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see candidate profiles on pages 6, 7 & 8



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It's back!!! After two years in 'lockdown' due to Covid restrictions ... the Blackwood Christmas Pageant will be held on the first Friday in December. See more details in Blackwood Lions Report to the Community on page 10.

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Learn to live by new fire danger rating system

LIVING in a bushfire risk area, like most of us do in the Adelaide hills, means danger is on your doorstep.

In September, Australia's Fire Danger Rating System was improved and simplified, to make it easier for you to make decisions to stay safe on days of fire danger risk.

The move to a simpler system is backed by improvements in science, which will mean we can better predict areas of greater risk on days of fire danger.

The new Australian Fire Danger Rating System (AFDRS) (see image on right) is your simplified survival tool.

It's daily forecast tells you how dangerous a bushfire would be if it broke out, and what you need to do to stay safe on Moderate, High, Extreme and Catastrophic days.

Across the country there will be nationally consistent colours and terminology. This means that wherever you go in Australia, and whatever the season or fuels you're surrounded by, you can understand the level of threat and what you need to do to stay safe.

Community research found that most people were familiar with the old system, however, it just seemed too technical and irrelevant for them.

Here are the different Fire Danger Ratings: -

* CATASTROPHIC

For your survival, leave bushfire risk areas.
If a fire starts and takes hold, lives are likely to be lost.
Homes are not built to withstand fires in these conditions.
Protect your life by leaving early.
Do not travel into or through high-risk areas.
Lives and properties are likely to be lost if a fire starts.

* EXTREME

Take action now to protect your life and property.
Fires will spread quickly and be extremely dangerous.
Do not wait for a fire to start - act now to protect people and property.
Monitor official sources for warnings.
Fires will move quickly and threaten your life.
Leaving before a fire threatens your community is the safest option for your survival.
Only stay if you and your home are prepared.
Consider whether you need to be in or travel through these areas.

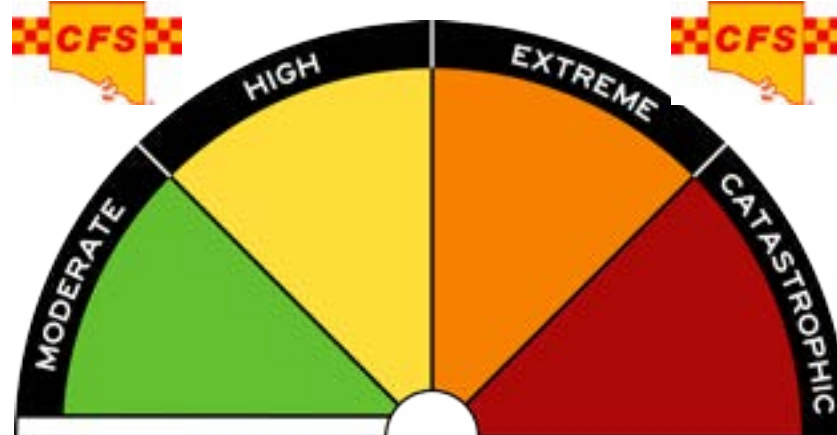
* HIGH

Be ready to act. Fires can be dangerous.
There's a heightened risk. Be alert for fires in your area.
Decide what you will do if a fire starts.
If a fire starts, your life and property may be at risk.
The safest option is to avoid bushfire risk areas.

* MODERATE

Plan and prepare. Most fires can be controlled.
Stay up to date and be ready to act if there is a fire.

☐ For more information visit : <https://www.cfs.sa.gov.au>



Working together at Coro Station clean up

THE Australian Rail Track Corporation (ARTC) partnered with the Blackwood Action Group (BAG), to conduct a working bee at the Coromandel Station in September.

Facilitated by Catherine Hutchesson MP, local State Member for Waite, it enabled a clean up of the disused platform and overgrown garden opposite Coromandel Station, via the removal of overgrowth and weeds, and planting of new low-maintenance shrubs.

The South Australian Department of Infrastructure & Transport kindly donated a number of small foliage plants that the BAG volunteers planted in the garden adjacent to the disused platform.

"We are delighted to have worked with

Blackwood Action Group on the 'working bee' at Coromandel Station. This is an excellent example of our great collaboration with the local community," said Costas Kokkoni, General Manager, Asset Maintenance Services at ARTC.

While Geoff Bartlett, BAG spokesperson added, "What a perfect day it was for being out in the warm sunshine. It was a great turnout and a very big "thank you" goes out to all 20 volunteers who responded to the call and helped improve the outlook for all the commuters who catch their trains on the opposite platform.

"And it was a lovely unexpected surprise to have our local Member for Waite, Catherine Hutchesson, drop by and bring us a great selection of cakes to enjoy.

"Today was the first time our volunteers have been permitted to venture onto the ARTC freight line platform to undertake any landscaping," Geoff said.

Following the successful clean-up and replanting, the disused platform opposite Coromandel Station is now clear of weeds and overgrowth, allowing the new plantings to flourish.

The long-neglected freight line platform has now taken on a new lease of life and will look even better once the recent plantings get established.

Catherine added, "It was wonderful to be a part of this momentous occasion.

"I know that the volunteers from Blackwood Action Group have been very keen to work on the freight line platform for many years, and I was happy to work with ARTC and BAG to make it a reality.

"Thank you to ARTC for providing the opportunity to access the platform and to the Blackwood Action group volunteers for their hard work. I look forward to seeing it grow and prosper," added Catherine. ☐



◆ Photo - BAG volunteers working together on cleaning up around the Coromandel Train Station which is said by many to be the best maintained station on the Adelaide Metro line.

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Have Your Say 40km/h speed limit for Blackwood East

The City of Mitcham is seeking feedback on the proposed introduction of a 40 km/h area speed limit in Blackwood east adjacent the Belair Railway line, Belair Hotel, Main Road and Station Road.

In March 2021 a traffic study was undertaken which supported the introduction of an area wide 40km/h speed limit. We are now seeking your feedback on the proposed implementation of a 40km/h speed limit in Blackwood east including Station Road, Carr Street, Station Avenue, Colton Road, Stirling Road, Albert Place, Railway Terrace and Burfield Street by 5pm Monday 7 November.

To have your say please complete the online survey by 5pm Monday 7 November at yoursay.mitchamcouncil.sa.gov.au/40kblackwoodeast or access the survey by using the below QR Code.

Following consultation, a report including the feedback from the community, will be presented to Council for consideration. If supported by the community and Council, a proposal may then be developed for approval from the Minister for Transport for a change in speed limit.

Should you have any further enquiries in relation to this proposal, please do not hesitate to contact Council's Traffic and Transport Team on 8372 8888 or email yoursay@mitchamcouncil.sa.gov.au.



 CITY OF MITCHAM

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Shopping precinct is being transformed



FROM THIS

TO THIS



◆ Photo - Despite the wet start to spring, footings for the Blackwood Community Hub & Library in Young Street have been excavated and poured. Future works are set to include the installation of pad footings to verandahs, stormwater detention tanks and remaining slab pours.



FROM THIS

TO THIS



◆ Photo (on left) - Blackwood Health Food owner and developer, Tom Natsias has the excavators ready to move in and demolish the existing buildings

◆ (Image on right) Computer generated vision of new two storey building to be constructed on the site behind Drakes Supermarket heading down to Waite Street.

40km/h speed limit for Blackwood east

IN MARCH 2021, a traffic study was undertaken which supported the introduction of an area wide 40km/h speed limit in Blackwood east area adjacent the Belair Railway line, Belair Hotel, Main Road and Station Road.

The City of Mitcham is seeking feedback from the community on the proposed introduction of the speed limit.

The traffic study collected traffic speed data on 50km/h roads in Blackwood east and found that the average speed was 35km/h which supports the Minister for Transport's guidelines to introduce a proposed speed limit of 40km/h in Blackwood east.

Further, the introduction of a lower speed limit will reinforce existing vehicle behaviour on roads.

Mitcham Council are seeking your feedback on the proposed implementation of a 40km/h speed limit in Blackwood east including Station Road, Carr Street, Station Avenue, Colton Road, Stirling Road, Albert Place, Railway Terrace and Burfield Street.

If you wish to provide feedback, please complete the online survey at: <https://yoursay.mitchamcouncil.sa.gov.au/40kmblackwoodeast> or access the survey by using the QR Code (see image on right) by 5pm Monday 7 November.

Following consultation, a report including the feedback from the community, will be presented to Council for consideration.

If supported by the community and Council, a proposal may then be developed for approval from the Minister for Transport for a change in speed limit.

☐ Should you have any further enquiries please contact Council's Traffic and Transport Team on 8372 8888 or email yoursay@mitchamcouncil.sa.gov.au



CITY OF MITCHAM



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Catherine Hutchesson MP
Member for Waite

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Do you know where this is?

IN 2022, the Blackwood Action Group (BAG) is taking a different approach with its monthly article, planning to encourage awareness of our local heritage. Under the title "Do you know where this is?"... each issue of The Blackwood Times will feature a

photograph of a local historic site. Readers are challenged to find its location, and thereby have a chance to win a prize. The actual location will then be revealed in the following issue, and a brief description of the site and history.

THANKS to the people who entered last month's hidden sites competition ... the winners' names will be posted on the BAG website. Information about the location and history of the site that was published in the September 2022 edition follows ...

Davies Thomas Reserve

THE stone cairn is located near the Edgumbe Parade entrance to the Davies Thomas Reserve in Blackwood. The two acre (0.67 hectares) reserve is bounded by Main Road, the railway line and Edgumbe Parade on land which was donated to Mitcham Council in 1929 by Mrs Eleanor Davies Thomas, to be held for all time by the Council and not to be built upon.

Dr John Davies Thomas emigrated from the UK to South Australia in 1875. A highly-skilled and well-respected medico, he was appointed Senior House Surgeon at the Adelaide Hospital.



After their marriage, he and his wife Eleanor lived at 'Annandale', number 6 Edgumbe Parade, opposite what is now the Davies Thomas Reserve.

Following his death in 1896, Eleanor funded the cost of the apse and vestry to be added to St John's Anglican Church in Coromandel Valley. She also established a perpetual endowment at the University of Adelaide to provide annual scholarships in the Faculty of Medicine.

In addition, in 1914 she sponsored the planting along Coromandel Parade of pine trees on the east side and elm trees on the west, donating £5 of just over £13 raised for the venture.

In recognition of her support, she was invited to plant the first tree, 'the filling in of the soil round this historic young elm being the signal for much applause'. Eleanor Davies Thomas died in 1934 in her 86th year.

The reserve was maintained by the Blackwood and District Tree Preservation and Gardening Society from 1950 to 1990 and rare species have been recorded.

Mrs Lilian Bradford provided the initiative for the formation of the group. Her name is recorded on the stone cairn. The work on the reserve was the group's first project, undertaken with the agreement and support of the Mitcham Council who provided the fencing and water connection.

The purpose was to make it into an attractive area – one that would serve a useful purpose as a reserve, and give pleasure to the people who visited it, through plantings of shrubs and trees.

On the Mitcham Council website, the Davies Thomas Reserve is listed as a Category 5 reserve which includes Woodland areas defined as:

- they often contain important remnant native vegetation
- they provide an opportunity for preserving unique flora and fauna
- they are in danger of becoming severely degraded by community use and the invasion of introduced species.

We continue to express our thanks for her generosity to Eleanor Davies Thomas, who, in the words of a Blackwood resident 'acted as fairy godmother to us all'.

Visit blackwoodactiongroup.org.au to submit your answer. All correct



entries will be entered into a draw to win one of two \$20 vouchers for a local coffee shop.

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

How to make savings on energy



BY ANDREW TIDSWELL, SUSTAINABLE COMMUNITIES BLACKWOOD

of what parts of the walls and windows the sun is shining on.

Adding external shade with blinds, shutters and awnings can make a huge difference. These can be fixed, adjustable or removable depending on the situation. Pergolas can be added with deciduous vines to only let winter sun in.

These are easiest to do on north walls. East and west walls are more difficult as the sun is low in the sky. Consider quick growing plants here.

Double glazing also makes a difference. While expensive, it can be economical over time, especially for problem windows. There are also cheaper options using plastic sheeting in frames. Consider having temporary insulation panels to put up in very hot weather on some windows.

While external shading is the most important, closing curtains and blinds on hot days can reduce radiant heat build-up inside.

The next thing to consider is keeping the heat from penetrating into the house. Good insulation is critical, especially in

roof spaces. Many older houses have no insulation and many newer houses have inadequate insulation. Adding additional ceiling insulation is cost effective.

Hot water is the next biggest consumer of energy. Wrapping hot water pipes with insulation outside and in ceiling spaces can reduce heat loss.

Washing clothes in cold water cleans just as effectively; and drying clothes in the sun and fresh air is better than a drier.

Consider installing solar hot water panels, and when the hot water service needs replacing consider a heat pump unit which is more energy efficient.

Sealing gaps around doors and windows can keep hot air outside.

Now is the time to prepare our homes and ourselves for summer, so we can be comfortable without spending too much on energy bills.

Good for our wallet as well as the environment.



Book your stall for Rotary Xmas Fair

THE popular Blackwood Rotary Christmas Fair at Karinya is returning after a two year hiatus due to Covid restrictions.

It will be held on Sunday November 13, the day after the Christmas Pageant in the city, as has been the custom for many years.

This is always a great community event, held at the beautiful Karinya Rotary Park on Shepherd's Hill Road, Eden Hills.

Many of the usual stalls will be there including a BBQ, cakes, morning tea and coffee with the Eden Hills Scouts, Plants (remember those chillies), a huge book stall, Blackwood Lions Christmas Cakes and puddings, ice cream, and opportunities to do a bit of Christmas shopping from local charities and artisans, plus many more.

And of course, there will be a visit by Father Christmas.

Entertainment will be in the main stage area for most of the day.

Planning is well underway, and Rotary is accepting applications for stall holders now, along with entertainers such as choirs and bands.

Please contact Martin Gould on 0427 179 720 by SMS, or blackwoodchristmasfair@gmail.com for further details, and application forms. Applications close on 21 October.



AS I mentioned last month, most of our homes are badly designed for energy efficiency.

Heating and cooling comprise about 40% of our energy bills, so this is one area where we can make considerable savings.

As we move into summer, the first thing to consider is to keep the sun from shining on our windows, as glass is a poor insulator. Hot sun on glass is like having a radiator on – which can be desirable in winter, but not so good in summer.

A regular check around the house over coming months will give you a good idea

Rebekha Sharkie MP
Federal Member for Mayo

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Authorised by Rebekha Sharkie, Unit 3, Barker Plaza, 22-28 Hutchinson St, Mount Barker, SA, 5251

Looking for a LOCAL business or tradesperson ...?

Check out the 2022 Blackwood Business & Trade Directory



or go online at

blackwoodbusinessdirectory.com.au

Eftpos dilemma hurting small retailers

by James Swanborough

LOCAL businesses want to remind customers that cash is still a preferred method of payment for many small retailers, following a surge in card payment during the Covid pandemic.

Hidden fees associated with Eftpos facilities are often forgotten by shoppers, but for retailers, the associated costs add up.

"I don't think customers have a full understanding that businesses incur fees and charges on Eftpos transactions," said Kristle Rogers from *Country Meat* in the Drakes Shopping Centre.

"Depending on the bank, it can be anywhere up to 2.6%, so it takes a lot of money out of our pockets at the end of the day.

"Now everything is going back to normal, it's safe to carry cash, and we will still have cleanser available if customers wish to use it. But small businesses need cash to come back, so that if you're spending \$20 that is actually going to the business and not being eaten up in bank fees.

"Like many small businesses, we have had to impose a \$10 minimum for the convenience of shoppers using card payments, and we put on a 50cent surcharge

if customers want to use it under that limit," explained Kristle.

"A lot of other businesses do it on a percentage, but we have found that unfair for those trying to do the right thing."

While another local small business owner, Michelle from *Blackwood Lingerie* in the Woolworths arcade, agrees that Eftpos fees have significant impacts on small businesses.

"Every transaction on card costs the business, whether it is for a \$2 product or a \$200 product. Some customers think that putting it on Eftpos doesn't cost the business, but it does," said Michelle.

"In the first month of the pandemic, a whole day's profit went in paying the bank the fees associated with credit card and Eftpos transactions.

"As the pandemic went on, some months the fees added up to more than just 1 day's profit, which made it harder."

This impact is felt acutely by the small retail sector. "However, some businesses, such as restaurants, hardware and grocery stores can charge what they want on products," says Michelle.

"While most clothing stores such as

ours have a Recommended Retail Price (RRP) on their garments as they are delivered from the manufacturer, but if we added fees to the transaction, people will go and shop elsewhere.

"We do however, charge the fee once we have discounted a garment at end of season, but customers have a choice of paying the card fee or saving it and paying cash, as most times the discounted garments are already either at cost or below cost," explained Michelle.

Michelle wanted to note that the complexity of the fees are crucial to businesses even though they are out of sight, out of mind when shoppers are buying an item.

"Most people aren't aware that some banks charge different fees for different cards, and sometimes extra fees to payWave.

"Even though an extra .02% or extra .05% on top of the usual fee may not sound a lot, it soon adds up and cuts into the money that we have to reinvest into our business to keep us here.

"As a small business we don't have the buying power to negotiate a better price from the supplier.

"Buy local or it could be bye local!" added Michelle. □



Planned earlier Sunday trading for all businesses not helping

A PROPOSAL to further deregulate Sunday trading hours has local traders questioning what it will mean for their business.

Under the State Government proposal, large retailers will be allowed to trade from 9am on Sunday as opposed to the current laws which only permit them to open at 11am.

Co-owner of *Country Meats* in the Drakes Shopping Centre, Kristle Rogers says the impetus for small businesses to stay open comes at a cost.

"We don't really want to be open on a Sunday. We are a small business, and working 7 days a week means you don't get to have any kind of a life," said Kristle.

"You should have the time to see your family and it's hard if you're unable to employ more staff. If peo-

ple come to shop at our store and we aren't open, they will just turn to the big retailers, so it's a hard predicament."

While not personally trading on Sundays, Michelle from *Blackwood Lingerie*, in the arcade next to Woolworths, fears the proposal would mean more dollars will drain from the local economy.

"I feel this will certainly impact on those small businesses that have always been able to trade Sunday morning before the major stores open.

"For major stores to now be open from 9am on Sundays, will take away from small business trade and as everyone knows, small business is the backbone of Australia," added Michelle. □

Free garden waste drop off at Lynton depot

PARTS of the City of Mitcham are within bushfire prone areas and residents must 'Prepare to Act and Survive' to avoid making last-minute decisions that could prove deadly during a bushfire. Thinking 'I will leave early' is not enough.

Bushfire prevention is a year-round responsibility and necessity. It is far more than a weekend clean-up just prior to the bushfire season.

The City of Mitcham website can help you to take actions to minimise the risk to you, your family and your property in the event of a bushfire.

It provides advice on preparing your property, who can give you assistance, and where you can get further information if you live in a bushfire prone area.

More importantly, it will help you to plan for a bushfire. Making an informed decision well in advance of a bushfire, as to whether you should stay in your house or go is perhaps the most important decision you and your family can make to protect yourselves.

So if you have a large amount of garden waste and need somewhere to dispose of it? The City of Mitcham has several options for residents looking to put their garden waste to good use.

* Recycle garden waste using your green organics bin (don't forget you can also include your food scraps)

* Set up a compost bin or worm farm

* Take your garden waste to the Lynton Green Organics Drop-off Facility which is located on Beagle Terrace in Lynton. The facility is open 9am to 3pm on the first, third, and fifth Saturday of each month (excluding public holidays) as well as on some Mondays throughout the bushfire season.

This service is only available for City of Mitcham residents who maintain their own properties. You'll be charged a fee for disposal, except on the free days indicated below:

October 10, 15, 24 & 29;

November 5, 14, 19 & 28;

December 3 & 12;

January 21 and February 18, 2023

The garden organic waste collected is transported to a commercial composting contractor and turned into mulch. On average, the depot receives over 600 tonnes of garden organics each year. This is a remarkable achievement for City of Mitcham residents. □

Let us help you get ready for the Spring market

Contact our Blackwood team on **8278 4222** to learn more.

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Voting papers
posted out between
Friday 14 to
Thursday 20 October

Help shape your local Council ...

THE 2022 Council elections are upon us this month, with the local area facing significant changes from the previous term.

Ward boundaries in the area have shifted, leaving some residents of Belair, traditionally falling within Park Ward, now finding themselves in the Boorman Ward, with a new perimeter running through Gloucester Avenue.

Changes in sitting representatives in the area are confirmed also, with Craighburn Ward Councillor Lindy Tauer, who has served the area for the past 8 years, announcing she will not be contesting.

This comes as the Craighburn Ward sees a reduction in sitting representatives from three to two.

Standing Park Ward Councillor Jane Bange,

who was elected in 2016, will now be contesting a seat in Overton Ward.

Incumbent Mayor Dr Heather Holmes-Ross will be challenged by her predecessor Glenn Spear, along with former television journalist Ray McGhee.

All voting in Local Government elections is by postal voting.

Ballot packs including reply-paid envelopes, will be mailed out between Friday 14 October and Thursday 20 October 2022.

Completed voting material must be returned by 5pm on Thursday 10 November 2022.

The scrutiny and count will take place at City of Mitcham Civic Centre, 131 Belair Road, Torrens Park from 9am on Saturday 12 November 2022.

MAYOR Candidates

* Heather Holmes-Ross

AS your current Mayor, I am proud to have led a council that has worked together to deliver real community benefits and, through prudent financial management, has delivered lower rate rises than those of the previous two terms.

I brought to the role of Mayor, my business experience as former owner of the much-loved, award winning Artisan Cafe, and problem solving techniques learned as a research scientist at Flinders Uni. Using these skills I united a previously divided chamber and encouraged decisions based on evidence.



Over the last four years we have prioritised work on climate action including: accelerating our tree planting, trialling electric vehicles, adding recycled tyres, glass and plastics into our road surfaces, routinely incorporating the use of water sensitive urban design features, such as permeable footpaths, kerbside Treenet inlets and extensive soakage pits - which utilise rain and storm runoff to water our street trees and parks, and funding the roll-out of free green bins and kitchen caddies in 2023.

I am exceptionally proud of the Mitcham Community Renewables Program which I am keen to continue and expand. This Australian-first community solar and virtual power plant program is saving residents money, stabilising our community's power supply and reducing our emissions, at no cost to council.

(continued next page ...)

Vote

1

Dr Heather Holmes-Ross
for Mayor
City of Mitcham



A vote for me is a vote for TRUST, RESPECT and COLLABORATION

I seek your support to continue delivering for our community by working with our elected members, council staff, local businesses, clubs and residents to build a happy, resilient community and a vibrant and sustainable future for the City of Mitcham.

Authorised by H.Holmes-Ross, PO box 95, Blackwood 5051.



I WILL

- CHAMPION LOW RATES
- FIGHT FOR EXECUTIVE WAGE CONTROL & CHALLENGE PRIVATE USE STAFF VEHICLES
- PROVIDE STRONG LEADERSHIP
- SERVE WITH NO POLITICAL AGENDA

GLENN SPEAR

VOTE
1
MAYOR

"I believe the role of the elected Mayor is to represent the rate payers above all else."

"I ask for your support. We are facing a cost of living crisis. A focussed and efficient council is more essential than ever."

MORE INFORMATION:

GLENN SPEAR.COM | FACEBOOK.COM/GLENN SPEAR - FORMER MAYOR OF MITCHAM | MOBILE: 0427 091 415

by voting in the elections this month



Additionally, after 40 years, construction of the Blackwood library/community centre has begun! Along with major upgrades of Young Street and the Waite Street Reserve the new hub is expected to catalyse economic growth, helping our businesses and community thrive.

It has been an honour to serve as your Mayor. My commitment is to continue to advocate for a vibrant, sustainable city, with increased open spaces and facilities that enhance our lives at work and play. I seek your support to build on what we have achieved.

Visit www.heatherholmesross.net

* Ray McGhee

HELP me help you! That's my rallying cry for support in my quest to become your Mayor.

It's not a bland slogan that's been concocted haphazardly, it's my genuine attempt to gain the privilege of serving the Mitcham Council Community.



I am non-partisan and running for Mayor, not as a career or stepping stone to some higher ambition, but as a means of playing my part creating a better community.

I have been a resident of the Mitcham Council area for more than four decades, my eldest son has lived in Blackwood for many years.

As Blackwood district residents, you will rightly ask what can I do for you?

Your elected councillors will educate me about what can be done to make your life easier and help the region develop better and stronger. That's not hand-balling the issue, your elected councillors have the eyes and ears at the coal face.

However, some of the immediate issues needing attention include supporting small and family businesses that drive the local economy.

There's an urgent need to get serious about improved traffic flow, and all seems to have gone quiet in the push for a solution to the piercing high pitched sounds of freight trains passing through the area.

I would also like to see better recreational facilities for our teenagers. Team sports are fine, but teenagers also want somewhere to hang out with

their mates.

Mitcham Council rates are ridiculously high. Friends in another council zone have a property valued about the same as mine, yet their annual rates are \$200 cheaper.

In closing, you're the people I want to represent and if given the chance to be your Mayor, I won't fail you!

Ray McGhee: Journalist, Public Speaker, National Conference MC

* Glenn Spear

TRACEY and I have lived in the City of Mitcham for over 39 years; we love the area, its wonderful amenities and heritage.

I am once again standing for Mayor. I am concerned about the impact of the current cost of living on our residents.

Mitcham ratepayers have endured the highest rate increases in the metropolitan area.



High rates are not necessary to support valued community services and maintain our wonderful green spaces and amenities.

I will be a dedicated Mayor with a focus on challenging administrative waste and fruitless spending.

Instead of handing out enormous executive wage increases and providing private use executives with Teslas, we should be planting more trees, upgrading our footpaths and playgrounds, looking after our libraries and maintaining our services - especially those for our pensioners and seniors.

Ratepayer money should be used to benefit you, not the political agendas of distracted elected members.

I will serve a full-term and will never abandon residents to run for higher office. I will provide strong leadership and a clear agenda focused on local issues. I will work hard to deliver low rates.

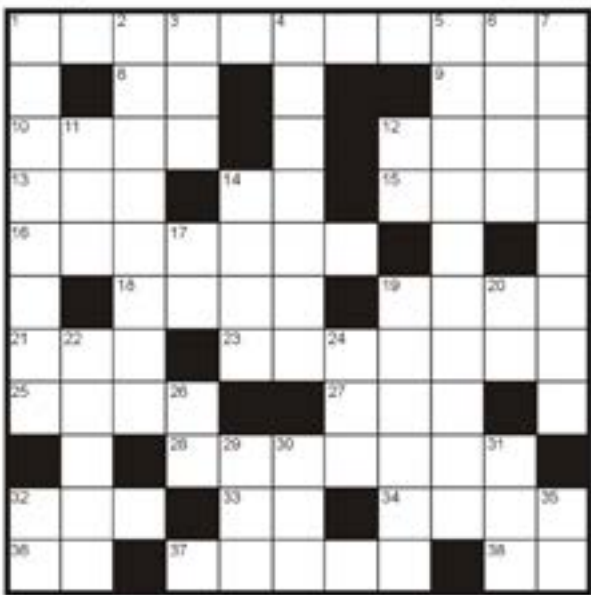
We are facing a cost-of-living crisis and ratepayers cannot afford another four years of inflated rate increases and Council dysfunction.

I ask for your support in the upcoming Council election.

Missed the latest edition of **The Blackwood Times?**
Available to be read and enjoyed online **FREE** anytime anywhere at blackwoodtimes.com.au

LIONS BARGAIN CENTRE HILLS OZ X WORD 67

Unwanted saleable goods cluttering your lifestyle? Take them to the Lions Bargain Centre, Colebrook Drive, Eden Hills on Saturday morning (8.30 -12.30) or ring the Blackwood Lions on 8370 2144 for a pickup.



- | ACROSS | DOWN |
|---------------------------|----------------------------|
| 1 Road to Ironbank | 1 Buried water |
| 8 Inferior credit rating | 2 Aussie icon |
| 9 Toilet | 3 PNG town |
| 10 Newcastle river | 4 Belair church complex |
| 12 Careless person | 5 Wrongdoing |
| 13 Electroencephalogram | 6 Rob |
| 14 Diminutive suffix | 7 Town of Christmas lights |
| 15 Wig | 11 Yes |
| 16 3-D | 12 Street |
| 18 Bellow | 14 King and I country |
| 19 All | 17 Towards |
| 21 Classical Oz musicians | 19 LXXX |
| 23 Bluey | 20 Cadmium |
| 25 Gas | 22 Flower part |
| 27 American in Iraq | 24 Sheep |
| 28 Dumbbells | 26 Direction |
| 32 Cobber | 29 Record maker |
| 33 Mile | 30 Unwell |
| 34 Write | 31 Spring |
| 36 Name | 32 Ancestor |
| 37pilly, flower | 35 Alien |
| 38 Astatine | |
- ANSWERS ON PAGE 12

CRAIGBURN WARD Candidates (Two positions)

* Karen Hockley

IT HAS been a delight to serve as your councillor for Craighburn Ward since 2014.

I have successfully advocated for services and facilities on behalf of the community and have been thrilled that so many have been delivered.

My projects include new and improved clubrooms at Hewett Oval and the Blackwood Football Club, a new pedestrian crossing between Joan's Pantry and Hawthorndene Oval, electric car chargers in Blackwood, free kitchen caddies for all households, funding for the new Blackwood Library Hub, new footpaths (particularly on Ewers Avenue and between Coromandel School and Blackwood), opening Randell Reserve to cyclists, public art funding and better shade for children's playgrounds.

Delivering new services and facilities takes time. Continuity of leadership and longevity of elected councillors is the key to getting things done for the community!

I'm asking for a third term to represent you as your voice on Mitcham Council because there is still work to be done and projects to be completed.



I want to make sure that residents have options to ensure their safety on higher fire risk days. After many attempts, council is now investigating options to support residents on these days, however I fear that this will be discontinued if I am not there to continue my advocacy.

I will also continue to call for a bike carriage on the Belair train on weekends and public holidays, and I would love to see a commuter cycling trail that links the Mitcham hills suburbs to those down the hill.

Outstanding projects, like the new Blackwood Library and walkway, need ongoing stewardship from elected councillors with a deep understanding of the history and strategic intent behind them. Ensuring that the current library and nursery site is dealt with appropriately will also be important.

There is still so much to be done!

* Darren Kruse

I SEEK re-election to continue revitalising Blackwood, to keep delivering for our residents, our sports clubs and our community groups.

I will keep amplifying your voice in the chamber by continuing to advocate strongly for new and improved facilities, protect our



tree canopy and support Council's existing renewables program.

In the last four years I've worked hard, serving on the independent Audit Committee and a delegate to the Murray Darling Association.

I've sent over 4,000 council related emails; ~3 per day. If elected, I will serve my full term, working hard to achieve for our Hills community.

My connection with Blackwood runs deep, back to Belair Primary, our first house at Glenalta.

I no longer live in the ward, but have run Kruse Legal in Blackwood since 2011; paying rates, employing four people and buying local. I've recently re-launched Gallery20 to support local artists.

Read my MCN articles and more at www.kruselegal.com.au/Community My ears and my door are always open.

I do not live in the Craighburn Ward
Contact Details: darren@kruselegal.com.au

I am not a member of a Political Party

* **David Jesse DIENES**
(no details received at time of print)

* **Scott ROUSE**
(no details received at time of print)

PARK Ward candidates over the page

Kick up your heels and join The Ruby Room gals

IN OCTOBER, the Blackwood Memorial Hall will come alive with *The Ruby Room Revamped*. A 2020s take on the 1920s dance hall. The flappers, the music, the freedom of expression. It's a celebration 100 years in the making.

Featuring mature aged performers from the 'Dragonfly Dance Company' all-ages, all-ability dance community, The Ruby Room Revamped aims to bring the Hashtag 20s into the Roaring 20s for a once in a century night of revelry and freedom of expression.

"The Roaring 20s aren't just synonymous for their incredible style and great dances, like the Charleston and the Foxtrot, but for massive social changes, especially for women," said Ms Jo McDonald, the creative force behind The Ruby Room Revamped and the Artistic Director of Dragonfly Dance Company, (formerly Move Through Life).

"Rather than just doing a 1920s theme party we wanted to encapsulate some of that suffragette spirit," she explains. "So that's why Ruby Room's cast are women from our mature age dance company. In a way, these girls are like the original flappers, breaking a few rules and having a lot of fun."

With music and dance routines from the era of Gatsby, gangsters and glamorous gals, The Ruby Room recreates the 1920s with a 2020s twist. It might seem a long way from silent films to TikTok videos, from Billie Dove to Billie Eilish, but the parallels are strong.


Just like 100 years ago, people also sought a good night out to help them escape their real world worries - and this is where The Ruby Room Revamped comes in.

For one night only, Dragonfly Dance Company throws open the doors of its jazzed-up time machine for an evening of flappers, fashion and fun.

"We really want people to join in," Jo explains. "So, rather than just sitting and watching, we're encouraging people to dress up as

their favourite 1920s icon - flapper, gangster, jazz darling - and feel free to kick up their heels and join the Ruby Room gals for some classic 20s moves.

☐ Tickets can be purchased from www.trybooking.com/CCVCX
The Ruby Revamped is being held in the Blackwood Memorial Hall, 21 Coromandel Parade, Blackwood on Saturday October 15, at 2pm and 6pm. For more visit www.dragonflydance.com.au



GIANT BOOK SALE

Saturday 8th October 2022
from 9 a.m. to 3.30 p.m.

Blackwood Memorial Hall
21 Coromandel Parade, Blackwood

Novels, Biographies, Children's Books, Cookery and Gardening Books and many more.

All good quality secondhand books. Help us raise funds for our service to the community.

Books from \$0.50 to \$2.00 each

ROTARY CLUB OF BLACKWOOD WORKING FOR THE COMMUNITY

Make sure you post before closing date

Voting Closes 5pm
Thursday
November 10

PARK WARD Candidates (Two positions)

* Corin McCarthy

I AM excited to nominate for another term as an independent councillor for the Park Ward, but I need your support to continue the directions we've set over the last four years.



As your local councillor, I will continue to advocate for an increased level of service and investment for our hills community.

Over the past term, I have strongly supported investment in our new library and community centre and upgrades to local and sporting facilities. Council has also delivered on improved local roads, footpaths and infrastructure to support our community.

If re-elected, I will continue to support investment to reinvigorate the heart of Blackwood and surrounds, including improved facilities for Christine Avenue Reserve and Suffolk Reserve, as well as a long term lease for the Recreation Centre.

I believe in supporting people who are having a hard time in our community. This is why I successfully advocated for Covid-19 rate rebates for businesses that suffered trading restrictions and why I continue to advocate for rate rebates for pensioners.

As a trained lawyer, with an MBA and years of experience in policy development, I will also continue to actively promote innovation in how we deliver Council services.

Over the past term I actively backed reform which delivered over \$2 million in savings. This money is now being used to better support our community through new programs and investment.

As locals, my family and I enjoy spending time in Belair National Park and Mitcham's many reserves. I support maintaining these environments and continued Council action on climate change through electric vehicle fleet transition, solar and battery programs and increased street tree plantings.

As Councillor for the Park Ward, I have enjoyed attending many of our local community events and supporting many residents.

I will continue to listen and act for you.

* Tom Morrison

GROWING up in Glenalta and currently living in Belair, I am a passionate advocate for Park Ward.



Since narrowly missing out on being elected in 2018, I have continued to volunteer with local community groups and worked constructively with council and State Government MPs. I hope to further this work by being your local representative on council.

For the past 10 years I have worked in IT and

community management. Being a small business owner allows me flexible working hours so that I can dedicate time to the many responsibilities being a councillor brings.

In 2021, I was named the City of Mitcham's 'Young Citizen of the Year' for my work with 20 Metre Trees. I will continue to fight to retain the leafy character of our suburbs, of which our community is so proud.

Listening to the community is key to being a good councillor and to effective representation. My vision for Park Ward has been formed from extensive door knocking - over 3,000 homes so far.

I will advocate for improving transparency on Council, making our shopping precincts more pedestrian friendly and attractive with a public greening strategy, expanding the footpath network and making sure paths are well maintained and debris-free.

As a local volunteer for groups such as Blackwood Action Group, I understand the important, and often underrated, role played by volunteer groups in supporting and improving our community. I will advocate strongly for Mitcham Council to better support the vital work these groups do.

I will be a representative for Park Ward who works hard, lives locally, listens, and has a proven

track record of acting on local resident concerns.

For more information about myself, and to tell me what is important to you, please visit tomorrison.com.au

* Kellie Stocker

'LESS words, more action'. It's a term I live by and will embody in the role of Councillor for The Park Ward.



I bring to the role of Councillor a strong set of skills supported by deep experience across public and private sectors.

I have a Law Degree and have developed specialist skills important for advocating your interests persuasively and with purpose. I am also a professional Economist and worked in Melbourne where I developed Planning Strategies for Councils and Businesses - valuable experience indeed for directing Council support of our economy and to plan a vibrant Blackwood Village centre.

My work for the Federal Department of the Treasury in Canberra, demonstrates I will apply a rational approach to the use of ratepayer funds and my background of operating an Art School for

Kids, my ability to support local business interests. I am AICD qualified and serve as a Director of the Board of a large Finance firm, demonstrating my capacity to provide Council with effective governance.

I bring specialist legal and economic skills to the improved protection of our environment and heritage buildings and will use these to support Council implementing a plan for sustainable future land use.

I am passionate about Council making opportunities to recognise indigenous culture, creating opportunities for youth and supporting mature aged persons live their best lives. Community minded, I also serve on committees for the Blackwood Tennis Club and the Hills Youth Theatre.

A proud resident of Glenalta, my two teenage children attend school in The Park Ward and I am motivated to support the enjoyment and prosperity of current and future generations.

I look forward to delivering you with strong and sensible representation and will work hard to support you and our community.

[facebook.com/kelliestocker-The Park Ward Candidate, Mitcham Council](https://www.facebook.com/kelliestocker-The-Park-Ward-Candidate-Mitcham-Council)
www.kelliestocker.com.au

VOTE 1

TOM MORRISON

for PARK WARD

INDEPENDENT CANDIDATE

- ✓ Here to listen, engage and represent you, the community
- ✓ 2021 Mitcham Young Citizen of the Year
- ✓ Small business owner of 10 years
- ✓ Active local resident and volunteer with groups like the Blackwood Action Group
- ✓ Has door-knocked over 3,500 homes to listen to the needs and concerns of local residents

0490 075 955
@ morritom@outlook.com
www.tommorrison.com.au

Authorised by Tom Morrison PO Box 216, Belair, 5052

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KELLIE STOCKER

The Park Ward, Mitcham Council

Community Focus:
Listening, caring and advocating
Resident, 'born and bred' in the Hills
Active member of local groups

Future Vision:
Dealing with Environmental Issues
A Vibrant Town Centre
Improved Resident Wellbeing

Experience:
Practicing Board Member
Experienced Business Owner
Admitted to Practice Law & Professional Economist
Federal Treasury of Australia

A Passionate & Experienced Voice for the Community.

Please contact me to discuss your issues and needs.

kellie.stocker@internode.on.net
www.kelliestocker.com.au
0410 611 915

Search for 'Kellie Stocker Candidate for The Park Ward Mitcham Council' on Facebook.

Authorised by Kellie Stocker, P.O Box 168 Blackwood 5051

VOTE 1

KELLIE STOCKER

Grass seeds pose a risk for pets

BY DR ASHLEE VANDENBROEK
BLACKWOOD VETS

AFTER a long, cold and wet winter, it's no surprise that our furry friends are bursting with excitement about getting out and about again in the great outdoors.

While the warmer weather is a welcome sight for our dogs, there may be a nasty surprise waiting for them at the local park or walking trail.

Grass seeds, or grass lawns, can cause all sorts of problems in our dogs. They typically



measure 1-2cm in length and not only can they be very sharp, they also have microscopic barbs which make them very good at attaching to our dog's coats.

Grass seeds can be found in many areas but are more prevalent in areas with very long and more importantly, dry grass. Grass seed 'season' typically spans through spring and summer.

Grass seeds can pose a risk to our pets for a variety of reasons. Because they are so sharp, they have the potential to burrow deep into the skin and track long distances. While we mostly find grass seeds in places like paws, ears, noses and eyes, they can sometimes travel into hard to find places and cause serious issues.

The signs of a grass seed in your pet will vary depending on where it is located.

A grass seed in the eye may cause acute soreness and squinting. While a grass seed in the ear will often cause a sudden onset of head shaking and discomfort. A grass seed in the nose will usually cause acute and continuous sneezing.

Perhaps most commonly, grass seeds can be found in between the toes where they get caught in the coat and then penetrate the skin.

In these cases, your pet may limp and incessantly chew/lick their feet and there may be redness and swelling present. In more serious cases, grass seeds may enter into the chest or abdominal cavity where they can cause serious infections.

If you suspect that your pet may have a grass seed that is stuck, contact your veterinarian.

In many cases, sedation is required in order to remove the grass seed especially if it has penetrated deeply into a foot, or is in a hard to reach place like an ear canal or a nostril! Some cases may even require an anaesthetic and specialist imaging to be able to locate the position of the grass seed.

Complications from grass seeds may include ruptured ear drums, corneal ulcers (if in the eye) or nasty infections. Prevention of grass seeds is therefore crucial.

So, how can you help? Firstly, avoidance is key. If possible, avoid long, dry grassy areas where the risk of grass seed penetration is high.

Secondly, it is very important (particularly in long or thick coated animals) to thoroughly inspect the coat and feet after walks and remove any grass seeds that may have become attached – this will prevent them from penetrating the skin.

The team at Blackwood Vets would like to wish everyone and their furry friends a very happy Spring. Stay safe!

Blackwood Vets are located at 178 Main Road, Blackwood (next to Blackwood Hire). For more information you can phone 8278 4173 to make an appointment or visit www.blackwoodvets.com.au

Ensuring our dogs are happy

"I SPECIALIZE in guiding people on how to raise great puppy's and young dogs," said Jordan Lindner, founder of *Puppy Matters Co.* which has been operating in the Blackwood area since 2020.

"My holistic approach to dog training is about giving dogs a voice and seeing things from their point of view.

"One of the most powerful things we can do for our dogs is to ensure they are mentally fulfilled each day, by allowing them to engage in their natural behaviours of sniffing, exploring, and decompressing in nature-rich environments. We're lucky to have so many to choose from in our area!" said Jordan.

Puppy Matters Co. offers:

* 6 Week Course for young dogs ... you are your puppy's best trainer! Under our guidance, we teach you the skills that you need to raise your puppy with confidence, from now through to adulthood ... next courses start November 7 & 8.

* Adventure Walks ... where we take up to two dogs on adventures in nature-rich environments so they can engage their senses and fulfill their natural desire to move freely and explore at their own pace. Whilst not a "training" walk, these adventures have a profound effect on dogs' physical and emotional well-being.

* 1 on 1 Training - private, tailored sessions with you and your dog. To learn new behaviours, change old behaviours and use a holistic approach to help your dog to fit perfectly into your lifestyle.

For more information on Puppy Matters Co services, contact Jordan on 0410 959 673 or visit www.pupymattersco.com.au



puppy matters co.

You are your puppy's best trainer. Under our guidance, we teach you the skills that you need to raise your puppy with confidence, from now through to adulthood.

group classes | one on one training | adventure walks

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blackwood **vets**

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Dr Mary Ann Harvey and Dr Ali Coleman focus on customer service and compassionate high quality care of your family pets. Our special interests include : dermatology, laser therapy, behaviour and acupuncture. We also have a dedicated professional groomer.

Phone 8278 4173
178 Main Road Blackwood (next to Blackwood Hire)

Vets Ali and Mary Ann

Dr Ali Coleman
Dr Mary Ann Harvey
Dr Ashlee Vandenbroek

Vet Nurses :
Lucy - Emily
Courtney - Sam
Dani - Nicole
Amber - Brianna

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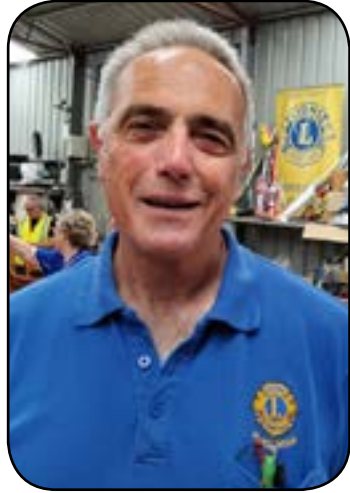
- CatPad enclosures is your 'local' choice in building cat enclosures – servicing Adelaide metropolitan, Adelaide Hills and surrounds (based in Blackwood)
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- Free on site appraisals and quotes
- Quality construction by our licensed and insured builder/owner
- Professional before and after service
- Custom made to suit your needs and property design
- Supporting responsible cat management across South Australia

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www.catpadenclosures.com.au

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Thank you ... Bargain Centre trading at frenetic pace



Xmas Pageant returns on Friday December 2

THE Christmas Parade held in the heart of Blackwood is planned to go ahead this year on the first Friday in December, after being postponed for the past 2 years due to Covid restrictions.

"We are pleased that Father Christmas will be able to arrive in Blackwood, in the style to which he has been accustomed, rather than sneak in via the back door as he has had to, the last couple of years," said Blackwood Lions Club Pageant Coordinator, Lew Corso (above).

Start time will be the same at 6:30pm from the corner of Gulf View Road and Main Road (near Hungry Jacks). However, the route will be shortened this year, only travelling to the corner of Edward Street and Main Road (near Crowies Paints).

Due to construction of the the Blackwood Community Hub & Library taking place on Waite Reserve, the Christmas Fair normally held after the Pageant will need to be relocated and the committee are working hard on a solution for the children to see the 'old gent' and get their bag of lollies ... more information on that to come.

With around 13,000 onlookers turning out in previous years and 850 Pageant participants, the Christmas Parade, involves a lot of organising and help from members of different service clubs and organisations.

☐ If you are planning to enter a float in the Pageant, contact the local MP office for registration details on 8278 5844 or email: waite@parliament.sa.gov.au

THE Lions Club of Blackwood, along with the whole community is still finding itself managing the ongoing effects of this long running Covid pandemic. It seems to catch up in many and varied ways, from Club members being ill and unavailable to undertake their normal Lions Bargain Centre tasks, to the every day things like, whether to wear a mask or not.

As was reported in last year's report, the Club reached the milestone of \$3M raised through their Bargain Centre on Shepherds Hill Road, Eden Hills (next to soccer pitch).

"I am pleased to report that we are currently trading at a feverish pace," said Chris Martin, Blackwood Lions Club spokesperson, "and the Centre is reaching record sales, which of course is only achievable because of the generous donations of saleable items from the Adelaide Hills community."

Plans are in progress to expand the storage area at the Bargain Centre and the Club is assured of support from a Federal Government Grant, combined with assistance from Mitcham Council to achieve this. There will be a few hoops to negotiate before work can start, but they are hopeful that this will be sooner rather than later.

The Club has continued to support some 40 odd recipients again this year and they have appointed a Club member to liaise with local Primary Schools having pledged an amount of \$2,000 to each school to assist with a project of their choice.

Similarly, they have committed \$1,000 and a liaison person to each Scout Group. These amounts will be an ongoing project of the Club, and believes the donations will be of assistance to the younger members of the local community.

The membership of the Lions Club have again been able to contribute some 10,800 volunteer hours over the past twelve months; the dollar value of those hours to the community is estimated to be in excess of \$35,000.

"The Lions Club of Blackwood and its major fundraising venture, the Bargain Centre, can only continue to provide assistance to the community with the assistance of volunteers," explained Chris. "If you feel that you have some spare time and would like to give something back to our local community, feel free to catch up with us at the Bargain Centre on a Saturday morning and have a chat about helping out. You never know, you may enjoy it so much that you want to join Lions."

The Club is constantly seeking feedback as to what the local community needs. This year we have been involved with assistance to some of the displaced folk from the Ukraine in that we were able to provide an amount of furniture, and general household goods, to assist with setting up accommodation for some of these unfortunate folk. Disaster relief has been a major recipient of funding from the Club this year, with approx. \$15,000 being donated towards flood relief, the majority of those funds have been focussed within Australia.

☐ To find out more, call Kevin Brook on 0407 970 603.



Your needs are our concern

THE Blackwood Lions Club continues to seek out the needs within the community and last year was no exception.

Donations went to over 40 organisations and causes, locally, state wide, nationally and internationally - see panel below.

- Major donations were made to:
- * Disaster Relief \$20,000
- * Blackwood High School bursaries \$5,000
- * Scouts Groups \$2,000
- * Primary School Y7s \$500
- * Blackwood Football Club (defibrillator) \$2,000

"We look forward to continued success and building on the cooperation that exists amongst us and the willingness of our Lions and their partners to participate in so many community ventures," said incoming President Bernie Egan (pictured on left).



"These events often involve holding BBQs, the Eve Anzac Day Vigil, and the Blackwood Christmas Pageant to mention a few; with our biggest fundraiser activity still being the Lions Bargain Centre."

Emergency booklet is a life saver

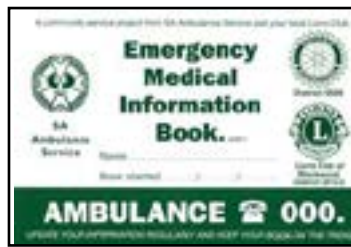
THIS project undertaken by the Blackwood Lions Club is offering the means of saving lives.

The Emergency Medical Information (EMIB) booklet, available from most doctors and chemists in Blackwood, is filled out by you with information about your medical history, the medication your taking, etc. and placed on the front of your refrigerator.

Should an ambulance need to be called, they have immediate access to your medical information and don't have to wait to carry out tests in hospital. The time saved can often be the difference between life and death. We urge you, especially those with known conditions, to pick up and fill out these booklets.

The EMIB Project is now endorsed by the CAA (Council of Ambulance Authorities). We as Lions have distributed just over 300,000 books throughout the whole of Australia since becoming part of the project.

☐ For any information regarding the EMIB project, visit the website www.emib.org.au or contact chairman Chris Martin from Blackwood Lions at e: martin.chris@internode.on.net



What it means to be a Lion ...

A simple question with a simple answer ... the ability to contribute to an organisation that has the demonstrable ability to make a difference not only at an international level, but more importantly, at a local community level.

The bonus is that the fundraising activity is an enjoyable experience by being a part of the team structure at the Lions Bargain Centre along with the social aspect of our business meetings, where we discuss the dispersal of funds as a club enabling input from the whole membership.

The Club is always looking for community minded men and women of all ages to help us by joining the Club - giving back to the community in which we all live and enjoy.

Fellowship, good times, meeting people, building lasting friendships, service to the community, learning skills, leadership and personal development - are just some of the good things and benefits about being a member of Lions.

A meeting is held on the first Wednesday of the month, followed by our social meeting held on the third Wednesday.

You become part of the world's largest service and humanitarian organisation.

☐ To find out more information on the Blackwood Lions Club, call Kevin Brook on 0407 970 603.

BLACKWOOD LIONS CLUB

ANNUAL REPORT TO THE COMMUNITY 2022

Thank you Blackwood & districts!

Through your generosity the Lions Club of Blackwood has been able to support the following with Donations in excess of \$70,000 -

<ul style="list-style-type: none"> Aberfoyle Park Scouts ANZAC Eve Vigil Australian-Cambodian Foundation Australian Lions Foundation Belair Guides Belair Scouts Bellevue Heights Primary School Blackwood Action Group Blackwood Calisthenics Blackwood Circle of Friends Blackwood High School Blackwood Kindergarten 	<ul style="list-style-type: none"> Blackwood Memorial Hall Blackwood Primary School Blackwood Recreation Centre Blackwood Scouts Cherry Gardens Memorial Hall Christian Blind Mission Eden Hills Scouts Emergency Medical Booklets (EMIB) Haiti Flood Appeal Hope International Lesotho Book Project 	<ul style="list-style-type: none"> Lions Alzheimer's Association Lions Childhood Cancer Research Lions Clubs International Foundation Lions Christmas Hampers Lions Drug Awareness Foundation Lions Eye Banks Lions Eye Health Programs Lions Hearing Dogs Lions Medical Research Foundation Lions Save Sight Foundation 	<ul style="list-style-type: none"> Lions Skin Cancer Screenings Lions Spinal Cord Foundation Lions World Peace Poster Lions Used Specs Collection Lions Youth of the Year Mary Potter Foundation Meals on Wheels Mitchell Park Cricket Club Mitchell Park Football Club Morphett Vale Scouts Multiple Sclerosis Society Nature Foundation 	<ul style="list-style-type: none"> OSSAA (Overseas Specialist Surgical Assn of Aust) Plan International Reynella Scouts Royal Flying Doctor Service SCOSA St Johns Ambulance Sturt CFS Technical Aid for Disabled <p style="font-weight: bold; margin-top: 5px;">Plus many more local, national & international organizations</p>
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Emotional health is important as physical health



“UNFORTUNATELY, there is stigma and shame attached to having emotional and mental health issues,” said Carol Buchanan, (photo above) an Emotional Trauma Therapist.

Carol has resided in Coromandel Valley for over 10 years and always wanted to live in a rural environment.

“I enjoy shopping locally and supporting our small businesses; while also keeping active with pilates classes at the Coromandel Community Centre and attending Premium Fitness in Blackwood,” said Carol.

“Emotional health is as important as physical health, in fact they are impossible to separate.

“If you have a physical injury or health issue there are always worries, fears and emotions attached. Such as worrying if you are ever going to get better, or stop you from doing your usual activities.

“Pain can drain your energy and make you feel miserable, leading to issues with sleep and depression.

“And if you have an emotional wound, it can affect you physically. Sometimes you feel exhausted, have a racing heart, a heavy feeling

in your chest, back pain or tense jaw, headaches, etc.” said Carol.

Carol’s background as a nurse led her on a journey to help people heal their emotional pain, which also improved their physical health, such as chronic pain and IBS.

This is when *Moveon Counselling* was born. As the name suggests, Carol recognised that people do actually want to move on!

She wants to demystify mental health so you can know that you are not alone; everyone struggles at some point in their life, it’s a normal reaction to stress and distressing circumstances.

“If we can start to think in terms of what has happened to a person, instead of what’s wrong with that person, we can start to remove stigma and find a more compassionate approach to people who are struggling with mental health issues.

“Most people don’t feel shame for having broken a bone, do they? Emotional wounds are like physical wounds, they need care and attention to heal. If you have been in a distressing situation your body remembers it!

“That’s what triggers are. If you are reminded of a distressing situation or memory, you may feel emotional, anxious, scared or overwhelmed. PTSD is a classic example of how the body and mind remembers and replays these distressing events like a stuck record. These emotions and triggered memories are not within your conscious control,” explained Carol.

“Often, it’s not just one thing that has led to emotional issues, but an accumulation of difficult life experiences, leading to feelings of low self-worth, depression, and anxiety. Some people may develop compulsive behaviours like

addiction and obsessive thoughts or rituals as a way of coping with distressing feelings. This tends to happen when you haven’t processed stressful times.

“Pushing down your feelings doesn’t help in the long term. You may believe you are being stoic or brave, but not addressing your pain can lead to anger outbursts, overreacting or feelings of resentment and anxiety or depression.

“It may also make you hard to live with. It’s crucial that you don’t feel you are burdening

anyone if you open up. It is better to express your emotions before they erupt like a volcano!”

Carol uses neuro-dynamic approaches that are holistic, involving your senses and imagination to address and heal the root of the issue, so you can leave the past behind.

She has a clinic in Blackwood and sees people at home or on-line. Remember that your mind has the capacity to heal from your past!

☐ To contact Carol at Moveon Counselling, call 0429 922 765.

Concert to entertain you with themes from great movies

IT IS great to see that Blackwood will again be entertained by Hills Choral Society when they bring their concert “Great Movie Themes” presenting a selection of music written or adapted for popular movies.

This concert was originally planned for May 2020 but was deferred due to Covid.

Since then, the choir has presented “Something Good” in May 2021 and a Christmas Concert wearing masks last December; both with limitations on audience numbers due to Covid mandates.

Now, with the relaxation of laws around gatherings, this concert will be pretty much back to normal conditions.

The varied program of music from films including Breakfast at Tiffanys, Empire of the Sun, Henry V, The Mission and Lord of the Rings plus many more, promises to make it a very relaxing and enjoyable afternoon.

Guest oboist, Hanna Kovilpillai will accompany the choir as well as provide some solo works which will be a delightful addition to the total performance.

“Great Movie Themes” will be held at the Blackwood Church of Christ (corner Waite Street and Shepherds Hill Road) on Sunday October 9 at 2.30pm.

Assistance with booking or any other enquiries can be arranged by contacting any choir member, through their website <https://hillschoralsociety.org> or Freecall 1800 717 483.

☐ Bookings can easily be made through Trybooking (<https://www.trybooking.com/CBVIQ>) or there will be limited door sales at the regular prices of \$25 Adult; \$20 Concession; and reduced prices for children.

**SUNDAY
OCT 9
at 2:30pm**

Letters to the Editor

Cease use of fossil fuels
Greenland ice sheets have been melting at an accelerating pace for years. Between 2002 and 2020, Greenland shed an average of 279 billion metric tons of ice per year. Recent reports, emanating from scientists, are now warning that in the future, Greenland ice sheets will melt at an even faster rate than now. A great many Scientists blame the use of fossil fuels to produce energy as the underlying cause

of ice sheets melting across the World, and thus resulting in rising sea levels. I hope that many of our politicians will have the opportunity to read the recent unsettling reports coming from Scientists concerning the melting of ice sheets in Greenland, as it may prompt them to do all that is possible to cease the use of fossil fuels in the future energy products mix. 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

Popular garage sale returns after Covid restrictions

**SATURDAY
OCT 1
from 9am**

FOR more than 30 years the annual Garage Sale has been an exciting fixture on the Blackwood Uniting Church calendar.

It's a fantastic event, attracting locals and those from further afield, for an enjoyable day of browsing for some great bargains as well as the odd treasure or two.

There are plenty of stalls to explore, with plants as well as garden gear and tools to kick start the Spring season, plus a wonderful array of books and media to choose from, to keep busy indoors during the wet weather.

Once again, there will be an extensive clothing stall, homewares and craft items. Don't forget, for the foodies out there, there will be home produce, preserves and cakes.

The amazing crew that run the Community Bike Shed will be on board to help you if you're in the market for a bike.



Lastly, the irresistible sausage sizzle will be running throughout the day.

"The team are all really excited about this year's Garage Sale," said team leader Tony Otworowski. "After the restrictions placed on all of us during the Covid pandemic, it will be fantastic to welcome everyone back to have a really enjoyable experience."

"All proceeds made on the day will go towards our community programs which include craft classes such as mosaics, patchwork and quilting, sewing, art and yoga classes as well as opportunities for the community to enjoy coffee and chat times," explained Tony.

In addition, this event also supports the phenomenal efforts of the Bike Shed team.

☐ The Garage Sale is being held at the Blackwood Uniting Church (on the roundabout) on Saturday October 1, with doors open at 9am.



Climate change expo encourages action

A MINI Expo of information and resources to encourage and educate the local community in easy ways to take small actions that can positively affect climate change, is being arranged by a group of concerned organisations.

The Climate Action Resources Expo is a community event being organised by the Blackwood Uniting Church, in collaboration with representatives from the City of Mitcham, Australian Parents for Climate Action, Conservation Council of SA, Blackwood Sustainable Communities and Twenty Metre Trees.

The event will comprise speakers, stalls, displays, workshops and activities for children.

Key speakers during the day will be Dr. Ariella Helfgott, Director Strategic Foresight-Strategy and Policy - Department of the Premier and Cabinet; Nina Keath, Team Leader Sustainability - City of Onkaparinga and Dr Chris Daniels, Presiding member of Green Adelaide.

Some highlights will be: displays by electric car owners and cargo bike owners, Mitcham Council initiatives, Repair Café demos, wax wraps workshop (must book), bike recycling, sustainable products for sale, waste management in the house, ideas for building sustainably, energy cost management ideas, suitable trees and plants to grow, pre-loved books on sustainability, activism opportunities, and activities for kids throughout the day.

☐ Held at the Blackwood Uniting Church (near Blackwood roundabout) on Saturday November 26 from 10am-3pm. For further information, contact Peter Cranwell on email: thebuc@blackwooduc.org.au

Help create angels for Xmas Festival



"WE are off to an early start to create beautiful angels for sale on Santa's store for the 2023 Christmas Tree Festival and would love your help," said Festival co-ordinator Pauline Dodd.

Craft workshops are being organised to be held once a month during October and November on Sunday afternoons and will resume in January next year.

"The workshops are free, but it is not necessary to attend all sessions; while intended for adults, older children are welcome," explained Pauline.

Materials will be provided, but if you have ribbon, beads, lace, hessian, tuille, feathers, broken necklaces etc to donate, they would certainly be welcomed.

Come along and get to know some locals. Afternoon tea will be provided.

Please contact paulinedodd@bigpond.com to register your interest and find out details of where and when.

This is a Blackwood Action Group initiative, supported by Westfield's Local Heroes funding.



WHAT'S ON IN BLACKWOOD & DISTRICTS

Visit www.blackwoodbusinessdirectory.com.au anytime for an up-to-date listing of local events

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 October**
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 October**
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 October**
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 October**
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 October**
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 522 632.

◆ **3 & 17 October**
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 October**
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 October**
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

◆ **5 October**
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: blackwoodfreemasons@gmail.com

◆ **6 October**
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 October**
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 or email: tonsleyviewclub21@gmail.com

◆ **6 & 20 October**
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

◆ **8 October**
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 October**
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.

◆ **9 & 23 October**
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 October**
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 email annabeldayal@gmail.com

◆ **13 October**
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.

◆ **16 October**
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.

◆ **18 October**
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: bob-grant@adam.com.au

◆ **24 October**
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

◆ **24 October**
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: www.blackwoodfloralart.blogspot.com.au

◆ **26 October**
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 October**
COMBINED PROBUS CLUB OF COROMANDEL VALLEY - has relocated to St Johns Anglican Church Hall, 337 Main Road, Coromandel Valley. Meetings are held at 10am. 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. For more information contact 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 for details 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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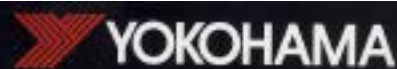


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Keeping your food scraps from the bin and back in the soil

AUSSIERS currently throw out one in five bags of groceries (\$2,000 to \$2,500 per household) every year.

Food scraps in the bin to landfill create methane – a toxic gas 20 times worse than the emissions from our cars.

Keeping food scraps from the bin and getting them back into the soil makes for healthy soils to grow more produce. Healthy soil also draws more carbon out of the atmosphere.

Here's what you can do to reduce food waste:

- Shop to a list
- Get a kitchen caddy (any old container will do) or contact Mitcham Council
- Get a worm farm
- Get a compost bin
- Get some chickens
- Learn the difference between 'best before' and 'used by'.
- Got a blender? Whizz scraps with water to make a 'sludge smoothie' and dig it back into the soil.
- Do you have a dog? Feed them the leftovers.
- No garden? Live in an apartment? Google to find out your local council options for organic waste.

Give your scraps to neighbours, friends or family who can get those nutrients back into the soil where they belong.

Do everything you can to keep food scraps from the bin and get that stuff back into the soil.

Visit <https://www.cleanaway.com.au> for more information about how to make a sustainable future possible.

ABBA Gold coming to Blackwood soon



SINCE forming in 1991, The Flaming Sambucas (incorporating their 'Abba Gold' show) has entertained for hundreds of conferences, events and award nights nationally and internationally, and remains one of Australia's premiere corporate party bands.

The show which is coming to the Blackwood Memorial Hall on Saturday December 3, is presented in a storytelling way, that makes you feel like you are really reliving these moments in time.

Additionally, in a theatre environment, the show is enhanced with an exciting video backdrop.

Waterloo, Ring Ring, Money Money Money, The Winner Takes It All, Fernando, SOS, Thank You For The Music, Dancing Queen - these are the songs that make everybody sing and smile.

They are the songs that make an audience want to enjoy The

Flaming Sambucas nationally acclaimed 'Abba Gold' show and the journey that they are taken on.

With authentic costuming and music, this show is guaranteed to touch your emotions and leave you with your spirits uplifted.

Popular Cabaret Style seating. Licensed bar available, however no BYO alcohol.

Get your work colleagues together for Christmas or gather up your friends. Tables of 10 already selling!

You probably know most of the words to a ABBA song, so you're off to a great start. Got your costume? All you need to do is practice your dance moves.

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Mitcham Band Festival is back

AS PART of this year's Festival, Mitcham City Brass will be celebrating their 120 years of continuous banding in the Mitcham area (1901-2021), with a very special Concert by the band to remember and celebrate with

music, photos and memorabilia on Friday 7 October from 7.30pm to 10pm in the Vogue Theatre, 25 Belair Road, Kingswood.

The festival continues on Saturday 8 October with an epic day and night

of entertainment by some of SA's top brass, concert and stage bands from 9am - 10pm, also at the Vogue Theatre.

Bands performing are:
Burnside Youth Concert Band
City of Holdfast Bay Concert Band
Second-Wind Ensemble
City of Adelaide Concert Band
Uraidla Concert Band
Onkaparinga City Concert Band
Campbelltown City Band
Salisbury City Band
West Torrens Concert Band
Kensington & Norwood Brass from 6.30 pm
Royal Australian Navy Band
Brilliant Brass
Unley Concert Band
Band of the 10th/27th Battalion Royal South Australia Regiment

The Vogue Café will be open with food, Tea/Barista coffee, Devonshire Teas, drinks and snacks available.

Mitcham City Brass is grateful for the support it receives from the City of Mitcham and the generosity of its sponsors Presto Music, Goldsborough Financial Services and the SA Band Association.

The Band would appreciate any assistance you can provide in passing this information on to family and friends, as well as any Community Groups, Church Congregations, Retirement Villages, RSL, Service and Sporting Clubs.

For information please visit website: www.mitchamcitybrass.org or for social media information, please visit our Facebook Page and/or event details.

We hope to see you there!

☐ Come along to either or both events, or for all or part of the day. Tickets on Sale at www.trybooking.com/CBACD or will be available at the door (cash/card facilities available)

ADVANCED CARE DIRECTIVE

Office of Ageing Well and Health Services Programs

An Advance Care Directive (ACD) empowers you to make clear legal arrangements for your future health care, end of life and preferred living plans. We invite you to attend a FREE information session to gain understanding and helpful resources to confidently complete this important legal document.

Supported by the Office for Ageing Well and Health Services Programs, SA Health. Presented by an experienced instructor.

Tuesday 18 October 10am to 12:30pm
Coromandel Community Centre

Bookings Essential. Places Limited.

Contact Judith Lowe on 8384 0161 or email Judith.Lowe@onkaparinga.sa.gov.au

MITCHAM BAND FESTIVAL 2022

FRIDAY 7 OCTOBER 7.30 PM - 10.00 PM
MITCHAM CITY BRASS CELEBRATES 120 YEARS OF CONTINUOUS BANDING

SATURDAY 8 OCTOBER 9.00 AM - 10.00 PM
FEATURING A SELECTION OF SA'S TOP BRASS, CONCERT & STAGE BANDS

VOGUE THEATRE 25 Belair Road, Kingswood

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

TICKET TYPE	FRIDAY NIGHT	SATURDAY	FRIDAY & SATURDAY
Adult	\$30.00	\$35.00	\$25.00
Preschool/Child	\$15.00	\$18.00	\$10.00
Child U/5	FREE	FREE	FREE

Mitcham City Brass is grateful for the support it receives from the City of Mitcham, and the generosity of its sponsors

Health and safety icons: If you have cold or flu symptoms, get tested and stay home until you are well; Avoid close contact with others; Practice physical distancing; Masks are optional, please follow government advice; Wash your hands often, especially frequently touched surfaces and your soaps and sanitiser.

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- ★ Greek Lamb Yiros
- ★ Fish & Chips
- ★ Beef or Chicken Schnitzels

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Sunday: 8am-3pm

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