



# CURLS FOR GIRLS

## STRENGTH BASED TRAINING



6-week workshop weekly classes for Girls and Women ages 13+

RUN BY PERSONAL TRAINER KAYLA SELLARS

For teenage girls, having a healthy body image is just as important as having a healthy body!

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Curls For Girls is dedicated to teaching females how to use the gym equipment, why weight training is beneficial over cardio based training for females looking to develop a healthy metabolism, enhance fitness levels and overall body composition. Learn how to contract the correct muscles during training and how to perform exercises safely and effectively in a supportive environment with other like-minded females.

COST: \$40 REGISTRATION + \$15 PER WEEK FOR 6 WEEKS (\$130 TOTAL)

Contact Kayla for an information pack!

KAYLA SELLARS PERSONAL TRAINING AT BLACKWOOD FITNESS

0451 867 396  
KAYLA@BLACKWOODFITNESS.COM.AU

READ KAYLA'S BLOG ONLINE:  
BLACKWOODFITNESS.COM.AU/BLOG/WEIGHTS-VS-CARDIO/



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Thursday 6:00pm Studio 3

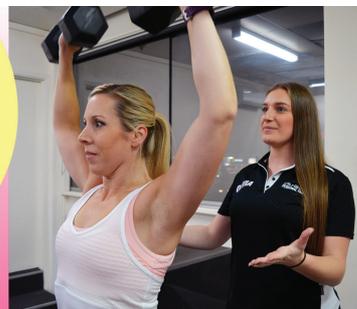
TOTAL COST FOR 8 WEEKS **\$250**

STARTS OCTOBER 10th 2016  
Payment must be made by October 5th 2016

Contact Olivia on 0419 741 248 or email her to sign up: olivia@blackwoodfitness.com.au

READ THE BLOG ON THE BLACKWOOD FITNESS WEBSITE  
blackwoodfitness.com.au/blog/transform-with-olivia

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## EATING OUT IN BLACKWOOD

# Book now to secure your festive season catering

IF you're planning family or Christmas celebrations this festive season, then why not relax and sit back while someone else prepares the food?

Café Montagna offers a wonderful catering service and can tailor a menu to suit all tastes and budgets - but you need to book early as available dates are filling up already.

"We can supply a variety of dishes from finger food to cold meat and seafood platters," said Rae Bittner from Café Montagna. "You are welcome to call us anytime about catering for your next private function or family celebration."

And with Christmas fast approaching, a 'gift voucher' from Café Montagna for a nominated amount would make a great present - giving the bearer the specified dollar amount off the total dinner bill.

"A lot of our customers are very pleased that 'table service' has been re-introduced, making their dining experience that much more enjoyable and relaxing," added Rae.

Wanting to give something back to their customers, Café Montagna offers some fantastic specials: \$13.90 lunches every day of the week; \$15 steak nights on Mondays; and a 2-for-1 pizza deal (pay for greater value pizza - dine in or takeaway) on Tuesdays.

While shopping in the Woolworths Centre, drop in for a refreshing coffee and cake, or why not stay and enjoy their \$13.90 lunch special.

□ For more information on their catering facilities, phone Rae or Reece at Café Montagna on 8370 0450.



◆ Reece and Rae from Montagna Café in the Woolworths Shopping Centre, with a selection of meals that you can enjoy at lunchtime and they will only cost you \$13.90!

# MONTAGNA

## Café

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★ **CATERING FOR PRIVATE FUNCTIONS** ★

Choose from our extensive menu for your next celebration - Family / Christmas / Birthdays

<p style="text-align: center; font-weight: bold;">MONDAY NIGHT</p> <p style="font-size: 2em; color: red; text-align: center;"><b>\$15 Steaks</b></p> <p style="font-size: x-small;">300gm porterhouse with chips, salad &amp; gravy</p> <p style="text-align: center; font-size: x-small;">After 5pm</p>	<p style="text-align: center; font-weight: bold;">TUESDAY NIGHT</p> <p style="font-size: 2em; color: red; text-align: center;"><b>2 for 1</b></p> <p style="font-size: 2em; color: green; text-align: center;"><b>12" Pizzas</b></p> <p style="font-size: x-small; text-align: center;">After 5pm - dine in or takeaway - conditions apply</p>	<p style="text-align: center; font-weight: bold;">EVERY DAY</p> <p style="font-size: 2em; color: red; text-align: center;"><b>\$13.90</b></p> <p style="font-size: 2em; color: green; text-align: center;"><b>Lunch</b></p> <p style="font-size: x-small; text-align: center;">from 11.30am-2.30pm daily</p>
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**8370 0450**

10 Coromandel Parade  
Woolworths Shopping Ctr

## Natural tandoor essential to preparing tasty Indian meals

"OUR tandoor, which is on full view for customers to see as they enter our restaurant, is heated by a natural charcoal fire, which gives our food that special smokey flavour," said Virendar, manager of Mumbai Indian restaurant in Belair.

Head chef Richard who owns and works in the restaurant, trained overseas and has over 25 years experience as an international chef including experience at the Taj Meridien Hotel in India.

While assistant chef Sawai has worked in Indian restaurants in Adelaide for the past 7 years and specialises in cooking in the tandoor.

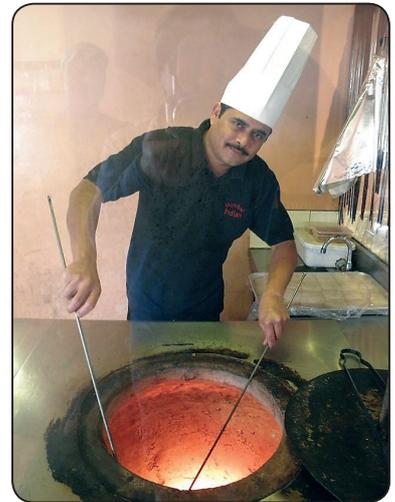
"We take pride in ensuring our customers have an enjoyable and memorable dining experience when eating here," added Virendar. "Our staff are trained to provide a friendly and professional service while the quality of our food is of a high standard."

Mumbai Indian restaurant can seat around 50 people and offers diners a quiet relaxing environment where they can enjoy their meal in comfort.

As well as dining in, the takeaway service is very popular with ordering on-line through their website or 'menulog' - and local delivery is available if you aren't able to pick up.

The restaurant is open 7 days and is located in the Belair Shopping Centre. Bookings can be made and takeaways ordered by phoning 8370 3744 - also visit [www.mumbaiindian.com.au](http://www.mumbaiindian.com.au)

◆ You can watch Chef Richard preparing naan bread and chicken tikka, amongst other meals, in the tandoor at Mumbai Indian restaurant in Belair



OPEN 7 DAYS

2 MAIN ROAD BELAIR  
BELAIR VINES SHOPPING CENTRE

For bookings and takeaways -  
**8370 3744**

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discount off  
your total bill\*

**FREE**

OR

large rice  
when you buy 3  
or more curries

Pick up or delivery available to local area

DINING

**20%**

discount off  
your total bill\*

**FREE**

Bottle of Wine

OR

when you spend over  
\$60 on your total bill

VALID MONDAY - THURSDAY

\*SPECIALS VALID DURING OCTOBER - ON PRESENTATION OF VOUCHERS

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Bar open - Stay for dinner (4.30-7.30pm) - No cover charge

PH 8278 2946 ★ 38 SHEOAK ROAD, BELAIR

www.sheoakcafe.com.au

10 - OCTOBER 2016

[www.blackwoodtimes.com.au](http://www.blackwoodtimes.com.au)



## Cafe customers welcome return to house-made favourites



BUILT in 1923, the property at 28 Coromandel Parade has a long history of retail and hospitality in the Blackwood community.

From a 4-Square grocery store to a haberdashery to a tea room known as Café de la Paix, there has rarely been a time that the site hasn't provided some sort of service to the locals.

In fact, it was the tea room that set the historical context for the name of the café that opened in 2011; a café that was subsequently purchased by the current owner, Megan Langford in April 2015.

When the café was renovated in January this year, Megan was keen to acknowledge the history of the property and from this name '1923' was born.

◆ Photo : Megan and head chef Rae with one of their home-made favourites - a gluten-free chocolate beetroot cake

For the most part of this year Megan, her chef Rae Moss (who both live locally at Bellevue Heights), and long-term head waitress Scarlett O'Hara have run 1923 as both café and restaurant on Friday and Saturday nights.

While the restaurant side of the business was successful, and was in fact, a finalist in the Savour Restaurant and Catering Awards for Best New Restaurant, the small team recognised that family has to come first and as such opening in the evenings for dinner has been stopped for the time being.

With the focus now purely on breakfast, lunch, coffee and cake, 1923 has updated their breakfast menu bringing back some old favourites such as french toast and bircher muesli while introducing some new items, including a breakfast burrito, and corn fritters with smoked salmon.

The lunch menu has been extended to

include salads, savoury tarts, hot chips and desserts with fresh juices and smoothies rounding out the choices. Being licensed, beer and wine are also available.

With the arrival of a new benchtop cake fridge, chef Rae will be bringing back some well-loved house-made favourites such as hummingbird cake, New York cheesecake and chocolate mousse cake, while keeping her best-selling savoury and sweet muffins, gluten free orange and almond cake, gluten free brownies and almond crescents.

1923 is now open 7 days a week from 7.30am to 4pm Monday to Friday, 8.30am to 3pm Saturday, and 8.30am to 1pm on Sunday.

In addition 1923 is available for functions. Call Megan on 8278 9889 to arrange a time to discuss your requirements and get an obligation free quote.

See the 'Cake and Coffee' special in their advertisement below. □

## Families welcome at refurbished restaurant premises

THE competition amongst Blackwood restaurants is hotting up with a number of venues having gone through makeovers.

Around \$65,000 has recently been spent on the kitchen, bar and restaurant facilities in the Blackwood Community RSL thanks to grants from the Federal Department of Foreign Affairs, State Department for Communities and Social Inclusion, and Mitcham Council.

Although the Blackwood RSL is on the edge of the shopping precinct, it is fast establishing itself as not only a family friendly place to dine, but also a place to partake in a relaxing and refreshing drink where prices are cheaper than the pubs.

"Our kitchen has received a complete changeover of all preparation and cooking facilities," said Frank Blamey, Blackwood RSL spokesperson, "while the bar dispensing equipment has been replaced along with cooling and refrigeration equipment. In the restaurant the dining room has received a new ceiling and LED lighting is soon to be upgraded."

With pokie machines being removed from the premises some years ago, you will enjoy your meal in a relaxing and peaceful atmosphere.

The chef, Neville Gately has been preparing meals for over 3 years now and developed a very good reputation for providing excellent meals at reasonable prices. He is ecstatic that he can now offer chargrilled steaks with the new cooking equipment.

See RSL 'Melbourne Cup' luncheon advert on page 4. □

## Business is booming since pantry makeover in the Dene

"IT'S hard to believe that it was only 10 months ago that we opened up with the new look premises," said Lisa Down, owner of Joan's Pantry.

"Feedback we are receiving from new and regular customers is that they love the stylish renovations, having retained a bit of the old, combined with a more modern atmosphere.

"Having restroom facilities has been a huge bonus for our customers," added Lisa, "while retaining the outdoor seating area has proved very popular, especially with the warmer weather on its way.

"We are excited to announce the plan to open Friday and Saturday evenings for dinner once daylight saving hours start - watch this space and visit our website and facebook for updates."

In order to offer customers premium quality coffee, Lisa has purchased a new state-of-the-art La Marzocco coffee machine, while also using the best Fleurieu Jersey milk, supporting local farmers.

A manager, Tony Cardone, has also been hired to assist Lisa and ensure the smooth running of the growing business and ensuring the best possible service is given to customers. Tony is originally from Canada and brings with him over 15 years in the hospitality industry.

□ Joan's Pantry is licensed and is located at 7 Watahuna Avenue, Hawthorndene (next to Apex Park) - you can book by phoning 8278 2091. □



◆ Tony and Lisa making premium quality coffee with the new state-of-the-art machine

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Thursday - Friday - Saturday

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'1923'

NOW OPEN 7 DAYS

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for only \$8\*

\* Regular coffee and cake of the day with cream. Available between 9-11am and 3-4pm. Valid during October.

NEW Breakfast & Lunch Menu

Beautiful selection of cakes all made in-house

Open : Monday - Friday 7.30am to 4pm  
Saturday 8.30am to 3pm : Sunday 8.30am to 1pm

28 COROMANDEL PARADE  
BLACKWOOD

PHONE  
8278 9889

# Nursery thriving in unique hills outlet

ONE of South Australia's oldest nurseries is having to re-invent itself to remain viable going forward.

"We have battled drought, the downturn generally in gardening and the onslaught of competition from major hardware chains," said Peter Rowat, co-owner with his wife Jane, of Karkoo Nursery.

Established around 1900, Peter and Jane purchased Karkoo Nursery located at Mt George in the Adelaide Hills in 2000, and have spent the past two decades restoring the property and developing the wholesale business.

However, there has been a steady decline in stand alone garden nurseries with many in the Hills closing down over the last couple of years, together with a shrinking customer base has forced

Karkoo Nursery to investigate ways to re-invent itself.

"Opening the retail business in Blackwood and selling direct to the public means that we can offer our customers great value-for-money and more importantly, locally acclimatized plants," said Jane. "Our plants don't just survive - they thrive!"

"We believe a visit to the nursery should be an experience and a source of inspiration," added Jane. "Gardening is not just about the plants. We seek to show people how they can create a unique place of beauty in their own backyard."

"Our nursery full of unique garden homewares and accessories has become a destination for gardeners from all over Adelaide," added Jane. "Since opening, we have been

surprised by the number of customers who have travelled from outside the Blackwood district to come and have a look at our interesting and exciting collection of garden paraphernalia."

Karkoo carries a large selection of eclectic furniture, antiques, gifts, homewares and gardenalia created by local Hills garden artists with farmhouse and rustic wares a specialty.

Drop in and have a browse amongst the huge range of plants and unique additions for your garden.

☐ Karkoo Nursery is open 7 days and located at 207 Main Road, Blackwood (next to Blackwood Library). For more information and advice phone Jane on 0400 310 430.



◆ Peter and Jane have created a gardeners paradise with a huge selection of plants, eclectic furniture and rustic wares

## Aerating lawn is essential for healthy growth

IN order to achieve and maintain a beautiful looking lawn, you should employ basic lawn care practices such as properly mowing, fertilizing, watering - and aeration.

This process involves perforating the soil with small holes to allow air, water and nutrients to penetrate the grass roots. This helps the roots grow deeply and produce a stronger, more vigorous lawn.

The main reason for aerating is to alleviate soil compaction. Compacted soils have too many solid particles in a certain volume or space, which prevents proper circulation of air, water and nutrients within the soil.

The best time for aeration is during the growing season, when the grass can heal and fill in any open areas after soil plugs are removed. Ideally, aerate the lawn during spring.

For the best results, use an aerating machine that actually removes plugs of soil.

However, before you get started, make sure the soil is moist enough. There's nothing more frustrating than trying to aerate soil that is bone dry.



Aerating the day after a rain shower or watering your lawn the day before is advised.

Most aeration machines cover only a small percentage of soil surface per pass, so make multiple passes over the most compacted areas.

The excavated soil plugs should be allowed to dry and then broken up to give your lawn a uniform, clean appearance. Break them up by running them over with a lawn mower or pounding them with the back of a rake.

Your lawn will thank you for letting it breathe again.

☐ Blackwood Hire at 176 Main Road Blackwood has easy to use lawn corers available for hire (see advert on page 7). Phone 8370 2488 for more information or check out [www.blackwoodhire.com](http://www.blackwoodhire.com)



**STAGE 2 NOW OPEN!!** Call in and check out our expanded range of antiques, gifts, homewares and gardenalia **FREE tea & coffee every weekend**

**OPEN 7 DAYS**



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- ✓ Plants grown in the hills for hills gardens
- ✓ Featuring works by local garden artists
- ✓ Farmhouse and rustic wares a specialty



**207 Main Road Blackwood**  
(next to Blackwood Library)  
**P: 0400 310 430**





# Senseless motorist act has favourable outcome

by Annie Waddington-Feather

VOLUNTEER wildlife rescuers are calling for drivers to slow down and be aware of our wildlife on the roads in the Adelaide hills following an accident involving a female koala and its baby and a thoughtless driver last month.

A mum and baby koala were spotted on Shepherds Hill Road late one evening, close to the junction with Chowilla Street, so volunteer rescuers were called.

As rescuers tried to usher the pair to safety, and despite four cars with their hazard lights on, a speeding driver raced between them, hitting the koalas causing them to be airborne, and then sped off.

"The mother found the baby, limped across the road and climbed a tree," says Sally Selwood, a local resident and volunteer for Fauna Rescue SA.

The stunned rescuers called the CFS, however the ladder on its vehicle couldn't reach the koala and baby high in the gum trees, so the MFS were called. "The MFS bought a larger vehicle with a 40m towers on it," says Sally.

The koalas were eventually coerced down the tree and taken by volunteers to the emergency vet on Anzac Highway. By now, it was well past midnight.

"Miraculously the mum had no fractures, just extreme bruising. She wasn't very happy!" says Sally. Fortunately, the baby wasn't injured. At time of writing, the koalas hoped to be returned to the area, probably in Frank Smith Park where more food is available.

Koala's are actually quite fragile animals. Sally explains they have very little fat on their bodies which means organs are easily damaged if they are hit or bitten by a dog. Car accidents and dog attacks are the biggest threat to our koala population, which is rapidly declining.

Merridy Montarello, koala rescue volunteer coordinator says motorists needs to slow down. "We've been called out around three times each day in the past week to attend koalas involved in car accidents," she highlights. Many of these call outs were in the Hills, and most of the animals were so badly injured they had to be euthanased.

Are we now in so much of a rush, we can't spare 10 seconds to slow down when hazard lights are showing? Sally points out it would've been a very different story if it had been a child on the road that night.



◆ Coincidentally, this koala and baby was spotted in our backyard recently - why wouldn't you want to stop and help these two to cross a busy road - Ed.

"Generally the community is great," says Sally, and she praised the CFS and MFS personnel. "They were fabulous," she says. She points out through one careless motorist's action, there was an expensive cost borne by the tax payer; and that's before you take into account the volunteer time of the both the rescuers and CFS. The volunteer who took the koala to the vets didn't get home until 4 am.

Drivers are asked to pay particular attention in the evening when koalas are often moving to find more food. Our area is actually low on koala food. Gums have been chopped down and the wrong type of gums are being planted, so koalas are heading to the road side gums and people's gardens.

If you see a distressed koala, call the Koala Rescue 24-hour hotline on 7226 0017. For all other wildlife call 8289 0896 (24-hours).

□ If you are interested in making a donation or volunteering for Fauna Rescue SA, or would like the team to give a talk to your school or organisation, head to [www.faunarescue.org.au](http://www.faunarescue.org.au)

## Donations keep centre work alive

RELYING solely on donations and fundraising activities to keep the Minton Farm Animal Rescue Centre at Cherry Gardens afloat, it is imperative that the public and businesses support their efforts.

Minton Farm operator Bev Langley and her band of loyal volunteers have a number of activities organised that will help fund the Rescue Centre's important work.

The first big event is a Fund Raising Dinner and Silent Auction at 6.30pm on Friday, October 14 at the Hilton Hotel, South Road, Hilton. There will be a 3 course meal, games and a raffle. Tickets are \$70pp.

Follow this link to purchase tickets [www.eventbrite.com.au/e/minton-farm-animal-rescue-centre-fundraising-dinner-tickets-26854226715](http://www.eventbrite.com.au/e/minton-farm-animal-rescue-centre-fundraising-dinner-tickets-26854226715)

Then there is the 'Garage Sale' held onsite on Saturday October 22. Donated items in good condition will be accepted from the public from now onwards. There will be many bargains to be had and so we hope to see you

here on the day.

In addition, there will be a Minton Farm Art Exhibition at the Cold Krush Store & Gallery in Unley. The art will be of native wildlife and 50% of sales will be donated to Minton Farm. Opening night will be on Friday November 25, and it will run for 4 weeks.

Donations can be made to either account of Minton Farm Rescue Fund at any Bank SA branch, or by direct debit to: BSB 105 078 Account 056 591 840. PayPal account and eftpos facilities also available.

□ For more details check out their website at: [www.mintonfarm.org](http://www.mintonfarm.org)

# Heat stress can be deadly for pets

by Dr Erin Taylor  
Blackwood Vets

WITH hotter temperatures on the way, animals can be affected by heat stress and it can be deadly, so it is important to be mindful to keep your pets cool and safe coming into summer.

Heat stress is seen most commonly when pets are left in hot cars, when they are left outside without adequate shade and water, and when exercised on hot days.

Certain breeds of dogs are particularly prone to heat stroke, particularly short face breeds (such as pugs, bulldogs, pekinese, boston terrier, etc.) as they are less able to effectively cool themselves by panting. These breeds can quickly overheat in warmer weather and can also go into respiratory distress if overheating.

Another animal which is very sensitive to heat stress is the guinea pig.

Ways to prevent your pet overheating in summer include:

- Avoid travel in a hot car if possible (and use air-conditioning if you do need to travel with your pet)
- Provide plenty of shade and water when left outside. Children's paddling pools are great for allowing dogs to cool themselves. Putting ice cubes in the water bowl or freezing a container of water is also a great way to allow dogs to cool down.
- Keep breeds of dogs (and guinea pigs) that are prone to heat stress inside with the air-conditioning on hot days
- Avoid exercising your dog in the heat of the day

- Never walk your pet on hot pavement. Check the pavement with your hand, if it is too hot to hold your hand on then it is too hot for your pet to walk on.
- Signs that can indicate your pet is suffering from heat stress include excessive panting, salivation, wobbliness, red gums and collapse.
- If your pet does overheat it is important to cool them down as soon as possible by using cool towels, fans and by applying cool (NOT cold/ice) water to their body, and get them to a vet immediately.



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8278 6814

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178 Main Road, Blackwood



Vets Ali and Mary Ann with 'Roger'

Dr Ali Coleman

Dr Mary Ann Harvey

Dr Erin Taylor

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# WHAT'S ON IN BLACKWOOD & DISTRICTS

- ◆ **2 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.
- ◆ **2 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.
- ◆ **2 & 16 October**  
**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. Everyone welcome, contact Amanda on 0414 764 776.
- ◆ **3 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.
- ◆ **5 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 Tricia on [triciarushtonconsulting@gmail.com](mailto:triciarushtonconsulting@gmail.com)
- ◆ **5 & 19 October**  
**LIONS CLUB OF BLACKWOOD** - from 6.30pm to 7pm start. Prospective members and visitors welcome. Phone John Alexandrou on 8278 1230 for details.
- ◆ **6 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.
- ◆ **8 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.
- ◆ **9 & 23 October**  
**JOAN'S PANTRY KITCHEN GARDEN** - meets 2-5pm 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: [jkitchengarden@gmail.com](mailto:jkitchengarden@gmail.com)
- ◆ **10 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.
- ◆ **10 October**  
**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.
- ◆ **10 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 8270 8371 for details.

- ◆ **11 & 25 October**  
**ADELAIDE HILLS TOASTMASTERS** - Affordable public speaking training & practice in a friendly adult group. Meet from 7.30-9.30pm. Enquiries to Didy Pederick on 0408 100 016 or e: [didiyna@yahoo.com](mailto:didiyna@yahoo.com)
- ◆ **13 October**  
**BREAST CANCER SUPPORT GROUP** - meet in local coffee lounge. For details phone Jackie on 8278 5761 or 0438 419 305.
- ◆ **13 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 2025.
- ◆ **15 October**  
**QUIZ NIGHT** - by Anglican Parish Of Coromandel Valley held in Coromandel Primary School Sports Hall from 7pm. Major silent auction with MC and great prizes. Tickets \$15 and more info from Cath on 0408 081 065 or office on 8278 6692.
- ◆ **16 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.
- ◆ **16 October**  
**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.
- ◆ **17 October**  
**BLACKWOOD ACTION GROUP** - get involved in your community. Special guest: Tom Wilson on 'History of Public Transport in the Hills'. Meet at Blackwood Railway Station Ticket Office from 7pm. New members always welcome. Phone 0408 117 003 or [www.blackwoodactiongroup.org.au](http://www.blackwoodactiongroup.org.au)
- ◆ **18 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.
- ◆ **18 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](http://www.fosg.org.au)
- ◆ **19 October**  
**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.
- ◆ **19 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. Ph 8278 6227.
- ◆ **20 October**  
**BLACKWOOD PHILATELIC CLUB** - meeting at Blackwood Uniting Church Hall from 7.30pm. Displays and sales of a wide

- range of Australian stamps, plus world stamps and phone cards. Prospective members and visitors welcome. Ph Jeff on 8278 1609
- ◆ **24 October**  
**BLACKWOOD FLORAL ART CLUB** - held at Blackwood Uniting Church at 7.30-9pm. All welcome - no experience required. View activities of club at: [www.blackwood-floralart.blogspot.com.au](http://www.blackwood-floralart.blogspot.com.au)
- ◆ **25 October**  
**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 for details.
- ◆ **26 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 Doone on 8278 2676 for details.
- ◆ **5 November**  
**MEN'S BREAKFAST** - enjoy continental breakfast with guest speaker, Graham Brown, CEO of Junction Australia which deals with homelessness, domestic violence and child protection. Cost \$8 or \$5 conc. Pay on day but RSVP to Michael on 0403 656 537 by Wed Nov 2 for catering.
- ◆ **19 November**  
**CRAFT FAIR & EXHIBITION** - organised by Blackwood Uniting Church Community Classes at Blackwood roundabout from 9am-4pm. For more info phone Jacqui on 8278 7699 or e: [office@blackwooduc.org.au](mailto:office@blackwooduc.org.au)

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