

## The Co-op offers a healthier lifestyle

According to a survey conducted by the State Government, rural South Australians experience higher rates of chronic diseases than metropolitan adults.

This can be partly explained by lower levels of exercise in rural communities and the prevalence of less healthy food options and lifestyle choices.

The Minister for Health and Well-being was in Nuriootpa late last year to announce the Co-op, in partnership with UniSA Health researchers, is the recipient of one of these grants that will be used to help improve health outcomes for the local community.

The first step in this programme is to obtain the views of the local community around better health choices and seek assistance in designing a community-wide programme to promote healthy choices in everyday life.

Residents in the local community are invited to participate in workshops to be held at the Co-op Fresh Foodland in Nuriootpa. These workshops are about 90 minutes in duration.

Participants will be asked about their past experiences with making healthier and not so healthy choices, and guided to create their own campaigns using innovative facilitation techniques.

It will provide better outcomes if the participants are a cross-section of all ages, gender and occupations.

The workshop dates are March 12 and 13 at 5 p.m. and 7 p.m.

If you are interested in participating, please contact The Co-op Member Services office on 08 8568 6001 to book your place.

# Community support set in stone



*In front of the wing wall, which forms part of the main entrance to The Barossa Cellar are Jani Mollas and Julian Luka, co-owners of Realstone, with Kirsty Heinrich, a stone donor to The Barossa Cellar.*

After a short break over Christmas and the New Year, it's all hands on deck at The Barossa Cellar, with completion expected in the middle of the year.

With plenty of hot weather to contend with, the Ahrens Group and a team of sub-contractors have made steady progress since picking up the tools again in January.

Key milestones in the construction of The Barossa Cellar have been achieved, including the waterproofing of the back wall and pouring of the Bondex slab roof over the wine vault and pallet store areas.

In the next few weeks this roof will be covered with soil, giving the effect that The Barossa Cellar is built back into the hill.

With approximately one third of the building underground, this will also assist in maintaining a constant temperature in the main wine storage areas.

Another significant construction milestone has been the completion of several interior stone walls by a team of stone masons from Realstone.

The stones were donated by Treasury Wine Estate from its Eden Valley vineyard and crushed and transported to site thanks to the generosity of Steve Falland from Barossa Quarries, Kleinig Earthmovers and Karu Harvesting.

Realstone is another of The Barossa Cellar's valued in-kind donors, whose generous support by providing discounted construction trades and services, has helped reduce the overall cost of The Barossa Cellar.

Realstone's co-owner, Julian Luka, said the stone wall at the back of the Grand Hall was approximately three metres high by 30

metres long, covering a total area of more than 100m<sup>2</sup>.

"The stone is natural bluestone from Barossa fields and we select the stones randomly and then shape them to fit in the puzzle," Julian said.

"Over the next few months we will complete 320m<sup>2</sup> of stone walls throughout The Barossa Cellar, which will use up 150 tonnes of bluestone."

Community support for The Barossa Cellar extends far beyond the donation of construction materials, trades and services. The largest contribution to the overall cost of the project is cash donations from local businesses, families and individuals, particularly suppliers to the Barossa wine community and Barossa wineries and growers.

Chairman of The Barossa Cellar, James Wark, said without these donations The Barossa Cellar would still be just a "crazy idea".

"We have been overwhelmed by the community spirit behind The Barossa Cellar which has made this project possible," James said.

"Cash donations range from \$500 to \$100,000 and we greatly appreciate and value them all.

As well as providing the funds to build The Barossa Cellar, many of these donations recognise the contribution of wineries, growers and suppliers to the Barossa wine community and they will become part of The Barossa Cellar's story in the years ahead."

Stone donors, Kirsty and Michael Heinrich chose to acknowledge their family's heritage

with their donation listed as "Heinrich Family, Hallett's Valley".

"Our family first arrived in the Barossa in 1849 and we became Stone donors because we wanted to recognise the earlier generations," Kirsty said.

"We also believe the Barossa Cellar will benefit future generations of growers, including our daughters Kate and Rosie.

"It is a wonderful celebration of everything that has been achieved by the whole Barossa community – not just growers, but those in production and bottling and other support services."

The Barossa Cellar now has 47 major donors, including Diamond, Platinum, Gold and Barossa Key donors; more than 300 Vine donors; and almost 100 Stone donors.

In total they have contributed more than \$1.3 million, with the Barons of Barossa providing an additional \$1.0 million.

James said, "The good news is that it's not too late to get on board and support The Barossa Cellar."

"We have a range of donor categories available, including Stones for \$500 and Vines for \$1,000. This is an opportunity to invest in the perpetuity of The Barossa Cellar and establish a generational connection by making a donation in the name of families, children and grandchildren, or in memory of loved ones."

All donors will be acknowledged on a display within The Barossa Cellar and on the website.

To find out more about The Barossa Cellar or to make a donation visit [www.thebarossacellar.com.au](http://www.thebarossacellar.com.au)

## Schools in Brief

### Student awards at St John's School

The following students received awards at St John's Lutheran School, Eudunda last week: Jessica Preston, Dougie Mosey, Demi Mosey, Charlie Ross and Jackson Schutz.

The Ace Action Award went to Ayla Schutz.

### Kapunda High School new Prefects

This year's Head Prefects at Kapunda High School are Cameron Schmidt and Chloe Dabrowski.

The Deputy Head Prefects are Corey Wall and Lucy Drewett.

### Bible Seminar - Europe's Future in Bible Prophecy

Daniel was a captive prophet in Babylon who outlined the course of future world history to the time of Jesus and beyond, but he was prevented from giving the complete picture as it would unfold to our day. The book of Revelation picks up the story in signs and symbols, given by Jesus to his servants, to show them things which "would shortly come to pass".

Daniel saw the end result of the prophecy in Chapter 2:44. "In the days of these kings, shall the God of Heaven set up a kingdom which shall never be destroyed". It can be readily shown that the time spoken of refers to the "latter days", and that "these kings" represent the nations of Europe which emerged after the Western Roman Empire dissolved.

The revelation of Jesus Christ gives us an amazing insight into the future of Europe as it continues to be governed economically by the "Treaty of Rome" and influenced religiously by the Church of Rome.

Europe's future is the world's future under the rule of Jesus Christ, who will establish God's Kingdom on this earth, as Daniel and all the prophets describe.

You are invited to join with the Barossa Christadelphians to hear more on this vital subject at the free Bible seminar:

**Greenock Institute Hall  
Cnr of Murray & Koncke Street, Greenock,  
Wednesday, March 13 at 8PM, God Willing.**

**@Barossa Christadelphians  
[www.thisisyourbible.com/barossa](http://www.thisisyourbible.com/barossa)**

## Mid Murray awards \$3,500 for Mannum and Swan Reach

The Mid Murray Council has awarded an additional \$3,500 in community grants this month, supporting two upcoming community events and a community sports facility upgrade.

A breakdown of the recent grants are: Mannum Rowing Club: Annual Regatta - \$500; Mannum Hospital Auxiliary: Mannum Hot Rod Show - \$2,000; Swan Reach Bowling Club: Shed floor and wall repairs - \$1,000.

The annual Mannum Rowing Regatta and Mannum Hot Rod Show are some of Mid Murray's emerging community events which help bring more visitors to the district, but often lack the funding to grow and develop.

This grant funding will ensure they can go ahead.

The Swan Reach Bowling Club has also received funding to upgrade its shed floor and repair walls, making the space more usable for its members.

Mayor Dave Burgess says the community grants help local volunteers bring positive projects and events to life, which not only help to grow the local economy, but also encourage positive social interactions locally and support wellbeing.

"The financial support we provide for community projects is enough to provide a small leg-up on things like maintenance, development and upgrades to facilities for sports clubs in

rural and remote areas – many of which act as a social hub for people who might otherwise be isolated.

"When it comes to events, things like the annual Rowing Regatta and Hot Rod Show in Mannum can bring a whole new group of visitors to our towns who are likely to spend money with our local businesses.

"There's also the chance they might like what they see, and then hopefully come back for a longer stay next time or tell their friends and family about our beautiful little town.

"The Mannum Hot Rod Show specifically is an example of a key event which brings in visitors from right across the State each

year, and most often results in overnight stays in our hotels, holiday rentals and money spent along our main street.

"It's also a chance for people to explore our River history by visiting the Mannum Dock Museum, or PS Marion."

These three will be the last grants awarded for Round One of the Council's Community Grants Programme. Round Two is currently open and closes on March 31.

"I'd encourage all community groups, with a positive project or event, to apply for the next round of Community Grants and take advantage of the financial support from Council," Mayor Burgess says.