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# 3 options for high risk SHR junction

Check out all the hot 'Spring Specials' on the back page ....

see story pg 3



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Lucky winner of last month's \$300 Shopping Spree competition, Julie Welford (left) from Belair, with Michelle McShane of Blackwood Lingerie, where she purchased a variety of goods with her prize. See full story pg 3.

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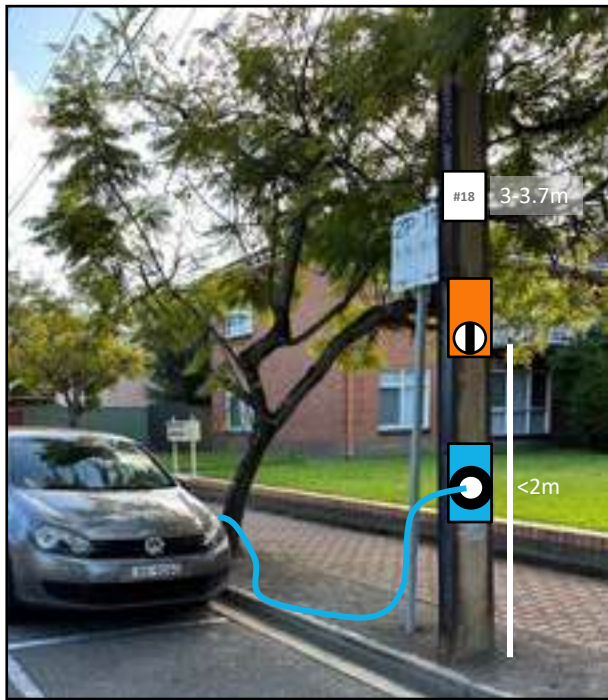
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# Trial program of EV chargers on stobie poles



## Example

#18 box; 80A 3ph supply

Circuit breaker (RCBO) & isolation switch.  
Locked via SAPN padlock.

32A EV Charger(s)  
Non-tethered (Port only)  
Mounted to pole steel.

by James Swanborough

MITCHAM Council have agreed to take part in a trial program of Electric Vehicle (EV) Chargers on Stobie Poles initiated by SA Power Networks (SAPN).

With ongoing roll-out of EV infrastructure throughout the country, SAPN has been searching for a partnership, in assessing whether there is a future in widespread installation of EV chargers at select stobie pole locations.

The initiative is in the early stages of concept, with the trial set to consider the scope, governance and particulars of the project, such as possible locations for chargers, who will own the charging assets post installation, designating responsibility for ongoing maintenance, along with billing and revenue from the assets.

SAPN have confirmed that they will cover all costs associated with deploying the charging infrastructure. In return, they are seeking Mitcham Council support to select appropriate locations and undertake community engagement associated with the trial.

As such, there will be no impact to ratepayers at this stage, with Council only agreeing to the initial terms of the trial commencement.

Council administration noted that the trial is attractive, considering that the role of Local Government in EV charging is uncertain, and that participation would ensure that if this kind of initiative is rolled out at scale across the State, the interests of Local Government would be adequately represented, with the additional potential for Council to realise revenue from this initiative that is not generated from Council rates; an attractive proposition in the context of the current cost of living crisis.

The trial will initially consider the potential location of approximately 5-10 chargers; community impact, and ownership and operating models.

Once the agreed upon chargers are deployed, monitoring and data collection on their impact and performance will be undertaken for approximately 12 months, which will include a consultation of the sentiments and experience from members of the community.

Following the trial a report will be published on its findings.

The trial will follow the recent installation of EV Chargers at the new Tiwu Kumangka Blackwood Community Hub & Library site as part of the RAA EV Charging network.

◆ Photo - Computer generated image of how EV chargers would be connected to motor vehicles from stobie pole, to be trialled by SA Power Networks with Mitcham Council

## Increased theft in area raises concerns with residents

THERE have recently been reports of increased theft and attempted theft in our community, including in and around the Craighburn Farm area.

Video footage has emerged of a group of thieves targeting parked cars and attempted entry to property, with some residents suggesting the thieves tried to enter the property when they were home.

The message from SAPOL is clear; protect your car and your home.

- Before you leave,
- Remove all valuables from your vehicle
  - Keep vehicle interiors clear and tidy, even shopping bags can entice thieves
  - Lock your vehicle and your home.

It is important to report suspicious activity to Police by calling 131 444 or 000 in an emergency.

Officers from the Southern District Community

Engagement Section have been speaking with local businesses and residents about what they can do to keep themselves and their property safe; you may have also seen a digital notice board located on Coromandel Parade.

Superintendent Les Buckley, District Commander from Southern District will be present at the community meeting so that residents who are concerned can share their experiences.

The Blackwood community is resilient and it's important that we look out for each other and ourselves and report anything of concern to the Police immediately.

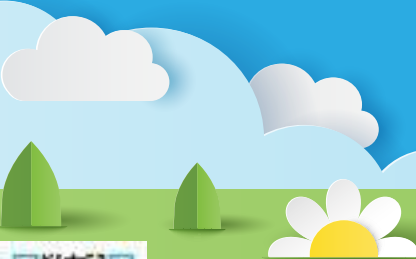
Local MP for Waite, Catherine Hutchesson will be hosting a community meeting on Monday, September 4 at the St Peters Lutheran Church, 71 Cumming Street, Blackwood at 6pm.



◆ Photo - Waite MP, Catherine Hutchesson (centre) with officers from SAPOL are planning a community meeting to tackle the problem of increased theft in the area

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Harcourts Packham



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## Revisit the music of the 70s with Hills Choral Concert

WITH Spring now upon us, The Hills Choral Society are looking forward to taking you "Back to the 70's" with a concert performance in October.

This era of classic pop songs which are still so popular today, provides a great source of material for the choir. With so much music that many of us know and have grown up with, it promises to be a wonderful afternoon of entertainment.

As usual, the concert will be held at the Blackwood Church of Christ (cnr Waite Street and Shepherds Hill Road) on Sunday, October 15 at 2.30pm.

Full details and booking information will be in the October issue of the Blackwood Times, but why not put it in your calendar now and save the date. Impatient for more information?

Contact any member of the choir, or check out the website <https://hillschoralsociety.org/> or Freecall 1800 717 483.



# Dangerous intersection on upgrade list

by James Swanborough

FOR many years, Blackwood motorists have raised concerns around the difficulties of turning right from Waite Street onto busy Shepherds Hill Road (SHR).

However, the long wait for a solution may be close to coming to an end, with site investigations, including geotechnical and service investigations, being undertaken throughout the year to identify the best treatment for this dangerous intersection.

While some drivers may run the gauntlet from the stop sign at Waite Street across the busy main arterial road, many find it a matter of necessity to take a left, using the Blackwood roundabout to eventually head down the hill, which is an option not without its own issues. Similar challenges face those motorists wishing to turn right into Shepherds Hill Road from Brighton Parade.

The Shepherds Hill Rd/Brighton Pde/Waite St intersection was identified as a priority in the Road Management Plan undertaken for Main Road and Shepherds Hill Road in 2015.

There were 25 crashes at the intersection over a five-year period (2014-2018) including

13 casualty crashes. Right turn movements onto Shepherds Hill Road and straight through movements from Waite Street and Brighton Parade contributed to the majority of these crashes.

A community survey undertaken in 2020 as part of the planning study, identified safety as a key community concern at this intersection, with a number of local residents also reporting 'near-misses'.

Other issues raised by the community include the need for safe crossings and access for people walking and cycling; concern about traffic delays and travel times at the intersection; and the importance of access to local streets and businesses.

Initial community suggestions about how to improve this intersection included banning right turns, adding traffic signals or adding a roundabout.

Three key intersection upgrade options were investigated at this location:

The first option would prevent right turn and straight through movements from both Brighton Parade and Waite Street. These movements currently make up only 2.4% of the total

movements at the junction, but contribute to the majority of crashes at the intersection.

While this option would improve safety with minimal disruption, with the proposed treatment also providing an additional pedestrian median strip refuge, it would also require right turn and through traffic from Waite Street and Brighton Parade (typically 580 vehicles per day between 7am and 7pm) to choose alternative routes, most likely via Woodleigh Road, Gladstone Road, Main Road and Melton Road.

A second treatment option would involve the installation of traffic signals and extension of the right turn lane on Shepherds Hill Road from the western approach.

Brighton Parade would have a dedicated right turn lane as well as a shared through and left turn lane. Signalised pedestrian crossings would be provided on all four approaches to the intersection, and bike lanes would be installed on Shepherds Hill Road.

Several respondents to the 2020 community survey suggested relocating the existing signalised pedestrian actuated crossing on Shepherds Hill Road to reduce congestion caused by its proximity to the roundabout and service station.

This was considered as part of Option 2, but pedestrians would still likely cross at the existing location, creating safety concerns. Instead, coordinating the timing of the two sets of traffic lights has been identified as a preferred option.

The third upgrade on the table was the possibility of installing an additional roundabout at the intersection. This is not considered a preferred option, due to increased impacts to both utility services and property on each corner of the intersection; together with increased difficulties getting in and out of Waite Street during peak periods, due to the close proximity to Blackwood roundabout, and queuing on Shepherds Hill Road.

Local MP for Waite, Catherine Hutchesson was contacted for comments but had no further updates at time of print as to a start date or decision on the desired option.

With works continuing throughout the Mitcham Hills Road Network, there is hope that a suitable solution will be implemented to address the issue sooner, rather than later, to accommodate the ever increasing usage along this major road corridor. □

# Winner had premonition about taking 1st prize



◆ Photo - Shopping Spree winner, Julie Welford (on left) with a NZ made poncho she purchased from Michelle at Blackwood Lingerie with her prize.

"WHEN I visited Blackwood Lingerie to put my coupon into the competition box, I had jokingly said ... *This is the winning entry*," said Julie Welford, winner of last month's \$300 Shopping Spree competition.

"To which the shop owner had replied, jokingly ... *I'll do my best!*"

Well, Julie ended up being correct and was thrilled to find out she had won.

Julie has lived in Belair for 24 years and loves it saying, they will stay there until they get carried out in a box! Having lived in Whyalla for 20 years, she and her husband Kym

were drawn to the community village feel of the Blackwood district when they moved here.

"I'm retired now and maintain an active lifestyle enjoying gardening, running, pilates, swimming and walking," said Julie.

With her prize, she decided to purchase a variety of goods from Blackwood Lingerie including a colourful mohair poncho to keep her warm on colder days (see photo).

Julie's husband, Kym has worked as a salesperson in the Blackwood district with Ring Real Estate for many years.

It was interesting to find

out from a number of the participating business owners that some *Blackwood Times* readers were placing more than one entry into the boxes.

This not only means many copies of our newspapers are not reaching genuine readers and local shoppers, but also does not result in a level playing field; so in future, the competition will be restricted to one entry per person.

Once again, thank you to all those who entered the competition and keep a look out for the next competition which will be published in an edition closer to Christmas. □

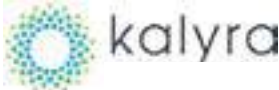
## Kalyra expands with local purchase

THE team at Kalyra in Belair recently commenced the process of welcoming Barryne Retirement Village residents after Barryne in Belair officially transitioned from the Helping Hand group to become part of the Kalyra retirement living portfolio.

Ms Sara Blunt, Chief Executive Officer of Kalyra said, "We have been working closely with Helping Hand throughout this process and it's clear that we have a lot of shared values."

"We're both not-for profit organisations with clear goals on being able to support South Australians to live their best lives as they age."

Kalyra knows wellbeing and longevity is fostered through communities of belonging, and warmly welcomes Barryne Village into the broader Kalyra community. □



Helping Hand Chief Executive Officer Chris Stewart said, "As people age, we recognise they may need more care and support in their own home, delivered by locally based community service providers."

"Kalyra is a well-known and highly regarded provider of aged care services in the Belair community."

"We are therefore delighted that Barryne Retirement Village will now transition to Kalyra as this is a great outcome for the residents," added Chris.

Information sessions for Barryne Retirement Village residents have already taken place, and these were followed up during August as Kalyra continues to build relationships with their new residents. □

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# 1950s 'snapshot' of life in the Mitcham Hills



This year, the Blackwood Action Group History team is using the monthly headlines from the 1955 editions of the 'Coromandel Newspaper' to provide readers with a 'snapshot' of life during the 1950s ...



## Mary, Mary Quite Contrary ... What Does Your Garden Grow - 1955

GARDENING in the 1950s was not only a hobby but also a major contributor to the family food supply.

Every inch of the standard quarter acre block had a role to play. The back yard was the focus of the food industry: rain water tank, incinerator, garden shed home of Australia's own Victa lawn mower and other essential tools, wood shed, rotary hoist, hardy buffalo grass lawn for children to play on, possibly septic tank, chook shed and run, compost heap, vegetable beds and fruit trees.

The front yard was more focused on the aesthetic, with a less hardy lawn surrounded by flowerbeds and shady trees, and perhaps some garden furniture for hosting afternoon tea. Adjacent to the house was the drive and garage for the car with associated tools, bikes and general household debris.

The Coromandel newspaper in the 1950s provided several sources of information to support the home gardener. An important item was the rainfall record which was significant for gardeners.

One of the objectives of the local Tree Preservation and Gardening Society was 'to foster wise use of trees and shrubs in gardens, parks and streets'. (21 Jan 1955)

Topics explored by the society in their monthly meetings in 1955 included mulching saves water, garden design and bushfire awareness. 'The Gardening Subcommittee will advise on garden layouts for homes, parks, reserves, also on the propagation and

planting of plants in general'. (18 February) 'Ashbys provided an item of extra interest with a bowl of mixed native flowering shrubs. Miss Alison Ashby answered members' questions concerning these shrubs.' (4 March)

From 1954 onwards, the regular articles by 'Crataegus' (Does anyone know who Crataegus was - perhaps a resident of Hawthorndene?) provided a practical guide on what to plant and when to plant throughout the year. An example of the detailed advice is found in the article 'Prepare for bulbs' (4 Feb 1955):

'Before they are planted, make sure the soil is well prepared... Now nerines, autumn crocus, next daffodils, hyacinths, tulips, all other small and large bulbs.'

Guide - Seeds: Antirrhinums, cinerarias, Iceland poppies, pansies, sweet peas. Plant out - Trees: shrubs, hedge plants; Vegetables: lettuce, silver and red beet, tomatoes, radishes, carrots, parsnips, cabbages, French beans'

Some of the articles by the indefatigable Crataegus were 'Prepare for winter annuals' 4 March; 'Hurry with bulbs' 11 March; 'Geraniums look well in pots and Cinerarias make good show' 1 April; and 'Prepare for summer annuals' 7 October.

The highlight of the year, particularly the gardeners, was the Floral Fair held on the long weekend in October.

'Three days til the Floral Fair' was the headline of the 7 October 1955 issue of The Coromandel. 'The Tree Preservation and Gardening Society will have a float in the procession, and

◆ Photo - Push lawnmowers - the old and the new



with added interest being taken in the floral competition, this should be a real Floral Fair'.

□ For more information on BAG activities, phone 0408 117 003 or visit their website at : [www.blackwoodactiongroup.org.au](http://www.blackwoodactiongroup.org.au)

## Learn more on Referendum

BY MICHAEL DOWLING  
MINISTER, BLACKWOOD UNITING CHURCH

THIS year, we have the chance to make history by enshrining an Indigenous Voice to Parliament.

At our community forum, we will hear from a range of speakers and explore why a successful Referendum is an opportunity to start to right the wrongs of our past, and make a significant difference in the lives of Indigenous peoples.

An excellent panel is being finalised, and will include young Indigenous leader Jakirah Telfer, along with Dr. Rowan Nicholson, Lecturer in Constitutional and International Law at Flinders University.

You will also have the opportunity when you register, to submit questions, which will be gathered, sorted and the common themes addressed by the panel.

Our aim at this community forum is to foster an inclusive environment where everyone's

opinions are valued and respected.

Whether you have a deep understanding of the topic or are just starting to learn, this forum is for everyone, from all walks of life, to come together and learn more about the upcoming referendum.

The forum will be held at the Blackwood Uniting Church, 266 Main Road, (near the roundabout) Blackwood from 4-6pm on Saturday 23 September.

Bookings can be made through Eventbrite via this link: <https://www.eventbrite.com.au/e/community-forum-on-the-voice-to-parliament-tickets-681368299927> or the QR code below.



## Seminar to provide advice on embracing the ageing process

AT THE last monthly Mitcham and Hills Wellness Education session held in August, over 110 locals gathered at the Blackwood Uniting Church to listen to Wendy Hall from Dementia Doulas International's informative talk on 'Supporting Someone with Dementia'.

These seminars, with sponsors The Green Dispensary Blackwood and Peter Alexandrou from Harris Real Estate, have been steadily garnering significant interest from the local community.

This presentation offered invaluable insights and practical tips on how to provide compassionate support to someone living with dementia and shed light on what their experiences might entail.

On Tuesday, 12 September, Ms Joanna Tan, (pictured on right) a titled gerontological Physiotherapist who has worked with clients across the lifespan in home, hospital, community and residential care settings, will be hosting the next seminar.

This session aims to provide attendees with practical advice on maintaining physical health

and exploring avenues for assistance.

It will be interactive and will have you thinking about what it means to maintain your independence and physical abilities as you age.

Joanna encourages participants to engage in a discussion about embracing the ageing process with a positive mindset, backed by support from community services and health care professionals.

This session will be followed on 10 October with a presentation on 'Emotional Health & Wellbeing. Emotional Health across the lifespan and how to remain resilient in the face of challenges like COVID-19' by clinical psychologist Debra

Sandford.

This presentation will look at ways of developing emotional resilience, strengthening it, and putting it to good use when you need it most.

"Thank you to everyone who has attended these community education sessions so far. We are greatly encouraged by the positive feedback and the number of attendees who have expressed that they've learned something new," said Tracey Yeend, joint co-ordinator of the seminars with local MP, Catherine Hutchesson.

"We firmly believe that through community education initiatives like this, we can continue to build a more resilient community."

The Mitcham and Hills Wellness Sessions are held on the second Tuesday, monthly at 5pm for a 5:30pm start in the Blackwood Uniting Church (near the Blackwood roundabout).

□ To register your attendance to these sessions or for further information, please contact the Waite Electorate Office on 8278 5844 or email [waite@parliament.sa.gov.au](mailto:waite@parliament.sa.gov.au)





# Need more information before voting in the 'Voice' referendum

BY ANNE BARKAWAY,  
BLACKWOOD RECONCILIATION GROUP

IT HAS been a busy month of conversations and deeper learning about the context of the Referendum, and the dilemmas it is presenting to many people.

Here is something new I have learned:  
*Isn't the Voice dividing us by Race? Isn't that illegal?*

Racial discrimination is illegal. Australia is a founding member of the United Nations and bound by its Conventions. Australia has enshrined the principles of the Convention on the Elimination of all forms of Racial Discrimination in law.

However, I also learned this month of the UN Declaration on the Rights of Indigenous Peoples (UNDRIP).

Dr Rowan Nicholson, an expert on International and Constitutional Law, explained at Flinders University that Indigeneity is an important international legal concept.

It defines people who have become a minority in their own, original country through a process of Colonisation. Indigenous people, such as Aboriginal and Torres Strait islander people here, the Maori in New Zealand, the Sami in Norway, the Native Americans in USA, all have unique needs that are recognised internationally through this Declaration. Australia endorsed this Declaration in 2009.

*How are Indigenous rights different from human rights for everyone?*

Everyone is entitled to the full realisation and protection of human rights as set out in international human rights treaties. This

applies to Indigenous peoples and non-Indigenous people alike.

While this may sound simple, ensuring that people are treated equally has proven a challenge the world over.

Indigenous rights are not additional or special rights for Indigenous peoples. Instead, they show what factors should be recognised so that universal human rights standards can be fully realised for Indigenous peoples.

As an example, UNDRIP sets out the importance of recognising Indigenous cultures and languages so that Indigenous peoples can equally enjoy the right to education. There are similar Human Rights declarations for other unique groups such as children, women, people with disabilities, and people vulnerable to racial discrimination.

The right to self-determination, to participate in decisions that affect them, and the right to decide how they develop politically, economically, and socially, are just some of the rights UNDRIP grants.

The Voice will be a major contribution for these rights to be experienced by our First Nations people. Dr Nicholson will be on a Panel providing answers to questions about the Voice at Blackwood Uniting Church on Saturday, September 23.

This information was sourced from the Australian Human Rights Commission website.

□ Please email: [blackwoodreconciliationgroup@gmail.com](mailto:blackwoodreconciliationgroup@gmail.com) if you have any questions.

Note: *The Blackwood Times* is not endorsing the YES or the NO campaign by publication of this article.

# Climbing Ben Nevis to celebrate 80th birthday

ON the day of his 50th birthday, John Cullen, a Belair resident, returned to Scotland, where he was born, to climb the highest mountain in the United Kingdom, Ben Nevis.

That was 30 years ago, and John declared that if he was still alive when he turned 80, he would do it again!

"This was something he talked about often," said Paula Griffiths, an Eden Hills resident and John's daughter, "so his grand-daughters made pledges that they would go with him and climb the mountain when he turned 80. As the time got closer to his 80th, plans were made to fly to Scotland."

John didn't do much preparation for the climb when he was 50 but at 80, he needed to get himself in to good shape.

John started to walk to appointments around Blackwood, and do things like catch the train into the city and walk back. He would also walk from Belair to Crafers and back again, along Sheoak Road; and often go for a walk through Belair National Park and tackled Mt Lofty on many occasions.

"Then on Tuesday 18 July, two days before he turned 80, John climbed Ben Nevis with three of his five grand-daughters. When he was 50, it took him 7.6 hours up and down," explained Paula. "And on his 80th, it took him a gruelling 14 hours up and down."

"However, everyone on the mountain that day were so impressed with his resilience and determination, and to be able to do it at 80, when many younger people struggled to do the climb. We are so incredibly proud of him," said Paula.

John who is a resident at Kalyra Retirement Village, still keeps very active walking and he loves to visit residents on the village that are not able to get out their homes. □



◆ Photo above - John with two of his grand-daughters on their way to the top of Ben Nevis in Scotland

◆ Photo below - John enjoying a well earned refreshment after finishing the gruelling climb



# AIARTS Gallery exhibition featuring Jason Cordero



◆ Photo - this stunning 3-metre long landscape painting is one of the works on display at the AIARTS Gallery exhibition

A SOLO exhibition being held at AIARTS Gallery in Belair during September and October will feature the remarkable paintings of Jason Cordero.

One of the works on display is a large 3-metre-long landscape, with smaller gems of fine detailed paintings of landscapes, still life and flowers.

His extraordinary landscapes have won him over 10 art prizes including the Heysen Landscape Prize and the Glover Prize.

Jason's works reflect a respect for the environment and highlight the power of nature. They are strong, highly dramatic visual statements with landscapes depicting multiple viewpoints and horizons that look like several paintings in one.

His smaller works are deeply absorbing gems of paintings. Several commissions will be exhibited. Jason is a SA artist who has shown in over thirty exhibitions around Australia.

Opening on Sunday 17 September from 2pm, the exhibition is on through to 8 October.

□ AIARTS Gallery is located at 28 Neate Avenue, Belair and open Saturday & Sunday from 1-5pm; or call Angelika on 0477 174 040 or email: [aiarts@iinet.net.au](mailto:aiarts@iinet.net.au)

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# Growing demand for health services leads to additional doctors in practice

ORIGINALLY located in a small red brick house where Drake's supermarket stands today, the *Russell Clinic* was first formed in the early 1950s by Dr. Bob Russell, Dr. Callum Archibald and Dr. Murray Holmes, initially unnamed.

It wasn't until late 1980s, after Dr. Alfred Burgess Russell and Dr. Bob Russell passed away, that it was formally named after them as the Russell Clinic.

Due to the ever growing local population and need for a larger health service, construction began on a new purpose-built location, and in 2005 the clinic moved to where they are today: 202 Main Road, Blackwood.

Alongside partners, Dr. Haydn Bunton, Dr. Sean O'Toole, Dr. Simon James, Dr. Gibraun Brijmohan and Dr. Jennifer Moan, they have seven associates; now including four new female GP's: Dr. Mandeep Kaur, Dr. Neha Prasad Sinha, Dr. Georgina Minns and Dr. Francis Adams.

The Russell Clinic offers a large range of services including standard and long consults:

- Vaccine's and wound care
- Skin check
- 45-49 year old health assessment
- Home health assessment
- Heart health check
- Home medication review
- Coordinated Veteran's care program
- Diabetes/Asthma/Cardiac/Chronic Disease care plans
- Hearing check
- Sneak Peak (early DNA testing)
- WorkCover/insurance consults

They are a private billing practice, but will bulk bill any patients on a concession card, or children under the age of 16.

Open Monday through to Friday, 8am-6pm, call and speak to one of their friendly receptionists for any further information or to make a booking, by phoning 8278 1111.

You can also contact the clinic by e: office@russellclinic.com.au and visit www.russellclinic.com.au

Here is some background information on the four new female GPs at the Russell Clinic:

• **Dr Neha Prasad Sinha** is a multilingual GP with a qualification as a certified practitioner in Obstetrics Shared Care, Reproductive/Sexual Health and Obesity Management. Dr Neha has a specialisation in skin cancer management and offers skin checks.



• **Dr Mandeep Kaur** enjoys all aspects of general practice and has an interest in women's health including contraception, pregnancy, preventive health and chronic disease management. She also performs minor skin procedures and implanon insertions.



• **Dr Georgina Minns** has worked in Obstetrics and Gynaecology to complete a Certificate in Women's Health. She



enjoys all areas of General Practice though has special interests in Women's Health including: IUD insertion/removal, Implanon insertion/removal and Pregnancy/postpartum care for mothers and babies.

• **Dr Frances Adams** enjoys all aspects of general practice and has special interests in Women's Health (including pregnancy and menopause), Contraception (including implanon fittings), Mental Health, Paediatrics, Diabetes and Respiratory Medicine.



## THE BLACKWOOD Times

### TIP for the Month

*"Don't waste energy worrying about matters you have no control over"*

Send us one of your tips for enjoying a better day ...

e: info@blackwoodtimes.com.au

## Critical aspect to an enjoyable hike is the footwear you choose

BY DALE MARRIOTT, SENIOR PODIATRIST  
BOTANIC HEALTH SERVICES

HIKING is a fantastic outdoor activity often involving diverse terrain, and how lucky are we to have the Belair National Park in our local area to explore?

However, hiking is not just a recreational activity; it's a holistic experience that connects you with nature, while challenging your physical and mental limits.

Whether you're a seasoned hiker or a beginner, understanding the significance of appropriate footwear, and incorporating ankle and foot strengthening exercises into your routine, can greatly enhance your hiking journey.

One of the most critical aspects of a successful hike is the footwear you choose. For some, investing in proper hiking shoes or boots can make a world of difference in terms of comfort, stability, and injury prevention. Hiking footwear is designed to provide adequate ankle support, protection from rough terrain, and enhanced grip.

Ankle support is paramount, especially on uneven trails where the risk of twisting or spraining an ankle is higher.

Hiking shoes or boots with sturdy ankle collars can help prevent these injuries. Additionally, the right footwear offers protection from sharp rocks, thorns, and other potential hazards found on trails. This protection prevents minor discomfort from escalating into a full-blown issue that might cut short your hiking plans.

For several reasons, others prefer walking in sneakers, and for these people, ankle strength becomes an even greater factor.

But whatever shoes you wear, it is essential to prepare your ankles and feet for the challenges that lie ahead. Incorporating specific strengthening exercises into your fitness routine can help build the necessary stability and endurance.

By prioritising appropriate footwear and incorporating ankle and foot strengthening exercises into your routine, you're setting yourself up for a more enjoyable and injury-free hiking experience. Not only will you be able to conquer challenging trails with confidence, but you'll also reduce the risk of sprains, strains, and discomfort that can arise from inadequate preparation.

Unfortunately, accidents and injuries do occasionally happen. In these instances, it's important to seek appropriate care.

Dale Marriott, the senior podiatrist at 'Botanic Health Services' can help prevent and help treat issues such as foot pain, rolled ankles, plantar fasciitis, and shin splints, all common with hikers. Booking in for a foot assessment will help you start your adventure on the right foot – literally!

Book in today by calling 8164 5963 or via their online booking system at www.botanichealthservices.com.au

Botanic Health Services is located at 2/459 Belair Road, Belair (ground floor).

See advert below for introductory offer.



Photo - Dale Marriott, Botanic Health Services senior podiatrist discussing implants with a client

### Russell Clinic welcomes two new GP's!



Dr Georgie Minns is a General Practitioner who loves the variety of her job and will take a holistic approach in guiding you to reach your health goals.

Georgie graduated from the University of Adelaide in 2018 and worked as a junior doctor at the Royal Adelaide Hospital while simultaneously completing a Master of Public Health. She is a Fellow of the Royal Australian College of General Practitioners and has recently returned from Alice Springs where she worked in Obstetrics and Gynaecology to complete a Certificate in Women's Health.

Georgie enjoys managing all areas of General Practice though has a special interest in Women's Health including: IUD (Mirena/Kyleena/Copper) insertion/removal, Implanon insertion/removal and Pregnancy and postpartum care for mothers and babies

Outside of work she enjoys running, ocean swimming and walking her Golden Retriever Dusty.



Dr Fran Adams studied Medicine at the University of Leeds (England) and graduated in 2000. Following further training, she worked as a GP in England for 17 years before moving to Adelaide with her family in 2021. Alongside her work as a GP, Fran was heavily involved in Medical Education and Research in Primary Care.

Since arriving in Australia, Fran has quickly gained her FRACGP and has been working in Happy Valley for the past 2 years. She loves the generalness of General Practice, working holistically and collaboratively with her patients. Additionally, she has specialist interests in Women's Health (including pregnancy and menopause), Contraception (including Implanon fittings), Mental Health, Paediatrics, Diabetes and Respiratory Medicine.

Outside of work, Fran enjoys running and swimming and loves watching many live sports. As a relatively new arrival to Australia, she loves exploring this fascinating country and is very happy to have suggestions of where she should visit next!

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# Local experience abounds in new real estate business

“THE Blackwood and Belair district is where we grew up and where we have sold most of our properties,” said Paul Kloeden and Kathryn Coleiro, owners of a new local business, *Belair and Hills Real Estate*.

And you can't get more local than these two, with Kathryn being born in Blackwood in the late 1950's living in the family home in Adey Road while attending local schools; and Paul moved into the area with his family in 1970 and now back living in the same home he grew up in.

“This is our old stomping ground and we understand the area and the people extremely well; so we decided it was time to use our years of local experience to help homeowners achieve a great outcome with their property sale,” explained Paul.

Paul has 23 years in real estate and used to co-own Harcourts Blackwood for 13 years; and Kathryn is in her 18th year of real estate. Together they have already sold many houses throughout the Blackwood and surrounding areas.

“We are a small and proudly independent company focusing on a highly personalised service based on care, respect and trust; naming our business “Belair & Hills Real Estate” because we are all about local and community,” added Paul.

They have established a Foundation to devel-

op a strong connection to the community by contributing financially to local sports clubs and community groups. A percentage from each sale made, already goes back into the sponsorship of Coro Ramblers Cricket Club and Flagstaff Hill Football Club, as well as charities such as Breast Cancer and Beyond Blue.

One local couple and business owners, Ricky and Michelle Monserrat (Blackwood Dyno Tune & Service) selected Paul and Kathryn to sell their son's home.

“We are so grateful for the support and guidance offered to our family by Paul and Kathryn, when our son and daughter-in-law were selling their first home,” said Ricky and Michelle.

“They walked them through every step of the process, explaining every aspect and achieved a great result within a couple of weeks. We're always happy to recommend them to anyone that's in the market to sell their property.”

Belair and Hills Real Estate specialise in both residential & commercial property sales, plus helping with sub-divisions. They also operate Tru2Blu Real Estate.

□ Their office is located at Shop 12/6-10 Main Road, Belair in the Belair Vines Shopping Centre.

For any enquiries please phone Paul or Kathryn on 7222 9222 or visit [www.tru2blu.com.au](http://www.tru2blu.com.au)



◆ Photo – Kathryn and Paul from Belair and Hills Real Estate achieved a great outcome for Ricky (centre) with the sale of his son's home, and are now helping Ricky with his own property project

## If you don't know, then get informed on Voice referendum



BY LOUISE MILLER-FROST  
FEDERAL MP  
FOR BOOTHBY

FOR many years I worked in the health sector. My background is in public health, and I ran a large number of community based health services, across Adelaide and across South Australia.

You may know of some of them – Breastscreen SA, the Day Rehabilitation Service at Hampstead Rehabilitation Centre, Migrant Health Service, Parks Community Health Service.

My commitment was always to ensuring that the needs of those with the worst health outcomes, those in most need and those who had the most difficulty in accessing health services, were front and centre in any planning or service provision.

If you can get the service right for those people, then it works for everyone.

One of the basic concepts to get the services and programs right is “Nothing about me, without me”.

It's a fairly obvious concept – you wouldn't design a program for older citizens without talking to them and finding out what works for them. You wouldn't design a program for younger people, or for men, or women – or any population group – without asking what is going to work for them.

I can design a “best practice” health program, but if it doesn't work for the target audience, it is a waste of time and money. Basically, consultation leads to better outcomes.

There is one group in Australia that despite considerable effort – targets, programs, and funding – continues to have significantly worse outcomes than the rest of the community.

Aboriginal people have a shorter life expectancy, higher infant mortality, worse educational outcomes, worse social and employment outcomes. Of the 19 Closing the Gap Targets, only four are on track. Some of the measures have actually gone backwards.

The upcoming Voice referendum is a once in a generation opportunity to make a difference for Aboriginal people and for Australia.

There is a lot of misinformation circulating about the Voice referendum and what it does or doesn't mean.

Ultimately, the Voice as requested in the Uluru Statement from the Heart, and as recommended by the two committees that looked at the Voice under the former LNP government, is an advisory body. It will provide advice to parliament and executive government on what they believe will work. It will aim to have better outcomes as a result of this consultation.

It will not run programs, it will not provide funding, it will not have a veto, it will not be a third chamber of government. Parliament will still be the only entity with the power to make laws.

If you don't know, then get informed.

Voting is an important right and privilege – our democracy is built on people exercising their collective and informed will through voting.

This is an important opportunity in the life of this country.

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



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**LOUISE MILLER-FROST MP**  
Federal Member for Boothby

## Saying Yes is about:

## Get In Touch

Referendum 2023

Recognition

Recognising Aboriginal and Torres Strait Islander people in our Constitution and paying respect to 65,000 years of culture and tradition.

Listening

Recognising Aboriginal and Torres Strait Islander people in our Constitution and paying respect to 65,000 years of culture and tradition.

Better results

Making practical progress in indigenous health, education, employment and housing, so people have a better life.

My office is open and ready to help!

☎ 8374 0511

🌐 [louiseMillerFrost.com.au](http://louiseMillerFrost.com.au)

📱 @LouiseMillerFrostBoothby

✉ [Louise.Miller-Frost.MP@aph.gov.au](mailto:Louise.Miller-Frost.MP@aph.gov.au)

📍 Shop 2, 670 ANZAC Hwy Glenelg, SA 5045

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



# Revitalising former Blackwood Hospital and after hours clinic



◆ Photo - Some of the extensive team of health professionals that go to make up Integrative Health Solutions, which are located in the grounds of the former Blackwood Hospital.

WITH a strong commitment to community health, the Belair/Blackwood GP Practice, *Integrative Health Solutions* (IHS), is proud to announce its third expansion in just eight years.

This achievement shows the practice's dedication to providing a diverse array of health-care services under one roof, ranging from doctors to Allied and Complementary Health Practitioners.

Nestled within the peaceful gardens of the former Blackwood Hospital, IHS offers a unique blend of historic beauty and outstanding care and service. With each expansion, the practice has not only grown physically, but has also broadened its scope of care, accommodating the evolving needs of the local community.

In 2023, IHS welcomed three new family general practitioners to the team in Dr Jonathan Meyer, Dr Kyra Barnes and Dr Amy Gavin.

The new additions and extended hours, mean patients can benefit from even more flexible scheduling options, reduced wait times, and a wider array of medical expertise. This reflects the practice's commitment to providing the local community with exceptional patient care, but also reinforces its mission to provide timely and comprehensive medical services.

In September 2023, IHS introduces its third expansion, revamping the former theatres into a dedicated space for their growing multi-disciplinary team of Allied and Complementary Practitioners.

The new facilities will provide a warm and welcoming environment for patients and house a diverse array of practitioners, including: psychologists, chiropractor, physiotherapist (women's health), podiatrist, dietitian, diabetes educator, counsellors, hypnotherapists, naturopaths, acupuncturists, Chinese medicine practitioners, remedial massage therapists and much more.

Patients benefit from free onsite parking, guaranteed on the day GP appointments (during clinic hours), bulk billing for children under 10 years of age, extended GP and Pharmacy hours and onsite pathology, radiology and specialist services.

The practice and pharmacy are now open: Monday to Friday, from 7:30am-8:30pm and on Saturday, from 8am-4pm.

New patients are always welcome and after-hours care is available through the practice's locum services, further increasing access to GP care across the local community.

*Integrative Health Solutions* continues to create a comprehensive and integrated health-care facility that addresses a broader spectrum of patient needs under one roof.

By incorporating all of these disciplines, along with extended hours and increased GP availability, the practice seeks to offer a holistic and warm approach to wellness, emphasizing collaborative care where appropriate.

☐ To book an appointment, or find out more about the IHS practice, go to their website at [www.integrativehealthsolutions.com.au](http://www.integrativehealthsolutions.com.au)

# What '60 day prescriptions' will mean for many community pharmacies

BY SIMON DAWE, PARTNER  
GREEN DISPENSARY

IN response to the column 'Savings to be made with prescription renewals' published in last month's Blackwood Times for Boothby Federal MP, Louise Miller-Frost, one local pharmacist has provided his view on the planned program.

Simon Dawe, a Green Dispensary partner, wrote ...

Consider this ... the Prime Minister and Health Minister walk into the Belair Hotel and declare they will buy everyone in the hotel two drinks. They pay for the first drink but then walk out leaving the hotel to pay for the second drink.

The hotel then has to work out how it makes up for the loss that the politicians have just caused to the business, whilst the politicians tell everyone how much money they just saved all the customers.

This is what is happening to pharmacies with the introduction of 60 Day Prescriptions.

The Labor government tells us 6 million Australians will be better off with 60 Day Prescriptions; what they don't say is 2 million of these people actually reach their PBS Safety Net and will not actually save any money.

These are the people and families who are on 6 or more medicines a month. They will still spend the same amount of money to reach their PBS Safety Net, this will just take longer. These are often the people that rely on their pharmacy for webster paks and home deliveries.

The Labor government keeps saying they will reinvest the \$1.6 billion they are saving, back into community pharmacies, but they are not being honest.

They are using this money to either pay for existing services that pharmacies already deliver such as Home Medication Reviews, or they are using that money to fix other problems. How does \$10 million given to the TGA so big pharma companies can list their medicines on the PBS or \$111.8 million to fund electronic prescriptions help a pharmacy in Blackwood.

A report from the Commonwealth Bank shows that pharmacies will potentially charge for services such as blood pressure monitoring, webster paks for aged care and home deliveries. These were often previously free services. Around half the pharmacies are also considering reducing opening hours.

This should not be a surprise to the Labor government as their own report stated that on average, each pharmacy stands to lose \$158,000 in income.

This may not seem like much money when you think of a Chemist Warehouse, but to most community pharmacies, this will severely impact their ability to repay their loans, employ people, and provide health care to their communities.

Pharmacists are not opposed to 60 Day Prescriptions. We just want to work with the Federal Government so that it is introduced without damaging patient services, and threatening the viability of community pharmacies. ☐

# War on waste, what is real answer?



BY ANDREW TIDSWELL  
SUSTAINABLE COMMUNITIES  
BLACKWOOD

LIKE many people, I watched Craig Reucassel's latest TV series of *The War on Waste*. If you missed it, catch up on ABC I-View.

As with previous series, he presented a mix of worrying statistics, sad lack of action, as well as some positive initiatives.

Each of us on average gets rid of 3 tonnes of stuff to landfill per year in Australia, including 100 kilograms of plastic and 10 kilograms of clothes.

Three-quarters of clothing purchased is thrown away within a year.

There will always be stuff that breaks or wears out, that needs to go to landfill.

Most of what we get rid of however, can have a further useful life being re-purposed or recycled. Over 70% of what we send to landfill can be reused or recycled.

Even for things like glass and aluminium which can be endlessly recycled, only half ever gets recycled.

We still only recycle 13% of our plastic, leaving over 600,000 tonnes of plastic each year going to landfill or ending up in the environment.

Australia is one of the most wasteful countries in the developed world, and our waste

is increasing at twice the rate of population growth.

Better recycling is important, but it is not the real answer to reducing waste.

The problem is just too much stuff being produced and consumed, and too many things deliberately designed to be used once, then discarded.

We have become a throw-away society with cheap furniture, clothes, everything.

Too much focus is being put on us as consumers to dispose of things better. More focus must be put on industry to produce less disposable stuff, with products designed to last longer and that can be more easily recycled. They, not us, should also be required to take responsibility for their rubbish by collecting it.

Which government will have the courage to seriously require this?

We can still play our part.

- Be careful consumers buying things that will last and can be reused.
- Reduce our use of plastic.
- Shop from places that have good environmental practices. Congratulate them. Ask other stores to improve.
- Be creative with food so none is wasted.
- Learn repair and mending skills.
- Advocate to our politicians for better legislation and support of industry best practice.

☐ For more information on the program go to [iview.abc.net.au/show/war-on-waste](http://iview.abc.net.au/show/war-on-waste)

For some local stats and information go to [replacethewaste.sa.gov.au](http://replacethewaste.sa.gov.au)

# Dementia book in support of families

LAST month, Wendy Hall, a Belair resident and Director of Dementia Doulas International, launched her third book.

The book titled, *Beyond the darkness of dementia*, acknowledges the challenges faced by families as they navigate the path that dementia takes them and their loved ones on.

Over fifty people came to celebrate and support the launch held in Coromandel Valley.

'This was a wonderful opportunity to pay tribute to those families, past and present, who contributed to the book and bravely shared their lived experience of dementia with us all,' explained Wendy.

The purpose of the book is to ensure other families wouldn't be left feeling like they were going it alone.

*Beyond the darkness of dementia*, also provides an insight into the thoughts and experiences of families, ensuring service providers develop a deeper understanding of their needs, and are better placed moving forward to better tailor services to the individual.



The book launch (above) commenced with words from local MP for Waite - Catherine Hutchesson (on left), who shared the importance of getting onboard with local initiatives and the need to better support families impacted by dementia at a local community level.

☐ For more information or to purchase a copy of the book, visit [www.dementiadoulas.com.au](http://www.dementiadoulas.com.au)

## THE BLACKWOOD TIMES

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# 30 years keeping motorists safe on roads



“WE are proud to have been keeping Hills motorists safe on the roads for over 30 years,” said Ricky and Michelle Monserrat, owners of Blackwood Dyno Tune & Service which opened in March 1993.

“Starting up with only 2 employees, we have grown the business to now have 10 people employed, working with us in admin and the workshop.

“Some of our customers from the first year of business are still bringing in their vehicles for a service, tune-up and repair work. Some of these people have become friends and we love being able to help local motorists with all makes and models including log book servicing.

“Over the years our industry has changed dramatically, with the computerisation of newer vehicles and now entering the age of the electronic vehicles,” explained Ricky.

“However, being a member of the national Repco Authorised Service group, means our mechanics are kept up to date with regular training sessions.

“As well, their work is guaranteed nationwide, so if you are heading off on an interstate holiday, you can call into any Repco Authorised Service centre to have your car checked.

In 1999, due to their expanding business, they moved to larger premises as it allowed for more equipment in the workshop and being able to handle a larger volume of cars, resulting in a quicker turnaround for their customers’ vehicles.

Blackwood Dyno Tune & Service have received many awards over the years for their customer service and workshop operations; including Repco Authorised Service (RAS) National Dealer of the Year, and South Australian RAS Dealer of the Year Awards.

Always looking to value add for their customers, they now

offer onsite auto electrical repairs, provide a hand car wash service on request, and more recently introduced a key cutting service – cutting and programming car keys of all types.

They are also celebrating 30 years of membership with the Motor Trade Association (MTA-SA) and are involved in a number of local clubs through sponsorships including the

Coromandel Valley Ramblers Cricket Club Inc. and membership of Blackwood Business Connections group.

Blackwood Dyno Tune & Service are located at 2 Stirling Road, Blackwood and you can phone for any advice or to book your car in on 8370 3450 or go online to [www.blackwooddyno.com.au](http://www.blackwooddyno.com.au) for more.



◆ Photo - the current team of employees at Blackwood Dyno Tune & Service (absent - Janita).

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## Treat Dad to a tasty meal out this Father's Day

TO celebrate Father's Day On Sunday, 3 September, the House of Zen in Belair is preparing one of their mouth-watering special 'birthday banquets' at only \$38.80 per head or you can enjoy their delicious a la carte meals.

And for those people who make a booking of 4 or more per table on this special night, a complimentary bottle of wine (red or white) will be offered.

Head chef, Hung Lien (pictured) has been treating Hills diners to a great selection of chinese and thai food for over 17 years.

Why go down the hill, when you can enjoy a mouth-watering meal literally on your own back door step?

Don't miss out - book your table today and join in the Father's Day celebrations on Sunday September 3, by phoning 8370 2333. Bookings are essential to receive the free bottle of wine offer.

You can also order your meals online now and pick up and when ready at: [www.houseofzen-online.com.au](http://www.houseofzen-online.com.au)

☐ The House of Zen restaurant is located in the Belair Vines Shopping Centre at 6 Main Road (opp. BP Belair).

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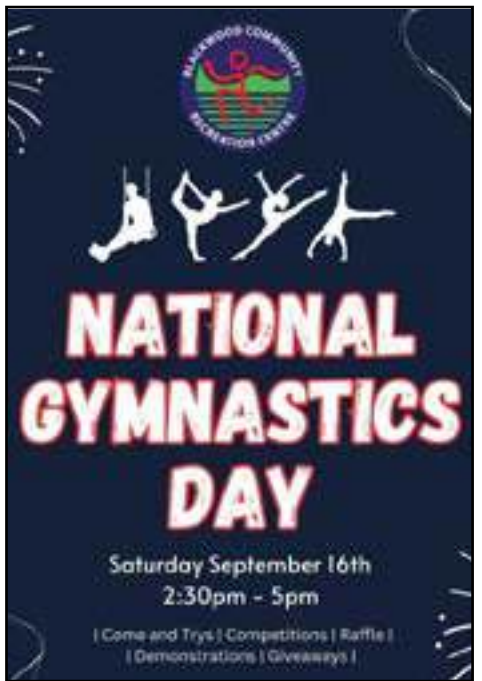
## Come along and enjoy gymnastics display

THE Blackwood Community Recreation Centre is very excited to announce that we will be holding an event for National Gymnastics Day in September!

On Saturday, September 16 from 2:30-5pm, the Rec Centre will be holding a day to bring the community together to showcase all the amazing streams of their popular Gymnastics programs.

The day will include: giveaways, free come and try's, displays, games and challenges, a raffle, demonstrations of their programs and much more.

☐ For more information, please call the Centre on 8278 8833 or email [contactus@blackwoodrec.com.au](mailto:contactus@blackwoodrec.com.au) or just come along on the day to witness some amazing and talented athletes.



# 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

**FREE Listings** ... looking for more members ... publish your club's notice and contact details here each month. Send email to [info@blackwoodtimes.com.au](mailto:info@blackwoodtimes.com.au)

◆ **2 September**  
**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 details check out Facebook page or phone 0474 066 776.

◆ **3 September**  
**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.

◆ **3 September**  
**BLACKWOOD CRAFT MARKET** - from 10am to 3pm at Blackwood Memorial Hall, 21 Coromandel Parade. Admission is free. New stall enquiries to Kerrie on 0427 410 917.

◆ **3 & 17 September**  
**OLD GOVERNMENT HOUSE** - located in the Belair National Park and is open from 1-4pm. Tour with afternoon Devonshire tea \$15pp; and tour only \$5 for adults and children under 12 free. Entry into Belair National Park is free if visiting OGH - tell staff at gate. For more information phone 0417 870 596.

◆ **4 & 18 September**  
**BLACKWOOD ROTARY** - meet at Belair Hotel, 141 Main Road 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.

◆ **4 & 18 September**  
**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 0408 841 150.

◆ **6 September**  
**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.

◆ **6 September**  
**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](mailto:blackwoodreconciliationgroup@gmail.com)

◆ **6 September**  
**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: [blackwoodlodge93@gmail.com](mailto:blackwoodlodge93@gmail.com)

◆ **7 September**  
**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 Norman on 8178 2653.

◆ **7 September**  
**TONSLEY VIEW CLUB** - meet at the Tonsley Hotel, South Rd, Tonsley, 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 for details or email: [tonsleyviewclub21@gmail.com](mailto:tonsleyviewclub21@gmail.com)

◆ **9 September**  
**AUST SEWING GUILD (MITCHAM)** - anyone interested in sewing from begin-

ners 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.

◆ **9 September**  
**BLACKWOOD PHILATELIC CIRCLE** - super auction with viewing from 11am and auction at 1pm held 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.

◆ **10 & 24 September**  
**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](mailto:jpkitchengarden@gmail.com)

◆ **13 September**  
**BLACKWOOD HILLS CIRCLE OF FRIENDS FOR REFUGEES** - meet at Blackwood Uniting Church near the Blackwood roundabout in the Cafe lounge. Everyone welcome to attend. For more information email [annabeldayal@gmail.com](mailto:annabeldayal@gmail.com)

◆ **13 September**  
**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-mitchampcsg.org](http://www.adelaide-mitchampcsg.org)

◆ **14 September**  
**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 mem-

bers welcome. For more details contact Robert on 0488 170 848.

◆ **14 & 28 September**  
**BLACKWOOD PHOTOGRAPHIC CLUB** - meet at Blackwood Memorial Hall, 21 Coromandel Pde, Blackwood at 7.30pm. Visitors and those interested in amateur photography welcome. Contact Ian on 0410 634 046 or email: [panjarri@gmail.com](mailto:panjarri@gmail.com)

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

◆ **19 September**  
**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](http://www.fosg.org.au) and email: [bob-grant@adam.com.au](mailto:bob-grant@adam.com.au)

◆ **20 September**  
**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](mailto:secretary@bwbc.org.au) for details.

◆ **20 September**  
**CHERRINGTON THERAPEUTIC COMMUNITY GARDEN** - Open Garden for Morning of Conversations and Q&A - 'Spring Joy in Food Gardening'. Hosted by professional, passionate, experienced gardeners keen to connect & help community enjoy their garden ventures. All gardeners welcome. Join the conversations & bring any questions. From 10am-12.30pm at 13 Laffers Rd Belair (formerly Blackwood

Hospital). Enquiries Diana Bickford 0407 339 660.

◆ **25 September**  
**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](http://www.blackwoodfloralart.blogspot.com.au)

◆ **25 September**  
**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.probusouthpacific.org/microsites/mitchamhills](http://www.probusouthpacific.org/microsites/mitchamhills)

◆ **27 September**  
**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. Contact Bev on 0407 603 117 for details.

◆ **28 September**  
**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.

◆ **14 October**  
**GIANT BOOK SALE** - held by the Rotary Club of Blackwood at Memorial Hall, 21 Coromandel Parade from 9am to 3pm. Huge selection of good quality books from only 50 cents. Get there early for best bargains.



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