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# Precinct developments driving positive outlook

see story pg 3

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# Mural path receives a green makeover

by James Swanborough

VOLUNTEERS make invaluable contributions to our community in more ways than we often realise with the gateway to Blackwood getting long overdue splashes of colour and life, after years of neglect.

Following the completion of a new 200 metre ANZAC mural on Main Road near Glenalta Station, further works to bring the space alive have been undertaken, with landscaping and planting around the station set to brighten the major entrance to Blackwood, once a little rain and fertiliser do their work.

Across the rail line on the main road side, Waite MP Catherine Hutchesson, Blackwood Action Group (BAG), representatives from the Australian Rail Track Corporation (ARTC), and Mitcham Cr Tom Morrison have been planting a rosemary hedge, and ANZAC callistomons to tie in with the mural.

Rosemary is an ancient symbol of fidelity and remembrance. The herb grows wild on the Gallipoli peninsula in Türkiye, where the original ANZACs served in World War I. Australians traditionally wear sprigs of rosemary as a symbol of remembrance on Anzac Day or Remembrance Day.

Around 150 natives shrubs have also been planted, enlivening the space.

Once again local community groups and businesses joined forces with ARTC to help complete this project.

"ARTC gave us money towards buying plants from State Flora," said Catherine, "and the Rosemary Hedge was donated by Mitre 10 Blackwood. While Blackwood Hire donated the usage of the augers which we were appreciative of, as it was incredibly hard yakka getting them planted in!"

"I donated some plants as well, which I purchased on Greybox day. The ARTC have cleaned up the platform too, painting out graffiti at the Glenalta station and from a shed a bit further along the line.

Blackwood Action Group's Geoff Bartlett said the project has been a great collaborative effort.

"This area has been a bane for the community for years and years, and you keep trying to contact people who may be able to assist improve the whole look of the place, but it's never been treated as a priority."

Scott Bailey at RailCare was instrumental in developing the idea for the mural and getting funding for the project. While

Ulus Fuat, Youth Development Officer at City of Mitcham suggested the artist for the mural, Adam Poole-Mottinshaw, who is an ex-Blackwood High student.

Waite MP Catherine Hutchesson has also been driving the whole project, and gained the support of ARTC's Gemma Opie, who is a local resident too.

Funds for the mural came together from RailCare, in conjunction with BAG, Kaurna Board, Blackwood RSL and Waite MP.

At 200 metres long, it is the largest mural project the Railcare initiative have taken on to date, with the artist enlisting assistance from local kids from Blackwood High, a group called lighthouse youth, and additional students from Belair Primary who came down and got their hands spray-painted onto the fence in a symbol of community.

"We have had lots of positive feedback



from the community, that it has lifted the entrance to Blackwood now, and it makes the area, which for a long time had graffiti and was fairly uninviting to walk through," said Catherine.

"Now it's a much brighter space, and there are soon going to be some solar lights put in, so it can be seen at nighttime."

"Come spring this year, it will transform the whole area," said Geoff. "It has been a long time coming, and I think people will start to realise what a vast change it has made to a main entrance for Blackwood." □

# Volunteering at Club gives sense of purpose

by James Swanborough

VOLUNTEERS make invaluable contributions to our community in more ways than we often realise.

Blackwood Football Club used the advent of National Volunteer Week (May 15-21) to raise awareness and honour the extraordinary efforts, local resident David Levenson makes to the club.

"Volunteers are the backbone of our footy club and without them our great game wouldn't exist," said club Vice President Leonie Wilmshurst.

"The significant contribution of our network of footy volunteers benefits our players and officials, as well as their families and the local community.

"David does an enormous amount of voluntary work for our Club; from opening on a Saturday morning, to checking everything is locked up and put away on a daily basis. On a home game, David is there bright and early, having locked the gates around the perimeter of the Club, and then checks

and empties the bins as the day of footy is in full swing," added Leonie.

David literally lives down the road from the Blackwood Football Club and his volunteering began unofficially about 5 years ago.

"As I walked my dog around the oval, I would pick up litter and stuff," said David. "If I noticed doors unlocked or lights on in the clubhouse, I would notify someone at the Club," said David.

"As time went on I got to know folks from the Club; so earlier this year I was given a set of keys, and asked if I wouldn't mind keeping an eye on the place," explained David.

"I call him our Security and Caretaker," says Leonie. "David communicates via sms if there are any issues around the Club. Also David doesn't mind reminding the crowd to please place their rubbish in the bins!"

"He always stops for a chat with committee members and the many regular volunteers we have. David's continuous help takes an enormous amount

of pressure off the committee who all have full time jobs. We are forever grateful for the commitment shown by David and all of our volunteers, and we wouldn't be the club we are today without them!"

David says his volunteering efforts give him a sense of purpose in the community.

"I enjoy volunteering at the Club, as I feel that Blackwood Football Club is a very significant member of this community. The Club provides boys and girls, as well as men and women, the opportunity to participate not only in football activities, but also community and social events.

"I find that volunteering at the Club enables me to contribute in my community, as well as giving me the chance to meet new people," said David.

"We're so thankful for our volunteers and the work they do," says Leonie. "Make sure you thank a volunteer at your club and make them feel appreciated!" □



◆ Photo - Blackwood Football Club volunteer, David Levenson, helps keep the grounds clean and tidy picking up rubbish on game day and encouraging others to do the same



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◆ Photo - Blackwood Community Hub & Library ('Tiwi Kumangka') is full steam ahead with a planned completion date in August and official opening in September



◆ Photo - The building project taking place next to Blackwood Health Foods in the Drakes Shopping Centre is also progressing well aiming to be open well before Christmas

# Two huge projects nearing completion

by James Swanborough

LONG awaited upgrades to the Blackwood business district are moving closer to completion, with 'Tiwi Kumangka', the new Blackwood Community Hub & Library to receive an official opening in September.

The building is set for completion in August, with a proposal that a 'Community Opening' for the public will be provided, with the building being open for service, approximately a full week prior to the proposed official opening.

"We are inviting the funding partners to an official opening on a Friday in September," said Mitcham Mayor, Dr Heather Holmes-Ross.

"We have sent some options on the official date out to stakeholders, but there will be a public opening before that takes place. The expected completion date for the build is August 7, after which both library sites will be closed to transfer stock; so it is likely the public opening will be around the last week of August."

The Community Opening would commence with a ribbon cutting ceremony by the Mayor to mark the opening for the community, followed by a week of special offerings, including

Come'N'Try sessions in the Maker Space, face painting for children, special reading sessions, decorations and handouts, in addition to normal planned programming.

It is anticipated approximately 200 guests will be invited to attend the Official Opening, with the invitation list to be finalised by the CEO in consultation with the Mayor.

This will include Councillors, community groups, Federal, State, and Local Government representatives, KYAC Board representatives, Sponsors, Project Control Group and-Design Team, Construction reps, Community Connection staff and volunteers, and key staff involved with the delivery of the project.

The 1,900m<sup>2</sup> two-storey building will offer a public library on the ground floor, community facilities on the first floor, and north and south entries that open onto the popular Waite Street Reserve.

The Blackwood Community Hub offers the community exciting new spaces and services including a community kitchen, a 'maker space' - a workshop area for learning, outdoor seating area, gallery space and digital lounge.

Traditional services include a range of flex-

ible community meeting rooms/spaces supported by a kitchen servery, public toilets, lounge areas, dedicated children's and youth areas, an integrated toy library, collection spaces, and information/customer service desk.

Administrative, delivery, storage, and processing areas are also included with additional car parking being available.

Council has developed a Community Land Management Plan for Waite Street Reserve, a Cultural Heritage Survey and a report related to tree removals.

All programs, groups and activities at the Blackwood Community Centre have been relocated. The Blackwood Library on Main Road will continue to remain open until the Hub is operational. Once construction is complete, library services at Blackwood will relocate to the new building.

The direct precinct bordered by Waite, Edward, and Young Streets will have a number of projects being completed within the next 18-24 months.

Over and above the Blackwood Hub project, these include the upgrade and activation of Waite Reserve, the construction of a new round-

about, and the development of Young Street and the associated walkway.

It is proposed that an additional celebration event will be held at the completion of all these projects. This event could comprise a community fair / market on Waite Reserve and Young Street, live music, food carts, and other opportunities that may be included in the future, subject to a future Council decision and further planning by staff.

Heather added, "I'm excited to see Council deliver on Mitcham's vision to create a vibrant community precinct in the heart of Blackwood."

"I believe this project will be a catalyst for investment and change in this growing hills community. This is an exciting time for Blackwood and the City of Mitcham, and I look forward to watching this community space take shape in the months and years to come. □

## Seats installed for enjoyment of walking public

IF YOU'VE walked along Coromandel Parade recently, you may have noticed the addition of a number of wooden bench seats, strategically located for use by the public.

After successfully receiving funding from the previous Federal Government, through a Stronger Communities Program Grant, the Blackwood Action Group (BAG) was able to purchase a number of bench seats to be installed all around Blackwood.

Two very attractive laser-cut 'ANZAC Day Memorial' seats were installed by Mitcham Council just prior to Remembrance Day last year at the Blackwood War Memorial near the roundabout.

BAG has arranged for the other five bench seats to be installed on the verges of Coromandel Parade and Main Road

in appropriate locations for passersby to take a rest if they feel the need or just to enjoy the surrounding landscape.

"We hope that many residents who walk along these thoroughfares, will welcome the opportunity to take a break and enjoy the scenery," said Geoff Bartlett BAG spokesperson. "Especially in summer, as each seat has been placed under a shady tree."

The installation of all the seats was carried about by a private contractor which BAG paid for, while the staining of the seats was completed by BAG volunteers.

◆ Photo on right - BAG volunteer Leith, who had considerable input into the placement of the seats and the staining of the timber slats, relaxing on one of the newly installed seats.



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# 1950s 'snapshot' of life in the Mitcham Hills



This year, the Blackwood Action Group History team is using the monthly headlines from the 1955 editions of the 'Coromandel Newspaper' to provide readers with a 'snapshot' of life during the 1950s ...



## "Get Sewerage or Bust" ... Effluent in the 1950s" - Aug 1955

TODAY we push our toilet flush button with perhaps the only consideration being half or full flush, but this was not always the case.

Early residents had outhouses and when the pits became full, a new hole was dug and the old pit was covered with soil. The other waste disposal system was the night cart man, who nightly went door to door, collecting the waste to ensure a clean outhouse for the next morning.

By the 1950s, Mitcham Hills residents had largely installed septic tanks. Householders were instructed in 'The Coromandel', 24 October 1952 - "Most of the disposal of liquid waste in unsewered areas of Mitcham presents a problem by reason of the clay nature of the soil. This prevents a ready dispersal of the fluids by soakage. Evaporation remains the most important medium of disposal..."

Septic tanks came with many problems and disputes between neighbours, as sewerage flowed downhill and effluent collected in pools at the bottom of gardens!

A resident recalls "...the sewage in Sun

Valley Drive trickled down the hill, giving the area the name Stink Valley. At social events, small groups could always be seen in corners, discreetly discussing their septic tank problems".

Although septic tanks were widely used, agitation towards the provision of underground sewerage had begun in the 1950s. Frustrated residents of Blackwood, Belair and Eden Hills prepared a petition to the Honourable the Minister of Public Works, in support of their push for deep drainage. The petition asked about the timeframe and cost for installing deep drainage and provided the following facts to support their need as the district was becoming "thickly populated".

"...We submit the following facts for consideration:

1. The number of dwellings in the named areas total approximately 2,000.

2. 132 new dwellings were erected during the year ended 30th June, 1955.

3. Large tracts of land have been subdivided and the resultant building allotments have

been sold to private owners; dwellings have been started in these new subdivisions.

4. The population is estimated to be over 6,500 persons.

5. The erection of every new house without a connection to a deep drainage system creates additional health hazards.

6. It is believed by the doctors in the area, that the lack of a proper sewerage system is the cause of the high incidence of gastroenteritis in these localities." (The Coromandel 23 September 1955)

Despite such advocacy, deep drainage was not to come to the district until the 1970s. Perhaps the significance for the community is best summarised by a resident who comments ... "Connection day on 5 May 1975, was met with great joy and is recorded in the back of our family Bible along with significant events such as my father's death." (The Coromandel 14 August, 1953 p3).

For more information on BAG activities, phone 0408 117 003 or visit their website at : [www.blackwoodactiongroup.org.au](http://www.blackwoodactiongroup.org.au)

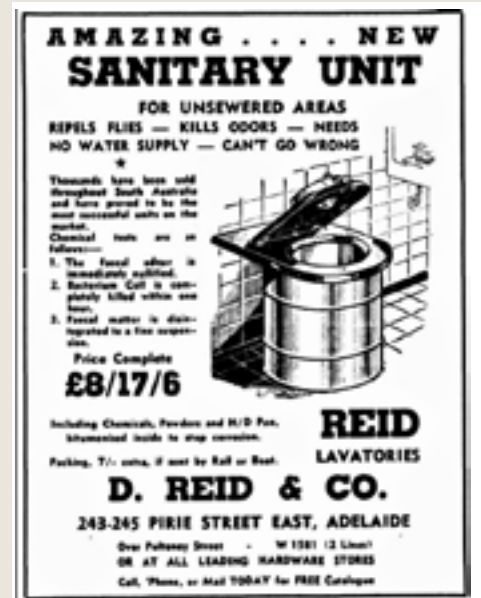


Image : 'The Coromandel Newspaper' displayed many advertisements by businesses selling products and services to deal with sewerage.

## MOW needs your help now

LAST month many groups and organisations recognised and thanked their volunteers for their dedication during National Volunteer Week (May 15-21).

Without volunteers, many groups and clubs would simply not survive .... and Meals on Wheels Blackwood is no different - they need your help.

After 30 years volunteering for Meals on Wheels, Cheryl Gray has lost none of her drive for community service.

The Blackwood Branch Chair shares a common motivation with her fellow volunteers that sees them happily provide this popular meal service to local residents in need.

"As a Meals on Wheels volunteer you get to work with a great team and provide a service that is really making a difference in people's lives," Cheryl said.

"It's the reason I have enjoyed volunteering for the past 30 years, and I know my colleagues here at Blackwood feel the same. The social



aspect of the role and the smiles you see on the faces of our customers is just priceless."

Now, the local branch is putting the call-out for more volunteers to lend a hand in the kitchen or with deliveries.

"We're keen to expand our volunteer team to meet the high demand for our meal and wellbeing check services," Cheryl said.

"We would love to hear from people of any age and background, wanting to make a difference in the community and meet new friends in the process.

"Volunteering doesn't have to be a major commitment. Just a few hours a week, fortnight or month will really help."

Anyone keen on learning more about volunteering with Meals on Wheels Blackwood Branch is urged to call 1800 854 453 or go to [www.mealsonwheelssa.org.au](http://www.mealsonwheelssa.org.au)

## Your chance to question Ministers



Photo (from left) : Treasurer Stephen Mullighan, Premier Peter Malinauskas, Catherine Hutchesson Waite MP, with Minister for Aboriginal Affairs and Attorney General, Kyam Maher

BY CATHERINE HUTCHESSON, MP FOR WAITE

I AM excited to share with you some important and engaging upcoming events in our community which will provide valuable information and offer you the chance to hear from key South Australian Ministers.

First up, we have the Voice to Parliament Forum on Tuesday 20 June, from 6pm to 7:30pm at the Karinya Reserve Clubrooms on Shepherds Hill Road, Eden Hills.

As many of you will know, South Australia has recently legislated Australia's first State Voice to Parliament, and Federally we have a really important vote to enshrine a Voice in our Constitution later this year. This forum will be a fantastic opportunity for those interested in learning more about the First Nations Voice to Parliament.

Minister for Aboriginal Affairs and Attorney General, Kyam Maher, will be joining us to share valuable insights and answer any questions you may have. Don't miss this chance to engage in a significant national conversation and gain a deeper understanding of this important issue.

Next, we are looking forward to hosting a Waite Post-Budget Forum, featuring Premier

Peter Malinauskas and Treasurer Stephen Mullighan. This will be on Wednesday, 5 July, from 6:30pm to 7:30pm at St John's Grammar Senior Campus, 29 Gloucester Avenue, Belair.

This informative event will discuss the 2023 State Budget and what it means for you and our community. Topics will include State Government initiatives on health, the environment and local commitments.

The forum presents a unique opportunity to engage with these key decision-makers and gain insight into the budget's impact on our area.

As your local State MP, I am committed to keeping our community informed and engaged. This is a great chance to let us know what is important to you, and for you to ask questions of the State Government.

I would encourage you to come along to these events and take advantage of the opportunity to connect and hear from our State's leaders. I look forward to seeing you there, and as always, please feel free to reach out with any questions or concerns.

RSVPs are essential to ensure you don't miss out on these valuable community events. Please email [waite@parliament.sa.gov.au](mailto:waite@parliament.sa.gov.au) or call 8278 5844 to secure your spot.

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## UPCOMING COMMUNITY EVENTS:

### Voice to Parliament Forum

Are you interested in the First Nations Voice to Parliament, or would you like more information? Join the Minister for Aboriginal Affairs and Attorney General, Kyam Maher and I to learn about our State Based Voice and the upcoming Federal Referendum.

Tuesday 20 June | 6pm - 7:30pm  
Karinya Reserve Clubrooms  
Shepherds Hill Road, Eden Hills

### Post-Budget Forum

Come and hear from the Premier, Peter Malinauskas and Treasurer, Stephen Mullighan about the 2023 State Budget and what it means for you!

Wednesday 5 July  
6:30pm - 7:30pm  
St John's Grammar Senior Campus  
29 Gloucester Ave, Belair

## Catherine Hutchesson MP

Member for Waite

### RSVPs ESSENTIAL

[waite@parliament.sa.gov.au](mailto:waite@parliament.sa.gov.au)  
8278 5844

Building a resilient community

Authorised by C. Hutchesson MP,  
1/7-9 Young St, Blackwood SA 5051



# Tree lined streets provide many benefits to residents

HOME to a diverse forest of 75,000 street and reserve trees, including more than 300 tree species, the City of Mitcham's urban forest is an essential public asset which supports community and environmental wellbeing, the liveability of our city, and helps adapt to the changing climate.

Planting and maintaining trees is a core service of Council, allocating a considerable budget each year to plant, maintain and manage trees in our urban forest.

"Council's annual tree planting program is really important," said Cr Tom Morrison of The Park Ward. "It is a long-term investment into retaining one of the most prized assets of Mitcham, it's tree canopy."

"Local residents place a lot of value on retaining our leafy suburbs, and we are incredibly lucky to live in an area with high tree canopy coverage."

"Tree-lined streets have many benefits. They have been shown to add significantly to your house value, improve mental and physical health, reduce urban heat and provide habitat for our local fauna."

"However, Council is running out of space to plant more street trees, and this work is being further hampered by the restrictions placed on what can be planted by Department for Infrastructure and Transport, SA Power Networks and SA Water," explained Tom.

The City of Mitcham's annual tree planting program began in May and continues until the end of September, with a target of 1,800 trees to be planted across the City this year.

Planting opportunities exist where there are gaps in established avenues, where removed trees are to be replaced and where residents have requested a tree.

City of Mitcham has the highest tree canopy cover (48 per cent) of any SA metropolitan council area, and are proud to be recognised as a 'Tree City of the World'.

Trees make our suburbs more attractive, shade our gardens, roads and paths and provide habitat for our local fauna.

City of Mitcham has launched an Interactive Tree Viewer to track its growing tree canopy and share information with the community.

To date, they've mapped 57,000 trees and data has been captured; including species, where trees have been planted, and where trees will be planted in coming years. To explore the trees on this interactive map, go to :<https://dev.foresight.studio/mitcham#trees>

Requests for trees to be planted can be made by phoning Council on 8372 8888 or by email to [mitcham@mitchamcouncil.sa.gov.au](mailto:mitcham@mitchamcouncil.sa.gov.au)



Photo : A Mitcham Council employee watering after recently planting a tree on the verge, as part of their annual tree planting program which began in May



## Letters to the Editor

### Environmental vandalism

With the advent of winter upon us, the signs of seasonal change are here, particularly the accumulation of fallen Autumn leaves that require raking!

So too, the pleasant sounds of rain upon roofs, taking me back well over 60 years to childhood memories of laying in bed listening to the down-pour of rain on the iron roof of our little holiday shack at Caloote on the Murray River.

"Triggers", poet Geoff Goodfellow once said.

Fast forward to the present, and the incessant roar of chain-saws and mulching machines on a daily basis next door for almost a fortnight, as every tree on the property was systematically destroyed!

Such environmental vandalism amazes me!!

The simple reason for this is that the property owners were acting within the law!!

After several phone calls and e-mails to City of Mitcham Council, and a local Council member, I discovered that nothing protected the trees from being removed as: (a) they were not significant or Heritage listed, (b) were not covered by the Environmental Protection Agency, and (c) were within a specific distance from a property boundary or dwelling, thus posing a potential hazard.

Consequently, the sounds of 'Dually Chainsaws' filled the air daily for nearly a fortnight, resulting in the removal of every single tree; some over 80 years old and several being in excess of 15 metres in height.

These same trees had survived our local cyclonic storm on November 12 last year, with hardly any losing a branch.

However, down they came, every single one!!

The property owners are apparently going to redevelop their grounds having removed every vestige of greenery.

Who speaks for the birds, possums, koalas, critters etc that have lost their homes, and for all the powerless neighbours whose vista has been destroyed?

Such is progress!!

Geoff Lock, Blackwood

### Calls to increase tree canopy

Even the casual observer must be aware of the disquiet across the community with the loss of tree canopy cover in the suburbs.

Some blame local government, but the council officers, charged with implementing planning policy, are limited by the state's inadequate tree

protection laws.

Conservation SA publications compare South Australia's tree protection laws with other jurisdictions and find them lacking. Submissions made to the government's Planning System Implementation Review, and more recently to the Parliamentary Inquiry into the Urban forest, reiterate the shortcomings in our laws.

Online information provided by urban forest research, education and advocacy, not for profit group, Treenet Inc. details the many reasons we must increase tree canopy across cities and towns : for the health and wellbeing of communities and their environments and for our financial security.

Treenet's and Conservation SA's resources told us what was needed to fix the issues with tree protection laws before the review and inquiry were called.

What extra was learned through these expensive and time consuming processes? Will their outcome be simply another inquiry, or will we see positive change?

Brian Measday  
Myrtle Bank

Have something to share with Blackwood Times readers ... submit a Letter to the Editor including name and suburb ... email: [info@blackwoodtimes.com.au](mailto:info@blackwoodtimes.com.au)

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# Restore and find balance with juice

"I STARTED *Juice Institute* in 2018, with the goal of creating a healthy option for our community," said founder and local resident Gabby Tyler. "I envisioned a place where people could easily access the health benefits of cold pressed juice, even with their busy lives and schedules.

"We believe raw, pure, cold pressed juice is an essential way to nourish our bodies and minds, and provide the nutrients for optimal health, and we are dedicated to providing the best cold pressed juice boxes and cleanses for your healthy lifestyle!

"Life can be stressful and busy, which is why we offer a simple and convenient way for you to recharge, energize, and find balance," explained Gabby.

At Juice Institute, they use only the freshest local produce to press 100% raw, cold pressed fruit and vegetable juice. This means that every sip of their juice supports your best health by

giving your body the living nutrients, vitamins, minerals, and antioxidants it needs to thrive.

To ensure that their juices are of the highest quality, their kitchen is run by the talented chef, Lee-Anne Poker. She carefully crafts all of our juices, nut mylks, and broth to perfection. Gabby and Lee-Anne have been working together since the inception of Juice Institute, and share a passion for providing healthy options for their community.

In 2021, Juice Institute began a partnership with 'Foodbank SA'. Foodbank is Australia's largest food relief organisation, providing food relief to over a million Australians each month. They donate one meal to Foodbank SA for every juice sold, and this contribution goes directly to Foodbank SA's fresh fruit and vegetable program. Juice Institute has currently donated over 75,000 meals to South Australians in need. We will drink to that!

"Juice Institute is your one-stop-shop for delicious, healthy, and convenient cold pressed juice boxes and cleanses. Join us in supporting

your best health today!" added Gabby.

Whether you're looking for a quick energy boost on the go or a full cleanse to reset your body, Juice Institute has got you covered.

☐ Their retail outlet is conveniently located at shop 1/218 Main Road, Blackwood (next to Edenwood Autos and opp. Blackwood Library). They also offer delivery all over Adelaide to ensure their juice is accessible and obtainable.

**Starting Friday June 2, Juice Institute is running a 30-Day Celery Juice challenge.**

Celery juice is a powerful medicinal juice and by drinking one a day for 30 days, they believe you can repair, restore and deeply heal your body from within.

To learn more head over to [www.juiceinstitute.com.au](http://www.juiceinstitute.com.au) or check out Juice Institute on Facebook and Instagram.



◆ Photo - (from left) : Chef Lee-Anne Poker with Juice Institute founder Gabby Tyler

## Passion to help people improve their health and wellbeing

"OPENING a health clinic in Belair has been a personal goal of mine for some time," said Jessica Kemp, local resident and director of *Botanic Health Services*.

"I'm very excited to be living and working in the Mitcham Hills community, having grown up in Belair, and now raising my own family in the area."

Botanic Health Services first established a practice in North Adelaide, now expanding with a clinic in Belair, offering physiotherapy, exercise physiology, podiatry and remedial massage.

Jess is an experienced senior exercise physiologist and physiotherapist. She's a competitive middle distance runner, who enjoys staying active on the track and at home with her family.

Belair Health Services is bringing a highly skilled team of practitioners to the community, who share Jessica's passion to help people improve their health and well-being.

The team take pride in delivering patient centered care and offering the best evidence to guide treatment sessions, and offer a range of specialist techniques and services to enable this.

Meet the team ...

\* Donny, our senior physiotherapist, has experience working with and learning from many experienced physiotherapists in Australia as well as the UK. He enjoys assisting a broad range of clients to help them achieve their goals. Whether it be from gardening in their yard, picking up their little ones or returning to sport.



\* Lucy, our exercise physiologist, works with a wide range of conditions that benefit through exercise therapy. She is passionate about her work, and in particular, the use of exercise for cancer management, providing movement plans for general muscle and joint pain, and overall weight management. She believes with guidance and gradual progression, exercise can improve life for each individual in many ways.



\* Dale, our podiatrist, started his career working in regional South Australia and has done work with many sporting teams as a result. He enjoys working with athletes and active people to help them perform at their best. His other areas of interest include everything from heel pain, to ingrown toenail management, to ankle injuries and providing shoe recommendations. In a nutshell, he is passionate about feet and lower leg complaints!



◆ Photo - Jess Kemp, Botanic Health Services director and local Belair resident

As an introductory offer, Belair Health Services are offering all new patients **50% off** of initial Physiotherapy, Exercise Physiology and Podiatry services for the entirety of June (see advert below).

Bookings are now available online at [www.botanichealthservices.com.au](http://www.botanichealthservices.com.au) or by phoning 8164 5963.

☐ Botanic Health Services is located at 2/459 Belair Road, Belair (ground floor).

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**Locals pressing juice for locals, delivering health and wellness to our community.**

- Taste the rainbow. Enjoy our delicious, vitamin & nutrient-rich cold-pressed juices.
- Nourish your body and feel amazing! Boost immunity, brain function, heart health, increase energy, and improve your mood.

"Delicious and oh so good for you, I could not be happier with the quality and taste of the Juice Institute range" Ana L, Bellevue Heights

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**Botanic HEALTH SERVICES**

**Now Open in Belair**

To celebrate our opening, all new patients will receive

**50% off**

**Physiotherapy Exercise Physiology & Podiatry Services\***

\*Initial appointment only. Excludes Remedial Massage. Belair practice only. Offer expires 30 June 2023.

For more information and bookings, go to [www.botanichealthservices.com.au](http://www.botanichealthservices.com.au) or phone 8164 5963 2/459 Belair Road, Belair





# Trial an advanced hearing aid

LOCAL Audiologists, Menolly Fishlock and Erin Walsh from 'Can:Do Hearing' Blackwood, recently hosted a group of clients to trial hearing aids in a noisy atmosphere.

The lunch was held at the Montagna Café in the Woolworths Shopping Centre, Blackwood, supported through hearing aid manufacturer "Signia-Pro".

Signia representative, Sharna Raley said of the gathering, "the benefit to the client is the ability to try the latest available hearing aid technology, in a real-world environment with friends or family - without obligation."

"We know having lunch at a restaurant or café is a challenging listening environment, in particular for those with hearing loss, and this situation allows the hearing technology to shine."

The opportunity to trial these advanced hearing aids provides clients with a unique experience. However, they were also provided the opportunity to trial the hearing aids at home for a week after the luncheon gathering.



◆ Photo - Menolly, with clients at lunch to trial hearing aids in a noisy environment

Discussion during lunch turned to the ability to pair the TV using Bluetooth, directional hearing to block out the road noise behind the group, and the Hearing Aid's own mobile phone 'app' providing gentle waves crashing on the beach noises (that only those with Tinnitus may understand)!

While the technology, tests and interventions in audiology may have changed over 70 years, the fundamental core of audiology, to assist people in their communication ability and interactions within their daily life, has remained unchanged.

That said, Audiology in the last 5 years has embraced increased connectivity, rechargeable devices for ease of use, and of course, all in a smaller and more modern design.

Mel from Can:Do Hearing Blackwood said, "Working with our adult clients, my involvement in assessments, aural rehabilitation, and hearing aid fittings has shown me the best side of being an audiologist."

"I get to know what clients want from their life and from me as their audiologist, as well as what they value in their communications. This allows me to work with clients to get to a point where they understand their hearing, and have the confidence to manage their hearing loss."

While Erin also from Can:Do Hearing Blackwood said, "Helping people with their hearing issues really does improve their quality of life. I enjoy educating people on the importance of ear and hearing health, and assisting individuals in improving their hearing and speech comprehension."

Continue the conversation and make a booking with Mel or Erin for your next Hearing Test and let them know of your interest in trialling Hearing Aids in this type of setting (see details below).

□ For more, visit [www.candohearing.com.au](http://www.candohearing.com.au) and to make an appointment online, visit <https://clientportal.powerdiary.com/clientportal/candohearing>

# Protect yourself and your family this winter

BY DEANNE BATES, HERBALIST  
BLACKWOOD HEALTH FOODS

MAINTAINING a healthy immune system strengthens your body's defences to fight cold and flu viruses and upper respiratory infections.

Fortunately, many wonderful herbs and nutrients have shown to be highly successful in preventing and treating these issues in children, adults and the elderly.

Herbs such as Andrographis, Echinacea, Elderberry and Olive Leaf may boost immunity by increasing white blood cells and assisting to relieve sore throat and mild fever.

Medicinal mushrooms such as Reishi, Shitake and Cordyceps are lung tonics that relieve coughs and loosen phlegm.

Nutrients such as Vitamin D3, Zinc, Vitamin C and Quercetin are essential.

While maintaining our gut health with broad spectrum probiotics can provide an army of support for our immunity.

Also eating organic and seasonal fruit & veggies to naturally nourish and protect such as lemons, oranges, onions, garlic, apples, pomegranates, pumpkin, sweet potato and ginger, is beneficial.

Come in and talk to the highly experienced staff and Naturopaths at Blackwood Health Foods for a professionally tailored 'Winter Immunity Protection Plan' for you and your family.



◆ Photo - Blackwood Health Foods naturopath Hannah, with the Winter Immunity Bundle you could win (value \$350)

Blackwood Health Foods is located in the Drakes Shopping Centre, 248 Main Road, Blackwood.

For more information you can phone 8278 5226 or visit [www.blackwoodhealthfoods.com.au](http://www.blackwoodhealthfoods.com.au)

□ For your chance to win the Winter Immunity Bundle (valued at \$350) see details in advert below.

Can:Do Hearing is independent and not for profit, meaning your care is our priority. Our audiologists tailor assessments to your individual needs.

## That sounds better

Pensioners are eligible for fully subsidised assessments and hearing devices. Medicare rebates are now available for private clients with appropriate medical practitioner referrals. We offer many solutions including hearing aids and accessories, wax management, tinnitus support and ongoing care.

We are located at the Magnet Centre in Blackwood. Call or book online for a time that suits you.

**BOOK NOW**

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Simply become a member and purchase any product for immunity valued at \$30 or more in store. Pop your receipt with your contact details on the back into our 'Entry Box' and be in the running to win. Entries close Sunday 25 June : drawn Monday 26 June. \*Includes \$100 Bioceuticals voucher, supplements, nutrients, essential oils & haircare)

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# Church celebrates 150 years of worship



IN MAY, the St John's Anglican Church on Main Road, Coromandel Valley, celebrated one hundred and fifty years of serving the communities of Coromandel and Blackwood.

They are holding a commemoration service on Sunday, July 2, to celebrate this anniversary, to which everyone is welcome.

The original church, where the first service was conducted on Sunday, May 11, 1873, was a simple building in

the Gothic Revival style which would have been very familiar to those early settlers. The style has been preserved through the addition of an apse and a vestry, and the building continues to have an important place on the Local Government Heritage Register.

The early settlers in the area made do with meeting in private homes, until sufficient funds were collected to finance the building of a permanent home for the members of the Church of

England, as the denomination was then called.

In an outstanding spirit of goodwill and cooperation, the Wesleyan (now Uniting Church) congregation in the Valley contributed funding to the construction, and the foundation stone was laid on December 21, 1872.

The church has benefitted from the installation of a number of stained glass windows (photo on right) created by local artist, Sally Butterfield-Sandford.

Sally has produced six stunning memorial windows featuring local produce, such as wine and grain and local flora and fauna. The windows are striking and full of light and well worth viewing. They complement two earlier windows in a more traditional style. The windows are always a feature of visits by the Coromandel Primary School children when they visit for part of their local history studies and an annual Christmas wreath making activity.

Members of the community, including past and current parishioners, are invited to a service to commemorate its long history, on Sunday, 2 July 2023. The service will be held at 3pm at St John's, 337 Main Road, Coromandel Valley, followed by afternoon tea in the adjacent parish hall.



## Choral singing from the heart

COME along and enjoy a fabulous selection of show-stopping, foot-tapping, and high-energy choral groove in Blackwood next month with 'Illumina Voices'.

They are a vibrant group of women with a strong community spirit, sharing a love of choral music, singing, and performing - and a desire to foster connection and community.

Illumina Voices is a not-for-profit organisation and their aim is to develop and broaden their choral skills in a wide variety of genres - to sing from the heart and to perform with excellence!

Their next concert series, called 'Sing 'n Swing' is coming to Blackwood, and offers a wonderful selection of famous jazz standards, swing and Broadway tunes, a little mambo and tango - together with some Rhythm 'n Blues.

Famous and well-loved jazz and swing classics include: I Got Rhythm, It Don't Mean A Thing, and Sing Sing Sing.

They'll be Puttin' on the Ritz, Java Jiving and Celebrating the Rhythm of Life!!

"Please come along as you are in for a real treat," said Glenda Lynelle, Illumina Voices Music Director, "with our exciting guest artist, world renowned jazz pianist, Kym Purling."

There are two concert dates - Blackwood on Sunday July 2 at St Peters Lutheran Church, 71 Cumming Street, at 2:30pm.

And Tusmore on Sunday June 18 at Burnside City Uniting Church, 384 Portrush Road at 2:30pm.

Tickets are available through TryBooking or through their website: [illumina.org.au](http://illumina.org.au) For more information, check out Facebook. [www.facebook.com/illuminavoices](https://www.facebook.com/illuminavoices) or phone 0413 519 118.

Read and enjoy *The Blackwood Times* online anytime anywhere ... [www.blackwoodtimes.com.au](http://www.blackwoodtimes.com.au)

## Get your Art Show entry in this month

"IN 2021 and 2022 we had two extremely good exhibitions at the Blackwood Rotary Art Show, with magnificent results achieved on both occasions," said Lyn Muller, Chair of the Rotary Club of Blackwood Art Show Committee.

"This was a fantastic rebound after being unable to have an exhibition during 2020 due to Covid. And last year, we again had over 500 entries and sold 100 artworks, to a value of just over \$40,000.

"This is a testament to the quality of the art entered, with the most recent two Blackwood Art Shows in 2021 and 2022, the best on record since 2001," added Lyn..

Proceeds from the Art Shows enable the Rotary Club of Blackwood to donate money to local service groups like the CFS, local schools and reserves, and the Blackwood Memorial Hall. As well as supporting Rotary's significant overseas charitable projects such as Emergency Disaster Aid, Ukraine, Polio Eradication, and Education Scholarships in Nepal and Indonesia.

The Art Show provides both an opportunity for artists and photographers to exhibit their works to our



local community, and to encourage the support of the arts within our community.

The art works on show generally vary in price from \$50 to \$3500, thus allowing everyone to purchase original art, rather than just having prints to display in their homes.

See flyer on left for days and times Blackwood Rotary Art Show 2023 will be open ... held again in the Open Space Centre at Blackwood High School.

For those wanting to submit artwork, entries for this year's Show close on Wednesday, June 14; so there is still time to enter work, and possibly win a share in the \$4,500 of cash prizes on offer.

This year photography and 3D entries are also being accepted.

Entry forms can be completed online or downloaded from [www.blackwood.rotaryclub.org.au](http://www.blackwood.rotaryclub.org.au) or email: [blackwoodartshow@gmail.com](mailto:blackwoodartshow@gmail.com) to request an entry form.

**LOUISE MILLER-FROST MP**  
Federal Member for Boothby

### Cost of Living Relief front & centre

The recent federal Budget builds a more secure and better future for all Australians by:

- Providing energy bill relief to over 5 million households and 1 million small businesses.
- Cutting the cost of medicine by up to half for at least 6 million Australians.
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- Supporting 57,000 single parents by expanding eligibility for Parenting Payment (Single).
- Reducing out-of-pocket health costs by tripling bulk billing incentives and more bulk billing Urgent Care Clinics.
- Responsibly increasing the base rate for JobSeeker and other payments for 1.1 million people.

### Get In Touch

My office is open and ready to help!

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## WHAT'S ON IN BLACKWOOD & DISTRICTS

Visit [www.blackwoodbusinessdirectory.com.au](http://www.blackwoodbusinessdirectory.com.au) anytime for an up-to-date listing of local events

◆ **1 June**  
**BLACKWOOD PROBUS CLUB** - meet at Masonic Lodge, 229 Main Road (opp. Coles) from 9.30am. An informal and social outlet for retired and semi-retired ladies and gents. Visitors and new members welcome. Enquiries to Norman on 8178 2653.

◆ **1 June**  
**TONSLEY VIEW CLUB** - meet at the Tonsley Hotel, South Rd, Tonsley, at 11am for 11.30 start. Cost is \$25 for lunch. Often have guest speaker, raffle and trading table. VIEW is a women's group supporting The Smith Family by sponsoring children. Phone Deborah on 0468 630 020 for details or email: [tonsleyviewclub21@gmail.com](mailto:tonsleyviewclub21@gmail.com)

◆ **3 June**  
**NATIONAL TRUST COROMANDEL VALLEY & DISTRICTS** - anyone is welcome to join in their morning tea and catch up with friends or meet new locals - held at the Watchman House on Main Road from 9am-12noon. For more details check out Facebook page or phone 0474 066 776.

◆ **4 June**  
**MESSY CHURCH** - held at Blackwood Uniting Church, from 4-6pm, \$10/family, including dinner. People of all ages and abilities are welcome to join us for our session on the theme of "Kindness", with crafts and activities, a story, and a meal. Please contact us (via [blackwoodunitingchurch@gmail.com](mailto:blackwoodunitingchurch@gmail.com)) prior to attendance if you have any specific dietary or accessibility needs.

◆ **4 June**  
**BOTTLE COLLECTION** - from 9am by Belair Scout Group. Collect ALL GLASS bottles and jars, ALL REFUNDABLE cans, bottles and cartons from your driveway. Any queries phone Nicola on 0412 708 940.

◆ **4 June**  
**BLACKWOOD CRAFT MARKET** - from 10am to 3pm at Blackwood Memorial Hall, 21 Coromandel Parade. Admission is free. New stall enquiries to Kerrie on 0427 410 917.

◆ **4 & 18 June**  
**OLD GOVERNMENT HOUSE** - located in the Belair National Park and is open from 1-4pm. Tour with afternoon Devonshire tea \$15pp; and tour only \$5 for adults and children under 12 free. Entry into Belair National Park is free if visiting OGH - tell staff at gate. For more information phone 0417 870 596.

◆ **5 & 19 June**  
**BLACKWOOD ROTARY** - meet at Belair Hotel, 141 Main Road at 6pm for 6.30pm start. If you would like to attend a meeting or are interested in joining the club, please contact Kevin Marsh on 0428 522 362.

◆ **5 & 19 June**  
**COROMANDEL VALLEY ROTARY** - meet at Parish Hall, 337 Main Road, Coromandel Valley (behind St John's Church) at 6pm for 6.30pm start. If you would like to attend a meeting or are interested in joining the club, contact Peter on 0408 841 150.

◆ **7 June**  
**BLACKWOOD LIONS** - meet at 6.30pm in Blackwood Memorial Hall, 21 Coromandel Pde. New enquiries welcome. If you want more information or thinking of joining, give Chris Martin a call on 0409 900 499.

◆ **7 June**  
**BLACKWOOD RECONCILIATION GROUP** - meet in the 'Coffee Lounge' room in the Blackwood Uniting Church (near Blackwood roundabout) at 7pm. For more information see Facebook or email: [blackwoodreconciliationgroup@gmail.com](mailto:blackwoodreconciliationgroup@gmail.com)

◆ **7 June**  
**BLACKWOOD FREEMASONS** - Members of Blackwood no 93 meet from 7.30pm at Masonic Ctr, 229 Main Rd (opp Coles and behind The CPAP Room). For more information contact Ted on 0407 978 214 or e: [blackwoodlodge93@gmail.com](mailto:blackwoodlodge93@gmail.com)

◆ **8 & 22 June**  
**BLACKWOOD PHOTOGRAPHIC CLUB** - meet at Blackwood Memorial Hall, 21 Coromandel Pde, Blackwood at 7.30pm. Visitors and those interested in amateur photography welcome. Contact Ian on 0410 634 046 or email: [panjarri@gmail.com](mailto:panjarri@gmail.com)

◆ **8 June**  
**HAWTHORNDENE MENS' PROBUS** - meet 9.30am at Belair Uniting Church, Sheoak Rd, where retired men find new interests, new friends and stimulating speakers. Also, regular outings, reading and walking groups. New members welcome - contact Robert on 0488 170 848.

◆ **10 June**  
**AUST SEWING GUILD (MITCHAM)** - anyone interested in sewing from beginners to advanced are welcome. Held at Blackwood Uniting Church, (near Blackwood roundabout) from 1-4pm. Phone Donna on 8374 3172 or 0413 022 162 for details.

◆ **10 June**  
**BLACKWOOD PHILATELIC CIRCLE** - meet at 1.30pm at the Blackwood Uniting Church near the Blackwood roundabout. Displays and sales of a wide range of Australian and World stamps at most meetings. Everyone welcome to attend. Phone Trevor on 0437 050831 for further details.

◆ **11 & 25 June**  
**JOAN'S PATCH : A GARDEN FOR THE COMMUNITY** - meets 1-4pm at Joan's Pantry, Watahuna Avenue, Hawthorndene

to share ideas, plant seedlings and tend to community garden. New members welcome. Enquiries to Deb on 0419 824 787 or e: [jkitchengarden@gmail.com](mailto:jkitchengarden@gmail.com)

◆ **14 June**  
**BLACKWOOD HILLS CIRCLE OF FRIENDS FOR REFUGEES** - meet at Blackwood Uniting Church near the Blackwood roundabout in the Cafe lounge. Everyone welcome to attend. For more information email [annabel-dayal@gmail.com](mailto:annabel-dayal@gmail.com)

◆ **14 June**  
**ADELAIDE-MITCHAM PROSTATE CANCER SUPPORT GROUP** - meet at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens from 7-8.45pm. Guest speakers are arranged for most meetings. All welcome. Enquiries: Ralph 0406 006 654, Roland 0438 604 323 and [www.adelaide-mitchamcpcsg.org](http://www.adelaide-mitchamcpcsg.org)

◆ **18 June**  
**FRIENDS OF GAMBLE COTTAGE & GARDEN** open between 1-4pm. Enjoy a stroll through historic gardens and view cottage. Plant nursery open with range of inexpensive plants. Entry is free - 296 Main Rd, Blackwood cnr Dorham Rd. Enquiries to Chris on 0418 827 825.

◆ **20 June**  
**FRIENDS OF STURT GORGE** - meet at 7.30pm. Hold regular working bees to maintain trails and weeding days. Phone Bob Grant on 7329 8296 for meeting location and working bees. Visit [www.fosg.org.au](http://www.fosg.org.au) and email: [bobgrant@adam.com.au](mailto:bobgrant@adam.com.au)

◆ **21 June**  
**CHERRINGTON THERAPEUTIC COMMUNITY GARDEN** - Open Garden for Morning of Conversations and Q&A. Hosted by professional, passionate, experienced gar-

deners keen to connect & help community enjoy their garden ventures.

All gardeners welcome. Join the conversations & bring any questions. From 10am-12.30pm at 13 Laffers Rd Belair (formerly Blackwood Hospital). Enquiries Diana Bickford 0407 339 660.

◆ **22 June**  
**COMBINED PROBUS CLUB OF COROMANDEL VALLEY** - has relocated to St Johns Anglican Church Hall, 337 Main Road, Coromandel Valley. Meetings are held at 10am We are a medium size Club with maximum membership of 75. Each meeting we have a guest speaker and each month an outing is planned as well as 'gals' and 'guys' coffee mornings. New members most welcome. Contact Bob on 0418 836 414 or Heather 0448 351 880 for more info.

◆ **26 June**  
**BLACKWOOD FLORAL ART CLUB** - held at Blackwood Uniting Church at 7.30-9pm. All welcome but must email attendance in advance - no experience required. View activities of club at: [www.blackwoodfloralart.blogspot.com.au](http://www.blackwoodfloralart.blogspot.com.au)

◆ **26 June**  
**MITCHAM HILLS COMBINED PROBUS** - meet at Club Marion, 262 Sturt Road, Marion from 10.30am. Come and enjoy our happy and friendly retirees for fun, fellowship and friendship. Phone Christine on 0400 809 704 or visit [www.probusouthpacific.org/microsites/mitchamhills](http://www.probusouthpacific.org/microsites/mitchamhills)

◆ **28 June**  
**ZONTA CLUB OF ADELAIDE HILLS** - work to advance the status of women worldwide through service and advocacy. Meet at Belair Hotel at 6.30pm for 7pm start. Visitors welcome. Contact Bev on 0407 603 117 for details.



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## THE BLACKWOOD TIMES

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This adaption of the 1970's sitcom, written by Guy Unsworth and based on the TV series by Raymond, achieves many scenes from the television sitcom, onto the stage with Frank Spencer and his wife Betty.

The stage version is about Betty, who is pregnant, as she

attempts to tell Frank, he is pre-occupied by possible newfound fame as a magician.

With guests arriving including Betty's mother Mrs Fisher for dinner, crossed wires are all around, priceless misunderstanding, are on the menu. Hilarious mishaps and DIY disasters bring the house down.

Bookings are now open. To book, go to [www.trybookings.com/CHAUB](http://www.trybookings.com/CHAUB) or ring 0421 002 802. Tickets are \$28 Adults and \$25 for Concessions and Groups of 10.

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# Never been a better time to sell

BY DAVE SMITH  
TANNER HILLS REAL ESTATE



REAL estate in Blackwood and the surrounding suburbs has never been stronger.

It seems families and buyers from the flatter suburbs of Adelaide, have finally worked out what we have all known for years ... brilliant lifestyle, brilliant community, and basically, far better value for money, only five minutes up the hill.

Demand is still far outweighing supply in the hills with record enquiries, registered buyers and good numbers still attending open inspections in the lead up to winter.

With this in mind, if selling is on the cards for you, it may be worth considering a winter sales campaign when competition in the market is lower than the peak periods of spring and summer.

Majority of people will elect to sell when the sun comes out, not realising that come

September, they will be one of many going to market with the same intention.

More supply gives buyers more choice. Increased supply dilutes the demand, which can be reflected in sales results.

As Hills dwellers, winter is our favourite time of year.

If your house is warm and cosy with comfortable heating or a wood fire, this creates a lovely ambience that is emotive and is inviting for potential buyers.

Selling or preparing to sell in winter is worth considering to beat the spring property rush, putting yourself in a good position to be an active buyer before September.

With record numbers still attending open homes, and the median house price 'ripple increase effect' moving through the hills, it may be worth considering your options sooner rather than later.




□ If you are unsure whether now is the







◆ Photo - Dave Smith from Tanner Real Estate Blackwood at one of their open inspections in Glenalta

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## Local gymnast to take on the world

"AS A young child, I did ballet and dance, and loved it," said Cat Lyndon, a talented young gymnast based at the Blackwood Recreation Centre, who has been selected to represent Australia at the University Games in China later this year.

"While I was in Reception, representatives from SA Sports Institute came to our school and did some testing on us for an artistic gymnastics program and I was selected to try. After my trial, they said they didn't want me for artistic, but that I should try rhythmic gymnastics, as I was naturally flexible and loved to dance," explained Cat.



"From then on, it was love at first sight! And 18 years later, I'm still competing and representing my state, and very soon, my country at the highest possible level!"

However, reaching an elite level in many sports requires a lot of dedication and financial outlay including, travel and accommodation expenses - all of which have been self funded by Cat and her parents, with travel expenses for competition this year alone, nearing \$10,000.

"I just love gymnastics so much and being able to perform and compete. My goal has always been to be able to represent my country and wear the Australian tracksuit, and I'm so lucky that I have the opportunity to do that later this year."

Cat has too many achievements to list them all here, but includes the Australian levels gymnast of the year for 2019; and rhythmic elite gymnast for 2022 in South Australia for the second time in a row.

And recently, Cat is one of only two gymnasts selected out of the whole country, to compete at the 2023 World University Games in China, and she is very excited to be wearing the Australian tracksuit for the first time!

"I was selected through a vigorous selection process, which used interstate competitions as the base of selection, meaning I had to travel all around the country to compete for selection!" said Cat.

□ If you are able to help Cat in any way, she can be contacted via email: catlyndon11@gmail.com

◆ Photo - Cat in rhythmic gymnastics pose during a recent competition

The Blackwood Times is also available online to read and enjoy anywhere anytime at [www.blackwoodtimes.com.au](http://www.blackwoodtimes.com.au)

## Do your bit buying fresh produce and support local

BY ANDREW TIDSWELL, SUSTAINABLE COMMUNITIES BLACKWOOD



I ENJOY watching Luke Nguyen's cooking shows when he travels around south-east Asia, creating meals from local food.

Having visited some of these countries, I am impressed by the amazing variety and quantity of fresh food that is available.

Fruit, vegetables, grains, seafood and meat, grown in and around every town and city is transported to markets providing fresh food every day. Limited refrigeration has required these cultures to develop sophisticated systems to distribute fresh food to their populations.

Certainly there are levels of poverty and hunger in these places, but this also exists in a wealthy country like ours. Hunger is generally a sign of inequality, not a lack of available food.

It is an interesting comparison with Australia where our industrial agriculture produces vast quantities of highly processed food. This may be convenient, but not the best for our health.

Even our so-called 'fresh food' are mainly crops that are designed to fruit over a short period, then kept in cold storage and drip fed to the supermarket shelves. By the time we buy, it can be weeks old or more; hardly 'fresh food'.

Which culture is best able to provide fresh nutritious food sustainably? One that relies on large scale industrial agriculture with long supply chains, lengthy storage and extensive energy and fertilizer inputs; or one that has local production, rapid distribution and low energy inputs?

And which is more resilient to a changing climate impacting on what we can grow where and when?

And which will be more flexible to respond to major disruptions?

Remember the impacts of recent shortages in the supermarkets of key products and the panic buying that ensued.

There are useful lessons about what we need to do for a sustainable future with our farming practices.

We do need to be much more resilient in how we produce and distribute our food, its scale and locations, as well as more sensible in what we expect to be able to buy.

A few months ago, I referenced Regenerative Agriculture which is a path for farmers to improve soil health, making them much more productive at cheaper cost, providing healthier food and able to withstand the challenges of our changing climate.

We can do our bit by buying food in season wherever possible, supporting local shops and markets; reducing our reliance on heavily processed food, and not wasting food. □

## Looking for a local business or tradesperson ... ?

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