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Rate increase highest on record

Check out all the great 'WINTER Specials' on back page

see story pg 3



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For those that enjoy a bit of exercise out in the fresh air and surrounded by nature ... the ParkRun program is on the way to Belair National Park. To find out more read story on page 5.

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Selling sites in current market raises concerns

by James Swanborough

WITH the completion of the new Tiwu Kumangka (Blackwood Community Hub & Library) imminent, there have been concerns raised from local members of Mitcham Council that the sale of the land housing the existing Blackwood Library and Karkoo Nursery is not being timed to optimise community outcomes.

While the motion to sell the site was voted through Council, local councillors Karen Hockley, Darren Kruse and Tom Morrison voted against the motion.

"While the site needed to be sold at some point in time, going to market now seemed premature to me," said Park Ward Cr Morrison of the decision.

"I think many in the community will be surprised. Maximising financial return for the site, while trying to meet community expectations over what will be built there, will be challenging. Construction costs are high, and I do not believe we have a proper understanding of what the site was worth when making the decision.

"Additional Council and State Government projects in the area

could add substantial value to the land, such as a much awaited second pedestrian crossing, and my desire to get a public green- ing strategy done for Main Road," added Tom.

While Craighburn Ward Cr Hockley took to the Mitcham Community newsletter recently to voice her concern.

"Firstly, I'm not sure that selling in an environment of sky-rocketing building costs and rising interest rates is particularly clever," Karen stated.

"These factors will impact the price that is achievable for the community for this community asset. Our advice was that in the current market, we could expect to achieve something in the lower range and, since this property is not costly to hold, I favour holding it until a premium price can be achieved."

Karen also noted that the existing Library building may still be utilised if some members of the community are not catered to by the new development.

"Perhaps, if there is a community need, we could specify that some part of any new development be available for Council to lease on a long-term basis to meet any residual community need that might exist," Karen concluded.

However Mayor, Dr Heather Holmes-Ross stated the deci-

sions had already been made, with the sale being budgeted into the cost of the new hub, and the process has already been put in motion.

"There haven't been additional discussions at council about it, but we voted and the motion was passed to take it to market.

"When you appoint a real estate agent, which we have in Leedwell, it is now with them, and the sale of the property is tied to the funding of Tiwu Kumangka and therefore needs to be done. The position has been made, so there isn't much point in debating the timing at this stage.

"What is worth noting, is that there is a broad criteria that we are looking to be answered, but if we can't find a suitable buyer to meet our vision, then the sale will not go ahead," said Heather.

"We have agreed as a council on a strategic plan for the city, which identifies growth areas and areas which we want to retain. We have agreed to increase density around transport and retail hubs in our city, so that we can minimise the effects in the sub-urbs," explained Heather.

"Putting high density living in those places allows us to maintain lower density in other areas, which we believe is important in retaining the intrinsic character which gives our residents a good quality of life." □



◆ Photo - Some of the members who volunteer at the Blackwood Hills Men's Shed (from left): Alastair Watson, Charles Connelly, Stephen Westgarth, and John Tinkler

Hills men's shed building a professional reputation

BEHIND the Blackwood Hills Baptist Church at 72 Coromandel Parade, Blackwood there is a large activity hall, where every Wednesday from 9am to 1pm, you will find the Blackwood Hills Men's Shed.

There you'll find a group of men joining together to work on woodworking and other projects both small and large. The atmosphere is busy, dedicated, and happy.

One Blackwood resident who has had a number of items worked on by these men said, "They repaired an old timber magazine rack for me with care, patience, and respect for its sentimental value.

"Now, they are making me a much-needed shoe rack with a precise plan they drew up to exactly fit the space I have for it; and all they ask in return, is a donation to cover materials and a contribution to the development of their Shed."

While fitting-out their new Men's Shed which opened in October 2022, the Shed members recently built a wall of ten tall storage cupboards in one of the church's Sunday School rooms.

After Shed sessions the men can adjourn for lunch to the church's Café 72, which is open weekdays 10-1:30. The café is run by volunteers and offers coffee and meals at amazingly inexpensive prices.

The Men's Shed welcomes new members who are looking for social interaction, and any restoration work or creation needs that you have.

As the delighted customer added, "This is a wonderful inspirational place we are fortunate to have here in Blackwood!"

□ For more information, contact the coordinator of the Blackwood Hills Men's Shed on 0491 644 824.

Forum tackles cyber safety

CYBER safety is important for everyone. We all face malware and scamming attacks, however, there are some online threats that are of unique concern to Seniors.

On Friday, July 7, the Hon Nicola Centofanti MLC is hosting a free community Seniors forum event at the Blackwood Memorial Hall, 21 Coromandel Parade, Blackwood, to deal with cyber safety.

Guest speaker, Kostas Theodosi from Insync Solutions, is an expert in helping people stay safe online. So come along, grab a cuppa and learn how to stay safe whilst browsing online.

The forum is part of a series run by the Hon Nicola Centofanti MLC specifically looking to engage with Seniors on topics of contemporary and local importance to them. Whilst a completely free event, there will be a voluntary opportunity to make a gold-coin donation to the Blackwood Lions Club on the day.

The free Seniors Cyber forum will run

from 2-4pm, with afternoon tea provided and held at the Blackwood Memorial Hall, 21 Coromandel Parade, Blackwood.

□ To RSVP, or for any queries, please contact Centofanti.office@parliament.sa.gov.au or 8237 9350.



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Retailers need your business ... shop local first

by The Editor

IT'S all over the news nearly every day ... retailers are in for bumpy road ahead over the next 12 to 18 months ... and that is predominantly due to people's declining disposable income.

One financial commentator said, "if you're not selling food, the road ahead for many retailers is going to be a challenging one".

The current economic climate and the impact it is having on households, is leading to many local and national retailers facing declining consumer sales.

Most households are faced with higher interest rates, cost of living expenses, increasing electricity charges, in fact nearly everything is going up, and as a result our disposable income is being reduced with shoppers having less money to spend on non-essentials.

This, of course, then flows on to businesses large and small with many national retailers reporting declining sales - David Jones, Just Jeans, Peter Alexander, Domino's Pizza, and Best & Less, while Sanity Music has closed all 200 retail outlets and make all their sales online now.

And so to Blackwood, and how you can help.

It's the old story - shop locally and some this money you spend at local businesses ends up back in our community through sponsorship and donations.

Many clubs and organisations would simply not survive if it were not for the generosity of local businesses ... and Blackwood would be worse off for it.

Take the Blackwood Football Club for example, that provides a healthy environment for hundreds of males and females of all ages during winter.

For the past 45 years, their major sponsor has been Edenwood Autos/Caddle Crash who has donated a considerable amount of money to the Club over this time.

"We like to support the community that supports us," said Barry and Maria Caddle, owners of Edenwood Autos and Caddle Crash. One of our sons played at Blackwood and now we have a grand-daughter playing as well."

There are many other long-standing local businesses who give back to the community such as Fairleys Shoe Store, Blackwood (Bridgestone) Tyre Service and Blackwood Dyno Tune.

So if you are looking to purchase an item or need a tradesperson, shop local first as this not only supports our local businesses, but indirectly is supporting many clubs, groups and organisations, who all contribute to making the Blackwood district the great community that we all enjoy living in.

Remember, the next time you go to shop at Westfield Marion or in the city or on-line ... none of the money you have spent ends up back in our community.

And as if things couldn't get any worse, Mitcham Council are looking to make the highest rate increase on record impacting on residential and business ratepayers ... see article below. □



Higher rates will hit households hard

by James Swanborough

WITH cost of living rising across the board, rate payers across Mitcham are set to see a rate rise of between 7.84%-8.9% over this financial year ... the highest on record and worst since 3.5% in 2019/20.

This increase would result in an average rise for a residential property of approximately \$151 for 7.84%, and \$171 for a rate increase of 8.9%.

Mitcham Mayor, Dr Heather Holmes-Ross said, "This draft Plan provides two options; one that maintains our existing services; while the other importantly addresses key projects to be delivered in partnership with State and Federal Government, while also offering an opportunity to our community, to tell us if they want us to continue to invest more in climate change initiatives."

Heather added, "The first option of 7.84%, which is lower than CPI, will only deliver our existing services, so it is important to be aware this does not include the co-funding required to progress the State and Federal government funded projects. We looked at reducing services, which is not something the community likes or that we like doing."

Heather noted that as an organisation, Council suffer from the rise in CPI and the Local Government Price Index (LGPI), which includes costs of bitumen and concrete etc, which has risen by about 12% which needs to be factored into costings.

Both proposed rate increase options reflect the increased costs of providing existing services to our community and cost shifting.

Heather said, "We have worked hard to find almost \$900,000 in efficiencies and financial savings. We are sensitive to the impacts on the cost of living to our residents, as we are also experiencing the same impact across our services, and we believe these options deliver substantial value to our community.

"Some of the feedback we have received is

to simply stop spending, and we do understand that parts of the community are hurting. We can't just halt all services, but we are trying to provide them for less funding, and we are trying to find a balance so that the services are there for those most in need, which is really difficult to do.

"There is an idea in the community that when the valuer general increases the value of houses that council get a windfall. When the house values increase, it changes the proportion that various individuals pay, but the total amount which council takes is the same," explained Heather.

"This is true of all metropolitan councils, but not Adelaide City, who calculate their rates differently. Their rates are set according to what you can rent out for and what you are building for, so they can change rates as valuations increase.

"The difference between our two rises for the average rate payer is \$20 a week, and while I understand that it is a lot for many residents, the things we can fund with that extra 1% I think are worthwhile," Heather said.

"Local government is the place lots of people tend to vent about raises in taxes, but costs are increasing at a State and Federal level. It is really difficult when times are tough, because community expectation is that council can provide more through libraries and community centres to take up the slack from their lower amount of discretionary spending. We are trying our best to do while cutting the costs wherever we can. We did not land on this number lightly, it has taken six months of planning to chip away at this budget."

Some of the service improvements included in the higher rate rise are:

- Provide Annual Community Facilities Grants
- Blackwood Lions Bargain Centre, Eden Hills, Proposed Extensions
- Enhance AA Bailey Reserve, Clarence Gardens

- Upgrade Mortlock Park Oval Facilities
- Continue the Water Sensitive Urban Design (WSUD) Program
- Extend & upgrade the Stormwater Network
- Maintenance of Water Sensitive Urban Design Projects
- Minor new capital requests in open spaces
- Sustainable Living Subsidy Program - Cloth Nappies Rebate
- Cyber Security Program
- Hawthorn Bowling Club Entrance Upgrade
- Manson Oval Public Toilet Facilities
- Green Buildings Fund
- Spatial Software for Weed Management in the City of Mitcham
- City Image (Signage & Furniture) Pilot Scheme
- Open Space Volunteer Coordinator

"This is only a select number of small projects which we believe the community would really want," said Heather.

The inclusion of an open space volunteer coordinator is something Heather feels will pay huge dividends for the community.

"We get lots of feedback from members of the community saying they would like to help out with things like gardening in local parks, and we have been unable to accommodate them because we don't have someone to supervise.

"There is a supervisory requirement from state government which is quite rigorous, so this is something I've been passionate about because volunteers are such wonderful people and they give such invaluable service and person power to the community. So that is one thing I'm hoping will get up." □

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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 ...



'This Sporting Life' - 1957

FROM the early days of the settlement, sport played a significant role in the social structure of the Blackwood community.

During both world wars, many sporting clubs in the district were forced to close. However, a survey of the *Coromandel* newspaper in 1957 shows that by the 1950s, clubs had recovered, albeit that some had honour boards listing the names of members who died during the war.

While Sunday was for church, roast dinner and afternoon visits to relatives, for many families Saturday afternoon was dedicated to sport, with practice on Tuesday and Thursday night. Although the *Coromandel* was a small weekly publication of four to six pages, at least one full page in every issue was dedicated to sport. Many local names were mentioned in this Sports Review section, no doubt contributing to sales.

The Blackwood Oval, now the Hewett Sports Ground (on Coromandel Parade), was the centre of activity for cricket in summer and football in winter. Blackwood teams played at venues across the Hills and even on the Plains.

One of the captains' responsibilities was

to ensure that all team members arrived at away venues. Around noon on Saturday, groups gathered outside the Post Office waiting for transport to be organised. Not every family had a phone (or of course email!) so team lists were posted outside Fairleys Shoe Store after Thursday night practice.

Among other sports played locally were basketball, tennis, bowls, golf and hockey. Basketball and tennis courts were located in various places across the district, including the Greenwood tennis courts on Main Road at the northern end of Coromandel Valley.

The bowling club was in its present location on Simla Parade, the nine hole Blackwood golf club was on the MacTaggart's land on Coromandel Parade, and it was reported in July 1957 that the women's hockey team had just played their first match at the Women's Memorial Playing Field at St Marys. While the reports in Sports Review tended to focus on the results of male teams, page 1 of the July 5 issue featured girls' gymnastics.

As had occurred in 1946/47, when England came to Australia to play a Test series, they were accompanied by the Empire Cricket

Writers Club, which included Grimmett and McGilivray. A one-day match was organised against the Coromandel Cricket Club on 1 February. Coromandel made 243 for the loss of 8 wickets and the visitors were all out for 135.

As well as reporting the on field feats of local sports teams, Sports Review extended to social events such as the Football and Women's Hockey Ball at the Memorial Hall on October 4, where stars of the football club appeared as strikingly frocked debs. And everyone enjoyed locally made pasties. The annual Bowling Club Ball was held at the Memorial Hall on November 29, where it was reported that 280 guests appreciated the artistically arranged flowers.

Tennis players of both sexes wore white clothes and white sandshoes, cricketers wore creams, footballers wore black boots and red and green guernseys, and the Blackwood colours of red and green were seen everywhere on sporting apparel.

Golf balls and tennis balls were white; cricket balls were red, and footballs were tan until



they too turned grey.

Players, coaches and supporters of all sports tend to hope that their next match will be a win. But the hockey report in the July 5 issue takes optimism to another level. After losing 9-1 to Woodville, the coach said the Blackwood District Hockey team was 'beaten but not disgraced'.

For more information on BAG activities, phone 0408 117 003 or visit their website at : www.blackwoodactiongroup.org.au

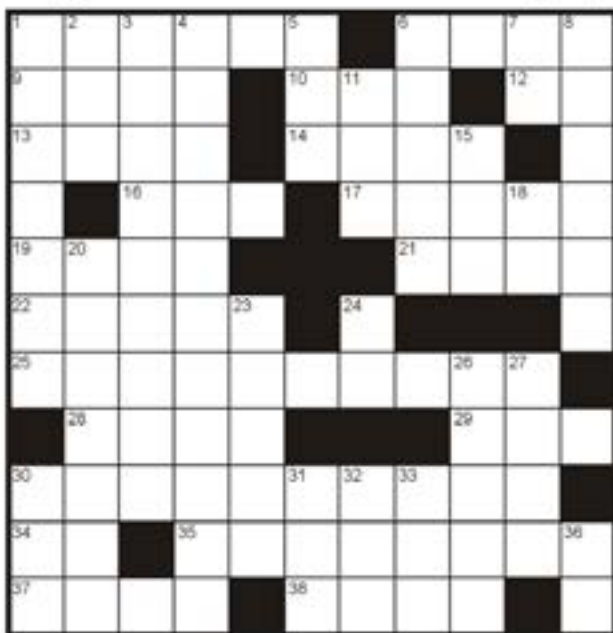
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| 12 State | 5 Bookie |
| 13 Melt | 6 End |
| 14 The Seekers | 7 Like |
| 16 Kelly | 8 Aborigine |
| 17 Prickle | 11 Great! |
| 19 Brick carriers | 15 Out of team (init) |
| 21 Man about town | 18 Senior sleuth (init) |
| 22 Sharp | 20 Cats |
| 25 Ti-trees | 23 Resin |
| 28 Learning | 24 Half a skirt |
| 29 Modern music | 26 Battlefield |
| 30 The Valley | 27 Season |
| 34 Growth industry (init) | 30 US's ASIS |
| 35 Gov. Hindmarsh et al | 31 Ripen |
| 37 Australia's in it | 32 Rugby league comp. |
| 38 French one of 9 Across | 33 A touch; small amount |
| | 36 Road (init) |

ANSWERS ON PAGE 11

Purchase original art for your home

THE 39th Blackwood Rotary Art Show & Sale will be open to visitors during the July school holidays at Blackwood High School.

"The last two years were magnificent years for our Art Show, after it had been cancelled in 2020 due to Covid restrictions," said Lyn Muller, Chair of the 2023 Rotary Club of Blackwood Art Show Committee.

"In 2022, we had 512 entries and sold 101 artworks, to a value of just over \$40,000, which just tipped the entries and sales of 2021, making this the best Rotary Art Sale on record since 2001. We are anticipating an even bigger display of Art this year, including painting, photography and sculpture."

The Art Show is always an interesting outing in the school holidays, with a wide range of art to view. You can vote for your favourite piece, and the artist with the most votes wins the People's Choice prize.

The great variety of artworks on display are available to purchase, and enables people to buy original art to put on their walls, instead of prints. This is a fabulous way to brighten up your home.

"The Art Show provides both an opportunity for artists to exhibit their works to the local community, and to encourage the support of the arts within our community," explained Lyn.

"The sale of paintings has raised significant funds over the years by Blackwood Rotary for allocation to community projects that are "making a difference" for many groups and/or individuals," said Lyn.

The art generally varies in price from \$50 to \$3,500, thus allowing everyone to purchase original art, rather than having prints on their home walls.

Proceeds from the sale of artworks 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, Polio Eradication, and Education Scholarships in Nepal and Indonesia. This year they have also supported projects to aid in rebuilding in Turkiya, Pakistan and Ukraine after their respective disasters.

"Setting up an Art Show is a big undertaking as we have to transform school classrooms into a gallery," said Lyn. "Along with most of our Rotary members and spouses, we are privileged to have some help from some locals in the hills community. I also want to thank a number of volunteers from other local service clubs who help out alongside Rotarians during the exhibition open days.

"Many local businesses have supported the Art Show again this year, and are highlighted in the Art Show Catalogue and also on the Rotary Club of Blackwood website. We are extremely grateful for

Rotary



this support, and I ask that everyone remember to support these businesses in return. Buy local and our community will prosper.

"And of course, we are extremely grateful to all the people who generously buy some of the art on display to brighten

up their home or office, and in doing so support the artists and future community projects.

"We hope you will all visit the 2023 Rotary Art Show. This is a bright (and warm) spot in the middle of winter, that I am sure you will enjoy," said Lyn.

For dates and times see the notice below on this page. And if you need more information, contact Lyn Muller on 0413 699 133 or email blackwoodartshow@gmail.com

Rotary Club of Blackwood

Art Show 2023

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Community groups unite to build relationships

by James Swanborough

TRAIN commuters on the Belair line may have noticed a hive of activity at Mitcham Railway Station recently with the inauguration of "The Pitstop Cafe".

This is a new initiative spearheaded by Member for Waite, Catherine Hutchesson, for local youth bike riders with free sausages, snacks, bike tuneups and advice on looking after their equipment.

The event has been run twice in April and June, with the help of Blackwood Lions Club and Blackwood Uniting Church Community Bike Shed.

"SAPOL dirt bike riders who are out on the trails keeping everyone safe, also joined us and the mountain biking kids enjoyed every minute of it," said Catherine. "The SAPOL team have been around since the school holidays, riding the trails and interacting with the kids along with Police on Mountain Bikes and will continue to do so. They are great blokes and enjoy what they are doing.

"Creating community engagement builds the relationship of trust and respect. The kids were all very polite and thankful. Wrapping community around the kids is another way we can help control behaviour."

Blackwood Lions were on hand with the barbeque, and have assisted with providing repair kits for use. Lions spokesperson Chris Martin was grateful to be a part of the initiative. "We are always looking to get out into more community projects and providing the barbeque for

this project and donating some tool kits for the bike shed have been a part of it. They have been very well received by the kids; they are quite happy to have their bikes checked over and interacting with the bike police. The club are keen to continue that."

While Peter Jones, Team Leader of the Blackwood Bike Shed said, "The initiative is a way to involve the local youth bike riders in the community. It took a while before the kids realised that we weren't there to cause trouble, or be a nuisance to them. We are trying to encourage good, responsible behaviour, and also make sure their bikes aren't in horrible disrepair."

Peter said it had been such a roaring success, that they are looking to make the event an ongoing event, probably once per school term and in the holidays.

"We want to teach the kids a bit of respect for their bike and how to look after it. We have repaired punctures, shown them how to replace brake discs, and advised when a bike needs to go in for professional repairs.

"We aren't professional mechanics, we are just a community group that helps where we can; we want to show kids where to go to get professional support, and once the kids realised we just wanted to help, the event really took off ... the free sausage sizzle didn't hurt of course!

"One of the things we are looking to do at the next event is suggest the kids come up to the bike shed at the Blackwood Uniting Church, where we are based, on a Monday when we are open to the public," added Peter.



◆ Photo - Some of the members from SAPOL and the Blackwood Community Bike Shed working together to repair a downhill bike belonging to one of the kids who ride the trail down from Belair

"Come up have a look around, see what we have and maybe they will take an interest in building their own bikes from spare parts, because that's how most of us got started. Where there is an interest for the kids, there is room to foster and grow it in a positive way.

"Some of these kids have \$10-20k bikes that they are thrashing down the hill, so the more we can encourage them to look after and take care of their machines, while still having fun, this develops a deeper sense of respect for their actions."

Peter was quick to sing the praises of local MP Catherine Hutchesson for putting the event together. "Catherine does her fair share, she gets in there cooking on the barbeque. The police were a barrel of laughs and they weren't there to take anyone to task. It's a huge community success and it seems like it's been well received."

The community is welcome to visit the Bike Shed on Mondays at Blackwood Uniting Church (near the roundabout), with a new workshop space having recently been provided by the Church. □

Enjoy the great outdoors at upcoming ParkRun launch

PARKRUN is a free, socially-focussed 5km community event that takes place at 8am every Saturday morning, at more than 475 locations across Australia

"For the past 6 months, we have been working toward bringing a parkrun to our area," said Jason Hughes, one of the local co-ordinators who is keen to see the program utilise the expanses of the Belair National Park and in particular, the vacant land created by the demise of the Belair Golf Course.

There is no Parkrun currently in the Mitcham Council area, and a group of locals that feel passionate about this have come together to make this happen.

For Parkrun approval, there are some criteria that that need to be met in selecting a location and designing a 5km course that meets Parkrun standards. The old Belair golf course

zone in Belair National Park has been identified as an area that meets the all requirements for Parkrun.

"We believe that a Parkrun, along with the existing activities, would breathe new life into this neglected area of the Belair National Park, connect with the local community and attract visitors to the area from all around Adelaide, throughout South Australia, as well as interstate and international visitors," added Jason.

"Over the past few months, members of our group have been running and walking over 20 course variations to refine the course design, and we have settled on a course that our group is happy with and has now received approval from Parkrun Australia."

Parkrun is free for the community to participate in but not free to startup. "We need to raise \$7500 required by Parkrun to start - made

up of \$2000 for a compulsory defibrillator and \$5500 for the Parkrun establishment costs.

"This will allow us to use the Parkrun brand and benefit from their experience infrastructure. Parkrun Australia provides all the support, platforms and equipment to get started then once launched, the event becomes a slick machine - owned and run by the local community.

"Participants complete their Parkrun then by the time they get home after a coffee catch-up with other parkrunners, they will have a record of their participation right into their email inbox!

"We have received some funding from Trail Running SA and we have worked with Parkrun to apply this toward the compulsory defibrillator. We continue to work with a few other contributors and fundraising events and are hop-

ing to confirm funding achieved by August," explained Jason.

They are also looking to setup a 'Friends of Parkrun' group that will take responsibility for maintenance and are seeking additional funds to setup a program of maintenance work.

"We have assembled a vibrant local community group passionate about bringing this parkrun to our area and are engaged, excited and ready to get started. We are working toward a potential launch toward the end Sept or early October - watch this space."

□ If you would like more information or to register your interest, contact Belair ParkRun co-ordinator Jason Hughes at email: hugas71@gmail.com



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Colebrook children developed strengths to survive

BY ANNE BARKAWAY
BLACKWOOD RECONCILIATION GROUP (BRG)

AS we approach the referendum, BRG will share stories honouring some of the many Aboriginal elders connected with Colebrook Reconciliation Park, to help Blackwood residents come to know the experiences and gifts of Aboriginal people connected to Colebrook and thus connected to our area.



◆ Photo - In 2022, Kunyi, jointly with Uncle Jeffrey Newchurch, was recognised with the Premiers NAIDOC award for outstanding achievements and service

Kunyi June-Anne McInerney was born in 1950 at Todmorden station, approximately 80km northwest of Oodnadatta. Her mother was a Yankunytjatjara woman and her father non indigenous.

At four, along with her brothers and sisters, Kunyi was taken from her mother and family group, because of Australia's assimilation laws, and placed in the United Aboriginal Missions children's home at Oodnadatta. At eight years of age, she was placed in a foster home in Adelaide, and three of her sisters were transferred to Colebrook home at Eden Hills.

Kunyi experienced significant abuse in care, and carers who constantly told her she was 'no good'.

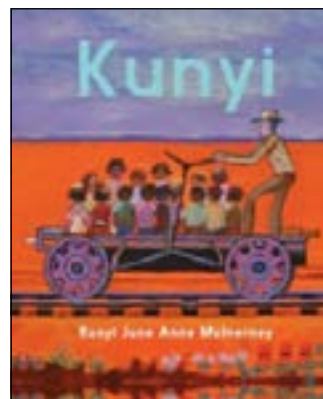
However, she is an exceptional person who found in herself the determination to prove her carers wrong. She managed to maintain contact with her sisters because she was allowed to join them and other Colebrook children for holidays.

Kunyi had taught herself to draw in Oodnadatta and has used her exceptional talent since, to tell the story of the stolen generation, sharing both the traumatic impact on them and their families, and the strengths some of them developed to survive.

As well as pursuing her talent as an artist, Kunyi became a qualified nurse and midwife. She has written and illustrated several books for children and adults, the most well known of which is called 'Kunyi', and features the story of her life told through her art.

The book was featured in the Bologna Book Fair in Italy, and contributed to the Publishers, Magabala Books, winning the Oceania Prize for the Best Children's Publisher of the Year.

Kunyi has been an active and long-term member of the Tji Tji Tjuta (former Colebrook residents) and of BRG, and has used her art and storytelling abilities to contribute to the memorials at Colebrook. Much of the art on display at Colebrook has been created by Kunyi.



Kunyi is a humble person. As well as bringing up her own three children, she has fostered more than 40 Aboriginal children and still talks to school and adult groups visiting Colebrook.

She also featured in the film BRG made about Colebrook, which can be accessed on the internet at: www.colebrookreconciliationpark.com.au/film.html

Kunyi says, "Although my paintings speak for me, I enjoy the opportunity to tell my story, and my whole family believe it's time all Aboriginal people were recognised and their Voices heard." □

SALA 'Sentinel' local exhibit on during August

LOCAL artist Alan Todd will be again be opening his Vanilla Sky studio for the 2023 South Australian Living Arts (SALA) festival during August.

It is seven years since he built the studio at Craighburn Farm, and his paintings and sculptures have been exhibited extensively in South Australia and interstate.

"I decided in my early teens that I would be an artist," said Alan.

"While I have always painted, my works in the 80s were devoted more to steel sculpture, and the 90s and beyond to contemporary dance and stage design.

"I returned to painting, and now sculpture, in 2016 and have mounted 16 shows since then, and exhibiting as part of SALA has been a regular endeavour for me," explained Alan.

"Much of my recent work has been in the form of large scale sculptures constructed from wood and painted. While welded steel dominated work in the 1980s, the choice of wood continued a medium explored last year with the 'Conversations with My Father' series.

Alan's exhibition titled 'Sentinel' will consist of more than twenty pieces and is open Saturdays and Sundays from 11am-4pm throughout August.

What are sentinels? Sentinels are watchers or lookouts. But watching over what? The history of the ancient world is for us a collection of architectural ruins and statuary which has left few clues about their builders.

□ For more details on Alan's SALA exhibit visit: www.alantoddvisualartist.com



Need to be prepared for natural disasters like flooding



BY LOUISE MILLER-FROST
FEDERAL MP FOR BOOTHBY

AFTER the recent downpour, it's fair to say that we are truly now in winter – evident by the torrential rains we have just experienced.

As I write this, the local area has seen 57.4mm of rain in the last 24 hours. People across the area have been without power, and emergency services staff and volunteers have been busy within our community tending to fallen branches, blocked drains and bouts of flooding.

These events are a timely reminder that we need to be prepared for disasters such a flooding. For years, the Brown Hill Creek area has been a flood risk and former governments have been slow to act on this, leaving communities at risk each year.

The Brown Hill Creek catchment is the sixth most likely region in Australia to experience a major flood. Estimates suggest a major flood event could result in damages of up to \$418.5 million and would likely impact almost 4,000 properties.

Last month, I was proud to announce that residents will now be better protected and prepared for future natural disasters with more than \$12 million in joint Commonwealth and State investment in Brown Hill Creek. The next stage in protecting our community from flood risk.

The Albanese Labor Government is responding to the science that warns of increased risks and is investing now to help our community. This strategy takes in a whole-of-catchment approach to detain and control the flow of water and upgrade the existing creek network to double flow capacity.

This \$12 million investment will come from the Disaster Ready Fund, that South Australia more broadly will benefit from nearly \$47 million in combined investment into disaster prevention, through Federal, State and delivery partner co-contributions.

Stay safe out there this winter. □

Time to register your exhibit for Tree Festival

THE Christmas Tree festival is on again this year, so it's time to gather your friends, colleagues, classmates or family together, and make a plan to join in the fun by creating something very special to add to the Christmas tree wonderland being staged this year.

The theme this year is "gratitude" but

it is not essential that your exhibit follows this theme.

However, the Blackwood Action Group who co-ordinates this bi-annual event, needs the community's help to bring this magical experience together.

Blackwood Uniting Church (near the roundabout) has kindly allowed the use of their facilities to work on the trees, as it is anticipated that the new Blackwood Hub & Library building will still be under construction.

Exhibitor registration forms can be collected from 'Habitat' near Drakes, or found on-line by visiting the BAG website at blackwoodactiongroup.org.au

On registration, participants can order a fresh pine tree at a very reasonable price, thanks to the generosity again of Clarendon

Christmas Tree Plantation. Or instead, you can decorate an artificial tree or be creative and design your own.

At the last Christmas tree festival, among the 50 amazing exhibits, some of the most fascinating were created from recycled organic and manmade materials, living plants and team knitting. The hand-made decorations, especially those crafted by the young children and seniors of the district, were absolutely delightful.

Please register your interest in attending by mid-August to enable BAG to evaluate if there is enough community support for the event to go ahead. Participation is free.

The 2023 Christmas Tree Festival is planned for December 8-10 in the new Blackwood Community Library Hub.

□ Should you wish to know more, please visit the BAG website or contact Julie Hallifax, julie@boroniavale.com (0412 645 053) or Pauline Dodd pauline-dodd@bigpond.com (0402 146 567).





LOUISE MILLER-FROST MP
Federal Member for Boothby

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'All about medicines' forum

THE Mitcham & Hills Wellness Education Series is proving to be a hit with locals.

"Our Opening Night held on May 9 had over 140 guests attending which was opened by Catherine Hutchesson, MP for Waite," said Tracey Yeend, spokesperson for the group.

Attendees had the opportunity to hear the future plans for health care and dementia from both of the special guests; Health Minister Chris Picton and SALHN Dr Craig Whitehead.

Wendy Hall, from Dementia Doulas International, then presented a world class education session on Healthy Ageing and Reducing the Risk of Dementia.

The festivities included goodie bags, door prizes and an amazing feedback all around.



Local businesses contributed including Green Dispensary Pharmacy Blackwood and Peter Alexandrou from Harris Real Estate in Blackwood.

"Mostly, we are very thankful to all of the community support and attendance that made our night such a success," said Tracey.

Then for the second event held last month, Richard Pascoe (from Tech Guy), a technology expert, educated a group of almost 100 people on Cyber Safety.

This month's session is 'All About Medicines and Supplements', presented by Pharmacist Simon Dawe and Integrative Health Practitioner, Tracey Yeend.

However, these sessions are gaining in popularity so you will need to be quick to book in for the third event on Tuesday July 11.

Sessions are locked into the second Tuesday every month, and being held at The Blackwood Uniting Church (near the roundabout) at 5pm for a 5.30pm start.

Education Session Programs are available from Catherine Hutchesson's office. Bookings are essential and can be made by calling Catherine Hutchesson's office on 8278 5844 or emailing waite@parliament.sa.gov.au

Photo: part of the large group that attended the second forum on Cyber Safety in the Blackwood Uniting Church

Fish Man celebrates 23 years

"SEAFOOD has always been in our blood," said Arthur and Joulie Louca, owners of The Fish Man and True Blue Seafoods in Blackwood, "and we have just carried on the family tradition."

Arthur's parents, Andreous and Vera Louca successfully ran a fish and chip shop on Shepherds Hill Road, Eden Hills for many years and would be well known to many long term local residents.

"I was introduced to the seafood industry at a young age," said Arthur who grew up and attended Blackwood Primary and High Schools. "We feel privileged to be living and working in this beautiful community and are now raising our family here."

As for The Fish Man, they first opened in 2000 on Main Road opposite the Blackwood Library and even though it was a great business they had no room for expansion, so decided to buy out their opposition at the time in True Blue Seafood which was located in Drakes Shopping Centre.

Then the opportunity came along to buy one of the shops in the Drakes Shopping Centre which gave them the option to run their fresh seafood and takeaway businesses from the same premises.

"We had always wanted to move our business into the Drakes centre, and even though it was a huge risk at the time, we've never looked back and it was all worth it," said Joulie.

"And we could not have survived were it not for the tremendous support we have received from our amazing customers, many of whom we have known for a long time, some even becoming good friends."

"Our staff are also wonderful and work tirelessly to ensure our customers walk out of the shop with a smile on their faces," added Joulie.



Photo - Joulie and Arthur are celebrating 23 years of supplying quality fresh seafood to the Blackwood community

"We are really proud to be celebrating our 23rd year in Blackwood as a local family business," said Joulie. "We purchase our seafood fresh directly from the auctions held at SAFCOL every day. All our fish is filleted in house and any of the seafood can be selected to have cooked while you wait if you want takeaway."

Why not try one their tasty fish and chip deals when you are in Blackwood next. They also make great hamburgers, yiros and steak sandwiches ... plus more. Phone orders are welcome on 8278 4380.

See their birthday specials in advert on back page of this edition.

The Fish Man and True Blue Seafood is located in the Drakes Shopping Centre next to Bakers Delight. Drop in and congratulate Arthur and Joulie on their 23rd birthday.

Excessive noise can damage ears

IN many work environments, employees are exposed to high levels of noise that can have a detrimental impact on their hearing.

Industries such as construction, manufacturing, aviation, and entertainment often involve loud machinery, equipment, or constant exposure to noise. With proper awareness and preventive measures, workers can safeguard their hearing health and prevent long-term damage.

However, let's also consider the "work" environment at home eg gardening tools, drills and other such equipment ... so read on ... this is for you all.

Can:Do Hearing's Audiologist Gabrielle Ward (pictured below) said, "My passion is working with hearing-loss clients and their families, helping them to stay connected and empowered to live their best life."



"Of course, prevention is better than treatment, which is why I encourage everyone to wear hearing protection, whether you are at home using power tools and lawn mowers, or work in a damagingly noisy environment."

This article highlights the importance of hearing safety and provides practical tips to ensure auditory well-being in loud job settings.

Prolonged exposure to excessive noise levels can lead to irreversible damage to the delicate structures of the inner ear. Occupational

hearing loss is a serious concern that can have profound personal, social, and economic consequences. It can result in communication difficulties, reduced job performance, increased accidents due to impaired situational awareness, and even diminished quality of life.

Some tips for Hearing Safety:

* Hearing Protection: The most effective way to reduce noise-related risks is by using appropriate hearing protection devices such as earplugs and earmuffs.

* Limit Exposure Time: Whenever possible, minimise the duration of exposure to loud noise. Take breaks away from noisy environments to allow your ears to rest and recover.

* Maintain Distance: Keep a safe distance from loud machinery or equipment whenever feasible. The intensity of noise diminishes with distance, so try to position yourself farther away from the noise source.

* Training and Awareness: Employers should provide comprehensive training programs to educate workers about the risks associated with loud noise exposure and how to use hearing protection effectively.

* Regular Hearing Check-ups: Undergo regular hearing screenings to monitor your auditory health. Early detection of hearing loss allows for prompt intervention and prevents further deterioration.

* Personal Listening Devices: Avoid using personal listening devices, such as headphones or earphones, at high volumes during breaks or while working. Exposing your ears to excessive sound levels in leisure time can compound the damage caused by occupational noise.

Remember, preserving your hearing health is an investment in your future, allowing you to enjoy better communication, productivity, and overall quality of life.

If you have any concerns regarding hearing loss, get in contact with Can:Do Hearing on 8100 8209 or visit www.candohearing.com.au

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

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Living a generous life up for discussion in next forum

"WE endeavour to offer thought-provoking evenings, where anyone in the community would feel welcome, with no fear of somebody doing a religious number on them," explained Michael Dowling, minister at the Blackwood Uniting Church, referring to the next upcoming event in their 'Journeying' series.

"The series provides an opportunity for people to explore spirituality in much broader ways than typically occurs in church, but then "we don't consider we are a typical church!"

The overarching theme this year is "Journeying ... Through Life."



The Sunday evening events kick off with nibbles and drinks at 5pm, followed by the event in whatever format has been selected: presentation, panel discussion, interview, etc.

So far, there have been two Journeying events this year: Journeying through Small Things; and Journeying with Children.

Their next event, on 16 July, is 'Journeying through Generosity' with Ian Hunter. Ian will explore what it is to live a generous life: the call, the reward and the challenges of engaging, sharing and connecting with others.

Come willing to be challenged through the experiences of Ian Hunter, for whom social justice is a driving force. All are welcome to attend.

Held at the Blackwood Uniting Church (near the roundabout) on Sunday July 16 from 5pm.

The next event in the series is "Journeying... Through The Rough" will be held on September 17; and then "Journeying... To The End" on November 19.

- ❑ Held at the Blackwood Uniting Church, 266 Main Road Blackwood. If you need more information phone the Church office on 8278 7699.

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WHAT'S ON IN BLACKWOOD & DISTRICTS

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FREE Listings ... looking for more members ... publish your club's notice and contact details here each month. Send email to info@blackwoodtimes.com.au

◆ **1 July**
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.

◆ **2 July**
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.

◆ **2 July**
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.

◆ **2 & 16 July**
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.

◆ **3 & 17 July**
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.

◆ **3 & 17 July**
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.

◆ **5 July**
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.

◆ **5 July**
BLACKWOOD RECONCILIATION GROUP - meet in the 'Coffee Lounge' room in the Blackwood Uniting Church (near the roundabout) at 7pm. For more information see Facebook or email: blackwood-reconciliationgroup@gmail.com

◆ **5 July**
BLACKWOOD FREEMASONS - all past and current members of Blackwood no 93 meet from 7.30pm at Masonic Ctr, 229 Main Rd (opposite Coles and behind The CPAP Room premises). If you want more information on Freemasonry contact Ted on 0407 978 214 or e: blackwoodlodge93@gmail.com

◆ **6 July**
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.

◆ **6 July**
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

◆ **7 July**
CYBERSAFETY FORUM FOR SENIORS - organised by Hon Nicola Centofanti MLC, Leader of Opposition in Legislative Council. Held at Blackwood Memorial Hall, Coromandel Pde from 2pm-4pm. All welcome, RSVP e: centofanti.office@parliament.sa.gov.au or phone 8237 9350 to register.

◆ **8 July**
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.

◆ **8 July**
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 050 831 for further details.

◆ **9 & 23 July**
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: jpkitchengarden@gmail.com

◆ **12 July**
BLACKWOOD HILLS CIRCLE OF FRIENDS FOR REFUGEES - meet at Blackwood Uniting Church near the Blackwood roundabout in the Cafe lounge. Everyone welcome. For more information email annabeldayal@gmail.com

◆ **12 July**
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-mitchampcsg.org

◆ **13 July**
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.

◆ **15 July**
ROTARY ART SHOW - starts at Open Space Centre in Blackwood High School grounds from 10am to 3pm. All dates and times open can be found at www.blackwoodrotaryartshow.com.au

◆ **16 July**
FRIENDS OF GAMBLE COTTAGE & GARDEN open between 1-4pm. Enjoy a stroll through historic gardens and view cottage. Plant nurs-

ery open with range of inexpensive plants. Entry is free - 296 Main Rd, Blackwood cnr Dorham Rd. Enquiries to Chris on 0418 827 825.

◆ **16 July**
JOURNEYING .. THROUGH GENEROSITY - third in 'Journeying' series presented by Blackwood Uniting Church (near the roundabout) to explore spirituality in broader ways than in church mode. Starts at 5pm and all welcome. Ph office on 8278 7699 for details.

◆ **18 July**
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 and email: bobgrant@adam.com.au

◆ **20 July**
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

◆ **24 July**
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

◆ **24 July**
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

◆ **26 July**
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.

◆ **27 July**
COMBINED PROBUS CLUB OF COROMANDEL VALLEY - has relocat-

ed 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.

◆ **Every Monday**
KEEP FIT FOR MATURE MEN - held at the Belair Community Ctr, Burnell Drive from 7.30-9pm. Keep active with warm up exercises keep fit exercises and volleyball. Phone Jim Thompson on 8278 2927 for details.

◆ **Every Tuesday**
GROW MENTAL WELLBEING GROUP - held at Blackwood Uniting Church (near roundabout) from 7-9pm. Are you looking for support - everyone welcome. Phone church on 8278 7699 for details.

◆ **Every Wednesday**
RETIRE ACTIVE SA (BLACKWOOD) - Meet at the Blackwood Football Clubrooms on Trevor Tce, Blackwood from 9:30am til 2pm. Do you enjoy Table Tennis, Indoor Bowls, Darts, Pool and Board Games? Tea, Coffee and biscuits supplied BYO Lunch. Enquiries to Brian Andrews on 8327 1247.

◆ **Every Thursday**
COROMANDEL BRIDGE CLUB - meet at the Coromandel Community Centre, Weymouth Oval at 12.30pm. New members and visitors welcome. Tuition available to the inexperienced and learners. Phone Roger on 8278 5320.

◆ **Every Friday**
CARING FRIENDS - meet at the Hawthorn Community Centre, 5 Frimley Grove, Hawthorn at 10am. A friendship group supporting adults who have experienced the loss of a loved one. Contact Janita on 0403 858 474 or e: acushla54@gmail.com

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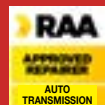


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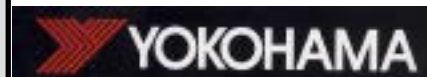
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Sponsorships on offer to help youth live their dreams

IF you are a young person seeking new experiences or know of someone who is, the Blackwood Rotary Club offers a range of sponsorships available to help live those dreams.



Among the programs on offer, are the Rotary Youth Program of Enrichment (RYPEN) for 14 to 17 year olds, and the Rotary Youth Leadership Award (RYLA) for 18 to 25 year olds and focusing on developing leadership and communication skills.

The RYPEN provides young people with an opportunity to develop self-awareness and valuable leadership skills.

The weekend long program will see attendees engage with like-minded people, while having fun and learning new skills in areas such as problem solving and public speaking. On top of learning these skills, RYPEN will give you a chance to put them to practical use, through debate and physical activity.

The next Adelaide-based program is on the weekend of 1-3 September held at Woodhouse Activity Centre. Further information is available at <https://rypen9510.org/>

While RYLA is a 7 day residential leadership seminar where young adults keen to exercise their leadership potential, participate in a range of formal and informal activities, which promote leadership skills as desirable qualities.

Awardees will be supported and encouraged through activities like: Guest Speakers, Forums, Seminar Sessions, Team Building, Problem Solving, and Sport & Recreation.

RYLA incorporates guest speakers who cover a diverse array of topics including public speaking, conflict resolution, living your passions, goal setting, self defence, volunteering and leadership.

The week incorporates a lot of self development through a variety of mechanisms including reflection (individually and as a team), team work, sports and outdoor activities, dancing, and many others.

RYLA will provide the opportunity for you to make a lot of new friends. It will challenge awardees and test them, but a lot of fun will be had at the same time. RYLA is open to young people aged 18 to 25 years with an ambition to improve their leadership skills.

The next Rotary Youth Leadership Awards event is 23-29 September 2023. More details are available at www.ryla9510.org

☐ For information on all Youth Programs, visit <https://rotary9510.org/sitepage/youth/>

Our economic system is not fit for purpose



BY ANDREW TIDSWELL
SUSTAINABLE COMMUNITIES
BLACKWOOD

WE have a very clunky economic system that isn't fit for purpose any more. We insist on Governments spending more on services and infrastructure.

We are exhorted to buy lots of stuff to keep the economy growing, businesses profitable and people in jobs.

businesses profitable and people in jobs.

We then have the Reserve Bank currently raising interest rates to slow economic growth, trying to reduce inflation; which increases unemployment and puts more people into financial hardship.

This is a very poor way to manage an economy which should be about the health, happiness and social cohesion of our society.

Former Reserve Bank Governor Dr HC 'Nugget' Coombs said (in 1972) "the worship of economic growth is a sophisticated form of cargo cult". He called for using resources wisely and only using those able to be perpetually renewed or perfectly recycled. He also said "it is not sufficient to tinker; we must comprehend the effect of what we do on the system as a whole". Oh for such wisdom today!

First we need to acknowledge that a growing economy is not possible in a finite world.

Our focus should be more about quality of life than quantity of things - good health, less debt, less stress, more engagement with family, friends and the natural world.

What keeps us alive is basically sunshine, fresh air, clean water, photosynthesis and the myriad of nature's processes. These are not considered important in our economic accounting.

Our current economy is a very simplistic linear model of constantly taking new resources, processing them, consuming them then throwing them away. We treat things, services and people as consumables.

It shouldn't be a surprise then that big business thrives, small business struggles, the rich get wealthier and more people get poorer, with record numbers in poverty, and the natural environment trashed.

This is not sustainable for us or for the environment.

We need an economic system for a sustainable future.

There is such a system and it is called 'the Circular Economy'. It is a model that focuses on reusing, repairing, refurbishing and recycling existing materials, extending their life.

This reduces the use of new resources, limits the degrading of nature, reduces energy consumption, pollution and waste. It can also drive innovation and new jobs as well as providing more durable products.

☐ If anyone wants to know more about the Circular Economy, contact me at aj@thetidswells.com

2023 Blackwood Christmas Tree Festival

8-10 Dec at Tiwu Kumangka

(the new community centre/library in Young Street)

**It is time to register your
interest as a participant.**

- Have some fun creating and decorating a tree!
- Promote your group or business!
- Help us build on a Blackwood tradition and create a sense of Christmas magic!
- Help us support two local charities: CFS and Lions Hearing Dogs Project

**Collect a registration form
from Habitat (near Drakes)
or access on BAG's website.
Due 18 August!**

For more information, visit:
www.blackwoodactiongroup.org.au

There are many benefits to planting trees



THE call to action for all Australians to get their hands dirty and give back to the community is on again this month.

Planet Ark's National Tree Day started in 1996 and has grown into Australia's largest community tree planting and nature care event.

While every day can be Tree Day, the celebration of Schools Tree Day and National Tree Day are held on the last Friday and Sunday in July.



◆ Photo - Trees are essential for our survival, but why would you plant a shrub, that has the potential to grow into a 6 metre tree, in a car park zone? And it is guaranteed, that at some stage, it will shed or drop branches at times of stress. Fortunately, no one was injured when a large limb from this tree broke off and crashed to the ground.

Each year, around 300,000 people volunteer their time to engage in environmental activities that educate Australians about the world around them.

So, why plant a tree?

* To tackle climate change ... trees absorb CO₂, a greenhouse gas that contributes to climate change. In addition to removing carbon from the atmosphere, trees, shrubs and grasses also store carbon and are important carbon sinks. Trees also release oxygen to sustain life on earth.

* To clean the air ... trees clean the air we breathe, by absorbing harmful pollutants like nitrogen oxides, ammonia and sulfur dioxide. These pollutants can have negative impacts on the health of humans, animals and plants, so trees play a key part in keeping our earth's living inhabitants healthy and reducing the effects of climate change.

* To prevent soil erosion and improve water quality ... intricate tree root systems hold soil in place, encouraging water to seep into soil rather than running off into nearby water sources. This

process is important as runoff picks up and carries pollutants which can run into rivers, lakes, wetlands and oceans, where it can have a negative impact on aquatic ecosystems and wildlife.

* To create and restore habitats ... without trees, hundreds of species of animals and other native vegetation would have nowhere to call home. A single tree can provide a home to a number of living things including mammals, reptiles, birds and smaller organisms such as insects, fungi and other plants. Planting native seedlings can improve habitat for native wildlife, leading to increased populations and supporting endangered species. It also allows for the development of vegetation corridors, which are crucial in allowing wildlife to move between fragmented habitats.

* To improve your mental and physical health ... humans are biophilic creatures, meaning we have an innate tendency to seek connections with nature and other lifeforms. Because of this, being in the presence of nature reduces stress and anxiety in humans, in addition to other health benefits such as lowering blood pressure and reducing risk of diabetes, cardiovascular disease and stroke. Getting out and planting trees is a fun and easy thing to do and a great activity to connect with family, friends and your community.

☐ In 2023, Schools Tree Day is Friday 28th July, and National Tree Day is Sunday 30th July. For more go to <https://treeday.planetark.org>

Tax time brings out scammers

TAX time can bring stress and confusion for both individuals and businesses as they prepare to file their returns with the ATO.

Unfortunately, this breeds the perfect environment for cybercriminals who seek to prey on these vulnerable emotions and obtain sensitive information and cause both financial and personal harm to unsuspecting victims.

In 2022, Australians lost over \$3 billion to scammers according to the ACCC, and the numbers are only expected to continue to increase unless people remain more vigilant and stay one step ahead of savvy fraudsters.

Here are 3 examples of tax prevalent scams:

* Tax-related identity theft. This scam occurs when cybercriminals access a victim's account, impersonate them, and fraudulently lodge refunds from the ATO using your stolen personal information,

including your tax file number (TFN).

* Be cautious of Australian Taxation Office (ATO) impersonation scams. Cybercriminals will pose as ATO representatives to convince victims to provide their bank details, Tax File Number, or other personal information via SMS, email, or social media accounts.

Additionally, in January this year, the ATO issued a warning about scammers posing as ATO workers on Twitter, Facebook, TikTok and other popular social media platforms.

* Dodgy tax preparers offering to complete your tax refund. Scammers capitalising on the desire for maximum tax refunds will promise substantial returns and a speedier process, which can appear to be an enticing offer in an otherwise confusing and stressful time.

If you are unsure about a tax related issue, contact the ATO direct or speak to a local tax accountant for advice.

Go Dry July to help cancer patients

DRY JULY is a fundraiser that encourages you to go alcohol-free in July to raise funds for people affected by cancer.

The funds you raise as part of your Dry July will provide invaluable services for cancer patients, their families and carers – whether it's a lift to a life-saving appointment, guidance from a specialist nurse, connection to an informative voice, access to therapy programs or a bed close to treatment.

Having a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers! So you're not only helping others, you're helping yourself. It's a win-win!

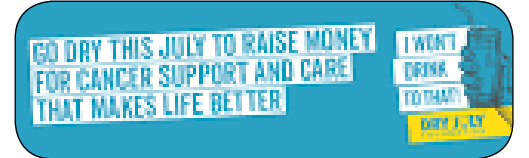
* Helping people affected by cancer ... thanks to the incredible fundraising efforts of the Dry July participants every year, the Dry July Foundation is able to help local and national cancer support organisations across Australia deliver practical, tangible support services for people affected by cancer.

Everything they fund is to benefit cancer patients, their families and carers, aiming to make a difficult time, a little easier for people affected by cancer.

Here are some top tips to help you prepare and stay dry this July:

In preparation:

- In June try to slow down your alcohol intake to half of what you would normally consume.
- Plan your social calendar. Offer to be the Designated Dryver on a night out, or if you have an event that you really want to drink at, ask someone to buy you a Golden Ticket. It will give you a night off the wagon, while also raising more funds for a great cause!
- Plan your drink substitutions. There are mocktails,



ginger ale, soda water and lime, non-alcoholic beers and wines, herbal tea...

- Plan your meals and your shopping list so there are no surprises during the week.
- Remove all temptation from your house. Ask a friend or family member to keep/store your alcohol for you during July.
- Prepare your mind as well as your body for abstaining from alcohol during July.

During July:

- Hang out with other participants; create a Dry July team with friends and family once you've signed up.
- Keep yourself busy – make the most of your hangover-free weekends! Try something new or go on an adventure.
- Fundraise! What better motivation to stay dry than knowing you're raising vital funds for people affected by cancer?
- Get active. Why not pair your dry period with a new exercise routine? Staying off alcohol can have the benefit of weight loss if you increase your physical activity.
- Remember why you started! Whatever your motivation was for signing up, remind yourself of it throughout your dry period to help stay strong!

☐ For more information visit <https://www.dryjuly.com>

MITCHAM BAND FESTIVAL 2023

FRIDAY 7 AND SATURDAY 8 JULY

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FRIDAY 7.00 pm (Theme: Back to the 80's)

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SATURDAY 10.00 am

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SATURDAY 7.00 pm

Featuring Royal Aust Navy Band Adelaide, West Torrens & Onkaparinga Concert Bands

Saturday Tickets - Adult: \$15 | Pensioner/Student Concession: \$10 | Child U/13: Free

Festival Pass - both days

Tickets - Adult: \$25 | Pensioner/Student Concession: \$20 | Child U/13: Free

TICKETS available at www.trybooking.com/CIMBU or at the door (cash/card)

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