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ISSUE 262 • SEPTEMBER 2016

Land swaps could be catalyst for revival

see story pg 3



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Belair scouts, led by Hamish and Luke, took their Scout leader to court in a 'mock' trial to test the child labour laws!! Read the outcome in story on pg 4.

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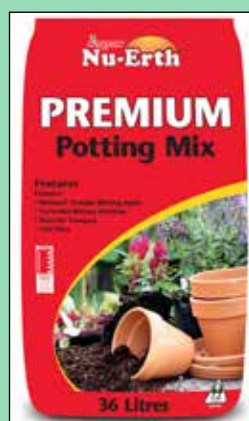
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Reconfigure council assets to spark retail resurgence

by Annie Waddington-Feather

AN update report on the much talked about strategic investigations affecting Blackwood District Centre states 'there are no immediate fixes available for Blackwood'.

The report partly blaming Blackwood's 'highly fragmented ownership pattern' and concludes a possible strategic approach may involve 'land swaps and/or the reconfiguration of Mitcham Council's own assets to act as catalysts for change'.

The report also discusses opportunities for higher housing diversity, including higher densities, a 'Movement study' (ie vehicular, cycle and pedestrian) and 'encouraging uses that are not extant in Blackwood' such as accommodation, entertainment and restaurants above the 'café' level of offering.

Mayor Glenn Spear says his personal view supports the relocation of a library to the community centre site on Young Street, Blackwood. "This has the potential to anchor the central business district", he says.

He suggests further land developments could make a walk-through complex to give the area a 'mall' type atmosphere and it could be funded by selling the current library and nursery site. He stresses any changes would have to be approved by Council.

Blackwood has multiple landowners, and some are more proactive than others at helping rejuvenate the area.

Despite Council offering to fund the beautification of Telstra's park area with the work carried out by volunteers, Telstra rejected the offer and has refused to open up that area up for public use.

"I was very annoyed with Telstra and it needs more community spirit," says Glenn. "We rely on integrity and goodwill of people working to get a better result."

We need to be working with developing other properties to get this whole thing happening; we have got a vision but it does require people coming together."

While the report suggests higher density living in the area, Glenn points out State Government has failed to recognise Blackwood as a development area by not elevating it to a primary renewal area and he says he will be approaching Government again on the matter.

Traders have mixed feelings about any redevelopment. While Kohl&Soda owner Emma Hildebrandt thinks development would be good as Blackwood is not a 'destination' suburb, Dane Sayers from Blackwood Country

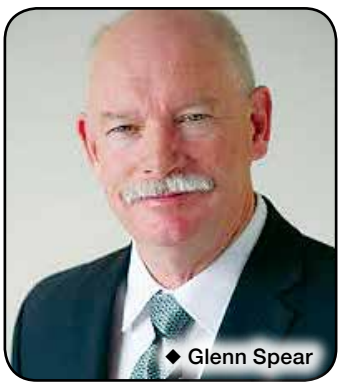
Meats has concerns about who would buy Council land.

"I've heard Aldi wants to move into the area," he says. "Blackwood is a community based little town and we already have Woolies, Foodland and Coles and I don't want it to be any tougher."

While parking is an issue, Dane thinks there are alternatives highlighting areas could be worked on such as the Telstra car park.

Glenn says he's excited about Blackwood's potential but it is reliant on people coming together. "Council can facilitate but it's up to the people to say yes," he concludes.

The report was presented to City of Mitcham Council to inform Council of progress and a further report will be presented to Full Council soon to discuss the future opportunities with respect to Council's landholdings.



◆ Glenn Spear

Your details important in census count

by Annie Waddington-Feather

NOW that the census website is up and running again, you've got plenty of time to get it done either online or by calling for a paper form.

The Australian Bureau of Statistics (ABS) has stated there will be no fines for anyone who didn't manage to complete the Census form on August 9, and you have until 23 September to complete the Census before receiving a \$180 penalty per day.

The 2011 census found the population of Blackwood suburb was 4,053; made up of approximately 51.8% females and 48.2% males. The median/average age in the area was around 44 years of age.

Although 75.3% of people living in Blackwood were born in Australia, our area includes people who were born elsewhere. The other responses for country of birth included England, Scotland, Germany, New Zealand, United States of America, South Africa, Netherlands, Canada, Wales, India, Northern Ireland, Papua New Guinea, Philippines and Ireland.

Most people in Blackwood speak English only, but there is also a small proportion of people speaking German, Italian, Russian, Dutch, Greek, Polish and Cantonese at home.

You don't have to look further than the Blackwood Christmas Pageant to know there are a lot of churches in the area!

While nearly 40% stated they had no religious affiliation, the religious makeup of the area includes Anglican, Catholic, Uniting Church, Lutheran, Baptist, Christian, Churches of Christ and Buddhism.

In 2011, Blackwood's unemployment rate was 4.4%. The majority of occupations were professionals, followed by clerical & administrative workers, technicians & trades workers, managers, community & personal service workers, sales workers, labourers, and machinery operators & drivers.

The main industries people from Blackwood work in, are health care and social assistance followed by education and training, public administration, professional, scientific and technical services, retail trade, construction, manufacturing, accommodation and food services, other services.

Results from the 2016 census are not due out until mid-2017 next year, so watch this space this time next year for updated details!

For further information log onto www.census.abs.gov.au or call 1300 214 531



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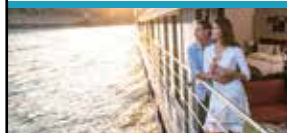
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Sports facilities improvements receive an injection of council funds

by Annie Waddington-Feather

ADDITIONAL opportunities for field sports should be considered to meet existing and increasing demands including through schools and other non-Council facilities according to Mitcham Council's draft Sports Facilities Strategy, which is now open for community feedback.

With a vision of ... *An equitable spread of quality and functional sports complexes and sports facilities that meet diverse sport, recreation and community needs, based on a planned approach to asset management* ... the Strategy will assist Council in future planning, development and management of its sports facilities over the next 10 years.

Council owned sporting facilities in the Blackwood district include Apex Park, Blackwood Bowling Club, Blackwood Community Recreation Centre, Blackwood Hill Oval, Hawthorndene Oval, Hewett Sports Ground, Karinya Reserve and Manson Oval.

Council has already allocated \$400,000 to the upgrade of Hewett Oval clubrooms, while the Blackwood Bowling Club has

received Council help in several areas. In the report the Club is recognised for being of high standard with further opportunities for improvement.

"Council has been very generous and we have an excellent working relationship," confirms Mark Slatter, President of Blackwood Bowling Club. "We are 100 per cent debt free and I think Council is happy their facility is being looked after."

With support from Council and its own funding activities, the Club has a refurbished kitchen, bar and clubroom with improved disability access and a function room available for hire.

The report also recommends Council continues to support and enhance the Blackwood Community Recreation Centre to cater for the diverse community activities in the precinct.

To safeguard the Centre and ensure it could continue to provide its range of activities, Council wrote off its \$800,000 debt last year.

Blackwood Community Recreation Centre Manager Margaret Cuthbertson says: "We are delighted Council is continuing to back us and we look forward to working with Council to provide a wide variety of activities for the community."

Mayor Glenn Spear thinks the strategy will make it fairer for all sporting facilities. "I am very encouraged by it and it is good for Mitcham," he says.

For a copy of the draft Sports Facilities Strategy and details of how to give feedback, visit www.mitcham-council.sa.gov.au or the Blackwood Library.

❑ **Closing date for feedback is 5pm Wednesday 14 September 2016.**



❑ Blackwood Bowling Club, Mark Slatter is very proud of the club's refurbished facilities and the fact that they are 100% debt free

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The very popular 'Night Owls' program is held during the week where you can play on a Tuesday or Wednesday evening from 7pm and starts on October 18.

It is a very social evening where mostly non-bowlers (male and female) enjoy the fun and frivolity of playing in a team with a relaxed atmos-

phere where casual dress and footwear is the go - bowls are supplied.

Instead of staying inside watching TV for one night a week, why not come along and give it a go - you can enter your own team of four players or as an individual you can join an existing team.

Then during the summer months social bowls is played on Monday afternoons from 1-4pm. New bowlers are welcome; simply turn up at 12.30pm when teams are organised.

❑ For more information phone the Blackwood Bowling Club on 8278 1937, or drop into the Club at 10 Simla Parade, Blackwood.

Scout leader summoned to appear in mock trial

SCOUTS these days is much more than the old fashioned image of tying knots and 'dib dib dob'.

At Belair Scouts, they have lots of fun and get involved in hands-on activities such as camping, archery, bushwalking, navigation, kayaking, caving, radio activities, sub aqua and mud - lots of mud!

Recently they organised an event that was certainly outside the normal format - a court case was held!

To the Scouts credit, rather than wail and complain about mopping the muddy Scout Hall floor; Belair Scouts Hamish, Luke and Jacob

organised a Scout 'Court of Honour Moot Court' before a real magistrate.

Hamish served a 'summons' on the leaders arguing that mopping floors was a breach of the child labour laws. He put forward a very compelling argument that they were physically and mentally exhausted after returning from their hike.

Magistrate White agreed on balance of fairness, they didn't have to mop the floor and Scout Leader Trev had to do their rostered floor mopping for them.

As part of this activity, the scouts legal team spent many hours investigating the legal system and working on their presentation. For their efforts they were awarded a 'Scout Crime Prevention Proficiency' badge.

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Not all doom and gloom as businesses continue to invest

DESPITE high rental rates (higher than Unley and Hyde Park), parking issues and the perceived problem of a strip-shopping precinct, local business owners are continuing to work hard and invest in the area they love.

While some businesses have sadly closed their doors and there are some vacant premises, over the past couple of years, we've seen in Blackwood and the surrounding suburbs cafés expand, veterinary clinic's introduce new dog play services, new bakeries and eateries open up and even mobile phone repair shops come to the area.

And businesses are continuing to invest in the area and expand to meet customer demand.

When the shop next door in the Woolworths shopping precinct became vacant last year, home and gifts *Kohl&Soda* owner, Emma Hildebrandt decided to take on the lease.

"Kohl&Soda opened in January 2015; everyone was enjoying the store but we only had room for one clothes' rack," she says. "Customers wanted more clothing for the 30-60 year old market, so in June 2015, we decided to take on the larger space." Now she can offer her customers a whole shop full of clothes!

Meanwhile, *Blackwood Hire* has invested heavily in building new state-of-the-art premises, and more recently, added a new larger truck to its fleet.

"We've spent a fair bit on new equipment and the new truck will enable us to deliver bigger machinery," explains Ben Quirk, *Blackwood Hire* manager. He believes consumer confidence is good and with low interest rates, residents are seeing it as a good time to develop their properties. "There's always new equipment to be used," he adds.

Responding to its members' request for more services, *Blackwood Fitness* is now in Stage 2 of its development.

Stage 1 involved additional consulting rooms now offering physiotherapy, psychologist, exercise physiologist, dietitian and massage therapist services, and a café selling healthy food to eat in and ready-made meals to take home.

"We're investing in our infrastructure to become more modern and evolve and adapt to what people want," says John Pavlis, *Blackwood Fitness* owner. "People want more and want the Centre to be a one-stop-shop; it's now more of a lifestyle centre than a gym."

Stage 2 involves nine new consulting rooms for other medical and allied health professionals. A 24-hour doctor's surgery and a professional cosmetic consulting service have already confirmed tenancy and John says there will also be added security.

Common in the United States, John says there is an increasing demand for 'lifestyle' centres



◆ Blackwood Hire manager, Ben Quirk with the new truck used for delivery of heavy equipment

with everything under one roof. "Over there they have beauticians and hairdressers too." He says there are similar centres in Sydney and believes once it is completed, *Blackwood Fitness* with all its additional health-related services, will be the first centre of its kind in South Australia.

This stage is costing around \$350,000, but John believes there is a demand in Blackwood and the Adelaide hills for these types of facilities and services.

Blackwood is also attracting interest from businesses wanting to come into the area.

It's been three years in the waiting, however

Childcare & Early Learning provider *Precious Cargo* is committed to moving into the building on Shepherds Hill Road once it is completed.

Precious Cargo CEO Cheryl Shigrov explains: "We aren't the land owner and there have been some issues completely out of our control, but we hope to open in February next year."

Cheryl says it will probably cost the organisation between \$350,000-\$400,000 to set up the centre, which will have five classrooms and a garden.

With new families moving into the area, she believes there is a demand for additional childcare centres in the area and highlights they've already got a waiting list. The centre will accommodate around 100 children each day and Cheryl says there will be some employment opportunities, as they'll be looking at having 25-28 staff on site each day.



Letters to the Editor

Tower goes up despite community concerns

THE Telstra tower has now been erected on Hewett Reserve much to the disapproval of the majority of folk in the near community.

The following is a summary of the situation we are now faced with into the future:

- A tower that the majority of the community in this area never wanted
- Micro radiation from a tower which world studies suggest are a risk to pregnant mothers and others.
- A tower built on reserve land 152+ years old (land gifted by the Hewett family for community use but rezoned by Mitcham Council with minimal community consultation). An alternative site ignored by Council was available.
- Council to take from Telstra an upfront payment then yearly payments for the lease of land to Telstra for 20+ years.
- It is understood Council see this money as being theirs to put in to general revenue.
- It is understood that there are some protective measures that can be taken to limit the extent of radiation from towers. ?? Has that been taken in to account in this situation?
- Perhaps if Council were to insist that Telstra take every possible protective measures to restrict/blanket the radiation from the tower and direct all monies (upfront payments and ongoing yearly lease arrangements) from Telstra to upgrade and benefit Hewett Reserve then Council might gain a little more respect from this section of the community.

Interestingly, in July 19 'The Advertiser' (page 14) ran an article 'Brighton Tower Approved' despite two thirds of residents and some Brighton Primary School parents opposing the structure.

.... Representatives from Telstra, Optus and industry group Mobile Carriers Forum told councillors at a meeting on July 5 that towers did not damage people's health.

With the increasing number of reports worldwide about the dangers of micro radiation, one wonders whether money is the driving force behind decision making by multinationals etc at the expense of people's health.

Graham Byrne, Blackwood



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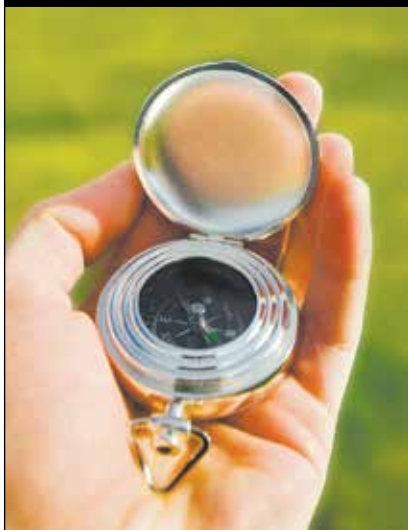
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Finding the Blackwood gnomes proved a winner

by Annie Waddington-Feather

TEN lucky people who shop locally were rewarded with a \$100 *Totally Locally Blackwood* shopping voucher recently when their names were pulled out of the hat in the *Totally Locally Blackwood Gnome Trail* draw.

The Gnome Trail, held in June, involved shoppers finding the gnome in shops and other outlets participating in the *Totally Locally Blackwood Anniversary* event.

There were over 50 outlets to visit and shoppers had a further few weeks after the event to fill in their completed Gnome Trail to be entered into the draw to win.

Brothers Joe (8) and James (4) Arkwright were delighted their joint entry was pulled out of the hat and can't wait to spend it.

"We are pleased James and Jo won – that makes us very happy," says their mother

Totally Locally
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Angela Arkwright. "It was a great experience to visit all the shops and we enjoy the community feeling in Blackwood very much."

Organisers of the *Totally Locally Blackwood Anniversary* Event say it was a huge success.

"People on the day said the Gnome Trail was great at keeping kids amused while adults did some shopping," said Heather Holmes-Ross from *Totally Locally Blackwood*.

Many of the participating shop owners said they had people coming into their shops tell-

ing them they never knew the shop existed and they would be back."

The *Totally Locally* campaign is run entirely by volunteers and it aims to encourage people to shop locally and support local business owners, rather than spending money outside of the community.

"A big thank you to everyone who continues to support the *Totally Locally* campaign by shopping locally," said Heather. "If every person in the Blackwood area spent just \$10 per week in their local independent shops, it would mean an extra \$10.6 million a year going into the local economy. That means more jobs, better facilities and a nicer place for us all to live."

Totally Locally Blackwood is planning another event before the end of the year so watch this space and check out www.facebook.com/TotallyLocallyBlackwood/ for updates.



◆ Gnome trail winners James (4) with his brother Joe (8) were so excited to receive their \$100 *Totally Locally Blackwood* voucher

Revived Christmas tree festival embraced by community



THERE'S still a chance to be part of this community event and have your artistic, traditional or quirky creations on show by decorating a tree or making a table centrepiece.

Already expressing an interest to be involved in the reprise of this event which ran from 1960-1980 are local businesses, yarn-bombers, schools and early childhood centres, artists, florists, youth groups, retirement home villages, craft and woodworking groups, church groups and individuals.

The 'Christmas Tree Festival' event will be displayed at the Blackwood Community Centre from December 2-4; and aligns with the annual Blackwood Christmas pageant and the Memorial Hall Christmas market with businesses also adding a special Christmas vibe to the area.

Children will have a chance to chat with Santa, enjoy Christmas craft and food activities, donate gifts at the Gifting Tree and listen to carol singers. We are looking for carol singing groups and buskers so if you have some talent you want to share please get in touch.

The due date for registration forms has been extended to mid October. So why not take up the challenge with a group of friends, your family, grandchildren, work colleagues or just 'go it alone'?

□ To find out more or to download a registration form, please visit www.blackwoodactiongroup.org.au Forms can also be collected from Habitat near Foodland or Kohl&Soda in the Woolworths Shopping Centre on Coromandel Parade.

Have your say with voting in Park Ward on now

RESIDENTS have a choice of six candidates in City of Mitcham's 'Park Ward' supplementary election being held this month.

Suburbs included in the Park Ward are : Belair (part), Crafrers West (part), Coromandel Valley (part), Glenalta, Hawthorndene and Upper Sturt.

The candidates are (in alphabetical order by surname): Jane Bange; Peter Lloyd; Mark Gamtcheff; Kai Leong; Sarah Lush and Jane Silbereisen.

The election is being held following the resignation of Cr Mark Ward in May, who resigned from Council to devote his full attention to representing his community at a Federal level. He was first elected to Council in 2006 and had worked on a number of key issues, such as Chairing the Rail Freight Committee as well as supporting many sporting clubs and community committees.

City of Mitcham Council confirmed the cost of the supplementary election will be approximately \$35,000.

"This includes \$25,000 for the services of the Electoral Commission of South Australia in conducting the election, and a provision of \$10,000 to cover additional costs associated with the supplementary election incurred by the City of Mitcham," a spokesman said.

All voting in Local Government elections is by postal voting and Park Ward residents should have received papers with details of how to vote.

□ Close of voting is 12 noon on Monday 12 September. For more information visit www.mitchamcouncil.sa.gov.au or call City of Mitcham Council on 8372 8888.

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Pregnancy care from your GP

BY DR HELEN ROXBURGH
BELAIR MEDICAL

ARE you planning to get pregnant? Are you currently pregnant? Do you have a young baby?

A healthy body not only helps you cope with these potentially stressful times in your life, but can also improve outcomes for mother and baby in both the short and long term. The GP team is the cornerstone of support for you to achieve maximum health before, during and after pregnancy.

At Belair Medical we have a team with

expertise in Women's Health, including 3 GPs accredited for Obstetric Shared Care, a Women's Health physiotherapist, a midwife & lactation consultant, and a psychologist with special skills in perinatal mental health (including antenatal and postnatal depression and anxiety).

If you are thinking about getting pregnant, it is a great idea for you to come in to discuss how to optimise your health and wellbeing for pregnancy. This is important for both the mums and dads-to-be! We will look at your specific needs including immunisations, nutritional supplements, and any life style changes that will help to maximize your pre-conception health.

Once you are pregnant, your General Practice team can provide invaluable support to help maintain your health throughout pregnancy, navigate the pregnancy and delivery services available in SA and help achieve the best possible outcomes for your birthing and post-natal period.

Obstetric Shared Care is an excellent choice:

not only do you see your accredited GP for most of your antenatal visits and establish a relationship that will provide continuity of care for many years to come, but your GP can also address other medical issues that can arise during pregnancy.


Pregnancy can result in bothersome health issues for the "mum-to-be": aching backs and pelvic pain, as the ligaments loosen in preparation for birthing; stress incontinence as a result of the hormone changes and the weight of the baby on the pelvic floor; constipation; reflux; and general lethargy. Your GP can help you manage these issues in a holistic way from life-style measures and dietary advice to appropriate prescribing of medication and referral to Allied Health professionals experienced in Women's Health.

The antenatal and postnatal periods are times of risk for those (both mums and dads) who have suffered depression, anxiety or any similar condition in the past. Your GP can monitor your

mental health throughout your pregnancy and after your baby is born and put in place appropriate strategies, such as a Mental Health Care Plan and a referral to a psychologist with experience in peri-natal mental health.

The post-natal period is invariably a time of stress – a new baby, new parenting skills to learn, a healing body after giving birth, enormous hormone changes, establishing breast feeding, possible constipation and pelvic floor issues and not enough sleep!! During this time our team can be the mainstay of support. Our lactation consultant can help solve the breast-feeding issues, the painful nipples, and provide strategies for settling the baby. We also take time to focus on the dads, and offer support to help them adapting to the changes and demands of a growing family.

Whether you are thinking about pregnancy, are pregnant or have a young child, it is important to optimise your health. The team at your General Practice is there to help you. □



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Physio helps clients in hot water

- "THE water is warm and we have a lot of fun," says physiotherapist Brendan Wyld who conducts hydrotherapy sessions in the Blackwood
- Fitness heated pool on Monday, Wednesday and Friday mornings.

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

Therapeutic exercises can be progressed safely using the resistance of the water to strengthen the muscles and improve stability.

Particularly effective for rehabilitation of joint



◆ Physiotherapist Brendan, (on right) in the heated pool with John, a mature aged client that benefits from regular hydrotherapy sessions.

replacements, back and neck pain, orthopaedic rehab, plus work and motor vehicle related injuries.

□ You can speak to your doctor about hydrotherapy or phone Wyld Physiotherapy at the Blackwood Health Centre on 8278 7444 for an appointment. The clinic is located at 210 Main Road Blackwood (opp Blackwood Library), or visit the website: wyldphysiotherapy.com.au

Love of food can improve your energy levels

ARE you afraid of seeing a dietitian because you fear that they might take the fun out of food?

The concept that dietitians and nutritionists are the 'food police' is a fallacy.

In fact, dietitians Rebecca and Jarrad from *Nutrition in Focus* in Blackwood, say the main reason they became dietitians was because of their love for food!

They recognise that food plays a huge role in our lives, not only impacting our health but also being part of our culture, socialising and often family too.

The trick is finding a balance between

eating the foods we love (which can sometimes be a less healthy option) with those we know can benefit our health now and into the future.

A well balanced diet can increase your level of energy, help to reduce how often you get sick, and may help prevent a number of conditions such as type 2 diabetes, heart disease, stroke and even some cancers.

In short, eating well can go a long way to helping you to live a long, healthy and happy life.

So if you're someone who finds they

are frequently ill, lethargic or lacking in energy, you could benefit from a visit with Rebecca or Jarrad to see how they can help you to improve your health and nutrition.

They pride themselves on being able to work with their clients to help them achieve their goals.

□ *Nutrition in Focus* is located in the Blackwood Health Centre at 210 Main Road, Blackwood (opp. Blackwood Library) and you can phone for more information and help on 0403 525 405.

See their September 'slim down' package in advert over the page.



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Remain physically active to improve quality of life

AS people grow older, it can get harder to move and in turn their 'quality of life' decreases.

The same can be said as a result of having pain or recent injury or surgery, as it can limit your ability to participate in work, sport and life.

Physiotherapists are trained professionals in exercise, movement and function, and can help you maintain mobility and independence.

The known benefits of exercise is increasingly growing, and we should all be looking at ways to remain physically active.

According to the World Health Organization:

- There is a 50% reduction in the risk of movement limitations in people who are physically active; and
- More than a third of people over 70 fail to meet basic guidelines for physical activity.

Physiotherapists are experts in helping people who have problems exercising – for example, because of illness, age, pain or simply not knowing where to even start.

Becoming physically active can occur in many forms, including

both land and water-based programs such as hydrotherapy.

Experienced physiotherapists at *The Physio Clinic* in Blackwood will work alongside you to determine your goals, abilities and tailor a program best suited to your current health and physical fitness.

They offer the facilities to provide supervised exercises classes to the local community such as hydrotherapy, pilates or the gym.

Pilates and gym classes are run as small group classes, with individualised programs, claimable on Private Health Insurance Physiotherapy Extras.

Alternatively, there are physiotherapy students under supervision of a fully qualified physiotherapist, whereby sessions are only \$10.

On site parking is available at the locally based clinic in the former Blackwood Hospital site, and hydrotherapy pool, and on-the-spot health fund rebates apply for consultations and exercise classes.

☐ Phone The Physio Clinic now on 7070 0508 to make an appointment, or go to their website for more information at: www.thephysioclinic.com



◆ Pilates classes are a popular form of exercise for people who are in rehabilitation

Consider a structured plan for ageing

BY WENDY TROUGHEAR, DIRECTOR
JIGSAW AGED CARE SOLUTIONS

THE fact is we're growing older every day and most of us will live longer lives than our parents and certainly our grandparents.

Throughout our lives we plan and accommodate to ensure we enjoy each day as much as we can, irrespective of the form life takes. However, the majority of us are unaware of, and ill prepared, to enter our older years with the same grace and positivity we've always enjoyed.

Take a moment to think about the benefit of a structured plan for ageing

It would consider your future choices and decisions achieved by making certain we appoint someone to act on our behalf when we can't and recording our wishes. Such as, an Enduring Power of Attorney and completing an Advanced Care Directive.

Our plan would include future care supports so we could remain living at home for as long as possible. Supports may include, modifying our home so we can move safely and assistance with housework and other tasks.

Our plan may consider respite in an aged care facility or permanent entry if the time comes. As we move steadily toward a 'user pay' system we need to know the cost of aged care. We also want to choose our aged care based on our individual needs and wants, not because we don't know any better.



◆ Make a plan today for an exciting future as you grow old together

Its integral we know and understand the Federal Government's *My Aged Care*. The Government's new gateway to accessing its aged care programs.

Specialist placement services such as '*Jigsaw Aged Care Solutions*' (see advert this page) are available to help people develop an ageing plan. We offer support to people who need simple assistance or those who require help entering a facility or program.

I have assisted many people into residential aged care facilities. Sadly, for some, their premature entry could have been avoided if they had planned for older years.

So our challenge - make a plan today about how you want to live life to the end.

Oh, and about that plan – no one said it had to be boring. Make sure it includes several disco balls and the odd glass of Bolly darling!!

☐ For more information contact Wendy on 0432 283 638 and check out our website at: www.jigsawacs.com.au

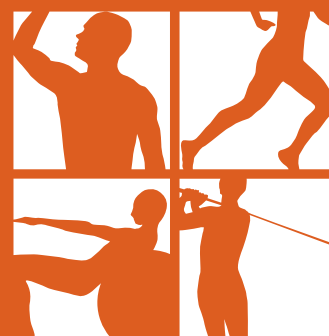
Considering aged care? Don't know where to start?

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Libraries are essential to suburban and country living



Continuing the series of articles by the History Subcommittee of the Blackwood Action Group about social and recreational activities in the Blackwood area in the past.

WHEN the sailing ship *Tam O'Shanter* arrived at the Port River on 23 December 1836, the cargo included a large, weighty iron box containing 200 books and pamphlets.

They were intended by the founding fathers of South Australia to provide a library to help educate the citizens of this new, enlightened and progressive society. Unfortunately the box was dropped by the crew of the ship's rowing boat and had to be rescued from the mud.

Between 1836 and 1957 a network of subscription libraries - 306 at its peak in 1930 - existed in mechanics institutes across the state including in Coromandel Valley (but not in Blackwood, Belair or Eden Hills).

Alexander Murray subscribed £50 towards the erection of the Coromandel Valley Institute with the library located on the lower level. By the opening day in 1881 there were about 100 volumes in the library, although it was noted that the number of subscribers was small.

Affiliation with the South Australian Institute on North Terrace offered advantages such as the circulation of boxes of books to supplement the local collections of largely

light reading material - mainly westerns and romances - and very limited state government subsidies.

The Blackwood, Belair and Coromandel Valley Boys' Club which began in Blackwood in 1903 included a subscription library. Older residents also remember being able to borrow books, at a cost, from a shop known as Miss Bullock's Books in Station Road.

The existence of subscription libraries hampered the rights of South Australians to access free public libraries long after their development in other states. From the late 19th century visitors to the city could freely use the resources of the State Library.

Particularly disadvantaged however were country people and children. To address these shortcomings, in the 1940s the State Library established the Country Lending and Children's Country Lending Services which sent parcels of books to individuals in the country (including Blackwood) by train. Children benefited from greatly improved school libraries.

A further step in the provision of library

services to country people occurred in 1977, with the opening at Pinnaroo of the first of more than 50 joint school community libraries across the state and the subsequent demise of institute libraries.

In January 1953, Ivor Symons, a former mayor of Mitcham, organised a delegation to the Premier requesting an Act for subsidised free libraries. Premier Playford's reply was instructive: 'nothing is free - somebody has to pay for it'. Fortunately Symons and his colleagues persisted and were rewarded when the Elizabeth Library opened in 1957.

Mitcham Council, in collaboration with the state government, opened the Mitcham Library in 1960 and the aptly named Ivor Symons Library in Blackwood in 1973 on the corner of Shepherds Hill Road and Brighton Parade.

The library soon outgrew this building and in 1981 the Council purchased a former carpet showroom on the corner of Main Road and Carr Street and converted it into a library.

The Blackwood library too has now outgrown its premises as its use grows and changes, reminding us that libraries are indeed for everyone. □

Injured native animals need your support

THE Minton Farm Animal Rescue Centre at Cherry Gardens has been assisting the community by rescuing native animals and birds for the past 24 years.

Receiving no funding from state or local governments for their work, the rescue centre relies on donations, fundraisers and a volunteer workforce to collect, and distribute food and to maintain and improve the facilities.

Your support for a couple of fundraising events coming up in October will greatly help the centre continue to treat, rehabilitate and release injured and orphaned native animals.

On Friday October 14, a fantastic 3 course dinner is being held at the Hilton Hotel (on South Road, Hilton) including raffles, games and silent auction - to buy your tickets go to www.eventbrite.com.au/e/minton-farm-animal-rescue-centre-fundraising-dinner-tickets-26854226715

While the annual Garage Sale onsite, is being held on October 22, where donated good quality items are accepted from the public to raise funds. Everyone is welcome to attend. Goods accepted include household items, games, toys, camping, stationary, musical instruments, furnishings, shoes, as-new clothing for children and adults. No TV's thank you.

If you have any good quality items to donate, they can be delivered to 455 Cherry Gardens Road, Cherry Gardens anytime. There are cages out the front to put your items in under cover, or drive-in if the gate is open.

There have been over 10,400 creatures admitted to the Minton Farm intensive care unit for rehabilitation and release. While approximately 10,000 other creatures have been assisted by Minton Farm without direct admission through email, website, phone and Facebook assistance.

□ If you can help Bev and her band of volunteers at Minton Farm with either of these fundraising events, phone 0422 938 439 or check out www.mintonfarm.org



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Blackwood Health Centre, 210 Main Road, Blackwood

WHAT'S ON IN BLACKWOOD & DISTRICTS

◆ 1 September

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

◆ 4 September

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.

◆ 4 September

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.

◆ 5 September

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 September

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 Tricia on triciarushtonconsulting@gmail.com

◆ 7 & 21 September

LIONS CLUB OF BLACKWOOD - from 6.30pm for 7pm start. Prospective members and visitors welcome. Phone John Alexandrou on 8278 1230.

◆ 8 September

BREAST CANCER SUPPORT GROUP - meet in local coffee lounge. Phone Jackie on 8278 5761 or 0438 419 305.

◆ 8 September

HAWTHORNDENE MEN'S PROBUS CLUB - held at Belair Uniting Church Hall, Sheoak Road, Belair at 9.30am. Monthly guest speakers. Visitors welcome. Enquiries: 8278 2025.

◆ 10 September

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.

◆ 10 September

BLACKWOOD PHILATELIC CLUB - meeting at Blackwood Uniting Church Hall from 1.30pm. Displays and sales of a wide range of Australian stamps, plus world stamps and phone cards. Prospective members and visitors welcome. Phone Jeff on 8278 1609.

◆ 11 & 25 September

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 on 0419 824 787 or email: jpkitchengarden@gmail.com

◆ 11 & 25 September

BLACKWOOD YARNAHOLICS - a friendly group of knitters and crocheters of all ages who

meet at The Artisan Café to share skills and tips to help each other. Phone Amanda on 0414 764 776.

◆ 12 September

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

◆ 12 September

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.

◆ 12 September

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. Phone Secretary on 8270 8371 for details.

◆ 13 & 27 September

ADELAIDE HILLS TOASTMASTERS - Affordable public speaking training & practice in a friendly adult group. Meet from 7.30-9.30pm. Enquiries to Diddy Pederick on 0408 100 016 or e: didyina@yahoo.com

◆ 18 September

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. Phone 8370 2091.

◆ 18 September

FRIENDS OF GAMBLE COTTAGE & GARDEN open between 1.30-4pm. Enjoy a stroll through historic gardens and view cottage. Plant nursery open with range of inexpensive plants. Entry is free - 296 Main Rd, Blackwood cnr Dorham Rd. Enquiries to Chris on 0418 827 825.

◆ 19 September

BLACKWOOD ACTION GROUP - get involved in your community. Special guest: Tricia Rushton, Co-ordinator, Blackwood Hills Circle of Friends. Meet at Blackwood Railway Station Ticket Office from 7pm. New members always welcome. Phone 0408 117 003 for more details or visit website at www.blackwoodactiongroup.org.au

◆ 20 September

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.

◆ 20 September

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

◆ 21 September

STITCHERS IN THE HILLS - Patchwork and quilting group meet at 7.30pm in Meals On Wheels premises, Coromandel Pde, Blackwood. New members always welcome. Enquiries to 8278 3569.

◆ 21 September

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 8278 6227.

◆ 26 September

BLACKWOOD FLORAL ART CLUB - held at Blackwood Uniting Church at 7.30-9pm. All welcome - no experience. View activities of club at: www.blackwoodfloralart.blogspot.com.au

◆ 27 September

FRIENDS OF BELAIR NATIONAL PARK - Free guided walks - meet at Information Office car park at 1.45pm for 2pm start. Ask at ticket office for free entry. Phone Tina on 8178 0688.

◆ 28 September

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.

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All shows at 8pm

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or 0418 373 949

Take time to visit heritage buildings

MANY people in our community do not understand the meaning of 'heritage' when the term is applied to a building or place. The subject of "Heritage Listing" is complicated, however it produces worthwhile outcomes for the community.

Some of the properties in Blackwood to have a 'Local Heritage Listing' include -

- Former Blackwood Police Station at 17 Coromandel Parade
- Blackwood War Memorial
- Belair Hotel at 141 Main Road
- Blackwood Railway Station Complex
- Railway Cottages - 5 & 7 Station Road
- Gamble Cottage and Garden - 296 Main Road

(Information extracted from

'Mitcham (City) Development Plan Table Mit/4)

The number of buildings and places recorded on heritage registers for Blackwood, Coromandel Valley and surrounds is surprising. These can be looked up on-line at www.environment.sa.gov.au/our-places/Heritage.

Some of the heritage buildings are open to visitors periodically:

'Gamble Cottage and Garden' will next be open to the public on Sunday, 15 September between 1-4pm, with afternoon teas avail-

able for purchase. Also on the same day from 1-4 pm, the 'Winns Bakehouse Museum' will be open to visitors (on Winns Road near the ford over the Sturt River).

While the 'Watchman House' at 360 Main Road, Coromandel Valley, is open to visitors every Saturday from 9am-12noon.

At this recently restored dwelling/butcher's shop, which has a Local Heritage Listing with the City of Onkaparinga, the Coromandel Valley & District Branch of National Trust has displays and records of local historical interest and with volunteer staff keen to share our local history with you.

Heritage Matters will also be discussed at two coming Spotlight Nights where stories link our heritage to history and time:

- Coromandel Valley: Friday 7th October 7.30pm at Coromandel Community Centre.
- Cherry Gardens: Friday 11th November 7.30pm at Cherry Gardens Memorial Hall.

❑ Interested in 'local heritage'? Come and visit the local branch of the National Trust at any of the above three venues, or contact the Liaison Officer on 0474 066 776 or email: ntcoro1@bigpond.com



Spring plant sale helps support Rotary projects

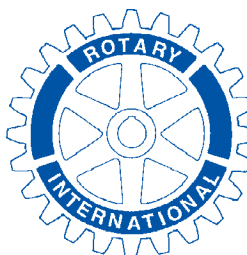
GET ready for the Rotary Club of Coromandel Valley's 'giant plant sale' being held on Saturday, September 10 from 8.30am to 3pm.

This event is very popular with local homeowners and is held 3 or 4 times a year raising funds to support many community and club projects.

There will be almost 4,000 plants on offer at the Waite Reserve in Blackwood, behind the Coles car park, and is perfectly timed for early spring planting and to get your garden established before the warmer temperatures of summer arrive.

Several Club members are very knowledgeable botanically, and are able to help customers with their particular selections. "People keep coming back in their droves regularly reporting outstanding success with their plant purchases," said plant sales spokesperson Bill Spraggs.

"We have raised many thousands of dollars for community needs, locally, nationally and internationally. Last financial year, our plant sales raised in excess of \$15,000 - its our major fundraising project - and we could not achieve this without the generous support of the Adelaide Hills community."



◆ As they say, "it's the early bird that gets the worm" at the Coromandel Valley Rotary Club plant sales on Waite Reserve

With most plants being seasonally appropriate, excellent quality and great value at under \$4, you need to get there early to pick up the best bargains - which is why Hills residents keep coming back!!!

❑ Special orders of 10 or more can be arranged in advance by emailing: gsparnon@yahoo.com.au or if you need more information on the giant plant sale, call 1300 836 706.



Test your knowledge at quiz night

THE Anglican Parish of Coromandel Valley invites you to join in the fun at their 'Quiz Night' including a major Silent Auction.

Get a table of friends together to enjoy the entertainment with a great MC and sensational prizes on offer.

It is being held on Saturday October 15 at 7pm with in the

Coromandel Primary School Sports Hall at rear of main school building, 339 Main Road Coromandel Valley - no spiked heels on sports hall floor please.

Tickets are only: Adults - \$15, and under 18 - \$5; with tea & coffee provided. BYO drinks, nibbles and glasses.

Parking is available in front of the school or in St John's car

park next door. Access to both car parks is from Main Road. No parking close to the door so they suggest any drop-off for people with limited mobility needs to be considered in advance.

❑ For further details on the Quiz Night, phone Cath on 0408 081 065 or phone/visit Parish Office, 37 Coromandel Parade Blackwood, 8278 6692.



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And to that end, Ricky recently purchased two brand new Hyundai Accent cars for the use of his customers if they need a loan vehicle while their vehicle is being serviced or repaired.

"Gone are the days for our customers where

the loan vehicle would be a 20 year old car with no air conditioning, torn upholstery and worn shockers," added Ricky.

"It is important to us that our customers have a pleasant and enjoyable experience when dealing with our business."

❑ Blackwood Dyno Tune & Service is located at 2 Stirling Road, Blackwood and you can book your next service with Ricky by phoning 8370 3450 - and visit www.blackwooddyno.com.au



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With motorsports being a large part of MV Automatics business, they get involved in providing advice and products to clients around Australia and overseas.

"We have the advantage of working on some incredibly fast cars from the drag strip and race circuit," said Michael. "We bring that knowledge back to our workshop, which we then apply to your car's transmission, from family sedans to large 4WDs and small compact vehicles."

❑ For any advice or to book your vehicle in, phone Michael on 8370 04309 or call in to MV Automatics at 1 Stirling Road, Blackwood



◆ Michael servicing the transmission of a client's car on the hoist in his workshop

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