

## DOG SHOW RETURNS TO GUMERACHA MARKET

The Gumeracha Fifth Sunday Market is back in 2020, and the Lions Club of Torrens Valley is also bringing the FUN Dog Show back for the March Market. A huge drawcard last year, the Dog Show features a range of categories which are all light hearted and generate a lot of enjoyment.

The Market is held on the occasional months with five weekends under the gums in Federation Park in Gumeracha attracting a large number of artisan, craft, handmade and plant stalls plus fresh food and coffee.

Market founder Elizabeth Barber says stallholders appreciate the relaxed nature of the event and the atmosphere is designed to be familyfriendly, inviting people to experience Gumeracha.

'This is a beautiful part of the world and we want people to discover it and enjoy it. The whole town has a very relaxed feeling and we want people to soak that up.

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2019 Dog Show entrants, including the Adelaide Hills Council Mayor Jan-Claire Wisdom.



### **"YOU MATTER TO GOD"** Kersbrook Church of Christ

Contact Pastor David on 0458 589 996 or someone at your local church to find out more of God's love for you.

"The call of God is not just for a select few for everyone. but Whether I hear God's call or not depends on the condition of my ears, and exactly what I hear depends upon my spiritual attitude." So wrote Oswald Chambers (1874-1917) who, in 1915, was accepted as a YMCA chaplain and assigned to Cairo, Egypt. Here he ministered to Australian and New Zealand troops who later participated in the Battle of Gallipoli. After his early death at the age of 43, his wife published books and articles on his behalf, including "My Utmost for His Highest".

What does spiritual attitude mean and include?

In his book, 'God is good for you', Greg Sheridan asserts that believing in God is rational, that humanity has always had an intimation of God, and that faith, including religious faith, is not the enemy of reason. In answer to the proposition that religion is a pro-survival, evolutionary adaptation. Sheridan asserts that this argument is not logical and points out that all religion leads to deep questioning and often leads to altruism and self-sacrifice which. in many cases. does not help individual survival.

The Bible helps us understand various aspects of spiritual attitude.

Romans 12:2 (NIV) teaches "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will."

And also: Romans 8:5-6 (NIV) declares "Those who live according to the sinful nature have their mind set on what that nature desires; but those who live in accordance with the Spirit have their mind set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace."

Oswald Chambers again has a useful insight into what changes can be expected when an individual comes to faith in God: "The Holy Spirit does not obliterate our personality; He lifts it to its highest use."

We believe that those who come in faith to surrender their life to God do not experience diminishment in opportunity or personality but fulfillment and a more complete expression of who they are capable of being. It changes who we can become and enhances us.

We believe Jesus Christ paid the penalty for all our shortcomings at the cross of Calvary and He offers new life for old to all who will come to him in faith.

Logical, reasoned, rational faith that believes that Jesus is who He claimed to be and that He invites us into a relationship with Him that is eternal and starts here and now. We believe we are all invited because we all matter to God.

**DEADLINE** For next issue, ads & editorial **Tuesday, March 3rd, 2020** 

Paper out: Saturday, March 7th, 2020



OPEN EVERYDAY 7.30AM - 9PM

BALHANNAH | BIRDWOOD | LITTLEHAMPTON LOBETHAL | WOODSIDE

**Closed Christmas Day** 

#### Gumeracha's Happy Songbirds Choir Vou're Smiling"; You're Smiling";

Kendrea Rhodes -The Happy Songbirds have a lot to smile and sing about after successful performances in Kapunda, Mount Barker, Mount Pleasant and Strathalbyn. This touring choir is made up of about twenty singers up to the age of 101 years old, their choir mistress and staff of the Glenview Homes Gumeracha Hospital.

Every Tuesday is music day at Gumeracha and nobody wants to miss out; the facility is abuzz with activity as the staff help the residents make their way to the lounge room. The residents hum and chat as their choir mistress, Charmaine Parham, rallies them to the music and their songbooks.

Charmaine said, 'If I



The Happy Songbirds choir on tour, running through vocal exercises on the bus in preparation for their performance at the Eldercare Sash Ferguson facility in Mount Barker. Photo courtesy Glenview Homes Gumeracha.

choose songs from when they were young, they come to life when they hear the music.' The songs they sang on a recent music day had everyone clapping along: "When You're Smiling"; "Pack Up Your Troubles in your Old Kit Bag (and Smile, Smile, Smile)"; "Singing in the Rain"; "Australia Song"; "Que Sera Sera"; "Wouldn't it be Lovely" and more. The air in the resident's lounge rang with "Click Goes the Shears" long after it had finished as many singers were still humming the tune – Harold called out from the back row, I love that song!"

The choir started in 2017 with a family Christmas carols evening. A surprised audience were presented with a formal, coordinated and wellpracticed choir, instead of the expected informal family singalong. Visiting family members were emotional when they watched their cherished elderly relatives sing.

#### CONTINUED ON PAGE 8





### No Sale, No Charge... Can that be right?

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### **Burragah Adventures II** TOP OF THE TORRENS ART GALLERY

Burragah Adventures II, is the first new exhibition to be featured at the Top of The Torrens Gallery in Birdwood for 2020 and a cheerful gathering of around 50 people were present at the official opening, performed by Bron Spartalis, on Sunday February 2nd.

In addition to commending the Burragah Art Group on their vibrant and diverse display of work, Bron also spoke about how she is intrigued by not only how artists interpret what they see, but also how we as individuals see and interpret colour so differently.

Visitors to this exhibition will be treated to a visual feast with the works on display encompassing many styles, medium and subject matter.

Acrylics on canvas range from a petite quirky 'Laughing Emu' by Nancy Nieuwenhoven, to large abstracts from Cheryl Shammall, Margaret Tuckey and Barry Maguire. The diversity of this medium is further demonstrated in works covering an array of subject matters by Jan Henningsen, Ann Davenport, Mary Larkin and Jutta Prus.

Lovers of watercolour will be taken on a journey through landscapes and gardens, be invited to afternoon tea, on fishing trips and walks in the rain by Peggy Hayden, Judith Strikis and Margaret Tuckey.

Peggy Hayden has also chosen oil paint as the best medium to capture a visit to Tuscany, with Margaret Tuckey and Margaret McKenzie likewise with doing landscapes closer to home

Alison Carter elected



team watercolour to with ink for her two large free flowing landscapes.

A mix of media has been used by Ann Davenport in her piece What's ahead'. Ann has offered to donate the proceeds from the

sale of this piece to a local bushfire relief fund.

The Burragah Art Group meet each Wednesday at the Burragah Recreation Centre in Modbury North. Its aim is to improve and develop members' artistic skills, allowing them to paint and learn from each other while enjoying their company around a shared interest

The exhibition will run through until Sunday 29<sup>th</sup> March.

Top of the Torrens Art Gallery and Gift Shop, is open Wednesday to Sunday 11am - 4 pm. 9 Shannon Street Birdwood (adjacent the National Motor Museum).

#### What's on at **Torrens Valley Community Centre**

Writers Week Live Streaming Mon 2-5 March

During Writers' Week some of the selected sessions will be live streamed and available for watching at the centre. Bring some friends along, have a coffee and get immersed in Writers' Week. ★FREE. No bookings required. 9:30am - 2:30pm

Hand Built Clay Homewares\* Friday 13 March, 20 March & April 3rd Learn the art of hand building with clay, in this relaxing, tactile and fun workshop series. Enjoy the daily use of homewares that you have crafted yourself, including mugs, utensils, vases and candle holders. \$45 for 3 sessions. 6:30pm - 8:30pm

Introduction to Mindfulness\* (4 session series)\* Mon 16,23,30 Mar & April 6 Classes provide support for participants to engage with, learn and integrate meditation and mindfulness into their everyday life to reduce stress, increase energy and enhance overall wellbeing. The classes support both beginner and experienced meditators. \$50 for the series, 7pm - 8:30pm

#### Build Your Own Bee Hotel\* Tues 31 March

Join volunteers from the Gumeracha Green Shed to build your very own bee hotel. Learn some trade secrets and get the satisfaction of building something memorable yourself. Suitable for adults and children aged 8+. Children must be supervised by a parent/guardian for assistance during the workshop, Please wear closed toe shoes and have hair tied back.

#\$15,4pm - 5:30pm

All bookings via: adelaidehillcouncil.eventbrite.com or call.



**Torrens Valley Community Centre** 45 Albert St Gumeracha 8389 1711 tvcc@ahc.sa.gov.au ahc.sa.gov.au





# **Gardening after fire**

Workshops for gardeners affected by the Cudlee Creek bushfire

Losing a garden in a bushfire can be devastating and yet with the right soil remediation and planning, gardens can be rebuilt and thrive.

Join Sophie Thomson and invited guests for a workshop that will look at:

- the importance of gardening
- looking after yourself and your community
- revegetation and weeds
- how to restore damaged soil
- plant selection
- sustainable garden design
- starting again.

#### Friday 28 February

11 am – 3 pm Environmental Services Centre Springs Road, Mount Barker

#### Saturday 21 March

11 am – 3 pm Lobethal Centennial Hall 36 Main Road, Lobethal

Lunch is provided, please let us know of any special dietary needs.

Please bring a notepad and pen to take notes.

Cost: FREE

Bookings: gardeningafterfire.eventbrite.com.au

Enquiries: urban.sustainability@sa.gov.au or 8272 9100

Workshops are supported by the Adelaide and Mount Lofty Ranges and South Australian Murray-Darling Basin Natural Resouces Management Boards through funding from the NRM levies.





Natural Resources Adelaide and Mt Lofty Ranges



Natural Resources SA Murray-Darling Basin Along The Grapevine | February 22nd to March 6th, 2020 | Page 7

### Dog Show returns to Gumeracha Market Continued from page 1

We also want them to come and see how this town is changing. It is still relaxed, but there's so much more to do and see here now,' says Ms Barber.

Markets will be held this year on 29 March, 31 May, 30 August and 29 November with proceeds from stallholder fees donated to the Gumeracha CFS.

The March Market is being held on Sunday 29 March, 10am-2pm, Federation Park Gumeracha with market stalls, the fun Dog



Market founder, Elizabeth Barber.



Show and a visit from the Easter Bunny.

Stallholders who would like to apply to hold a stall are asked to visit http://www. gumerachamainstreet. com.au/fifth-sundaymarket/

People are invited to stay up to date via https://www.facebook. com/GumerachaFifth SundayMarket

Advertise

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Minimum booking of 6 issues (3 months)

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We would love to have you come and join us for the next **Gumeracha**, **Forreston & Kenton Valley** group meeting, which is on Monday, 2<sup>nd</sup> March at 7.30 pm in the Police Station, Albert Street, Gumeracha.

For more information please contact Paula on 8389 1395.

### Rotary Self Defence for Women & Teenage Girls

at the Birdwood Community Hall beginning Friday February 28th.

This 5 week beginner's course will be presented by members of the Barossa Districts Freestyle Martial Arts Club and is sponsored by the Rotary Club of Onkaparinga (Lobethal).

Very experienced instructors, two female and one male, will teach you how to confidently defend yourself with strikes, escapes and awareness.

This will be a safe, accessible and inclusive environment, where you can learn to feel safer and more self reliant!

What should you wear? Sturdy T-shirt and non restrictive pants, eg. track suit.

**Cost?** \$5 per session payable on each night. Please pay in cash as there will be no eftpos. The cost is waived for those who need it - just talk to Denise on the night. **Age?** Catering for women and teenage girls 13 to 100! **Where?** Birdwood Community Hall next to the Birdwood High School. **Time?** 7pm to 8.30pm. **Length?** The course runs for 5 weeks (Fridays, February 28, March 6, 13, 20, 27).

**Do I need to prebook?** No - just arrive on the night, but it would be helpful to let Denise know that you are coming, just to give her some idea of numbers.

**Do I need any experience?** No experience necessary! **Do I need to bring any equipment?** No. Any equipment needed will be supplied.

How fit or strong do I need to be? The level of instructions will be adapted to your age and physical ability.

#### For further enquiries: Denise 0417 822 983



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## **Gumeracha's Happy Songbirds Choir**

#### Continued from page 3

Charmaine said. 'This choir brings a sense of purpose, a love of music and lifts their spirits.

Pauline Conlay and Lesley Goulden are the Lifestyle Team at Glenview Homes Gumeracha Hospital. They said, The residents love the uniform, the people and none of them like to miss choir practice.'

At 101 years old, Dorothy is the wisest member of the choir and thoroughly enjoys singing. She said they had a piano at home and all the children stood around singing while Dorothy's grandmother played. We filled up the veranda there were so many of us,' Dorothy said.

She talked about the diffi-

culties of understanding today's technology, but when the topic turned to the Happy Songbirds her eyes lit up, she said. The Choir is good because the music is familiar.'

Dorothy likes the people and gets pleasure out of being together. Her favourite song is "When You're Smiling" because, as she says, 'It's meant for everyone: every nation and every person.' She said it gets the message through to people about trying to do the right thing.

The Choir's first performance 'on tour' was at Eldercare's Sash Ferguson facility in Mount Barker, where they were treated to high tea. Their second performance was at Mount Pleasant Hospital's aged care facility, and then to the Kapunda Homes aged care facility where they also stayed for morning tea and lunch. The most recent performance was at Strathalbyn & District Aged Care Facility, where they were received with such gusto and toe-tapping delight that everyone's spirits lifted.

'All the residents mixed and mingled from the different facilities,' Pauline said, 'and the next step is inviting them all back to us to perform at home and provide our own high teas.'

With the plan of hosting future in-house performances. choir member. Hazel. decided to enjoy her legacy rather than leaving it behind. Hazel generously purchased a 36piece china tea service and serving plates for the choir to host their own high teas.

The Happy Songbirds, aptly named by the residents, bring cheer to all with so many positive songs that bolster the spirit - we wish them well for future performances.

The Happy Songbirds choir performing at the Mount Barker Sash-Ferguson Eldercare facility. Photo courtesy Glenview Homes Gumeracha.



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#### COMING EVENTS



LYNDOCH COMMUNITY MARKET - 2nd Saturday of each month, 10am-3pm, Lyndoch Institute. Books, olive oil, papercraft supplies, greeting cards, jewellery, candles, wooden boxes, fruit & veg, plants, microwave cosies, home sewn items, artwork, homemade biscuits, honey, Farmhouse Bakery, sausage sizzle and entertainment live from 11am. New stallholders wanted. Public Liability insurance required. Find us on Facebook. Enquiries 0412 219 742

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**CORRECTION** -The Annual General Meeting will be held at the Clubrooms. Pentelowes Road, Mt Pleasant, on Sunday 23rd February at 2pm. Followed by a BBQ and video of 2019 plays. All members and guests welcome. Further info: Meg 8565 2171

Lions mammoth Leap Day (February 29) book shed sale. Angaston Show -Angaston Rec Park, f r o m 9 a m . Thousands of cheap, pre-loved books, DVDs, CDs, jigsaws. Ph: 0438 809 211.

Indoor/outdoor stallholders wanted (craft, plant, therapeutic, hobby, bric-abrac, home products - sorry, NO food) -Angaston Lions annual Easter Fair, Angaston Town Hall, April 12. Enquired to Kate: 8562 1058.



Dru Yoga with Vanessa. Tuesday evenings at the Birdwood Institute. 6:30-8pm. Find peace and stillness with gentle, flowing movement and deep relaxation. Contact Vanessa on 0402 603 498.

Partnership to Independence - As John Lennon's song says - Imagine. Imagine how you would love your professional life and don't give up until it's done. Merydith Willoughby - 0435 086 641, can assist you to develop it.

MUSIC LESSONS, KERSBROOK. Piano/ K e y b o a r d / M u s i c Theory. Dawn Cowling. Associate member of the Music Teachers Association of SA. 0427 170 082

#### FOR HIRE or RENT



**Gumeracha Town Hall** is available for Hire for your Function! Please contact Mr RJ Brooksby OAM on 8389 1418 for details. Hall for Hire. Consider the RSL Hall, Wattle Street, Lobethal. Competitive hall hire rates, new Diggers kitchen, new equipment and amenities, air conditioned. Bookings – Dave on 0428 541 107



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