

Woodside Primary School's

SALA

By Kendrea Rhodes -Every August for the past seven years, the walls of Balhannah's Olive Branch Café have been awash with the inspiration, dedication and community spirit embodied in Woodside Primary School's annual SALA art exhibition.

"This is Us" is the 2021 exhibition that explores several techniques, artists and events like recent bushfires and covid lockdowns. The sense of place is strong in this exhibition, representing Adelaide Hills' homes, communities, environments and history.



Year 5 and 6 students from the Woodside Primary School, with their Hills themed artworks. The school's "This is Us" SALA exhibition is at the Olive Branch Café, Balhannah, for the duration of the SALA festival. Photo courtesy Anne Griffiths.



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"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.

INCONVENIENT TRUTHS: In 1989 Al Gore began a campaign aimed at alerting the public to what he saw as an increasing "planetary emergency" due to global warming. A documentary of his campaign was made into a film in 2006. The film was fittingly called AN INCONVENIENT TRUTH: Initially he was ridiculed, mocked, and ignored; accused of scaremongering by those who didn't want to know. 30 years on, those who deny what is now considered "scientific fact" are the ones who are ridiculed and mocked.

Another "Inconvenient Truth' for many is the COVID-19 virus. Only last week a man was arrested in NSW. His crime, ignoring the health directives regarding travel and mask wearing, His defense, he didn't believe in the COVID virus. He is certainly not alone in his belief, despite the deaths of over one million people from it.

It has been well said that there is

none so blind as those who refuse to see.

Another "Inconvenient Truth" is that we all have an appointment with death at the end of this journey we call life. Some of us may see it coming and others will be caught by surprise, but the result will be the same. It has been well observed that Funeral Directors always have someone in need of their services.

The ultimate "Inconvenient Truth" for some, perhaps most, is that Jesus Christ lived, died, and rose again from the dead, and that those who place their faith in Him will also rise from their deaths to live forever. In fact, the Scriptures tell us that if we believe in Jesus, we will not experience death at all, but simply move on into another realm.

Many people find this a very inconvenient truth, they prefer to believe that God doesn't exist, because they are determined to do their own thing, and they feel that God will only get in their way.

God's creation clearly witnesses to His existence. The amazing order and complexity found in living things is a very inconvenient truth indeed.

John 3:16 tells us, For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

I was twenty-seven when I realised that God was real and that I mattered to Him. I was working full time and building my house at the weekend, a very inconvenient time for me to become a Christian. But looking back, the timing was just right. Inconvenient or not, the truth is the truth. You matter to God, and He invites you to believe in Him. Jesus says, "And you shall know the truth, and the truth shall make you free."



THRIVE Trauma-sensitive mindfulness and movement helping rural communities

I don't feel quite right....I get stressed more easily....I don't feel as happy as I used to be...its harder to get a good nights' sleep.

If this sounds like you, you're not alone. These are very common experiences after facing a traumatic situation. It's not your fault.

It's how the human body works.

Let's explain. To threatening survive situations your body goes into a flight or fight response. You may feel this in your body as a racing heart, shallow and rapid breathing. tense muscles, or an upset stomach. This is your body preparing to protect you. Ideally once the threat has passed the system and the resets

restorative part of your nervous system kicks in to calm your body. Sometimes, such as after significant trauma or lots of challenging events. your system stays on alert. A minor event, or even a sight, smell or sound can trigger your protective stress system. Many months later your mind may still feel foggy. You may have difficulty concentrating and making decisions. You feel more may fatigued, fearful, sad or agitated.

There are different ways to reset the nervous system and everyone is unique in what they find helpful. Strategies may include exercise, time in nature, being creative, connecting with mindfulness others, a n d seeking psychological support. Over the last decade there has been a lot of research o n mindfulness and movement for traumarelated symptoms. These practices invite you to pay attention in the present moment in a gentle, curious way to help regulate body responses, provide more choice in how you respond and activate positive emotions.

Georgie Davidson and the Lobethal C o m m u n i t y Association would like to invite people from the Lobethal and surrounding districts to attend a free session.

THRiVE: at the Lobethal Reception Centre, on Thursday, September 18th, 7.00pm to 9.00pm.

Georgie Davidson h a s t a u g h t mindfulness for many years to different groups including paramedic students, military veterans and people with chronic pain.

She worked as a physiotherapist in Lobethal from 1998 to 2018. For more information and to b o o k, e m a i l georgie@georgie davidson.com.

*Please note this approach does not take the place of individual support provided by mental health practitioners. You can call Beyond Blue on 1300 224 636 or Lifeline Australia on 131 114 for support. ONKAPARINGA WOOLLEN MILL MUSEUM Inc

ANNUAL GENERAL MEETING

Wednesday, 8th September, 2021 5pm

Board Room, Adelaide Hills Business Centre

82 Onkaparinga Valley Road, WOODSIDE

DEADLINE For next issue, ads & editorial

Tuesday, August 24th, 2021 Publication out

Saturday, August 28th, 2021

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At CE Property Group, we value the communities in which we work, live and play. We believe in giving back to our local community by supporting service groups, community events and local businesses as well as a variety of initiatives including our annual Community Calendar.

From 1 July 2021, we will be donating \$100 from every property sale to the Mannum RSL.

"In 1919, the Mannum RSL sub branch was established to support returned veterans and widows of ex-servicemen. This sub branch has been without a premises for almost 100 years.

The vision of the Mannum RSL is to have a Memorial facility where memorabilia can be placed on display and most importantly the names of people who enlisted in Mannum. It has been ascertained by the sub branch historian that Aboriginal people local to the Mannum area served in WW1 and onwards yet they remain unrecognised. A dedicated facility for the Mannum RSL would mean the traditional custodians of the land and Aboriginal members past and present who have served their country in the Australian Defence Forces will be recognised.

The Mannum RSL also provides a service to the community by working with the retirement village, mentoring students at the local school and supporting local community clubs."

(Information provided by the Mannum RSL Sub Branch Vice President in March 2021)

If you are part of a community group looking for support for an event or initiative, please call our office on 0488 972 888 and speak to Dee or Sherrie.

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20 Years of Service Appreciation – Zena Birtles

For more than 40 years, CE Property Group (previously Country Estates) has been providing a quality real estate service to people within the Adelaide Hills, Barossa Valley, Murraylands and the suburbs of Adelaide. With their mission 'to do real estate differently' the agency has been committed to delivering a more rewarding experience for their clients.

Agency owners, Mark and Deann Watkins, know their employees are their greatest asset and are the foundation of the agency's success, recognising that each person contributes unique skills and attributes to the team.

This month, CE Property Group wishes to acknowledge and express gratitude to Zena Birtles who has been an integral member of the team for 20 years.

Zena has lived in the Adelaide Hills for many years and originally joined the agency in Birdwood in August 2001 as a part-time HomeFinder; a position she excelled in. Zena has, over the years, built a special rapport with new and long-standing clients and she takes great care to understand and help people with her kind and compassionate nature. Many people have spoken with Zena at some point in



the last two decades and a conversation with Zena is easily remembered by her delightful English accent.

Over the years, Zena has seen the business and the real estate industry change. She has developed her knowledge and skills, and her role at the agency has diversified include critical administration to procedures and front office management. Zena is predominantly located at the Mannum office and will always greet you with a warm smile and kind words. Zena prides herself on her attention to detail and her commitment to keeping client information as up to date as possible. She enjoys supporting her team mates which is reflected in her loyalty, dedication and passion for her work and ultimately the agency's clients.

Mark Watkins, CE Property Group Director, stated "Loyalty is not just length of time, it's what you do within that time and Zena, who always goes beyond the call of duty, is the epitome of loyalty. Zena has such an amazing way of speaking with clients which puts them at ease. She is an absolute treasure to this team and we are very grateful that she has chosen to remain with the business over the course of time. We are also proud to watch her grow and learn as the years pass and look forward to working with her for many more years".

Zena, Congratulations on your 20 Years of Service! Thank you for the many years of service and your dedication to making the CE Property Group Mission, Vision and Values come true every day for every client.

CE Property Group have offices in One Tree Hill, Birdwood and Mannum and have been providing real estate services since the 1970s. Visit www.cepropertygroup.com.au for more information on their services and team.



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Woodside Primary School's

SALA CONTINUED FROM PAGE 1

"In the art room, we focused on the importance of our community at these times. How between home and school, children felt cared for and safe," said Anne Griffiths, art teacher at Woodside Primary School.

The students have taken inspiration from local and Aboriginal artists to make their own connections to Country using different artistic perspectives.

After looking at paintings by Gulumbu Yunupingu our Reception students work includes sparkling skies that represent all of us living under the same stars.

The Tjanapi Desert Weavers inspired the Year 3 and 4 students who created animals woven using sculptural textile techniques. The expressions and soft woven bodies of the animals are arranged in colourful display а representing the return of native fauna after the fires.



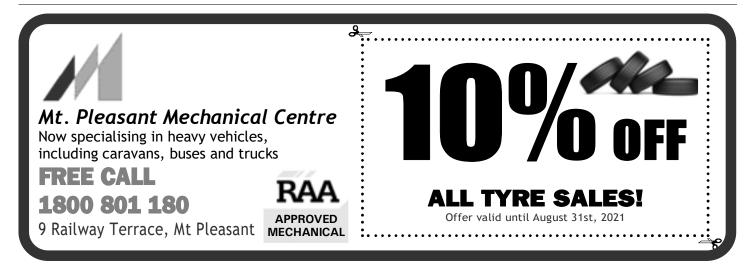
Anne Griffiths (art teacher, Woodside Primary School) and Nicole McIntosh (Olive Branch Café owner and chef) with some of the artwork from the School's "This is Us" SALA exhibition.

Other students looked at Hans Heysen's Adelaide Hills' gumtree patterns and made connections to Aboriginal landscape paintings. They also considered the shared goals of caring for Country through artists like Badger Bates.

"In teaching art, we have tried to make connections to how artists reflect on their environment rather than replicate the artists' work. We have looked at how we can interpret living in the Hills in our own way," Anne said.

The students also looked at the representation of social settings in Aboriginal art. They incorporate this not only in the artwork they produce, but in their methods and techniques of working collaboratively, and exploring and interpreting sites that are meaningful within their own community.

The exhibition will run throughout August at the Olive Branch Café, Balhannah Junction Shopping Centre. Masks are mandatory and there are seating limits due to covid restrictions, but the area is large and there are lots of opportunities to view the artwork. You can contact the Olive Branch Café on 8398 0009 or via Facebook.



CAN YOU HELP THE WOODSIDE CWA?

Woodside Country Women's Association is 75 this year. Started by local women in December 1946 in the Institute, the CWA has been a continuous presence in Woodside since then. Did any of your relatives belong to the Woodside CWA - a mother, sister, aunty perhaps? Do you have any photos or memorabilia you can share with us of Woodside CWA including handicraft from that period? If so, we would love to hear from you. Contact Mo Johnson on 0410 149 850 or Angela von Bertouch on 0411 424 822.



Lions Club of Torrens Valley members "manned" the Bunnings BBQ with 2 groups filling in the allocated hours.

Unfortunately, the Gumeracha Primary School Arbor Day did not proceed due to unforeseen circumstances.

The Club's work meeting was postponed

due to lockdown but has now been rescheduled and hopefully the Dinner meeting will proceed as normal.

Once again Club members will be at the Gumeracha 5th Sunday Market on 29th August. If you would like more information on what Lions do, stop by and have a chat with any of the members manning the BBQ.

Our support continues within our community, such as supporting the Community Pantry and helping those in need. The 5c & 10c drive continues with funds raised being donated to various groups within our local townships. Bowen & Massage

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Lobethal Archives & Historical Museum

Have you been in to see this marvellous little gem of a place at 50 Main Street vet? It's opposite the Post Office. up the driveway behind the amphitheatre. Yes, the red brick building on the left of the car park! It houses a huge array of early pioneer artifacts and memorabilia from Lobethal and surrounds.

The displays include:

• History of the Cricket bat factory which was situated on the Lobethal Bakery car park site

• Aboriginal artifacts from the Peramangk aboriginal families who moved through the Western Branch area near Goldings Winery

• Rare artworks made from fish scales. human hair and even feathers!

• Engraved crystal writing desk set presented to "Fritz" Eisenberg, the Lobethal man that invented fritz. He lived in the house on the corner of David Street and Main Road

· Household and kitchen wares that make our modern appliances look positively luxurious!

• Music cylinder rolls and player, a pump-style organ, plus sheet music & books

 Information on the life of Clara Serena Kleinschmidt. Lobethal's world famous opera singer of the 1930's, and recordings of her music. Her family lived in the Main Street

• Wooden and iron hand tools for making farm life easier in the new colony

• Huge library of antique books and photographs to peruse at leisure.

We also have an extensive collection of records for those wishing to delve into the history of pioneering families to the area.

Of course there's the little 1845 Lutheran Seminary cottage in its original state, taking pride of place under the main roof of the Archives building. We have much early Christian literature, including a set of books dating back to the 1500's!

And there is still so much more to capture your attention and pique your interest!

Sadly, the Museum is only open by appointment (contact Dianne: 0439 822 685) for a small donation, but we would love to open it on a regular basis at weekends for the general public if we can attract more people to help us.

The Museum is managed by a very small group of volunteers, who are enthusiastic and passionate about caring for Lobethal's history. We have some exciting new ideas in the pipeline, and grants for maintenance to apply for. We would LOVE to welcome anyone to join our group who share this passion! Here's how you may like to participate:

1. Our AGM is coming up on Sunday afternoon, 12th September at 2pm in the basement area of the Lutheran Church. You are most welcome to come along and find out what we do. Or just come along to say hi! We would appreciate your encouragement, comments, and fresh new suggestions.

2. We are revising our Membership List again, and for just \$20 / person or \$30 / couple per year, you become voting members at meetings. and will be kept informed of

.....

happenings at the Museum via newsletters.

Please fill in the form below and post to Box 156, Lobethal 5241 OR email your details as below, to bobandsuemiller@gmail.com if paying electronically.



Box 156, Lobethal SA 5241

OR

Lobethal Archives & Historical Museum

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Looking for something to warm you up on these chilly evenings? These meatballs are a family favourite and so versatile! I usually serve them with mashed potato and steamed vegetables or on pasta "Lady and the Tramp" style!

This is one of those recipes that tastes even better the next day! Rich flavours develop through time, making it perfect for a meal to cook ahead of time!

Ingredients:

250g beef mince250g pork mince1 large onion4 rashers of bacon1 teaspoon minced garlic4 slices of bread



 teaspoon beef stock powder
 level teaspoons mixed herbs
 Canned tomatoes
 can condensed tomato soup
 Olive oil Yolumn

Finely dice the onion and sit it in a large bowl with the minced garlic. Remove rind and finely dice bacon. Stack the pieces of bread and use a serrated edge knife to cut into small cubes. Mix the mince, onion, bacon, bread, beef stock and mixed herbs together. You will need to mix with your hands to thoroughly mix (disposable gloves are great for this and keep your hands clean!). Sit the mixture for 15 minutes, at room temperature, to let the breadcrumbs soak up the juices. Using a small ice cream scoop, or dessert spoon, scoop out even sized meatballs and place on a baking tray, lined with baking paper.

Heat a large frypan (I use a banquet sized frypan to cook a double batch) to hot, add olive oil just before you place the meatballs in and cook meatballs until the sides are mostly sealed. If there are any crumbs left in your frypan, pop them in at the end of browning the meatballs. Add the canned tomatoes, canned soup and two cans of water. Lower the heat and put the lid on, bringing to a simmer. Cook for 25 minutes, taking the lid off after 15 minutes to reduce the sauce. Add stock powder or salt to taste and serve.

* I use a ready made bolognaise mince that has the pork and beef minced together.

** Beef powder can be subbed for salt or even Vegemite.

*** Meatballs can be made smaller, by using a teaspoon and lowering the cooking time.

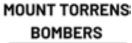
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TENNIS CLUB 'Mt Torrens Bombers Tennis Club AGM, Monday 23rd August, 7pm at Mt Torrens Clubrooms. We are seeking new senior and junior players for the 2021/22 season.'

Devonshire Cream tea with home-made scones and preserves served to you at our Community event in the Woodside Institute on Tuesday 17 August from 2.00 until 4.00 pm (doors open 1.30 pm). Come and celebrate Woodside's CWA 75th birthday and also meet Belinda from the Australian Lions Hearing Dogs at Verdun and learn about their special methods of training. Door entry donation to the Hearing Dogs. Covid-Safe. Raffles and door prizes. Information from Mo on 0410 149 850

POP UP Vintage Sunday OPFN 29th, August, 10am to 2pm. 18 Tuck Street, MT TORRENS. Ceramics -Retro – Glassware – Furnishings Kitchenalia. Card Facilities Available. New Stock In. Instagram @ popupvintagebyellen



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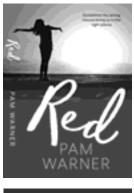
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