Treasurer (Hon. G. Ritchie) called at Echunga, and in the Institute unveiled a roll of honor containing the names of more than 60 former scholars at the local State school who enlisted for active service. The memorial will be placed in the schoolhouse.

Daily Herald (Adelaide, SA : 1910 - 1924), Monday 26 July 1920, page 4

ECHUNGA.

The institute hall was crowded last night, when a social was held with the object of unveiling the public school roll of honor, and presenting medals to the returned soldiers. Mr. H. Champion (chairman of the Council) occupied the chair. Vocal and elocutionary items were given by Misses G. and P. Paech, D. Day, F. Parish, Mills, and Blacken, and Messrs. P. Nottle and F. Finn, and the school children, the whole being an excellent programme well carried out.

The Hon. the Minister of Education (Hon. G. Ritchie) unveiled the honor roll, and in the course of his remarks mentioned that Echunga had raised for patriotic purposes since the commencement of the war a total of £1,400. The roll, a fine oak background with gilt letters, shows that 60 lads who had their education (in whole or part) at the Echunga school, took their share in the great struggle for the freedom of the world. The residents are deeply indebted to the schoolmaster (Mr. B. P. Paech), not only for going through the books for many years to compile the roll, but also for training the children for the recent school concert, which provided the funds for same. Capt. Hudd, M.P., also had a few words to say and soon had his audience in good form, as he told of the doings of the A.I.F. on the field and in the old country.

Major Kenyon then presented the medals from the residents of Echunga to the following returned diggers:- Lieut. L. Cowell, Sergeants F. Day, H. Wiese, R. Zilm, L.-Cpl. H. Bahr, Corporal N. Cunningham, Privates T. Anderson, L. and A. Biggs, G. Ford, L. Hampton, A. Jenkinson, T. Hunt, G. Lowe, W. Hall, H. Gee, H. Martin, T. Penrose, A. Trenter, A. Rowell, G. Smith, J. Smith, A. Wiese; also to the relatives of the following, who laid down their lives for King and country; Corporal W. Thomas, Privates W. Cameron, W. Christian, W. Osborn, F. Lowe, E. Miller, W. Smith, A. Smith. At the conclusion of the programme supper was handed round and the young people cleared the hall for a dance, which was enjoyed till the small hours of the morning.

Mount Barker Courier and Onkaparinga and Gumeracha Advertiser (SA : 1880 - 1954), Friday 30 July 1920, page 3

The Way We Were

Through the eyes of children we can glean snippets of the lives of our forebears. Many newspapers and magazines have had children's sections where young people were encouraged to write about their lives and contribute to the publication. The Southern Cross paper in South Australia was no exception starting out with a children's corner in its early editions.

In a Children's Corner of the 21 September, 1894 edition, Mrs A. M. Ryan of the Catholic Book depot in Gawler Place under the *nom de plume* "Aunt Eily" suggested children write to her. By March 1895 the children's corner had become *St Vincent's Juvenile Club* and all children were treated as cousins, with "Aunt Eily" referring to them as nieces and nephews. The club was open to all young people from the age of 5 - 18. "Cousin Rosaleen" - Josephine Moroney - succeeded her in 1908 and edited the children's page until her death in April 1922.

<https://earlieryears.blogspot.com/2015/>

Echunga, July 19.

Dear Cousin Rosaleen,

As I shall soon be eighteen years of age, and will then the past the age for writing to the Page, I will say farewell, although I still like to read the Page. We are still busy ploughing, as the wet weather delayed us a good while. The ground was so wet that if we had tried to plough it the horses would have got bogged. One day as we were out repairing the fence, I happened to look up and saw an airship coming overhead. We could see it quite plainly. If you had been in it you could 'have dropped down' and had some lunch and that famous "billy, tea" that I used to tell you about in days gone by.

A few weeks ago my brother and myself went nearly out to Murray Bridge, where one of my cousins who was at the war has a farm. We started off before daylight in a cart one Saturday. It is about thirty miles, and as we knew only the first ten miles of the way we had to guess the rest. However, we got on all right. We made a fire on the road while the horse was feeding after we had our breakfast to warm ourselves, as it was very cold. Our directions were that we were to follow the main road a certain distance and then turn off along another road into the scrub. We arrived

there about 3 o'clock in the afternoon, and we had a real good time looking round the country. It is so different from the land about here. We reached home on Monday just before dark, and they were all glad to see us back again. We had such a lot to tell about everything. Hoping I have not taken up too much space. I will conclude. Enclosed find 1/- for the orphans.

I remain, your loving Cousin
PATRICK KAVANAGH.

If all my correspondents could retire with the record that you have for letter-writing they would be laden with honours. For regular, frequent, and newsy letters you have been one of the best, and I think you might have ignored that uncomfortable subject of age for the sake of remaining in the club a little longer, unless, of course, you are tired of us. And that is another matter. And so the famous "billy tea" and lunch never came off after all, though they have threatened often enough, Well, who knows? I may come yet, though (be sure I shall not descend down the skies. My ideas about airships have changed, and I am beginning to find out (as you have probably done long ago) that to talk about a thing is easy, but to act up to it is a very different matter. Anybody can build a castle (or ship) in the air, and after all it is as well to be dreaming out of bed as in, even if our dreams never come true, though I assure you that travelling in an airship would be no rosy day dream, but a positive nightmare for me. I am not going to say "farewell" or "good-by" or anything of the sort, for if you stop writing to me I am not going to stop writing to you, and you will read it, too since you promise to read the Page.

*Southern Cross (Adelaide, SA : 1889 - 1954),
Friday 30 July 1920, page 22*

WEEK'S RAINFALL

Mount Lofty Ranges Eastern.—Mount Pleasant, 19 points; Birdwood, 53; Gumeracha, 67; Millbrook-Reservoir, 72; Tweedvale, 48; Woodside, 28; Ambleside, 31; Nairne, 19; Mount Barker, 32; Echunga, 54; Macclesfield, 81; Meadows, 68; Strathalbyn, 18.

*Observer (Adelaide, SA : 1905 - 1931),
Saturday 31 July 1920, page 33*

Thought For The Month

The sooner you fall behind, the more time you'll have to catch up.

What I'm Watching

Operation Buffalo

Showing on ABC TV on Sunday evenings, this drama series of 6 episodes is based on the actual British nuclear bomb tests in South Australia's remote outback that occurred between 1956 and 1963, during the height of the Cold War. In particular, Operation Buffalo covers the tests that occurred in Maralinga (within the Woomera Prohibited Area) in 1956. Being interested in the history of this significant event in South Australia's history, I was looking forward to watching this series to learn more about what actually happened.

The first couple of episodes present what seems to be a chaotic and sometimes incompetent environment in which the Australian and British military plan for and conduct the tests. The British General in command of the whole operation (excellently played by James Cromwell) is a war veteran going back to the Boer War, and appears to be going senile. The operational leader, Australian Major Leo Carmichael (played by Ewen Leslie whose performance reminds me a bit of Richard Roxburgh's Rake in that he's a smooth if slippery character) has overall responsibility for the operations at the Army base from which the bomb tests are prepared, and has his hands full supervising construction of the bomb towers, as well as ensuring a professional image is shown to visiting Government ministers and officials visiting from Canberra and London, not to mention arranging prostitutes to be flown up from Adelaide, and trying to keep wandering local Aboriginal inhabitants from straying onto the nuclear test zone, and indeed trying to convince the 'top brass' that there are no indigenous people living in the danger zone (which of course is not the case).

Many of the incidents during these first couple of episodes were somewhat slapstick, leading me to conclude this series would be more comedy than drama. However, serious aspects soon present themselves during the course of the next couple of episodes. Given recent spying revelations about British spy Guy Burgess defecting to Russia, paranoia is rife about spies accessing and sending military secrets to the Communist Russians, so these bomb tests are strictly top secret. The press is kept in the dark other than carefully orchestrated "photo ops". Australia's security organisation ASIO snoop around to ensure secrets aren't leaked, with dire consequences eventuating for a couple of the characters.



Canberra Times (ACT : 1926 - 1995), Thursday 21 June 1956, page 1

Meanwhile, unfortunately, 2 aborigines and 1 white person wander too closely to the bomb site during a test, and are horribly incinerated.



Central Queensland Herald (Rockhampton, Qld. : 1930 - 1956), Thursday 4 October 1956, page 14

Given the mix of outlandish comedy and improbable drama, this series seems to be positioned as a satire grimly chronicling a dark chapter in Australia's young history. I don't know how much of the comedic (and tragic) incidents actually happened, but the series is certainly effective in causing one to think about what the British and Australian governments inflicted on

What I'm Watching

ordinary Australians, both indigenous and Caucasian. As such, for all its flaws, there are certainly some high points, for which overall I would rate 7 out of 10. Rated M for bad language and adult themes, this series is currently available to watch at any time on ABC iView.

Further research on Wikipedia reveals that as a result of all the bomb tests between 56' and 63', the site was left contaminated with radioactive waste, and an initial clean-up was attempted in 1967. However, the McClelland Royal Commission report of 1985 found that significant radiation hazards still existed at many of the Maralinga sites. It recommended another clean-up, which was completed in 2000 at a cost of A\$108 million. Debate continued over the safety of the site and the long-term health effects on the traditional Aboriginal custodians of the land and former personnel. In 1994, the Australian government paid compensation of \$13.5 million to the traditional owners, the Maralinga Tjarutja people. Their land was only fully restored to them in 2014. Meanwhile, army personnel who were exposed to a radioactive mushroom cloud at Maralinga took the British



Government to court about 8 years ago, with the court deciding there was not enough evidence linking the tests and veterans' illnesses.

The ABC iView documentary "Maralinga Tjarutja", which is available to watch until late Sep 2020, includes interviews with local indigenous people that were affected by these bomb tests which resulted in local communities being dispossessed of their land in order to move them out of the nuclear test zone.

Reviewer: M.McD

What I'm Reading

Convict Lives: Women at Cascades Female Factory *published by Convict Women's Press*

Cascades Female Factory in Van Diemen's Land opened in 1828 and closed as a gaol in 1877. Female convicts, and some locally convicted women, were sent there for punishment, to be assigned or hired as servants, or to await confinement. In telling their stories, the authors provide historical context for the critical events in these women's lives. *Convict Lives* gives insight into Tasmanian and female convict history as well as the lives of these women. The book contains the stories of 33 female convicts who passed through Cascades Female Factory. The stories are written by 22 contributors.

Mr Finchley Trilogy *by Victor Canning*

Mr. Finchley is a fictional character in three humorous novels by Victor Canning, a novelist who later gained great success with thrillers. He first appears in Canning's very first book, *Mr. Finchley Discovers his England*, published in 1934.

He is introduced as a 45-year-old London solicitor's clerk who is told by his boss to take a holiday for the first time in his life. On his way to the railway station he agrees to keep watch on a car, goes to sleep on the back seat, and wakes to find it being driven off by a thief and pursued by the police. This is the first of around 20 disconnected episodes which take Mr Finchley gradually west to Land's End and then back to London.

In the second book, *Mr. Finchley Goes to Paris* (1938), he befriends and in the end adopts an orphan boy, and in the third, *Mr. Finchley Takes the Road* (1940), he marries and explores the county of Kent in a horse-drawn caravan.

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 5th July 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

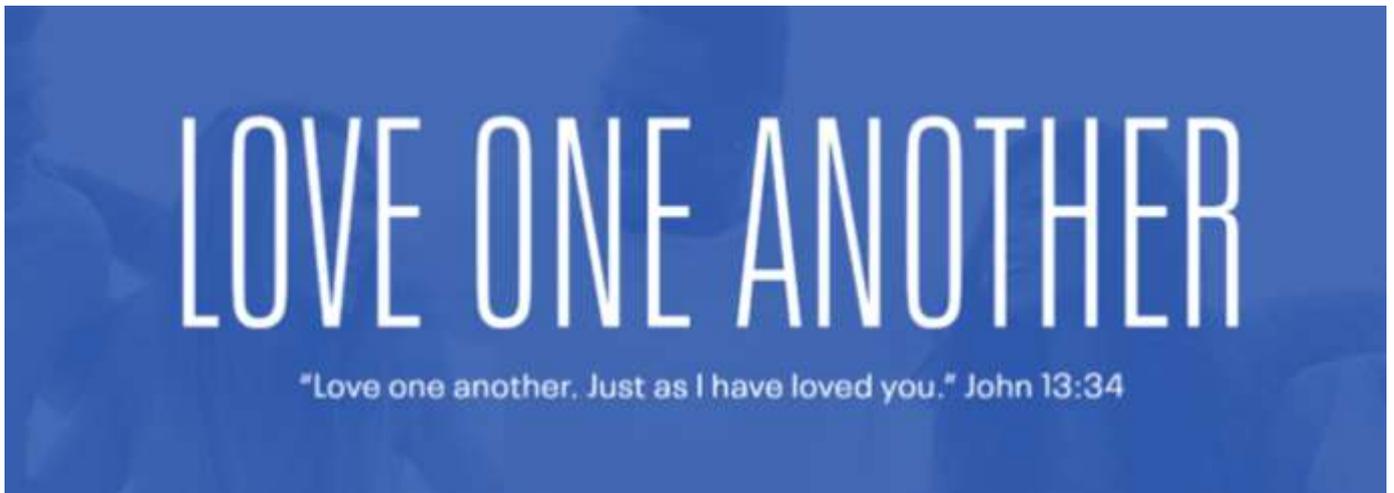
10:00am at Christ the King, Mt Barker. This service will also be livestreamed on Facebook.

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.





ECHUNGA UNITING CHURCH

Online Services 10:00am Sundays at echunga.online.church
Weekly Kids Church activities also available at echunga.ucasa.org.au/activities
Feeling isolated or need to chat? Contact Rev Matthew Carratt
0438 856 167 or minister@echunga.ucasa.org.au
Office open at various times during the week - look for the sign out the front
Website: echunga.ucasa.org.au Facebook: facebook.com/echungauniting



What's Cooking

Cauliflower Soup

- 1 cauliflower broken into florets medium
- 1 onion finely chopped grated
- 1 carrot grated large
- 1 potato grated large
- 2 tbs chicken stock powder *to taste
- 1 L water
- 2 tsp vegetable oil
- 1/2 tsp curry powder *optional
- 1 zucchini grated *optional
- 1 pinch salt and pepper *to taste

Gently soften all the vegetables in the oil over a moderate heat. Add curry powder if using. Do not brown.

Add chicken stock powder and enough water to cover vegetables.

Bring to the boil and then reduce to a simmer.

When vegetables are very tender, allow to cool slightly, then blend with handheld stick mixer.

At this stage, more liquid may be added according to preference of thickness of soup.

Return to heat and simmer for about 30 minutes.

Bestrecipes.com.au

Lamb shanks with Mashed Potato



- 6 frenched lamb shanks (1.6kg), trimmed
- 1/4 cup plain flour
- Salt and pepper, to taste
- 2 tbsps olive oil
- 2 onions, finely chopped
- 3 cloves garlic, crushed
- 2 tbsps finely chopped fresh rosemary
- 1/2 cup tomato paste
- 3/4 cup dry red wine
- 2 cups beef stock
- Mashed potato, to serve
- Chopped fresh parsley, to garnish

Toss lamb in our seasoned with salt and pepper. Shake off excess, reserving any remaining flour.

Heat oil in a flameproof, casserole dish (16-cup capacity). Add lamb in two batches. Cook, turning occasionally, for about 5 minutes, or until browned all over. Remove from dish.

Add the onions, garlic and rosemary. Cook, stirring occasionally, until soft. Stir in tomato paste and reserved flour. Add the wine. Mix well. Bring to a boil. Return lamb with the stock. Return to a boil. Cover.

Cook in a slow oven (150C) for about 2 hours to 2 hours and 15 minutes, or until lamb is tender enough to fall from the bone with a fork. Remove the lamb. Skim the oil from top of the sauce.

Serve the lamb and sauce with mashed potato.

Garnish with parsley.

Newideafood.com.au

Flaky Leek & Chicken Pie

- 2 tablespoons olive oil
- 6 boneless chicken breasts (cubed)
- 1/4 cup white wine (optional)
- 2 medium leeks
- 1 tablespoon butter
- 1 tablespoon flour
- 3 cups (750ml) milk
- 1 chicken stock cube
- salt and pepper to taste
- 2 large sheets puff pastry

Preheat oven to 200 degrees C. In a large frypan, add half the olive oil and lightly brown the cubed chicken then set aside.

Using the same frypan heat the remaining oil, add the wine (if using) and saute the leeks until tender and the wine has evaporated.

In a large saucepan, make the sauce by melting butter then mixing in flour, making a roux. Once the flour is mixed in and smooth, add milk and stir until thickened.

Add chicken and leeks, crumble in the stock cube and cook over low heat for 10 to 15 minutes.

Pour into a 23x30cm casserole dish lined with one sheet puff pastry and cover with the other puff pastry sheet. If you wish you can brush the top with an egg wash.

Bake in preheated oven for approx 15-20 mins or until golden brown.

Allrecipes.com.au

What's Cooking

Chicken Tikka Toastie



½ head of cauliflower, cut into florets
2 medium parsnips, cut into thin wedges
1½ teaspoons ground coriander
½ cup reduced-fat tzatziki, to serve

Toastie

1¾ cups cooked chicken breast, finely chopped
2 teaspoons tikka curry paste
½ cup reduced-fat plain yoghurt
2 teaspoons mango chutney
Squeeze of lemon juice
1 small red onion, thinly sliced
1/3 cup coriander leaves
8 slices rye bread or sourdough
1 cup baby spinach

Instructions

Make the veggie chips: Preheat the oven to 190°C. Line a large baking tray with baking paper. Toss cauliflower and parsnips with the coriander in a bowl. Arrange vegetables on the tray and spray with olive oil. Cook for 25 minutes, or until crisp.

Make the toasties: Heat a sandwich press or grill; spray with olive oil. Mix chicken with curry paste, yoghurt, chutney and lemon juice. Stir in onion and coriander. Place a slice of bread on the sandwich pressor grill; top with baby spinach. Spoon on a quarter of the filling and top with second bread slice. Spray with olive oil. Toast until golden. Repeat the process with the remaining bread and filling to make four toasties.

Serve the toasties with the veggie chips and tzatziki.

Healthyfoodguide.com.au

Pears baked in Marsala

4 pears, peeled, cored and quartered
80 ml Marsala
75 gm (½ cup) brown sugar or rapadura sugar
Thinly peeled zest of ½ orange
Ricotta, mascarpone or gelato to serve

Preheat oven to 200°C. Combine ingredients in a roasting pan in one layer, toss to coat, then bake until pears are tender and a syrup forms (20-25 minutes). Serve warm topped with a spoonful of ricotta.

Gourmettraveller.com.au

Healthy Banana & Pear Muffins



Olive or canola oil spray
2 cups wholemeal self-raising flour
2 cups self-raising flour
1 cup brown sugar
2 eggs
150 mL low-fat natural yoghurt
1/2 cup orange juice
1 large banana, peeled and chopped
1 pear, cored and chopped
1/2 cup buttermilk or low-fat milk

Preheat oven to 170 °C. Lightly spray muffin trays with oil.

Sift flours, returning husk from wholemeal flour to the bowl, add brown sugar.

In a separate bowl mix eggs, yoghurt and juice.

Combine with the flour mix and fold through fruit and milk (you may need less milk depending on moisture in fruit). Do not over-mix.

Spoon mixture into trays. Bake near the top of the oven for 18-20 minutes.

Turn onto a wire rack to cool.

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Maths Lesson

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

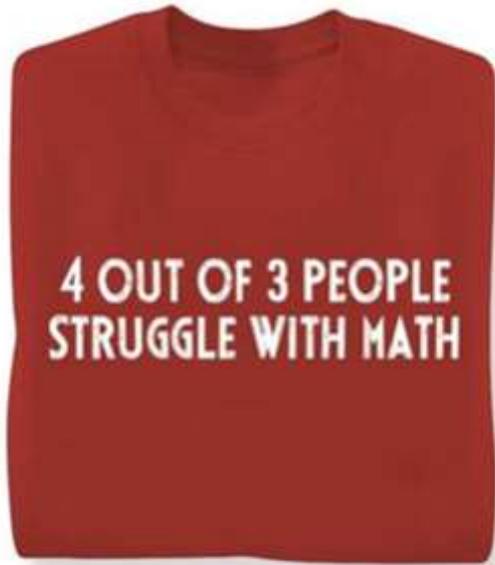
Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a cat!"



Fountain Pens

Why can't fountain pens move?

Because they are stationary.

In Spain, we hold them straight up, whereas you hold them slightly on the side. I would always get weird looks when writing with my fountain pen. It's not all that surprising.

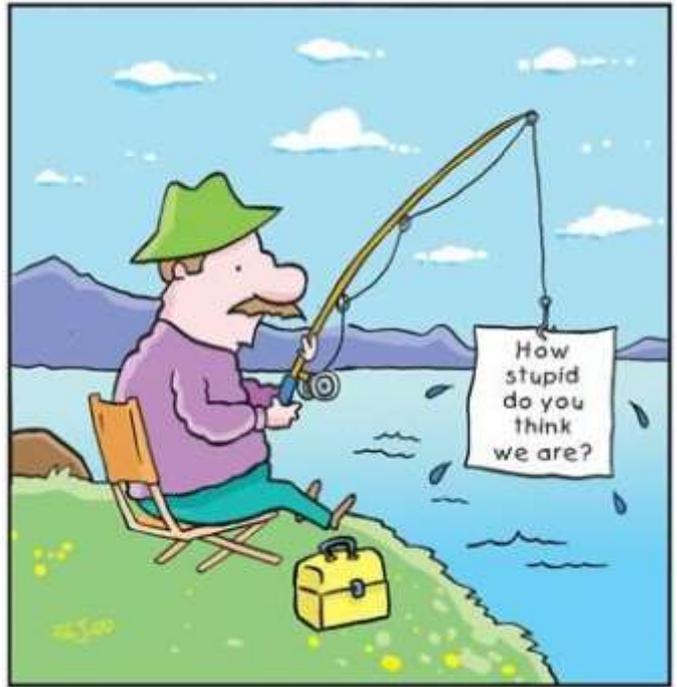
After all, nobody expects the Spanish Ink Position.

The pen is mightier than the sword...

And considerably easier to write with.

I bought a really nice pen today. I can write underwater, upside-down, sideways, and many other fancy words.

Fishing



The fishing season hasn't opened yet, and a fisherman who doesn't even have a license, is casting for trout as a stranger approaches and asks, "Any luck?"

"Any luck? Heck yes, this is a wonderful spot. I took 10 out of this stream yesterday" he boasts.

"Is that so? By the way, do you know who I am?" asks the stranger.

"Nope."

"Well, meet the new game warden."

"Oh," gulped the fisherman...

"Well, do you know who I am?"

"Nope," said the game warden.

"Meet the biggest liar in the state."

One day two men were fishing, when a Game Warden slipped up on them and asked to see their fishing licenses. One of the men took off running. So the warden started chasing him.

He ran after the man up and down the side of the river, through the swamp, up the side of a mountain.

The man even swam across the river with the warden right behind him. Then he swam back across the river with the warden still right behind him.

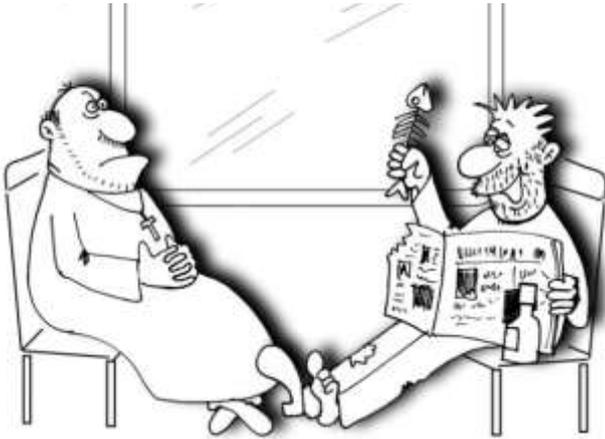
Finally, after about three miles of chasing. the game warden caught up with the man. Bleeding and out of breath, the warden asked to see his fishing licence.

The man reached in his pocket and pulled out his licence and handed it to the warden.

The warden asked why did you run? The man just looked at the warden and smiled and said: 'my friend doesn't have a licence!'

just for fun

Arthritis



A man smelling of booze and cigarettes sat down on a subway next to a priest. The man's tie was stained, there was red lipstick on his collar and face and a half-empty bottle of gin was sticking out of his torn coat pocket. He opened his newspaper and began reading. After a few minutes the man turned to the priest and asked, "Tell me Father, do you happen to know what causes arthritis?"

The priest replies, "My son, it's caused by loose living, consorting with cheap, wicked women, too much alcohol, contempt for your fellow man, sleeping around with prostitutes and lack of a bath."

The drunk muttered in response, "Well, I'll be.. ", then returned to his paper.

The priest, thinking about what he had said, nudged the man and apologized. "I'm very sorry. I didn't mean to come on so strong. How long have you had arthritis?"

The man answered, "I don't have it, Father. I was just reading here that the Pope suffers from it."

MORAL: Make sure you understand the question before offering the answer.

Now That I'm Older.....

1. My goal for 2020 was to lose 10kg. Only have 14 to go.
2. Ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce, and cheese. FINE, it was a pizza.... OK, I ate a pizza! Are you happy now?
3. How to prepare Tofu:
 - a. Throw it in the trash
 - b. Grill some meat, chicken or fish
4. I just did a week's worth of cardio after walking into a spider web.

5. I don't mean to brag, but I finished my 14-day diet food supply in 3 hours and 20 minutes.

6. A recent study has found women who carry a little extra weight live longer than men who mention it.

7. Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.

8. Senility has been a smooth transition for me.

9. Remember back when we were kids and every time it was below zero outside they closed school? Yeah, Me neither.

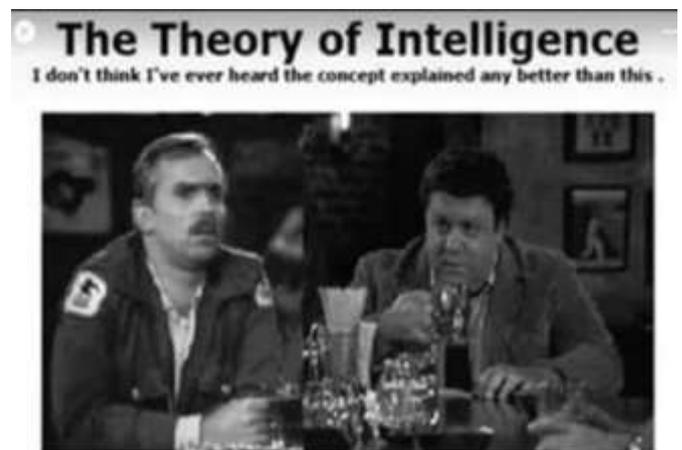
10. I may not be that funny or athletic or good looking or smart or talented..... I forgot where I was going with this.

11. I love approaching +70, I learn something new every day and forget 5 other things.

12. A thief broke into my house last night. He started searching for money so I woke up and searched with him.

13. I think I'll just put an "Out of Order" sticker on my forehead and call it a day.

14. Just remember, once you're over the hill you begin to pick up speed..



"Well you see, Norm, it's like this... A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest buffalo at the back that are killed first. This natural selection is good for the herd as a whole. because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, the regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. And that, Norm, is why you always feel smarter after a few beers."

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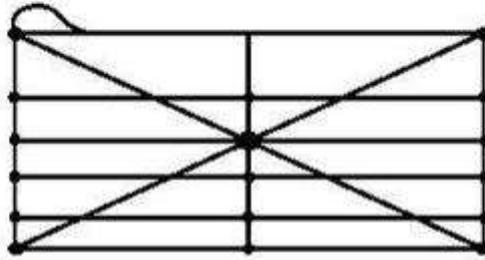
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