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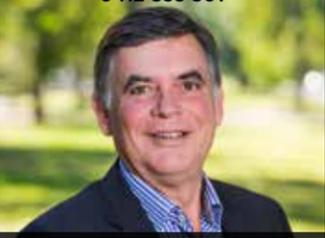
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ISSUE 283 • JUNE 2018

# Recycle ban hits councils hard

see story pg 3



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While most households put their recycle bin out fortnightly, Justin Lang from Belair only puts his yellow bin out 3 to 4 times a year! Find out how on pg 3.

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# Have your say on future of Belair Park Country Club and Golf Course

by James Swanborough

AFTER falling into administration in January, with the operators of the Belair Park Country Club and Golf Course having debts in excess of \$2.1 million; management, access and control of the site were returned to the Department of the Environment and Water in March; having failed to find a new operator during the administration process.

The local community, non-government organisations and interested businesses are now being invited to have their say on the future reactivation of the site.

"The State Government is keen to hear from the local community about what they value about the current site and from businesses with ideas about reactivating the site," said David Speirs, Minister for Environment and Water.

"The new State Government is well aware that there is widespread community interest in the potential future use of the former Belair National Park Golf Course and Country Club site.

"We are keen to hear from businesses inter-

ested in taking over the whole of the previous site and continuing its former use, or from those who have ideas for repurposing part of the site.

"We are also keen to hear from community groups supporting non-commercial uses to enhance the current park activities."

While Sam Duluk MP, said Belair National Park was treasured by the local community.

"The previous government had no plan for this site, so the local community will welcome progress and the exciting opportunities that exist for the future of this site," said Sam.

"I look forward to working closely with the local community in hearing the breadth of ideas and exploring the prospect of collaboration between government, business and the community for the benefit of all, including our beautiful national park."

Before formal proposals are processed, the Department of Environment are asking the community to fill in an online survey, to understand what they value most about Belair National Park and what should be considered in deciding future uses for the site.

The department has already started receiving

enquiries on the site, with ideas ranging from continuing the site as a golf course to re-vegetating the site to return it to a natural state, re-purposing the function centre as a restaurant to creating a base for nature-based activities.

To ensure future plans for the site meet the community's needs and values, the community survey is open until 30 June 2018. This information will help guide development of the expression of interest process.

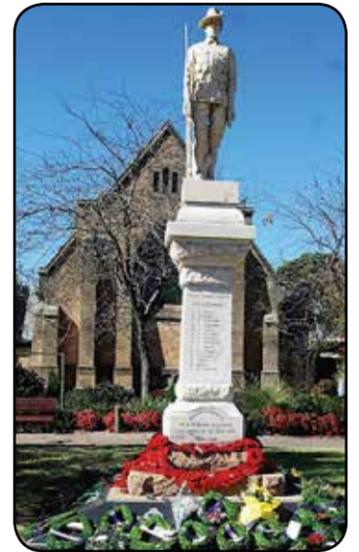
Community groups, non-government organisations and businesses will be invited to formally submit proposals for the site through an expression of interest process in mid-2018.

It is anticipated that proposals will be assessed and recommendations for future site uses will be completed by the end of the year.

The online survey can be accessed at: <https://www.environment.sa.gov.au/parks/get-involved/belair-opportunities>

If you enjoy having the Belair National Park literally at your 'backdoor' and are concerned for its future, don't leave it up to others to decide - make sure you have your say via the on-line survey before its too late. □

## Memorial soldier location finalised



BY now we have all probably heard the news on the Soldier Memorial final location at the Blackwood roundabout!

On the eve of ANZAC Day, Mitcham Council unanimously voted to keep the Blackwood Soldier Memorial in front of the Uniting Church, its home of the last 97 years.

Much deliberation has been made over the Soldier, with Mitcham Council forestalling the Department of Transport's plan to move the Memorial in order to get a feeling for community sentiment.

After the community consultation came back with an even split of opinion, it fell back to Council, who decided it was in the interest of community values to maintain the historical position.

Council has allocated an additional \$10,000 in the 2018/2019 Annual Business Plan and Budget to facilitate traffic management measures to ensure pedestrian safety during the Youth Vigil and Anzac Day events in 2019.

With the amendment to the plans, the Department of Transport are now in the process of finalising a detailed design for the roundabout upgrade, and works are expected to commence in the coming months. □

2018 Blackwood Business Directory now available online at: [blackwoodbusinessdirectory.com.au](http://blackwoodbusinessdirectory.com.au)

## Move to Australia turned out not to be so 'lucky'



AUSTRALIA is often referred to as 'the lucky country' - however for Peter and Sue (pictured) who moved here from China, the decision has turned out to be anything but lucky!

Peter and Sue Guo are the proprietors of *Blackwood Village Chicken and Seafood* located in the shopping village at 200 Main Road, Blackwood which has recently been purchased by Aldi.

They took over the business in January 2015 and have worked worked night and day, 7 days a week to keep the business going and pay off their business loan. They joined Totally Locally Blackwood and were keen to be involved in the local community.

Unfortunately, Peter and Sue have lost their fight against the supermarket giant Aldi to keep their small family-run business open.

They've been ordered out of their business premises by June 10 and they have no back up plan or support. The cost of moving the existing kitchen infrastructure is estimated to cost more than \$150,000 and they can't afford to move. Peter and Sue also have two children to support, including a toddler.

If you can help these wonderful Blackwood citizens, a 'GoFundMe' page has been set up by a concerned local businessperson where donations can be legitimately made. Every dollar donated will make the process easier for this hard working family - visit : [www.gofundme.com/help-sue-and-peter039s-family](http://www.gofundme.com/help-sue-and-peter039s-family) □

## Anyone seen Jerry's missing rotor blades?

WE often get requests for help in finding lost pets, wallets or jewellery - but this one is certainly out there!

Jerry from Encounter Bay, Victor Harbor has contacted *The Blackwood Times* to ask if we could help him find the rotor blades belonging to a gyrocopter he bought off 'Gumtree' from a Gawler resident.

The original owner of the gyrocopter, David Trent, apparently lived in the Blackwood area and had passed away. David's widow subsequently sold the gyrocopter at an estate sale sometime before Christmas to the Gawler resident without the rotor blades, which may have been stored separately in the Blackwood area - they should be pretty obvious if they're in your shed!

Jerry bought the gyrocopter as a project thinking he would be able to easily purchase replacement rotor blades, however has since discovered that new rotors will cost around \$4,200! This is outside his current hobby budget so would like to find out where the original rotor blades may have ended up.

Obviously, Jerry is now very keen to track down the rotor

blades for his gyrocopter and is willing to provide a \$100 reward for any information leading to their whereabouts.

□ Jerry can be contacted on email: [jerrykremer@hotmail.com](mailto:jerrykremer@hotmail.com)



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# Assess recycling costs before rate rise

by James Swanborough

WITH the full impact of the China National Sword recycling ban yet to be determined, Mitcham Council is considering all options going forward, and holding discussions with their waste management contractor, East Waste.

Under the "National Sword" policy aimed at reducing its pollution problem, China greatly reduced the amount of foreign garbage it would accept from January 24, resulting in a sharp cut in the amount taken from Australia.

The Chinese ban has had global implications and besieged councils around the country, with Ipswich Council in Queensland even announcing they would cease roadside recycling collection.

"The China decision took us by surprise in local government," said Mitcham Mayor, Glenn Spear. "The simple fact is myself, and I think a number of the councillors also, didn't know that our waste was ending up in China. Now, I'd hardly be called a greenie, but when I learned that our waste was going off-shore, I was disappointed and concerned.

"In my opinion, a developed country such as Australia should be dealing with its waste itself. The fundamental impetus for sending it offshore was that China were paying us a rate for our recyclable material, while to process it in Australia, we have to pay for it."

Mayor Spear said that while precise estimates are yet to be determined, the financial impact for council will be significant.

"On top of this, the previous state government, with no notice to councils, hugely increased our Waste Management Levy. It is going up another 15% this year, so they are collecting hundreds of thousands of dollars from us each year. There

is over \$100 million dollars sitting in the bank that has been contributed by councils Waste Management levies," explained Glenn.

In response, the South Australian Government announced they will use some of this funding on a \$12.4 million support package for the local recycling industry.

The package includes a \$5 million loan scheme for projects to increase local processing and \$5.8 million for infrastructure grants for local government and industry to maintain and build the capacity of South Australia's recycling systems and reprocessing infrastructure specifically targeting infrastructure for post consumer paper, cardboard, glass and plastics.

"The \$5.8 million in funding through the recycling infrastructure grants for local government will greatly benefit councils such as the City of Mitcham, allowing them to invest and build new recycling systems, resulting in the creation of new jobs in the market," said MP for Waite, Sam Duluk.

Mitcham Council will now spend the next 2 months considering how to move forward.

"We are currently investigating all alternative ways of dealing with our waste material, it will not go to landfill under any circumstance," said Glenn.

"We are going to interrogate all aspects of the market and it is my hope that we can develop a way of processing our waste onshore.

"In my position in the Local Government Association board, we are saying that we want a long-term solution to this problem. We want to investigate whether we can reuse any of the recyclable material in our council usages - railings, fenceposts, things like that. We are hoping

we can develop a way of reprocessing our own waste and councils themselves can drive that market by insisting upon recycled product."

Though the Council will likely still be facing a deficit, Glenn noted that he does not think a rise in council rates is appropriate at this time.

"I think we should let things settle and do the proper interrogation of the market before we increase rates. We went out to consultation on a rate rise of 2.8%, not knowing that this was going to hit us.

"My personal opinion is we should assess the full impact before we impose increased rates on our ratepayer, so we know what the cost is, and whether we can mitigate it with other cost savings," said Glenn. □



## Composting could be solution

BELAIR resident Justin Lang has gained some notoriety by reducing his household waste to one bin load over the past 2 years, while only having to put his yellow recycle bin out 3-4 times a year.

He has some simple tips to help you do the same. "First and foremost, I compost," says Justin. "Anything that was once plant or animal can be composted - or if you don't have a compost, you can put it in your green organics bin.

"If you're not putting food waste in the bin, your bin inside the house doesn't have organics in it, so it doesn't smell.

"A few things end up in my blue bin though. I'm a cycling addict so I wear out tyres regularly, and I'm a human, so I go through shoes. And charity shops like Goodwill don't want

my clothes when I'm through with them," explained Justin.

However, he considers his consumption habits to be nothing out of the ordinary.

"I don't think I really avoid buying that many things. As a rule, I don't buy bottled water or coffee cups, but otherwise I think my consumption habits are quite normal.

"I still buy jars of pasta, I buy beans in cans. I put any soft plastics in the dedicated plastic stream at Coles.

"The one tip I have to reduce food waste, is if I buy anything to make a fresh salad, I simply cut it all up so I don't find half a capsicum a week later. I try to make one large meal at once and use it all in a couple of days." □

## Busy precinct safety works get underway

by James Swanborough

WORKS around Watahuna Drive commenced late last month, with Minno Creek restoration works, and surfacing of the Hawthorndene Oval Carpark kicking off upgrades to the area, which include the installation of a wombat crossing, and improvements to the roundabout to begin in June.

Cr Karen Hockley, who initially put forward the motion to assess the safety of pedestrian movement in the area was pleased to see the work begin.

"I have to say that I have received a stream of feedback from people that they are very, very keen to see the crossing go in there, and they're very pleased that the project is going ahead, and that it will make a huge difference to their lives," she said.

Karen confronted initial opposition to the necessity of upgrades to the area, but after a petition from the community, council assessment measured over 500 pedestrians using the area within a one hour period.

"It was obvious that something needed to be done, so a pedestrian crossing was recommended," said Karen. "It is a credit to the community for getting that petition up and running."

The crossing installation has been coupled with other necessary works in the area - a pre-existing mandate to resurface the adjacent carparks, and works to build up the creek bank, necessitated by extreme weather events in recent years.



◆ Photo above: Extreme weather events have resulted in works needed to be done on securing the banks of the Minno Creek in Hawthorndene

"I'm certain that this is one of the most well received pieces of work that council have done in the area for a long time," said Karen of the upgrades to be rolled out for the busy precinct.

Works are scheduled to be completed by mid July. □

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# Arrival of railway results in expanding population



THE arrival of the railway in 1883 saw Blackwood change from a small, rural settlement to a highly desirable outer suburb where residents could enjoy the invigorating fresh Hills air, while commuting daily to the city. More houses and shops were built for the expanding population.

Blackwood south, centred around Coromandel Parade, owes much of its early development to two men named Daniel: Daniel Johnson, who moved to the district in the early 1850s and owned most of the land; and Daniel Hewett, who arrived in the late 1870s and built many of the houses.

The house with attached shop on the corner of Johnson Parade, believed to be the original drive to Daniel Johnson's house on Cummins Street, is an early Hewett building on land purchased from Johnson.

The building at 34 Coromandel Parade (now a barber shop), was owned by Hewett and operated as a General Store by William John Dunstan from early in the 20th century. An advertisement for the Dunstan business described him as Grocer and General Storekeeper and Agent for the Commercial Union Fire Insurance Company.

Families were waited on for orders and goods delivered daily. Elsewhere it is mentioned that the business Registered Births and Deaths.

In 1923 Daniel Hewett's son Alf took over the grocery business. By that time Dunstan had built the shop/house on the northern side of the Blackwood Tunnel (now Café 1923), at



◆ William Dunstan outside the General Store (now Barber Shop) on Coromandel Parade, where he worked before building '1923' premises on the corner of Brigalow Avenue - c1895.

28 Coromandel Parade on the corner of Brigalow Avenue. The two businesses operated as competing grocery stores for many years.

Residents recall the interesting smells on entering a grocer's shop; a mixture of spice, coffee and tea, biscuits, and sugar. The bins at the back of the counter had hinged lids, and it was possible to buy a paper bag of broken biscuits. Biscuits were stored in square silver tins and weighed out into paper bags. It was the same for flour and sugar.

There was always a wooden chair for the weary customer 'to take the weight off their feet', and a jar of boiled sweets on the

counter, to be distributed gratis to young customers. (Callen 2003)

During the late 1940s to early 50s the Dunstan shop was rented by Miss Joy Thorpe who ran it as a drapery and haberdashery shop. Ribbons and laces were spread daintily on the counter and stored in many shoe boxes. There was an underlying smell of moth balls.

In the 1950s, it was a branch of Axfor's Home Service Stores. This was before the arrival in the district of the first supermarket, Woolworths, in 1964, which spelt the end for the small grocery shops which had provided residents with valuable service for many years.

The purchase in the early 1960s by August (Gus) Zessack saw the beginning of a new era as an eating place for a shop which had been a grocery store for much of the century. Zessack, a pastry cook, ran it as Café de la Paix.

The shop then remained closed for a number of years until it was purchased in 2010 by Patty Bakewell who renovated the abandoned building and brought Café de la Paix back to life.

In 2014 the business was sold and became Café 1923.

Article provided by the Blackwood Action Group History Subcommittee focussing on businesses in the Blackwood area.

□ If you would like more information on the Blackwood Action Group activities and events, visit [www.blackwoodactiongroup.org.au](http://www.blackwoodactiongroup.org.au) or phone 0408 117 003.

Looking for a local business or tradesperson?

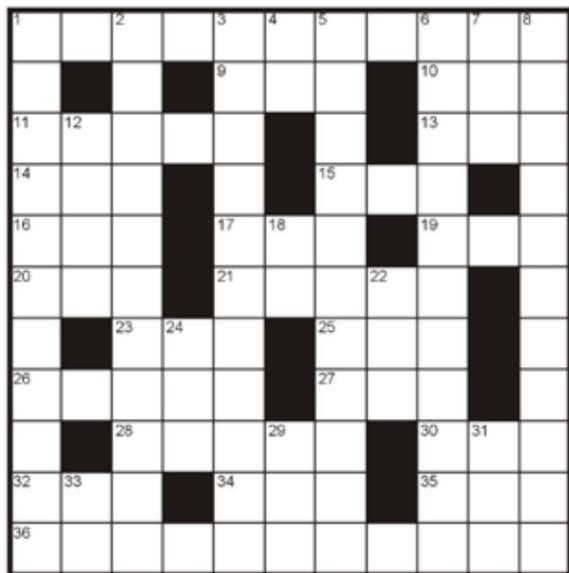
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Unwanted saleable goods cluttering your lifestyle? Take them to the Lions Bargain Centre, Colebrook Drive, Eden Hills on Saturday morning (8.30 -12.00) or ring the Blackwood Lions on 8370 2144 for a pickup.



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- 7 Shelter
- 8 US home
- 12 Princess
- 18 Upon
- 22 Beer
- 24 Name
- 29 Wallaby
- 31 Favourite
- 33 Each

SEE ANSWERS ON PAGE 8

## Keep those art and photo entries rolling in for exhibition

"THIRTY five years of displaying and selling local artists' work is a significant achievement for the Blackwood community," said Neil White, Chairman of the 2018 Rotary Club of Blackwood Art Show committee.

"Without the support of local businesses, the Rotary Club would not be able to provide the forum for local artists and photographers to display and sell their work.

"While there are some local professional artists, talented amateurs pitch themselves against them, and the standard of work produced continues to improve," added Neville.

The Art Show is again being held at the Blackwood High School's Open Space Unit, during the July school holidays, with open sessions from the 12th to 22nd July - drop in to the high school early for the best bargains.

Further details will be in the July edition of *The Blackwood Times*.

*Blackwood Park* is again the major sponsor this year, and with local businesses sponsoring exhibition rooms or advertising in the Rotary Art catalogue, considerable funds are raised.

This enables the Rotary Club of

Blackwood to donate money to local service groups (like the CFS), local schools (including primary schools), the Blackwood Memorial Hall and local charities; as well as supporting Rotary's significant overseas charitable enterprises such as providing emergency shelter for disaster victims.

All works displayed are for sale with price tags varying from \$45 to \$3,000. This enables everyone

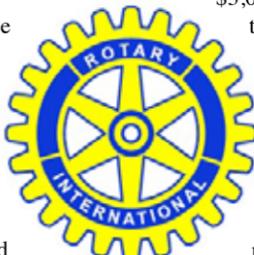
to purchase original art and photography, rather than having just prints on the wall at home.

Every Blackwood Rotarian has some art or photography on their home walls that they have purchased from previous Blackwood Art Shows.

As entries do not close until Friday 22nd June, there is plenty of time to enter work and possibly win a share in the \$5,000 of cash prizes offered.

Entry forms can be downloaded from the Rotary Club of Blackwood website or you can order one from [blackwoodartshow@gmail.com](mailto:blackwoodartshow@gmail.com)

□ You can obtain further information on the Rotary Art & Photographic Show by telephoning Lyn on 0413 699 133.



## Installed signs reinforce customer parking only



For those that shop at Coles Blackwood supermarket, many would know it often can be difficult to find a car parking space.

However, Coles Blackwood have recently installed parking signs (see photo) which clearly states 'Customer Parking Only' to try and remedy the congestion. □

## THE BLACKWOOD TIMES

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James Swanborough

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# Reduce contamination to keep recycle costs down

by James Swanborough

MANY readers may be wondering how they can help ensure our roadside recycling service keeps running efficiently and effectively.

Traditionally, Chinese buyers have purchased Australia's recycling waste including mixed paper and plastic with high levels of contamination, and at higher prices than Australian domestic markets can afford.

The ban now placed on recycling imports has largely been imposed through an impossible contamination rate requirement by the Chinese of 0.3%.

For this reason, roadside recycling is much more directly affected than the pre-sorted collection points such as at Blackwood Recycling.

It is important to know that recycling is still environmentally beneficial and the City of Mitcham is committed to investigating short, medium and long term solutions by working closely with East Waste, SKM Recycling, the waste industry and State/Federal governments towards ensuring more sustainable, financial viable long term outcomes.

Mitcham Council wants homeowners to continue with their recycling; however, if recycled materials are too contaminated, it may be too difficult to sort and will end up being wasted in landfill. The cost for doing so is ultimately passed on to residents through council rates.

With this in mind, keeping informed on what can and can't be recycled and ensuring your containers are free of food waste, makes a huge difference in keeping down processing costs for service providers.

Mitcham Council notes that we should refocus our efforts in avoiding, reducing, and re-using waste in the first place, to lessen our reliance on recycling.

You can continue to recycle the following through your yellow-lidded recycling bin: paper and cardboard, aluminium, plastic (rigid), steel/tin and glass.

Please do not place in your recycling bin: plastic bags/recycling in bags, electronic waste, food, nappies, liquids, garden (organic) material, clothing/fabric, general waste, polystyrene/foam, bricks and building materials, shredded paper or wire, strapping and hoses.

For more information and help, check out the 'Why waste it?' Which Bin website at [www.whichbin.com.au](http://www.whichbin.com.au)

Their A-Z guide will assist you in knowing what items go in 'Which Bin' and how to divert resources from landfill, transforming them into reusable and recyclable materials.

Their directory lists common household items in alphabetical order and indicates 'Which Bin' they go in by the colour of the bin lid.

The central question of 'Why waste it?' focuses the campaign on waste avoidance and increasing resource recovery.

This is encouraged through the waste hierarchy principals of - Avoid, Reduce, Re-Use, Recycle and Compost by highlighting these as alternative options to 'wasting it'.

A number of alternative options may be listed for various items where there are more than one way to recycle or dispose of the item.

If you are unsure which bin to put your rubbish in - check out [www.whichbin.com.au](http://www.whichbin.com.au)

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# Volunteers wanted for continuing the work to help those in need

FOR the past 65 years, Meals On Wheels SA (MoWSA) has supported residents who are in their senior years or living with a disability, to continue living independently within their own homes and communities, by home delivering meals with a smile.

Last month they celebrated a huge milestone when they delivered their 50 millionth meal by dedicated volunteers over six decades!

"We simply couldn't do it without them and as a very small token of our deep appreciation, we will be treating them to a 'thank you meal' as part of our celebrations," said Chief Executive of Meals on Wheels SA, Sharyn Broer.

"Our amazing and inspiring volunteers don't just prepare and deliver meals, they nourish, strengthen and care for communities by also providing vital social contact to people who may be isolated and lonely, as well as monitoring the physical and psychological wellbeing of those most vulnerable," said Ms Broer.

"From cooks to kitchen hands, drivers to deliverers ... we have the best volunteers in Australia and we want to say a huge thank you by shouting them a meal in honour of this incredible milestone. Whether it's a BBQ at a branch or a delicious pub dinner, we'll make sure all our volunteers enjoy a tasty meal on us!"

A community of more than 7,000 MoWSA volunteers deliver nourishing meals - with a

smile - to around 11,000 clients every year, operating from 80 branches throughout the State.

So if you are recently retired or have some spare time on your hands during the week, then Meals on Wheels Blackwood is looking for more drivers, help in the kitchen and people to deliver the meals.

Your commitment can be as little as one day a month, or once a week if you have the time to spare - there is also a list of emergency contacts when volunteers are away or phone in sick.

The volunteer co-ordinator is Anneke Jeffriess who has been at MOW Blackwood for 12 years and is responsible for organising and filling the rosters.

"I was looking for something to do in the local community," said Anneke "who joined when a friend told her that Meals on Wheels Blackwood were looking for more drivers.

"They are a great bunch of people and we have a lot of fun together. I have developed some wonderful friendships over the years and a couple of times a year we all meet to have a celebration and catch up," added Anneke.



◆ Photo above: Anneke Jeffriess, Blackwood MOW volunteer co-ordinator is helping to sort out the meals ready for the lunch-time delivery by their drivers

☐ If you want more information, or would like to volunteer and can spare a couple of hours a week or month, then give MOW SA a call on 8271 8700 or email: [info@mealsonwheelssa.org.au](mailto:info@mealsonwheelssa.org.au)

## Karen Hockley

Elected Member for Mitcham Council



**"Listening and Speaking out for you"**

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

e: [KHockley@mitchamcouncil.sa.gov.au](mailto:KHockley@mitchamcouncil.sa.gov.au)  
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## PRODUCT OF THE MONTH: OLIGOPEPTIDE WRINKLE CREAM FIGHT WRINKLES AND GET YOUNGER LOOKING SKIN THIS WINTER

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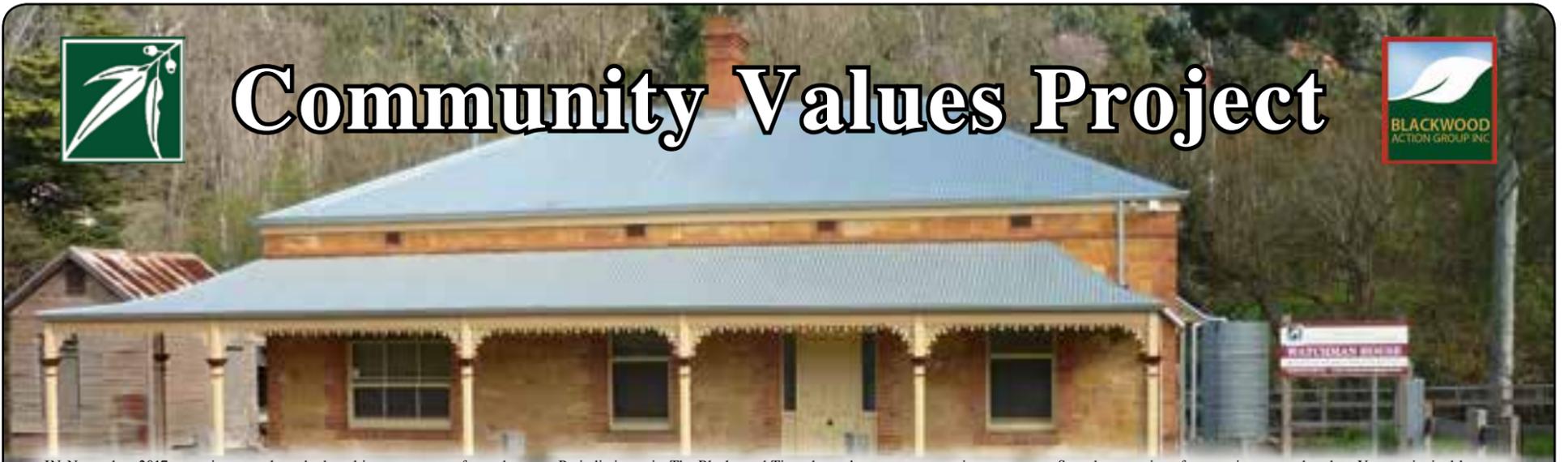
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# Community Values Project



IN November 2017, a project was launched seeking statements from the community about what they valued, as an inheritance for coming generations. Contributions have been received from many residents living in the Adelaide Hills. You are invited to contribute a statement on your values to add to the developing list or make a comment on the one described below.

Periodic items in *The Blackwood Times* have shown some emerging matters on record to be shared across the community. This is another in the series. The picture shows the Watchman House on 360 Main Road Coromandel Valley where the Coromandel Valley & Districts National Trust is collecting and telling stories about people and our heritage. Here too, people gather

on Saturday mornings for morning tea and a chat. You are invited between 9am-12noon to drop in and tell us a story, or fill in a Values Statement form. If you would like to contribute to this project with things that you value about our community, email to: **National Trust : ntcoro1@bigpond.com or Blackwood Action Group : ahazellau@gmail.com**

Item name	Physical location	Suburb	I value this item because .....
The stories about our heritage	Watchman House	Coromandel	If these very interesting stories were not shared, our children would not know what
	National Trust centre	Valley	happened in the past, and therefore would not appreciate what has been left for them,
			and possibly have very little regard for this historic property or looking after it.

## New footy changerooms on drawing board for all to enjoy

by James Swanborough

WITH growing female participation in football, brought on due to the interest generated by the Women's Australian Football League, existing change rooms at the Blackwood Football Club are no longer satisfactory for female players.

The Club which currently has four women's teams, have gained Mitcham Council development approval for a new \$746,140 unisex change facility.

The new development will create a connected unisex facility, that will support the home and away teams who use the facilities weekly, for both training and competition.

The new change rooms will allow for the continued development of the club's junior and women's football program and will benefit many other community sporting groups, as well as providing a public toilet facility.

"The grant the Blackwood Football Club is proposing would definitely increase female participation in school events held at the Oval," said Bronwyn Wilson, acting principal of St Peters

Lutheran School which is located across the road from the Club.

"On our Sports Day and other such events, the classes go back to school for recess and lunch, as there is easier access to toilets. However, if this proposal is accepted, then the children, parents and families would be able to stay at the Oval and enjoy its facilities for the whole day."

The Blackwood Football Club has been working closely with stake holders including the Office of Recreation and Sport, Mitcham City Council, AFL, SANFL, club members and sponsors to secure the necessary funding for this project.

So far approximately \$90,000 has been raised by the Club, with SANFL providing an additional \$10,000.

In April, Mitcham Council voted to support the development, and contribute \$250,000 towards this project, with the remaining balance of \$397,860 to be sourced through the application for grant funding and club fundraisers.

The club hopes to begin construction in October 2018, with the facility being operational and ready for the start of the 2019 season. □

## Microchipping is a must to get your lost pet home safely and quickly

SOUTH Australians have just over a month left to microchip their dogs and cats before it becomes mandatory.

From 1 July 2018, all dogs and cats in South Australia must be microchipped before three months of age or 28 days after purchase.

This new law will make it easier to reunite

lost dogs and cats with their owners, promote responsible pet ownership and reduce euthanasia rates.

University of Adelaide Veterinary Science Lecturer, Dr Susan Hazel said microchipping is a safe and permanent way to identify your pet.

"The microchipping procedure is quick, the chip is the size of a grain of rice and the procedure is similar to a vaccination," Dr Hazel said.

Dog and Cat Management Board Secretary, Andrew Lamb said, "many vets, councils and rescue groups are offering discounted microchipping rates, with an average cost of around \$25 to \$40 per microchip." Mr Lamb said. □



"Collars can fall off or be removed, but the microchip will always be there, allowing vets, councils and shelters to quickly scan your lost pet, find your contact details and get your pet safely back home."

Animal Welfare League South Australia (AWL) Veterinary Services Manager, Dr

Sahra McFetridge said the AWL regularly sees older pets coming in from councils.

"Older dogs and cats can develop age related conditions including loss of eye sight, hearing loss and dementia, and these conditions can make it more difficult for them to find their way home if they get out," Dr McFetridge said.

"They are also highly likely to be stressed away from their safe environment, so speed of return is critical to their welfare."

Mr Lamb encourages owners of older dogs and cats with concerns about microchipping to book in with their local vet to discuss their situation. □

## CHAINSAW SALE



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## Much loved character and friend to many farewelled at her 'celebration'

ON Wednesday May 16 at Belair, over 180 people gathered to celebrate and say farewell to Debbie Reynolds.

Debbie had committed so much of her life to helping others and contributing to the community that she valued so highly.

Various speakers talked of her influence on their life and vital involvement in activities across the local community and beyond.

Debbie had left specific instructions that the funeral was NOT to be based on sadness but be a 'celebration'.

The service revealed the shared joy of knowing Debbie and more of the character that we thought we knew. This photo of Debbie tells so much.

Her sense of humour, smile and liveliness added so much to all with whom she worked.

A salute to Debbie (in part published below) was read in the closing stages of the service:

**A Salute To Debbie**  
*Oh Debbie dear you've done us proud*

*Just look, you've gathered quite a crowd.*

*I know you didn't want a fuss, but there's no stopping all of us. We gather here to voice as one, our celebration of the things you've done.*

*Oh Pimpernel of Rotary, the ever smiling one  
There'll be a space at every place without you on the run.  
You had a way of getting done whatever was required  
You surely had a Duracell 'cos never turned up tired.*

*We'll not forget the laugh, the smile and kindness that you brought, And remember your example, helping others, as we ought.*

*She's left here from her body, but her spirit has not gone  
We were privileged to know her, and we will continue on.*



*She held her sense of humour and her spark until the end  
It's Debbie we salute and say - "well done, farewell my friend"* □

# Home style food is just what the customers love

"WE opened our second café in Blackwood last year but soon recognised that we needed larger premises," said Russell Marchant, co-owner with his wife, Ms Ali Seedsman of *Walk the Talk* café.

"Feedback from our customers indicated that they were looking for dine-in meals, as well as the delicious take away food we were providing. So when the opportunity to shift to a bigger shop became available in the same centre, we took it on and have been overwhelmed by the support from the community.

"After our first café was so successful in Verdun, we decided that because we had a number of quality and experienced staff working with us, there was room to grow the business and benefit from the associated economies of scale," explained Russell.

"Blackwood had a similar feel and village atmosphere to Verdun, and there didn't appear to be any other businesses in the area that offered the same style of healthy homemade food we prepare."

Russell and his assistant in the Blackwood café, Libby Mattson have a combined 50 years experience in the hospitality industry, working in roles from front-of-house to restaurant manager to fine-dining establishments.

Libby has lived in Blackwood for over 4 years and helped open up the original *Walk the Talk* in Verdun 5 years ago.

She loves living in the Blackwood community and has children attending Blackwood Primary, Blackwood High, and working at Blackwood Community RSL.

"We want people to walk into the café and feel at home. The focus is on cooking tasty, flavour-some homemade quality food including some delicious Asian options that you enjoy, but don't have the time to cook at home," said Russell.

"And if you can't make it into the café, you can still enjoy the mouth-watering dishes with our fridge full of 'take home' meals such as soups, curries, laksa and stir fry."

*Walk the Talk* also offer outside catering for any size function from celebrations at home to corporate events. They can work within a budget as well as providing most foods from sandwiches to a sit down menu.

"We have taken on the operation of managing a venue in Hahndorf that is large enough to cater for up to 130 guests for a wedding, business function or family gathering," said Russell.

So next time you're in the Woolworths Shopping Centre, check out *Walk the Talk* café and try one of their healthy home style lunches or catch up with friends for a coffee and cake.

❑ *Walk the Talk* is located in the Woolworths Shopping Centre, phone 8278 1509 or you go to [www.walkthetalkcafe.com.au](http://www.walkthetalkcafe.com.au)



◆ Photo: (from left): Russell and chef Frances with their popular Asian laksa dish, while Libby is holding their delicious homemade poached pear & walnut cake on offer from *Walk the Talk* café

## New friendships formed within club

THE Combined Probus Club of Coromandel Valley recently celebrated its 100th meeting after being chartered on 26 November 2009 with 21 members.

"Our club prides it's self on being very friendly and welcoming of new male and female members," said Ian Wicks, club spokesperson.

"Whilst we do have a limit on membership numbers we do have a few vacancies at present, so if you are recently retired or have spare time on your hands to help with our Club's events in the local community, then give us a call.

"Many new friendships have formed amongst the members within our club over the years, which often lead to people getting involved in a variety of activities outside of the Club," added Ian.

Meetings are held once a month, normally including an interesting guest speaker talking on a variety of subjects including medical, historical and subjects of general interest. There is also the occasional outing where a lunch is enjoyed at a suitable venue.

The Club's signature event has been a short car tour through the Adelaide Hills each year to enjoy the autumn leaves followed by a lunch at a local hills luncheon venue. They aim for variety which means they are always looking for new ideas to invigorate their meetings and events.

The Club meets in the Blackwood Hills Baptist Church at 72 Coromandel Parade, Blackwood on the 4th Thursday every month, commencing at 11am. Visitors are always welcome.

❑ Contact Ian or Jill on 8278 4325.



◆ Photo above: Some of the Coromandel Valley Probus members enjoying a 'Quiz Day Lunch' (from left): Jan, Dave, Ann, Genty, Dick, Pat, Howard and Brian

## Trip to provide students the chance to experience indigenous culture

by Ruby Stewart  
St Johns Grammar Year 10 Student

"I AM very committed to helping the students I teach form a relationship with Aboriginal people," said Brian Wicks, teacher at St Johns Grammar who is heading off along a beaten track to the Aboriginal community of Pipalyatjara with ten eager year 10 students.

The school has been running this trip for nine years and Brian believes in the power this trip has in changing the way young people think about Aboriginal culture, as it provides students with a much bigger understanding of their country and history.

Pipalyatjara is located in the north-west corner of South Australia where the students will be treated to 10 days of immersing themselves in traditional Aboriginal culture and helping out in the local school.

Harry Hopton, year 11 student, who is one of the Reconciliation Ambassadors at St. Johns Grammar, was fortunate to be part of the 2017 trip. He says that the experience had a "large impact on his life".

The school has a strong student-led program that organises regular events promoting reconciliation with Aboriginal people within the school and wider community. "With each person becoming aware of the 'gap' between Aboriginal and non-Aboriginal people, we become one step closer to achieving reconciliation," said Harry.

I have been honoured to be selected as part of the student team going on the APY Lands trip this year.

I am so excited to go to Pipalyatjara and completely submerge myself in the beautiful, ancient Aboriginal culture.

This is not something I am exposed to in my everyday life, and I hope that on returning from this trip I will have a new understanding of Aboriginals living in Australia, and be able to share this knowledge with my friends, family and community when I come home.

Good quality warm clothing, blankets and towels are always needed in the APY Lands, so if you can help out with any donations, they would be greatly appreciated by the students and teachers taking part in this trip.

❑ Donations can be delivered to St. Johns Grammar School Retreat House Reception, 29 Gloucester Ave, Belair before Wednesday June 20.

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To celebrate Fairley's 90th birthday they are giving away 9 vouchers for \$90 each

For your chance to win one of the \$90 vouchers, simply fill out an entry form when you purchase a pair of shoes at Blackwood (minimum spend \$30 per item)

One entry is drawn each Saturday at 10am in the Blackwood store, with the final draw on Saturday 30 June. Each winner will be notified by phone.

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# Mobile physios visit you in your home



◆ Photo: Adele heading out to help a client who lives in a local retirement village

“FOR some people, travelling to a physiotherapy clinic is not feasible or convenient, and as a result these people can often miss out on treatment,” said Adele Richards of *Physio To You SA*.

“So we offer a mobile physiotherapy service with both male and female physiotherapists who visit clients in their own home, retirement village, aged care facility or workplace.”

Adele, who lives in Belair, has been practicing as a physiotherapist for over 16 years and recognised that for a variety of reasons, it simply was not practical for some clients to get to traditional physiotherapy clinics, and so decided to start a mobile service.

“Our physiotherapists have decades of experience and are passionate about enhancing their clients wellbeing to live a more comfortable and enjoyable life.

It is a great alternative for people with limited transport and/or mobility, busy individuals requiring appointments outside of business hours, and people who simply prefer to have a physiotherapist come to them,” explained Adele.

In addition to providing more convenient access to physiotherapy for those who would otherwise forego treatment, seeing clients in their own home or working

environment provides the opportunity to tailor treatment around their client’s day to day activities and environment.

“With many of our clients being elderly who have had falls and balance issues, the ability to be able to make a few simple modifications in a person’s home environment – for example moving furniture to facilitate clear walkways and removing loose mats – can be the integral key in preventing falls, which is something that is not as easily achieved in traditional clinic based treatment.

“Similarly, assessing a client’s actual workstation is often more effective than discussing the theory of good ergonomics in the clinic,” added Adele.

Physio To You SA offers a broad range of services including musculoskeletal physiotherapy, falls prevention and balance training, pre-operative conditioning and post-operative rehabilitation, development of home based exercise programs, gait aid prescriptions, manual handling and ergonomic assessments.

They accept privately funded clients, DVA clients and those with an EPC package.

□ For more information please call Adele on 0423 522 194 or 0466 782 383 or refer to the Physio To You SA website: [www.physiotoyousa.com](http://www.physiotoyousa.com)

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## Regular tune up can help you stay in shape

IF you have a chronic or recurrent problem, such as back pain, neck pain, headaches or arthritis, a regular ‘tune-up’ may help you enjoy life more.

Most of these problems respond very well to a course of physiotherapy, including self treatment exercises to help you improve your problem and maintain this improvement.

Unfortunately, spinal problems and arthritic pain can recur and make your life miserable. If this is the case with you or someone you know, then regular maintenance treatment should be considered.

Regular sessions will help keep your joints mobile, release tight muscles and will update

your self treatment exercises, so that they are giving you maximum benefit.

Many patients find that a ‘tune-up’ session every few weeks can help keep them feeling good and stop them having repeated acute episodes of pain.

It is also more cost effective than having extensive treatment to overcome an acute episode of pain.

□ If you are wondering whether you might benefit from regular treatment, please contact your local physiotherapist to book a time to discuss the advantages of having ‘tune-up’ sessions.

## WHAT’S ON IN BLACKWOOD & DISTRICTS

Visit [www.blackwoodbusinessdirectory.com.au](http://www.blackwoodbusinessdirectory.com.au) anytime for an up-to-date listing of local events

- ◆ **2 June**  
**QUIZ NIGHT** - held at Blackwood Uniting Church (near the roundabout) from 7.30pm. Get a table of 8 together or you can join others. BYO food and drinks. \$15 entry. Phone 8278 7699.
- ◆ **3 June**  
**BLACKWOOD CRAFT MARKET** - from 10am to 4pm at Blackwood Memorial Hall, 21 Coromandel Parade. Admission is free. Enquiries to Kerrie on 0427 410 917.
- ◆ **3 June**  
**OLD GOVERNMENT HOUSE** - located in the Belair National Park and is open from 1-4pm. Gold coin donation for adults and children free. Phone 8278 3318.
- ◆ **3 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 June**  
**BLACKWOOD LADIES PROBUS CLUB** - meet at Blackwood Community Ctr, 4 Young St, at 10am. Guest speakers. Visitors & prospective members welcome. Phone 8370 2674 for details.
- ◆ **6 June**  
**BLACKWOOD LIONS** - meet at 6.30pm in Blackwood Memorial Hall, 21 Coromandel Pde. New members welcome. Contact Bill Holmes on 8278 7322 or 0407 710 876.
- ◆ **6 June**  
**BLACKWOOD CIRCLE OF FRIENDS** - help refugees settle in our community. Meet at Blackwood Uniting Church near Blackwood roundabout from 7.30pm. New members welcome. Contact Tricia on [triciarushton-consulting@gmail.com](mailto:triciarushton-consulting@gmail.com)
- ◆ **6 June**  
**BLACKWOOD FREEMASONS** - all past and current members of Blackwood no 93 meet from 7.30pm at Masonic Ctr, 229 Main Rd (behind My Kitchen and opp. Coles). If you want more information on Freemasonry

- contact Greg on 0401 437 816 or e: [blackwoodfreemasons@gmail.com](mailto:blackwoodfreemasons@gmail.com)
- ◆ **7 June**  
**BLACKWOOD MENS PROBUS CLUB** - meet at Masonic Lodge, Main Road from 9.30-11.30am. Fascinating guest speakers every month. Visitors and new members welcome. Enquiries to 8178 2653.
- ◆ **9 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.
- ◆ **9 June**  
**MITCHAM BAHAI COMMUNITY** - ‘Soul Food’ is a monthly meeting to reflect on various topics including religious, secular, music and images. Meet at 7.30pm in Blackwood Community Centre, Young St. Free entry. Phone Jackie on 0407 835 503.
- ◆ **10 June**  
**ILLUMINA VOICES** - dynamic and popular women’s choir presents ‘Shall We Dream?’ (Songs of Freedom) at St Peters Lutheran Church, 71 Cumming st, Blackwood at 2.30pm. Tickets available on [www.trybooking.com](http://www.trybooking.com) or at the venue.
- ◆ **10 & 24 June**  
**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: [jkitchengarden@gmail.com](mailto:jkitchengarden@gmail.com)
- ◆ **11 June**  
**OUT OF THE BLUE SUICIDE PREVENTION NETWORK** - meets at 7pm in the Blackwood Community Centre, Young St, Blackwood. New members always welcome. For details email: [ootbcommittee@gmail.com](mailto:ootbcommittee@gmail.com)
- ◆ **11 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 Shirley on 0403 801 916.
- ◆ **11 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 outings. Prospective members and visitors welcome. Phone Secretary on 8276 4692.
- ◆ **11 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.
- ◆ **13 & 27 June**  
**ADELAIDE HILLS TOASTMASTERS** - Affordable public speaking training & practice in a friendly adult group. Meet from 7.30-9.30pm. Enquiries to Diddy Pederick on 0408 100 016 or e: [didyina@yahoo.com](mailto:didyina@yahoo.com)
- ◆ **14 June**  
**HAWTHORNDENE MEN’S PROBUS CLUB** - held at Belair Uniting Church Hall, Sheoak Road, Belair at 9.30am. Monthly guest speakers. Inquiries to 8278 2025.
- ◆ **16 June**  
**BLACKWOOD MARKETS** - held at Blackwood Memorial Hall, 21 Coromandel Pde, Blackwood from 10am to 3pm. A fashionista event showcasing designers and boutiques, jewellery, plus vintage accessories. Live music and refreshments available. Fashion parades at 11am & 1pm. Check out their Facebook page.
- ◆ **17 June**  
**FRIENDS OF GAMBLE COTTAGE & GARDEN** open between 1-4pm. Enjoy a stroll through historic gardens and Cottage. Plant nursery open with range of inexpensive plants. Entry is free - 296 Main Rd, Blackwood cnr Dorham Rd. Enquiries to Chris on 0418 827 825.

- ◆ **17 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**  
**FRIENDS OF STURT GORGE** - meet at Bellevue Heights Primary School. Phone Bob Grant on 7329 8296 for meetings and working bees. Visit [www.fosg.org.au](http://www.fosg.org.au)
- ◆ **20 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.
- ◆ **20 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.
- ◆ **21 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.
- ◆ **25 June**  
**BLACKWOOD ACTION GROUP** - get involved in your community. Guest speakers: Sam Duluk, MP for Waite; and Steve Murray MP for Davenport on ‘The first 100 days of the Marshall Liberal Government’. Meet at Blackwood Train Station from 7pm. New members always welcome. More details on 0408 117 003 or

- Facebook or [www.blackwoodactiongroup.org.au](http://www.blackwoodactiongroup.org.au)
- ◆ **25 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](http://www.blackwoodfloralart.blogspot.com.au)
- ◆ **25 June**  
**MITCHAM HILLS COMBINED PROBUS** - meet at Flagstaff Hill Golf Club, Memford Way, Flagstaff Hill from 10am to 12noon. Retired or semi-retired and looking for more friends. Phone Des on 8278 6269 or visit [www.probusouthpacific.org.au](http://www.probusouthpacific.org.au)
- ◆ **27 June**  
**ADELAIDE HILLS ZONTA CLUB** - meet for dinner at 7pm at the Belair Hotel. An international women’s service club advancing the status of women worldwide. New members and visitors welcome. Phone Doone on 8278 2676.
- ◆ **28 June**  
**COMBINED PROBUS OF COROMANDEL VALLEY** - meet in the Blackwood Hills Baptist Church, 72 Coromandel Pde, Blackwood from 11am. Interesting speakers and visitors welcome. Phone Ian or Jill on 8278 4325.





# Friendly ambience at gym attracts surge in members

IN the past six months, the Fitness Studio at the Blackwood Recreation Centre has been booming with an influx of new members joining the gym.

"We have doubled the number of members in such a short period of time," said Tyler Simmons, Rec Centre assistant manager. "With over 25 classes being run each week, we are now able to cater for most people's needs when joining the gym."

"The gym aims to be more people-friendly and personalised, with many members knowing each others name and there is always a familiar face here to have a chat with," added Tyler.

To encourage more people to join, the Fitness Studio is offering a 'direct debit membership special' where you can pay only \$7 per week with no joining fee.

This is a very affordable opportunity to belong to a friendly gym which offers classes including combo, strength and tone, pilates, yoga, zumba and 'Strength for Life'.

*Strength for Life* is a training program aimed exclusively for participants over 50 years old that will improve your mobility and flexibility, and general well-being. It also develops and maintains your muscle mass, endurance and strength.

Upon joining the Fitness Studio, you will be given a free assessment of your health, and provided a personalised program to meet your expectations.

There are a number of male and female personal trainers available to help if you require ongoing support and direction with your gym requirements.

Exercise physiologist, Nikki Sleep also consults at the Centre, so if you need any professional advice with your program, she is qualified to point you in the right direction.

☐ The Fitness Studio is located inside the Blackwood Recreation Centre at 1 Northcote Road, Eden Hills - on the grounds of Blackwood High School. Phone 8278 8833 for more information.



◆ Photo above: Nikki Sleep (centre) is a qualified exercise physiologist and class instructor at The Fitness Studio, holding a 'Strength for Life' class for mature age members with warm down exercises

## Take simple test at home to diagnose your sleep problems

THE CPAP Room is expanding its services to offer home-based 'sleep studies' and welcomes the assistance of Dr Carissa Yap (pictured) who is an extremely experienced Sleep and Respiratory Physician.



A home sleep test is a very accessible and cost effective (all home based sleep studies will be bulk billed) way of diagnosing sleep problems, such as snoring or sleep apnoea.

It is important to recognise the symptoms and take this simple test to see if you're at risk. This will enable you to seek quality treatment for any sleep disorders early and quickly as possible.

Home sleep testing by The CPAP Room, based in Belair, is carried out using the latest technologies

If you or your partner decide to undergo this test, call to arrange a consultation with a trained Sleep Therapist

at The CPAP Room. All patients will be wired up by a trained technician and results analysed by a qualified sleep scientist.

The diagnostic equipment consists of a small device to record information about your sleeping habits. This will measure factors like snoring, frequency of apnoeas, oxygen levels, sleeping positions and more.

When the test is completed, Dr Yap, a very experienced Sleep Physician will analyse the results and provide a diagnosis and possible sleep solutions depending on your severity.

Dr Yap will be available for all your consult needs from her rooms in Stirling, Brighton and Kent Town.

See The CPAP Room advert on page 3 for more details.

☐ For more information please speak to your GP or contact Lara at The CPAP Room on 0416 632 699.



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## The team at Blackwood Physiotherapy are committed to providing the best possible care for their patients

**Blackwood Physiotherapy Sports and Spinal** has been helping to keep local residents fit, healthy and active for over 35 years.

"Our male and female staff all have extensive experience and will work with you to achieve the best possible outcome with your treatment," said Simon Ebert, Blackwood Physiotherapy Principal.

Blackwood Physiotherapy Sports & Spinal is a QIP Accredited Practice that conforms to the stringent Australian Physiotherapy Association standards required to maintain this status.

"Our patients can be assured they will have their Physiotherapy delivered with the highest standards of safety, hygiene, treatment effectiveness, privacy and personal respect."

Full details on the Clinic and Physio staff members are available from [blackwoodphysiosportsandspinal.com.au](http://blackwoodphysiosportsandspinal.com.au)

### - OUR GUARANTEE TO YOU -

If you are not 100% satisfied with your treatment, then please let us know and we will either: Give you a full refund OR provide you with your next consultation free of charge.

*We won't be happy, unless you are happy with your service at Blackwood Physiotherapy Sports and Spinal.*



Photo (from left to right): The team at Blackwood Physiotherapy include (seated) Peter and Simon; and (standing) Carolyn and Kendall



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# 'One stop' automotive centre proves popular with motorists



TWELVE months ago, Barry Kidd, owner of *Elite Auto Electronics* and *Blackwood Automotive Repairs* decided that it would be beneficial to motorists if both businesses were located together under the same roof.

"We have created a one stop automotive centre, enabling the same friendly staff and qualified technicians from both automotive centres, to work alongside each other to bring our customers a complete service in motoring repairs in the one location," said Barry.

The centre now offers mechanical repairs and service, log book servicing, air conditioning, all electronic and EFI repairs.

And with winter here, more motorists are driving in the dark and the effectiveness of your car's headlights become paramount when driving in the Hills.

The next step in vehicle headlight upgrades has arrived providing a colour that is whiter than daylight, has a lifespan of over 30,000 hours; so give Blackwood Auto & Electrical a call to have your headlights upgraded.

Also with colder weather and temperatures, the strain placed on your car's battery increases and will expose any weaknesses. RAA Batteries come with a 12, 24 or 36 month warranty - your assurance that it meets their exacting standards.

Batteries disintegrate over time due to the acid slowly decaying the components within the battery and usually don't give any warning before they no longer have the energy to start a car.

The most accurate way to check the condition of a battery is to measure the remaining capacity with an electronic battery tester; which can be done here as they are an RAA Battery Centre.

The workshop is located near the Blackwood train station and local shopping precincts making it very convenient for many Hills motorists.

Blackwood Auto & Electrical are located at 255 Main Road, Blackwood (next to Bridgestone Tyres). To book your car in for its next service or a repair, phone 8370 2244.

## Your car is not very safe without good vision

AS drivers, most people are concerned about their car's safety features; however, a safe car is nothing without safe vision!

Our eyes are responsible for around 90% of the information we use for driving and making decisions on the road, which is why even a small change in vision should be cause for concern.

So, if you experience any of the following, you might be at risk:

- \* Trouble recognising details on road signs or number plates?
  - \* Difficulty judging the distance of oncoming vehicles?
  - \* Trouble seeing clearly in changing light conditions, eg from day to dusk at night?
  - \* Need to move your head to see in the side mirrors or read your dashboard clearly?
  - \* Visual sensitivity to oncoming headlights?
  - \* Reluctance to drive at night or in unfamiliar environments?
  - \* Uncertainty and lack of confidence behind the wheel?
- Poor vision is a contributor to road accidents and yet it's a risk every driver can easily reduce.

There are more options and technologies than ever before to help you stay safe on the road including:

- vision correction by wearing glasses or contact lenses to improve your depth perception while driving, so you can better judge your surroundings;
- progressive lenses that improve vision at every range of distance, with a smooth transition from reading signs in the distance to viewing the dashboard in front of you;
- anti-reflective coating to reduce glare and distortion from oncoming headlights; and
- polarised sunglasses which can eliminate distracting and sometimes dangerous 'horizontal glare'.

Contact your local optometrist if you have any concerns about your vision when you drive at night or during daylight hours.



Photo: Barry (on left) and the team at Blackwood Auto & Electrical are celebrating their first year as an auto electrical business and mechanical workshop combined under the one roof

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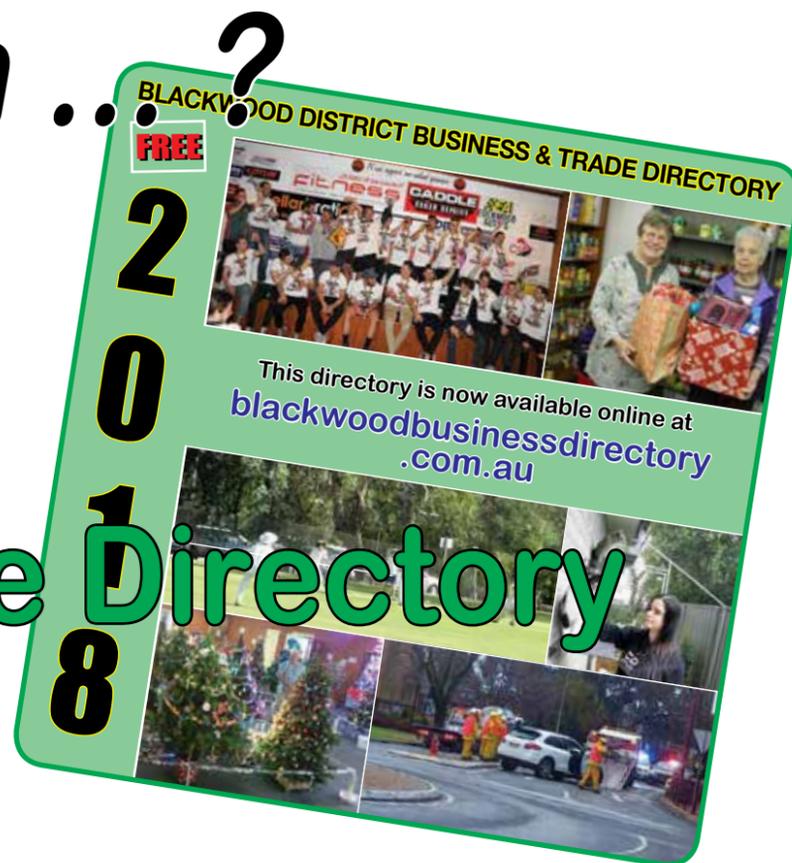
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