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ISSUE 220 • MARCH 2013

PM grilled at community meet

While Coalition announces 'Green Army' plan - see P5

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There must be an election on soon ... the Prime Minister, supported by Cabinet Ministers, including Senator Penny Wong (on left) were in Aberfoyle Park last month to field questions from residents at a packed Community Cabinet meeting. See story on page 3.



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NEWS IN BRIEF

◆ Blackwood High reunion

STUDENTS who attended Blackwood High 50 years ago are invited to a reunion being held at the Blackwood RSL, 1 Brighton Parade, Blackwood on Saturday, 23 March - bookings essential.

If you attended the school between 1962 and 1967 you are welcome to attend and Kathy Summerton (nee Bottroff), reunion organiser would love to hear from you.

To register your attendance or to find out more, phone Kathy on 8344 1970 or 0415 548 423.

◆ Mental health forum

TO raise awareness about mental health in the workplace, the Rotary Club of Blackwood is holding a forum in the Blackwood High School auditorium.

Guest speakers include Malcolm

Battersby, Professor of Psychiatry at Flinders University; Prof Cherrie Galletly, consultant psychiatrist, The Adelaide Clinic; Dr Tom Paterson; and Dr John Callery.

It is being held on Wednesday May 1, to coincide with International Worker's Day, from 7pm. Bookings essential (phone Jeff Hunter on 0433 149 977) and gold coin donation welcomed.

For more information on the forum visit: www.rotarynews.info/club3788

◆ Celebrate youth week

THE City of Mitcham is inviting young people to get involved in their exciting program of free activities during 'Youth Week' from April 5 to April 15.

From a Q & A session with "Hilltop Hoods" founding manager PJ Murton, to a Hip Hop dance workshop - there is bound to be something for everyone.

To register for a workshop or a performance spot, phone 8372 8869 or email: youth@mitchamcouncil.sa.gov.au before 4pm Friday 29 March.

Full details of the Youth Week celebrations and registration information are available from www.mitchamcouncil.sa.gov.au

◆ Save your child

ARE you a new parent, grandparent or carer? the Corporate Protection Australia Group (RTO) in conjunction with the Coromandel Community Centre presents "Save Your Child".

A basic First Aid workshop specifically aimed at working with children, the course will cover home safety and first aid management for sick and injured children (including CPR). Unit of Competency HLTCPR211A.

Held on Thursday, April 4 from 7-9.30pm at the Coromandel Community Centre, the

cost is \$50 per person or \$90 per couple - babies are welcome to attend with parents.

Bookings and pre-payment essential. Phone 8370 6880 for registration and more information.

◆ Community ward forum

THESE forums provide an opportunity for residents to meet with their elected members and ask questions and talk about local issues.

The community forum for the Craighburn / The Park Ward - Blackwood, Belair, Bellevue Heights, Coromandel Valley, Craighburn Farm, Eden Hills, Glenalta, Hawthorndene and Upper Sturt - is being held at the Blackwood Community Centre (formerly Blackwood Over 50's) in Young Street, Blackwood at 7pm on Thursday April 11.

For more information phone Mitcham Council on 8372 8888.

Australia Day nod for community volunteers

by Annie Waddington-Feather

IMPROVING Blackwood's streetscape, organising over 70 events, and contributions to community and environmental work are just some of the outstanding achievements and services for the local community recognised at this year's Australia Day awards held by Mitcham Council.

Take the Blackwood Action Group (BAG) for example which was presented an 'Excellence in Community Service Award'.

Some of the activities this group has been

involved in: Wittunga Botanic Gardens Master Plan; the Blackwood Road Management Review; upgrading of the Blackwood streetscapes, Blackwood and Coromandel railway station gardens; plans for Waite Street Reserve upgrade; and many other initiatives.

"It was indeed an honour and a most gratifying feeling to be awarded the Mitcham Council's Award for excellence in community service during the Australia Day ceremony at Carrick Hill," comments Geoff Bartlett, BAG secretary. "The Award really acknowledges individual efforts by many local Hills' residents who have a great passion for the district."

While Onkaparinga Council recognised the 'Coro Alive! 175' Coordinating Committee by presenting it with the 'Community Event of the Year Award'.

Over 70 events were held from January to November last year by 18 organising groups from the community. These ranged from concerts to historical discovery sessions, guided walks, orchard open days, bus tours, exhibitions, celebratory church services, picnics and a community festival.

"There was also significant support from the cities of Onkaparinga and Mitcham. The award really is to the people of Coromandel Valley and close neighbours that organised and participated in the celebrations," said Trevor Conlon, *CoroAlive! 175* President

Events were enjoyed by residents living local-

ly, in neighbouring suburbs, across South Australia and interstate. The Coordinating Committee has estimated that upwards of 15,000 volunteer hours have been contributed to planning and staging the calendar of events.

"I would like to acknowledge the work of the coordination committee members, support of the staff and volunteers of the Coromandel Community Centre, and the contribution made by community groups and individuals who staged the events," added Trevor.

Friends of Shepherds Hill Recreation Park received an Excellence in Environmental Achievement from Mitcham Council for its work in Shepherds Hill Recreation Park. The group's dedicated volunteers work hard to advance the environmental rehabilitation of the Park in particular the Grey Box grassy woodlands. Blackwood resident, the eminent botanist Enid Robertson AO is the Patron.

Alan Dandi, Secretary for the group said they were really chuffed with the award. "We practice minimal disturbance bushcare techniques to minimise the risk of new weed invasions in areas we've cleared of weeds," he said, and added new volunteers were always welcome.

An Australia Day Commendation was presented to Hawthorndene resident of 40 years, Brian Langford for his contribution to Scouts and the Red Cross Blood Service over the last 35 years.

He is the District Commissionaire for Scouts SA and has organised eight national jamborees.



◆ Brian Langford's day job for the past 28 years has been tending to local homeowners lawns and gardens.

Many people have also benefited from his 100 donations of whole blood and 150 donations of plasma.

Brian's contributions to the community don't stop there as he also organises the youth ANZAC Eve Vigil and is involved with the Blackwood Christmas pageant.

In between his voluntary commitments, Brian finds time to run his lawn mowing service. "I enjoy doing what I do," says Brian, who's out most nights. "It achieves far more than sitting at home watching the television."

Congratulations to all who received awards. It is individuals and groups such as these who give us our vibrant and spirited community. Thank you for your time and commitment. □

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LETTER TO THE EDITOR

◆ Fantastic response appreciated

Thank you for writing this article, and thank you every one who has put in the effort to help me get back to YWAM Perth by donating goods and money. I had a fantastic response from the Blackwood Times readers. It is very much appreciated.

If you would like to be kept updated on my missions work and adventures leave your email address or postal address in the shop (Collections Home Gallery or Collections Boutique) or email me at: cjayichtus@hotmail.com - I would love to stay in contact with those who have contributed.

Courtenay Pillar

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It's on ... campaign begins

As Federal election announced for September 14 - six months out

by Annie Waddington-Feather

PRIME Minister Julia Gillard received a warm welcome at the first Community Cabinet meeting held last month at The Hub Recreation Centre (Aberfoyle Park High School), despite the vocal protesters against live animal exports outside.

Community Cabinet meetings are part of the Prime Minister's commitment to provide opportunities for people to bring their concerns directly to the government, and they also give the government first hand access to community perceptions and expectations.

With the general election happening on September 14 this year, some may see it was a political move to hold the first meeting in Boothby.

The Boothby electorate represents 'middle Australia' and the outer suburbs of this electorate include Springfield, Crafers West, Blackwood, Happy Valley, Marion and Oaklands Park.

It is held by the Liberals' Andrew Southcott and is the most marginal seat in the country by just 0.3 per cent, following a redistribution last year.

After welcoming the people to the land, Auntie Josie, a Kaurna Elder lightened the mood by advising people to ask the ques-

tions but to 'make sure you get the right answers.'

There were also a few jocular moments between attending ministers with Mark Butler MP highlighting he'd been to the same school as the Prime Minister - but a few years later!

Flanked by Senator Penny Wong and Hon Kate Ellis, Ms Gillard shared some of her personal life growing up in South Australia, and how her parents had focused on opportunity and education to give the family a better chance.

She also spoke of what the Government had achieved since it had been in power, highlighting the National Broadband Network, the focus on clean energy, hospital care and the money being spent on infrastructure in SA.

Somewhat reminiscent of a first day at school, the eleven ministers present then explained what they'd done that day in South Australia, and then questions were welcomed from the floor.

The 300-plus audience was made up of people of all ages, and all backgrounds. Concerns raised from the floor were primarily social issues.

The Prime Minister fielded questions ranging from the issues of single parents shifting onto the 'Newstart' allowance, the low pay for childcare workers, mental

health funding to a query about the problem of youth violence.

Questions were also asked about climate change, food labelling and world poverty, but it was the asylum seeker and refugee issue which attracted a larger number of questions, including two secondary school students grilling the Prime Minister on this issue.

The Prime Minister and relevant ministers answered the questions politely and eloquently, but didn't reveal anything new.

Ms Gillard responded to one query about refugees by highlighting the Government was lifting the refugee intake to 20,000, and was focused on deterring asylum seekers from taking the dangerous journey to Australia by boat.

She admitted youth violence was a difficult issue, but stressed work had gone into programs which focused on helping youth have good role models and encouraged team work.

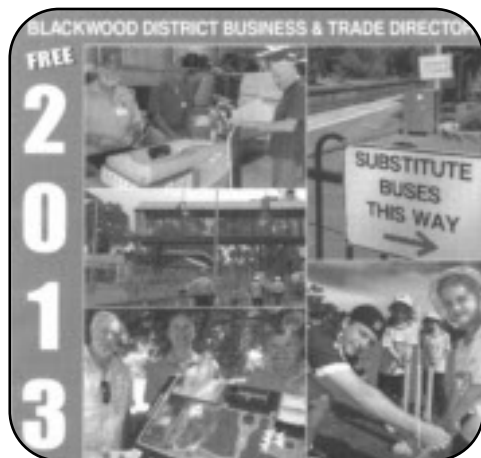
Meanwhile, like a tinny radio in the background, the protesters' continued their chants.

Although the meeting ended with a wholehearted applause, it remains to be seen on 14 September whether this Community Cabinet has convinced the people of Boothby to change their views and voting. □



◆ The Prime Minister entered the Australian Government Cabinet Community Meeting at the Hub Recreation Centre, Aberfoyle Park to be greeted by a packed audience and a full-on media contingent.

Directory links local businesses with residents



AT last! - the 2013 edition of the popular Blackwood Business & Trade directory is printed and ready for distribution.

Every household in the Blackwood district should receive a copy in their letterbox this month.

However if you don't happen to get one delivered, there will be copies available from various

outlets in Blackwood; for example - NewsXpress Blackwood in the Woolworths Shopping Centre; Blackwood Recreation Centre; Iain Evans MP office in Young Street; and Blackwood Fitness on Main Road.

This year's publication once again provides local residents with a comprehensive listing of most Blackwood business contact details.

Not much longer to hold on

by Annie Waddington-Feather

THE long awaited upgrade to Blackwood's public toilets located near busy shopping precincts at the top end of Shepherds Hill Road is programmed to start towards the end of March; subject to the development application being approved.

Plans for the toilets include a unisex accessible toilet facility for people with disabilities, baby change facilities, hand dryers, separate female toilets with two pans and separate male toilets with two pans and urinal. The toilets will have new tiles on the floors and walls, new partitions and doors, new toilet pans, hand basins, skylights and

upgraded security lighting.

Mitcham Council initially approved \$50,000 to refurbish the toilets last year and this was increased to \$74,000 at the Full Council meeting held on 22 May 2012. Work hasn't started until now as it was dependent on Council adopting the 2012/2013 budget.

"During the upgrade temporary toilets will be provided including a disabled toilet," confirmed a Council spokesman.

The work is expected to take around six weeks to complete and Council thanks the Blackwood community for its patience during the refurbishment. □

Set out in a style similar to the 'Yellow Pages' - it makes it very easy to locate the information you're looking for.

From 'Accountants' to Vets' and 'Auto Services' to 'Real Estate Services' - you will be able to quickly find the details in this up-to-date directory.

It contains 84 pages of valuable information on many businesses, sports clubs, groups and service organisations in the Blackwood district, including phone numbers on important emergency services.

□ Keep a copy handy in the kitchen drawer or by the phone - and if you want an extra copy for the car - supply your postal details by phoning 8278 2468 or email: info@blackwoodtimes.com.au

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◆ Rotary exchange students currently living in the Blackwood district, Dikke-Marie (on left) and Franka who is attending St Johns Grammar.

Rotary student exchange program enters third decade

Life changing trip

SINCE the Coromandel Valley Rotary Club was formed in 1992, it has been involved with hosting Rotary exchange students from overseas almost every year.

The exchange program has been a life changing experience for many local students, and is only one of many youth related programs supported by the Club.

Former exchange student Dikke-Marie Rasmussen from Denmark is back for her third visit after initially being hosted by members of the Club back in 2004-5.

She has kept in regular contact with many members of the Club and will again be staying with 3 of her original host parents.

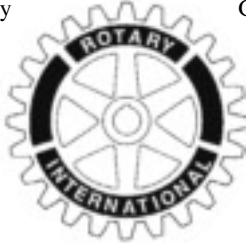
Rotary Club members travelling to Europe have also stayed with her family in Denmark.

Last month the Club welcomed exchange student Franka Menke from Ausberg, Germany.

Both girls have attended St John's Grammar School in Belair who have generously supported the Club since they formed a senior school.

Under Rotary's exchange program, hosting students entitles Coromandel Rotary to assist local students to be part of the exchange program overseas.

If you wish to support the Club, or have any enquiries about the Coromandel Rotary's activities, or membership, please phone 1300 836 706. □



Rotary Plant Sale

A MAJOR fundraising project for Coromandel Rotary and very popular with local gardeners is their Plant Sale which is being held on Waite Reserve (behind Coles) on Saturday 23 March.

A great range of seedlings and plants in pots are on offer at very affordable prices. Be early to grab a bargain as the best plants go quickly. Gates open at 8.30am and close around 3pm.

Funds raised will be used to finance many Rotary projects including Youth Exchange which this busy Club supports locally, nationally and internationally.

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Free entry for native green thumbs

LEADING into autumn is a good time to be planting drought resistant natives and Blackwood homeowners are spoilt with the State Flora Nursery Belair literally being on their back doorstep!

Located in the Belair National Park on Upper Sturt Road, gardeners can now get free entry through the park to visit the State Flora nursery.

State Flora Marketing Manager Graham Hicks said until recently, anyone visiting the Belair Nursery paid at the gate and had their entry fee refunded by nursery staff.

"This will make it that much quicker and easier for people to come in and buy plants for their gardens," Graham said.

"Of course, if you're planning to play tennis or enjoy the other park facilities at the same time, you do still need to pay the entry fee."

State Flora, which has been operating since 1886, is South Australia's leading native plant nursery.

There are more than 1800 natives to choose from, including trees, shrubs, groundcovers, climbers, grasses and reeds. Difficult-to-find species are a speciality and plants can even be grown to order.

The staff raise the plants themselves, putting all the money made from sales back into running



◆ All sizes of native species are available at Belair Nursery from seeds to tube plants to established shrubs. For a large selection of drought tolerant plants, visit the State Flora nursery in the Belair National Park.

the nurseries and promoting the benefits of native species.

The Belair Nursery is open from 9am to 5pm, Monday to Friday, and 10am to 5pm Saturday

and Sunday. Located in the Belair National Park on Upper Sturt Road.

□ For more information and advice, phone the Belair nursery on 8278 7777.

Join in Easter discovery

by Brandon Chaplin, Pastor Blackwood Hills Baptist Church

EASTER is coming ... sooner rather than later this year!

After an Easter in late April in 2011, which coincided with Anzac Day; we find ourselves with a March Easter in 2013. Furthermore it will be during the school term, instead of it being surrounded by a holiday period.

Blackwood Hills Baptist Church is looking forward to reflecting upon and celebrating the story and meaning of Easter on the weekend of 29-31 March.

"It's a special weekend in the calendar for all kinds of reasons," said Associate Pastor Jason Hoet. "People still find the first Easter story a fascination and seek to get an understanding of what it means. Our experience is that this is the case with people of all ages.

"People are very welcome to attend any of the services over the Easter weekend," added Jason.

"On Good Friday we try to engage the senses as we reflect upon the intriguing and dire circumstances that surround the trial and crucifixion of Jesus. We try to capture a mood that brings us into the story and has us consider its implications for our lives".

"On Easter Sunday we seek to do something all together different as we try to come to terms with the surprise and wonder of the resurrection," added Jason.

"It certainly is a contrast to emerge on Easter Sunday with a new found hope in the miracle of Easter. We love it when people join us in that discovery."

You are welcome to join in the Good Friday service at 10am on March 29 at Blackwood Hills Baptist Church at 72 Coromandel Parade, Blackwood. You are also welcome to join in on Easter Sunday at 10am and 7pm on March 31.

□ For more information call the church on 8370 0333 or visit www.bhbc.org.au

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Government of South Australia

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Good Friday
Friday 29th March 10am
Take the opportunity this Good Friday to reflect on Jesus' ultimate sacrifice given for the world, as we look toward the resurrection on Easter Sunday.



Easter Sunday
Sunday 31st March 10am & 7pm
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Coalition proposes environmental group action plan for Australian youth Wanted: Green Army projects

A 'Green Army' of young Australians will take on environmental projects to clean up our community under the Federal Coalition's Environment Plan.

At the Belair CFS Station on Sheoak Road last month; Greg Hunt, the Coalition's Shadow Minister for Climate Action, Environment & Heritage; Andrew Southcott, Federal Member for Boothby; together with Dale Thompson, CFS Sturt Group officer announced the 'green' plan.

"We are tackling environmental issues head on with a 15,000 strong Green Army which will enable teams to operate in nearly every community across the country," said Mr Hunt.

The Green Army will be comprised of teams of up to 10 people including a co-ordinator to tackle local environmental projects. Participants will receive a training wage and supervision.

Each project may take up to 25 weeks to complete.

"We are asking the community to submit ideas for worthwhile projects," said Boothby MP, Andrew Southcott.

"It may be cleaning up a local creek, restoring a bush-walking path, rejuvenating sand dunes or reducing flammable undergrowth like feral olives in at-risk bushfire areas," he added.

Sturt Group CFS officer, Dale Thompson was supportive of the plan, commenting that, "this is an ideal opportunity to reduce some of the bushfire risk in the Adelaide Hills by removing feral and flammable vegetation.

"The 'Green Army' working in conjunction with locals Council could have a significant impact in reducing the impact of a bushfire."

Andrew agreed saying, "We are keen for local environment groups or councils to be involved. They may work together with the Green Army to get the job done or they may act as co-ordinators for projects which they see as a priority for our area.

"Areas such as Brownhill Creek, Sturt River, Belair National Park, and the coastline could be possible options for a Green Army scheme."

Contact Andrew Southcott MP office on 8374 0511. □



◆ An ABC-TV reporter interviews Greg Hunt (on right) about the Coalition's 'Green Army' project, joined by Dale Thompson (CFS Sturt Group) and Andrew Southcott (Boothby MP).

Challenge to sort out Coromandel Valley history

THE highly successful calendar of community events organised to celebrate the discovery of Coromandel Valley 175 years ago, finished in November last year.

These events promoted community spirit and activity that will no doubt continue in the minds of those who participated for many years to come.

However, a legacy of the activities is a large amount of verbal and written records and recorded interviews now in the possession of the Coromandel Valley and Districts National Trust Branch.

This is great news for the community but leaves an interesting but challenging task to col-

late and make available the information gathered.

The destiny of this information is to become part of the formal records system known as Collections MOSAIC, a data base for historical collections, being introduced throughout National Trust of SA branches.

Over the last two years many hours have been put in to transferring previous records from the old systems. This work has largely been achieved, and is being continued by Ashley Phillips and Maxine Conlon.

Ashley and Maxine, together with David Wyatt constitute a working group from the Branch Committee focussing on the processing of information in hand in preparation for addition

to the formal records. (This includes the "new" information collected throughout 2012.)

There is a need for volunteers to help sort or prepare written documents as electronic files, as well as transcribe audio files to text.

To assist in this task the Branch is seeking a control pedal and software intended for use with a computer, or to borrow (or have donated) a foot pedal transcription machine.

□ If you would like to contribute and can help in these interesting and valuable tasks or become involved in bringing together the "Story of Coromandel Valley", contact the Branch Secretary, David Wyatt on 8270 4400, or email: ntcoro2@bigpond.com

Spotlight events go on

ONE group that benefited from the year long activities is the Coromandel Valley and Districts National Trust Branch.

They staged over 30 of the celebration events which included the Coromandel Connections and the Spotlight Nights where research information and stories were exchanged. The wider community received great benefit during the year and an upsurge in interest and involvement in the history of the Valley and its people was discovered.

Due to their popularity more 'Spotlight' gatherings are planned for 2013.



◆ Maxine Conlon and David Wyatt working on some of the information and records gathered during the CoroAlive!175 events held last year.

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MARCH 30



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Abbey, muse of the Park



◆ (from left): Dani from Snazzi's Boutique helping competition winner Sharon select some garments.

Sharon scoops a Snazzi prize

"This is the first time I have entered the competition," said Blackwood resident Sharon Brown. "Being a full-time Mum to two young children, this prize of \$200 is fantastic and will come in very handy."

"I'm originally from Ireland, however I met my Australian husband at Coffin Bay. We both love fishing and the outdoors, and spend time exploring the Coorong."

"We've been in Blackwood for over 10 years and feel really privileged to live in such a beautiful environment. It's only 15 minutes to the city, yet have the Belair National Park just around the corner," said Sharon.

Sharon was looking to spend her winnings at Snazzi's Boutique, selecting a garment for her mother-in-law; buying fruit and veg from Waggon Wheels; and treats for her dog from Blackwood Pets.

☐ Watch out for the next \$200 Shopping Spree and thank you to all those who entered the competition in the February edition.

YOU don't have to travel all the way into the city to enjoy a Fringe-like event. Come and enjoy an evening of music and relaxation while socialising with friends and family.

The Coromandel Community Centre will be hosting a 'Music in the Park' evening on Weymouth Oval, 442 Main Road, Coromandel Valley on Saturday, 16 March.

Several bands will entertain the crowd on the Oval from 6.30pm. Bring along your rug, chair and picnic or purchase something from the catering options on offer.

The performers lined up to entertain the crowd will include: Abbey Howlett (charismatic young artist with a powerful and unique vocal style presenting soulful original tunes and fresh spins on old ones); Bee Wood Jazz (some traditional jazz tunes combined with modern and less conventional - mostly ex Blackwood High students); and Onkaparinga City Big Band - a crowd favourite and supported by the City of Onkaparinga.

Adults can soak up the atmosphere while children play on the oval in a safe and secure environment. Families are encouraged to bring along sport equipment to keep the kids busy.



◆ Abbey Howlett and her oversized vintage Maton guitar are a sight to be seen in action.

A \$2 donation will be all that it takes to enjoy the entertainment at this family orientated community event.

This evening is supported by The City of Onkaparinga and Blackwood Party Hire.

☐ For more information about Music in the Park (including catering options), phone the Coromandel Community Centre on 8370 6880 or visit www.coromandelcc.org.au
If rain is forecast the event will be cancelled.

Community can tuck in to edible garden trail

by Annie Waddington-Feather

BELAIR resident Nick Wilkey presented Council with a new and exciting vision of an edible garden trail throughout the City of Mitcham recently in an attempt to reignite Council interest in community gardens.

As reported in this paper last month, council withdrew support for a community garden at the end of last year citing financial reasons; the council is already in deficit by \$1.5 million.

The deputation, 'Community Gardens: a Sustainable Way Forward' proposes maintenance of several sites in the City of Mitcham

through community and business sponsorship.

"It focuses on community business support through the development of co-partnerships and has a strong core value of inclusion of all groups, such as minority and cultural, to encourage community involvement from all sectors," said Nick.

He added a number of local businesses had already offered their generous support to the project through allocation of funds or through the supply of products, including plants and equipment hire, as well as labour and knowledge.

This community gardens' model is based on ones in Adelaide's sister cities of Austin, Texas and Auckland, New Zealand.

Sites currently being considered for the project include the Blackwood Hill Reserve, Carrick Hill, and Flinders University. Nick hoped every councillor would embrace the vision, the sustainability aspects and community benefits.

Several experts were already on board and once a group has been formalised, Nick is keen to hold a public forum and to work with interested groups, organisations, businesses and the Council to move the vision forward.

In order for the new project to move forward, the current motion would need to be rescinded and supported by a majority of Mitcham councillors. ☐

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Hole-in-one stars mark 50 years

GOLF has played a huge part in the lives of two female members of the Blackwood Golf Club in Cherry Gardens.

This month both ladies are celebrating 50 years since they joined the club in January 1963. The women of Blackwood Golf club will honour these two ladies on March 5 - Geraldine Eitzen and Melva Yandell (pictured on the right) - who have contributed a great deal in different ways to golf and the social life of the women members.

Geraldine brought most of her family to golf at Blackwood with husband Murray also notching up 45 years, and four of their children, Trent, Shelley, Ashley and Guy becoming members.

Guy represented the club in Junior Pennants, while Geraldine played Interclub for some years,

and was non-playing captain for a year after retiring as a player. She was elected to the Women's Committee in 1995.

Geraldine has had two holes-in-one. The first was on the 14th hole at Blackwood before the reorganization of the back nine. The other was at Clare, when a group of caravanners spent a weekend there.

In fact Geraldine and Murray have been leading lights of a group taking their caravans to Loxton and Millicent for interclub competitions over long weekends.

Melva joined Blackwood shortly after her husband, Max, did. Max was a foundation member, attending the first planning meeting in 1962. Melva spent many years on the Women's Committee, four as Secretary, 3 as Vice-presi-



◆ LEFT: Geraldine Eitzen on the balcony of the Blackwood Golf Club which overlooks the first tee
RIGHT: Melva Yandell with the Blackwood Golf Club "Grandmothers' Trophy" which she won in 1993 for best score in the qualifying rounds of the club championship while being a grandmother.

dent and 2 as President.

Melva caddied for many of the players in the Women's Pennant competition. Strangely enough, Melva also had a hole-in-one on the 14th, in 1970.

Both Geraldine and Melva have vivid memories of building the course at Cherry Gardens. It was just a forest then, and Melva remembers seeing the first fairway laid.

When work was allocated at working bees, Melva complains, she was too often given the job of removing stones from what is now the left

hand bunker near the 16th green. Geraldine and Murray attended every working bee except one, their specialty being top dressing fairways.

Geraldine, who still plays in the field on the women's competition day, Tuesday, is well known for sharing jokes at lunch.

Melva doesn't play competition any more, but comes to the club for lunch on the last Tuesday of each month, along with other retired players.

Congratulations to both these golfers. They are really long stayers, and the Blackwood women golfers are very proud of them. □

'Glass half full' outlook for SA property market

IN SPITE of the housing and retail sectors rallying for a rate cut to spur on spending, many people in the financial industry view the decision by the Reserve Bank of Australia to leave the cash rate on hold at 3.0% as a positive.

"There are a number of encouraging signs in the property market that should buoy positive consumer and business sentiment," said Louise Stanton, a local Mortgage Choice franchise owner.

"Although the official interest rate remains static for the month ahead, Australians should take a glass half-full view of the situation. Further rate cuts are expected in the coming months but for now, borrowers shouldn't lose sight of the fact that rates are at an historical low and this is good news for anyone looking to enter the property market," explained Louise.

"With rates low, it isn't just those looking to purchase property that can capitalise on the benefits. Those who already have a mortgage can potentially make savings on their current loan - they just need to know where to start and what changes to make.

"Mortgage holders should invest time to researching and comparing their loan options to ensure they are still getting the best deal for their needs. You might find that you can switch lenders and save, or you can use the new found information to negotiate a better deal with your current lender.

"Keep in mind, however, that if you apply for loan pre-approval with another lender to

switch or to try to boost your negotiating power, it will be recorded in your credit file and multiple loan applications can impact your credit rating and hence your ability to borrow in future."

Louise reminded borrowers that they didn't need an official interest rate cut to help them repay their loan sooner.

For those eager to make savings, she offered these top five tips for the month:

1. Gather all the facts. Research the loan options available in today's market to ensure that your loan is still the most suitable and cost effective for your needs.

2. Speak with a professional. If you don't feel comfortable heading into the loan market alone, ask for professional help from a mortgage broker who has good lender relationships and can use these to negotiate a better deal on your current loan or help you switch to a new loan with a different lender.

3. Budget to be in a better position. You may find that you can make savings elsewhere in your budget.

4. Up the ante on repayments. Switching your monthly repayment to fortnightly may make a big difference.

5. Offset any concerns with savings. Depositing savings into an offset account that is attached to a home loan can help to reduce the interest accrued on a loan.

□ Phone Louise on 0407 189 021 for more information and advice, or check out the website at: www.mortgagechoice.com.au/louise.stanton

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Focus on women's health

A UNIQUE service for women is now being offered at Belair Medical because they recognise that women have particular health needs and they have engaged health professionals with a special interest in women's health.

The new program called "Women's Wellness

on a Wednesday" focusses on areas such as Well Women health checks, contraceptive advice (including the insertion and removal of mirenas and implanons), preconceptual counselling, antenatal and postnatal care, parenting advice, and management of the menopause and beyond.

"We are particularly excited to have Ms Vicki Rutter working with us, who is a physiotherapist with particular interest and expertise in managing pelvic floor issues in women," said a Belair Medical spokesperson.

"Pelvic floor physiotherapy focussing on the assessment and management of incontinence and prolapse will be available as part of our Women's Wellness on a Wednesday clinic."

Belair Medical has been part of the local community for 40 years and in 2010 Belair Medical was awarded a GP Primary Care Infrastructure Grant from the Commonwealth Government

The infrastructure development has enhanced the capacity of Belair Medical to liaise with other health professionals and provide an even better health care service.

Belair Medical has a holistic approach to medicine, focusing on quality family care with patient ages ranging from neonates to the elderly, including patients from nearby aged care facilities.

The philosophy of Belair Medical is that Primary Health care is best provided in the local



◆ Dr Helen Roxburgh (on right) from Belair Medical taking the blood pressure of a female patient

community where patients can either walk or drive a short distance to see a doctor or health professional.

Providing quality medical care in the community, helps to keep the population healthy thereby reducing hospital admissions and alleviating some of the ever increasing demands on the hospital system. In the future they hope to engage more health professionals with expertise in women's health. □

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The pharmacy team are in training to be able to bring you even more benefits and services, including a number of new Chemmart® initiatives :

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- * Fantastic Catalogue specials : great savings across hundreds of products.
- * Health Services : come in for a Health Check where you can get your blood pressure, blood glucose and cholesterol levels checked.

* Value Promise : price match guarantee : prices are extremely competitive. But, if you do shop around and find a better price*, let them know and they'll be happy to match it.

Over the coming weeks you will notice some changes in the pharmacy - please be patient as the staff becomes familiar with the new procedures.

This is part of their preparation to deliver improved levels of health advice and service to customers.

□ If you have any questions or feedback please talk to one of the friendly team at John Spick Pharmacy.

◆ Same friendly staff at John Spick Pharmacy includes: (from left) Colleen, John Spick and Naomi.

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Only the look has changed

IT'S business as usual - only the name has changed.

"Our new name, logo, website and signage better reflects our focus on attaining optimal health outcomes for all of our patients," said Dr Michael Davis, proprietor of Blackwood Village Chiropractic and Natural Health in Chapman Street, Blackwood.

The chiropractic practice which opened in Blackwood 14 years ago is excited to announce that they will now be known as **Blackwood Village Health - chiropractic and natural therapies.**

The same attentive practitioners and staff

are there to look after patients' needs, and their new website at www.blackwoodvillage-health.com.au gives patients a better understanding on the direction of the hands-on practice.

"We practice healthcare that caters for every age and facet of life, from newborns to the very elderly. Everyone can enjoy our integrated approach to healthcare," explained Michael.

□ Blackwood Village Health is still located at 1/1 Chapman Street, Blackwood with the same phone number 8178 0181.

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Help kids avoid obesity

by Caron Milham,
Consultant dietitian and author

MORE than 50% of Australian adults and more than 25% of primary school children are either overweight or obese. Being overweight as a child increases the likelihood you will become overweight as an adult and if coupled with bad eating habits, this can be a death sentence.

Eating a diet high in fat (especially saturated fat), sugar and kilojoules, coupled with little exercise can increase not only the risk of becoming overweight but also can increase the risk of diabetes, heart disease and some cancers. Eating an unhealthy diet and/or being overweight can also have many short term consequences such as reduced concentration, energy and performance in school and sport.

Our eating habits as adults are affected by many factors. From early on, our eating environment and early education around food and exercise behaviours strongly influences our eating and exercise habits and taste and food preferences as adults. It is very important therefore to educate our children and ourselves as early as possible.



From early on, focus on exposing children to the many and varied tastes and textures of healthy foods. Take them shopping and let them 'help'.

Involve them in cooking with simple things to begin with to appreciate all aspects of food like pita pizza using vegies, lean ham and cheese. (You can even make a face), wholemeal pancakes, popcorn, fruit jelly, yoghurt and banana-yoghurt smoothy.

Let them have their own vegetable patch (or even a pot with tiny tomatoes). We are more likely to eat our own produce and it tastes better anyway!
Educate them on the immediate positive aspects of eating healthy by explaining they will feel better, have more energy and confidence, jump higher and run faster rather than talk about weight loss.

Do not limit altogether, fast food, high fat food or sugar snacks like chocolate, cakes, chips or lollies.

Call them 'sometimes' foods – otherwise they may binge when they're out of sight or when they get older and can buy their own. Tell them when and how much they can have.

Make available at home, a tasty variety of nutritious food choices and make less available foods high in kilojoules, fats and sugars like convenience snack foods.

Make water their primary fluid. Limit milk and juice and only have cordials and soft drinks occasionally, if at all.

For more tips, menus, lunchbox and recipe ideas and how to consult a dietitian...visit - www.milhamdietitians.com

☐ To make an appointment with Caron for more advice, phone SportsmedSA on 8178 0399.

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Ready to make healthy change

COROMANDEL Valley mum, Tarsha Cameron was inspired by her 8 year old daughter who was living between two houses, where the routines were entirely opposite and having to adapt to each setting. This is Tarsha's personal journey...

"I had been in a rut - not exercising, not eating well - and my daughter's difficulties were getting more and more challenging for me to handle because I was always feeling fatigued.

During this period I watched two of my friends, lose a great amount of weight because they were eating healthier, and had developed a hunger for activity. Eventually, I discovered that they both had joined Healthy Inspirations Blackwood.

So when I was ready to make a change because I couldn't keep up with my daughter, and my long term boyfriend proposed, I decided to give Healthy Inspirations a try.

When I first started in September 2011, I was greeted with warmth by the personal trainers upon entry and introduced to the Healthy Inspirations program, learning the science behind their weight loss plans.

Initially, my exercise regime consisted of occasionally walking through the park, and attending a flamenco class once a week. Now I go to the gym three times a week, attend multiple dance classes, and enjoy running on a regular basis. I am running and I have never been a runner!

I lost 8.2kg, 39.5cm's and 5.3% of my body fat and never looked back.

And on top of all this I am feeling happier and more energetic, and am continuously supported to look after myself (both physically and mentally) by the Healthy Inspirations team especially when I am over stressed!

Now I am able to support my daughter in all the ways that I have always wanted to. I finally feel as if I am being the best mum that I can be. And, as a bonus, I was able to look fabulous at my wedding in August last year.

☐ For more information, phone Jodi on 8278 2822 or visit www.healthyinspirations.com.au



◆ Tarsha Cameron before (above) and after (left).

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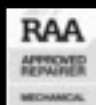
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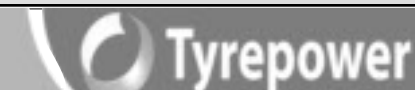
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WHAT'S ON IN BLACKWOOD & DISTRICTS

- ◆ **3 March**
BLACKWOOD CRAFT MARKET - from 10am to 4pm at Blackwood Memorial Hall, 21 Coromandel Parade. Admission is free. New stall enquiries to Kerrie on 0427 410 917.
- ◆ **3 March**
BOTTLE COLLECTION - from 10am by Belair Scout Group. Collect all glass, soft drink cans & soft drink plastic bottles - from your driveway. Any queries phone Clare on 8370 3972.
- ◆ **4 March**
WOMEN'S WELLNESS SEMINAR - organised by Healthy Inspirations Blackwood from 6.30-8pm. Free seminar on "How to Heal/Protect your Body". Benefits include: aid relaxation, increase flexibility, reduce pain, recharge your body... "anyone can do it!" Must book on 8278 2822.
- ◆ **4 March**
BLACKWOOD HILLS VIEW - women meet for coffee at Cafe Primo at 10.30am. Just come along. Phone Annalies on 8370 2528.
- ◆ **4 March**
BLACKWOOD LADIES PROBUS CLUB - meet at 4 Young St, Blackwood (Over 50s Clubrooms) at 10am. Guest speakers. Visitors & prospective members welcome. Phone Valerie Mills-Stacy on 8370 2674 for details.
- ◆ **6 March**
BLACKWOOD CIRCLE OF FRIENDS - help refugees settle in our community. Meet at Blackwood Uniting Church near Blackwood roundabout from 7.30pm. New members welcome. Contact Carey on carey_jo71@hotmail.com
- ◆ **6 & 20 March**
LIONS CLUB OF BLACKWOOD - meet on 1st Wednesday at Blackwood Memorial Hall, 19 Coromandel Pde & on 3rd Wednesday at Belair Park Country Club, from 6.30pm for 7pm

- start. Prospective members and visitors welcome. Phone John Alexandrou on 8278 1230.
- ◆ **7 March**
BLACKWOOD MENS PROBUS CLUB - meet at Masonic Lodge, Main Road from 9.30-11.30am. Visitors and new members welcome. Enquiries to Allen on 8278 2096.
- ◆ **7 & 21 March**
BLACKWOOD PHOTOGRAPHIC CLUB - meet in "The Studio", Memorial Hall, 21 Coromandel Pde at 7.30pm. Come out from behind your lenses and meet like minded friends and join in fun of competitions, field trips and workshops. Visit www.blackwoodphotographic.org for details.
- ◆ **9 March**
SECONDHAND BOOK SALE - held in Raine & Horne carpark from 9am to 3pm and organised by Blackwood Rotary Club. Most books only 50cents - best bargains go early. Lots of good reading and help raise funds for the community. Phone 0438 890 503 for details.
- ◆ **10 March**
BUSHCARE WORKING BEE - 'Red Gum Gully Our Patch' group meet at Cedar Ave reserve, junction of Miller Tce and Southern Ave from 9.30-11.30am. Day to learn from each other and care for our bushland. Wear sturdy shoes and hat, tools provided. New members always welcome. Phone 8370 2091 for details.
- ◆ **11 March**
EDEN HILLS COMBINED PROBUS - meet at Blackwood Over 50s at 4 Young St, Blackwood at 9.30am. Enjoy socialising with other retirees, listening to guest speakers, plus monthly outings. Prospective members and visitors welcome. Phone Secretary on 8278 6967.
- ◆ **11 March**
CHERRY GARDENS GARDEN CLUB - meets at

- 7.30pm in Cherry Gardens Uniting Church, Hicks Hill Rd. Each month a guest speaker and trading table. Enquiries to Lyn on 0400 290 521.
- ◆ **12 & 26 March**
ADELAIDE HILLS TOASTMASTERS - Affordable public speaking training & practice in a friendly adult group. Meet from 7.30-9.30pm. Enquiries to Annabel Price on 0402 767 535.
- ◆ **13 March**
BREAST CANCER SUPPORT GROUP - meet in Artisans coffee lounge (behind Bendigo Bank). For more details phone Jackie on 8278 5761.
- ◆ **14 March**
HAWTHORNDENE MEN'S PROBUS CLUB - held at Belair Uniting Church Hall, Sheoak Road, Belair at 9.30am. Monthly guest speakers. Visitors welcome. Inquiries: 8278 1964.
- ◆ **18 March**
BLACKWOOD HILLS VIEW - women meet for lunch at Belair Park Country Club at 10am. Voices Interests & Education of Women. Guest speaker is Dave Bell, author of 'The Gardeners Guide to growing Money Trees'. Bookings for lunch essential. Phone Annalies on 8370 2528.
- ◆ **18 March**
BELAIR LADIES' PROBUS - meet at Blackwood Uniting Church, opp Blackwood roundabout at 10am. We welcome prospective members and visitors. Phone Dianne on 8278 4294.
- ◆ **18 March**
BLACKWOOD COMBINED PROBUS CLUB - meets at 10am in Over 50's Clubrooms, 4 Young St, Blackwood. Enjoy friendship of other retirees, guest speakers and outings. Prospective members and visitors welcome. Enquiries to Margaret on 8278 5250.

- ◆ **19 March**
FRIENDS OF BLACKWOOD FOREST - Meet in Gamble Cottage, Main Rd, Blackwood at 7.30pm. If you want to help maintain this Recreation Park, phone Jenny on 8278 8898.
- ◆ **20 March**
STITCHERS IN THE HILLS - Patchwork and quilting group meet at 7.30pm in Church of Christ, cnr Shepherds Hill Rd & Waite St, Blackwood. New members always welcome. Enquiries to 8278 3569.
- ◆ **21 March**
BLACKWOOD PHILATELIC CLUB - meeting at Blackwood Uniting Church Hall from 7.15pm. Displays and sales of a wide range of Australian stamps, plus world stamps and phone cards. Prospective members and visitors welcome. Ph Paul on 8370 2680.
- ◆ **21 March**
FRIENDS OF STURT GORGE - meet at Bellevue Heights Primary School. Phone Bob Grant on 7329 8296 for meetings and working bees. Visit www.fosg.org.au
- ◆ **22 March**
COMBINED PROBUS CLUB OF COROMANDEL VALLEY - meet at Belair Park Country Club at 10am. We welcome prospective members and visitors. Phone Denis on 8270 1548 or Ian on 8278 4325.
- ◆ **23 March**
PLANT SALE - held on the Waite Reserve (behind Coles carpark) and organised by Coromandel Valley Rotary Club. For a huge range of affordable seedlings and pot plants at unbelievable prices, come along early - gates open 8.30am and close around 3pm.
- ◆ **25 March**
BLACKWOOD FLORAL ART CLUB - meet at

THE BLACKWOOD TIMES

Contact: Phone: 0428 246 824
email: mhbpublish@bigpond.com
www.blackwoodtimes.com.au

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Blackwood Uniting Church hall at 7.30pm. Demonstrations, workshops and information. Prospective members and visitors welcome. Inquiries: Judy on 8270 2491.

◆ **27 March**
BLACKWOOD WINEMAKERS & BREWERS CLUB - meet at Blackwood Memorial Hall, 19 Coromandel Pde, from 7.30pm. Learn about wine-making and brewing, do an annual bottling and enjoy social activities. New members welcome. Ph 8278 5916 for details.

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

◆ **11 April**
COMMUNITY FORUM - for Craighburn/The Park Ward at Blackwood Community Centre, Young Street from 7pm. For more information phone Mitcham Council on 8372 8888.

◆ **1 May**
COMMUNITY FORUM - from 10am by Belair Scout Group. Collect all glass, soft drink cans & soft drink plastic bottles - from your driveway. Any queries phone Clare on 8370 3972.

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