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ISSUE 225 • AUGUST 2013

# Commuter trains back at last

*As long as you only want to travel to Blackwood: last three Belair line stations get short changed - see P3*

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**SPEAKING VOLUMES**  
 If anyone knows the history of Blackwood - it's Pauline Coulls (nee Hewett). She has lived in the area for over 80 years and was born in the family home before there was a hospital here. In conjunction with Mitcham Council, Pauline has been instrumental in producing an historical walk booklet that takes you around Blackwood sites. See full story page 4.

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# Family medical centre opens

A NEW family medical centre opened last month in Blackwood, helping to ease the pressure and demand for medical services in the Blackwood district.

Appointments at the Blackwood Family Medical Centre (BWFMC) are bulk-billed however, gaps may apply for some medical procedures. A general practice where you can choose your GP.

Open 7 days a week, the Centre is conveniently located on the corner of Shepherds Hill Road and Brighton Parade (across the road from Shell Service Station) allowing clients to park in the carpark next door or in near by streets.

"We have been really pleased with the support and glowing comments we have received from visitors to the Centre since opening in mid July," said Ms Jayne Illana, BWFMC spokesperson.

"On day one, we had 17 patients visit our Centre and each day since, numbers have been growing steadily."

The BWFMC is managed and run by a group of directors who have been operating other centres in the southern suburbs for 10 years.

The Centre is staffed by 6 General Practitioners with interests in general medicine, chronic disease management, primary health care, child and adolescent health care, and skin cancer.

Also on staff are a practice manager, three receptionists, and two registered nurses.

Other allied services includes health assessments, immunisations, skin cancer checks, pathology services, physiotherapy and psychology. They are an agent for Adelaide Pathology Services.

A visiting skin cancer and cosmetic doctor offers skin checks and treatments; anti-wrinkle injections and dermal fillers.

"We look forward to meeting many more Hills residents in the years ahead and welcome them to drop in, have a look at our new medical centre and we will be happy to answer any questions they may have," added Jayne.

For an appointment, phone the Blackwood Family Medical Centre on 8178 0087 any day of the week, or call into the Centre at 356 Shepherds Hill Road, Blackwood (next to Blackwood RSL).

## Diamond Skin wins slimming battle naturally

"AFTER working in one of Adelaide's leading cosmetic medical centres for many years, I decided the time was right to open my own practice," said Karen Le Seilleur, proprietor of Diamond Skin Solutions.

Karen, a Registered Nurse and Midwife with over 20 years experience, has lived in the Blackwood District for over 25 years.

"Like a lot of Hills residents, we were attracted to the natural environment and open space, the walking trails, and friendly community lifestyle here," said Karen.

Diamond Skin Solutions opened in Blackwood three years ago and with her business growing has recently moved her practice into new, modern premises at the Blackwood Family Medical Centre on Shepherds Hill Road.

They offer a range of surgery free, anti ageing and slimming treatments using advanced technology and naturopathic principles to create immediate results on the client's face and body.

Treatments for the face help to renew and revive a skin which shows signs of premature ageing, fine lines and wrinkles, sun damage, open pores and skin laxity.

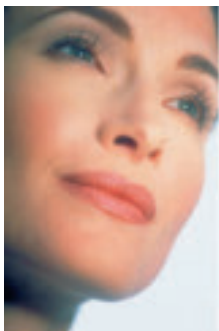
While treatments for the body can help with cellulite, inch loss and fat removal, toning and firming, and unwanted, excessive hair growth.

See the introductory offer in their advert on this page.

For more information, contact Karen on 0418 800 213.

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◆ Members of the Blackwood Action Group were out in force cleaning up Coromandel Station in readiness for the commuter trains return (from left): Geoff, Jenny, Rob, Andrew, Liz and Gwyn.

## LETTER TO THE EDITOR

### ◆ Food program survives

WE did not know what to expect when we approached The Blackwood Times to highlight an impending crisis in our Blackwood Food Program conducted each Friday night by the Uniting Church.

Following the article that appeared in the May edition, we had a huge response from people wanting to cook or host, or both on Friday nights. We now have enough for a whole new team to fill the vacancy left by long-time members of the program and perhaps to strengthen some of the existing teams.

It was heartening to see such a strong commu-

nity spirit, enthusiasm and generosity from the residents of Blackwood and surrounding environs.

We welcome Anthea, Athelie (Lee), Alan and Carole, Di, Elizabeth, Jessica, Katherine, Kristy and Rachel, and possibly more after all the police checks are completed. The first outing for the new team was Friday 12 July and, judging by our guests' comments, it was a great success.

Thank you so much for your assistance without which we would not have achieved this outcome.

ciao

**Roma Muzzatti  
Blackwood**

## Funding gap mothballs new CCTV system

BLACKWOOD has a fantastic CCTV security system, but not enough money to run it properly.

The system was funded by a Federal Government Safer Suburbs grant to the tune of \$100,000, and it has been operating for 18 months.

But it will cost about \$100,000 every year to keep it running, and so far, there is no money to do that.

Blackwood Business Network president and Mitcham City councillor Jane Silbereisen said the original funding proposal had a future funding strategy.

One of those plans was a levy on Blackwood businesses to pay for the extra security.

Council surveyed local businesses owners, who were supposed to pass the survey on to tenants, and the answer was an overwhelming disinclination to pay higher rates to cover the security system.

"That showed they did not support the levy and we have to stand by that," Cr Silbereisen said.

But she was confident that private responses suggested the support, particularly from tenants, was higher than the council's results showed.

The group is now going to set up an independent security committee for the precinct to man-

age and oversee the security program.

"It will be looking at other funding options, including applying for grants," she said.

To maintain the system, they need to pay for people to maintain the equipment and monitor the footage, and other costs like insurance and broadband. There are 20 cameras and eight broadband sites. All of this adds up to about \$100,000 pa.

While the system has used many volunteer hours for support, "we need to employ someone for around five hours per week to manage and maintain equipment, and locate footage for police," Cr Silbereisen said.

But she said the system is working, and a report showed that the trends of vandalism and crime in the area were declining.

"The response from traders is that they appreciate the program and know it's reducing vandalism in the area," Cr Silbereisen said.

She said while the police had been the first port of call for greater security, "the Sturt police have to cover from Hindmarsh to Hallett Cove and up to Blackwood. The area does not have a café and entertainment culture and is not on a major route, so police are not regularly passing through. They have to deliberately come up here, which makes us very vulnerable," she explained.

# End of Belair line gets raw deal Commuters demand say on schedule

LOCAL commuters want to have their say over the new Belair train timetable, before the "temporary" set-up becomes permanent.

Blackwood, Belair and Districts Community Association (BBDCA) chair Heather Beckmann is calling for a "full community consultation" with Adelaide Metro and the Minister for Transport so long-suffering commuters can raise their concerns.

Frustrated train travellers were pleased to see the trains were due to return on July 14. But that was the day commuters were hit with fare rises which take a single trip up to \$5, or \$3.29 if a metrocard is used.

It was also the day the trains didn't go back. Signal failures kept the trains delayed for a week after the expected date. A Department of Transport, Planning and Infrastructure spokesperson apologised for the inconvenience but said that "safety was the highest priority".

The new train timetable includes more services to the Belair line. But three trains in the morning and five in the evening will only go as far as Blackwood, leaving Glenalta, Pinera and Belair

residents waiting half an hour for services at peak times.

Ms Beckmann said she could understand that the early end shaved minutes off the trip, "but it seemed a little unfair to those people at the end of the line. And it will be hard for those who have to make connections with other trains or buses at the other end."

Ms Beckmann said the BBDCA is particularly concerned for schoolchildren going to St John's and alighting at Belair, and those getting on at Belair to go to Blackwood High School.

The DPTI spokeswoman said the timetable would need to be readjusted in November, to account for a new station at Wayville.

She said the single line for the Belair train limited the ability to increase services, but "the new timetables have been designed taking into account patronage on bus and trains to enable optimal services" which means a 15-minute gap at peak times, as long as you only want to go as far as Blackwood.

She said "customers are able to use bus services from Glenalta, Pinera or Belair to transfer to high frequency train services at Blackwood."

And if you're interested, the reason for the six-month 'substitute bus' hike into the city has been for an upgrade of the signalling system, and a railway underpass at Goodwood, track upgrades from Goodwood to the city and a new station at Wayville, replacing the temporary Royal Adelaide Show station and the ageing Keswick station.

The line was closed for track work and replaced by buses in 2009, and Ms Beckmann said "past experience shows that it takes a long time to get back to the level of commuter use that existed before. But the more that we can use the trains, the more they will be viable."

She said the group had worried years ago that the final three stations would be shaved off the trip as had been done when the line used to go as far as Bridgewater in 1987.

But the storage sheds built at Belair would seem to indicate that it would remain the end of the line. Nevertheless the BBDCA will keep a "watching brief" on the trains and invites people who use public transport to comment on their use of the trains and their experience with the new timetable.

The group even requested re-opening the police station at Blackwood.

The BBN is caught between a rock and a hard place. Cr Silbereisen acknowledged that some businesses don't think they need it and shouldn't have to pay extra for it.

On the other hand, "people there on weekends have noticed a reduction in levels of crime and graffiti."

"It's valuable, we just need to find a way to keep it going." □

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50 years of wear and tear, patchwork repairs prompt landmark upgrade plan

# Memorial Hall refit call

THE Blackwood & District War Memorial Hall on Coromandel Parade is 50 years old and showing its age.

The popular hall is used by more than 500 people a week, for dancing and martial arts lessons, clubs and societies, plays and presentations and craft and art markets.

It is run entirely by an independent committee of volunteers - it is not owned by Mitcham Council and has to pay rates - and secretary Ms Jan Westley says the hall is in need of maintenance.

She said major expenses include an upgrade to the plumbing, as it contains three different kinds of pipes, from concrete to PVC, and the floor of the main hall needs replacing. The floor alone is expected to cost \$30-50,000.

The car park has also recently been upgraded, a major expense for the committee but not a revenue raiser for the hall, as plenty of people use the car park - but the hall committee makes no money out of it directly as there are no parking fees.

Ms Westley says the committee tries to keep hiring costs low to keep the hall accessible to as many community groups as possible.

Local service groups, Blackwood Rotary and Blackwood Lions have come to the party to help fund some of the much-needed works. Rotary



◆ Computer image of proposed Lions Peace Globe in front of Blackwood Memorial Hall

contributed \$4000 to the hall committee for the car park works in May.

Bernie Donohue, Lions Club member and coordinator of the Lions' Blackwood Hall restoration committee said the Lions gave \$5000 last month toward the car park and said the Lions "have taken it on as a major project.

"It's looking sad and tired and we want to raise it back to its former glory."

The Lions are also keen to revamp the front entrance and include a sculpture of a "peace globe".

Mr Donohue explained that the globe, around 2.5m in diameter and over 3m high, enclosed

## ANNUAL QUIZ NIGHT HALL FUNDRAISER

Held in the hall at 21 Coromandel Parade, Blackwood.

7 for 7.30pm start, bring your own nibbles & drinks, cost is \$10 per head and pay at the door. Support the ongoing maintenance and refurbishment of the Hall - get a table of 10 together or just come along and join in with others.

SATURDAY  
10  
AUG

☐ For more details or to book your table, phone Jan on 8278 2980.

## Walking tour book reveals historic village

by Annie Waddington-Feather

WALKERS can gain a fascinating insight into Blackwood's history with the publication of the Blackwood Historical Walk booklet.

Produced by Mitcham Council's Heritage Research Centre, the brochure outlines the walk which takes you through Blackwood's streets, highlighting diverse architectural styles and explaining Blackwood's historical aspects.

"The walk explores Blackwood from Coromandel Railway Station, along beautiful residential tree-lined streets with diverse architectural styles as well as through the business district where evidence of the early village businesses can still be found," confirmed a council spokesperson.

As well as explaining about the buildings, the brochure outlines Blackwood's history, which was planned when a new rail line was proposed through the Adelaide Hills in 1879.

In a bid to attract more people to the area, new residents to Blackwood were given a free first class rail ticket to the city for three years. Coromandel Station was established later, sometime between 1922 and 1926. Initially it was called Brighton Parade and changed its name to Coromandel Station after a naming competition. There was no platform, and passengers had to wave the train down to stop it.

One of the brochure's main researchers was Blackwood resident, Pauline Coulls. She is an original descendant of the Hewett family, who settled here in the 1880s, and it was her great grandfather who built many of the buildings around Blackwood. Several of these are featured in the booklet.

Pauline explained she had worked with another local historian, Maggy Ragless (now deceased), gathering information for the popular Blackwood Backwards tours which ran a couple of years ago. "The brochure just sort of evolved from them," she said.

Having lived in the area for more than 80 years, Pauline has seen a few changes herself. "It was just a little village in the 1920s," Pauline recalls. "There was no hospital so I was born at home, and I even had my tonsils taken out in the kitchen!"

Costing \$3000 to print, Council confirmed the latest heritage walk throughout historical Blackwood in the hills is proving to be extremely popular with the local community.

Even if you don't partake in the walks, this booklet makes for an interesting read on the history of the Blackwood district.

☐ The Blackwood Historical Walk booklet is free and available from the City of Mitcham Civic Centre, Blackwood and Mitcham Libraries, Mitcham Heritage Centre, Mitcham Toy Library, Council's website [www.mitchamcouncil.sa.gov.au/heritage-walks](http://www.mitchamcouncil.sa.gov.au/heritage-walks) or by contacting the Community Information Service on 8372 8812.

pictures entered by children in an annual competition and updated every year. He said the peace globe would be a fitting landmark for the hall as it was built as a war memorial and a symbol of the community's hopes for the future.

This month is the fourth occasion for A Boutique Life design market, on August 25, and the regular monthly market on the first Sunday of every month remains a popular drawcard.

☐ If there are any tradespeople that would be happy to give of their time to help refurbish the Blackwood War Memorial Hall, contact Jan Westley on 8278 2980.

help celebrate national Bushcare's Major Day Out

## BIG WEED FRONT - 8 SEPT 2013

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Trees For Life

a fun day out      a chance to meet others      help restore a site

share a sausage sizzle      spread the word about bush regeneration

help raise the profile

Getting there

option 1 - Drive yourself - UBD Ref: map 154, H8 - park in the reserve car park or along Northcote Rd

option 2 - TFL bus from Gepps Cross 8:30am - SEAT BOOKINGS ESSENTIAL

option 3 - TFL shuttle bus from Coromandel Valley Train Station 9:50am - car park (off Brighton Pde)

option 4 - Adelaide Metro bus (600B) from Marion Shopping Centre

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- Drinking water
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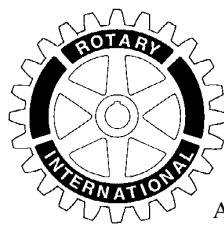
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# Heart and sole aid effort



IT is estimated that 300 million children and 1.5 billion people globally do not own a pair of shoes.

Blackwood Rotary, in conjunction with The Butterfly Movement Ltd (Soles4Souls Australia) are asking the public to help do something about this injustice.

The Butterfly Movement Ltd (Soles4Souls Australia) was established in 2011, collect gently worn and new shoes for children, women and men in need around the world, both in Australia and abroad, who are disadvantaged because they do not own shoes or have inadequate footwear.

"I am conscious that we all have things that we don't use anymore," said Barbara Chappell, President of Blackwood Rotary, "so I am asking people to donate shoes with a gold coin and we will put them all to good use".

Shoes (paired together with laces tied or a rubber band) and a gold coin (which helps cover distribution and freight

costs) can be dropped off at LJ Hooker Real Estate at 227 Main Road, Blackwood (opp. Coles) between 9am-5pm Monday to Friday from now until Tuesday, 13 August.

Gently worn and new shoes can include thongs, slides, dressier work shoes and sneakers; the only shoes not suitable are high heels, slippers or uggs, women's fashion boots and broken shoes.

Blackwood Rotary have invited Ms Dalice Kennedy, The Butterfly Movement Director and Chief Executive to talk at their 'visitors' meeting on Tuesday August 13 held at the Belair Park Country Club from 6.30pm for 7pm start.

The public are invited to come along and enjoy a two course meal while listening to the inspirational speaker.

Bookings are essential and tickets are \$23pp. Phone Jeff on 0433 149 977 or e: jpchunter16@bigpond.com

Visit [www.soles4souls.com.au](http://www.soles4souls.com.au) for more information on this worthy cause.

TUESDAY  
13  
AUG



Tanzanian children being fitted with donated shoes by Butterfly Movement volunteers

## Novel research reveals true artisan of SA settlement

AS a direct descendant of the original Watchman family, local author Dr Alan Watchman was keen to launch his latest book at 'home'.

A controversial historical fiction account of an early settler to Adelaide, No Time for Tears is being launched at the Duck Inn on Main Road, Coromandel Valley - the site where Alan used to live in the family home.

Forty years of research in Australia and Europe by Alan has discovered long forgotten information concerning the early days of settlement of South Australia.

"People have believed for many years that Colonel William Light identified the site and surveyed the land for Adelaide, but the real credit should go to his deputy, George Strickland

Kingston," explained Alan.

"This startling find comes from systematically investigating one of the first teenage Irish orphans sent to the new colony to work as a domestic servant as part of the Earl Grey scheme."

The book, No Time for Tears describes the horrific conditions in an Irish workhouse in 1847 caused by the potato famine and of the hardships suffered by the young women who left their remaining families for the opportunity to start new lives in a land they knew little about.

Alan wrote the book to tell one part of the many stories of the poorly recognised workers who helped build the colony of South Australia.

If you would like to attend the book launch and talk with Alan, come along to the Duck Inn on Friday, 16 August at 3pm.

For more information or to purchase a copy of the book, email: [alan.watchman@yahoo.com](mailto:alan.watchman@yahoo.com) or phone Alan on 0400 112 199.



## Costello visit to inspire vision of social justice

IF there is anyone who has looked for moments of inspiration in challenging times, it's been Tim Costello.

Upon commencing as Chief Executive of World Vision Australia in 2004, the devastating Asia tsunami struck on Boxing Day, prompting Tim to take a leadership role in the tragedy it was.

The leadership he showed at the time helped to inspire an unprecedented outpouring of generosity from the Australian public, with World Vision Australia raising more than \$100 million for tsunami relief.

"It is really great to have Tim Costello in Blackwood for the fourth time," said Brandon Chaplin, Senior Pastor of the Blackwood Hills Baptist Church.

"Tim Costello is one of Australia's most sought after voices on social justice issues, leadership and ethics, having spearheaded public debates on gambling, urban poverty, homelessness, reconciliation and substance abuse," added Brandon.

Tim studied economics, law and education at Monash University, followed by theology at the International Baptist Seminary in Rueschlikon, Switzerland. He also received a Masters Degree in Theology from the Melbourne College of Divinity. He also holds an Honorary Doctorate from the Australian Catholic University.

In 2004, Tim was named Victorian of the Year; in June 2005 he was made an Officer of the Order of Australia (AO); and in 2006 was named Victoria's Australian of the Year.

"Tim will be here in Blackwood on Sunday

Tim Costello engaging the audience at Blackwood Hills Baptist Church during last year's World Vision 40 hour weekend fundraiser



18 August - during the 40 Hour Famine weekend," said Brandon. "The Blackwood community has stood out in our nation for its support of the famine, and it will be a good opportunity to hear one of the most sought out speakers in our country on the issue of hope. We want people to be aware they are welcome to come and hear Tim."

Tim Costello will be speaking at the 10am service at Blackwood Hills Baptist Church on Sunday 18 August.

For more information about this or how you can support the World Vision 40 Hour Famine call the church office on 8370 0333.

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what's on this winter at a church near you?

### Fun for every age

Blackwood Hills Baptist Church  
10am/7pm Sundays @ 72 Coromandel Pde, Blackwood

You'll find a relaxed and friendly atmosphere at Blackwood Hills Baptist Church. There are people of all ages, relevant messages, great music and fun activities for the kids. Come visit us!

For more information, call 8370 0333 or visit the website [bhbc.org.au](http://bhbc.org.au).

### A family-friendly church!

Village Church - Melrose Park  
10:30am Sundays @ Edwardstown Primary School

Village Church has been meeting at Edwardstown Primary School since February 2011. We're a new and growing family-friendly church. We would love to have you join us!

For more information, call 8370 3256 or visit the website [thevillage.org.au](http://thevillage.org.au).

# Trees For Life sounds call to action on weeds

WEEDS are one of the most serious threats to Australia's natural environment.

Weeds are marching through our bushland, turning wildlife habitats into tangled, mono-cultural, wastelands. They displace native plants and animals, lead to species extinc-

tions and create bushfire risks.

But all is not lost - and there is something you can do to help the bushland in your local area.

On Sunday September 8 - coinciding with the national Bushcare's Major Day Out - come along and help *Trees For Life* create it's Big

Weed Front team in the unique and precious native vegetation at Karinya Reserve, Eden Hills.

At the inaugural event last year, more than 100 *Trees For Life* volunteers converged on a bushland site, forming a snaking line to push back the weeds.

This year, *Trees For Life* is inviting the public to be a part of it too.

With the community's help, working alongside *Trees For Life* volunteers, we can ensure Karinya's good bushland survives and the degraded bushland regenerates.

You'll be highlighting the serious

threat that environmental weeds are to our bushland and you'll be showing your support for the work that *Trees For Life's* dedicated volunteers do every day.

☐ Call *Trees For Life* on 8406 0500 to register for the event or for more information.

# Coffee and colour as salon, cafe unite

TWO Blackwood businesses have combined in the same premises to offer customers a unique experience.

A professional hairstyling salon has been joined by a local cafe to be able to give clients the opportunity of enjoying a great coffee while having their hair styled; or have a light lunch

after their hair appointment - all without having to leave the modern, spacious premises.

After starting together in a small salon 11 years ago, original owners of JTeetz Hair & Beauty, Judy Taylor and Michelle Collett are together again.

As their business grew they moved into larger

premises, and have been recently joined by My Garden Café in the Waite Street salon.

The cafe which is celebrating its first birthday this month is owned by Cherie Daniel, serving great coffee and specialising in gluten-free and homemade cooking.

From light lunches to homemade soups, devonshire teas to coffee and juices - you will find something to tempt your taste buds.

Also located in the premises are beauty services available at Beauty Bliss with Foulla on 0425 564 011.

An introductory offer to this new 'venture' can be seen in their advertisement on this page.

☐ To book an appointment with JTeetz Hair & Beauty, phone Michelle on 8370 2141; or for a coffee or tasty lunch call into My Garden Café at 10 Waite Street, Blackwood.

## JTEEZ

### Hair & Beauty

*Experienced - Friendly - Professional team of hairstylists*

## MY GARDEN CAFE

*Great Coffee - Tasty Lunches  
Homemade & Gluten-free available*

**NOW OPEN IN BLACKWOOD**

One of Blackwood's largest hair dressing salons has joined with a popular cafe to bring you a unique experience .... enjoy a great coffee or tasty light lunch after having your hair styled ... now all available in the one modern spacious premises

**FREE** During August every Hairdressing client will receive a free coffee of their choice at My Garden Cafe

**PHONE 8370 2141 TO BOOK YOUR APPOINTMENT**

**10 WAITE STREET, BLACKWOOD** (behind Foodland - opposite water Tower)



◆ Clients can now enjoy having their hair styled after a lunch and coffee, with My Garden Café (Cherie - standing on left) recently joining JTeetz Hair & Beauty (Michelle - standing on right) in the same premises.

## THE BLACKWOOD TIMES

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FREE

☐ Free community newspaper distributed during the first week in every month. Delivered to over 13,000 households and businesses in Belair, Bellevue Heights, Blackwood, Coromandel Valley, Eden Hills, Glenalta, Hawthorndene, 'Blackwood Park', Upper Sturt, Aberfoyle Park and Flagstaff Hill.

☐ Also available from Blackwood Library; Cellarbrations; Coles Supermarket; Belair Park Country Club; NewsXpress Newsagency; Joan's Pantry; Blackwood Fitness; Drake Foodmart; Belair Supermarket, Blackwood RSL, The Orchard Food Store, Upper Sturt Deli, Woolworths Supermarket, Coromandel Community Ctr; Iain Evans MP office; Blackwood Bowling Club, and Blackwood Recreation Centre.

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# WHAT'S ON IN BLACKWOOD & DISTRICTS

- ◆ **1 August**  
**BLACKWOOD MENS PROBUS CLUB** - meet at Masonic Lodge, Main Road from 9.30-11.30am. Visitors and new members welcome. Enquiries to Allen on 8278 2096.
- ◆ **3 August**  
**BLACKWOOD PLAYERS** - present 'Hayfever' by Noel Coward at Blackwood War Memorial Hall at 8pm. Tickets - only \$15 at door.
- ◆ **4 August**  
**SCOTT CREEK CHEESE & WINE AFTERNOON** - with 'The Fiddle Chicks' and OT. Held at Scott Creek Memorial Hall from 2-5pm. Adults \$16 byo wine.
- ◆ **4 August**  
**BLACKWOOD CRAFT MARKET** - from 10am to 4pm at Blackwood Memorial Hall, 21 Coromandel Parade. Admission is free. New stall enquiries to Kerrie on 0427 410 917.
- ◆ **4 August**  
**BOTTLE COLLECTION** - from 10am by Belair Scout Group. Collect all glass, soft drink cans & soft drink plastic bottles - from your driveway. Any queries phone Clare on 8370 3972.
- ◆ **4 August**  
**FOOD SWAP** - held at Blackwood Markets on Coromandel Parade from 10-11am. "Bring what you have and take what you need" - promotes the sharing of local homegrown surplus produce from veggies and fruit to eggs and seedlings. Phone Bridgett on 0432 034 310 for details.
- ◆ **5 August**  
**BLACKWOOD HILLS VIEW** - women meet for coffee at Cafe Primo at 10.30am. Just come along. Supporting disadvantaged children through The Smith Family. Phone Annelies on 8370 2528 for details.
- ◆ **5 August**  
**BLACKWOOD LADIES PROBUS CLUB** - meet at 4 Young St, Blackwood (Over 50s Clubrooms) at 10am. Guest speakers. Visitors & prospective members welcome. Phone Valerie Mills-Stacy on 8370 2674 for details.
- ◆ **7 August**  
**BLACKWOOD CIRCLE OF FRIENDS** - help refugees settle in our community. Meet at Blackwood Uniting Church near Blackwood roundabout from 7.30pm. New members welcome. Contact Carey on carey\_jo71@hotmail.com
- ◆ **7 & 21 August**  
**LIONS CLUB OF BLACKWOOD** - meet on 1st Wednesday at Blackwood Memorial Hall, 21 Coromandel Pde & on 3rd Wednesday at Belair Park Country Club, from 6.30pm for 7pm start. Prospective members and visitors welcome. Phone John Alexandrou on 8278 1230 for details.
- ◆ **8 August**  
**BREAST CANCER SUPPORT GROUP** - meet in local coffee lounge. For more details phone Jackie on 8278 5761 or 0431 967 153.
- ◆ **8 August**  
**HAWTHORNDENE MEN'S PROBUS CLUB** - held at Belair Uniting Church Hall, Sheoak Road, Belair at 9.30am. Monthly guest speakers. Visitors welcome. Inquiries: 8278 1964.
- ◆ **10 August**  
**QUIZ NIGHT** - fundraiser for Blackwood War Memorial Hall with proceeds going to help ongoing maintenance costs. Cost is \$10pp with 7 for 7.30pm start. Phone Jan to book a table and for details on 8278 2980.
- ◆ **11 August**  
**BUSHCARE WORKING BEE** - 'Red Gum Gully Our Patch' group meet at Cedar Ave reserve, junction of Miller Tce and Southern Ave from 9.30-11.30am. Day to learn from each other and care for our bushland. Wear sturdy shoes and hat, tools provided. New members always welcome. Phone 8370 2091 for details.
- ◆ **12 August**  
**BELAIR LADIES' PROBUS** - meet at Blackwood Uniting Church, opp Blackwood roundabout at 10am. We welcome prospective members and visitors. Phone Dianne on 8278 4294.
- ◆ **12 August**  
**EDEN HILLS COMBINED PROBUS** - meet at Blackwood Community Ctr at 4 Young St, Blackwood at 9.30am. Enjoy socialising with other retirees, listening to guest speakers, plus monthly outings. Prospective members and visitors welcome. Phone Secretary on 8379 2457 for details.
- ◆ **12 August**  
**CHERRY GARDENS GARDEN CLUB** - meets at 7.30pm in Cherry Gardens Uniting Church, Hicks Hill Rd. Each month a guest speaker and trading table. Enquiries to Lyn on 0400 290 521.
- ◆ **13 August**  
**SOLES4SOULS MEETING** - organised by Blackwood Rotary at Belair Park Country Club from 6.30 for 7pm. Public welcome to hear Butterfly Movement director Dalice Kennedy speak on her program. Cost is \$23 including two course meal. Bookings with Jeff on 0433 149 977.
- ◆ **13 & 27 August**  
**ADELAIDE HILLS TOASTMASTERS** - Affordable public speaking training & practice in a friendly adult group. Meet from 7.30-9.30pm. Enquiries to Annabel Price on 0402 767 535.
- ◆ **15 August**  
**FRIENDS OF STURT GORGE** - meet at Bellevue Heights Primary School. Phone Bob Grant on 7329 8296 for meetings and working bees. Visit www.fosg.org.au
- ◆ **15 August**  
**BLACKWOOD PHILATELIC CLUB** - meeting at Blackwood Uniting Church Hall from 7pm. Displays and sales of a wide range of Australian stamps, plus world stamps and phone cards. Prospective members and visitors welcome. Ph Jeff on 8278 1609.
- ◆ **18 August**  
**FOOD SWAP** - held at Artisans Cafe on Main Road (behind Bendigo Bank) from 4.30-5.30pm. "Bring what you have and take what you need" - promotes the sharing of local homegrown surplus produce from veggies and fruit to eggs and seedlings. Phone Bridgett on 0432 034 310 for details.
- ◆ **19 August**  
**BLACKWOOD HILLS VIEW** - women meet for lunch at Belair Park Country Club at 10am. Voices Interests & Education of Women. Bookings for lunch essential. Phone Annalies on 8370 2528 for details.
- ◆ **19 August**  
**BLACKWOOD COMBINED PROBUS CLUB** - meets at 10am in Blackwood Community Ctr, 4 Young St, Blackwood. Enjoy friendship of other retirees, guest speakers and outings. Prospective members and visitors welcome. Enquiries to Margaret on 8278 5250.
- ◆ **20 August**  
**FRIENDS OF BLACKWOOD FOREST** - Meet in Gamble Cottage, Main Rd, Blackwood at 7.30pm. If you want to help maintain this Recreation Park, phone Debbie on 8278 2941 for details.
- ◆ **21 August**  
**STITCHERS IN THE HILLS** - Patchwork and quilting group meet at 7.30pm in Church of Christ, cnr Shepherds Hill Rd & Waite St, Blackwood. New members always welcome. Enquiries to 8278 3569.
- ◆ **21 August**  
**BLACKWOOD WINEMAKERS & BREWERS CLUB** - meet at Blackwood Memorial Hall, 19 Coromandel Pde, from 7.30pm. Learn about wine-making and brewing, do an annual bottling and enjoy social activities. New members welcome. Ph 8278 6227 for details.
- ◆ **23 August**  
**COMBINED PROBUS CLUB OF COROMANDEL VALLEY** - meet at Belair Park Country Club at 10am. We welcome prospective members and visitors. Phone Denis on 8270 1548 or Ian on 8278 4325.
- ◆ **27 August**  
**BLACKWOOD FLORAL ART CLUB** - meet at Blackwood Uniting Church hall at 7.30pm. Demonstrations, workshops and information. Prospective members and visitors welcome. Inquiries: Judy on 8270 2491.
- ◆ **27 August**  
**FRIENDS OF BELAIR NATIONAL PARK** - FREE guided walk - ask at ticket office for free entry with 2pm start. Spend 2hrs learning about different plants. Enquiries to 8278 6736.
- ◆ **28 August**  
**ADELAIDE HILLS ZONTA CLUB** - meet at Belair Park Country Club for dinner at 7pm. An international women's service club advancing the status of women worldwide. New members and visitors welcome. Phone Doone on 8278 2676 for details.
- ◆ **Every Thursday**  
**LEARN TO DANCE THE EZYWAY** - classes held at Blackwood Uniting Church Hall from 6.30pm - Rock'n'Roll; 7.30pm - Dancers Course; 8.30pm - Advanced Dancers; and 9.30pm - Australian New Vogue Class. Phone Ron for details on 0412 699 646 or check out www.ezydance.com.au

# Action group push to engage community knowledge for master plan

THE master plans for the Blackwood district are being dusted off and revisited – and the community wants to be involved.

Last month, Mitcham Council narrowly rejected a proposal to revive the master plans which date back to the 1980s. There was also a major plan published in 1994, and revisited early this century.

However, Mitcham Council confirmed that councillors will be participating in a workshop to look at past

master plans. “From this workshop they will determine a way forward,” a spokesperson said.

The Blackwood Action Group (BAG) wants to get the community involved, and has written to Mitcham Council to ask that they consider how best to make the shopping and business precinct work for developers, traffic and pedestrians.

Andrew Tidswell, president of the BAG and an architect with an interest in urban planning and develop-

ment, said there had been many master plans for Blackwood and people feel they had “been there and done that. They think, ‘we have spent quite a lot of ratepayers’ money, why would be bother to do that again?’”

Mr Tidswell said he would argue that that was a fault of the plans; they were too ambitious, but they contain a lot which would still be valid.

“My opinion would be that you should revisit the essence of the plans, which involve sensible princi-

ples and look at where you can make a difference,” he said.

“They should pick out the essence of what Council can do, or what it can require developers to do, and at least develop a set of guidelines for the area.”

He said Blackwood is one of three district centres identified in the Mitcham Council area and as such, council has a responsibility to ensure orderly development in the area.

The Blackwood shops present

many problems, though, as there are a number of owners, rather than a single owner or developer responsible for the one area.

BAG has also asked Council if the community can be involved in discussions early on – there are many people in the area with useful information, Andrew said.

“Very often, councils feel they have to come with a concrete proposal, and by then it is too late to make changes,” he said.

# Wise words for juniors

## Footy club hosts ‘party wise’ forum for kids and parents

IT’S NOT just football that is on offer to young kids at the Blackwood Football Club (BFC); with a ‘Party Wise’ forum being held at the Club recently in conjunction with the Mitcham Council and hosted by the ‘Sammy D Foundation’.

This foundation, which was set up after Sam Davis lost his life to violence, encourages youth to reach their maximum potential and make safe and positive life choices.

“The ‘Party Wise’ forum was organised by the Junior Football Committee and revolved around the tragic consequences that had occurred to Sammy Davis at a party and how it affected so many peoples lives,” said Franca Williams, BFC Junior Committee member. “It gave very helpful tools for the young people to use to prevent this from happening to them and their friends.”

All BFC under 15 and under 17.5 players, and their parents were invited, plus anyone from the community who wanted to attend the free forum.

The forum was supported by a number of organisations including ‘Drug Arm’ who taught the young people about the different types of alcohol and drugs and the effects in the body.

Also in attendance were members from SA Police who informed the youth of the legalities associated with underage drinking and gave tips on how to organise and host a safe party.

While SA Ambulance guided the kids through what to do if they think someone needs help and



◆ Some of the people to attend the ‘Party Wise’ forum at the Blackwood Football Club were (from left): Geoff and Austin Cook, Ashley and Issac Gordon.

what the ambulance officers can do to assist.

“Comments after the event from both parents and the young people were very favourable,” said Franca, “not only about the quality of the forum, but grateful that the Blackwood Football Club and Mitcham Council had organised a forum on such a controversial issue.” □

## ‘Fiery women’ wanted for planning workshop

AFTER the tragic Wangary (Eyre Peninsula) bushfire in 2005, research was conducted into individual and family decision making by the Bushfire Cooperative Research Centre (CRC).

The results indicated, amongst other things, that women were largely absent from decision-making roles, and that families of volunteer fire fighters lacked training and understanding of bushfire safety due to the knowledge and experience of the fire fighter.

So the Community Engagement Unit of the SA Country Fire Service will be facilitating a ‘Fiery Women’ Workshop held on September 11, 18, 25, and 2nd October in the Coromandel Valley area and they are looking for 20 participants to attend.

The ‘Fiery Women’ programs are free and specifically designed for rural women who are often left on properties to defend on their own while caring for others, and offer women the opportunity to learn about fire safety and preparation in a non threatening environment.

□ For more information or to attend, contact Natasha at the CFS on 8212 9858; or 0428 114218; or e: community.ed@cfs.sa.gov.au

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**DATES:** 28 Sep, 12 & 26 Oct, 9 & 23 Nov

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# Blackwood Fitness Pool to Remain Open

Everyone in the Blackwood community can breathe a sigh of relief today as we have learnt that the Blackwood Fitness swimming pool will be remaining open.

It was thought for some time that the swimming pool inside Adelaide's largest 24 hour gym would be closing for unspecified reasons; however it would appear that this is not the case as Blackwood Fitness is now advertising that their pool is included with both their direct debit and 12 month full club gym memberships.

To play a part in this local development Blackwood Fitness has advertised that their "Swim School" is up for lease. This is great news for the hills and surrounding suburbs with our



very own swimming education for children happening on our very doorstep.

Blackwood Fitness is outwardly excited about the benefits that this will present to

both members and non-members of his gym. Classes such as Aqua Interval, Aqua Sculpt & Aqua Aerobics are the types of classes that are likely to be included in their memberships.

Situated on Main Road, Blackwood Fitness has quickly become the place to be seen when it comes to working out. With facilities that rival that of the most world class fitness centres, and a fantastic community vibe, it's easy to see why so many people have taken up memberships with them – although I'm sure their insanely low prices may have something to do with it!

For more information about the changes to swimming at Blackwood Fitness, see their website [blackwoodfitness.com.au](http://blackwoodfitness.com.au) or pop in to chat to a member of their delightful staff.

## EXPERTS CLAIM THE END IS NIGH!

According to experts that we've been in contact with, there may only be a few days left.

I am of course talking about the crazy Blackwood Fitness \$155 sale, which sadly comes to an end in the coming days. No longer will you be able to sign up for an all-inclusive 12 month membership featuring; 24 hour access, unlimited gym use, access to classes and now access to their newly leased out swimming pool – for only \$155!

Having done research into prices for gyms in the same area, this is a deal that no-one should pass up if

they're interested in getting the most out of their life through health, fitness and a sense of community.

Seniors can get involved with their many classes geared for those of us in our autumn years. Classes such as Strength for Life, Chi-Ball & Mature Moves are focussed on increasing fitness without strain on the body. After 'Strength for life' the seniors congregate in the foyer and enjoy a hot cup of coffee FREE of charge!

But it's not just a great price that you're getting. Members at

Blackwood Fitness also get; buy one get one free at Caffé Primo in Blackwood. Simply show your membership card to claim this great deal. This is a great example of a business working in synergy with the surrounding businesses. Convinced yet? Chat with one of their membership sales consultants on 8278 5388 for more information. Otherwise grab a membership today whilst the sale lasts and start your journey towards a healthier happier YOU!

- [www.blackwoodfitness.com.au](http://www.blackwoodfitness.com.au)

MEMBERS OF BLACKWOOD FITNESS GET:

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# Urban spirit team grows



◆ The Urban Spirit Hair team (from left): Isobel, Alecia, Tracy, Bianca and Taisha.

"LISTENING to clients needs is one of the keys to being a good hairdresser," said Tracy Jenner, proprietor of Urban Spirit Hair, who is celebrating 5 years of styling hair in Blackwood this month - see special birthday offer in their advert on this page.

With 29 years in the hairdressing industry, Tracy still loves hair styling and is passionate about her work, especially passing on her skills and educating the younger generation.

Tracy has taken on two school-based apprentices, with Bianca now completing her fourth year and Isobel from St Johns Grammar School to start full time in December as a first year.

Congratulations to Taisha on her pregnancy, and she will continue in the salon until the end of September, having 6 months off and returning part time next year,

Tracy is looking for another full-time hairdresser to join their highly skilled team - applicants please contact the salon.

"I have worked so hard on building the salon that I would like to spend more time with the family now," explained Tracy. "So we have recently purchased a home in Glenalta to be closer to work. I look forward to living in such a wonderful community now as well as working here."

Tracy is highly sensitive to color chemicals and has finally found a brand that she can use and not have a reaction to. "Whatever you may be sensitive to, I will try and source a suitable product for you - nothing we use is tested on animals."

Urban Spirit Hair has introduced their own signature 'organic' brand of products, while also adding the TIGI brand colour to their salon.

□ The salon is located at 183 Main Road, Blackwood (opp. Hungry Jacks). To make a booking for your next hair appointment, phone 8278 3142.

## Zen offers wine reward to 9th birthday diners

"TO celebrate our 9th birthday on Saturday 17 August, we are rewarding customers for their patronage by offering each table one bottle of red or white wine to enjoy with their meal," said Hung Lien, chef and owner of the House of Zen restaurant in Belair.

A special 'birthday banquet' is also being prepared which will only cost \$32 per head.

Hung is well known in the Adelaide restaurant industry, and has gathered many followers who come from the Hills district as well those who travel 'up the hill' to enjoy his delicious meals and friendly service.

And if you enjoy background music with your meal, come along to the restaurant on the following Saturday night, August 24.

A local group of jazz musicians have been playing regularly for patrons at the Belair restaurant for the past 7 years and proved to be a very popular drawcard.

Called 'Zen Buddy' (after the House of Zen), they now have a huge following and usually fill up the restaurant on the nights they perform.

Don't miss out - book your table today and join in the House of Zen's birthday celebrations on Saturday August 17, by phoning 8370 2333. Bookings are essential to receive the free bottle of wine offer.

□ The House of Zen restaurant is located in the Belair Vines Shopping Centre at 6 Main Road (opp Belair BP).

## Belair pro shop tees off under new management

"IT IS our intention to maintain and develop the Belair National Park Golf Course to the highest possible standard," said Mike Smith, who has been the resident Teaching Professional at Belair since June 2011.

In an arrangement supported by the Belair Park Golf Club and the Course Lessee, Mike has re-established the Pro-shop facility which has already been very well received by the local golfing community.

In re-opening the Pro-shop, and separating the golf at Belair from the hospitality of the Belair Park Country Club, both areas aim to raise the profile of the Belair Park facility as a whole, and provide an enjoyable and memorable experience worthy of local golfers' consideration.

"We want to ensure our Green Fee and Membership rates offer excellent value for money, and the products available through our Pro-shop are price competitive," added Mike.

He is the Golf Teaching Professional at Belair and a genuine local, having lived in and around the Blackwood area since 1962, was schooled at the Blackwood Schools, and commenced playing golf at the age of 10 at Flagstaff Hill Golf Club.

Support staff in the Pro-shop are also local with well known local player Brad Carman (the multiple Club Champion at Belair Park) and Mike's wife Cathy helping out.

The Pro-shop will also receive the occasional visit from Mike and Cathy's son Brad, who is a Tour Player on the PGA Latin America Tour, and previously played on both the Asian and Australian Tours.

"I believe, as the only Golf Course & Country Club facility of its type in the Mitcham Council area, we have a good deal to offer golfers as a local community facility, and hope to see you soon," concluded Mike.

□ To make a booking or for more information on the Belair National Park Golf Course, phone Mike or Brad on 8278 8991.



◆ Mike Smith (on left) giving a putting lesson to ex-international cricket umpire and Blackwood resident, Daryl Harper.

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**For all Golf Bookings and Enquiries call us on 8278 8991**



# Property bushfire rating

## put out

A PROPOSAL which could've seen the majority of property owners in Blackwood faced with a mandatory Bushfire Rating of their property was rejected by Mitcham Council recently.

Instead of lobbying the State Government to investigate the legislation further, Council voted to write to the State Government requesting it to investigate and consult widely with the community on ways to increase community awareness of bushfire risks in bushfire risk areas.

Aimed at informing potential buyers of a property's bushfire risk, it was envisaged the Bushfire Risk certification would involve a checklist relating to water supply, gutters, fuel loads and vegetation clearances. In a report to Council, it stated the certification could be seen as a marketing tool to assist with property selection and sales in situations where the property in question offers a high standard of fire protection with reduced risks.

However, local real estate businesses weren't convinced the legislation would be a good thing and welcomed Council's decision.

Peter Alexandrou of Harris Real Estate said the legislation would've been another cost to the vendor. "From a practical side look around, this is a high risk area," he said. He also highlighted you'd need certified people to do it - adding another cost to the legislation. Plus it could take

time to get the certification which would hold up sales, particularly for people who needed to sell quickly.

Principal at Harcourts Blackwood Peter Jeffrey added it's always been the buyer's responsibility to make their own enquiries about a property. "Bushfire risk is already included in a check list of what buyers should consider when purchasing a property," he highlighted. "It would've been more red tape and would've been unnecessary."

According to Council, there are approximately 12,000 properties within the City of Mitcham in Bushfire Risk Areas, the majority of which are situated in the Hills. It spends over \$650,000 annually on Bushfire Management/prevention and visits over 2200 properties each year, including visiting properties as part of the issuing of Burning Permits.

For more information about how to make your property less vulnerable to bushfire attack and for other bushfire advice visit: [www.cfs.sa.gov.au](http://www.cfs.sa.gov.au)

## Rubbish burn ban

BACKYARD burning is banned throughout the Mitcham Council area, however, residents who live in 'high fire risk' areas can apply for a burning permit, subject to seasonal conditions, to burn green waste material for the purpose of fuel and fire hazard reduction.

To apply for a permit, you can go on-line at [www.mitchamcouncil.sa.gov.au](http://www.mitchamcouncil.sa.gov.au) or visit the Council Customer Service Centre or call 8372 8888 to have the information and application sent out to you.

However, you must live in Council's high fire risk area; be conducting fuel and hazard reduction work; material to be burnt must only be green material; and material must be dry and ready to burn.

Permits are free, and issued upon property inspection by the Council's Fire Prevention Officer and you must adhere to all the conditions on the permit. They are only issued after the Fire Danger



It is illegal to burn rubbish or green material in the open within the City of Mitcham without a permit

Season until it becomes too dangerous to burn - usually in November.

For more information about burning permits or bushfire prevention, contact the Council's Bushfire Prevention Officer on 8372 8894.

## Pet door adds style, security

LOOKING for a modern stylish pet door for your sliding door that will not only keep your four legged friend happy, but compliment the appearance of your home.

A South Australian company has been manufacturing these pets doors since 2005 and offers a 2-year warranty on their products.

"Keeping things local means we can maintain excellent quality control; prompt delivery; provide customer service and spare parts back up," said a company spokesperson.

"Also we use a one-piece frame because it is superior in strength and allows for all the important security and design features."

The door with the pet flap is screwed securely and neatly in to the sliding doorframe with a door jamb bracket and specially designed fixing points concealed within the top of the pet door. A secure installation means locks can be easily transferred on to the pet door or screen adapter.

There are four different size flaps available and the doors come in 4 colours (cream, white, black and silver).

For more information on pet doors for sliding doors, visit [www.modernpetdoors.com.au](http://www.modernpetdoors.com.au)

Also to view the pet doors locally, go to Blackwood Pets, 10 Waite Street. or phone Paul on 8278 6814.



The pet door for sliding doors offers a clean stylish looking addition to your home

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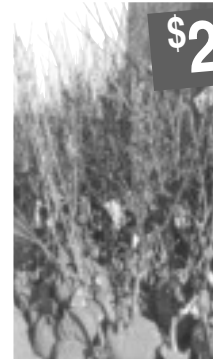
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\*Specials valid to 17 August

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3. First correct entry drawn is winner and will be notified by phone.

1. Who can cut most makes of 'transponder' car keys?  
.....
2. Where can you purchase ready made meals?  
.....
3. What two shops have relaunched as one?  
.....
4. When does the Toyworld "1/2 price or less" catalogue sale start?  
.....
5. Who is holding a massive 1/2 price sale on all winter stock?  
.....
6. Which store is offering a 'Loyalty Card'?  
.....
7. What does NewsXpress Blackwood sell to 'feed your printer'?  
.....
8. What special can you get at Cafe Montagna on a Wednesday night?  
.....

NAME: .....

PH. NO. ....

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# Elite lights the way home

HOW often do you check whether the lights on your car are working correctly - headlights, indicators or taillights?

"Without fail, every night I drive home from work, I see many cars with only one headlight operating," says Barry Kidd, proprietor of Elite Auto Electronics.

"It's actually very dangerous to drive with only one headlight. Not only is the road vision poor, but it can look like its a motor bike coming along - and its only when you get very close to the vehicle that you realise its actually a car!"

Elite Auto Electronics carries a wide range of Phillips globes and accessories to repair most problems. They also have state-of-the-art headlight alignment equipment.

So while you're there getting your globes checked and changed, make sure your car's headlights aren't "blinding" other motorists on the road. And if your headlights have a 'yellow' tinge to them they are probably getting passed their 'useby date' - and during winter your headlights need to be in sound working condition.

By simply changing to brighter globes you can increase road visibility at night by up to 40% with the headlights shining further.

"We have an ongoing commitment to have our customers driving safe and reliable vehicles," Barry said.

☐ Make an appointment today to have your cars lights tested and checked by Elite Auto Electronics - phone 8370 0288; or just drop in to Stirling Road, Blackwood.



◆ Barry from Elite Auto Electronics checks the headlight alignment on a customer's 4WD after fitting brighter lights

## Dyno experts drive Hills safety

"AS a family owned business, we pride ourselves on giving the very best in car servicing and automotive repairs," said Ricky Monserrat, proprietor of Blackwood Dyno Tune & Service.

"This month we are celebrating 20 years of looking after Hills motorists and their vehicles with good old fashioned customer service."

"We started in smaller premises across the road in 1993 and as our business grew we moved into our current building to meet the demands of our customers and their cars," explained Ricky.



"Over the years, car technology has changed dramatically to include more computer controlled devices; so we have added auto electrical services to our workshop." Blackwood Dyno Tune & Service is a

Repco authorised service centre where their technicians are trained under a Repco program and constantly updated on new cars and equipment at regular workshop clinics.

"Our mechanics are quite happy to talk to you about your car and discuss any problems. We are also fully qualified to carry out new car servicing to maintain the 'log book' warranty," added Ricky.

☐ To book your car in for a repair or service, phone Blackwood Dyno Tune & Service on 8370 3450. They are located in Stirling Road, Blackwood.

## Oil sludge clogs 'car-teries'

IN the same way that cholesterol clogs the arteries of your body, oil sludge is a gel that sticks to engine parts and prevents the normal flow of oil throughout the engine.

Sludge is caused by the breakdown of over-stressed oil in an engine - if not treated it can severely reduce the lifespan of an engine.

The build up of sludge can be caused by short trip driving and regular high temperature operation, poor oil quality, contamination of the oil system, or poor air flow into the combustion process.

Modern engine design, with smaller sumps and extended oil change intervals can also be a contributing factor.

You can minimise the risk by tailoring the vehicle service intervals to match the way your vehicle is driven and to insist that a good quality oil of the correct grade is used. Also, the fitting of a quality oil filter at every service will help ensure that no contaminants are left in your engine.

Regular car servicing can improve the reliability and safety of your vehicle and enhance its longevity.

☐ Information extracted from the Repco Motoring Tips booklet.

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 Servicing Blackwood and surrounding areas since 1983

# Award for lifetime of farming research

by Annie Waddington-Feather

RECOGNISED for his outstanding contribution to the Australian grains industry, Blackwood resident Geoff Thomas (pictured on right) has been presented with the prestigious 'Seed of Gold' award.

This award is made by the Grains Research and Development Corporation, and it is only the second time it has been given.

Geoff, who has been in the Blackwood area for nearly 30 years, was raised on a Mallee farm at Pinnaroo in South Australia. After graduating from Adelaide and Melbourne Universities, much of his career has been in the public sector. He later started his own business, specialising in project services and farm systems, profitability and risk management.

"I have spent my entire career in the field doing research and managing advisory programs for farmers," said Geoff, who's also been the National President of the Agricultural Institute of Australia, the peak professional body.

Now he is the National President of the



Australian Institute of Agricultural Science and Technology, and is heavily involved in advising on policy issues impacting on agriculture. "I'm still active in lobbying governments on key agricultural issues," he adds.

Commenting on his accolade, Geoff says: "I was gobsmacked to receive the reward which I consider as much a credit to those with whom I have worked as to my own efforts".

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 & Recliners

## Share your home grown produce

A concern over the broader issues around food production led Bridgett Toner, a member of the Hills Permaculture Group to organising the 'Blackwood Food Swap'.

"As well as swapping produce and related items, Blackwood Local Food Swap is a great place to meet like-minded people and connect with community," explains Bridgett.

What to bring: Home grown surplus veggies/fruit, homemade foods, eggs, seedlings, preserves, ferments, recipes etc and swap it for something you may not have grown yourself.

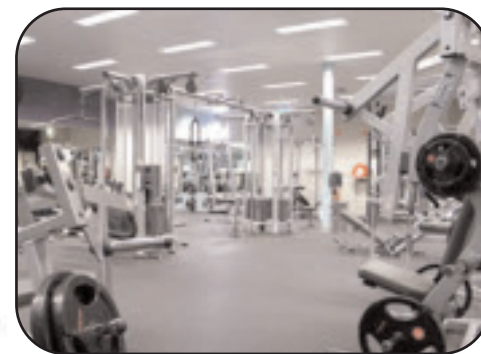
The Blackwood Food swap operates the first Sunday of every month at Blackwood Craft

Market, Blackwood War Memorial Hall on Coromandel Parade, 10-11am; and the third Sunday of every month at The Artisan Cafe Shop on Main Rd Blackwood - behind Bendigo Bank, between 4:30-5:30pm.

"It's a case of: 'Bring what you have and take what you need'," says Bridgett. "Everyone is welcome!"

They are also looking at being involved on the 'community garden' planned for Joans Pantry at Hawthorndene.

To find out more on the Blackwood Local Food Swap, contact Bridgett on 0432 034 310 or email [bridgett.rachel@gmail.com](mailto:bridgett.rachel@gmail.com)



# State of the art 24/7 fitness centre now in Blackwood

ANYTIME Fitness Blackwood recently opened in late March 2013, is the largest fully functional 24-hour health club in South Australia.

At Anytime Fitness you have access to all equipment in all areas of the gym all the time. That's 24 hours a day, 365 days a year.

The locally owned and operated, Anytime Fitness in Blackwood is a state of the art 24-hour club with amazing amenities.

With only the best fitness equipment from Life Fitness & Hammer Strength available we will bring your training to another level. Here at Anytime Fitness Blackwood we aim to fit your busy lifestyle, our health club is convenient, affordable, and friendly.

As a neighbourhood-style fitness club whether you want to work out near home or work, Anytime has you covered. Unlike most gyms, an Anytime Fitness membership gives you access to 220 clubs

across Australia and over 2000 worldwide, at no extra cost. In saying this the club keeps a modest membership base to ensure our members have access to the equipment they want at all times during their workouts.

With affordable pricing it doesn't cost a lot to achieve your fitness goals at Anytime Fitness Blackwood. With brand new awesome equipment, total support and encouragement from Blackwood's club staff, you get far more than you would expect for the price.

The club has an integrated access and security system - with remote monitoring of surveillance, as well as personal safety devices - allow for one-touch access to emergency care.

If you've been thinking about taking the plunge and starting to exercise and find a healthier you, head on in to the club and have a chat with the friendly staff next time you're driving past. □



◆ The friendly Anytime Fitness Blackwood team of Tom, Emily, Josh and Sally all live in the Blackwood district

## Personal trainers to challenge you

IN addition to quality exercise equipment and a supportive atmosphere, Anytime Fitness Blackwood also offers personal training.

The Club's Certified Personal Trainers Tom, Josh and Sally all live locally and can help you launch a smart exercise program. They will move you beyond stubborn plateaus, help you to break out of fitness ruts, and will re-energise your workouts.

Along the way, they'll challenge you, change your outlook and build your confidence, with results that extend far beyond the mirror.

They offer 1-on-1 and group personal training sessions.

They can help you with everything from weight loss and all over body toning, to serious muscle gains, competition preparation, and offer you full support, motivation and nutrition advice throughout your fitness journey.

### At Anytime Fitness Blackwood we offer you:

- Free Access to Anytime Health for our members
- Female Friendly Areas to workout
- Ample car parking

- Spacious Functional training areas to stretch & workout
- State of the art cardio equipment from Life Fitness with 17inch HD screens to view foxtel, or internet capabilities
- Also all cardio equipment has the options to save & track your workouts with Life Fitness Virtual trainers
- One of the largest free weight areas including 3 squat racks, hack squats all the best plate loaded equipment from Hammer Strength, dumbbells up to 60 kg & barbells
- Personal training zone for one-on-one or group Pt sessions
- Fitness on request - 24hr virtual gym classes
- Synergy 360 with TRX, Boxing bag, kettle bells, trampoline and alot more!
- Individual bathrooms & showers
- Supportive staff to assist members with their training at anytime
- Only approved supplier of Flush Fitness health supplements in Blackwood
- State of the art air-conditioning system

## Inspiring recovery from back injury

"I have had a virtually sedentary job for many years," said Blackwood resident and Anytime Fitness Blackwood member, Leila Mathewson, "and for various reasons, mainly health-related, had not been exercising for a very long time."

"I then injured my back and my weight shot through the roof making things even worse," explained Leila.

So she decided to join Anytime Fitness Blackwood which offers 24-hour access to their gym and equipment.

"The staff and trainers are second to none; they are just fantastic and always willing to help. Also, the fact that I can go to the gym anytime of the day or night is so convenient for me."

"The equipment and facilities are first class, always clean and very impressive. I went from being totally unfit to being able to do an hour on the cross-trainers which amazed everyone."

"With the 24 hour access, there has never once been an occasion when I couldn't use a machine that I needed, and I never feel as though I am in a cast of thousands in the gym even in the busy periods!"

"In addition, whilst I would be one of the oldest members at the club I am part of their 'local family' culture here and I absolutely love it," concluded Leila. □



◆ Leila in action at the Anytime Fitness Blackwood centre

# INTRODUCTORY CLUB SPECIALS

### VOUCHER 1

**NO JOINING FEE**

plus

**\$1 OFF WEEKLY MEMBERSHIP RATE**

\*Conditions apply. Specials valid to 31 August 2013 on presentation of voucher. Limited to Anytime Fitness Blackwood.

### VOUCHER 2

Try us out for **7 Days FREE**

\*Conditions apply. Specials valid to 31 August 2013 on presentation of voucher. Limited to Anytime Fitness Blackwood.

### VOUCHER 3

Personal Training Session  
**Buy 1 get 1 FREE**

Limit one voucher per person

\*Conditions apply. Specials valid to 31 August 2013 on presentation of voucher. Limited to Anytime Fitness Blackwood.

### VOUCHER 4

5 Pack of Personal Training Sessions  
**Only \$125 SAVE \$75**

\*30 minute sessions

\*Conditions apply. Specials valid to 31 August 2013 on presentation of voucher. Limited to Anytime Fitness Blackwood.

**365 Shepherds Hill Road, Blackwood**

**STAFFED HOURS : Monday - Thursday : 10am - 7pm ★ Friday : 10am - 6pm ★ Saturday : 9am - 2pm**

**e: blackwood@anytimefitness.com.au**

**Phone 8278 2709**

**www.anytimefitness.com.au**

# 'Green' pharmacy proves popular in Blackwood

## Our pharmacists are also qualified in natural and nutritional medicine

Customers of the Green Dispensary have a real choice, simply not available at other pharmacies in South Australia.

Blackwood pharmacist and owner, Glyn Cogdell has long held professional views which embraced a more holistic approach to human health and well-being.

"So when the opportunity came along to join forces with the Green Dispensary, I grasped it with both hands", said Glyn.



The Green Dispensary co-founder John Mitchell [left] with Glyn Cogdell

"I believe that we should not only help a customer to get well but to stay well too" said Glyn. "At the Green Dispensary, we still do all the things that a regular pharmacy does, prescriptions, pharmacist advice, health checks and so on, but beyond that we offer our customers much, much more".

### Not all pharmacies are created equal

Unlike other pharmacies, the Green Dispensary in Blackwood employs pharmacists who are not only qualified as Bachelor of Pharmacy but also as Professional Practitioners of Environmental and Nutritional Medicine [ACNEM].

This is important news for those local residents interested in a more holistic approach to their health and well-being.

In Blackwood, pharmacists Glyn and James can offer you qualified

advice on complementary medicines ... the features, the benefits and how they may interact with your prescription medicines.

### Practitioner-only products

One of the benefits of being a Green Dispensary customer is that our pharmacists are allowed to dispense a special range of 'practitioner-only' natural and nutritional products. These are not available at most pharmacies in South Australia, so if you or your doctor feel there is a need for you to take a higher dose of Vitamin D or Vitamin B12 for example, then the Green Dispensary is not far away.

### The first and only in South Australia

Did you know that the Green Dispensary group operates South Australia's only dedicated, stand-alone compounding pharmacy?

The purpose-built facility boasts state-of-the-art equipment including a sterile preparation room tested to comply with relevant standards.



Having invested so heavily in the unique laboratory facilities and compounding equipment, the Green Dispensary has taken a leadership stance, setting standards for others to follow.

This includes the Green Dispensary Code of Practice, which sets standards that are second to none in the industry. The Green Dispensary compounding service is ideal for patients who are unable to obtain



an -off-the-shelf solution. Maybe you are looking for a discontinued line [such as hormone implants\*], or for hormone replacement therapy\* that requires an individual dosage specific to your body's needs. Or perhaps you are interested in our own specially formulated products, such as the GD Teething Gel, which has proven very popular with parents all over Australia.

### Natural & organic skin care

"Not only do we offer the big brands", said Glyn, "but we also offer our customers a wide range of natural and organic products too."

If you are looking for a real choice, you can discover all sorts of skin care, hair care and baby care options at the Green Dispensary pharmacy in Blackwood.

### Where we are located.

The Green Dispensary has pharmacies in Blackwood, Stirling, Lobethal, Erindale and Norwood [Compounding only]. Feel free to pop in and have a look around. See what you can discover ... no obligation.

"We look forward to seeing you soon", says Glyn.

\*Doctors prescription required

## What we stand for

get well  
stay well

natural  
&  
organic

science  
&  
nature

herbs  
&  
vitamins

no  
harsh  
chemicals

## OPEN 7 DAYS