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ISSUE 239 • OCTOBER 2014

Services reform a concern



Stefan's pet pig 'Charlie' is back to check out the progress community garden members have made since helping 'open' the Joan's Pantry Kitchen Garden back in July 2014. See story page 5.

"New structure may put more work onto people below" see pg 3.



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“Blackwood was out to demonstrate its loyalty to the Empire.”



Part 10 of the series celebrating the 100 year anniversary of the 1914 Blackwood Magazine

FIRST WORLD WAR exploded onto the world stage on 4th August 1914. The events that quickly followed led ultimately to the involvement of our local communities although other more pressing issues concerned Australians from July-August 1914.

The dry conditions throughout Australia's cereal-growing regions were becoming dire. Locally, below average rainfall and above average temperatures were recorded in every month of the year, affecting the district's agriculturalists. Shortages of water needed for road making meant teams of casual labourers were seeking alternative employment opportunities.

Australia's federal government was in election mode with party leaders pledging support for Britain in the coming conflict. A strong sense of patriotism existed throughout Australia with many people considering themselves to be British. The rush to join up saw more than 50,000 volunteers enlist before the end of the year. An attractive wage of 6/- per day was seen as good in times of high unemployment.

Before the end of August the Australian Red Cross had been established with Patriotic Fund groups springing up throughout the nation, including Blackwood. Although barely a month into the conflict, a Patriotic Fund-raising event was held at the 'Boys Club Hall' on the 28th August. This was extensively reported in the September issue of The Blackwood Magazine, "Blackwood was out to demonstrate its loyalty to the Empire." "The national flags of the Allies adorned the

walls and platform, but not content with that, Mr Tester did a roaring trade in national emblems: it was really remarkable how often he had the 'last one' on hand!" "The evening's program went with a 'vim'; even the school children from Coromandel and Belair seemed to realise that something special was required of



◆ Coromandel Valley Red Cross Club, Boys Club Hall Blackwood, c.1914

them, and delighted the audience with their rendering of patriotic choruses." {p 199} The patriotic concert included performances by the Blackwood Band, the Male Choir, a duet "The Battle Eve" by R.B.Reid and C.V.Wickens and a stirring rendition of Kipling's "Recessional" by L.G. Moody.

September's issue of The Blackwood Magazine commenced with an article titled "The Roll of Honour", and listed those nine locals who had joined the Light Horse and a further 3 who had joined the Infantry in what was then known as the Australian Expeditionary Force.

Few in August 1914 actually expected the war to last very long so the rush to enlist was on in earnest. Blackwood was extremely proud of its first enlistees, the

editor of The Blackwood Magazine asking how many townships of similar size could equal or better the number of men from the district who had been accepted for active service.

The first article of the August is titled, "The War" in which its author writes: "No-one will seriously attempt to minimise the evils of war. Pain and death for the combatants and suffering and agony for many innocent non-combatants - these must be, and are patent to all. On the other hand we have a stirring up of all the best elements in the national life, and displays of heroism and self-sacrifice for which we look in vain in times of peace, and a chastening and steadying of men's minds which are all to the good. The writer concludes in saying, "Let us see to it that our national and private life and our ideals are kept so clean and healthy that, while we escape the evil we do not miss the good things which a war may bring" {BM p 169}

By 1919, the families of many local men would question just what good things the war did bring.

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.bagi.org.au

☐ To supply additional information and images or discuss your involvement contact Pauline at paulinedodd@bigpond.com or phone 8278 5229 or Lindy Taeuber at ltaeub@optusnet.com.au



◆ Visitors hear fascinating stories about the district while touring historic precincts like Winns Bakehouse on Winns Road

Stories bring history to life

COROMANDEL VALLEY and surrounding districts have a rich history providing stories that bring history to life.

These stories are used as a basis for a variety of upcoming walks, tours and community gatherings that focus on local people, buildings and community life.

There are a number of 'guided walks' planned for October 21, 23, 28 & 30 with a mix of times and locations.

While 'bus tours' are planned for 26 October: 'Buildings and Places of Significance'; and for 5 November: Coromandel Discovery. Bookings are necessary.

Interesting 'spotlight sessions' are planned for 31 October, Making History Live: Focus on Cherry Gardens. A Cherry Gardens/Coromandel Valley joint effort. Held at the Cherry Gardens Memorial Hall, 7.30-10pm. Supper included. Admission by donation, proceeds to the "Memorial Hall re-roofing fund".

And on 14 November, Celebrating Red Cross and Community Service. Held at the Coromandel Community Centre, 7-9.30pm. In their 100th year the focus will be on the local Red Cross since 1914. Admission \$5, including light refreshments. (Transport may be arranged for elderly or less able participants.)

☐ For all activities and to find out more, contact the Coromandel Valley and Districts National Trust; email: ntcoro2@bigpond.com or phone 0407 066 776.

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Roll up for Halloween disco

THERE'S not a lot of entertainment for young people in the Mitcham Hills area so the Blackwood Recreation Centre has taken the initiative to hold a disco with a difference this Halloween.

On Saturday November 1 at the Centre located within the grounds of Blackwood High School, a 'Halloween Roller Disco' has been organised for young people aged 12-25 years and is an alcohol and drug free event.

The Disco will run from 7-10pm with DJ Ollie providing music and entertainment. Dressing up is optional but there will be a prize for the most imaginative outfit.

Tickets are \$10 each which includes your skate hire, or you can bring your own skates.

The event will not be a lock-in, but security guards will be on hand to keep the event safe for all. Anyone under the age of 18 must be dropped off and collected from inside the venue by a guardian; young people will not be allowed outside by themselves.

This event offers young people a great nights entertainment in a fun, safe and secure environment.

Mitcham Council Youth services are supporting the event.

☐ Tickets can be pre-purchased from the Blackwood Recreation Centre located at 1 Northcote Street, Eden Hills, or at the door on the night. For more information phone the Centre on 8278 8833.

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Merger talks may impact on volunteers workload



BLACKWOOD Region's Country Fire Service (CFS) may see some reforms in the future following roundtable discussions held by the Minister for Emergency Services, Tony Piccolo over the past few months.

These discussions are in response to the Holloway Review into the Fire and Emergency Services Act, 2005, and they are looking at ways to improve the sector and ensure it is appropriately resourced.

In the Review, Paul Holloway (then Minister for Urban Development and Planning) stated: "Retaining SAFECOM (the South Australian Fire and Emergency Services Commission which supports CFS, MFS and SES, undertakes strategic policy planning and helps with resource allocation) in its current form would be a poor outcome for emergency service workers and the community."

One of the reform options discussed include the CFS, SES, and MFS reporting to the Police

Commissioner, or the three agencies all falling under the management of the MFS.

Mr Piccolo told The Blackwood Times there will be no consolidation of services and the three services will continue to operate separately and retain their separate identities on the ground. "However, they may be integrated into a single organisation at the higher level, led by a Chief," he said.

He confirmed the CFS, SES and MFS will continue to exist on the front lines as they do today and volunteers will continue to enjoy the freedom to undertake those tasks they choose to do now.

However, the suggested reforms have already come under fire. Sturt CFS group officer Dale Thompson is concerned over how staff taken from above will affect the people below.

He highlighted that people putting the fires out still needed the coordination of the staff above. "For instance, Region 1 has 70 strike

teams, with 30 people in a strike team," he explained. "We've had big fires in Flinders and Eden Valley and they consumed a lot of teams; you need a lot of support to coordinate these teams."

He is concerned that the proposed merger will put more operational management on volunteers' shoulders.

Iain Evans, Davenport MP also had serious doubts about amalgamating the upper levels of three services. "We are concerned how volunteers will be treated under the new structure, and it could lead to increasing one service at the expense of another," he said.

However Mr Piccolo said three services supported by a single organisation will create greater opportunities for the volunteers to learn new skills, and added that the reform will also create savings that will be re-invested into training, equipment and volunteer support.

"It is being undertaken to ensure the MFS,

CFS and SES are better placed to meet future challenges and is seeking structural changes to make administrative savings that can be re-invested back into the sector."

Mr Piccolo confirmed he was working very closely with the United Firefighters Union and Public Service Association who are supportive of the reform process, and that the reform will not lead to any reductions in service delivery or staffing on the ground.

"The important work that occurs in the sector will continue and there is no reason to believe that staff cuts will be required," he stated.

A report following the discussions is due to go to State Parliament in December. To find out more visit www.safecom.sa.gov.au

Belair tunnels haunted by landslide

by Annie Waddington-Feather

IT'S nearly Halloween, and the time when ghouls and ghosties, and long-legged beasts, and things that go bump in the night come out.

However, Blackwood's local ghosties aren't quite as scary as the rhyme. According to Dave Hogg and Eden Hills resident Darren Bacchus, founders of 'Ghost Crime Tours', the Eden Hills/Belair tunnels reportedly have been haunted for several years.

"There was an incident in 1928 where six people lost their lives when a landslide hit the tunnel," explained Dave. "The hauntings themselves are said to be residual hauntings, which means the men are seen simply walking through the tunnels, working, going about their day unaware of the fact they are dead."

Work colleagues Dave and Darren set up Ghost Crime Tours when they realised they shared a common interest in the paranormal and their tours take you to some of the most haunted areas of Adelaide.

They put a huge amount of work into fact checking and making sure they get the full history of each area and building. "Anything from researching online, libraries, police records, coroner reports and historical societies to keeping a network of knowledgeable people in our friends list," confirmed Darren.

Unfortunately there's no proven ghost or spirit detector on the market at the moment, so Dave and Darren rely on other equipment on their tours which may indicate a ghostly presence.

Some people are sceptical about the existence of ghosts, but Dave and Darren are convinced.

"We run tours through the North Kapunda Hotel every weekend and whenever we can, we go investigating in the famous 'Hallway to Hell'.

One night, we witnessed the shadow figure that moves throughout the rooms," he said.

"The Hallway has definitely got some things in there we can't explain," added Darren.

Further afield, Dave considers Aradale lunatic

asylum, J Ward, Beechworth and Port Arthur as being some of the most haunted areas in Australia.

"I happen to think Geelong gaol is one of the best I've been to, and would love to have the chance to investigate in there," he said.

To find out more, visit www.ghost-crime-tours.com.au or call 1300 0 GHOST.



◆ (from left): Dave Hogg with Eden Hills resident Darren Bacchus in the 'haunted' cellar of the Port Dock Brewery Hotel - one of the locations for their Ghost Crime Tours



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Blackwood Hills Baptist Church celebrates 75 years strong



◆ Blackwood Hills Baptist Church is a '7 day a week' church at 72 Coromandel Parade Blackwood.

THE 'Blackwood Hills Baptist Church' was established in 1939 with 8 members. Records show that between 1939-1942, 147 services were held with an average attendance of nine. This small group called themselves 'Eden Hills Christian Fellowship' and met in the Church of England Parish Hall on Willunga Street. For many years the services were led by lay preachers or Baptist pastors who visited as part of their circuit.

In 1958 three blocks of land on the corner of Eden Ave and Alpha Road, Bellevue Heights were purchased, adjacent to Manson Oval. Slowly but surely the church had grown to the point where it moved its base from Eden Hills to Bellevue Heights in 1959. When the building was built it was one of only 2 buildings in the street. The

church officially changed its name to 'Bellevue Heights Baptist Church' in 1963 and appointed its first full time Pastor in 1968.

Over the next decade the church grew steadily. In 1977 the church undertook the first extension of its Eden Ave property.

In 1989 the building was extended again to the size that it is to this day.

In January, 2002 the church was given the opportunity to purchase the old Blackwood Recreation Centre for a price of \$850,000. In January 2004 it took hold of the property and after 9 months of renovations, costing a total of \$1 million, the church will finally move into its new premises in late September 2004 and have its Grand Opening on Sunday 17th October.

Volunteers keep café serving the local community

IT will be 10 years in November since Café 72 opened its doors at Blackwood Hills Baptist Church. Over that time, the team of volunteers has served over 100,000 meals and 150,000 coffees. But it's more than home-cooked meals and good lattes that keep this café running smoothly.

Jody Paterson, Café Ministry Coordinator at the church, explains, "Our teams of volunteers give up their free time to serve in the Café because we want to create a place where people can enjoy meeting together and being part of what's going on in our community." The Café is operated as a not-for-profit ministry of the church, and Jody currently has one hundred and one volunteers on her database.

Keeping Café 72 running requires over 40 regular volunteers each week, some of whom cook meals or take orders all day, while others come in for an hour or two to help with cleaning up. While they come to serve, they also find great benefits from being part of the team. "There is a great sense of camaraderie among the volunteers," Jody says. "Most of our teams have a mix of age groups – from Uni students



◆ Blackwood Hills Baptist Church is a '7 day a week' church at 72 Coromandel Parade Blackwood.

to retirees – and they love getting to know one another and enjoy serving together."

Café 72 is open from 10am-3pm Monday-Friday. You can drop by for an inexpensive home-cooked lunch between 12 and 2, or for coffee and cake any time. If you're interested in volunteering, have a chat to Jody while you're there.

For more information about the church check out www.bhbc.org.au or call the church office on 8370 0333.

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Blackwood Hills celebrates 10 years in Blackwood



◆ Blackwood Hills Baptist is hosting a Family Funday event at Hewett Oval on Sunday, 26th October, 12pm.

IF you were turning 10, how would you celebrate?

Most 10 year olds would love a Birthday Party complete with Bouncy Castle, face painting and a sausage sizzle. Well that's what Blackwood Hills is having on Sunday 26th October at Hewett Oval, 72 Coromandel Parade.

The Church that brings you Carols! Christmas Eve will be having a Family Funday Party to celebrate 10 years since it moved into the premises at 72 Coromandel Parade.

"We have loved our re-location to Blackwood," said Senior Pastor Brandon Chaplin. "The years have just flown by since moving from Bellevue Heights. We had hope and dreams when we moved here, but we never imagined the growth and transformation we

would experience."

"Today we have about 1500 people through our facility each week. Our café is active and provides a place to meet, particularly for Seniors and Young Families. Our Youth Group remains large and strong. We cater for plenty of kids and provide multiple options for young families. And our role in the community has grown through our Carols, our Kids Hope Aus mentoring partnership with Belair Primary and events like the 40 Hour Famine".

You are welcome to join the church in celebrating their 10th Birthday in Blackwood. Celebration services will be held at 10.00am & 7.00pm and a free lunch, bouncy castle, live music, face-painting and games for all the family will be happening by Hewett Oval from 12 noon.

A Church Ready for Young People



ONE of the misconceptions out in the wider community often is that churches do not provide programs and services for the young. The church in general is sometimes labeled as only catering for the old and is out of step with the younger generation.

"Unfortunately people have not been fully aware of the many programs and services available," says Youth Pastor Sam Thomson of the Blackwood Hills Baptist Church and Chaplain at Blackwood High School. "Many of our local churches provide great kids programs, run healthy youth groups for High School age youth as well as young adults at University."

Sam has had more than 40 years experience working with youth. Currently he oversees the Youth group that run out of the Blackwood Hills

Baptist Church – More than 80 young people meet regularly on a Friday night for a range of activities. "Many of our young people, (and their parents) are looking to gather together for friendship with activities that are safe, fun and inexpensive," says Sam. "Through weekly events, camps, and trips we endeavour to provide an accepting environment for them and the benefits are life changing."

The church also runs a kids program on 10.00am on Sunday mornings called Sunday Funday. "We are looking forward to utilising our new facilities for our children and youth," said Sam. "We have never had such an opportunity to do more things and we are expecting to have a lot of fun as well as provide a place for friendship, learning and values".

what's on
this spring

at a church near you?

Celebrating 10 years in Blackwood!

Blackwood Hills Baptist Church
10am & 7pm Sundays @ 72 Coromandel Pde, Blackwood
PLUS a FREE family event on Sunday 26th October at Hewett Oval from 12-3pm

You are welcome to join us as we celebrate 10 years living in Blackwood on Coromandel Parade! Celebration services will be held at 10.00am & 7.00pm followed by a FREE Family Funday Celebration lunch, bouncy castle, live music, face-painting and games for all the family!

FAMILY
FUNDAY!

FREE FAMILY EVENT!
12PM 26TH OCTOBER ON HEWETT OVAL

Your vote does count in council elections

by Annie Waddington-Feather

AT the end of this month we'll be receiving our local council ballot papers and have until Friday 7 November to consider who we'd like to represent us at council.

While it's not compulsory to vote in council elections, your vote does matter if you want to see change or representation at a grass roots level.

Understanding how votes are counted is important. The 'Proportional Representation' system is used for counting the votes in Local Government elections, and it is based on each candidate gaining a 'quota' of votes to get elected.

When you vote, put a '1' in the box next to your preferred candidate's name and number all of the other candidates you'd like to represent you in order. That way you can be sure that after the preferential distribution, the people who you voted for are being considered.

The *Blackwood Times* spoke to some of the City of Mitcham candidates (in alphabetical order) to see how they can represent you and what they think needs addressing in our locality.

CRAIGBURN WARD



Nick Greer - Nick is running for re-election as he feels more needs to be done to properly fund infrastructure and services in the Hills.

Nick believes the Mitcham Hills are one of the best places in Australia to live, work, and raise a family, but he feels Blackwood

and Belair have been neglected by both Council and the current State Government. "We need better bushfire protection, better footpaths, library improvements, and a better street-scape along Main Road through Blackwood and Belair. Main Road is a significant problem," he said.



Karen Hockley - Karen is standing for Council as she passionate about quality representation and believes Craigburn Ward has been under represented.

She's lived in Coromandel Valley since 1991 and her children attend a local school. "I am very active in the local community serving as Secretary and President of the Blackwood/Belair and District Community Association and on the Blackwood Action Group Executive Committee," she highlighted.

Karen believes a well-managed Council with good services, infrastructure and reasonable rates makes a vibrant and connected community. "I will push Council to be more responsive to community expectations and aspirations and providing quality services that meet the needs of residents."



Lindy Taeuber - has lived in the Blackwood district for over 20 years and contributed to the local community through numerous volunteering activities such as mentoring Sudanese refugees, being involved with Friends of Shepherds Hill Recreational Park and the Blackwood Action Group.

She has a university qualification in urban

and rural geography, and worked with Mitcham Council. "I am standing independently to represent Craigburn Ward residents," she said. "I am not a person to shy away from big issues."

Lindy wants to keep rates down with a conservative approach to spending and incorporating cost saving measures. She believes there should be a Blackwood Master plan; the library should be updated, and Waite Reserve be a central village green.



Jane Silbereisen - is committed to supporting residents with their concerns, and promoting development and responsive quality delivery of council services.

"During my first term on Council, I have raised and supported the community on a number of issues," said Jane. "I have had solid experience in producing strategic, financial and business plans, responding to emergency situations and also benefited from learning the protocols and processes involved in decision making for the management and planning of the City of Mitcham."

Jane believes critical issues for Craigburn and all Hills residents include adequate exit routes out of Blackwood in the event of fire; improved road infrastructure, freight rail diversion and improved community, open space and shopping facilities to service the current and future needs of the

community's growing population of young families and the aged.

PARK WARD



Mark Ward - is standing for re-election quite simply because he really enjoys the work he does; meeting people, listening to their issues and helping solve problems.

He would like to see action on the re-routing of freight trains and funding to alleviate traffic issues. "I would like to see a community garden and better use of the area's spaces, such as Waite Reserve," he said. "I will also lobby on behalf of our sporting facilities for upgrades and developments."

"I believe I have been pivotal in getting council back financially with a zero deficit," said Mark.

Mark has always pushed for a Blackwood Master plan and would like to see one developed which involves all tiers of government, business and community members.

For further information visit Mitcham's website at www.mitchamcouncil.sa.gov.au and Onkaparinga on www.onkaparingacity.com

Garden group thriving with growing support

AFTER starting with a barren patch of land twelve months ago, 'Joan's Pantry Kitchen Garden' at Hawthorndene has flourished in leaps and bounds.

"We've been amazed at the number of people who have joined our community garden project," said co-ordinator Deb Bryant. Rainwater tanks have been installed (compliments of Bombadier Transport), a number of raised garden beds have been built, citrus trees planted and a wire fence built for security.

"Some people just come along to learn how to garden from others, while there are those who have leased their own raised garden bed to grow their own veggies in. I bring my 7 year old grandson along to help, and educate him as to where our fresh food comes from; and its great fun doing something together," added Deb.

There are still a number of raised community veggie beds available for lease at only \$50 for the year - so if you don't have the room at home for a veggie garden why not join Joan's Pantry community garden.

They have run successful workshops for members on permaculture and propagating herbs, techniques for collecting seeds, and also a workshop for children to grow a veggie plant from seeds.

"Customers from Joan's Pantry enjoy sitting in the garden and our next major project is to build a paved area in the centre of our site, with a table and chairs providing a place for visitors to sit, drink coffee and contemplate the garden," explained Deb.

For the warmer weather, the group is planning crops of summer vegetables including tomatoes, lettuces, eggplants, capsicum, chillies, cucumbers, runner beans and summer herbs. "We are also trying to cater better for



◆ (from left): Community garden co-ordinator Deb Bryant, helping plant some spring vegetables in Briana's leased garden bed - 'The Breen Thumb'

families and have recently built a sandpit which is proving very popular with the younger children - allowing parents to tend to their veggie patch. "Of course, we are always looking for new members and local businesses for any assistance," said Deb.

□ If you would like to find out more on Joan's Pantry Kitchen Garden, come along to a working bee held on the 2nd and 4th Sunday of the month from 1pm to 4pm; also email Rob Smith on: rob.smith@internode.on.net for more information.

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Focus on diversity of community

THIS year, the annual community event hosted by the Coromandel Community Centre, is being held on the last weekend of October called 'Indulge Your Senses'.

It offers a cultural theme and will expose participants to different countries of the world and the opportunity to focus on the diversity of our community, to gain knowledge, insight and information about the world and its people.

Join us for visual and performing arts including Japanese drummers, Scottish pipes, wiggle your hips with the belly dance troupe and enjoy the tones of Indonesian angklung musical instruments.

This event is about gaining knowledge and insight into the world and its people by indulging all of your senses. A highlight will be the opportunity to tempt your taste buds by sampling some traditional food.

Some stalls will be selling items and produce, but the majority of the day will be about encouraging families and people of all ages to get involved and participate.

You may like to try your hand at kiwi craft, get messy at the sensory stations area, pat the native animals, and help make an oversized piece of mandala art. It is open for all to attend so come along ready to have some fun and celebrate the different cultures of our community.

The event program will also include the official launch of Philip Hart's art work "The Valley". You may have noticed this public art being erected on Weymouth Oval. It aims to celebrate the environment that we are lucky enough to live in.

'Indulge your Senses' will be held at the Coromandel Community Centre and adjacent Weymouth Oval, 442 Main Road, Coromandel Valley on Sunday 26 October from noon to 4pm.

Any enquiries can be directed to Coromandel Community Centre on 8370 6880 or visit the website at www.coromandelccc.org.au

Get ready to 'Indulge Your Senses' at this free event, which is made possible through funding and support from the City of Onkaparinga and Multicultural SA.

Original fish and chip shop returns

"I'VE grown up with fish and seafood in the blood," said Arthur Louca, proprietor of the Fish Man seafood shop in Blackwood.

"My grandfather opened a fish shop in Norwood over 65 years ago, and my father Andreas, opened a fish shop in the district on Shepherds Hill Road over 40 years ago.

"From a young age I was always helping them out and 15 years ago decided to open my own fresh seafood business.

"I bought the original Blackwood Fish & Chip shop located on Main Road opposite Blackwood Library, however opened it as the Fish Man selling fresh fish and seafood," explained Arthur.

The Fish Man has built an enviable reputation for their fresh fish seafood, including the daily shucking of Coffin Bay oysters.

"Ever since we opened, customers have been asking when are we going to offer fish and chips.

"So it seemed like the natural thing to do as we are already selling and filleting a wide range of fresh fish everyday - why not offer them to customers already cooked ready to eat," explained Arthur.

The Fish Man is a family run business, with Arthur's mother and father still helping with the daily filleting of all the fresh fish. This wide range of fresh fish will now be available to customers to choose from, to have grilled or fried as an evening meal or for lunch.

Call in and try their 'fresh' fish and chips today. The Fish Man is open Tuesday to



◆ Arthur, the Fish Man, not only offers fresh fish and seafood to customers but has recently added fish and chips to his business

Saturday and is located at 218 Main Road (opposite Blackwood Library) and phone orders are welcome on 8278 4380.

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Local physio gets into warm water



◆ Physiotherapist Brendan Wyld (on right) holds regular hydrotherapy sessions with clients in the pool at Blackwood Fitness

water

promote relaxation, mobilise joints, strengthen muscles, develop balance and coordination, and improve general fitness, in a warm relaxing environment.

The warmth increases circulation, reduces muscle spasm, and helps to relieve pain. Patients do not need to be able to swim in order to benefit from hydrotherapy.

"Buoyancy assisted exercises are extremely helpful for the older client," explained Brendan, "especially those with arthritis who are looking to gain some strength around the affected joint."

A series of gentle therapeutic exercises (distinct from swimming or aqua-aerobics) carried out in a heated pool allow greater comfort and range of movement as the water supports body weight. Therapeutic exercises can be progressed safely using the resistance of the water to strengthen the muscles and improve stability.

Hydrotherapy has been shown to bring pain relief, combined with long lasting improvements in joint mobility and muscle strength.

You can speak to your doctor about hydrotherapy or phone Brendan Wyld physiotherapist on 8278 7444 for an appointment. The Blackwood Health Centre is located at 210 Main Road (in front of Blackwood Fitness).

"THE water is warm and we have lots of fun," said Brendan Wyld, physiotherapist when talking about his weekly hydrotherapy sessions held in the pool at Blackwood Fitness.

"I'm in the pool on Monday, Wednesday and Friday mornings helping clients recover from back injuries, shoulder surgery, joint replacements and orthopaedic surgery."

Hydrotherapy, otherwise known as 'aquatic physiotherapy', helps relieve a patient's pain,

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Increases in poor is food for thought

THE homeless charity Ruf Us, set up by Belair resident Aileen Jefferis ('AJ'), is growing and expanding its services, and is now renting a warehouse in Thebarton to store furniture and other items, and started a regular 'Make Over & BBQ' event.

Over the winter months, AJ confirmed she had been helping more people with food support and had kitted out 106 houses with furniture and household items for homeless people.

"Last year we did 101 houses in total, so we're already over that mark," she says, adding that she's concerned about proposed cuts to the homeless and domestic violence budgets.

"We're seeing what an increase in what I call 'the working poor,'" she said. "We have hard working couples, who don't smoke or drink, coming to us to help feed their kids." She

by Annie Waddington-Feather

also said there was an increase in young men who had left their homes so their partner could claim a single mother's benefit. "It sickens me," she said. "These are not unhappy relationships."

The 'Make Over & BBQ' event is aimed at helping raise people's self-esteem, and following the success of the first one run in August, AJ hopes to run one every three months.

"Thanks to Chris Doening and his volunteer crew, beards were trimmed, hair was cut, faces smoothed and there was a bacon and egg BBQ," explained AJ. "These sorts of things help homeless people feel good about themselves," she said. "Everyone had a great time, and we'd like to have a rock band at the next event."

Ruf Us relies entirely on volunteers

and donations, and AJ is very thankful for the help of the individuals and organisations who help. "Rotary in Edwardstown, Mitcham, Unley and Coromandel Valley, and also Kiwanis have been great," she confirmed adding that Belair Uniting Church had also assisted.

AJ confirmed the charity is always thankful for monetary donations, particularly as it had now committed to paying for storage, and welcomed donations of canned (with a peel top) and dried food such as biscuits, muesli bars and noodles, natural fibre socks and sometimes furniture.

To find out what is presently needed, visit their website at: www.facebook.com/RufUsCharity

For further information, or to make a donation visit www.rufus.org.au or email info@rufus.org.au



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Improve your car's headlight performance

DO the headlight cover lenses on your car look like they have gone opaque and are frosted over? If they have, this will be affecting the performance of your headlights at night reducing the intensity of the headlight beam on the road.



Barry with a headlight lens where the right hand side is the untreated lens and the left hand side after the cleaning treatment has been undertaken.

"We often have clients bring their vehicles in to have electrical work and repairs performed, and when we point out the condition of their headlight lenses, they are surprised to learn that we can actually restore them to their 'as new' condition," said Barry Kidd of Elite Auto Electronics.

Through a new five step process now available Elite can remove the frosty look from plastic and polycarbonate headlight lenses.

"Over time ultra-violet light damages the lenses creating a yellow frosted appearance which can reduce headlight performance by as much as 70%," explained Barry.

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Give Barry a call today on 8370 0288 to find out how to have your headlight lenses restored. Elite Auto Electronics workshop is located at 1 Stirling Road, Blackwood (behind Carpet Choice).

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PETS & VETS

Some foods can be toxic for pets

BY DR ALI COLEMAN, BLACKWOOD VETS

IT is surprising how many everyday foods our plants can be toxic for our pets. A lot, you have probably already heard of, but some aren't as well known.



◆ This mischievous pet may be going to the vet after eating the recently baked chocolate cake off the kitchen table!

One of the most common toxins we see is chocolate poisoning. Dogs are more commonly affected than cats and they tend to experience vomiting and diarrhoea and can progress to tremors or seizures. Dark chocolate is a lot more toxic and only 4 small squares of dark cooking chocolate can be fatal in a 5kg dog.

Lily toxicity is not uncommon in cats. The leaves and the flowers are both toxic and as little as 2 to 3 leaves can be fatal. Cats tend to vomit in the early stages and can hypersalivate before progressing to signs of kidney failure (drinking and urinating excessively). Early treatment can be successful.

Everybody has probably heard of onion toxicity. Onions cause anaemia which presents as weakness and lethargy with the animals having pale gums.

Dogs can also vomit and have diarrhoea. They can urinate blood. Symptoms tend to occur anywhere from 12 hours to 5 days after eating onions.

Macadamia nuts can also be toxic to dogs. It's thought that as little as 5 kernels can cause symptoms 12 hours after ingestion. Dogs tend to be weak in their legs and are often very unsteady. There is also vomiting and abdominal pain and sometimes generalised body tremors. Symptoms can last for about 2 days but there is usually full recovery after treatment.

This is by no means an exhaustive list of poisons but it encompasses the most common ones seen at our clinic. There are many websites that have a full list of potential toxins.

If you think your pet is affected, it is important to seek immediate Veterinary treatment.

Grapes, sultanas and raisins can also cause fatal kidney disease in dogs. First symptoms are vomiting and diarrhoea, and this can progress to signs of kidney disease are noticed.

Blackwood Vets are located at 178 Main Road, Blackwood (next to Blackwood Hire). If you have any concerns regarding the health of your pet, phone 8278 4173.



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Cats happy living inside

ENCOURAGING CAT owners to keep their pets safe at home is at the centre of a new campaign by the Dog and Cat Management Board.

Chair of the Dog and Cat Management Board Chair Jan Connolly said an increasing number of cat owners were keeping their cats indoors or having enclosures built for them.

"Cats are perfectly happy living inside or using outdoor enclosures," Ms Connolly said.

"There is no need for them to roam and there are many benefits to securing them on your property. They are less likely to get injured in fights with other cats, catch diseases from other cats or get hit by cars.

"From a community point of view, being a responsible cat owner reduces neighbourhood disputes and nuisance cat issue complaints to local councils.

"We would love to see people keeping their cats off the streets and encouraging their friends and families to do the same."

The board is also urging people to desex and microchip their cats. "Now is the perfect time to have your cat desexed, before the breeding season," Ms Connolly said.

"Too many kittens are born every year and

there are just not enough homes for all of them.

"Owners won't contribute to the problem if they desex their cats. Cats that are allowed outside have even a greater risk of producing unwanted litters."



◆ 'Bella' likes staying inside near the fire during winter, sleeping in the woodbox!



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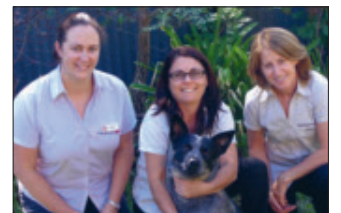
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We Serve

Proud of 49 years service to community



Club pride on parade at the pageant

"I am proud that the Blackwood Lions Club is very community minded and nothing illustrates this more than the annual Christmas Pageant," said Blackwood Lions new Club President Margaret Lucas (above).

The Christmas Parade, which is held through the heart of Blackwood on the first Friday in December each year, involves a lot of organising and help from members of different service clubs.

The Parade is (the Blackwood Lions float pictured above) followed up with a carnival atmosphere fair on the Waite Reserve which is presented in conjunction with the Coromandel Valley Rotary Club and has Father Christmas in attendance giving gifts of lollies to the children.

Put date in your diary now - Friday December 5.

THIS "Community Report Special" from the Lions Club of Blackwood includes some of the projects and activities undertaken by the Club from July 1, 2013 through to June 30, 2014.

In this report the Club wishes to inform the community of the principal beneficiaries from the distribution of funds raised during the Club's past year of operation.

The Club's 36 members have donated more than 11,500 hours of willing help in the past twelve months of community service. In a recent survey showing the value of voluntary man hours this equate to almost \$290,000 of labour.

"Bargain Centre stronger than ever"

One of the great results for the year was the remarkable achievement of \$2,225 million Blackwood Lions Bargain Centre sales since its inception in 1967. While this year sales alone were over \$100,000!

Blackwood Lions Club is very proud of their achievement in serving the local, national and international communities for 49 years. The success of the Bargain Centre is also due to the willingness of other clubs, groups and individuals who volunteer to help out at the Bargain Centre each week and the community who give so generously in supporting us.

Xmas cakes & puddings out soon!

THE popular Lions Christmas Cakes and the Lions Puddings will go on sale from the middle of October. They make excellent healthy and affordable gifts all year round.

Lions Christmas Cakes coordinator Graeme Oats says "Get your Christmas Cakes and Puddings before they run out".

They are available widely through many of Blackwood's retail outlets, including NAB & ANZ Banks from November through to Christmas.

Ring Graeme on 8278 3179; leave a message on 8370 2144; or visit the Lions Bargain Centre on Shepherds Hill Road any Saturday morning from 8.30am

Your needs are our concern

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

This year we have made donations in excess of \$110,000. These went to over 60 organisations and causes - locally, statewide, nationally and internationally - such as Lions Hearing Dogs \$12,500; Blackwood Memorial Hall \$11,561; Australian Lions Foundation \$9,500; Australian Lions Foundation Qld drought relief \$5,000; Christmas Hampers \$913; Blackwood High School Students Bursary \$7,000; Cherry Gardens Memorial Hall \$5,000; Lions Medical Research Foundation \$2,000; Blackwood Action Group \$1,120; Plan International \$2,800; Leukaemia Foundation \$3,500; Lions Ladies Big Day Cancer \$5,400; Blaze aid \$3,000; Tech Aid for Disable \$3,000; and Bargain Centre Helpers \$30,000. Various local Scout groups, schools and organizations \$35,000; and so the list goes on.

President Margaret Lucas said, "the main reason I consider our Club is so successful, is the cooperation that exists amongst us and the willingness of our Lions members and their partners to participate in so many community ventures - often with simple BBQs etc, the Eve Anzac Day Vigil, Blackwood Christmas Pageant, to mention a few."

WHAT IT MEANS TO BE A LION

IT would not be unreasonable for people to think that if all Lions do is raise funds and work on community projects, then being a Lion must be hard work.

Far from it, we have fun and know how to let our hair down - working on projects with fellow Lions members is fun in itself but we also organise other enjoyable outlets. We have our annual Club Christmas party, Melbourne Cup lunch, movie nights, we treat ourselves to a weekend away once a year. Each month, our partners join us for dinner at our fellowship meeting with a guest speaker.

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

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 - the world's largest service and humanitarian organisation.

To find out more on the Blackwood Lions Club, call John Alexandrou on 8278 1230 or 0419 890 123 and sample the Lions' hospitality.

Musical feast under the stars

ANOTHER Club project that captures the continuing support of the community is the "Wittunga Under the Stars" musical festival held during summer at the beautiful Wittunga Gardens on Shepherds Hill Road.

Next year, this musical extravaganza will be on Friday evening, February 20, 2015 and that will be our 12th year. Again we will showcase a number of great musical talents.

Wittunga Under the Stars - large crowds turn out for this unique musical festival every year



BOOKLET A LIFE SAVER

THIS project undertaken by the Blackwood Lions Club (approved by Lions Australia as a national project) is offering the means of saving lives - possibly your own.

The 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 using a magnet.

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 and use these booklets.

This project is run in conjunction with SA Ambulance Service with over 186,000 books distributed by the Lions Club Australia wide.



BLACKWOOD LIONS CLUB ANNUAL REPORT TO THE COMMUNITY 2014



Thank you Blackwood & districts!

Through your generosity the Lions Club of Blackwood has been able to support the following with Donations totalling \$110,000 -

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| Australian Lions Childrens Cancer Research | Blackwood Scouts | Highland Scouts | Lions Prostate Cancer Research | National Bush Fire Appeal | Scosa Spastics |
| Australian Lions Flood and Bushfires Appeal | Blackwood Circle of Friends | Junior Diabetes Foundation | Lions Spinal Cord Foundation | Onkaparinga Lions Youth Camp | St. Johns Ambulance |
| Anzac Day Ceremony | Blazeaid Wirrabara | Lethoso Book Project | Lions Youth Quest | Operation Smile | St. Peters Lutheran School |
| Belair Scouts | CFS Foundation | Leukaemia Foundation | Meals on Wheels | OSSAA (Overseas Specialist Surgical Assn of Aust) | St Vincent de Paul |
| Blackwood Action Group | Christian Blind Mission | Lions Life Skills | Minton Farm | Plan International | Sturt Blue Light |
| Blackwood Circle of Friends | Christmas Hampers | Lions Aust Spinal Chord | Multiple Sclerosis Society | Ride4Pat | Technical Aid for Disabled |
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WHAT'S ON IN BLACKWOOD & DISTRICTS

◆ 1 October

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

◆ 1 & 15 October

LIONS CLUB OF BLACKWOOD - meet on 1st & 3rd Wednesday from 6.30pm for 7pm start. Prospective members and visitors welcome. Phone John Alexandrou on 8278 1230 for details.

◆ 2 October

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

◆ 5 October

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

◆ 5 October

BOTTLE COLLECTION - from 10am by Belair Scout Group. Collect all glass, soft drink cans & soft drink plastic bottles - from your driveway. Any queries phone Lyndal on 0477 110 022.

◆ 6 October

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.

◆ 7 October

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.

◆ 9 October

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

◆ 9 October

HAWTHORNDENE MEN'S PROBUS CLUB - held at Belair Uniting Church Hall, Sheoak Road, Belair at 9.30am. Monthly guest speakers. Visitors welcome. Inquiries: 8278 1964.

◆ 11 October

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.

◆ 12 October

BUSHCARE WORKING BEE - 'Red Gum Gully Our Patch' group meet at Cedar Ave reserve, junction of Miller Tce and Southern Ave from 9.30-11.30am. Day to learn from each other and care for our bushland. Wear sturdy shoes and hat, tools provided. New members always welcome. Phone 8370 2091 for details.

◆ 12 & 26 October

JOAN'S PANTRY KITCHEN GARDEN - 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 at email: jpkitchengarden@gmail.com

◆ 13 October

BELAIR LADIES' PROBUS - meet at

Blackwood Uniting Church, opp Blackwood roundabout at 10am. We welcome prospective members and visitors. Phone Joy on 8270 6162.

◆ 13 October

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

◆ 13 October

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

◆ 14 & 28 October

ADELAIDE HILLS TOASTMASTERS - Affordable public speaking training & practice in a friendly adult group. Meet from 7.30-9.30pm. Enquiries to Annabel Price on 0402 767 535.

◆ 15 October

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.

◆ 15 October

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 for details.

◆ 16 October

BLACKWOOD PHILATELIC CLUB - meet-

ing 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.

◆ 17 & 18 October

ROUNDABOUT CRAFT FAIR & EXHIBITION - held at Blackwood Uniting Church near the Blackwood roundabout from 10am-4pm. Gold coin entry (supports overseas projects) - arts and crafts, local traders market, raffle, with community café. More details from Jacqui on 8278 2699.

◆ 19 October

VOICES OF THE VILLAGE - Mitcham's music and culture fair held mainly at the Mitcham Cultural Village from 10am-3pm. Childrens activities, variety of food stalls, music and dance performances, and workshops. For further information on the event, visit www.mitchamcouncil.sa.gov.au

◆ 20 October

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 for more details.

◆ 20 October

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

◆ 20 October

BLACKWOOD HILLS VIEW CLUB - invites women to meet new friends at luncheon meeting at Belair Park

Country Club at 10am. Guest speaker is Mitcham Council Historian, Teresa Mills on History of Blackwood area. Booking essential - cost \$25. Phone Terry on 8270 7186 or 0408 379 679 for details. Supporting disadvantaged through The Smith family.

◆ 21 October

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

◆ 21 October

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

◆ 22 October

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 Doonee on 8278 2676 for details.

◆ 27 October

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

◆ 28 October

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.

LOST 07 KILOGRAMS



LOST 12 KILOGRAMS



LOST 11 KILOGRAMS



LOST 14 KILOGRAMS



LOST 05 KILOGRAMS



LOST 11 KILOGRAMS



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