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ISSUE 235 • JUNE 2014

# Motorists to benefit from \$944m funding

Story page 3

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These three ladies from The Heights Retirement Village Craft group (from left): Sue Jackson, Jo Francis and Ann Colgrave and many others involved in the "Wrap with Love" project are helping to keep the homeless and needy warm during winter. See story on page 3.

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# Demand exceeds supply for retirement living in hills

by Annie Waddington-Feather



◆ Nicolle Willing (Kalyra Village Manager) and Dennis Chamberlain (CEO James Brown Trust) looking over plans for the Village's proposed new 14 unit development at Kalyra in Belair.

WE ARE all growing older and living longer, and many of us may want to continue to live in the Hills amongst our friends and family. However will there be any accommodation for us?

A report\* by property experts MacroPlan Dimasi released earlier this year finds that senior Australians are being forced out of inner and middle ring suburbs they have lived in for their whole lives due to inadequate planning for retirement villages. It identified there is an unmet demand for retirement living in the City of Mitcham area.

Hills dwellers that are looking for alternative living options on their retirement are concerned about their future living arrangements, with over 80 people attending a recent presentation on aged care options by Dennis Chamberlain, CEO James Brown Trust (Kalyra) at the Blackwood/

Belair District Community Association (BBDCA) AGM last month.

At the AGM, Dennis discussed aged care availability in the hills with a focus on retirement living and the impact of the 'living longer living better' changes.

"In-home care fees will be increased substantially working on a capacity to pay," he said. Dennis also highlighted there was a need for more retirement living in the area, but Mitcham Council, who was also in attendance at the meeting, said there was not a lot of opportunity for full scale retirement villages in the Hills because of the undulating landscape.

"If you are a hills dweller, there is more competition and you may miss out completely," Dennis warned.

BBDCA President Karen Hockley said the aim of the presentation was

to improve awareness of the costs involved with retirement living options, and what questions people should ask.

However, at least there will be a few more retirement living units in the area with the James Brown Memorial Trust recently receiving approval from City of Mitcham Council to expand its Kalyra Heights Village on Kalyra Road by another 14 units.

"The approval has been a major coup as it will provide us with the opportunity to house more people," said Dennis. "We have 105 villas at present and 275 people looking to get in, although these may not be for five to eight years," he confirmed. Turnover at the village is around five to eight years.

\*The MacroPlan Dimasi can be downloaded at [www.retirementliving.org.au/news/seniors-forced-city-edges/](http://www.retirementliving.org.au/news/seniors-forced-city-edges/)



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## Join in celebrations for community program

IN 1974, the idea of running the then named *Community Program* at Blackwood Uniting Church was born; and today this program has grown to about 30 classes with 220 people enrolled.

Over the past 40 years, there has been literally thousands of people who have taken part in all sorts of classes and groups.

"They are all invited to attend our 40th Anniversary Dinner; however everyone is welcome to come along and join in the fun," said Coral Smith from the Blackwood Uniting Church.

"Our 40th Dinner will be a great evening to celebrate 40 years of the community life that people enjoy as part of the classes that they attend - and for many people an opportunity to catch up with old friends.

"We are delighted that ABC radio host Peter Goers (pictured) is going to be our special guest," added Coral. "Peter came to our annual Craft Fair back in 2012 to draw the raffle and declared in his 'Sunday Mail' article that we were 'hot'!

"So I am sure that he will have an amusing story or two to tell us and we are looking forward to hearing from him."

There will also be a 3 course dinner, live music, and some special prizes for those who are daring enough to come dressed to match

the 70's theme.

The Community Program offers classes of just about every sort from art to zumba, decorative painting to teddy bears, and embroidery to quilting! As well as craft and fitness classes there is also 'continuing learning' for those who like their brains stretched.



Also based at Belair Uniting Church is the men's bike shed which mends and rebuilds bikes, not only for resale but also bikes get sent to areas of need, locally and overseas.

The community classes usually run in school terms, although they have some special one off Saturday workshops coming up, face painting, candle making, cooking, and photography to name a few. People come to classes and not only learn new skills, they get to meet people from around the district.

The 40th Anniversary Dinner is being held on Saturday 28 June from 6pm at the Blackwood Uniting Church on the roundabout, 266 Main Road, Blackwood.

There is a charge of \$25 per person and includes a 3-course meal, tea & coffee. BYO drinks.

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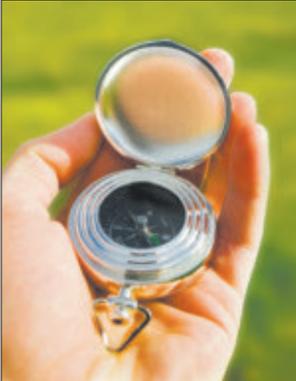
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# North south corridor now a step closer

by Annie Waddington-Feather

FOLLOWING the announcement of an extra \$441 million Federal Government funding allocated to South Australia, long suffering Blackwood and Hills motorists who use the South Road/Sturt Road/Shepherds Road intersection are probably delighted to hear work will finally begin later this year on upgrading Darlington intersection.

The total Federal contribution to South Australia is now almost a billion dollars, so both the Darlington and 'Torrens to Torrens' upgrades can be constructed simultaneously.

The upgrade to the Darlington intersection includes the construction of a lowered road to the west of South Road near the Sturt Road/South Road intersection and construction of a Flinders Drive extension that will connect through to Sturt Road.

Both the Federal and State MPs for the area welcomed the news as they have been fighting for the intersection to be upgraded for years.

Dr Andrew Southcott, Federal Member for Boothby, said "What the whole South Road upgrade means is for the first time, Adelaide will have a north/south corridor. This will give quick access from Shepherds Hill Road and give residents quicker access to the north and south.



◆ An artists impression of the new South Road upgrades, from Sturt Road (left) to Flinders Drive (right)

"These infrastructure projects will create much needed opportunities for South Australian contractors and will bring our infrastructure into the 21st century," he added.

While Iain Evans, State Member for Davenport said it was good the Federal Government had funded the majority of works to proceed. "This is also the opportunity to upgrade Flagstaff Road with an extra road, so we're still pushing for that," he said.

"The community will have to be patient with the inconvenience when the work starts and work through those issues," he said.

Other upgrades to the Darlington Upgrade Project include:

- Upgrades to the remaining South Road intersections at its connection to the Southern Expressway, Flinders Drive, Sturt Road, Ayliffes Road and entrance to Tonsley Park;
- upgrade to the intersection of Marion Road

- and Sturt Road;
- upgrade to the intersection of South Road and Daws Road; and
- upgrade to South Road through Edwardstown to cater for morning peak hour traffic.

Early works should begin later this year, with heavy road works to commence next year. The entire project is scheduled to be completed by 2018.

## Wraps made with love

by Annie Waddington-Feather

WITH THE winter months well and truly upon us, most of us are turning up the heater or lighting the fire, but for those less fortunate, the winter months can be a very testing time.

To help these people, local individuals and groups of volunteers have been busy knitting squares which are then sewn together to make warm and colourful wraps. These are then distributed through the charity 'Wrap with Love' which aids the homeless and those in need, both here and overseas by providing knitted wraps to ward off hypothermia.

Blackwood resident Sue Jackson, who heads up the Belair/Blackwood branch confirmed nearly 100 wraps had been sent out from the local branch to a number of organisations in the past few weeks.

"Our wraps have mainly been distributed locally to organisations such as the Wesley Uniting Care, West Care and the Royal Adelaide Hospital as well as overseas to orphaned and vulnerable children in Zambia through another South Australian organisation," she says.

"We've received squares and wraps from many lovely individuals and lots of groups in the area including Belair Primary School, the Heights Retirement Village, Belair Uniting Church and Blackwood Uniting Church," said Sue, adding that a group from St John's Grammar was hoping to be involved too.

"Donations have also come from further afield, including Mitcham Girls' High, the 'Lourdes Ladies' at Waterford Apartments in Myrtle Bank and the Mitcham Womens' matching place," she said.

"I'd like to thank all the volunteers involved with Wrap with Love for their wonderful support. We welcome donations of wool and anyone who would like to join our team of knitters and stitchers," Sue added.

□ Wool donations can be left at the Blackwood Uniting Church office at Blackwood roundabout, or if you'd like to join the 'Wrap with Love' team or would like further information about the group, please phone Sue on 8278 6946.

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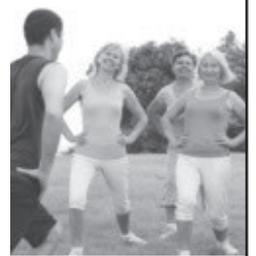
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# Youth get into the great outdoors



◆ Three members of the Blackwood Hills 'youth group' (from left) Beth, Tash and Fern at a recent trip away

IMAGINE going bush hours north of Wilcannia in western NSW on the hunt for feral animals with a group of 25?

Or imagine taking a 3-day hike 50km along the Heyson Trail between Marrabel and Burra

and choosing to have 35 others join you!?

Or imagine camping on the edge of the Murray after a day of kayaking? And none of it within reception for a 'smart phone'!

It's actually not that hard if you are connected

to the 'youth group' at the Blackwood Hills Baptist Church.

"We do all of these types of thing every year," said Sam Thomson, Youth Pastor of the church and long-time Chaplain at Blackwood High School.

"The majority of those who come are between 14 and 22 years old, and we have a great time getting into the great outdoors."

The trips are made up of young people from Blackwood High or the church 'youth group' that meets on Friday nights at Blackwood Hills.

This June long weekend the tradition continues with a trip up the Murray - not hiking but kayaking.

"It's an annual event to go away on the June long weekend," said Sam. "We've hiked the northern and southern Flinders, the Grampians and a few spots in between."

"It's often the first real hike young people have done and it's a bit of a shock to have to carry one's own food, water and shelter along the way," added Sam. "It's character building - but most importantly a lot of fun!"

□ Trip and camps are regularly on the agenda of the 'youth group' at Blackwood Hills. For more information about the Blackwood Hills youth activities call Sam on 0428 882 013 or call the church office on 8370 0333.

The Rotary Club of Blackwood in conjunction with Blackwood Book Exchange present ...

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## Part 6 of the series celebrating the 100 year anniversary of the 1914 Blackwood Magazine

IN A SOCIETY where few people had access to education beyond primary school, literary societies and institutes played a very significant role in the ongoing education of the community. Fine examples are seen in the activities of the Blackwood, Coromandel Valley and Belair Literary Society and the Eden Hills Mopokes.

Weighty topics (many of which remain controversial today) such as 'Is lying necessarily immoral?', 'Is it ever justifiable to take human life in the case of an incurable disease' and 'Do Australians go in too much for sport' were discussed and debated by members of the Literary Society and their unfortunately named Eden Hills counterparts, the Mopokes. (Unfortunately in that Mopokes is Australian slang for a stupid or dull person). The debates themselves, conducted in formal debating style, were far from dull.

The 1914 *Blackwood Magazine* praised the Mopoke meetings saying

"Much of the popularity which the Mopoke meetings enjoy is probably due to the freedom of expression, and the consequent liveliness, which has so far characterised them." (BM Jun p130)

Articles in the magazine reflect the debating in-

volvement of various prominent locals, with writers often highlighting the foibles of the debaters and adjudicators.

Discussion on the controversial White Australia Policy was so lively that

"It was soon evident that many of the Mopokes viewed the subject through coloured spectacles, and the mental confusion arising from the discussion was such that at the close the chairman gravely announced that a certain Monday in April fell on a Wednesday." (BM Apr p82)

"What will Blackwood be like 50 years hence?" was addressed by the Literary Society at its July meeting.

"Very interesting were the different methods of treating the subject, and boundless was the fertility of the varying imaginations. Some of [Mr Love's] means of locomotion were positively inspired, but we do feel sorry for the timid man; surely life will be a very lurid nightmare to him. But perhaps nerves will be a thing of the past then". (BM Aug 175)

Well before headphones, texting and ipads became the common preoccupation of commuters, the 1914 train travelers filled their time discussing community issues and debaters developed their arguments with unfortunate consequences on occasion.

"Mr R.H. Hewett was, unfortunately, unable to decipher his own writing. In justice to Mr Hewett, and knowing his calligraphy as we do, we think much of the blame may be laid to the bad light and the joltiness of the SAR [South Australian Railways] carriages wherein the paper was written." (BM Aug p175)

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The 1914 'Blackwood Floral and Industrial Exhibition' (see image above) prominently advertised elucutionary competitions as an element of the event, emphasising the value placed on delivery, diction and content.

Literary Society talks and debates were certainly a popular and lively form of community intellectual interaction at a time where people were not reliant on television or facebook.

The 1914 *Blackwood Magazine* project is facilitated by The Blackwood Action Group (BAG). To read an extended version of this article and complete editions of The *Blackwood Magazine* or to find out about other BAG projects go to [www.bag.org.au](http://www.bag.org.au)

To supply additional information and images or discuss your involvement contact Pauline at [paulinedodd@bigpond.com](mailto:paulinedodd@bigpond.com) or phone 8278 5229 or Lindy Taeuber at [ltaeub@optusnet.com.au](mailto:ltaeub@optusnet.com.au)

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## Letters to the editor

### What's all the fuss with the roundabout ...

I COULDN'T agree with you more. In driving from the Adelaide CBD in peak hour, there is more of a delay getting across Greenhill Road and Cross Road on Unley Road, usually with 2 or more changes of lights.

The worst thing that DPTI could do would be to install traffic lights at the roundabout,

creating more disruption that the roundabout ever could. The biggest problem at the roundabout in peak times is the lack of experience by some motorists, who are too tentative and hold up the more experienced drivers who know when it is safe to proceed.

Fix the roads leading to the roundabout certainly, especially Shepherds Hill Road and Station Road, but leave the roundabout as it is.

**Bob Baker, Blackwood**

# what's on this winter

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The Foodland carpark has become a temporary building site as tradespeople work on the extensive supermarket upgrade

# Extensive store makeover is now underway

by Annie Waddington-Feather

IF YOU'VE been shopping in the Foodland Centre on Main Road recently you could not have missed the trucks and tradespeople working on the upgrade to the Drake Foodland store.

Work has now commenced on the \$1.8 million upgrade to the supermarket and Drakes Operation Manager, Phil Shayler confirmed that all the approvals had been given to transform the two vacant shops at the northern end of the forecourt, (the former carpet and giftware shops), into a new deli within the store, and progress was moving quickly.

"There has been a lot of work being done behind the scenes such as under floor plumbing works, the installation of new electrical cabling for the store lighting additional steel works to support the new ceiling and canopies," said Phil.

"Over the coming weeks, the fruit and veg section will be relocated alongside the windows that face Main Road where the drinks section used to be, and the old deli case will be pulled down and a new deli installed in the new area which will further open up the old area at the back of the store."

As well as a new deli, other improvements include the whole store being re-tiled with a wood-grain look, and the installation of new lighting.

"The store will not only look better and be easier to navigate, but with the installation of doors on the dairy cases will no doubt help to make the store warmer too," said Phil, adding that most of the work will be carried out at night to limit disruption to customers.

The outside is also having an exciting new

makeover, and Phil along with Mark Meszaros, the store supervisor and previous store manager have been working with the Blackwood Action Group (BAG) on ideas for the frontage.

"It's going to be something very unique, and we believe it captures an essential part of Blackwood's character," said Phil.

Geoff Bartlett BAG Secretary said it was very exciting to be working with Drakes Foodland on the project.

"The frontage is going to be very impressive and it will help revitalise the centre," Geoff said. "It's great to see traders taking the initiative to improve the streetscape; I really think this frontage will capture people's imagination and could become an attraction for Blackwood."

Phil said he hopes the renovations will be finished by the end of July. "I sincerely apologise for the inconvenience to customers, but I'm sure once the renovations have finished, they will be pleased with the outcome. I'd also like to thank everyone for their continued patronage throughout these works," said Phil.

## Art show encourages new talent



FOR 31 years, the Rotary Club of Blackwood have provided a platform for artists and photographers on all levels to exhibit their work in the annual Art & Photography Show.

"We are going all out to make it an especially great event, celebrating 31 years of art shows, and we would like the public to be a big part of it," said Barbara Chappell, Art Show spokesperson.

"This is a great community event with many local businesses and Rotary Club members working tirelessly to help bring this popular exhibition to art lovers and the general public," added Barbara.

There is usually well over 500 paintings and photographs on display, and is an amazing sight that you should not miss.

The 30th Blackwood Rotary Art & Photographic Show is being held again at Blackwood High School, Seymour Street (off Shepherd's Hill Road), Eden Hills with open sessions between 10-20 July.

Fundraising activities like the art show have helped the Blackwood Rotary club to raise, in excess of \$200,000 to put back into local community and international projects.

If you paint or take photographs then consider putting an entry in - you could win one of the prestigious prizes on offer. Entries close on Friday June 20 so there is still time to enter.

Visit [www.rotarynews.info/club3788](http://www.rotarynews.info/club3788) or the Club's FaceBook page at: [www.facebook.com/RotaryClubBlackwood](http://www.facebook.com/RotaryClubBlackwood) or phone 0417 312 853 for more information.

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# Club memories from years gone by, recalled at celebration

THE HAWTHORNDENE Men's Probus Club celebrated their 30th birthday last month with a celebratory lunch at the Flagstaff Hill Golf Club.

Past and present members and their partners, along with invited guests including Iain Evans local MP, Mitcham Council Mayor Michael Picton, Probus South Pacific SA Representative Des Foster, and Blackwood Rotary President Barbara Chappell enjoyed recalling memories from years gone by as well as catching up with friends.

The Club, founded in 1984 by the Blackwood Rotary Club, was the second Probus Club in the district. The Club's Foundation President was Tom Wightman and he, together with the Founding Committee, created a Club which is popular and has a reputation for being welcoming, friendly and caring.

A still active Foundation Committee

Member is Ken Prime (formerly owner of Prime's Paints) who participates in Club activities and would be known to many local residents.

A sub-committee of the Club has produced a 30 year historical record of the Club, highlighting events, stories and pranks of some of the past identities. This historical record has been produced with the assistance of a grant from Mitcham Council which has enabled the Club to print a quality document for distribution to members and community organisations.

The Club meets at the Belair Uniting Church Hall on Sheoak Road at 9.30am on the second Thursday of each month (December excepted) for fellowship and friendship. Visitors are always welcome to attend and hear the guest speakers or take part in the many outings.

□ To find out more on the Hawthorndene Men's Probus Club, phone 8278 1964.



◆ Some of the members and invited guests to join in the Hawthorndene Men's Probus Club 30th birthday celebrations were: President Charles Young; Probus State Rep Des Foster; Mitcham Mayor Michael Picton; Blackwood Rotary President Barbara Chappell; and local MP Iain Evans.



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**SCENIC TOURS**

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# New footbridges improve park trail



◆ Construction of the new footbridge at the corner of Acklands Hill Road and Main Road is already underway.



◆ The existing footbridge on Winns Road is narrow and does not comply with current legislation, expecting to be replaced by the end of September.

by Annie Waddington-Feather

THE TWO footbridges at Winns Road and Main Road across the Sturt River in Coromandel Valley are being renovated in a joint initiative of the Cities of Onkaparinga and Mitcham, along with the Department of Planning, Transport and Infrastructure.

As part of the Sturt River Linear Park, the work is essential to maintain the continuous public open space link from Patawalonga Basin in Glenelg North to Frank Smith Park in Coromandel Valley.

Trevor Conlon, Chair of the National Trust Coromandel Valley said the renovations were much needed.

"The wooden bridge on the corner of Acklands Hill Road and Main Road was erected in the 1980's for walking across the Sturt River near Carrs Bridge so people didn't have to go through the ford," he explains.

However the footbridge at Winns Road, which is very narrow, is older. "The old concrete and iron bridge was built prior to 1945, and it replaced a wooden bridge, built perhaps in the 1920's," he says.

Onkaparinga Council Mayor Lorraine Rosenberg, said the Sturt River Linear Park was an excellent example of collaboration between local and state government. "We've worked together to create a continuous public open space link from the Patawalonga Basin in Glenelg North to Frank Smith Park in Coromandel Valley with links to the Belair National Park.

"Encouraging active lifestyles is a key priority

of our 'Community Plan 2035', and projects like this ensure we are providing the amenities necessary for people to get out there, be active and enjoy our beautiful region," explained Lorraine.

Commenting on the Winns Road footbridge, a spokesman for City of Mitcham Council said the bridge provided a valuable link to the communities either side of the Sturt River. "The width of the existing bridge is narrow and does not comply with current DDA Legislation," they highlighted.

"The replacement of the timber footbridge on the western side of Carr's Bridge was also based on the condition of the structure," they said. "This bridge is now an important link to allow access across the Sturt River for resident and enhances the access to the nearby primary school as well as the Sturt Lineal trail."

Trevor noted there was an alternative bridge to use while work was carried out on Main Road footbridge, however he hoped that when work commenced on the Winns Road bridge, with a major pedestrian route being dismantled, a temporary footbridge would be put in place for less disruption.

He also hoped the new footbridges would be in keeping with the historical aspects of the area.

The footbridge on Main Road bridge has already been removed and work is underway to construct the new one. The removal and replacement of the Winns Road footbridge is scheduled to commence in June, subject to weather and it is anticipated that the project will be completed by the end of September. □

*We cannot eat money!*

from The Editor

When I visited the Blackwood Uniting Church to research an article for The Blackwood Times, I spotted this message on a T-shirt display in their foyer and thought it sends a message worthy of publishing:

*"Only when the last tree has died; and the last river been poisoned; and the last fish been caught; will we realise we cannot EAT MONEY"*

Cree Indian saying



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Success, wisdom, balance



# Tattoo studio attracts other visual artists



As attitudes to tattoos have changed, Craig says he's tattooed all sorts of people, and he is very professional and ethical in his work.



◆ Craig does a follow-up check on the condition of a tattoo he did for his client Dan

by Annie Waddington-Feather

With its innovative design, striking decorations and variety of displayed artwork, entering into it is an experience in itself.

Owner and artist, Craig Saunders is a family man and moved to the Blackwood district about a year ago after working for several years in Alice Springs. Craig says it was the sense of community and being able to walk out of the front yard and see a koala in the tree which attracted him to the area.

Originally from the Riverland, Craig's artistic talents range from cartoons, oil paintings and portraits to painting murals and large scale street art. He has been tattooing for over 15 years.

"Tattooing is just another medium," he explains. "The combination of lines, colours and shades can change the style of artwork; American style has bold lines, whereas Realistic is highly detailed fine work."

Craig says tattoo cover ups and repairs takes some creative thinking at times. "It depends on the situation and understanding the limitations of what you've got and applying it to the situation," he says.

"I won't tattoo underage people; I think you need to be older to handle a tattoo and to make the right decision," he says. "I am non-judgemental, but have occasionally influenced a person's decision if it makes for better artwork, and I have refused tattoos if I think they are inappropriate".

In the graffiti art world, Craig is known as 'Masika' or 'Mas', and he has been involved in many projects including the recent painting of Honeysuckle Lane in Prospect. He has also had his work displayed at several exhibitions.

Craig has created an artistic hub at *Keystone Creative*, working with photographers, graphic designers, web developers and other visual artists.

Other traders have welcomed *Keystone Creative* to the area. Margaret Codd, owner of *Elegant Images* says *Keystone Creative* adds to the diversity of traders and services in Blackwood. "It's nice to have another artistic business in the precinct," she says.

□ To find out more about *Keystone Creative* or to make an appointment, call Craig on 8278 8880 or visit their facebook page at [www.facebook.com/keystonecreativeblackwood](http://www.facebook.com/keystonecreativeblackwood)

THE ADDITION of a tattoo studio in Blackwood would probably raise a few eyebrows, however most local residents would not even know one has been operating on Main Road for six months now.

*Keystone Creative's* visual art-tattoo studio, upstairs at 239A Main Road (the former *inSkin* clinic), above *Elegant Images Jewellery*, is anything but a stereo typical tattoo studio.

# Repeat clients help business grow

"THE BEST thing about working in Blackwood are the local people," said Jennifer Punke, owner of *Blackwood & Belair Conveyancing*. "The people here are just so friendly and community minded. Our job is made easier and more enjoyable by the people we deal with."

Jennifer bought the business in July 2011 after having been in business for over 20 years working elsewhere in Adelaide as a registered conveyancer.

*Blackwood & Belair Conveyancing (BBC)* is an icon in its own right ... established by Graeme Oates in 1973, the business celebrated 40 years of serving Hills residents from the same location last year.

"This business has always and continues to pride itself on customer service, and is reflected in the number of repeat business clients we see," explained Jennifer.

Since taking over the business, Jennifer and her daughter Emma Barnes, along with Amanda



The Blackwood & Belair Conveyancing team of (from left): Emma, Jennifer and Amanda

McCormick, have been steadily working on increasing the business turnover. "Blackwood and the surrounding areas seem to have their own micro economy up here and property sales are steady despite the statistics."

*Blackwood & Belair Conveyancing* specializes in residential transfers of land, however Jennifer says there are many people in general who still do not understand the role of a conveyancer when it comes to buying and selling property.

A conveyancer or a solicitor experienced in property law is always required, and the conveyancer is responsible for ensuring the land is legally transferred from the vendor to the purchaser.

□ *Blackwood & Belair Conveyancing* is situated 187e Main Road, (next to Mitre 10 and nestled behind Fotoswift). They welcome any enquiries and you can phone on 8278 8022.

## Directory valuable to local residents and business

The 2014 edition of *The Blackwood Business & Trade Directory* was delivered into your letterbox last month.

If you have not received a copy and would like one, they can be picked up from various outlets around Blackwood including: *NewsXpress* in the Woolworths Shopping Centre, Iain Evans MP office in Young Street, Blackwood Recreation Centre, and Blackwood Fitness.

A very popular annual publication containing a comprehensive listing of contact details for local businesses and tradespeople from accountants to yoga classes.

Another handy listing is the 'takeaway menu' section in the centre of the directory - never lose the menu again.

A pdf version of the 2014 edition is also available for download from *The Blackwood Times* website - then you can keep a copy on your phone / notebook / laptop for convenient access.

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## HEALTHY LIVING

# New practice will get you back in motion

LOCAL PILATES studio *One Point Pilates and Yoga* studio has recently undergone a transformation, reopening as *Back In Motion* Blackwood – a complete service physiotherapy and pilates practice.

Jodie Downes, the owner of the new practice in Blackwood, initially worked for *Back In Motion* Campbelltown. After 4 years she was so impressed with their service and professionalism that when the opportunity to buy into the business was offered to her, it was an easy decision to make.

"I really believe in *Back In Motion's* philosophy and wanted to offer this fantastic service to more people," said Jodie. "I looked all round Adelaide for another area to open up a new practice and then became aware of this location in Blackwood."

Researching the local community, Jodie found a friendly welcoming environment, with many other great services and organisations she could collaborate with to further enhance the health of residents living in the district.

Since arriving and opening, Jodie has found the community so friendly and she is just lov-

ing being able to be part of it.

"I'm excited to be able to provide more than pilates to the local community – to provide a holistic health solution encapsulating physiotherapy, clinical pilates, massage, personal training and more," explained Jodie.

The Blackwood practice is one of 37 other practices around Australia in the 'Back In Motion' health group.

*Back In Motion* was founded by Melbourne based physiotherapist, Jason Smith (pictured with Jodie) in 2000 when he saw the need for a results based, long term optimal health clinical philosophy as opposed to reactive injury treatment.

This is encapsulated in *Back In Motion's* unique clinical philosophy of care, Results4Life® whereby a client works in partnership with their physiotherapist utilising not only physiotherapy treatment but a range of complimentary services such as massage and pilates.

Some of the more common ailments treated at *Back In Motion* include: head, neck and shoulder pain; injury rehabilitation; women's



◆ *Back in Motion* founder, Jason Smith helping Jodie set up her new practice in Blackwood

health issues; and pre/post surgery.

As the practice grows, Jodie looks forward to offering more services to the local community including collaborations with local sporting clubs, schools and community organisations as well as expanding her services as the need

arises. See their special offer of a free initial assessment in advert on page 2.

□ *Back in Motion* Blackwood is located on the corner of Shepherds Hill Road and Waite Street. You can phone 8370 3887 for an appointment or further information.

# Poor oral health can impact quality of life

BY DR SHELLEY GREWAL,  
BELAIR DENTAL CARE

ORAL HEALTH is an integral part of general health and is fundamental to overall health, well-being and quality of life.

A healthy mouth enables people to eat, speak and socialise without pain, discomfort or embarrassment.

The impact of oral disease on people's everyday lives is subtle, influencing eating, sleep, work and social roles.

Apart from the obvious dental health issues like oral cancer and gum disease, as we get older changes in our lifestyle, diet, physical health, financial situation and routine can play a part in contributing to dental health problems.

Tooth loss is directly associated with deteriorating diet and compromised nutrition which can impair general health and exacerbate existing health conditions – further the mouth is often an entry point for infection which may spread to other parts of the body.

International research indicates there is an association between oral infection and chronic disease, highlighting a strong connection between periodontitis (severe gum inflammation) and diabetes.

Inflammation that starts in the mouth tends to weaken the body's ability to control blood sugar, impairing the body's ability to utilize insulin (the hormone which converts sugar to energy) and on the other hand high blood sugar provides ideal conditions for infection to grow including gum infection.

Other conditions which are closely related to poor oral health are heart disease, premature births.

One thing is clear that our mouth and body are not separate – the health of our body can affect the health of our mouth and likewise poor oral health can affect our overall health.

Taking good care of our teeth and gums has shown to contribute to good health and longevity. This means brushing twice a day, flossing once a day and attending a dental clinic for regular check ups and professional cleaning.

It is important to let your dental team know your full medical history to enable them to treat you accordingly.

Belair Dental Care is located at 16 Main Road, Belair and phone 8278 8611 for further information. See their advertisement on page 7.

(Article information extracted from Australian Dental Assn publication) □

# Control 'kilo creep' during winter

by Caron Milham, Dietitian

MANY people trying to control their weight find one of the biggest challenges to be during colder months.

Spring is a time when people start new diets to shed the extra weight they have gained during winter. It is better to prevent weight gain rather than try to undo the damage.

The following tips should help you deal with the many factors that can change and help you control the 'kilo creep'.

Many people feel more depressed in winter, as it is dark more hours of the day and wet and cold outdoors. As a result many of us stay inside more and socialize less, which can influence eating and exercise habits.

If you feel depressed, aim to do things that cheer you up - a hot bubble bath, a lengthy phone chat, or a cupboard clean out might do the trick?

What wouldn't or can't you do in summer that you can do now? Perhaps redecorate the house, put those photos in some albums or learn to cook a new, tasty, healthy casserole. Make the most of winter!

As the cold weather approaches, our body temperature may drop. Be careful that you do not get cold as being cold can trigger the appetite. Stay warm by wearing extra clothes, having a warm drink, or turning the heater on.



Many people have lower body awareness when they wear more clothes, as in winter it is often under 'wraps' and what we don't see we may forget about.

Exercise helps us stay aware, as does looking in the mirror occasionally. Trying on firm fitting clothing sometimes and not living in that comfy track-suit also helps.

We often eat differently in winter. Salads and some fruits may be out of season and/or not as appealing. The smell of pies, pastries and hot chips may lure you in shopping malls or at your office or home. It is easier to avoid temptation if you have some alternative, appealing, healthier options available.

There are many 'winter and weight friendly' hot meal and snack options you can choose including some takeaways, muffins, soups, casseroles, curries, stews, pasta sauces and desserts. Ensure meal variety so you don't get bored and include plenty of non-starchy vegetables to fill up.

You may need to be flexible and modify your exercise program. Darkness, rain and cold temperatures can influence our choice of exercise or even discourage exercise at all. □ For sample winter menus, recipes and more winter weight loss tips, simply 'like' 'Caron Milham and Associates' on Facebook!

~ **B M C** ~

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# Technology is driving new hearing aid options

ENORMOUS changes in hearing aid technology over the past ten years mean users have more opportunities than ever before to experience better communication from devices that are discreet, compatible with modern technology and offer crystal clear sound.

Hearing aid users today can select from an amazing range of wireless connectivity options.

The advances include features such as: two aids working together, meaning the user only needs to make changes to one side and the other side will automatically update. Hearing aids can also utilise 'Bluetooth' to connect to a device that will connect them to the home TV, computer and 'Bluetooth' enabled phone.

Many people are shocked at the tiny size of modern hearing aids these days.

To make 'behind-the-ear' aids smaller (see photo), companies have removed the receiver from the housing behind the ear and moved it into the shell inside the ear. These aids are known as Receiver-In-Canal (RIC) with the tub-

ing which connects the two pieces nearly being invisible.

A major advantage of digital technology is that the rate of processing sound is much faster – sounding more like 'real world' time.

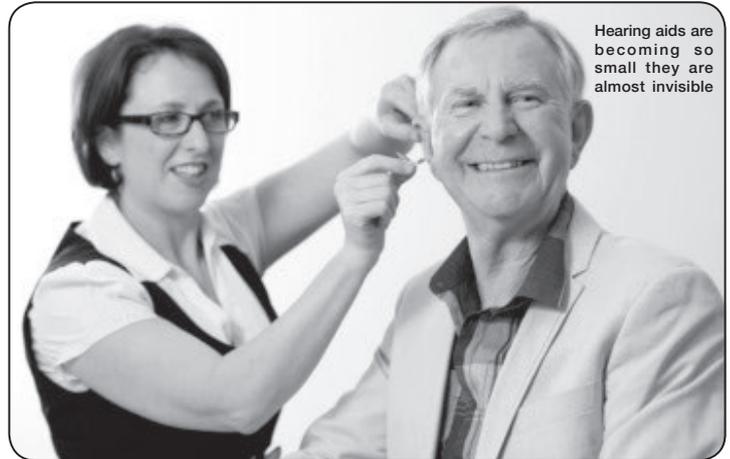
Can you imagine a hearing aid that streams directly from an iPhone or iPad without wires or any "middle-man" device?!

Released in Australia only last month, users can now enjoy all sound from the Apple device coming directly through their hearing aid.

Users can also download a free app allowing them to control their devices (eg change the volume or program they're listening to), locate a lost hearing aid or use their phone as a remote microphone in meetings or at restaurants.

Can:Do Hearing is a not-for-profit audiology business with all proceeds benefitting Deaf Can:Do, The Royal South Australian Deaf Society.

Our audiologists are all highly skilled and, as we are independent, we are able to fit all of the



Hearing aids are becoming so small they are almost invisible

# Hair and beauty join to offer one stop salon

WITH OVER 25 years experience in beauty therapy, Foulla Anastasiou, owner of Blackwood business *Beauty Bliss & Electrolysis*, offers a top quality professional service.

She has been running her own business in Blackwood for 4 years now, after previously working in the Mitcham and Stirling areas.



"When I opened up in Blackwood, it was with Judy at JTez Hair & Beauty," explained Foulla. "Our businesses complimented each other and we worked so well together that when Judy started her new business, Tailored Hair Design, I asked if I could move in with her again."

So Foulla and Judy have joined forces and are both located in the same premises in Waite Street, Blackwood.

*Beauty Bliss & Electrolysis* offers many services including waxing, facials, manicures, pedicures, tinting, massage and specializes in electrolysis (permanent hair removal).

As an 'introductory offer' in her new location, Foulla is offering new clients a \$10 special - for either a lip, eyebrow or chin wax - see details in the advertisement on this page.

While Judy Taylor started her new hair styling salon, *Tailored Hair Design* in August 2013 after being in business for herself for 14 years.

"I'm really pleased with my new salon and it's going really well, thanks to the support of my many lovely and loyal clients," said Judy.

"And considering the number of hair salons in Blackwood, I'm very happy with the number of new clients that are coming to me as well.

"Now that Foulla has joined me with her beauty therapy, we feel that both businesses will benefit," added Judy.

However, Judy is looking for another hairdresser, preferably one who has already a clientele. If you are interested call her at work on 8278 7241.

Both businesses are located in Shop 4/10 Waite Street, Blackwood (opposite the water tower).

◆ Foulla (on left) showing Judy a new range of beauty products now available for clients.

advanced models of devices mentioned in this article.

Many companies promise 'digital technology' – and whilst this isn't a false promise, consumers should be aware that 100% of hearing aids available today are digital!

☐ Book your hearing assessment today – these are free for adults 26 and over. Call Can:Do Hearing on 8178 3900 to book in at the clinic at 200 Main Road, Blackwood. See their advertisement on page 3.

(Article supplied by Can:Do Hearing)

## Mature age strength program helps quality of life

Having strong muscles is a necessity for mature age people in living an active and independent life.

If you're starting to feel like the years are catching up with you and you should have more energy, then maybe you should consider joining the 'Strength for Life' classes at the Blackwood Recreation Centre.

These classes offer a supervised strength training program exclusively for participants over 50 years of age.

Training takes place in a group environment but with your own personalised program in the comfort of an air conditioned studio.

Research shows strength training can alleviate the effects of chronic medical conditions such as arthritis, type 2 diabetes, osteoporosis and heart disease.

Strength training has also been shown to improve one's balance and reduce the risk of falling; mental wellbeing; body composition (more muscle less fat); self esteem and self confidence; lower back pain; older people's ability to undertake activities of daily living and maintain an independent lifestyle.

By participating in just one or two 'Strength for Life' classes per week you can develop your muscle strength and endurance, while improving your flexibility and general wellbeing.

☐ Contact Ian Bracken, 'Strength for Life' co-ordinator at Blackwood Recreation Centre on 8278 8833.



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**RAA BATTERY SALES & SERVICE CENTRE**

ARC

1 Stirling Road, Blackwood  
**8370 0288**

**Tyrepower**  
GET THE POWER OF AUSTRALIA'S BIGGEST INDEPENDENT

## GREAT WINTER SPECIALS

**MICHELIN**

- ★ XM2 175/65R14 **\$109\***  
(Affordable quality, suits many small cars)
- ★ XM2 205/65R15 **\$125\***  
(suits Magna, Camry etc)
- ★ All Terrain 265/75R16 **\$325\***  
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**BF Goodrich**

We will beat any price on BF Goodrich tyres!  
\*Fitted & balanced.

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# Edenwood Autos

Serving Blackwood motorists for over 20 years

- ★ Mechanical Repairs & Servicing ★ Log Book Service
- ★ Air Conditioning Re-gas & Service
- ★ 4WD's

**DEPOT FOR CADDLE CRASH REPAIRS**

214 Main Road, Blackwood • Phone 8278 7318

RAA APPROVED REPAIRER

ISO 9001 LIC11468 Standards Australia

**select**

## BLACKWOOD TYRE SERVICE

FOR ALL TYRE - BRAKE - SUSPENSION & EXHAUST REQUIREMENTS

Get pumped with up to \$100 FREE fuel.

### Get a FREE \$100 Caltex Fuel Card when you buy four Bridgestone Turanza Serenity Plus tyres\*

\* Offer available until 30 June 2014 at participating stores while stocks last. Conditions apply.

255 MAIN RD, BLACKWOOD (NEAR BLACKWOOD ROUNDABOUT) • 8278 5162

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Caring for Hills motorists since 1980

**Don't get left out in the cold!**  
Book in for a Winter Service & Brake Check today.

**ALL MECHANICAL REPAIRS SERVICE & TUNE**  
BRAKES - STEERING - COOLING  
CLUTCH - SUSPENSION - BATTERY

DROP OFF WHILE AT WORK

- ✓ Walk to Blackwood shops
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(near Blackwood roundabout)  
**8370 2244**

## BLACKWOOD DYNO TUNE & SERVICE

Most experienced mechanical workshop in Blackwood with 6 qualified technicians incl.

- ✓ Licensed air conditioning specialists
- ✓ Auto mechanics ✓ Auto electrician
- ✓ Licensed LPG technician

LOAN CARS AVAILABLE

SERVING HILLS MOTORISTS SINCE 1993

SUSPENSION • EXHAUSTS • EFI SERVICE  
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AUTO TRANS SERVICE & REPAIRS • MUFFLERS

**Repcor SERVICE**

8370 3450  
2 Stirling Road Blackwood  
[www.blackwooddyno.com.au](http://www.blackwooddyno.com.au)

# WHAT'S ON IN BLACKWOOD & DISTRICTS

◆ **2 June**  
**BLACKWOOD HILLS VIEW CLUB** - invites women to meet new friends at coffee morning at Cafe Primo at 10.30am. Phone Terry on 8270 7186 or 0408 379 679 for details. Supporting disadvantaged children through The Smith family.

◆ **2 June**  
**BLACKWOOD LADIES PROBUS CLUB** - meet at Blackwood Community Ctr, 4 Young St, at 10am. Guest speakers. Visitors & prospective members welcome. Phone Valerie Mills-Stacy on 8370 2674 for details.

◆ **4 June**  
**BLACKWOOD CIRCLE OF FRIENDS** - help refugees settle in our community. Meet at Blackwood Uniting Church near Blackwood roundabout from 7.30pm. New members welcome. Contact Carey on carey\_jo71@hotmail.com

◆ **4 & 18 June**  
**LIONS CLUB OF BLACKWOOD** - meet on 1st Wednesday at Blackwood Memorial Hall, 21 Coromandel Pde & on 3rd Wednesday at Belair Park Country Club, from 6.30pm for 7pm start. Prospective members and visitors welcome. Phone John 8278 1230 for details.

◆ **5 June**  
**BLACKWOOD MENS PROBUS CLUB** - meet at Masonic Lodge, Main Road from 9.30-11.30am. Enquiries and new members welcome. Enquiries to Allen on 8278 2096.

◆ **8 June**  
**BUSHCARE WORKING BEE** - 'Red Gum Gully Our Patch' group meet at Cedar

Ave reserve, junction of Miller Tce and Southern Ave from 9.30-11.30am. Day to learn from each other and care for our bushland. Wear sturdy shoes and hat, tools provided. New members always welcome. Phone 8370 2091.

◆ **8 & 22 June**  
**JOAN'S PANTRY KITCHEN GARDEN** - meets 1-4pm at Joan's Pantry, Watahuna Avenue. Hawthornedene to share ideas, plant seedlings and tend to community garden. New members welcome. Enquiries to Deb at email: jpkitchen-garden@gmail.com

◆ **9 June**  
**BELAIR LADIES' PROBUS** - meet at Blackwood Uniting Church, opp Blackwood roundabout at 10am. We welcome prospective members and visitors. Phone Joy on 8270 6162.

◆ **9 June**  
**CHERRY GARDENS GARDEN CLUB** - meets at 7.30pm in Cherry Gardens Uniting Church, Hicks Hill Rd. Each month a guest speaker and trading table. Enquiries to Lyn on 0400 290 521.

◆ **9 June**  
**EDEN HILLS COMBINED PROBUS** - meet at Blackwood Community Ctr at 4 Young St, Blackwood at 9.30am. Enjoy socialising with other retirees, listening to guest speakers, plus monthly outings. Prospective members and visitors welcome. Phone 8379 2457.

◆ **10 & 24 June**  
**ADELAIDE HILLS TOASTMASTERS** - Affordable public speaking training &

practice in a friendly adult group. Meet from 7.30-9.30pm. Enquiries to Annabel Price on 0402 767 535.

◆ **12 June**  
**BREAST CANCER SUPPORT GROUP** - meet in local coffee lounge. For more details phone Jackie on 8278 5761 or 0431 967 153.

◆ **12 June**  
**HAWTHORNEDENE MEN'S PROBUS CLUB** - held at Belair Uniting Church Hall, Sheoak Road, Belair at 9.30am. Monthly guest speakers. Visitors welcome. Enquiries: 8278 1964.

◆ **14 June**  
**AUST. SEWING GUILD (MITCHAM HILLS)** - any people interested in sewing from beginners to advanced are welcome. Held at the Blackwood Uniting Church (at the roundabout) from 1.30-4pm. Phone Donna on 8374 3172 or 0413 022 162 for details.

◆ **16 June**  
**BLACKWOOD ACTION GROUP** - get involved in your community. Meet at Blackwood Community Ctr, Young Street from 7pm. New members always welcome. Phone 8370 3006 or [www.bagi.org.au](http://www.bagi.org.au) for more details.

◆ **16 June**  
**BLACKWOOD COMBINED PROBUS CLUB** - meets at 10am in Blackwood Community Ctr, 4 Young St, Blackwood. Enjoy friendship of other retirees, guest speakers and outings. Prospective members and visitors welcome. Enquiries to Margaret on 8278 5250.

◆ **16 June**  
**BLACKWOOD HILLS VIEW CLUB** - invites women to meet new friends at luncheon meeting at Belair Park Country Club at 10am. 7th birthday celebrations with a "Time Warp" theme - dress 50/60/70 or pick your era. Booking essential - cost \$30. Phone Terry on 8270 7186 or 0408 379 679 for details. Supporting disadvantaged through The Smith family.

◆ **17 June**  
**FRIENDS OF BLACKWOOD FOREST** - Meet in Gamble Cottage, Main Rd, Blackwood at 7.30pm. If you want to help maintain this Recreation Park, phone Debbie on 8278 2941.

◆ **17 June**  
**FRIENDS OF STURT GORGE** - meet at Bellevue Heights Primary School. Phone Bob Grant on 7329 8296 for meetings and working bees. Visit [www.fosg.org.au](http://www.fosg.org.au)

◆ **18 June**  
**STITCHERS IN THE HILLS** - Patchwork and quilting group meet at 7.30pm in Church of Christ, cnr Shepherds Hill Rd & Waite St, Blackwood. New members always welcome. Enquiries to 8278 3569.

◆ **18 June**  
**BLACKWOOD WINEMAKERS & BREWERS CLUB** - meet at Blackwood Memorial Hall, 19 Coromandel Pde, from 7.30pm. Learn about wine-making and brewing, do an annual bottling and enjoy social activities. New members welcome. Phone 8370 5400.

◆ **19 June**  
**BLACKWOOD PHILATELIC CLUB** - meeting at Blackwood Uniting Church Hall from 7.30pm. Displays and sales of a wide range of Australian stamps, plus world stamps and phone cards. Prospective

members and visitors welcome. Ph Jeff on 8278 1609.

◆ **23 June**  
**BLACKWOOD FLORAL ART CLUB** - held at Blackwood Uniting Church at 7.30-9.30pm. No experience required - all welcome. View activities of club at: [www.blackwoodfloralart.blogspot.com.au](http://www.blackwoodfloralart.blogspot.com.au)

◆ **24 June**  
**FRIENDS OF BELAIR NATIONAL PARK** - FREE guided walk at 2pm leaving promptly from the ticket office. Ask for your free entry to park. See what is special each month and enjoy the flowers and orchids blooming on a 2 hour walk. Enquiries to Barb on 8278 2370.

◆ **25 June**  
**ADELAIDE HILLS ZONTA CLUB** - meet at Belair Park Country Club for dinner at 7pm. An international women's service club advancing the status of women worldwide. New members and visitors welcome. Phone Doone on 8278 2676 for details.

◆ **26 June**  
**COMBINED PROBUS CLUB OF COROMANDEL VALLEY** - meet at Blackwood RSL at 10am. We welcome prospective new members and visitors. Phone Jan on 8270 2839 or Ian on 8278 4325.

BLACKWOOD COMMUNITY RECREATION ASSN. INC.

**Notice of SPECIAL GENERAL MEETING**  
Thursday 26 June at 7pm at the Centre

Nominations close for Committee positions Thurs 29 May  
Paul Heinrich, Hon Sec - BCRA Inc.

# Blackwood Fitness Personal Training

Have you met our Personal Trainers?

blackwood  
Fitness 24



**MARK**  
0419 819 850



**TROY**  
0405 729 984



**ROSEMARY**  
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**DAMIEN**  
0438 199 024



**LUCY**  
0434 913 407



**LAURA**  
0468 961 471



**KIRRI**  
0466 552 916



**STEVE**  
0400 730 418



**TIM**  
0405 158 953



**HAYDEN**  
0415 120 725



**DAVIE**  
0488 537 311



**DAVID**  
0439 880 806



**BIANCA**  
0405 559 058



**CHERYL**  
0402 647 907



**BRAYDON**  
0422 970 673



**ISAAC**  
0410 244 183



**SARAH**  
0415 150 108



**ALEX**  
0430 101 029



**JADE**  
0400 131 417



**TEAGAN**  
0400 514 464

**BLACKWOOD FITNESS**  
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