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ISSUE 271 • JUNE 2017

# Public art to help stimulate district

see story pg 3

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# Common sense should prevail in verge parking decision

by Annie Waddington-Feather

LOCAL residents raising concerns over fines for parking on verges have caused the Local Government Association (LGA) to investigate whether the practice should be allowed.

Parking on verges was banned in 1999 by the State Government, and in City of Mitcham, the expiation fee is currently \$93.

Councillor Karen Hockley says a number of people had contacted her regarding parking fines they'd received when they have parked with two wheels on the verge.

"Generally people are unaware that parking with two wheels up is not legal, and they say they have tried to park their car safely as far off the road as possible, to enable clear access to other road users, including emergency vehicles and council rubbish trucks," she says.

"When they receive a fine from Council, people feel that they are being penalised for trying to be community minded and considerate of other road users."

She says Mitcham Council often receives objections to fines in these circumstances

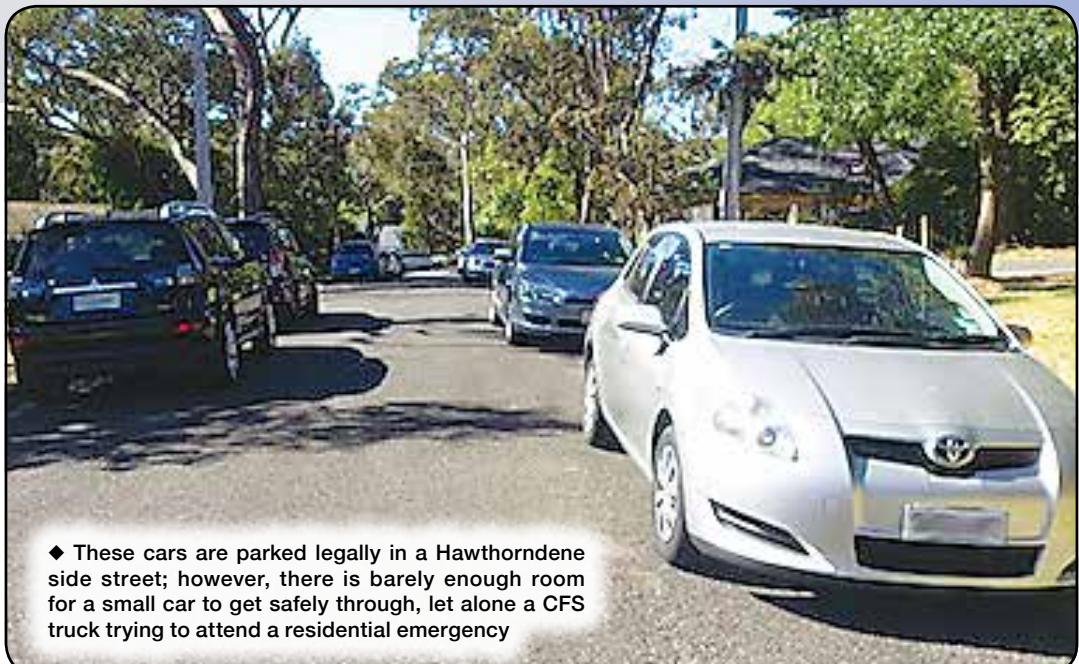
and this creates additional work and expense to reassess the situation and determine if the fine should be upheld or waived.

As of May 2017, Council has issued 476 expiation notices and 16 have been cancelled.

Sturt CFS group officer, Dale Thompson, says while Council has painted yellow lines down one side of the road to prevent parking on major arterial back roads, it is still an issue further into the suburbs.

"Some roads are barely wide enough for two vehicles to pass," he points out. "If people could legally park on the verge in some areas, it gives our trucks the opportunity to get through."

Because of these issues, Karen sought approval from Mitcham Council to take a motion to the South Australian LGA, requesting the LGA work with the Department of Planning, Transport and Infrastructure (DPTI) to review the road rules as they relate to verge parking.



The motion was approved by Mitcham Council and also at the LGA meeting in April.

This means discussions between LGA and DPTI can go ahead, however, it's not known when they will commence nor how long it will

take to come to a resolution.

□ For more information about parking in Mitcham, visit [www.mitchamcouncil.sa.gov.au/parkingsafety](http://www.mitchamcouncil.sa.gov.au/parkingsafety)

## Secret mens business enjoyed at Belair re-cycle shed

ON most Wednesday mornings, a group of retired blokes gather in Belair to enjoy each other's company, fellowship, and do something constructive to give back to the community.

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"It all started about 15 years ago, when the Minister at the Blackwood Uniting Church noticed that there were a number of groups for women to get involved in, but nothing for the men," said Mark Hartridge spokesperson for 'The Shed' located at the rear of the Belair Uniting Church.

"We are never short of bikes to refurbish, however we could use some more help. There are seven workstations set up in the shed and plenty of room for extra volunteers to assist with fixing up the bikes.

"The finished bikes are safe and road-worthy, with many going overseas to disadvantaged people in third world countries," explained Mark.

Many of the bikes get used locally as

well, with parents often needing a replacement bike as their child has outgrown their current size; grandparents are having kids to stay and need bikes for a short term; disadvantaged kids and people looking for a good quality bike - some have gone to the APY Lands and some went to kids affected by the Sampson Flat bushfires.

"As we incur costs associated with restoring these bikes, all we ask for is a donation, which helps pay for new parts," added Mark.

If you are interested in helping out at The Bike Shed, give Mark a call on 8278 7542 or Frank on 8278 5435; or just turn up on Wednesday between 9.30am and 12noon - you may even get a cuppa and some cake too!

◆ (on right): Mark is one of the original members who started 'The Bike Shed' fifteen years ago out the back of the Belair Uniting Church on Sheoak Road



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'SHOPPING LOCALLY' is a common catch phrase promoted by many businesses in the Blackwood district in an effort to encourage residents to shop local and utilise local tradespeople as much as they can.

Some of the money that gets spent with local businesses often ends up back in our community in the form of sponsorships and donations - many clubs and groups would not survive if were it not for the generosity of local businesses.

To help bring residents and businesses together, the Blackwood Business & Trade Directory is published each year providing a comprehensive listing of the contact details for many of the businesses in the Blackwood district.

Set out in a similar format to the 'Yellow

Pages', the directory provides an easy and quick reference for homeowners looking for the phone number of a plumber to clear their blocked drains, or where the homeware shop is located.

The 84 page Blackwood business directory is delivered into the letterboxes of 10,000 homes in the Blackwood district; however, if you haven't received a copy and would like one, they can be picked up from NewsXpress in the Woolworths Shopping Centre, Sam Duluk MP office in Young Street, and various other outlets around Blackwood.

And to keep up with electronic media trends, the Blackwood Directory will be available on-line later this year in a searchable format, so all age groups will have access to up-to-date contact details for businesses in the Blackwood district.

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# Art to play a role in bringing the community together

by James Swanborough

MITCHAM Council recently passed a motion to develop a new Public Art Policy, and fund a new Community Art Grant.

Around \$25,000 will be distributed to provide a range of community opportunities for local artists; with a view to developing small scale projects at first, before building up to a large artwork to be delivered over a 3 year period.

The policy, motioned by Cr Jane Bange, cites art's ability to contribute to a sense of place and unique local identity among its guiding principles, and hopes to foster a sense of community and economic vitality in the area.

"We have a vision for what Blackwood could be; a great place for the community to live, work, play, and enjoy - and art should be very much a part of that," says Corina Kuoni, founder and director of Kuoni Creative, a local art gallery.

Corina sees the funding as an opportunity to open a discussion on what we want our community to be. "Collaboration with people, businesses and community groups is key. This grant helps people to see that if we have visions, council can help fund them."

Local sculptor Greg Johns, whose work features prominently around Adelaide as well as internationally, was involved in the consultation process for developing the policy.

"It will add to the cultural value of the place, and encourage artists to be a bit more courageous", he says of the policy. "I've lived in Blackwood since 1984, and lately I can see things are starting to change a bit at last; there's more community involvement and it's a place that people want to walk around and enjoy.



◆ One of Greg's works, "Land Mandala" 2009 is located in Cammeray Square, Sydney

"I think if we get some public art; and importantly, more challenging, thoughtful public art, that adds to the area and serves the community well. I don't think safe art invigorates the community.

"Something that's a bit different would get

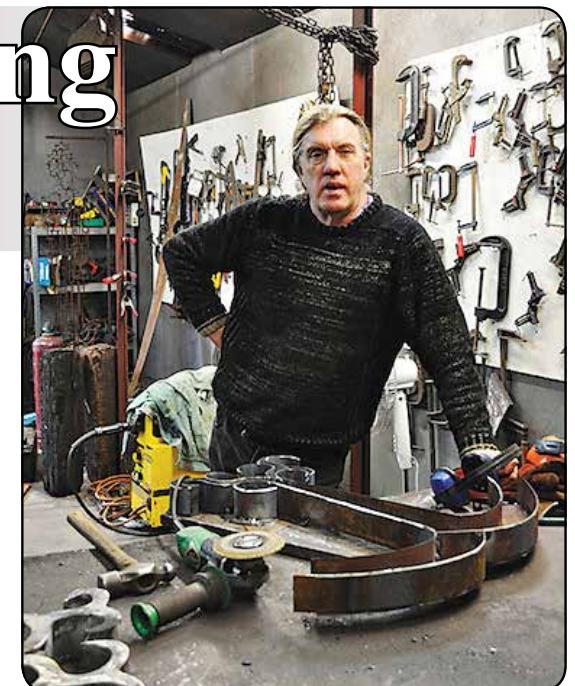
people coming up the hill and saying "What they've done in Blackwood is a bit out there"; it brings more people into the area, and it's more reflective and stimulating for the area as well," explains Greg.

Both Corina and Greg consider art to have an important role in a broader shift towards a more community oriented way of life.

"We need to be more sustainable, more local, more supporting, less wasteful", notes Corina. "It's a whole shift in how we think and live, and the arts plays a role bringing communities together - if there is a nice streetscape or sculptures, it brings people from around and becomes a place people would like to be.

"The notion of individual communities looking after place is such an important concept," says Greg. "We live in a culture that's technologically advanced and that's how our culture developed its potential, but other cultures developed by living with place and we are so backward in that area."

Corina notes that ultimately, the policy will



◆ Sculptor Greg Johns in his Eden Hills workshop

help open up new ideas for the community;

"If you start something, then people can see things happening and they get ideas, then it has a flow on effect."

Council also endorsed the establishment of a Mitcham Art Advisory Group to oversee the community grant and other aspects of the Art Policy, with a further report to be presented regarding its membership and function. □

## Safety traffic measures to be installed on our roads

by Annie Waddington-Feather

WOMBAT crossings, traffic calming measures and the possibility of smart signs are just some of the additions we can expect to see in our streetscapes in the coming months.

Concerned residents and motorists have been lobbying Mitcham Council in an effort to keep our local roads safer.

Aiming to slow speeding drivers, work has already begun on installing raised platforms and flat top humps along Brighton Parade. Traffic studies found traffic volumes on the street had risen over the past three years and many drivers were travelling at speeds well above the 40kph speed limit, with a significant numbers of vehicles travelling above 60kph in the morning and afternoon peaks. City of Mitcham Council has approved \$290,000 to fund this.

Last month, *The Blackwood Times* detailed results of the road traffic audit at Watahuna Avenue, Hawthorndene. The

wombat crossing proposed for near Joan's Pantry has now been approved for consideration in the Council budget for implementation next financial year. Costing \$120,000, Council has also approved an additional \$40,500 for sealing Hawthorndene Oval Northern Carpark.

Safety measures recommended by staff following the Road Safety Audit – Winns Road report recently presented to Council include the installation of 'smart' signs.

These could replace the existing manual signs to better inform motorists when the ford is closed. Last year, concerned residents used social media to highlight speeding traffic, poor visibility at intersections, a lack of footpaths and inconsistent and often incorrect signage when the ford is flooded as issues in the Winns Road vicinity. Residents also claimed blind corners, the steep gradient and narrow width of the road add to the problems.

The report was received by Council for information only at this stage. □

## Posting of the month

FOR more of these captivating 'local news' snippets from the *Hawthorndene Daily* ....

check out their Facebook page at: [www.facebook.com/hawthorndenedaily](http://www.facebook.com/hawthorndenedaily)

### LOCALS CROSS OVER WOMBAT CROSSING

Council has given the green light to a raised wombat crossing over Watasafedriver Ave, Hawthorndene, between Hawthorndene Oval and Joan's Pantry. A spokesperson for the project said "Safety is paramount. So the crossing had to be rushed through. The raised crossing will be much safer for local wombats. It will also be accessible to other marsupials and local pedestrians".

Although locals welcome the decision, a small band of critics are cross, questioning the project's cost. When pressed, the project spokesperson said "Building the crossing is relatively cheap. The expensive part is teaching the wombats how to use it", before adding "these wombats will dig a big hole in the budget".  
the Editors

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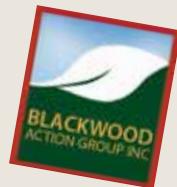
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# Residents were unsettled living in a rural and perilous district



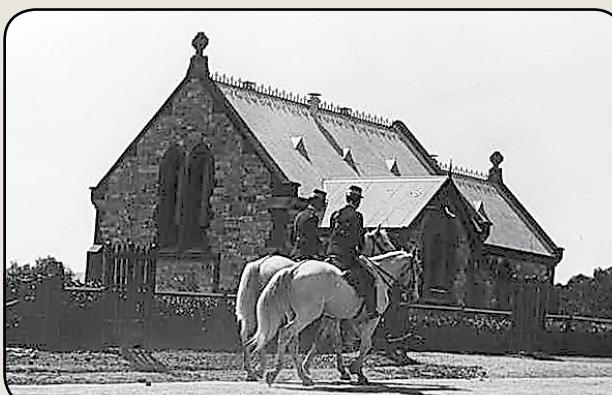
IN 1915, the district was vast and rugged and the community was feeling uneasy.

Young men were enlisting in the war and on top of that a body had been found near Eden Hills and the rumours were that, it was of a spy. The Express & Telegraph (6 Jan. 1915), rang out ....

**BODY FOUND IN THE BUSH...** The deceased was identified as a Russian Jew, and came to South Australia about the beginning of 191....Phillips... said ....he had exchanged confidences with the deceased who had said he had been charged with being a spy. The deceased had not seemed upset and laughed about the matter, but subsequently he said he believed he was being shadowed, and explained how he thought suspicion had attached to him. .... The Coroner found that the deceased came to his death.....from a gunshot wound self-inflicted.

Within a few days, the community felt further unsettled when, while the manager of W. J. Dunstan's store was at church, his home was robbed and £10 stolen from the attached shop. Then, it was brought home to the entire community that although they enjoyed many modern conveniences - electric light, some macadamised roads, regular train service and a good range of shops - that the district was rural and perilous.

**FOUR DAYS WITHOUT FOOD.....** F.G. Taylor, of the police camp at Eden Hills, found a man in an apparently exhausted



◆ Police on horseback in front of the Anglican Church on Sheoak Road at Belair 1910 (SLSA B56433)

condition lying beneath the railway viaduct between Eden Hills and Blackwood. The individual...stated that he...left his home (in Adelaide)...and began to walk up the hills. He wandered away into the bush, and eventually lost his way. He informed the constable that he had had only two drinks of water since he left Adelaide, and that he had eaten nothing during the whole of the time. (Observer 20 Feb. 1915).

The very next week women of the district were likely delighted to read that a Coromandel Valley man had been charged with having left his wife without adequate means of support and an order was made for the payment of 15/- a week. (Register 26 Feb 1915).

However they were likely less pleased, when it came to light that a local milk supplier pleaded guilty 'to having sold milk, adulterated with water to the extent of 19% at Blackwood.... (Express and Telegraph 30 August 1915)

As the year drew to a close, arrangements were being finalised in South Australia for the appointment of women patrols as an adjunct to the police force, as more young men left for the war.

Might it have been a hotly discussed topic in the community when the Chief Secretary stated that, 'Some of the qualifications the women put forward are very amusing...a few of the applicants apparently being strong enough to arrest men who give the male police trouble. I don't know what they think the women patrols are expected to do, but the duties will not be so heavy as some of them seem to anticipate. ....' (Chronicle 9 October 1915)

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

## Guinness world record attempt is all heart

by James Swanborough

A STEADY self-determination has seen a setback, turn to potential triumph for one local athlete, Rachel Francis.

Rachel, 20, joined the South Australian Institute of Sport's talent identification program for rowing when she was in year 10. "One of my dreams was to go to the Olympics, and I was training really hard," says Rachel.

"Unfortunately, this dream wasn't able to be

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realised as I started to get really sick, and we thought it might be because I was over-training, however, I recently found out I have Crohn's Disease."

The illness, then still undiagnosed, meant that Rachel had to stop rowing competitively in year 12, but she was able to continue training in short bursts. Through this continued training, Rachel found out she had a unique ability.

"I was in hospital having surgery, trying to find out a diagnosis, and on the heart rate monitors we noticed my heart rate was really low. The doctors were freaking out a bit, but it was all fine," explained Rachel.

Rachel's heart rate was so low, that it opened a new opportunity that appealed to her competitive nature in applying for a Guinness World Record.

"Since I was now unable to have a chance at competing at the Olympics, I wanted to accomplish something which was just as significant."

Rachel's attempt was recorded during a balloon enteroscopy procedure. "During the procedure, they monitored my heart rate on an ECG

machine, and that provided the official imaging record."

While Rachel's lowest recording of 33 beats per minute (bpm) wasn't quite enough to overcome the current record of 27 bpm, it does put her on par with cyclist Lance Armstrong whose resting rate is around 32-34 bpm.

With much time ahead to potentially topple that record, Rachel is optimistic about the future.

"I still love training. I'm studying human movement at Uni SA, and hoping to become a PE teacher; it'd be great to be able to teach people what I love doing."

"I probably won't be able to go for rowing or any other high intensity sport because my body won't take it, which is fine, I accept that. I'll probably keep training for fun."

"When you find you can't do something, you figure out ways around it. You have to sacrifice so much to train at an elite level, now I can relax a bit more and just enjoy it," said Rachel.

◆ (on right): Rachel in the theatre having her heart rate checked out



## Council app offers details for those on the move

MITCHAM Council now has its own App: "My Local Services" is a specialist smart phone application that allows you to find out information on vital services, contact details for local elected officials, or report a problem from your phone.

The App provides information about council events that are coming up locally, or across the whole state.

Also featured is a map to discover nearby council facilities such as parks, playgrounds, libraries, and more.

The "Waste" feature is a handy reference for which bin to put out and when, and receive reminder notifications.

"My Local Services" makes it easier for users

to report an incident, or issue they wish to bring to the attention of the council.

In the "Report It" section of the App, users can change the designated location of their report using a familiar map style interface by adding a drop-pin. This allows you to quickly record a photo of an issue and, when time permits, complete more detail in the report, including assigning a location.

The app is available for both iPhone and Android devices and can be downloaded from the iTunes App Store for iPhone users, or from Google Play Store for Android.

□ You can find more information at [www.mitcham-council.sa.gov.au/mylocalservices](http://www.mitcham-council.sa.gov.au/mylocalservices) or at [www.lga.sa.gov.au](http://www.lga.sa.gov.au)

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# Blackwood community hub could cost \$15 million plus

by Annie Waddington-Feather

TAKING advantage of a State Local Government Infrastructure Partnership Grant, Mitcham Council has received \$1.09 million towards the development of Mitcham Library, and Mayor Glenn Spear is hoping when negotiations are complete, the Blackwood Library will also receive State support.

"Blackwood's library upgrade is a while away yet, and we capitalised on the available government grant for Mitcham," he confirms. "The criteria for this grant was work had to begin on this at the end of the year; we can't do this with Blackwood."

Council has already endorsed the need for a re-developed Blackwood community hub/Library, on the site of the existing community centre.

Glenn highlights the Blackwood precinct development needs

the cooperation of third parties and says in-confidential negotiations are still occurring. "I am actively pursuing it," he confirms. "The development of a community centre and library is extensive and expensive - \$15 million plus – and we don't have that budget to hand at the moment."

However, in a bid to help fund major projects in the City of Mitcham, Glenn says he will seek to capitalise on the next election by approaching all candidates from all parties with a wish list from Mitcham Council.

At this stage, he couldn't confirm whether funding for developing the Blackwood library would be on the wish list, as the list would have to be approved by Council.

Local resident Andrew Tidswell has previously highlighted to Blackwood Times readers the significance of libraries in today's day and age.

He says the Mitcham Council Mayor is to be congratulated for acknowledging the importance of community libraries and for backing the current redevelopment of the Mitcham Library and

the future provision of a new Blackwood Library.

"New public libraries have become the most enthusiastically embraced pieces of public infrastructure that local governments provide," says Andrew.

"If anyone doubts this, then pay a visit to recently constructed libraries in Campbelltown, Stirling, Aldinga, Murray Bridge or Mount Gambier to name a few. Their local councils report glowingly on how the communities have embraced the new facilities and services, reporting large increases in users and satisfaction."

The Mitcham library development is included in the draft 2017/18 Annual Business Plan and Budget, and Council is currently seeking community feedback on the development. If endorsed, Council confirms it may borrow the additional money required for the project.

The cost of redeveloping and expanding Mitcham Library, landscaping the reserve and addressing flood and storm water issues within Brown Hill Creek is expected to be around \$5.45 million.

□ If you want to have a say on the Mitcham Library development, visit [www.mitchamcouncil.sa.gov.au](http://www.mitchamcouncil.sa.gov.au)

## Parking restrictions may improve traffic flow

by Annie Waddington-Feather

IN a bid to improve traffic flow and safety for vehicles approaching the Blackwood roundabout, a proposal has been put forward to City of Mitcham Council to restrict the current timed parking bays on the northern side of Shepherds Hill Road, outside the Blackwood Post Office.

Currently the bays (see photo below) allow for 15 minute parking at any time; however, during evening peak hours, cars parked in these bays obstruct the left lane of Shepherds Hill Road, forcing traffic to merge right into one lane. Not only does this hinder traffic flow, it also presents safety concerns.

The suggestion of modifying the parking to 'No Stopping' for the weekday evening peak period was recently put forward to Council, which has confirmed it is currently preparing a

traffic management plan for the area adjacent to the Blackwood Post Office.

"It is anticipated that consultation will initially be undertaken with local businesses then the

broader community," a Council spokesperson said.

Council highlights there is alternative off street parking provided by the Post Office

adjacent to the Westpac Bank branch, and also 15 minute parking bays provided nearby around the corner on Main Street (outside the Telstra Exchange Building). □



## New history app to explore heritage trails

by Annie Waddington-Feather

DISCOVER and explore Blackwood's hidden gems with the help of City of Mitcham's new Heritage Trails app.

Developed by the City of Mitcham with assistance from Local History Volunteers, the app either allows users to follow four walking trails, or create their own.

There are four heritage trails available: Blackwood, Belair, Mitcham Village and the commercial precinct of Belair Road (Hawthorn, Lower Mitcham, Kingswood, Torrens Park); with over 20 heritage places listed in each area. Simply select a map of each area and view the location pins. Then click on the pin and a photo and information about the place comes up.

The app also explains to users the steepness of the terrain, whether the trail is suitable for wheelchairs and the approximate time it will take to complete the trail.

"The new Heritage Trails app is packed with information to help you explore our heritage by creating your own trail through four heritage areas, visiting local and state heritage listed places," said Mitcham Mayor Glenn Spear.

At time of writing, it was only available for Android but it is hoped to be released by Apple very soon. □



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# Wittunga play space project hits funding brick wall

by Annie Waddington-Feather

SUPPORT for a 'nature play area' for children in Wittunga Botanic Garden continues to garner support with the Botanical Gardens offering a considerable portion of land to the project.

Botanic Gardens and State Herbarium confirmed it had offered about 2,000 square metres for the project.

Julie Slaghekke Nature Play SA Operations Manager welcomed the land offer and valuable expertise Wittunga was offering.

While the project still has yet to be funded, Julie says it's a great opportunity still for the community, "We know the community is pushing for it, the schools are on board, now it's just a case of finding the money," she says.

A Nature Play area in Wittunga fits with City of Mitcham's strategic plan of having open space, parks and gardens and sporting and recreational facilities that provide opportunities for relaxation, leisure, physical activity and play. It also recognises the local and regional tourism benefits of play space in its Developing Regional Playspaces in the City of Mitcham report, released November 2015.

Council supports in principle the development

of a regional play space at Wittunga Botanic Gardens. However, at a Council meeting last month, while it acknowledged the contribution to date from the Botanic Gardens and Nature Play SA staff, it decided to defer consideration of a regional play space at the Wittunga Botanic Gardens until a future budget.

Local MP Sam Duluk recently talked about the importance of Wittunga to the community in Parliament, highlighting the mix of indigenous flora and the wildlife it attracts.

"A nature play space would be a welcome addition to what you can do at Wittunga, and it would provide another important avenue of connecting people to plants and nature," he said.

"If realised, the proposal would provide an active outdoor play space, which allows children to explore their environment while enjoying essential exercise."

Sam confirmed he's requested a meeting with Minister Hunter to discuss how we can further utilise and enhance experiences, including the consideration of a Nature Play Space, in Wittunga.

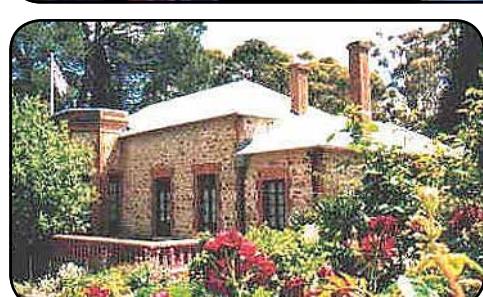
Julie says Nature Play's part in the project was to bring interested parties together and finding a way of making it work, and says she'd be keen to hear from any other interested parties.

Visit [www.natureplaysa.org.au](http://www.natureplaysa.org.au) for further details.

## Help friends keep state treasure open to public



◆ (from left): Some of the local residents who volunteer at Old Government House which was built in the 1860s in the Belair National Park - Phyl, Rhonda with Ray and Marcia



◆ Above: Old Government House built in the 1860s

Have you had a browse around the Lions Bargain Centre on Shepherds Hill Road, Eden Hills?

For Blackwood's biggest range of good quality second hand items .... from furniture to building materials, and whitegoods to hardware ... you name they've go it!!

Open Saturday from 8.30am to 12.30pm - early for best bargains!!  
(next to Karinya Reserve)

## Quality artworks go on sale to public next month

"THIS July marks the 34th year that Blackwood Rotary Club will present an exhibition of quality items from local artists and photographers, with all works displayed being on sale to the public," said Bernie Morgan, spokesperson for the annual Blackwood Rotary Art and Photography Show.

The Art & Photography show aims to produce a community event with the support of local businesses, to promote locally produced art and photography. It also provides a forum, particularly for amateur artists and photographers to display their work. Some local professional artists also enter work, and the standard continues to improve each year.

Every dollar raised goes to local projects, such as scholarships for Blackwood High School students; providing funds for community gardens; for CFS groups; and for the Blackwood Memorial Hall; as well as to Rotary's flagship international project of ridding the world of polio.

"The continuing sponsorship from 'Blackwood Park', together with generous support from local businesses enables us to display more than 500 pieces of art and photographs," explained Bernie.

All works on display will be for sale and prices can vary from \$45 to \$3,000 - guaranteeing to meet everyone's budget for something unique for your home.

As entries do not close until Friday 23 June, all artists and photographers are urged to enter their work, with cash prizes valued up to \$5,000.

Entry forms are available at [www.rotarynews.info/uploads/clubs/3788](http://www.rotarynews.info/uploads/clubs/3788), or phone 0417 312 853 for more information.



The 34th Blackwood Rotary Art & Photographic Show is being held again at Blackwood High School, Seymour Street, Eden Hills with open sessions between Thursday 13 July and Sunday 23 July.

Watch for more details in next month's Blackwood Times.

### Coromandel Community Centre Connect Contribute Celebrate



### Art Exhibition

Visit the Centre during this weekend to enjoy the displayed artistic talent of our resident artists.

Opening Night Friday 23 June 2017

When: Friday 23 June 6 to 8pm  
Saturday 24 June 12 to 4pm  
Sunday 25 June 12 to 4pm

Where: 412B Main Road  
Coromandel Valley

Cost: FREE entry

Contact the Centre on 8370 6880 visit [www.corolive.org.au](http://www.corolive.org.au) or Like us on Facebook at [www.facebook.com/Coromandel-Community-Centre-Inc-149238458481826/](https://www.facebook.com/Coromandel-Community-Centre-Inc-149238458481826/)



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□ Free community newspaper distributed during the first week in every month. Delivered to households and businesses in Belair, Bellevue Heights, Blackwood, Coromandel Valley, Eden Hills, Glenalta, Hawthornedene, 'Blackwood Park', Upper Sturt, parts of Aberfoyle Park and Flagstaff Hill.

□ Also available to pick up from Blackwood Library; Cellarbrations; Coles Supermarket; NewsXpress; Joan's Pantry; Blackwood Fitness; Kuoni Creative, Karkoo Nursery, Drakes Foodland; Belair Supermarket, Artisans Cafe, Harris Real Estate, Blackwood

RSL, Woolworths Supermarket, Coromandel Community Ctr; Jacobs Tyres, Akkermans Bakery, Elegant Images, Duck Inn, Watchman House, Cafe Montagna, Kohl&Soda, Ring Real Estate, Sam Duluk MP office; Blackwood Bowling Club, Harcourts, Sheoak Deli, Belair Fine Wines, and Blackwood Recreation Centre.

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# Enclosed dog parks preferred location is in the hills

by Annie Waddington-Feather

THE second biggest dog park in the region is set to be located in the Hills area following recommendations in a report highlighting parks and reserves in Belair, Bellevue Heights, Blackwood, Glenalta and Hawthorndene as suitable areas.

A report presented to City of Mitcham Council cited the preferred locations as Hawthorndene Oval (Hawthorndene), Hannaford Park (Belair), Blackwood Hill Oval (Blackwood) and Sherwood Reserve (Glenalta).

While Bailey (Blackwood), Ossie Goldworthy (Blackwood), Suffolk Road (Hawthorndene) and Donnybrook Road (Bellevue Heights) Reserves, and Archibald Park (Hawthorndene) were found to be unsuitable for an enclosed dog park, the report suggested they could be enhanced to become safe informal off-leash exercise areas with supporting infrastructures.

Some of the reasons given for Hawthorndene Oval being the preferred site include ease of access, public toilets, existing water

supplies, shade, no borders with residential properties and adjacent linear walking trails. However, it was noted there was limited off-street parking and this could be an issue on football match days.

Hannaford Park was considered because of its accessibility, shade, water supply and size, but there was no off-street parking and concerns were raised about the increase of traffic in surrounding residential streets.

Advantages for a dog park at Blackwood Hill Oval included off-street parking for up to 60 cars, public toilets and shade. However, it was noted it's not central, the land was undulating, and increased parking and traffic on football training and match days could be an issue.

While Sherwood Reserve was a good size, had grass/turf, and existing water supply and there was access from a linear path to the reserve, disadvantages included location in a residential area, not easy to find, no off-street parking and borders with residential



◆ Hawthorndene Oval is one of the Hills locations being looked at for the new enclosed dog park

property. In addition, there was the traffic and parking on surrounding streets would potentially increase.

Community consultation has begun on the dog park, and it is expected the new park will be built within five years.

Visit [www.mitchamcouncil.sa.gov.au](http://www.mitchamcouncil.sa.gov.au) or contact the Council on 8372 8888 for more information.

## Winner bowled over with prize of Adelaide Oval dinner date

LAST month in *The Blackwood Times*, an article was published on the challenge facing the Coromandel Ramblers Cricket Club after their pitch was vandalised and needed replacing.

To help fund the cost of a new matting pitch, the Lions Club of Blackwood organised a community raffle.

One of the Blackwood Lions Club members, who regularly attends cricket and football matches at Adelaide Oval, approached Oval management to donate a voucher for four to attend an AFL match at Adelaide Oval in the Audi Stadium Club, including dinner, valued at over \$800.

This voucher became the major prize for the community raffle and was won by Ms Tracey Tessitore of Hawthorndene. The raffle raised \$1,500 for the Coromandel Ramblers Cricket Club and last month a cheque was presented to President Matt Smith.

Thank you to all those people who bought tickets and those local businesses who supported the raffle - Drake Foodland, Cellarbrations, Duck Inn and Reflections.

◆ (from left): Travis Fraser (Drake Foodland Blackwood manager) presenting the Adelaide Oval voucher to raffle winner Tracey Tessitore, with Blackwood Lions Club member, Graeme Oats



## Hills way of life fuels author's imagination

LOOKING forward to the launch of her debut novel, *The Golden Hour*, Claire Belberg says, "What better environment could you find than the Blackwood hills for a child

to develop their imagination!"

Better known as Claire Bell and a resident of Hawthorndene, she has lived in the local community for over 37 years.

Claire has been dreaming of other lives, ever since as a child she spent hours playing in Minno Creek at the bottom of her family's block on Winns Road, in Coromandel Valley. Her imagination also fuelled by library books which in those days had to be borrowed from Mitcham.

She attended local schools and churches, studied Psychology at Flinders University and gained, in recent

◆ Book cover and inset author Claire Belberg

years, a Master of Arts in Creative Writing at Tabor Adelaide.

Claire writes poetry and short stories - some of which have been published in anthologies and others can be read on one of her blogs [www.mountainbeautiful.blogspot.com.au](http://www.mountainbeautiful.blogspot.com.au) - and now her first novel, *The Golden Hour*.

So what is it about? It's a story about identity, trauma and transitions, written from the perspective of a 17 year old who finds himself in a locked room with two women he doesn't know. How they resolve their surreal dilemma forms a taut tale.

'The Golden Hour' will be launched at

Blackwood Library by Valerie Volk, a well-regarded Adelaide poet and writer. If you are interested in attending this free event at 6.30pm on Wednesday 21 June, give Blackwood Library a call on 8372 8255 to book your seat.

After the launch, the novel will be available at Shakespeare's Books in the Woolworths Shopping Centre near Woolies, or can be ordered online from Stone Table Books at [www.stonetablebooks.com.au](http://www.stonetablebooks.com.au)

## Karen Hockley

Elected Member for Mitcham Council

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For any Council matters, **call Karen on 0423 919 080**

e: [KHockley@mitchamcouncil.sa.gov.au](mailto:KHockley@mitchamcouncil.sa.gov.au)  
[www.facebook.com/KarenHockleyCouncillorforMitcham](http://www.facebook.com/KarenHockleyCouncillorforMitcham)

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- Comparing your food choices to others

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STEAK SANDWICHES - YIROS



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(opp Blackwood Library)

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# Massage therapy can improve your health and well being

"AN opportunity became available to set up a studio in an established centre with other consultants," said Pam Dunlop, owner of 'Care for a Massage', the new remedial and relaxation massage business located in the Blackwood Health Centre.

"Being located next door to a very busy fitness centre, where many members may

need the services of a remedial massage therapist from time to time will also help expand my client base."

Pam lives in the Adelaide hills and has been practising for the past 6 years.

"Massage can improve over all well-being as well as being beneficial for specific complaints. Apart from a relaxation massage, I offer acupressure, cupping, reiki and polarity, pregnancy massage, and myofascial release treatments."

Pam knows how disabilities and ageing can impact on mobility and quality of life, and has worked in the disability field for 20 years in the government and non-government sector.

She now combines this expertise and knowledge of disability with-

in her massage practice which provides her with added insight into the impact of neurological disabilities (such as stroke), physical, acquired, or developmental disabilities.

Pam is also a Developmental Educator adopting a holistic, strengths based and person centred approach; works in partnership with people with a disability, their families, and support networks to deliver a range of specialist services.

*Care for a Massage* is located in the Blackwood Health Centre at 210 Main Road (opp. Blackwood Library). Book now for an appointment with Pam on 8278 7444.

◆ (on right): Pam often helps clients to improve their range of movement in the neck and shoulder region



## CARE FOR A MASSAGE

Remedial and Relaxation Massage

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Luxury 90 minute massage  
Body - Scalp - Foot

**\$120** save \$20

\*Special valid to June 30

Make an appointment with Pam today  
Call Blackwood Health Centre

**8278 7444**

Health Rebates may apply



◆ **1 June**

**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.

◆ **4 & 18 June**

**CANTAMUS VARIETY CONCERTS** - 4 June at St David's Anglican Chruch, 492 Glynburn Rd, Burnside. 18 June at Blackwood Uniting Church by the roundabout. Start at 2.30pm and tickets \$15pp incl. afternoon tea. More details on 0478 927 420.

◆ **4 June**

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

◆ **4 June**

**BOTTLE COLLECTION** - from 9am 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.

◆ **4 & 18 June**

**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.

◆ **4 June**

**OLD GOVERNMENT HOUSE** - located in the Belair National Park and is open from 1-4pm. Gold coin donation for adults and children free. For more information phone 8278 3318.

◆ **5 June**

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

◆ **7 June**

**BLACKWOOD CIRCLE OF FRIENDS** - help refugees settle in our community. Meet at

## Milestone birthday for gym with a difference

PLANS to celebrate the 10th birthday of the Fitness Gym at the Blackwood Recreation Centre next month are well underway.

Past and present members are invited to join in the festivities to recognise that for 10 years, the gym has been able to offer affordable fitness facilities for the Hills community, in a friendly and non-threatening environment.

Many members of the 'Rec Gym' enjoy the quiet and relaxed atmosphere of visiting a smaller personalised facility where you always find someone to have a chat with.

The Fitness Studio located in the Blackwood High School grounds, first opened in July 2007, however, 'Strength For Life' (S4L) sessions actually started there in April 2007.

The facilities were not only designed to be used by the public, but also for the staff and students of Blackwood High School ie. schoolies program, as well as programs for their AFL and netball teams.

The gym maintains a close association with local medical centres and currently offers the most S4L classes in the State.

In an effort to cater for all ages in the community, the gym is involved in community programs such as Heartmoves (National Heart

Foundation) and Beat It (Australian Diabetes Council).

The date for their birthday in July is yet to be announced, so watch out for more details in the next edition of *The Blackwood Times*.

In the meantime, if you know of anyone who is or was a member of the Blackwood Recreation Gym, let them know about the upcoming event.

The Fitness Studio is located in the grounds of Blackwood High and you enter via Northcote Street, Eden Hills. For more information phone 8278 8833.



## WHAT'S ON IN BLACKWOOD & DISTRICTS

◆ **1 June**  
**BLACKWOOD UNITING CHURCH** near Blackwood roundabout from 7.30pm. New members welcome. Contact Tricia on triciarushontconsulting@gmail.com

◆ **7 June**

**BLACKWOOD RECONCILIATION GROUP** - meet in the 'Dene Room' of Blackwood Uniting Church near roundabout at 7.30pm. Guest speaker is Andrew Wilson; Sr. Aboriginal Access Officer, State Records of South Australia. Newcomers are welcome.

◆ **8 June**

**BREAST CANCER SUPPORT GROUP** - meet in local coffee lounge. For more details phone Jackie on 0438 419 305.

◆ **8 June**

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

◆ **10 June**

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

◆ **11 & 25 June**

**JOAN'S PATCH : A GARDEN FOR THE COMMUNITY** - 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

◆ **12 June**

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

◆ **12 June**

**EDEN HILLS COMBINED PROBUS** - meet at Blackwood Community Ctr at 4 Young St,

Blackwood at 9.30am. Enjoy socialising with other retirees, listening to guest speakers, plus monthly outings. Phone Secretary on 8270 8371 for details.

◆ **12 June**

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

◆ **14 & 28 June**

**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 June**

**BLACKWOOD PHILATELIC CLUB** - meeting at Blackwood Uniting Church Hall from 7.30pm. Displays and sales of a wide range of Australian stamps, plus world stamps and phone cards. Prospective members and visitors welcome. Ph Jeff on 8278 1609.

◆ **18 June**

**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.

◆ **18 June**

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

◆ **19 June**

**BLACKWOOD ACTION GROUP** - get involved in your community. 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.

◆ **20 June**

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

◆ **20 June**

**FRIENDS OF STURT GORGE** - meet at Bellevue Heights Primary School. Phone Bob Grant on 7329 8296 for meetings and working bees. Visit www.fosg.org.au

◆ **21 June**

**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 June**

**BLACKWOOD WINEMAKERS & BREWERS CLUB** - meet at Blackwood Memorial Hall, 19 Coromandel Pde, from 7.30pm. Learn about wine-making and brewing, do an annual bottling and enjoy social activities. New members welcome. Phone 8278 6227 for details.

◆ **23, 24 & 25 June**

**ART EXHIBITION** - works displayed by resident children and adult artists held at Coromandel Community Ctr, Weymouth Oval. Free entry. Phone 8370 6880 for details.

◆ **26 June**

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

◆ **26 June**

**MITCHAM HILLS COMBINED PROBUS** - meet at Belair Park Country Club from 10am to

12noon. Retired or semi-retired and looking for more friends. Phone Des on 8278 6269 or visit www.probussouthpacific.org.au/microsites/mitchamhills

◆ **27 June**

**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.

◆ **28 June**

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

◆ **Every Saturday**

**LIONS BARGAIN CENTRE** - open from 8.30am to 12.30pm at Colebrook Drive (off Shepherds Hill Road), Eden Hills (next to Karinya Reserve). Good quality second-hand household goods for sale. Two huge sheds hold every outside and inside item available including the kitchen sink! Great for browsing on a Saturday morning.

◆ **Every Monday**

**KEEP FIT FOR MATURE MEN** - held at the Belair Community Ctr, Burnell Drive from 7.30-9pm. Keep active with warm up exercises keep fit exercises and volleyball. Phone Jim Thompson on 8278 2927.

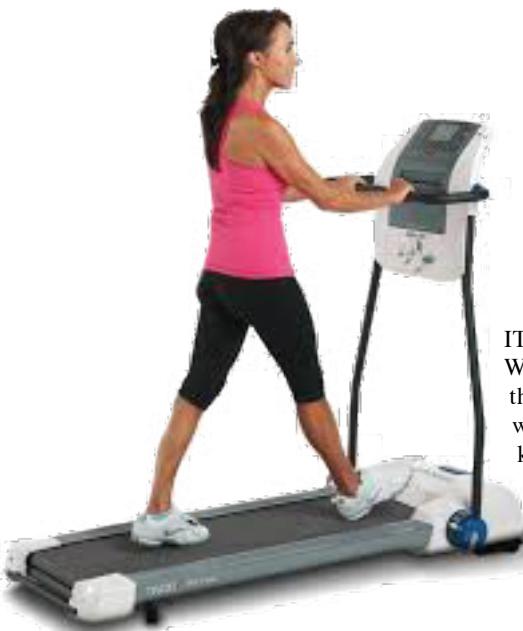
◆ **Every Thursday**

**COROMANDEL BRIDGE CLUB** - meet at Coromandel Community Ctr at Weymouth Oval from 12.45-4pm. New members welcome and free coaching for beginners. Ph Roger on 8278 5320 or Chris on 0424 615 290 for details.



# Cold feet and toes can be a pain in winter

BY NICOLE MORGAN, BLACKWOOD PODIATRY



◆ Get those feet moving to keep them warm - if it's too cold for you to go outside for a walk during winter, try going for a walk on a treadmill at your local gym

IT'S now winter in the Adelaide Hills!

Whilst we love all the warm and snuggly things that winter brings (think heavy winter coats, warm fires, hot cups of soup and woollen blankets); there's nothing worse than cold feet and toes.

Feet can take the wrath of the cold weather and there are actually some foot conditions that are brought on by the cold.

That's why we have compiled some of our best kept tips for keeping your feet healthy, happy and toasty-warm this winter:

- \* Keep feet warm with thick warm socks (natural fibres such as wool or cotton are best). Please avoid using hot water bottles, wheat

bags or fires/heaters to warm your feet as these can cause burns – especially if you have diabetes.

- \* If you get caught in the rain, change out of wet shoes and socks as quickly as possible. Make sure that you dry out wet shoes before wearing them again.
- \* Check the soles of your shoes for wear. Worn soles can be slippery in the rain, resulting in a possible slip or fall.
- \* Get those feet moving! Exercise stimulates blood circulation to the feet which keeps them warm and healthy. If it is too cold or wet to exercise outside, swap outside exercise for an inside venue like a gym. For a free option, pop down to Marion for a walk inside – and maybe a coffee and window shop!
- \* Winter feet still need to be cared for. Ensure

that you check your feet daily, dry well between your toes and don't forget to moisturise.

\* Closed in shoes can aggravate some foot conditions such as ingrown toenails, corns and/or callus. Footwear should have adequate width, length and depth to accommodate your toes. If you have concerns, see your podiatrist for advice.

\* Some circulation conditions (for example chilblains) can be brought on by the cold weather. If you have any foot health concerns please see your health care practitioner.

And if you get a chance on a rainy day, don a pair of rubber boots and go jump in some puddles. Foot care in winter should be fun!

□ For more information or advice, contact Blackwood Podiatry on 8278 4100.

## Incontinence is no laughing matter

BY 2030, the number of people in Australia living with incontinence is estimated to reach 6.5 million, equating to 27 per cent of the population aged 15 years and above.

The theme for 2017 World Continence Awareness Week (19–25 June) tackles a common response by people to laugh off incontinence, accepting it as an inevitable part of childbirth or ageing, and not a health issue requiring specialist treatment.

However, bladder or bowel control problems don't just affect older men or women, or those women who have had

lots of babies. Incontinence doesn't just get better on its own and what's more, it can be treated, better managed and even cured.

Bladder and bowel health can be improved by adopting healthy habits: eat well, drink well, exercise regularly, keep your pelvic floor toned, practise good toilet habits.

So have a chat with your doctor or trusted health professional for more advice, treatment and management.

Women's health physiotherapists with specialised training in pelvic floor problems can help you with pelvic floor muscle training, management of pelvic organ prolapse, pelvic girdle pain, overactive bladders and sexual dysfunction.

If you feel uncomfortable discussing your bladder or bowel problems then go to [www.continence.org.au](http://www.continence.org.au) or phone the Continence Foundation of Australia hotline on 1800 330 066 for confidential advice.

In the local Blackwood Hills district, there are two physiotherapists who specialise in bladder and bowel control problems:

- Ms Vicki Rutter is based at Belair Medical, 20 Main Road Belair; or phone Vicki on 8279 7690.
- Ms Karen Dutton is at Blackwood Physiotherapy Sports and Spinal, 194 Main Road, Blackwood; or phone Karen on 8278 4476.

## Time to let go of the 'diet' mentality

HAVE you tried to lose weight in the past? Have you found the battle to keep the weight off harder than the weight loss itself? You're not alone!

The reasons why most people who diet regain their weight has puzzled researchers for decades. It is believed that a drop in metabolism is mostly likely the culprit, but there could be other factors at play.

Having a slower metabolism means that even if people eat less food, it can still exceed their calorie needs, leading to gradual weight gain. Research has demonstrated that after considerable weight loss, the body uses significantly fewer calories than people of the same size who have not lost weight.

### So what is the solution?

You could say that the ex-dieter needs to adhere to a post diet-diet!

Further restricting calories to balance out the fact that the body is not burning as many as it used to. But how frustrating and difficult does that sound?

The best approach is to avoid crash diets and calorie counting altogether.

The evidence suggests that diets don't work! Less than 5% of dieters have managed to keep the weight off long-term and most are now heavier and unhappier than before.

Shifting the focus from 'the best way to lose weight', to

developing and supporting a positive relationship with food can allow for lifelong change. At the end of the day dieting is very restrictive, a positive long term solution can be to learn how to eat with flexibility.

It is possible to learn how to change your thinking and finally let go of the 'diet mentality'.

Imagine if you never had to worry about your weight again and could renew your enjoyment of all foods? Well it's possible!

Are you ready for a shift in mindset? Free yourself from diets once and for all!

Contact dietitians, Bec and Jarrad from Nutrition in Focus at 210 Main Rd, Blackwood.

See their advert on page 7 about their personalised coaching package.

- For more information and help, phone 0431 472 695; check out their website [www.nutritionfocus.com.au](http://www.nutritionfocus.com.au) and follow their facebook page for helpful tips, advice and recipes.

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# Where there's a Will there's a way ...

BY ROBERT SAUNDERS, SOLICITOR

I OFTEN get asked "Why have a will?" and "What is probate?"

It is estimated that sixty per cent of Australian adults do not have a will. Contrary to popular belief, writing a will does not mean you are about to die.

If you die without a will you are said to have died intestate and the Administration and Probate Act 1919 ("the AP Act") applies in respect to the distribution of your property.

This could mean that some one you don't particularly like (or someone who doesn't like you) may end up with your property, or also be appointed as guardians of children who are under 18 years of age.

In summary, the AP Act decides who inherits and, depending on who survives the intestate, the order of inheritance will be the spouse and/or the domestic partner; then spouse and/or domestic partner and children; then children; then grandchildren; then parents; then siblings; then grandparents and lastly uncles or aunts.

In one reported case, a biological father who had not seen his son (who was unmarried with no children at time of death)

since birth, and had taken no part in his upbringing and had no contact with him for decades, received half his son's estate under these provisions.

A will is simply a written document that provides for the distribution of a person's property after that person's death. In South Australia, the formation and the validity of a will is governed by the provisions of the Wills Act 1936.

In summary, this says that a will must be in writing and properly signed and witnessed by two witnesses present in the same room at the same time. In practice, the testator will sign every page of the will and in turn the witnesses will witness by signing every page of the will in the testator's presence.

The will forms available from the Post Office for \$29.95 do not provide for every page to be signed and witnessed and therefore do not comply with the Wills Act. Under the Wills Act, wills can be revoked (that is cancelled) by marriage or by divorce.

Probate on the other hand is a certificate granted by the Supreme Court, that the deceased's will has been proved as valid and registered and that authority has been grant-

ed to the named executor (or executors) to administer and distribute the estate.

Not all wills need to be validated by probate but certain institutions, such as the Lands Titles Office, will not allow dealing with property unless a grant of probate has been issued.

After probate, wills can be challenged under the Inheritance (Family Provisions) Act 1972 by certain classes of persons if they feel aggrieved by the provisions (or lack of same) in a will. The class of persons able to claim are spouses, ex-spouses, domestic partners, children, step-children, grand children and in certain circumstances parents and siblings.

However, a carefully drafted will can include an exclusion clause to avoid people you don't like, inheriting.

Therefore to avoid uncertainty and peace of mind it is important to have a will. Wills should also be revised every five years or so to make sure they are still relevant and up to date.

For further information on wills and probate contact Robert Saunders on 8278 6800 or 0417 880 228.

## Learn water skills to save loved ones

IF YOU noticed someone nearby struggling when swimming, would you know what to do to help them?

The Royal Life Saving Society (SA) are holding 'Grey Medallion' courses at Blackwood Fitness for the next couple of months.

This program is appropriate for mature participants aged 55 years and over, and covers four main components: water safety knowledge, resuscitation and emergency care, aquatic exercises, and personal survival & lifesaving skills.

"We want to see a reduction in drownings and also an increase in people able to offer assistance and First Aid at all levels if required. These skills need not only be taught and practised during the summer months," said Tanya Massey, Aquatic Services Co-ordinator.

One of the main components of the program is to teach cardiopulmonary resuscitation (CPR). The instructor will cover CPR for infants, children and adults - including the use of a defibrillator.

The course will be delivered in a heated pool, and for each session, 45 minutes will be spent completing theory on land, with the remaining 45 minutes in and/or around the pool. Participants must attend each session to complete the program, receiving a certificate and Grey Medallion pin.

If you need more details regarding the Grey Medallion course, visit [www.royallifesavingsa.com.au/grey-medallion](http://www.royallifesavingsa.com.au/grey-medallion)

For course dates and more information, contact Tanya at the Royal Life Saving Society - SA phone 8210 4500; or email: [swim@royallifesavingsa.com.au](mailto:swim@royallifesavingsa.com.au)

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## THE TURNBULL LIBERAL GOVERNMENT | BUDGET 2017

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**and the Turnbull Liberal Government**  
**are delivering for all Australians.**



## What the 2017 Budget means for you:

- ✓ Reinstating the **Pensioner Concession Card**, allowing an extra 92,000 people to access discounts
- ✓ The first Government to **crack down on multinational tax avoidance** with \$2.9 billion in liabilities raised so far
- ✓ Providing cheaper access to life changing medicines with \$1.2 billion for vital drugs treating heart disease, cystic fibrosis, cancer, psoriasis and severe asthma
- ✓ Upgrading the **Naval Shipyard at Osborne** with \$1.3 billion to begin our \$89 billion Naval Shipbuilding Plan
- ✓ Strengthening support for **mental health and suicide prevention** with over \$170 million
- ✓ Properly funding the **National Disability Insurance Scheme** with a modest increase to the Medicare Levy; Australians supporting Australians

## A big win for our local schools

**Over 24,800 school students in our 52 schools in Boothby will receive more funding each year** thanks to the Coalition Government's Quality Schools package.

This truly needs-based funding model will make school funding fair and effective and **schools in Boothby will receive an extra \$269 million** over the next 10 years.

# Fairness, Security & Opportunity



**NICOLLE FLINT MP**

Member for **Boothby**

Authorised by Nicolle Flint MP, Level 1, 724 Marion Road, MARION SA 5043.

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