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Lack of car parks impacts shoppers

see story pg 3



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'Rudolph' the 12 year old ride-on mower has finally 'died' - read why these Friends of Blackwood Forest members need your help to buy a new one ... from left: Laura, Kevin, Andrew & Zak ... story on page 3



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Share in our truth-listening

BY ANNE BARKAWAY
BLACKWOOD RECREATION GROUP

HER EXCELLENCY the Honourable Frances Adamson AC, Governor of South Australia visited Colebrook in early April and met Stolen Generation Survivors and Blackwood Reconciliation Group (BRG) members during a tour of the Mitcham Council area.

All were impressed with her genuine recognition of the impact of Australia's past policies on the children who were stolen, and the consequent intergenerational trauma that has flowed through the subsequent generations.

Jennadene Smith, whose mother was a Colebrook resident said, "I had the privilege of meeting Her Excellency for lunch yesterday at Colebrook, a site of great significance where the stolen generation children were placed during Australia's assimilation act.

"Her Excellency's opening Acknowledgment in the Kurna language at Colebrook was not only a poignant gesture, but also a testament to her deep respect for indigenous cultures.

"It was a wonderful and reassuring experience to witness her commitment to acknowledging and honouring the history, heritage and truth telling of Australia's First Nations people," added Jennadene.

'Now More than Ever' is the Theme for Reconciliation Week in 2024.

Aboriginal leaders have chosen the theme to remind Australians that the journey of reconciliation and healing is ongoing. 'Now More than Ever' we need to do more than say 'Sorry' - we need to actively contribute to healing.

This year BRG is supported by the Healing Foundation and Mitcham Council, and has planned a Sorry day event with Colebrook families to contribute 'more than ever' to the healing of Stolen Generation survivors.

The annual walk will start at 358 Shepherd's Hill Road (the Gladstone Road car park), walking to Colebrook Reconciliation Park where the walkers will hear from inspiring Aboriginal leaders as well as Her Excellency the Honourable Frances Adamson, Governor of South Australia, and other local leaders.

There will be music, dance performances and activity workshops for adults and children. Food and drinks will be available at Colebrook to purchase, or BYO picnic.

In the words of Courtney Hunter-Hebberman, whose grandmother was a Colebrook resident and who attended the Governor's lunch with four generations of her family: "We have been doing a lot of truth-telling, and now we need people to do 'truth-listening'.

Please join us on Sunday, May 26 and share in the truth listening.

☐ There will be a Reconciliation Service at Blackwood Uniting Church at 10am on Sunday, May 26, with full details of the 'Walk' and event found on the BRG Facebook page.

◆ Photo on left - Her Excellency Frances Adamson AC Governor of South Australia (centre) visited Colebrook Reconciliation



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350 editions of 'The Blackwood Times' ... our last one published in June 2024

SINCE the first edition being published in December 1994, there have been another 349 issues ... and at time of print ... there may only be one more in JUNE.

Even though there has been a lot of 'blood, sweat & tears' along the way, it is really all the businesses who have supported The Blackwood Times over the years (some have been in every issue since 1994) who deserve the recognition.

Without the advertising, there would not be a Blackwood Times.

In fact, without the generous support of many local businesses in the form of sponsorship and donations, many organisations, sporting clubs and groups would simply not be able to survive.

And where does this money come from to enable them to financial support ... that's right ... your shopping dollar!!

The importance of shopping locally, especially in the current economic climate, can never be underestimated local businesses need your shopping support now more than ever.

A decline in local businesses and retailers could spell the demise for our shopping precincts. You may think you are saving money by shopping at Marion or on-line, but long term could impact on the viability of the district ... and the wonderful village and country atmosphere we all enjoy.

You must continue to shop and support local.

Miles Badcock, Publisher

Time to put the 'vaping' genie back in the bottle



BY LOUISE MILLER-FROST
FEDERAL MP
FOR BOOTHBY

of chemicals beyond the addictive nicotine, so also do vaping fluids, which can contain up to 200 chemicals including those found in nail polish

remover, weed killer and paint stripper.

Vaping also carries the risks of nicotine addiction, nicotine poisoning, serious injuries and burns, including internal burns, seizures. We do not yet know the long term effects of vaping, but I think as a general rule, inhaling chemicals into your lungs isn't a good thing.

Worse than that, we know that children are being targeted by vaping companies. Vaping is marketed with bright colours, images like rainbows, and sweet flavours. So many vape shops are situated near schools.

Teachers and School Principals tell of children so addicted to vaping that they can't sit through an entire class or exam without nicotine patches. And nicotine increases anxiety and depression, increases sleep problems and affects memory and concentration, particularly in developing brains.

The anti-vaping legislation introduced by Health Minister Mark Butler and the Albanese Labor Government aims to prevent this public health issue before it starts.

Because if we could go back in time and put the genie back in the bottle, wouldn't we? Wouldn't we want to save lives, save the sorrow, the misery, the pain, the cost to the health system and the cost to the community?

The legislation to curb vaping is doing just that, putting the vaping genie back in the bottle before it's too late. Vaping is the new public health challenge and it is an entirely preventable one.

☐ If you have any queries, please contact my office on 8374 0511 or email: Louise.Miller-Frost.MP@aph.gov.au

IMAGINE if we could put the tobacco genie back in the bottle. If we could go back in time and stop tobacco being normalised in Australia.

Tobacco use is responsible for around 21,000 deaths a year in Australia, more than 1 in 8 fatalities. Around 15,000 Australians are diagnosed with lung cancer yearly and 90% of them are tobacco related.

Tobacco costs the community around \$5 billion in lost productivity, and \$6.8 billion in healthcare costs. It accounts for around 1.7 million hospital admissions a year. And at an individual level, each pack a day smoker is spending upwards of \$15,000 a year on cigarettes.

Imagine if we could travel back in time and prevent all of this disease, the deaths, the cost to families of losing their loved ones, the financial cost to the community. The impact on the health system.

Wouldn't we do it? That's where we are now with vaping.

Vaping was initially introduced to Australia as a therapeutic product to help people quit smoking, and there are some people for whom this works. Therapeutic grade vapes will still be available by prescription for those people. But more commonly, vaping is a gateway drug - one in three people who vape will go on to smoke cigarettes.

Vaping is not helping people in our community quit smoking. Instead it is addicting them and creating the next generation of lifelong consumers, addicts. Because addicts make an excellent consumer market for companies to profit from.

Vaping itself is not a safe activity. Just as cigarettes contain a lot





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Retailers frustrated at car park shortage

by James Swanborough

CAR PARKING has been a concern for Blackwood residents, with complaints that local shopping centres have lacked sufficient parking space dating back to the start of this newspaper, some 30 years ago.

In that time, the number of spaces to park has not changed significantly, but with major developments over the past year seeing a centralisation of the town's focal point of Waite Street Reserve, that number seems to have gone in the wrong direction.

While additional parking was added to the north west corner of Waite Street Reserve as a part of the construction plans for the Blackwood Community Library & Hub (Tiwu Kumangka), others were removed.

With the next stages of development creating additional retail premises and a pedestrian mall adjoining the rear of the Drakes Foodland complex of shops, some in the community feel there has been a lack of proper planning to accommodate the amount of activity in the area.

"They've allowed that building to go up, and cut off 12 parks from the complex," one concerned resident stated to *The Blackwood Times*. Particular concern was raised regarding the next stage of development.

"There are about 30 people who park behind Drakes at the moment; that carpark is going away as well, and they are creating another 8 shops without supplying another carpark. How is that possible, how has this been approved?"

"It's great that there is progress, but why couldn't there have been underground parking at the library?," the resident queried.

"If they couldn't afford it, Council should have waited until it could be done properly."

Meanwhile Member for Waite, Catherine Hutchesson MP said she had also received concerns. "We do get complaints from time to time about car parking in and around Blackwood," she said.

"With all of the construction that has, and is soon to commence, the number of parks has been reduced and that is frustrating. The Drakes car park has particular challenges, as the car parks themselves are narrow and difficult to access. There has been a direct impact losing the Waite Street parks and soon the gravel car park between Drakes and the building where my office is located, will add to the issues."

A novel suggestion came from an anonymous tip that perhaps the best utilisation of community assets would be to 'sell' the former library site on Main Road to the Blackwood Church of Christ in a land swap, turning the Church's current premises on the corner of Waite Street and Shepherds Hill Road, into additional carparks.

"You would be able to fit 50-60 carparks in there, and the council needs to correct their wrongdoing," the tipster said. "They only built another car park three blocks away - no other developer can do that."

"That big old library is just sitting there. I'm pretty sure if the council went to the church group and said - take this building, it's got an underground car park and everything, they would jump at it. Do a property swap!"

It remains unseen how this suggestion jives with Mitcham Council's current development plans.

Ms Hutchesson MP said she was also particularly concerned about the impact the parking situation was having on retailers.

"I can understand their concern, it is likely impacting their trade and I encourage our residents to find ways to continue to shop locally as we need to support our businesses."

Another novel suggestion might be gleaned by viewing the "BlackwoodTown" project. A concept by local architect James Maude, "BlackwoodTown" envisions a radical reinvention of the town centre, in hope to stimulate positive change in local urban design.

The Blackwood Town Project is based on greater levels of urban consolidation, with more residents living within walking distance of shops and services and improved public transport, and therefore car parking numbers in general should be reduced as part of the BlackwoodTown Plan in recognition of this.

"Blackwood is currently dominated by open car parking in awkward, badly coordinated pockets," the plans state. "Open air parking is a terrible waste of space and makes for weak urban form. It can be converted to commercial and housing uses, with strong urban edges, by getting the cars underground."

"Highly efficient, large, single storey basements can be built across most of the dense centre of Blackwood."

Maybe this is a pipedream, yet novel suggestions often prove inspiration when all else fails.

You can view more at www.blackwoodtown.com.au □

Help GoFundMe a new ride-on for forest

THE Friends of Blackwood Forest have set up a 'GoFundMe' page and are appealing to the local community, neighbours and friends to help them raise the necessary funds to purchase a desperately needed new ride-on-mower to mow the walking paths throughout the park.

Their much loved "Rudolph" the red ride-on-mower has died after 12 years of solid and faithful service mowing those walking paths, within the park, each and every spring and summer.

Blackwood Forest is a very popular recreation park for hundreds of walkers and dog lovers, located on the corner of Main Road and Turners Avenue in Coromandel Valley.

"Our incredible volunteers do mowing of the walking trails so that walkers and their dogs

(plus children) can be kept safe from unwanted and unexpected encounters with snakes, grass seeds in dogs that can end up in costly vet bills, or falling down the odd unseen rabbit hole or two," said Pattie Reynolds, group spokesperson.

A new ride-on-mower will cost the group approximately \$11,000 for a fire-compliant diesel mower to do the job they need it to do.

Blackwood Forest is owned by the Department of Environment & Water (DEW), but they only have funds to provide a general slashing for fire prevention once a year.

"As volunteers, we have taken on the task of mowing trails and open areas in the Park more regularly, to maintain the area for visitor use and now we need the your help, as it is impossible for us to fund this ourselves.

"We are also able to get into areas which aren't accessible with the DEW larger slashing tractor, such as pathways, the creek line and around the manager's office. We also use the mower for our biodiversity works through weed removal and creating temporary access to control weeds," explained Debbie.

"Many visitors also enjoy having picnics and utilising the open space, enjoying areas that are more regularly mowed. We, as volunteers, do the rest and need the use of a reliable ride on mower to maintain the paths over the grassland.

This mower machine is used to cut the areas throughout the year where the big machine cannot reach, but also maintaining the areas so the task does not get so major preventing a major fire hazard.

"Seeing as one of the main objectives of the park is to maintain open, grass area for recreation, we believe our extra mowing regime enhances visitor experience and improves safety," said Debbie.

So the Friends of Blackwood Forest have set up a 'GoFundMe' page and at the time of print they had received 81 donations totalling \$6,660 thanks to the wonderful organisations and individuals who have already contributed towards their goal.

Any amount would be helpful - \$10, \$20, \$50, \$100 or more ... whatever you can afford and are willing to donate toward this valuable purchase would be appreciated beyond belief.

□ To make a donation to help the group purchase a new ride-on mower, .. go to www.gofundme.com and search for 'Blackwood Forest'.



◆ Photo - Members of The Friends of Blackwood Forest (from left): Laura, Kevin, Jenny, Mark, Jane, Zak, Andrew and Joan desperately need your help to fund a new ride-on mower after "Rudolph" recently passed away!

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Exploring historical fauna stories of the district



This year, the Blackwood Action Group History articles will be themed around the fauna of the district as we explore historical stories of native species, conservation, feral animals and other curious animal tales.



‘Koala bears invade Blackwood!’

SUCH was the headline in the Coromandel Newspaper in 1962 when a ‘koala bear’ was seen in Melton Street, Blackwood and soon after, a koala bear was reported in a gum tree near the roundabout.

“Our ‘Town Roundsman’ was telephoned and almost immediately he and a photographer were on the scene. The koala, ‘Teddy’ as he/she was affectionately called, was quite robust and would stand approximately 3ft. 6ins ... Old residents cannot remember when a live wild koala was last seen in this district.” (Coromandel, 21 Sept 1962).

In 1798, John Price was the first European to record koalas during an expedition to the Blue Mountains, with an image of the animal by naturalist George Perry published in 1810. Although still often referred to by tourists and community members as a bear, it has been known for a very long time that the koala is not a bear, but a marsupial. The word *koala* comes from the *Dharug gula*, meaning ‘no water’ and were hunted by Indigenous Australians and depicted in myths and cave art for millennia.

Although we regularly see koalas in the Mitcham Hills today, they are not indigenous to the area so it is unsurprising that *Teddy* caused such a stir.

In South Australia, koalas were historically only found in the lower south east, and were thought to be extinct by the 1930s due to hunting for the fur trade. Public concern for the koala resulted in their protection with the mid 1920s seeing koalas

introduced to Kangaroo Island in an attempt to conserve the species. Koalas were introduced into the Mount Lofty Ranges over the next decades.

Interest in *Teddy* resulted in an Editorial piece in the Coromandel newspaper which included “... They make very good pets but are extremely difficult to rear in captivity, being subject to a number of ailments if not given a balanced diet. It is to be hoped that local residents will see to it, that these little fellows are not molested when they do appear, because ... they are quite harmless in a garden, and we may be able to build up a population and from time to time have the pleasure of seeing them in our district. (by Mr RW Lyon Director of National Parks and Wildlife Reserves). (Coromandel, 28 Sept 1962).

From the mid 1930s–1960, the Adelaide Koala Farm was run as a private zoo and was both much loved and controversial. The “Farm” was popular with children, as apart from koalas and snakes, it boasted “Sally” the Timor pony, “Porker” the buckjumping pig and a performing seal. Controversial because it represented commercial intrusion into highly valued public land. “... the Koala Bear Farm should be located somewhere in the National Park, Belair...” E. M. Cohen. (Advertiser, 16 Feb 1953)

Koalas are listed as a vulnerable species by the International Union for Conservation of Nature. Among the many threats to their existence are habitat destruction caused by agriculture, urbanisation, droughts and bushfires.



◆ Photo - Koala Farm, 1938. D. Smith. The Farm lay near Pennington Garden, between the University Oval and King William Road. SLSA B-61599

In 2022, the koala was officially listed as endangered in the ACT, NSW and Queensland. The population estimate of koalas in the Adelaide Hills and Mount Lofty Ranges is over 120,000 with a range of organisations involved in their management.

☐ For more information on BAG activities, phone 0408 117 003 or visit their website at : www.blackwoodactiongroup.org.au

Do you have your 2024 copy of the **Blackwood Business & Trade Directory**



pick up a copy when out shopping at local supermarkets & businesses

Beacon24 put out the call for more donations

“ON behalf of all of the community groups and individuals, schools and businesses that have generously participated and donated time to the rebirth of our local Beacon24 charity, we are genuinely thankful,” said Tracey Yeend, joint co-ordinator of the program.

‘Beacon 24’ was officially launched at the end of October 2023 to assist local families with a 24 hour emergency food supply in times of hardship.

“Over the past month, we have seen an increase in the amount of people requiring assistance and accessing the Beacon 24 emergency food bundles,” explained Tracey.

“Due to the increased demand, we need to put the call out for more quality groceries please. These donations can be dropped off at any of the 3 collection places.

“It would help us a lot if you can please stick to the list of needed items, so we can maintain consistency in the packs.

“All goods must be new, unopened and within expiry date. Unfortunately, we cannot accept homemade items. Thank you for your ongoing support,” added Tracey.

Some people and families will continue to experience hardship throughout 2024, so please pick up some of the items listed when out shopping, and drop off at one of the nominated locations.

And if you are in need of help, Emergency Food Packs can be collected from the Church of Christ, Catherine Hutchesson’s MP office and on weekends from the Green Dispensary.

The bundles are available at the Church of Christ (cnr Shepherds Hill Rd & Waite St) Tues-Fri 9-3pm; Catherine Hutchesson MP office (Young St) covering weekdays when Church is closed and packs are available at The Green Dispensary (cnr Main Rd & Chapman St) on weekends.

‘Beacon 24’ needs for your help

... can you donate some of these items :

- ✓ Pasta sauces
- ✓ Pasta (including gluten free)
- ✓ Tinned soup
- ✓ Tinned baked beans & spaghetti
- ✓ Long life milk (including non dairy varieties)
- ✓ Breakfast cereal (with long use by dates)
- ✓ Jam (not homemade), Vegemite and/or Peanut butter
- ✓ Muesli bars (long used by dates)
- ✓ Treat foods such as chocolate / biscuits etc (long use by dates)
- ✓ Tea & Coffee
- ✓ Long life juice
- ✓ Toilet paper & Tissues
- ✓ Pet food
- ✓ Sanitary Items

☐ Your donations can be dropped into the local MP office at 7 Young St; Blackwood Church of Christ (cnr Waite St and Shepherds Hill Rd); and Green Dispensary Blackwood (202 Main Road).

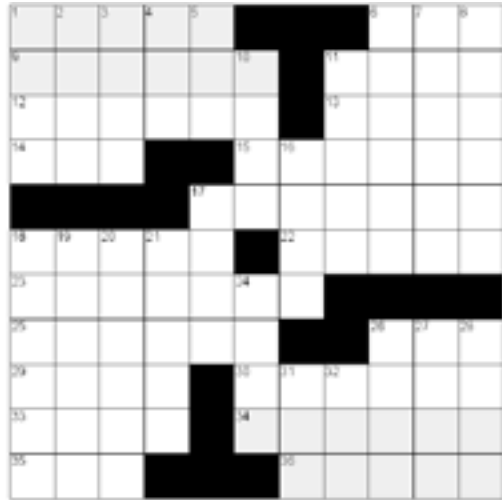
BLACKWOOD TIMES CROSSWORD BY LOCAL RESIDENT ... RORY T

ACROSS

1. Crawford, d’Arc and Sutherland
6. Grafton’s ___ for Ricochet
9. Food store
11. Servant boy
12. Iago’s wife
13. Queen during union of England and Scotland
14. Australia’s VAT
15. Sagacity
17. A contrast to online
18. Elate or cry
22. Crippled
23. Grasp
25. Joyce’s Portrait of the ___ as a Young Man
26. Golly
29. Nike’s Just ___
30. Egyptian high god (var.)
33. Euclid’s breathless length
34. The Fresh Prince of ___
35. Med. scan
36. Red token in monopoly

DOWN

1. Common image format (var.)



2. May be awarded on the King’s Birthday
3. May be picked last?
4. Newcastle Airport’s code
5. Indian term of respect
6. Unordered
7. Disregard
8. Appeared
10. “How dull”
11. Shells, bow ties or angel hair
16. Man, Wight or Mull
17. Flower
18. Young rocker?
19. Fearless
20. What’s ___ Gilbert Grape?
21. Unmatched
24. Pierce
26. Annoying bug
27. Smallest US Great Lake
28. UK countless counterpart
31. Expression of apathy
32. Chess rating system

ANSWERS ON PAGE 8

Rebekha Sharkie MP
Federal Member for Mayo

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'My Place' to revive sense of community

IN THE heart of Blackwood, something special is happening thanks to two locals, Lyn Busuttill and Hilary Thompson. They started 'My Place Blackwood' to bring neighbours closer together and revive that sense of community we all cherish.

Last March, they had their first Home-based Business Expo at the Memorial Hall, and it was a hit!

People loved it, both the ones showcasing their businesses and those dropping by for a visit.

But the journey of My Place Blackwood began when Lyn and Hilary stumbled upon My Place Australia, a group all about bringing folks together.

Inspired by My Place Australia's motto of "Putting Unity Back into The Community," Lyn and Hilary felt there was room for something new in Blackwood. Despite other great community groups around, they wanted to do things a bit differently.

Since late last year, My Place Blackwood has been hosting regular events to connect locals.

They have held monthly Coffee and Chat mornings at local cafes, where you can catch up with old friends and make new ones. Plus, their evening meetings at the Blackwood Community RSL feature interesting guest speakers and lively discussions.

But their big highlight is the Homebased Business Expo! It's a chance for home-based businesses to shine, even without a storefront. It's all about supporting local entrepreneurs and making sure everyone gets a chance to show off what they've got.

So, mark your calendars! On June 16, from 10am to 3pm, swing by the Memorial Hall on Coromandel Parade for their next Home-based Business Expo. It's open to everyone, whether you're from Blackwood or beyond.

Want to stay in the loop? Join them on Facebook at My Place Blackwood and be part of the fun.

Do you have questions or want to know more? Give Lyn Busuttill a call at 0411 833 998 or Hilary Thompson at 0420 939 433.

Let's keep that community spirit alive and thriving in Blackwood!

Not all bike riders are looking for trouble

WITH so much negative publicity in the news about the Belair train line and kids on mountain bikes, local MP Catherine Hutchesson wanted readers to know that not all kids are trouble-makers by presenting a good news story ...

WE live in a pretty incredible part of the state and have the benefit of boundless hills and valleys which have many stunning walking and riding trails. Many of you would have seen the popularity of our Mountain bike trails and the increase in young riders who bravely tackle them during the school holidays and on weekends.

You may also know, that recently, I have had to issue a warning to these young riders as from time to time their behaviour is not up to community expectation. This is disappointing and I have heard from many local community members and other riders about their experiences.

I wanted to provide an update on the initiatives that I have been working with local community members and groups on.

Last year, a young rider called Daphne came to see me, as she wanted to help. She wanted to work on an idea that could help build a sense of pride from our young riders in their trails and be part of the community. Daphne suggested that other trails across the state have t-shirts that riders wear to show that they have conquered the trails and it builds awareness and an inclusive club culture.

I was very keen to help Daphne with this project; it is always great when our young people are motivated to help make things better. I suggested to Daphne that she take care of the design and I would take care of the rest.

With the help of the Lions Club of Blackwood and Keolis Downer (our rail operator) we were able to pay for the first run of t-shirts and they look great.

Daphne's idea is that these t-shirts will be sold to trail riders who want to see good things like the train carriage continue. Riders who are advocates for their sport. This initiative joins the pop-up BBQ that I organised with the help of the Lions Club of Blackwood and the Blackwood Bike Shed.

Whilst weather stopped us from being able to have one in the Summer School holidays, we were able to have one on Sunday, 28 April. These are always well received by the riders and again go toward reminding them they belong to a supportive community, and I thank the volunteers from these wonderful community groups who continue to support this ongoing event.

I really hope that the riders heed the warning that was issued, that government will be considering our options in terms of the availability



◆ Photo : Blackwood Lions Club members (rear from left) Gary, Andrea and Lew with Waite MP Catherine Hutchesson (in front) mountain bike riders - Skye, June and Daphne

of the dedicated bike carriage, as it really is a great way to enjoy our wonderful trails without all the hard work.

□ If you would like to find out more about what other initiatives our government is doing in regard to safety on the Belair train or you have a young person interested in a t-shirt then feel free to email my office: waite@parliament.sa.gov.au or you can call the office on 8278 5844.

New bike track funded by local Rotary clubs

A NEW amenity at the Blackwood Primary School will benefit not only students at the school but also members of the public.

Built with financial support from the Rotary Club of Blackwood and the Rotary Club of

Coromandel Valley, a new mountain bike track will be available for use by members of the public on weekends and public holidays.

Each of the local Rotary clubs contributed \$3,000 towards the cost of the new bike track.

In each case, the money had been left to the club for a community project by the late George Sargent, who had been a member of the Blackwood Club, and later became a member of the Coromandel Valley Club. George subsequently moved to New Zealand, but kept in touch with both clubs until his death in March 2022. He was aged 97.

The bike track is behind the Blackwood Primary School and Wittunga Botanic Garden reserve. There is a gate giving access to the bike track near the end of Beaconsfield Road, which runs off Northcote Road and is accessed from Shepherds Hill Road, Eden Hills.

Alternatively there is a walking track that runs west from Coromandel Railway station to the end of Beaconsfield Road, and on the way passes another gate giving access to the bike track.

There are two sections to the bike track; in addition to the main section there is a smaller and less demanding section for less experienced riders. The main section, which was designed and built by Open Trails Australia, has all the berms and rollers one would expect of mountain bike track.

The construction of the track is 90% completed at the time of writing and it is anticipated that all works will be completed by the end of May.

□ For information about the use of the bike track contact John Darrell at Blackwood Primary School on email: john.darrell961@schools.sa.edu.au

For information about the Coromandel Valley Rotary Club or to attend a meeting contact the president Peter Maas on 0431 012 142 or pdm@internode.on.net.

For information about the Blackwood Rotary Club or to attend a meeting contact the president Martin Rowe on 0477 788 660 or therowes.1@bigpond.com



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Healthy feet essential for an active lifestyle

BY JASON KUANG
LEADING EDGE PODIATRY

WHEN it comes to foot care, many might perceive podiatrists as professionals solely focused on trimming toenails and removing calluses. However, the reality is far more encompassing.

Feet are often overlooked yet essential for mobility and daily functioning. They bear the weight of our entire frame and are subjected to considerable stress and strain on a daily basis.

Therefore, it's imperative to recognize the significance of maintaining optimal foot health for a healthy and active lifestyle.

Beyond basic nail trimming and callus removal, podiatrists offer specialized solutions tailored to address other skin and nail conditions such as: Plantar Warts (verrucae), Ingrown Toenails, Fungal Toenails, Cracked Heels and Corns.

In addition, we are experts in treating a wide variety of foot injury and conditions. These include: Achilles tendonopathy, Heel pain (Plantar fasciitis), Bunions, Morton's neuroma (nerve pain in forefoot), Metatarsalgia (ball of foot pain), Arch pain and Ankle injuries.

Heel pain (Plantar fasciitis), is a prevalent complaint that can significantly impede mobility and diminish quality of life if left untreated.

Through a combination of advanced diagnostic techniques and personalized treatment plans, including orthotic devices, stretching exercises, and supportive strapping, podiatrists alleviate heel pain and restore function to the affected foot.

In addition to traditional therapies, podiatrists employ innovative modalities to enhance treatment outcomes and expedite healing. Techniques such as extracorporeal shock-



wave therapy (ESWT) and dry needling have emerged as effective interventions for various musculoskeletal conditions, including Plantar Fasciitis and Achilles tendinopathy.

These non-invasive procedures target the root cause of pain and promote tissue regeneration. At Leading Edge Podiatry we are always looking into new innovative and evidence based treatment techniques.

At Leading Edge Podiatry we emphasize the importance of preventive care and patient education to mitigate the risk of foot problems and maintain long-term foot health. We educate individuals on proper footwear selection, foot hygiene practices, and biomechanical principles to prevent injuries and deformities.

In conclusion, as podiatrists we play a pivotal role in the holistic management of foot and ankle health.

By providing specialized treatments, we empower individuals to lead active and fulfilling lives free from debilitating foot conditions. Investing in foot health today ensures a solid foundation for a healthier tomorrow.

Leading Edge Podiatry is located at 237 Main Road, Blackwood and you can phone Jason for more information on 7120 6063 and checkout www.leadingedgepodiatry.com.au

Need to call an ambulance?

BY TRACEY YEEND
WELLNESS EDUCATION SESSIONS

Last month, Wendy Hall from Dementia Doulas International, presented an informative and interactive presentation called Remembering 2 Remember! We had our largest crowd ever of 160 attendees! Thank you to all who support our program and attend these Wellness Education Sessions.

The next informative Mitcham & Hills Wellness Session will be held on Tuesday, May 14, bringing you trained representatives and paramedics from the South Australian Ambulance service to present "Calling 000".

From time to time you may be in a situation where you might need to call an ambulance. Come along and hear from the representatives who take the 000 calls. They will let us know when you should call an ambulance, what you should say and what information you can provide to get the best treatment and assistance.

Paramedics will also join the session to talk through what happens when an ambulance is called, what they will ask for when they arrive, what you or a loved one can have ready to assist with prompt communication and care and what medical assistance they may need to administer on attendance to you.

Then on June 11th, we present Respiratory Specialist, Professor Paul Reynolds discussing Lung Health and Winter Risks.

Professor Reynolds is the Clinical Lead of the Heart & Lung Program for the Central Adelaide Local Health Network (CALHN) and he will discuss managing Lung Health, especially for the over 50's, through the winter months.

And an ongoing thank you to our amazing sponsors: Peter Alexandrou - Harris Real Estate Blackwood and the Green Dispensary Blackwood. The series is also proudly supported by Catherine Hutchesson MP for Waite and her amazing team.

All sessions are held at the Blackwood Uniting Church (near the roundabout) on the second Tuesday of the month. Please arrive around 5pm for a 5.30pm start. Hope to see you there.

All sessions are free to the public but you must book to secure your seat. For bookings, please contact Catherine Hutchesson's Office on 8278 5844 or email waite@parliament.sa.gov.au or pop into the office on the corner of Young & Waite Street.

Don't forget to grab a program to see what is coming up for the rest of the year, as there will only be one more edition of The Blackwood Times who so generously helps promote our sessions.

Seminar about osteoarthritis and best treatment options

"THE symptoms of osteoarthritis make it more difficult to complete daily activities and may result in a reduced quality of life," said Jessica Kemp from Botanic Health Services in Belair.

"So we are offering osteoarthritis sufferers the opportunity to join in our GLA:D intervention program to help reduce their symptoms."

Osteoarthritis is a degenerative condition that most commonly affects the knee, hip, and hand joints.

The articular cartilage (which covers and protects the end of the bones) of these joints breaks down and becomes thin and fragile, often resulting in pain, stiffness, and restricted joint movement.

The symptoms of osteoarthritis commonly present as pain when weight bearing, stiffness after prolonged rest, activity limitation, swelling around the joint and a feeling of instability.

Exercise is an integral part of the first line of treatment for osteoarthritis. Studies have shown that exercise is beneficial in improving joint range of movement, stability and function, appropriate loading of the joint, improves confidence and overall muscle strength.

The GLA:D Program is an exercise and education-based intervention which has been developed to help reduce the symptoms of both hip and knee osteoarthritis. GLA:D is a 6-week intervention, completed in a small-group setting

and with a combination of exercise and education sessions.

You are invited to attend a free presentation in the Belair Community Centre, on 27 May at 12noon by exercise physiologist, Lucy O'Malley (pictured below) about osteoarthritis, risk factors, diagnosis, and the best treatment options.

To book your spot, phone 8164 5963 today.

Botanic Health Services are located at 459 Belair Road, Belair (ground floor) and you can visit their website at: www.botanichealthservices.com

For more information about hip and knee osteoarthritis and/or the GLA:D Program, please call Botanic Health Services at 8164 5963.



Become mindful consumers to simplify and enjoy life more



BY ANDREW TIDSWELL
SUSTAINABLE
COMMUNITIES
BLACKWOOD

WHEN we hear the terms 'living frugally or more simply', what comes to mind?

Some would see these terms as meaning living an austere existence.

In "The Art of Frugal Hedonism" author Annie Raser-Rowland argues that we can eat well, have comfortable lives, enjoy the benefits of our modern society, save money, reduce stress, and live more sustainably by considering some basic habits.

Primarily this means becoming more mindful consumers.

Clive Hamilton in his book "Affluenza" says our addiction to more stuff and economic growth is overloading us with debt, overwork and anxiety but not making us any happier.

The advertising industry is very skilled in convincing us that we need to spend more and more to make us happy, but surveys continue to show that having more stuff does the opposite, making us more stressed about looking after it all, and where to store it.

The more a product is advertised, the more it is overpriced to pay for the advertising.

Becoming a mindful consumer can simplify our lives and maximise our time and finances on the important things that provide lasting enrichment.

We have become used to buying new cheap things to replace the existing cheap things that regularly break, instead of caring for the good things to make them last.

We don't need a new cleaning product for every surface in our home and every part of our body. A few general products can do it all, and they can be simple, natural and cheap.

We wash our clothes too often causing them to wear out sooner.

Over half of children's toys sold each year are thrown out as waste after twelve months. Abigail van Buren says "if you want your children to turn out well, spend twice as much time with them and half as much money".

Greg Roberts says "the size of our happiness is inversely proportional to the size of our homes". New homes in Australia are still the largest in the world and twice the size of new European homes.

The more content we are with our lives, the less susceptible we are to advertising, especially if we have good connections with other people and the natural world.

Simplicity can be a hard concept to appreciate in our complex lives, but being more materialistic, that is, valuing good things and experiences, can take us down a path of 'frugal hedonism'. □

Stobie poles get makeover by

local artists



◆ Photo - (from left): Stobie pole artist Ruth Flaherty with Blackwood Action Group members, a Coromandel walking group and their furry friends, celebrating the successful installation of four more colourful murals

THE concept of colourful murals on stobie poles was first introduced in Blackwood in 2020 by Blackwood Action Group (BAG) and has proved very popular.

A couple of the BAG committee members were so inspired by what their friends in the Rosetta Street Greening Group in West Croydon had accomplished, that they believed a similar project in Blackwood would really improve the aesthetic appeal of our streetscapes.

This project has involved over 80 local artists contributing their artwork over the past 4 years.

BAG was recently approached by renowned local artist, Ruth Flaherty for permission to paint 4 murals on Winns Road stobie poles.

She has already contributed many fine works of art along Coromandel Parade, Shepherds Hill Road, Main Road Coromandel Valley and other locations.

The Winns Road murals basically illustrate "Mother Duck and her entourage" heading for the water on one side of the two poles, and leaving the river on the other side after their "bath".

The murals have a special sig-

nificance though. Ruth (who lives on Ackland Hill Road) regularly walks along the Minnow Creek shared-use path and often comes across a walking group.

"This walking group, some with their dogs, is a great example of the wonderful sense of community here in the valley," said Ruth.

□ If you are a budding artist and feel you would like to participate in this project, contact BAG President Brian Ferris on 0423 125 269 or email: blferris@adam.com.au or Secretary Geoff Bartlett on 0408 117 003 and email: barty38@outlook.com.au

Meeting demand for in-home care services

WITH an ageing population and a growing number of individuals living with disabilities in Adelaide, the demand for quality in-home care services has never been higher.

According to recent statistics, over 25% of Adelaide's population falls into these categories, highlighting the pressing need for accessible and reliable care options.

Addressing this need head-on, is a new business called 'Nurse Next Door Home Care Services' offering nurse-led in-home care services tailored to the specific needs of residents in the area.

"Whether it is aged care, disability support, or anyone requiring some level of help, our team of nurses and caregivers stands ready to serve, providing compassionate and professional care directly to clients' homes," said co-owner Anthony Hill.

Anthony and Sally Hill bring over 20 years of community engagement and business ownership experience to their venture.

They deliver home care services that prioritise the well-being and happiness of their clients, enabling them to remain integrated within their familial, social, and community networks.

Nurse Next Door recognises the importance of nurturing individual interests and passions regardless of age or ability.

Anthony and Sally understand that fostering genuine connections, and understanding each client's desires are fundamental to achieving a fulfilling and joyful aging experience. They promise to provide personalised care that not only ensures safety and well-being, but also reignites lost interests and hobbies, enhancing the overall quality of life.

The Nurse Next Door Adelaide South Western and Hills team comprises qualified, compassionate nurses and caregivers who offer dementia and Alzheimer's care, assistance with activities of daily living (ADLs), nursing care, and companionship, tailored to meet the unique needs of each client.

With a focus on flexibility and quality, Nurse Next Door ensures that individuals and families receive the support they need, when they need it, fostering independence and well-being.

□ For more information on Nurse Next Door Home Care Services, phone 1300 100 247.



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Catherine Hutchesson
Member for Waite *Building a resilient community*

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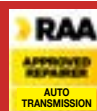
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WHAT'S ON IN BLACKWOOD & DISTRICTS

Visit www.blackwoodbusinessdirectory.com.au anytime for an up-to-date listing of local events

◆ 1 May

BLACKWOOD LIONS - meet at 6.30pm in Blackwood Memorial Hall, 21 Coromandel Pde. New enquiries welcome. If you want more information or thinking of joining, give Chris Martin a call on 0409 900 499.

◆ 1 May

BLACKWOOD RECONCILIATION GROUP - meet in the 'Coffee Lounge' room in the Blackwood Uniting Church (near Blackwood roundabout) at 7pm. For more information see Facebook or email: blackwoodreconciliationgroup@gmail.com

◆ 1 May

BLACKWOOD FREEMASONS - all past and current members of Blackwood no 93 meet from 7.30pm at Masonic Ctr, 229 Main Rd (opposite Coles and behind The CPAP Room premises). If you want more information on Freemasonry contact Ted on 0407 978 214 or e: blackwood-lodge93@gmail.com

◆ 1, 8, 15, 22 & 29 May

COME PLAY SCRABBLE

Join in the fun at the Blackwood Scrabble Club meeting in the Blackwood Uniting Church Hall (near the roundabout). Enquiries to Raelene 0416 203 515.

◆ 2 May

BLACKWOOD PROBUS CLUB - meet at Masonic Lodge, 229 Main Road (opp. Coles) from 9.30am. An informal and social outlet for retired and semi-retired ladies and gents. Visitors and new members welcome. Enquiries to 8178 2653.

◆ 2 May

TONSLEY VIEW CLUB - meet at the Maid of Auckland, South Rd, Edwardstown, at 11am for 11.30 start. Cost is \$25 for lunch. Often have guest speaker, raffle and trading table. VIEW is a women's group supporting The Smith Family by sponsoring children. Phone Deborah on 0468 630 020 or email: tonsleyviewclub21@gmail.com

◆ 4 May

NATIONAL TRUST COROMANDEL VALLEY & DISTRICTS - anyone is welcome to join in their morning tea and catch up with friends or meet new locals - held at the Watchman House on Main Road from 9am-12noon. For more check out Facebook page or phone 0474 066 776.

◆ 5 May

BOTTLE COLLECTION - from 9am by Belair Scout Group. Collect ALL GLASS bottles and jars, ALL REFUNDABLE cans, bottles and cartons from your driveway. Any queries phone Nicola on 0412 708 940.

◆ 5 May

BLACKWOOD SUNSHINE HEART MARKET - from 10am to 3pm at Blackwood Memorial Hall, 21 Coromandel Parade. Admission is free. New stall enquiries to Kylie: sunshineheartmkt@gmail.com

◆ 5, 12, 19 & 26 May

OLD GOVERNMENT HOUSE - located in the Belair National Park will have a display of Victorian style quilts and miniatures as part of the History Festival.

Tour with Devonshire tea \$15 pp; tour only \$5 for adults. Children under 12 free. Entry into Belair National Park is free if visiting OGH - tell staff at gate. For more information phone 0438 687 788.

Entry into Belair National Park is free if visiting OGH - tell staff at gate. For more information phone 0438 687 788.

◆ 6 & 20 May

COROMANDEL VALLEY ROTARY - meet at Parish Hall, 337 Main Road, Coromandel Valley (behind St John's Church) at 6pm for 6.30pm start. If you would like to attend a meeting or are interested in joining the club, contact Peter on 0431 012 142.

◆ 7 & 21 May

BLACKWOOD ROTARY - meet at Blackwood RSL Club, Brighton Parade, at 6pm for 6.30pm start. If you would like to attend a meeting or are interested in joining the club, please contact Kevin Marsh on 0428 522 362.

◆ 8 May

BLACKWOOD HILLS CIRCLE OF FRIENDS FOR REFUGEES - meet at 7.30pm in the Foyer at Blackwood Uniting Church near the Blackwood roundabout. Everyone welcome to attend. For more information email: circleoffriendsblackwood@gmail.com

◆ 8 May

ADELAIDE-MITCHAM PROSTATE CANCER SUPPORT GROUP - meet at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens from 7-8.45pm. Guest speakers are arranged for most meetings. All welcome.

Enquiries: Ralph 0406 006 654, Roland 0438 604 323 and www.adelaide-mitchamcpcsg.org

◆ 9 & 23 May

BLACKWOOD PHOTOGRAPHIC CLUB - meet at Blackwood Memorial Hall, 21 Coromandel Parade at 7.30pm. Visitors and those interested in amateur photography welcome. Contact Ian on 0410 634 046 or email: panjarri@gmail.com

◆ 9 May

HAWTHORNDENE MENS' PROBUS - meet 9.30am at Belair Uniting Church, Sheoak Rd, where retired men find new interests, new friends and stimulating speakers. Also, regular outings, reading and walking groups. New members welcome - contact Robert on 0488 170 848.

◆ 11 May

TRADING TABLE - held by the Blackwood Catholic Parish outside Blackwood Pharmacy on Main Road near the pedestrian crossing. Funds raised will go to Lolotoe, a small village in East Timor. Cakes, plants and gifts for Mother's Day will be on sale.

◆ 11 May

BLACKWOOD PLAYERS - Quiz Night fundraiser hosted by TV personality Tim Noonan. Held in Blackwood Memorial Hall, 21 Coromandel Pde at 7pm for 7:30 start. Prizes, raffles and open bar with BYO supper. Book your table or join with others. \$10 pp or \$60 for table of 8. Tickets available at door or phone 0421 002 802 or email: blackwoodplayers@gmail.com or via Trybooking.

◆ 11 May

AUST SEWING GUILD (MITCHAM) - anyone interested in sewing from beginners to advanced are welcome. Held at Blackwood Uniting Church, (near Blackwood roundabout) from 1-4pm. Phone Donna on 8374 3172 or 0413 022 162 for details.

◆ 11 May

BLACKWOOD PHILATELIC CIRCLE - meet at 1.30pm at the Blackwood Uniting Church near the Blackwood roundabout. Displays and sales of a wide range of Australian and World stamps at most meetings. Everyone welcome to attend. Phone Trevor on 0437 050 831 for further details.

◆ 12 & 26 May

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 e: jpkitchengarden@gmail.com

◆ 13 May

BELAIR LADIES' PROBUS CLUB - meet at Blackwood Uniting Church (near roundabout) at 10am. Enjoy a social time with retired and semi-retired peers. Interesting speakers, outings, and weekly beach walk. Visitors and new members welcome. Enquiries to Jane on 0419 187 356.

◆ 14 May

WELLNESS EDUCATION SESSIONS - held at Blackwood Uniting Church near the Blackwood roundabout in the Cafe lounge. Everyone welcome to attend. For more information email: circleoffriendsblackwood@gmail.com

◆ 15 May

BLACKWOOD WINEMAKERS & BREWERS CLUB - meet at Blackwood Memorial Hall, 19 Coromandel Pde, from 7.30pm. Learn about wine-making and brewing, guest speakers with wine and beer tastings. New members welcome. Phone Bernie on 0447 212 278 or email: secretary@bwbc.org.au for details.

◆ 18 May

BLACKWOOD HILLS CIRCLE OF FRIENDS FOR REFUGEES CELEBRITY QUIZ NIGHT - at 6.30pm in the Blackwood Uniting Church Hall (near the Blackwood roundabout). Tickets cost \$20 and available at <https://www.trybooking.com/CPZPH> For more information contact Jennie on 0418 848 508.

◆ 19 May

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.

◆ 20 May

BLACKWOOD HILLS VIEW CLUB - meet at the Marion Club, Sturt Road at 10.30am for lunch. Ladies fun and friendship supporting The Smith Family. Guest speakers, raffles and trading table. New members welcome. For more details and bookings contact Joan on 0408 823 872.

◆ 21 May

FRIENDS OF STURT GORGE - meet at 7.30pm. Hold regular working bees to maintain trails and weeding days. Phone Bob Grant on 7329 8296 for meeting location and working bees. Visit www.fosg.org.au and email: bobgrant@adam.com.au

◆ 22 May

ZONTA CLUB OF ADELAIDE HILLS - work to advance the status of women worldwide through service and advocacy. Meet at Belair Hotel at 6.30pm for 7pm start. Visitors welcome. For more information on the Club, contact Bev on 0407 603 117.

◆ 23 May

COMBINED PROBUS CLUB OF COROMANDEL VALLEY - has relocated to St Johns Anglican Church Hall, 337 Main Road, Coromandel Valley. Meetings are held at 10am We are a medium size Club with maximum membership of 75. Each meeting we have a guest speaker and each month an outing is planned as well as 'gals' and 'guys' coffee mornings. New members most welcome. Contact Bob on 0418 836 414 or Heather 0448 351 880 for more info.

◆ 27 May

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

◆ 27 May

MITCHAM HILLS COMBINED PROBUS - meet at Club Marion, 262 Sturt Road, Marion from 10.30am. Come and enjoy our happy and friendly retirees for fun, fellowship and friendship. Phone Christine on 0400 809 704 or visit www.probus-southpacific.org/microsites/mitchamhills

◆ 28 May

JUNIOR FIELD NATURALISTS SA - meets in the Bellevue Heights Primary School Gym at 7pm. Club is aimed at nature enthusiasts aged 6 to 14, with accompanying parents. Activities include guest speakers at meetings, as well as regular field trips. You are welcome to attend a meeting to "come-and-try" the club before joining. For further information: www.jfnsa.com.au

Quiz night in support of refugees

COME join us for a high energy quiz night for a cause!

The Blackwood Hills Circle of Friends for Refugees is thrilled to announce the return of Celebrity Quiz Night!

Following the resounding success of last year's event, where we welcomed over 112 enthusiastic participants, we're gearing up for another evening packed with laughter, team spirit and brain-teasing trivia.

So, whether you're a trivia aficionado or simply seeking a night of fun, put together your table of eight and prepare to compete!

Your knowledge will be tested with a range of quiz questions delivered by our celebrity presenters.

Leading the lineup is Mwajemi Hussein, an actress celebrated for her remarkable performance in the critically acclaimed arthouse film "The Survival of Kindness," which made its debut at the prestigious Berlin Film Festival. Joining her are Catherine Hutchesson, the esteemed State MP for Waite, and Adelaide's very own talented musician, Quentin Eyres.

They will also have a raffle and silent auction on the night. Be sure to bring cash for your chance to win fantastic prizes and support our cause.

All the funds raised from this event support refugees in our community, making a meaningful difference in their lives. The Circle of Friends is a registered charity, and the Blackwood Hills Circle has been in operation for over 21 years.

They are able to make a difference because they step in where other agencies don't - providing targeted financial and practical support, visits, and advocating for refugees. They understand that the journey of a refugee doesn't end upon arrival in a new country - it's a continued quest for stability, opportunity, and a brighter future.

What to Expect: Arrive at 6:15pm for a 7pm sharp kick-off! Don't forget to bring along your favourite nibbles to share with your table.

BYO Drinks: Don't forget to bring your own beverages and glasses! A BYO license is in place so everyone can enjoy their favourite drinks responsibly.

Tea and Coffee Provided: Need a caffeine boost to fuel your brainpower? We've got you covered with complimentary tea and coffee throughout the night.

☐ Tickets for their Celebrity Quiz Night are available now, so don't miss out on this opportunity to have a blast while supporting a meaningful cause.

For more information and ticket purchases, please type <https://www.trybooking.com/CPZPH> into your web browser or scan the QR code below.



THE BLACKWOOD HILLS CIRCLE OF FRIENDS FOR REFUGEES PRESENTS...

Celebrity Quiz Night

with celebrity presenters:

SATURDAY MAY 18 2024

TICKETS: \$20
DOORS OPEN: 6:15 PM
QUIZ STARTS: 7PM

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Visit Old Government House every Sunday during the History festival

DURING the South Australian History Festival, Old Government House and Garden in Belair National Park will be open every Sunday on May 5, 12, 19 & 26 between 1-4pm. Visit their website to book a guided tour and delicious afternoon tea.

The house will feature an additional display of miniatures and quilts reflecting the Victorian era from the collections of Jayne Kader and Irene Carrig.

Tell the staff at the entrance that you are visiting Old Government House and you will gain free entry to the Park. Dogs are welcome in the garden, but please keep them on a leash.

They have a wonderful enthusiastic team of volunteers, but always welcome new people joining the team. Whether you would like to help serve afternoon teas on Open Days, or have a green thumb and would like to help our gardeners, they would welcome your involvement.

☐ Please visit their website for more information <https://oldgovernmenthouse.org.au> or contact friendsofogh@outlook.com if you are interested, or phone Jenny on 0417 820 545.



◆ Photo - the Victoria Society of South Australia on the steps of Old Government House in the Belair National Park

Hills choir back to enthrall with music from British Isles



◆ Photo above - The Hills Choral Society choir performing to a packed audience at the Blackwood Church of Christ on the corner of Shepherds Hill Road and Waite Street, Blackwood where the acoustics for the choir is outstanding according to patrons.

THE Hills Choral Society has been delighting audiences in the Mitcham Hills area for nearly 60 years and is bringing another outstanding performance to Blackwood this month.

"We are a community choir of around 40 members including Soprano, Alto, Tenor and Bass voices," said Karen Haussen, Hills Choral Society spokesperson.

"This year our first concert is titled, 'The Road to the Isles' and will incorporate Celtic, Scottish and Welsh music from the British Isles."

Come along to enjoy melodies such as Molly Malone, Danny Boy and in the Gloaming, featuring special guest artists, Iain Small on Bagpipes and Cassandra Boath on Gaelic Flute.

As usual the concert will be held at Blackwood Church of Christ (corner of Waite St and Shepherds Hill Road) on Sunday, May 26 at 2.30pm.

☐ Bookings can be made through Trybooking at <https://www.trybooking.com/CPMOQ> or at the door: \$25 Adult: \$20 Concession. You can also scan the barcode in the poster on the left to purchase your tickets.

For assistance with booking or other enquiries, go to www.hillschoralsociety.org or Freecall 1800 717 483 or any choir member. Please contact the Society if you are interested in joining or would like them to perform at an event or community concert.

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The ROAD to the ISLES

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Blackwood Church of Christ

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LOUISE MILLER-FROST MP
Your Member for Boothby

Authorised by L. Miller-Frost MP, Shop 2/670 ANZAC Highway, Glenelg SA 5045

WE'VE ACHIEVED SO MUCH IT COULDN'T FIT ON ONE PAGE!
SCAN TO READ MORE

Criminalising Wage Theft & closing workplace loopholes

Expanded paid parental leave

Enshrined a 43% emissions reduction target by 2030 in law

Endometriosis and Pelvic Pain Clinic in Glenelg

Creating 10 days of Family and Domestic Violence Leave

Secured a pay rise for millions of Australians on minimum wage

Struck an historic agreement to deliver the Murray-Darling Basin Plan in full

Established the National Reconstruction Fund

Delivering on the \$10 billion Housing Australia Future Fund

Legislating Superannuation on Parental Leave

Putting Nurses back into Nursing homes

Abolished the cashless debit card

Closing the gender pay gap

National Anti-Corruption Commission

Cheaper Childcare

Cheaper Medicines

Review of the Food and Grocery Code of Conduct

Established the Disaster Ready fund, to deliver long-term resilience

Delivering more reliable energy for all Australians

Actions to make more things here

Cutting taxes for every Australian

Introducing a Fuel efficiency standard

Ground Work has started on the Majors Road Interchange project

Turned the sod on the Eden Hills Scouts Hall rebuild

Upgraded Ballara Road Reserve

Delivered a Medicare Urgent Care Clinic at Marion

Fee-Free TAFE for over 350,000 Australians

Hiring 3,000 new staff to cut the claims backlog and call wait-times at Services Australia

Upgrading Blackwood & Sturt Lions Football Clubs

Delivered over 180 speeches in Parliament

Constructing a 98-bed tower at Flinders Medical Centre

Turned the Sod on the Marino Hall rebuild

Upgraded Weaver Street Reserve

Funding for Sturt CFS Group

Funding secured for upgrades to Blackwood Community RSL

Delivered new nets for Coromandel Cricket Club

Delivering Purkanarinya - a new Aboriginal elders Village at Warraparanga