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ISSUE 268 • MARCH 2017

Freight diversion back on agenda

See story p3



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Have you been following 'The Miller's story on life in Blackwood around 1914?'



This time Alan is keen to purchase a Model T Ford 'horseless carriage' similar to this one owned by the Magarey family in Coromandel Valley. See story pg 4.

(Photo c 1913 courtesy of the State Library of South Australia B56092)

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Author believes Australia will eventually have a disaster

by Annie Waddington-Feather

DRAWING on his experience of over 30 years working in the American oilfield industry, Craighburn Farm resident Keith Seanard has penned his first novel.

Catastrophe in the Eagle Ford Shale: The Yorktown Incident is about a series of events in Texas that lead to a disaster, and although Keith says it is fictional, it is based on fact.

"The financial, legal and technical details are accurate and it highlights the problem of no one body overseeing the industry," says Keith. "It is based on real events and real people, with a reasonable extrapolation to what could happen, when we move too fast in too many areas, without looking holistically at what we are doing."

While the novel is based in America, Keith believes Australia will eventually have a disaster and he raises concerns over a self-regulating industry.

"Every state government is different and they don't talk other," says Keith. "We need to look at the whole picture – little things over a long period of time can have a big effect even though they follow the rules at the time."

He highlights Murphy's Law, which says if something can happen it eventually will. "If you toss a coin enough times you will eventually get it to land on its side," he says.

"The conventional oilfield occasionally had major disasters, Macando and Valdez come to mind, but we are now drilling thousands of wells where we once drilled hundreds - the oil and gas corollary to Murphy's Law is that Murphy was an optimist!"

Keith says he got the story idea when he visited a friend in the United States who told him about an oil-field related incidence on a ranch and the ensuing lawsuit.

When Keith was retrenched a year ago, he took the opportunity to write the book. "Over

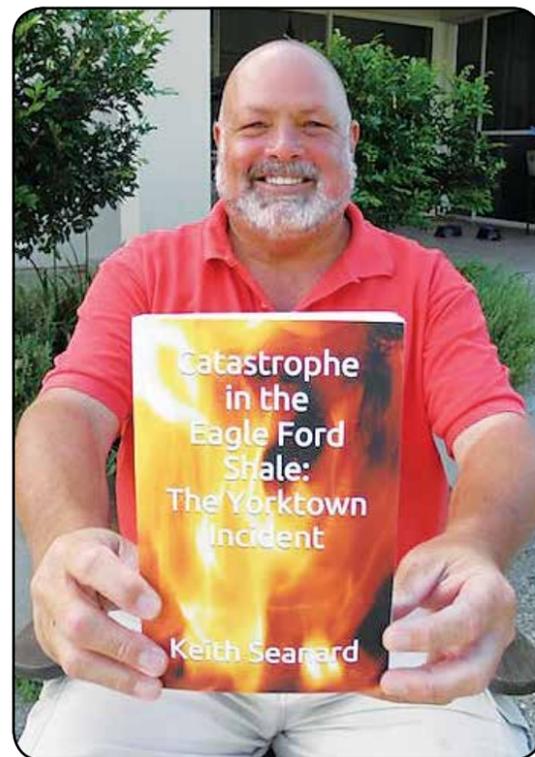
long walks with the dog I'd get a chapter in my head, come back and write it," he says.

Born in America into a military family, Keith says he was used to moving around, and working in the oil industry took him all over the world. "I've been so far east, I've been west and so far west I've been east," he jokes.

He and his family moved from New Zealand several years ago, when he was offered a job in Adelaide. The family decided to live in the area as it was the only place they saw kids playing out in the yard!

"There are a lot of parks around and we love the community feel and love the people – my wife is on first name basis with grocers in the town!" he says. "Schools are amazing and our girls are very happy here."

Keith's book can be downloaded as an ebook on Kindle, or print on demand from Amazon.



Larger than life author, Keith proudly shows off his first fictional novel - based on fact.

Water supply restored to forest for all to enjoy

by Annie Waddington-Feather

INTENSE lobbying by 'Friends of Blackwood Forest Recreation Park' volunteer, Debbie Reynolds has resulted in a U-turn, with State Minister Ian Hunter agreeing for the mains water to the Park on Main Road, Coromandel Valley to be reconnected.

Last year, without any consultation, the voluntary group discovered the mains water supply it used for plants, drinking water for both dogs and people, and for hygiene in their voluntary activities at the forest, had been disconnected.

Debbie approached the Department of Environment, Water and Natural Resources (DEWNR) and was told the water would not be reconnected and from now on, the group would have to put in a request to Belair National Park Rangers to deliver water to the Forest.

She contacted local MP Sam Duluk, who contacted Minister Ian Hunter requesting for the water to be reconnected, and she also contacted Member for Waite, Martin Hamilton-Smith.

Following a meeting last month with the Minister and Martin Hamilton-Smith, the mains water will now be reconnected.

"I'm absolutely thrilled with the outcome," says Debbie. "I'd like to thank Sam, Martin and the community in general for getting behind us. Community pressure saved the land 20 years ago when it was earmarked for development, and we've done it again."

Minister Hunter confirms he has asked DEWNR to pay for the costs of reinstating the water supply, and an application has been made to SA Water to carry out the work at an expected cost of around \$2,300.

"The Friends group has offered to pay the annual water costs, estimated at \$400 to \$500 a year and will install a water-saving tap to prevent water leaks," he says.

He confirms he has also written to Mr Duluk to advise of his decision. Sam says he was pleased the Minister had listened to the community and his representations to restore the water.

While Martin Hamilton-Smith says he was extremely happy to be able to help the community of Blackwood restore the water supply in their park.

"After meeting with the group, I was confident that with the help of the Minister for Sustainability, Environment and Conservation, Ian Hunter, we could find a solution," Mr Hamilton-Smith said.

"The end result will be a better and more reliable water source for everyone who visits the park."



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MINTON Farm Animal Rescue Centre located at Cherry Gardens is currently in the running to win up to \$3,000 and needs your help!

On March 31, Australia's Animal Welfare 'Giving Circle' is giving \$5,000 in total to the 3 charities who receive the most votes.

To help Minton Farm simply vote, and share this link with your friends and contacts: mygivingcircle.org/projects/5000-for-your-favourite-animal-charities/

By voting today you can make a difference in the treatment and care of animals, reduce animal suffering and help those charities that focus on giving animals a better life.

If you make a donation as well (not mandatory) the 'Giving Circle' will match each dollar for another vote! That means \$10 = 10 more votes.

All donations are processed securely via stripe and sent directly to your charity of choice each month.

Minton Farm is registered as a 'not for profit' organisation and is privately operated and survives only on donations and sponsorship.

"\$3,000 is an awesome amount of money," said Minton Farm operator Bev Langley, "and every donation goes directly towards the treatment and rehabilitation of sick, injured and immature native wildlife."

"We are the only wildlife rescue agency in our area and operate 24 hours a day, 365 days a year, assisting injured animals on the roads as well as at the centre. We are completely dependent on donations and have no paid staff operating solely with more than 70 volunteers," explained Bev.

If you would like more information, phone Minton Farm on 0422 938 439.

Voting closes on March 31 so make sure you help by voting on the website today!

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PO Box 1024,
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info@blackwoodtimes.com.au
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Road and rail freight by-pass could be on track for 2018 election

by Annie Waddington-Feather

DIVERTING freight trains from the Mitcham Hills could be back on the agenda following plans from the state Liberal party if it gets into power at the next election.

Local MP Sam Duluk confirms the Liberal's 'Globe Link' plan to 'connect South Australia to the world' includes developing an alternative road/rail corridor along a northern bypass to remove road and rail freight from the Mitcham Hills and metropolitan roads.

Residents have been concerned about rail freight passing through the area and sharing a track with passenger trains for years.

In mid-2006, City of Mitcham Council initiated the Rail Freight Task Force (RFTF) in response to growing concerns from residents

affected adversely by the movement of freight trains along the Adelaide Hills line.

In its final report, it suggested a new corridor, running from Murray Bridge in the east to Mallala in the west.

Former RFTF Chairman and City of Mitcham councillor, Mark Ward says all the reports by the RFTF showed amenity improvements and tourism opportunities, and last year he'd highlighted reports that suggested, with medium growth, the train line in its current form would be at capacity in 2025 – just eight years away.

"The alternative corridor is a matter of when not if; it should be an South Australian plan, not a political party plan," he says.

While Heather Beckman, President of the Belair, Blackwood District Community Association thinks it would be good if we had

federal and state governments working together with a longer vision.

"Having trains to Darwin or to Perth without having to squeeze round the Adelaide Hills into the centre makes a lot of sense," she says. "We can't do double stacking because of the tunnels; we believe it should be looked at – we need to do some long term planning."

Heather also highlights that while freight train noise had been an issue, to the Australian Rail Track Corporation's credit, the squealing freight train wheels had been addressed and there was probably more noise now from local trains.

As well as noise and environmental concerns of the freight train, Blackwood Action Group president Brian Ferris highlights bushfire safety issues.

"Not only from fire ignition issues, but the

restriction on being able to leave the region because of the closure of the rail crossing for lengthy times, especially with the increasing length of the freight trains," he says.

He also predicts travel times delay at rail crossings for such long trains will increase with an increase in the number of trains and freight containers.

"BAG representatives were members of the previous Government report. We were keen then, and now, to see that a new review and report of the freight issue happens," he says.

As well as benefiting local residents, on a larger scale, Sam believes 'Globe Link' will assist with South Australian exports.

"In 2002, SA exports were 7.3 per cent of total Australian exports; today it is just 4.3 per cent," he points out. □

Win a fully hosted bbq for your street

by Annie Waddington-Feather

THE BBQ is a great Aussie tradition and to celebrate 'Neighbour Day', the City of Mitcham Council is giving you the opportunity to win a fully hosted BBQ get-together with your neighbours.

Neighbour Day is celebrated on the last Sunday in March every year with the aim of fostering strong personal connections that last the whole year round. This year, the event falls on 26 March and the annual theme is 'The Importance of Social Connection for the Elderly'.

To be in with a chance to win a fully hosted BBQ, all you have to do is tell City of Mitcham Council in 100 words or less, how a BBQ will help people in your street get to know each other, and approximate-

ly how many people you'd like to invite.

BBQs can be held on any day (not just Neighbour Day), and must be held in a front garden or in a local reserve on the street or nearby street.

The winning entries will receive a fully hosted street BBQ for up to 50 people (larger groups may be able to be accommodated also). All the hard work done for you - Council will help cook the BBQ, supply a BBQ pack of meat, salads, bread and deserts. And one special street will win a BBQ to keep!

Visit www.mitchamcouncil.sa.gov.au and complete the entry form by 15 March.

◆ A great way to meet others in your street is to invite them round for a traditional Aussie bbq



Popular directory hits the streets this month

THE 2017 edition of the Blackwood Business & Trade Directory will be on its way to your letterbox later this month.

This very popular publication is regularly used by local homeowners to easily find contact details for most businesses and tradespeople in the Blackwood district.

Designed to encourage residents to use local businesses, the annual business directory takes the form of a 'local Yellow Pages' connecting shoppers with local retailers and homeowners with local tradespeople.

You can easily and quickly find any business from hairdressers to solicitors, and auto repair workshops to plumbers - a comprehensive 84 page book containing the contact details of most businesses in the Blackwood area.

Its quicker than turning on your computer and searching for a business. Some people even carry a copy in the car with them these days, as mobile phones make it easy to contact someone when you're on the run.

If you haven't received a copy by mid March, they can be picked up from various outlets

around Blackwood including NewsXpress in the Woolworths Shopping Centre, local MP Sam Duluk office in Young Street, Blackwood Fitness, Belair Deli, Coromandel Community Centre and Blackwood Recreation Centre.

There have also been a number of requests for the Blackwood Business Directory to be made available on-line.

The website www.blackwoodbusinessdirectory.com.au is currently being worked on and as soon as it is up and running you'll be the first to know. □

Karen Hockley

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War in Europe affecting life in the Hills



The Blackwood Magazine, 12 issues of which were published in 1914, provides a wealth of detail about life in Blackwood and the surrounding district.

'Meet the Millers' is a series of articles based on information in the magazine about the lives of an imaginary Blackwood family in September 1914. The Miller family consists of parents, Mary and Alan, 17 year old twins Julia and Jamie, and 12 year old Charlie. This second article focuses on Alan.

ALAN Miller's family established one of the earliest orchards on the banks of the Sturt Creek. After leaving Coromandel Valley Primary School, Alan worked at Murrays' Jam and Biscuit Factory until it closed in 1903 and, since 1908, has worked at the Magarey family orchard.

Always keen to improve the orchard's prize winning fruit, Alan regularly attends the meetings of the local Agricultural Bureau, and plans to travel with the group visiting Murray Bridge in November to see how the water from the river is used.

Every day, Alan rides his bicycle (or Fred the horse), down the hill to the orchard. But he casts envious eyes on the Model T Ford

horseless carriage owned by the Magareys in Coromandel Valley and has almost convinced Mary that they should buy one.

The serious drought concerns the orchardists in the Valley and it is feared that the fruit trees may die. For the Magareys and their workers, this is indeed an alarming prospect.

An added concern for Alan and the Tree Planting Committee, is the effect of the drought on the elms and pine trees that were planted along Coromandel Parade in July, after many months of negotiating with the Mitcham Council.

Sport has always been important in Alan's life. As president of the Blackwood Football Club, he hopes that next year the team will

improve on its fourth place in the recently completed 1914 season.

After many years as a feared fast bowler, he is now a feared cricket umpire. At the Boys Club Hall, Alan enjoys regular games of billiards and quits, and is a gymnastics instructor.

For Alan music is equally as enjoyable as sport. He plays the trumpet in the Blackwood Brass Band and has happy memories of the band's successful trip earlier in the year to Mount Barker.

He is also a member of the Blackwood Male Choir and is practising for the forthcoming Music and Elocutionary Competition. A sing song around the piano

on Sunday night is a regular event at the Miller house.

By September 1914, the war in Europe is already affecting life in the Hills. Alan knows that his age, his flat feet, and his work in an essential industry mean that he will not be expected to volunteer for the army.

But several of the young cricketers and footballers have already left and the Rifle Club is short of ammunition since the army needs the bullets.

And, like Mary, he is worried about what an extended war may mean for Julia and Jamie, and even, heaven forbid, young Tom.

**BLACKWOOD ACTION GROUP
History Subcommittee**

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THE love of gardening has been a longstanding part of modern life and is part of our heritage.

Coromandel Valley & Districts National Trust (CVDNT) is collaborating with local residents, Chris and Barry Long, as they contribute to the 'Open Gardens' Scheme on April 8 and 9.

Their garden on Winns Road adjoins the Winns Bakehouse Museum which is operated by the National Trust. The surrounding grounds provide an ideal setting for visitors to enjoy over the two days.

The National Trust will open the Bakehouse Museum and the adjacent historic Watchman House to visitors from 10am to 4.30pm on both days, and welcome those who call in.

The Long's garden which was started over

45 years ago will also be open from 10am to 4.30pm each day, features mature trees both exotic and native underplanted with shrubs, ferns and perennials with lawns sweeping down to the Sturt River. There is a large shadehouse and a pavement labyrinth by the river.

Tea, scones, wine, produce and plants will be available and there will be live music. Proceeds will go to the Hills 'Circle of Friends' in support of refugees.

Entry is \$8 per person (conc. \$6; U18's being free). To find out more on Chris and Barry's garden, phone 8278 4272 or 0412 791 184.

There are also opportunities to explore the local area with friendly knowledgeable local guides through the CVDNT on:

◆ Above: Coromandel Valley homeowners, Chris and Barry Long in their picturesque garden with CVDNT Chairperson Ruth AshleyHall (centre)

* Sunday, April 2 - "See the Places, Hear the Stories"- a bus tour from 9.30am to 4pm - \$30pp includes morning tea and lunch

* Tuesday, April 4 - "Walk the Trails, Hear the Tales" - northern end of Coromandel Valley : 1pm to 4pm : \$10pp includes a tea break at Watchman House

* Wednesday, April 5 - "Walk the Trails, Hear the Tales" - southern end of Coromandel Valley : 1pm to 4pm - \$10pp includes a tea break at Watchman House

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LED street lights may deliver savings to ratepayers

by Annie Waddington-Feather

FINANCIAL savings to ratepayers, energy reductions, reduced greenhouse gas emissions, reduced maintenance and improvement to street lighting performance are on the cards in the future, with City of Mitcham Council currently investigating the implementation of LED (Light Emitting Diode) street lighting.

Last month, a report was submitted to Council outlining the potential costs and benefits of LED street lights. In addition to energy and cost savings, LED lighting provides a consistent light, allows objects to be clearly seen and minimises operating and maintenance costs.

Street lighting is a complex business with the City of Mitcham currently managing around 7,000 street lights, made up of fluorescent, High Pressure Sodium, Low Pressure Sodium and

Mercury Vapour lights. These are split between main roads managed by Council and local roads.

There are also two tariff arrangements – one being the SLUoS (South Australian Power Networks care and control) tariff and the other being the CLER (where Council undertakes care and control of the light fitting).

While audits are still being carried out on some lights, on average Council spends around \$480,000 per annum on SAPN maintenance tariffs and \$420,000 per annum on electricity purchased from Alinta Energy.

Replacing old and inefficient lights with modern LED equivalents will potentially reduce Mitcham Council's street light maintenance cost by 38% and energy use by around 66%. The reduced energy consumption will also result in a reduction of just over 950 tonnes of greenhouse gas emissions per annum.

to ratepayers

Council also manages over 300 lights in public reserves. As part of an ongoing asset renewal program, Council has already installed LED lights in some of these areas such as the pedestrian crossing at Laffers Road.

Mayor Glenn Spear confirms Council is currently undertaking further investigations and no decisions have been made. If Council decides to implement LED lighting, Glenn says we need to strike the best deal and it is absolutely critical we get the best detail.

He says there will be a capital cost of putting in the infrastructure for LEDs, but he believes the savings to residents will be enormous. Glenn's background is in lighting and in his

opinion, LED lighting is a good commercial decision given the reduction in running and maintenance costs. □

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Support the Legacy musical that helps families of war veterans



THE popular fundraising concert, the Jack Wass Legacy Show returns to the Blackwood Memorial Hall on Sunday, April 30 as part of Anzac Day commemorations.

Now in its seventh year, the show has raised thousands of dollars for Legacy Australia; an organisation dedicated to the care of the families of deceased and incapacitated war veterans.

The show features local talent *The Shoo Shoo Mamas* and *Ellington's Heirs* with music generally from the World War II era. The concert has sold out in previous years at both the Adelaide Fringe and Blackwood performances.

The Jack Wass Legacy Show will be held at the Blackwood Memorial Hall, Sunday 30 April, matinee at 3pm and evening show at 6.30pm.

Tickets are available from the Blackwood Community RSL, Blackwood Chemplus Pharmacy (in the Foodland Shopping Centre) and online at www.trybooking.com

□ For further information contact Heath on 0419 843 745.

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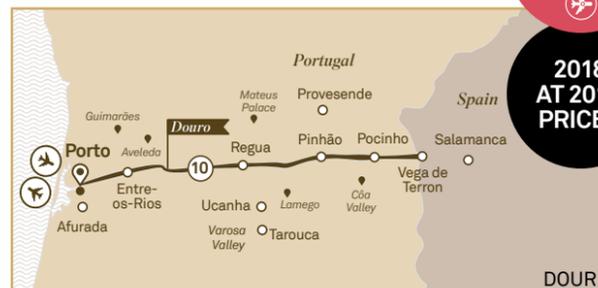


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Better business finalist has genuine passion for her work

CATHY Anderson from Smartline Blackwood has been named as a finalist in South Australia for the 2017 Better Business Awards.

Now in its fourth year, the Better Business Awards is the mortgage and finance industry's leading program for state-based performance.

The awards acknowledge the brokers who are leading the charge – those with the most effective businesses, teams, marketing strategies and integrated offerings.

Cathy has been recognised as a finalist in the categories of Best Customer Service/Satisfaction (Individual) and also Best Residential Broker.

Having lived in the Blackwood area for over 15 years, she loves the lifestyle of the 'country village' environment in the hills. Smartline Blackwood was started over 11 years ago by Cathy and she is well respected and trusted by her clients, with her data base of over 2,000 clients continuing to grow every year.

Cathy believes that her empathetic nature and ability to 'walk in another person's shoes' has been a key contributor to her success as a mortgage adviser.

Her career as a mortgage broker has been founded on a vision to provide clients with advice and service that allows them to

achieve financial security and subsequently, their life goals and aspirations.

Momentum Media's head of mortgages and real estate, Jim Hall, said the strength of the submissions received for 2017 made the process of selecting finalists incredibly difficult, and was a testa-

ment to what those in the mortgage industry achieved over 2015-16.

"Being named a finalist for the 2017 Better Business Awards is a huge achievement. This year's finalists deserve to be praised and recognised for their outstanding performance," added Jim.

Smartline Blackwood is located at 174 Main Road, Blackwood and you can phone Cathy for information and advice 8278 7766.

Buying your own home may be more affordable than you think

by Louise Stanton, Mortgage Choice Consultant
Credit Rep No. 421399

WILL we ever be able to afford a house? The answer is yes!

Purchasing real estate is still the goal of most Australians and for many people it is something that may seem out of reach.

Apart from being a major step into the 'grown up' world (no matter how old you are), saving enough for a deposit to purchase a house is a large commitment.

Through my eyes as a mortgage broker, here are some tips to help you. Work with 3 different accounts: savings that cannot be accessed by eftpos; bills, rent and food; and spending - and start being smart with your money – stop wasting it!

Do without! Downsize to a cheaper car for the short term, pay out the car loan and use that money to save for a home.

Learn to say NO. Go without new clothes, take your lunch to work, go for a beach walk on a Sunday morning instead of purchasing expensive breakfast.

You don't need to buy the house of your dreams. Any property expert will tell you that building equity is the way to climb the property ladder. Start in the lower price bracket, pay down the mortgage and then move up. Buy the worst house on the street and make it into a gem.

Mum and Dad may be able to assist you with a Guarantor or Family Pledge loan. These involve a limited liability against Mum and Dad's home or investment property.

They are not suitable for every family and need to be thoroughly researched. In this case you do not need any deposit, just the earning capacity to qualify for the loan.

Get a gift from a relative – you may laugh at this comment, but many parents or grandparents may be able to assist you by providing a gift. Put it into your savings account and don't touch it!

Buying a home is affordable with interest rates so low. If you purchase a home for \$350,000, a loan that is 90% of the house value will cost you approximately \$346 per week – almost the same as renting.

This may not get you into the suburb of your choice, but it will get you into the property market and you can then set a target of moving within so many years.

There is never a better time than today to start - tomorrow you will be glad you did.

For further information and advice, phone Louise on 0407 189 021 or email : louise.stanton@mortgagechoice.com.au



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50% OFF*

when you dine in or order takeaways between 5pm-6pm any day

*see conditions below - dining bookings essential to claim discount

*SPECIAL OFFER VALID TO 31 MARCH 2017.

CANNOT BE USED IN CONJUNCTION WITH ANY OTHER SPECIALS.

DINING

'Happy Hour' menu includes:

Butter Chicken - Lamb Rogan Josh - Beef/Lamb Korma
Chicken/Beef Vindaloo - Chicken Tikka Masala

Vegetable dishes :

Subzi Kadai - Alu Gobi Mutar - Daal Maharani
Bangen Pahari - Aloo Chole Massala - Vegetable Korma

plus 30% off drinks

Does not include seafood dishes or other dishes on menu



TAKEAWAYS

'Happy Hour' menu includes:

Minimum order \$50

Butter Chicken - Lamb Rogan Josh
Lamb Korma - Chicken/Beef Vindaloo

Vegetable dishes :

Subzi Kadai - Alu Gobi Mutar
Daal Maharani
Aloo Chole Massala

plus Rice

Does not include Naan bread or other dishes on menu.



2 MAIN ROAD BELAIR BELAIR VINES SHOPPING CTR • OPP BELAIR BP
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Mexican cuisine adds to array of local eateries

by Annie Waddington-Feather

KANGAROO burritos, barramundi tacos, cactus and capsicum quesadillas, and traditional nachos are just some of dishes on the menu at Blackwood's latest addition of independently owned eateries.

The Little Mexican is as an Oz-Mex fusion of cuisine cooking offering a wide variety of dishes made on the premises, using a range of authentic and traditional ingredients.

It's owned and operated by husband and wife team Heather and Jonathon Holmes-Ross, who also run the Artisan Café.

Acclaimed chef Jonathon, received several accolades in the United Kingdom, including entries in The Good Food Guide as Head Chef of The Lime Tree in Didsbury, Manchester before immigrating to Australia 20 years ago.

After several years of working for Qantas as Executive Chef of the largest kitchen in South Australia, he decided to open up his own business, Artisan Café seven years ago.

Heather, who is from Belair originally, has worked in a variety of hospitality positions in Melbourne, Perth and Uluru. She also has a PhD in chemistry!

When she's not working at Artisan Café or The Little Mexican, in her spare time, she heads up *Totally Locally Blackwood*, the

organisation which encourages residents to shop locally and use local services.

Working hard to support the local economy, like the food in Artisan café, most produce in The Little Mexican is locally sourced. Where products cannot be sourced locally, Heather and Jonathon use Australian, or international alternatives, taking into account factors such as; the ethos of the company, the ecological impact of production and transportation, and the conditions of the production workers.

"Wherever practicable we choose either an ecologically sound Australian product or an international fair-trade alternative," says Heather.

Everything in *The Little Mexican* except the corn chips and tortillas are cooked on site; the meat is free range and the fish is sustainable. "The corn chips and tortillas are made in the traditional Mexican way and are from an award winning Australian company," she says.

"Because we're making food from scratch, we know what's in it and can guarantee dietary requirements such as gluten and dairy free, vegan etc," says Heather. "It's really lovely to see people supporting local businesses; we've had a really good reaction and lots of support, so thank you to all our customers."



◆ Jonathon and Heather have had a great response to the opening of their Little Mexican takeaway in Blackwood

The Little Mexican is located at 254 Main Road, Blackwood (between the Post Office and Bendigo Bank). Open 5 days a week from 4-9pm, Tuesday through to Saturday. Phone orders welcome on 8101 1201. Check out their introductory offer in advert below.

☐ Check out their menu at www.thelittlemexican.com.au and find it on Facebook www.facebook.com/TheLittleMexicantakeaway

Membership gives you access to many Adelaide golf clubs

MARCH is 'membership month' at the Blackwood Golf Club, so now is the perfect time to consider joining this prestigious club.

Located in beautiful Cherry Gardens, with fantastic golfing facilities such as driving ranges, nets, putting and chipping greens, Blackwood Golf Club is endowed with stunning views from every aspect.

While their Clubhouse offers a warm and friendly environment, with dining facilities and the opportunity to meet many like-minded golfers and the chance to form enduring friendships.

Golfing at Blackwood Golf Club provides many levels of golfing competitions with inter-club matches for both men and women of all abilities. In addition, many fun social events are organised throughout the year, along with the ever popular Twilight Competition on Thursdays between November and March.

The club is available to new members, both male and female, of all abilities, and offers a full year's membership with no joining fee.

Blackwood Golf Club, with its picture-perfect putting greens and fabulous fairways, offers new golfers, long-time golfers and 'old' golfers returning to the game on a regular basis, the opportunity to sign up with significant advantages.

With a variety of membership packages available, there is one to suit you; just ask. Packages cater for casual golfers, those who can only play a limited amount of time, and the traditional 5, 6 and 7 day memberships.

And there's more. Blackwood Golf Club has full reciprocal rights with Flagstaff Hill Golf Club. Members can enjoy two golf club memberships for the price of one.

Not only that, Blackwood Golf Club members receive the Club Advantage Card, which entitles members to 3 free games per year at The Vines, Tea Tree Gully, West Lakes, Flagstaff Hill and Mt Osmond Golf Clubs.

Why not take a drive up Acklands Hill Road for a game and see for yourself! 'Where Challenge and Friendship Meet' - just do it.

☐ For a tour of the club and the course, contact the Manager, Jeff Girardin on 8388 2313. Jeff can also discuss membership and assist you in deciding what level best suits your needs.



Chance to hear two eminent scientists at public forum

A UNIQUE opportunity for people of all ages who have an interest in science and education to attend an open forum titled "South Australia – State of Innovation?" has been organised by the Rotary Club of Blackwood.

Two eminent South Australian scientists in Professor Don Bursill AM and Professor David Lewis have accepted an invitation to take part in this public forum to be held at the Blackwood High School on Tuesday March 7.

Professor Bursill is the former Chief Scientist for SA and is regarded as a world leader on water management and water quality. What is the science behind our water management and how secure is South Australia's water supply?

Professor Lewis is the Director of

Nanotechnology at Flinders University. He has research expertise in materials engineering, nanotechnology and physical chemistry which has led to solutions being licensed, developed and implemented into new products and technologies. Are our education systems developing skills in science, technology, engineering and maths?

The open public forum is to be held at the Blackwood High School Performing Arts Auditorium, Seymour Street, Eden Hills, at 7pm on Tuesday March 7.

☐ Admission is by gold coin donation and no bookings are necessary. For more information phone Bernie on 0447 212 278.



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Are you looking for a club to join which has flexible membership categories, a great course to play, friendly members and welcomes all golfers?

Then Blackwood Golf Club is the perfect place for you!

We have vacancies in all our membership categories - from our Casual Membership to our Full 7 Day membership - starting from as little as \$595

We also have playing reciprocity with Flagstaff Hill Golf Club, so all eligible categories can enjoy two golf clubs for the price of one!

Why not join and play today? Contact us on 8388 2313 or visit www.blackwoodgolf.com.au for further membership information.

Blackwood Golf Club

8388 2313 info@blackwoodgolf.com.au www.blackwoodgolf.com.au
 611 Cherry Gardens Rd, Cherry Gardens 5157 PO Box 1015, Blackwood 5051



Snoring can be detrimental to your health and well being



IS you or someone in your family experiencing morning headaches, fatigue, and sleepiness during the day?

You could be feeling the effects from 'sleep apnoea' or as many people are familiar with - snoring!

Sleep apnoea causes the person's pharynx or windpipe, the upper airway in the throat to collapse during sleep and breathing can stop for at least 10 seconds or longer.

When breathing stops this is accompanied by a drop in blood oxygen levels and arousal from sleep.

Low levels of oxygen during sleep can cause your carbon dioxide levels to build up in your blood, making you feel very tired in the mor-

◆ Lara in her rooms with one of the devices that can assist sufferers of sleep apnoea

ning and can contribute to a more restless sleep.

The CPAP Room has opened in Belair recently to provide help, advice and support for people who suffer from sleep apnoea.

Lara Thomas has lived in the area for 5 years and has an extensive background in the health-care industry including the last 7 years as a senior CPAP consultant.

"I am very passionate about the importance of sleep, and the impact on the overall health of people using CPAP machines or who have been diagnosed with obstructive sleep apnoea," said Lara.

"Your body can be seriously affected when you have long term low oxygen levels," explained Lara.

"This can lead to symptoms such as heart rhythm problems; increased pressure on the

right side of the heart; fluid build up in the body; heart failure; and stroke."

Some common symptoms of Sleep Apnoea include:

- Loud or frequent snoring
- Choking or gasping while you sleep
- Pauses in breathing
- Morning headaches
- Excessive daytime sleepiness
- Insomnia due to difficulty staying asleep
- Waking up with dry mouth or a sore throat
- Trouble concentrating
- Memory or learning problems
- Moodiness, irritability or depression

□ For more information and advice contact Lara at The CPAP Room, 133 Gloucester Ave, Belair; phone 0416 632 699, or her website: www.thecpaproom.com.au

Strict dieting may prevent long term weight loss

by Nutrition in Focus - Dietitians & Nutritionists

HAVE you found yourself in the dieting cycle? Is your weight yo-yoing back and forth?

Well here are five reasons why diets may have been failing you:

1. *Abstaining from certain foods or whole food groups* : foods may often be made off limits during a diet, but what happens when you're really craving one of these off-limits foods? You might try eating other foods to try and satisfy the craving, (which they probably

won't), and in the end, you end up eating the food you were craving, plus all the food you ate trying to satisfy the craving.

2. *A focus on weight rather than health and well-being* : weight does not equal worth and can be a poor indicator of overall health. It is more important to be happy and healthy within yourself, rather than comparing yourself to unrealistic standards set in the media.
3. *The notion that food has morality* : food is

neither good nor bad and it doesn't have a moral compass; viewing food this way can lead to feelings of guilt or shame when certain foods are eaten. It is much better to view foods as everyday (healthy options) foods and sometimes (less healthy) foods.

4. *Not a natural or sustainable way of eating* : some diets will have you follow a strict eating pattern where you must eat certain foods at certain times. This is not natural and can lead to you losing awareness of your body's natural hunger and fullness cues.
5. *Often little or no physical activity* : physical activity has a host of benefits and should be a part of a healthy lifestyle. Physical activity can improve mood, sleep cycles, reduce the risk of type 2 diabetes, help lower blood pressure and cholesterol. The important thing is to find an activity you enjoy!

Fed up with dieting and looking for an alternative?

Speak with one of the dietitians from Nutrition in Focus - learn to trust your body again and rediscover the pleasure of eating.



◆ ABOVE: Jarrad and Bec are working with their clients to help improve their lifestyles and wellbeing by encouraging healthy eating

□ Nutrition in Focus Consultant Dietitians are located at 210 Main Rd, Blackwood. Phone Rebecca on 0431 472 695 or Jarrad on 0403 525 405 for more details or to book an appointment.



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consultant dietitians

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210 Main Rd
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nutritionfocus.com.au

If you are looking for a local tradesperson or business -

remember you can find the contact details for most of the businesses in the Blackwood area in the

BLACKWOOD BUSINESS & TRADE DIRECTORY

2017 edition out this month

BELAIR dental care

welcomes Dr Phillip Roxburgh with over 30 years experience to our practice

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Enhancing body structures to allow optimal function



"WE just adore the gorgeous Blackwood community and look forward to supporting and growing with everyone," said new owners of Blackwood Osteopathy - Nikole Grbin and Trent Johnson.

With nearly 20 years combined clinical experience, Nikole and Trent offer a caring, gentle and friendly service in treating musculo-skeletal grievances such as neck and back pain, headaches and migraines, sports injuries, post surgical recovery, pre and post natal care.

While studying, Nikole resided on a small farm in country Victoria (which is partly the reason for her choosing Blackwood as their new Adelaide home) - where her adoration of animals, creating healthy foods and the beach began.

Working and calling Adelaide home, along with her two huskies, Nikole is always on the look out for interesting health information and new jokes!

While Trent likes any sport with a ball and grew up on the New South Wales coast. Working in New Zealand after graduation, Trent desired a scenery change - and a different place

to play golf, finding it in the wonderful city of Churches.

"Osteopathy is not merely massage; we seek to treat individuals of all ages and provide advice in management options in nutritional supplements, stretching and exercise, ergonomic advice and posture as well as correct pillows," said Nikole.

"We believe in enhancing the body's capacity to function optimally by correcting structural imbalances. We examine more than just the site of pain and discomfort.

"Our treatment plans are gentle and target the cause of dysfunction, accounting for compensatory change and pain. Thorough history and diagnostic assessment allows us to provide individually tailored and comprehensive treatment options," explained Nikole.

"We greatly look forward to meeting and helping the lovely people of Blackwood and beyond."

Feel free to drop us a line, stop by or email us to find out how we might be able to assist you."

Blackwood Osteopathy is located at 26 Coromandel Parade, Blackwood and you can phone for more details on 8278 8838.

Blackwood Osteopathy

- Muscular aches & pains?
- Stiff joints? Sciatica?
- Headaches? Jaw pain?
- Sports injuries?
- Repetitive strain injury?
- Injured at work?
- Postural concerns?



Come and see one of our caring, friendly, gentle osteopaths or give us a call to see if we can help you!

8278 8838

3/26 Coromandel Parade Blackwood
blackwoodosteopathy@hotmail.com.au

Dr Phil joins dental team at Belair with 30 years experience

BELAIR Dental Care are excited to welcome Dr Phil Roxburgh to their practice.

Phil has been a dentist since 1974 and has a wealth of experience in all areas of dentistry.

He is particularly interested in preventive dentistry, preservation of teeth and root canal therapy. More recently he has developed an interest in snoring, sleep apnoea and designing dental appliances to resolve these issues.

Phil has practised in southern Adelaide since 1979 and is looking forward to joining the team in Belair.

The Belair Medical Centre which is owned by his wife Dr Helen Roxburgh, is located next to Belair Dental Care - both at 16 Main Road, Belair.

Dr Phil Roxburgh will start at the dental clinic from Thursday April 6, and will be available for appointments every Thursday.

Phone 8278 8611 for more information or to make an appointment with Dr Roxburgh on any Thursday from April 6.

On right: Experienced dentist Dr Phil Roxburgh has joined the team at Belair Dental Care



Key to physical activity is finding something you enjoy

NO matter what age, you can always take steps towards better health and feeling great.

Even small changes can have an impact on how you feel in the long term.

Being physically active gives us more energy and makes us feel better, and is one of the main ways to help us live a healthier, happier and longer life.

Doing any regular physical activity is better than doing none at all, and the key is to find an activity you enjoy, as the chances are you will stick with it a lot longer.

At Blackwood Community Recreation Centre, they offer a variety of options for you to get physically active in a friendly, fun and non-threatening environment amongst other like-minded members.

Their fitness instructors are qualified trained professionals who can assess you and help prepare a suitable program for you to work on.

Why not make your healthy living choice today, and call the Blackwood Community Recreation Centre for more information on 8278 8833.

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WHAT'S ON IN BLACKWOOD & DISTRICTS

◆ **1 March**
BLACKWOOD CIRCLE OF FRIENDS - help refugees settle in our community. Meet at Blackwood Uniting Church near roundabout from 7.30pm. New members welcome. Contact Tricia on triarashtonconsulting@gmail.com

◆ **1 & 15 March**
LIONS CLUB OF BLACKWOOD - from 6.30pm for 7pm start. Prospective members and visitors welcome. Phone John Alexandrou on 8278 1230 for details.

◆ **2 March**
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 March**
CLEAN UP AUSTRALIA DAY - join Blackwood Action Group volunteers at Blackwood Station from 8.45am. All volunteers must register - can be done online: www.cleanupaustriaday.org.au/join - stay for a free traditional Aussie bbq afterwards - sponsored by Federal Boothby MP Nicole Flint

◆ **5 March**
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 March**
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 & 20 March**
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 for details.

◆ **6 March**
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.

◆ **9 March**
BREAST CANCER SUPPORT GROUP - meet in local coffee lounge. For more details phone Jackie on 8278 5761 or 0438 419 305.

◆ **9 March**
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.

◆ **11 March**
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 March**
BUDDIES BIKES & BBQ - learn basic bike maintenance, enjoy a ride along Linear Park and finish with sausage sizzle. Family event organised by Coromandel Community Centre from 10am-12noon. \$15 per family. Bookings on 8370 6880.

◆ **12 & 26 March**
JOAN'S PATCH : A GARDEN FOR THE COMMUNITY - 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: jpkitchengarden@gmail.com

◆ **13 March**
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 March**
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.

◆ **13 March**
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.

◆ **14 & 28 March**
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: didyina@yahoo.com

◆ **15 March**
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.

◆ **15 March**
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 for details.

◆ **16 March**
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.

◆ **18 March**
MEN'S BREAKFAST - enjoy continental breakfast followed by "The Heart of a Man" presented by Michael Mavromatis - be inspired and gain an insight into your heart and the purpose God has for you. \$8pp or \$5 conc. RSVP to Michael on 0403 656 537 or mjhouston7@gmail.com by 15 March.

◆ **19 March**
FRIENDS OF GAMBLE COTTAGE & GARDEN open between 1-4pm. Enjoy a stroll through historic gardens and view Cottage. Plant nursery open with range of inexpensive plants. Entry is free - 296 Main Rd, Blackwood cnr Dorham Rd. Enquiries to Chris on 0418 827 825.

◆ **19 March**
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.

◆ **20 March**
BLACKWOOD ACTION GROUP - get involved in your community. Guest speaker: Sandra

Robinson, newly appointed CEA of Together SA. Meet at Blackwood Railway Station Ticket Office from 7pm. New members always welcome. Phone 0408 117 003 or www.blackwoodactiongroup.org.au for more details.

◆ **21 March**
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 March**
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 March**
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.

◆ **27 March**
BLACKWOOD FLORAL ART CLUB - held at Blackwood Uniting Church at 7.30-9pm. All welcome - no experience required. Pick-a-line workshop. View activities of club at: www.blackwoodfloralart.blogspot.com.au

◆ **30 April**
SWINGING THROUGH WWII SHOWS - the Jack Wass Legacy fundraiser held at Blackwood Memorial Hall. Two shows 3pm and 6.30pm. Tickets online at www.Trybooking.com and RSL Blackwood, or Blackwood Chermpluss in Foodland Shopping Centre.

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