marion City Limits 31

Spring 09 > Free







The art of making a Kaurna bark canoe



Taking shapeState Aquatic
Centre update



Saving grace Volunteer life saver leads by example

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Editorial Policy. City Limits is a community-building publication and is not intended to discredit other individuals or organisations. As such the Council reserves the right of editorial discretion.

Front Cover Alan and Jill Marriage and grandson Zachary Marriage by Catherine Gasmier





New library chute trial

Patrons who are in a hurry and just wish to return items can now deposit them in an external return chute which is open 24 hours a day at all Marion libraries. The trial started in August and will end in November.



Salvos supermodels Wayne Davis, Judy Hoyle and Bea Dow.

Salvos in fashion

If a new season marks a new fashion look - get all your spring and summer fashion inspiration at The Salvation Army fashion parade on Sunday,
October 11 at 2pm at the Marion Sports and Community Club.

Parade organiser Myrle invites you to join in for fashion auctions, special prizes, drinks and then head to your local Salvation Army store to bag some near new or preloved treasures.

Arrive in your finest Salvation Army finds and mingle with the models including Kris Hanna MP, City of Marion's Mayor Lewis and some of the councillors.

Following the Marion Learning Festival fashion

parade at Westfied Marion Shopping Centre dry run, the Melrose Park Salvation Army store will highlight this season's finest.

"It's been such a cold winter, all proceeds will go to help the less fortunate in our community," says Myrle.

Call 8294 5097 to book a table, volunteer as a model or to donate your preloved clothing to increase stock at the store.





What makes you think they only want tall players this season?



Our Opinion

The Mayor Felicity-ann Lewis



A key strategy to reduce urban sprawl is to promote development along transit corridors. This is called Transit Oriented Development (TOD) and I was able to view this form of development in the US and Europe as part of a state government tour in May. We saw many examples of communities where this was successful and also those that had not worked well.

The aim is to encourage retail, commercial and residential development to be clustered around transport nodes. The critical feature is the way this is designed. A significant aspect is the provision of useable



open space- not just small parks, but open corridors and areas that encourage people to play sport and be physically active, ride bikes and walk. Place making is essential.

As the built form is of a higher density in these precincts it is important to ensure 'greening' of the streetscape and open space to reduce the bulk and scale of buildings.

The most appealing that I saw were set back from the street to allow tall trees to soften the impact and many had 'greenwalls' with climbing plants. Shifting the reliance on cars to increasing the use of public transport is essential for this form of development which can only be successful if we have a safe, efficient, reliable and cost effective system and at the moment we have a way to go on that front. I urge you to have your say on this important planning initiative. Go to www.planning.sa.gov.au for details.

The high level of participation in the recent Marion Learning Festival highlighted the passion for lifelong learning in our community. If you were at Westfield Marion Shopping Centre during the last week of August I hope that you enjoyed some of the stage demonstrations which included music, fitness, multicultural presentations and a show stopping hip hop dance performance.

There were also 100 workshops held primarily at the Marion Cultural Centre, libraries and neighbourhood centres. These workshops involved people in activities as diverse as philosophy, arts, Kaurna language, science and the environment.

The City of Marion is committed to encouraging formal and informal lifelong learning in order to develop a strong and engaged community. If you went to the festival, I hope that you had fun and were inspired to

learn something new.

The Marion Learning Festival is just one opportunity council provides to help people learn and develop. This issue of City Limits includes a feature about the Coast to Vines Rail Trail which is a healthy way to enjoy and learn about our natural environment. The Hallett Cove Walking Trail, the Living Kaurna Cultural Centre, Marion Historic Village, neighbourhood centres and libraries also provide many affordable learning opportunities.

I would like to pay my respects to former Marion Mayor Colin Haines who passed away in August. His vision to develop the Marion Cultural Centre as a community hub is being realised with the building of the State Aquatic Centre and GP Plus. Significantly, Colin made Marion one of the first Australian members of Mayors for Peace. In an often uncertain world, peace is one lesson we should all remember.





Bring your local park to life

Get together with friends and neighbours and celebrate our parks and community spirit at Parks Alive! on 24 and 25 October.

Individuals, clubs, businesses and community groups can join in the fun by organising their own event at a local park.

For more information, go to the Parks Alive! website www.parksalive.sa.gov.au Alternatively, contact City of Marion's cultural development officer Elizabeth Sykora on 8375 6713 or email elizabeth.sykora@marion.sa.gov.au



Rediscovering traditional skills Paul Dixon, Adam Dixon and Jason Brodie worked on the canoe along with Dennis O'Brien.

Bark canoe to take to the water after 180 years

It took nearly 180 years, but a traditional Kaurna bark canoe is set to take to the waterways of southern Adelaide again.

Aboriginal people had used bark canoes on local rivers and wetlands until European settlement in the 1830s, cutting them from the river red gums that were common in the area.

A team from the Living Kaurna Cultural Centre decided it was time to bring the tradition back.

LKCC cultural heritage officer Paul Dixon had made bark shields and coolamons before, but had never tried anything as large as a canoe.

"We think it is the first Kaurna bark canoe to be made since white settlement," Paul said. "The only other one we know of is in the South Australian Museum and it dates back to the 1830s.

"This is a very exciting thing to be part of."

Australian Cultural Heritage Management also worked on the project, filming a documentary on the construction process.

ACHM anthropologist Dr Neale Draper said canoemaking was lost fairly quickly once Adelaide was settled because farmers took the land around water courses, pushing out the indigenous population.

"It looks like Kaurna opportunities to practise a traditional lifestyle ended along with canoemaking," Dr Draper said. "By 1850, all the watercourses were locked in as farm land.

"Had there been an ongoing use or manufacture of canoes much later, we'd have pictures or

descriptions. There were so many people wandering around the Adelaide region, painting, drawing and writing from day one that it wouldn't have escaped notice."

Dr Draper said it was appropriate that the first new canoe should be made in the Marion area, as there were already trees with Kaurna canoe scars in several local reserves.

Making the canoe proved to be quite an arduous task. Paul searched reserves around the area, eventually finding a suitable river red gum in Egan Reserve at Mitchell Park.

Shaping and cutting the bark took nearly two days and saw a range of non-traditional tools such as hammers, chisels and even spades come into play.

Once the job was done, the tree was treated to prevent infections and the 2.5m bark sheet was transported to Warriparinga on a Surf Lifesaving SA boat.

The team spent the next few weeks carefully drying and shaping the canoe and waterproofing it with ochre and fat. It made its public debut at an open day during Reconciliation Week and Paul hopes to try to float it in the wetlands in spring.

While the canoe-making process was lost for so many years, the LKCC team has no intention of letting it disappear again, already planning to make another, larger canoe.



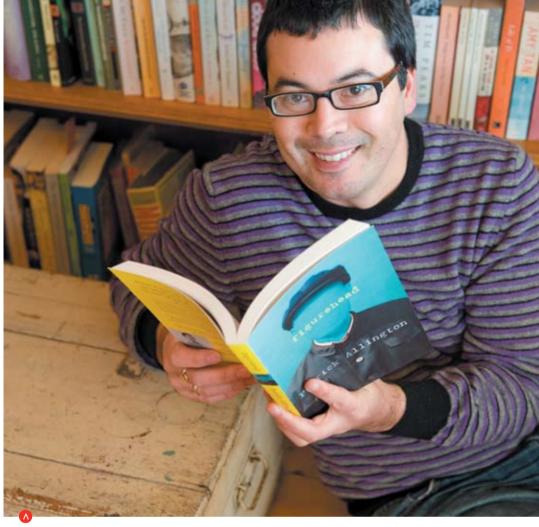
Fitness and fun A new Physic club for girls and women has opened in Clovelly Park.

Physie is all about fun and fitness

It's called the Bjelke-Petersen
School of Physical Culture, or
Physic for short. Based on a
century of fun and fitness for girls
and women, a new Physic club
at Clovelly Park is going from
strength to strength.

Run by experienced Physie teacher, Gayle Garrett, the syllabus includes aerobic warmups, dancing and exercises to create a fun relationship between music and movement with a focus on rhythm, coordination and balance. Gayle also runs a Physie Club at Victor Harbor.

The Clovelly Park Physic Club at the Municipal Community Centre in York Avenue runs on Thursdays from 4.10pm to 8.00pm for girls as young as three through to Ladies. For more information, call Gayle on 8552 9328.



Realising a dream South Plympton author Patrick Allinaton with his first novel.



Prevention and protection Learn how to develop a bushfire action plan.

First book for local author

As a child, Patrick Allington would often be up with the dawn, scribbling away at the kitchen table while his family slept.

"I always knew that I wanted to be a writer," Patrick, 40, said.

Those early dreams have come to fruition, with the South Plympton resident publishing his first book, Figurehead, in July.

Patrick wrote the book as part of his creative writing PhD at the University of Adelaide, where he was fortunate enough to be mentored by literary greats, poet Tom Shapcott and Nobel laureate JM Coetzee.

Figurehead looks at Cambodia's bloody Khmer Rouge regime, examining ideas of responsibility and guilt. The novel's main characters are based on Pol Pot's right-hand man Khieu Samphan and Australian rebel journalist Wilfred Burchett.

Patrick first became interested in Cambodia's history when he studied the country at university and the idea for the book developed over nearly 20 years.

He visited Cambodia twice as part of his

research, discovering a beautiful country still struggling to overcome a terrible past.

"The people have a wonderful spirit, but there's still a sense of melancholy about the place," he said.

Though he is now a published writer, Patrick can still be found putting pen to paper at the kitchen table.

"I'll write almost anywhere," he said. "I have a study at home, but I migrate from room to room at lot and frequently decide I need to be in some other place entirely."

He is already well on the way to completing his second book, a tale of "food, wine and fraud" set in Adelaide.

But writing at home could soon become a little more difficult, as Patrick and his wife are expecting a child in September.

"It's going to be a big year," he said, smiling.

Bushfire action plans for those living on the urban fringe

Australians need no reminders about the devastating and potentially deadly impact of bushfires.

However, people living on the urban fringe can sometimes become complacent about the danger of wildfire.

The City of Marion in association with the CFS and the Department of Environment and Heritage is planning a series on bushfire protection information presentations for residents in the Trott Park, Hallett Cove, Sheidow Park, Marino and O'Halloran Hill areas.

Residents living on the interface with scrubland and conservation parks are the particular target of the presentations, which will include how to develop a bushfire action plan.

The dates and venues of the presentations will be announced soon.



Getting involved Zane, Angela and Bryce consider what facilities they would like in the south.

Have your say on shaping the south

Plans are underway to develop a new library and community facility in Hallett Cove and also to upgrade Cove Youth Service.

The Southern Facilities Review has identified Ramrod Reserve as a potential site and architects are developing concept designs which will be used during the next phase of community consultation. Local service providers are being consulted to ensure that the facility complements existing services surrounding the site and delivers a multipurpose library and community facility alongside the Hallett Cove Shopping Centre redevelopment.

Cove Youth Service will remain located on Zwerner Drive and be developed in consultation with young people. Focus groups conducted in 2008 showed strong youth support for the current location of Cove Youth Service and identified increased space as a means of broadening the range of activities.

Wide scale community engagement regarding the potential design of the facilities on Ramrod Reserve is planned for October this year. This will be an opportunity for local residents to have a say in the development of the combined library and community facility.

The project is part of the Marion South Plan and council is seeking community feedback to ensure that it meets local needs.

For further information on how to have your say, please contact City of Marion's community engagement officer Valli Morphett on 8375 6881.

Community consultation has so far included

2003	A phone survey of 500 residents to gauge opinions of the Marion South Plan indicated 87 per cent of all respondents supported the development of a new facility which included a larger library, youth facilities, a hall and meeting rooms.
2007	The Making Marion consultation in December 2007 confirmed that the southern community wanted improved library and community facilities within Hallett Cove precinct.
2008	Focus groups confirmed the need for a multi-purpose community facility that appealed to all ages and a variety of users.

Hallett Cove Shopping Centre

The \$50 million expansion and redevelopment of the Hallett Cove Shopping Centre was open for business for the first time on Monday 29 June.

Big W and Woolworth joined a renovated Foodland as major tenants, along with a wide selection of specialty stores and services. These include footwear, fashion, electronics, home wares, entertainment, pharmacy, dentist, major banks, ATMS, Australia Post and a Police Station.

There is a fresh food hall along with coffee and lunch spots and a large new food court.

Under cover car parking is proving popular and has travellator access. There is parking for 960 vehicles.

To celebrate the opening there was family entertainment, face painting and music with lots of giveaways, which continued throughout the July school holidays.

The opening promotion was *Win a Ford Fiesta* and a very excited M Keir from Hallett Cove was the lucky winner.

New retailers are opening their doors on a regular basis while the official opening is scheduled for late September.

For additional information: www. hallettcoveshoppingcentre.com.au

Clowning around *Kids have fun at the Hallett Cove Shopping Centre opening.*





GP Plus Health Care Centre

The South Australian Government in association with the City of Marion is building a GP Plus Health Care Centre on the Marion Domain site.

GP Plus Health Care Centres, together with local general practices and other health care providers, offer a broad range of health care services in the community that work together to help people stay healthy.

Services provided at GP Plus Health Care Centre Marion will be designed around the needs of children and families, young people, older people and people with or at risk of chronic health conditions.

Services will include

healthy lifestyle programs

dental services

health counselling services

drug and alcohol counselling

mental health counselling and support services

allied health therapy services such as podiatry, physiotherapy, nutrition and psychology $\,$

early childhood development therapy, including speech pathology and occupational therapy

health assessment, education and counselling, including self-management programs, for people with chronic health conditions

some general practice and medical specialist services in response to community need. $\,$

GP Plus Health Care Centre Marion will work in partnership with local general practices to support their role in the community.

The centre will have a focus on the teaching, education and development of the health workforce.

State Aquatic Centre

The South Australian Government in association with the Australian Government and the City of Marion is building the State Aquatic Centre on the Marion Domain site.

It will also provide at least 1,000 square metres of recreational water to meet the varied needs of recreational swimmers of all ages.

This state-of-the-art indoor aquatics facility will be the principal competition and training venue for swimming, diving and water polo in South Australia.

An international standard sporting facility, the State Aquatic Centre will be capable of hosting major state, national and selected international aquatic events.

It will comply with FINA (the international governing body of swimming, diving and water polo) standards.

The State Aquatic Centre will provide

50m swimming pool

50m diving/water polo pool

an elite athlete training and competition environment

diving platforms (springboards and fixed)

dedicated recreation and fitness water including lap swimming facilities, children's pool and learn to swim programs $\,$

gym facilities

child care facilities

food and beverage facilities

car parking for daily use and events

The City of Marion is committed to keeping the existing Marion Swimming Centre open.

Contact About GP Plus Health Care Centre Marion Call 8201 7865 (GP Plus Health Care Centre Manager) Visit www.health.sa.gov.au/GPPlusServices About construction of the State Aquatic Centre and the GP Plus Health Care Centre Marion Call 1300 653 680 (Office of Major Projects and Infrastructure's information line) Visit www.infrastructure.sa.gov.au/SAC Email dtei.sac@sa.gov.au

The times they are a changin'

Many things have changed at Seaview High in the past 50 years, but one thing seems to stay the same is that the old scholars love coming back to visit.

The school is celebrating its 50th anniversary this year and is marking the occasion with an all-singing, all-dancing look back across the decades.

 $50\ Up$ is an original show written by Seaview teachers Ian McCloud, Libby Parker and Trent Wickers and starring current students.

Drama teacher and co-director Libby Parker said $50\ Up$ looked at changes in culture, fashion and thinking over the past half a century.

"The show is a lovely, light-hearted look at life and I think it will appeal to all our students, past and present," she said.

Seaview started life as Seacombe High in 1959, so that's where $50\ Up$ starts too.

"We've had a lot of interest in the 50th anniversary celebrations from people who attended the school in the 50s and 60s," Libby said. "Old scholars just seem to like coming back to Seaview.

"It's great to see where our former students have gone once they've left school, too. We have a political journalist, an AFL footballer, someone who tours the world with rock bands as a lighting technician and someone performing on Broadway."

High School Musical Seaview High School celebrated its 50th anniversary with music and dance.





Not lost for words Linda and Hilary enjoy Scrabble at Hallett Cove Library.

Are you board?

Hallett Cove residents Linda and Hilary have something in common with Queen Elizabeth the Second, Keanu Reeves and Mel Gibson. No, its not fame, power or enormous amounts of money, it's a love of the game of *Scrabble*.

Scrabble has been played for more than 70 years and 150 million boards have been sold worldwide. Available in 120 countries, the game involving strategy, literacy and a grand vocabulary is now being played in Marion's libraries.

The *Scrabble* group has been operating at the Marion Cultural Centre, Park Holme and Hallett Cove libraries since late May and has already generated some fiery competition and competitors. "I like the strategy…and winning!" said Linda.

With little chance of injury, great social interaction and the potential to showcase and improve

vocabulary, the game can be played by young and old. The group welcomes all ages and skill levels.

However, those who are considering joining should be aware of the competition which awaits. Hilary started a game with a seven letter word and point score of 78.

The group gets together 1pm to 3pm on Monday at the Marion Cultural Centre, Tuesday at the Park Holme Library and Thursday at the Hallett Cove Library.

For further information ring Renya at Hallett Cove Library on 8375 6755.

Reporting graffiti contact details

City of Marion Customer Service Centre	8375 6600
Graffiti Program Coordinator	8375 6710
SA Police (SAPOL) Reporting graffiti in progress or for Police attendance	13 1444
Crime Stoppers	1800 333 000
ETSA	8404 5673
Telstra	180 2244
Passenger Transport Bus Stops	8303 0547

TransAdelaide Train and Tram	8218 4046
Transport Services Major Roads	1800 018 313
Traffic Management Centre	1800 018 313
United Water	1300 883 121
Australia Post	13 1318
Housing SA SA Housing Trust	13 1288
Adshel Bus Shelters	8364 6000 1800 501 402
Poisons Information Centre	13 1126

Central Ward

Councillor Carol Bouwens

^c/o City of Marion 245 Sturt Rd Sturt 5047 T/F 8298 6079 carol.bouwens@marion.sa.gov.au



Did you know that:

>The philosophy of the Lions Clubs is that all money raised is returned to the community, in total, via the various projects they take on; none of the money is used for administration etc., The Lions Clubs, all of whose members are volunteers, do wonderful community work throughout the world; their motto is "We Serve" which says it all. As you can see, I was very impressed at a recent public meeting held by the Marion Lions to attract new members. If you feel you would like to volunteer in this sphere please ring Lions on 8377 0131

> Council's Community Care unit can refer residents to the Independent Living Care and Mobility Centre enabling them to receive 10% off their goods and services; in addition, a delivery and fitting service is available throughout Marion. For further information contact Community Care on 8375 6649

> A new Council service, at no cost to the residents, has just been put in place whereby rates can be paid by direct debit, with deductions from cheque or savings accounts weekly, fortnightly, monthly or quarterly, which will certainly be a help in the current constrained circumstances; for details please ring Council's Rates Department on 8375 6650. An alternative method of rates payment is Centrepay, which is a direct bill paying service for ratepayers receiving Centrelink payments whereby deductions for rates can be made at source to suit individuals; for details please ring Council's Rates Department or Centrelink.



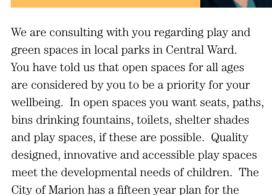
Keeping fit Paul Bennett enjoys fresh air and exercise at Marino.

Central Ward

Councillor Raelene Telfer

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future provision of play spaces.



Marion Council has decided upon a hierarchy of parks so that your rates are spent wisely. Recreation in open spaces can have a variety of forms and Scarborough Ave Reserve is already much loved as a fitness course. Our regional level park is Club Marion, with its myriad of users for formal sporting events during long periods of the day. Harbrow Grove Reserve is to be our demonstration precinct park, with stormwater retention features, all age play spaces, a kick about area, a BMX and a junior bicycle track. Neighbourhood level parks, such as George St Reserve, offer a range of activities, a place to walk the dog and public toilets. Our local small parks with lesser amenities like Alison Ave Reserve cater for shorter usage.

The City of Marion plans to commit \$14m over ten years to significantly upgrade the open spaces throughout our whole area. Open spaces and their all age play spaces are now waiting to be enjoyed by you.



Making music Allan Sumner demonstrates didgeridoo making at the Living Kaurna Cultural.

Central Ward

Councillor Frank Verrall

5 Synnett Crt Seaview Downs 5049 T/F 8358 4087 frank.verrall@marion.sa.gov.au



The Lower Lakes and the Dead Sea.

I attended the Australian Israel Hawke lecture on 07/07/2009. Here are a few interesting facts presented by Dr Clive Lipchin Director AVARA Institute of Environmental Studies Israel.

The Jordon river basin surface water system is shared by Syria, Jordon, Lebanon and Israel. Flows to the Dead Sea have long ceased and the water level has dropped 30 metres since 1960. Its surface is now 416 metres below sea level.

Every country around the Mediterranean Sea uses desalination.

No long term damage has been observed in any brine discharge area.

Israel has 6 Reverse Osmosis plants producing 365 gigalitres per annum. (Pt Stanvac will be a RO plant producing 100 gigalitres). Most countries on the southern shores use a MSF (multi stage flash) distillation process attached to a power generation plant. The installation at Tabruk produces 24 million litres per day.

Notwithstanding the political problems, the governments of Israel, Jordon, and Palestine, have signed an agreement for a very technical, high risk to the environment, and expensive project to provide portable water and "save the Dead Sea". It involves, pumping water from the Red Sea up the mountains, through tunnel and canal to a filter station, down into the Jordon valley, to a hydro powered desalination plant, discharging brine into the Dead Sea and delivering potable water to Jordon and Israel.

Google *the red sea-dead sea* myth. Then view slide 19.

I wonder how long it will take our governments to devise a plan to "save the Lower lakes".



Rays of sunshine Alison has fun in the sun with Travis and Ryder.

East Ward

Councillor Chris Tilbrook

7 Abbey Rd Mitchell Park 5043 T/F 8177 2040 chris.tilbrook@marion.sa.gov.au



By now most ratepayers would have received their rate notices and as usual your property value has increased and so have your rates by an average of 5%, but if you are like me and had an increase more than 7% the rate capping policy came into effect and we received a rebate.

From my viewpoint it proves that Council's rate capping policy works.

I moved a motion that requires Administration to prepare a report advising the best process to conduct a review of service provision to residents.

The review should identify:

- > what are Council's core services now and into the future
- > what services can be improved
- > what services are no longer required
- >how to deliver a service more efficiently

The advice is to consider:

- > establishment of a working party to manage the process
- > processes to ensure relevant stakeholder input including the Audit Committee and residents
- > resources needed to undertake the review
- > adopting a programmed approach to the review which will deliver staged outcomes until the conclusion of the next term of Council in 2014.

This report is to be presented by the end of October 2009.

In my view this type of review has never occurred at Marion on such a large scale, and is probably the most important work a Council can initiate.

Please watch the local paper and Council's website for details on how to participate.

Email me chris.tilbrook@marion.sa.gov.au your ideas as to what services may need improving or are no longer required.



East Ward

Councillor Vicky Veliskou

1/21 Campbell St Oaklands Park 5046 T 8377 5117

vicky.veliskou@marion.sa.gov.au



Councillor Natalie Victory

^C/o City of Marion 245 Sturt Rd Sturt 5047 T/F 8357 5176 natalie.victory@marion.sa.gov.au



A warm thank you to the residents who attended Council Public Consultation Forums recently. I do hope to see more of you next year!

Some brief comments to various issues raised with me since the last City Limits:

Please remember to note down the date and contact person when you call our Customer Service. It is easier for your Councillor to follow up your request, if necessary.

Dog barking - Diaries have to be kept, however inconvenient, to assist our General Inspectors with assessing each case.

Reserves - There is a regular maintenance schedule for our reserves council-wide. Delays do occur at times when contractors are engaged for certain jobs and they have to allocate their machinery according to priorities. Weather conditions would also affect some programmed work as it has happened at Tartenidi Reserve.

You may contact TransAdelaide - Tel 8218 4046, for any hard rubbish dumped on the verge alongside the Rail tracks (e.g. Adelaide & Rail Tce).

Dumbarton Reserve - To provide a safer environment for all users of the reserve and playground, fencing will be erected also on the side of Dumbarton Ave.

Memorial Rose Garden-Edwardstown - The irrigation system has been adjusted.

Trees at Hills' commercial site are not within Council jurisdiction. A quick visit with our Staff could not spot any significant trees. Developers are aware of the legislation referring to removal of such trees.

I have personally ensured that reports of a mosquitoes survey at wetlands are available to the public to read at the Reference section at MCC Library. Keep in touch.

Did you know that the City of Marion has three libraries as well as a mobile library for residents who are unable to travel? Currently, a three month trial is being run, allowing library book returns into the external chutes 24 hours a day. In the past, external returns have only been possible when the library is shut, making it difficult for residents to return items without going into the library. Please support this trial so the service can continue and make library returns easier for residents who would like to drop off books without having to go inside.

Here are the details of your local library and services:

Marion Cultural Centre Library - 287 Diagonal Road Oaklands Park. - 8375 6785

> The regular author talks are extremely popular. Keep an eye on the local Messenger and in City Limits for details.

Hallett Cove Library - 1 Zwerner Drive Hallett Cove. Ph
 no.- $8375\ 6755$

> A JP is available at the Hallett Cove Library on Thursday evenings from 5pm until 6pm.

Park Holme Library - 1 Duncan Avenue Park Holme. - 8375 6745

> Baby Bounce 10:15 to 10:45 Tuesdays 15th September/ 20th October/ 17th November/ 15th December

Mobile Library - Contact the Park Holme Library for further information.

> The Mobile Library Service stops at 26 stops over a fortnight. This assists those who aren't always able to get into one of our branches.

Congratulations to my brother Luke who is engaged to his partner Alicia and the newest resident of East Ward.



Spring cleaning Margaret, Pat and Barrie do some filling at Glandore Neighbourhood Centre.



Staying active Judy, Basal and Juliet at a discussion about racism hosted by Flinders University of the Third Age at Active Elders Hall, Ascot Park



Taking a break Coast FM presenters Nic Nikolior and Chris Carpenter in the grounds of Glandore Neighbourhood Centre.

South Ward

Councillor Joel Bayliss

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At a recent Sustainable Communities
Committee meeting, members were provided
with a report about the Southern Community
Facility Project. In late 2008, early 2009, Kath
Moore and Associates conducted a study to
ascertain the community's views concerning a
multipurpose facility within the southern part of
the city. As part of the Marion South Plan, the
facilities upgrade for Hallett Cove, Trott Park
and Sheidow Park would improve services.

In her consultation, Kath spoke with members of our community who currently use our facilities. a focus group of young people from the Cove Youth Service, a focus group of members of the public via advertisements in the local Messenger paper, and the three ward councillors. The results from the community needs analysis showed that needs include an uprgraded, larger, state of the art library; upgraded youth facilities which provide more flexible use of space; a large meeting hall and/or space for multiple uses, i.e. informal indoor recreation/gym facility, hall for hire for use by private and community groups; smaller, flexible meeting and activity spaces that can be used for different purposes; indoor and outdoor cafe/bbq area; creche and playground area and appropriate carpark.

An important recommendation from the analysis is that, council explore opportunities to establish a multi-purpose community facility on Ramrod Reserve which takes into account space requirements for a state of the art library, flexible use community centre, car parking, outdoor spaces and landscaping. If you are interested in this facility, please keep an eye out for further opportunities for consultation.

South Ward

Councillor Cherylin Connor

1 Madeline Cres Hallett Cove 5158 T/F 8387 5380 cherylin.connor@marion.sa.gov.au



A hidden treasure. Where can it be? Here, in southern Marion, sits another wonderful example of great historical significance. Hidden in the Field River Valley the Worthing Mine is a reminder of an early mining settlement. The Worthing Mine is one of the oldest mines in South Australia and an example of Cornish mining technology that

The State Heritage listed Worthing Mine located in the Field River Valley is in danger. Extensive damage caused by vandalism is eroding the engine house. The surrounding environment is also at risk Four-wheel drives and motorbikes continue to cause damage to this fragile area.

spread across the world in the 1800's.

The Worthing Mine and Field River Valley are part of a number of landholdings in private and public ownership. The Marion South Plan of 2003 identified the need to transfer this valley into public ownership. The State Government supports the proposal for better management and has initiated the Great Southern Urban Forest policy.

Thanks to much care and concern from many local members of the community the Council is working with Department of Environment and Heritage to protect this unique piece of our history. Council is seeking to recognise the heritage that exists within Southern Marion and to acknowledge the geological landmarks that present even more hidden treasure. How lucky we are! But who will protect our hidden treasures? Maybe all of us could try.

South Ward

Councillor Rob Durward

^c/o City of Marion 245 Sturt Rd Sturt 5047 T/F 8387 4737 rob.durward@marion.sa.gov.au



Working with the community is one of the most important and satisfying things about being a councillor.

In the south, we are now seeing the results of many years of hard work from council and staff who have regularly consulted with the community on the Marion South Plan.

The opening of Patpa Drive in December last year was particularly pleasing as the final design reflected community input. As well as linking Sheidow Park, Trott Park and Hallett Cove, the road will help people access the redeveloped Hallett Cove Shopping Centre which is already proving extremely popular.

The good news is that we haven't finished work yet and there is another opportunity for people to help shape their community through the Southern Facilities Review. This is part of the Marion South Plan and we are now inviting residents to have their say on how they would like a new library and community facility to develop. There are also plans to upgrade Cove Youth Service.

I encourage all local residents to get involved in this exciting development during the community consultation process which will begin in October – watch the local Messenger for details or contact City of Marion's community engagement officer Valli Morphett on 8375 6881.



Taking off James and Kingsley take flight at Holdfast Model Aero Club.



In the swing Mark Robinson inspects the new pro shop at Marion Golf Club.



Nearing completion Hallett Cove Shopping Centre is set to open late September.

West Ward

Councillor Steven Mudge

^c/o City of Marion 245 Sturt Rd Sturt 5047 T/F 8351 1574 steven.mudge@marion.sa.gov.au



Planning and development. It feels like this is all I ever talk about in this column however the State Government has been undertaking significant reforms in these areas over the last year or so and it is extremely important that our community is aware of the changes that are on their way from the State Government.

Previously I've written about the residential code and its impact on sense of community, given the code takes out any sensibilities about making your neighbour aware of certain developments so that they can effectively pop up out of nowhere. This issue I am urging all residents to have their say on the 30-year draft plan for Greater Adelaide, rather interestingly called "Planning the Adelaide we all want". The key element of the plan is to significantly increase housing densities (from 3 to 5 storeys) along transit corridors and centres. For Marion this means all areas along the train lines and the tram line.

To view the plan visit www.planning.sa.gov. au or CD copies of the Plan are available by phoning the Department for Planning and Local Government (08) 8303 0760. If you don't have access to a computer at home please visit one of our libraries and our staff will be able to help you access the plan.

Submissions should be lodged no later than 5 pm on Wednesday 30 September 2009 and be addressed to *Submission on the draft Plan for Greater Adelaide* and sent to either: PO Box 1815 Adelaide 5001 or dplg.publicsubmissions@saugov.sa.gov.au

Ward Councillors Views

West Ward

Councillor Jason Veliskou

PO Box 211 Oaklands Park 5046 T/F 8387 9048 jason.veliskou@marion.sa.gov.au



West Ward

Councillor Irene Whennan

25 Tiparra Ave Park Holme 5043 T/F 82763712 irene.whennan@marion.sa.gov.au



Over the next few months council meetings will be held outside the chamber. This is part of a move to take our decision making to residents. There will hopefully be an opportunity for residents to ask questions. The process for this is yet to be confirmed.

I welcome residents asking questions and raising issues in council meetings. Any questions would probably be best answered if they were presented on notice (as there is time to gather information required), that said I am not against spontaneous questions on the night.

Why not also include the opportunity for residents to comment on issues as the councillors are debating them. This would not take away from the responsibility of elected members to make the decisions, it would add another perspective to issues which could be helpful.

Perhaps before the close of debate on a motion we could allow interested parties the chance to share their views.

Such an opportunity would be for constructive feedback and ideas and not for vexatious remarks. Diverse views should be coupled with mutual respect.

I feel strongly about council being accountable and transparent in its decision making. That's why I'd be open to audio recordings of council debate so those who cannot make it to a meeting can see how council has reached its decision.

I encourage residents to make the most of every chance to give feedback, after all, the more informed we are, the more informed the decisions we make on behalf of the Marion community will be. My heartiest congratulations to all involved with the prestigious 57th Blake Prize Touring Exhibition at Gallery M! This was a truly wonderful opportunity for the City of Marion to showcase great religious and spiritual art in a variety of media and was seen by more than 3,000 visitors. These visitors came from far and wide and even a couple of people who had previously viewed the works when in Wagga Wagga commented that the works looked so much better in Gallery M. The gallery co-ordinator, Julie Pritchard, and the exhibition committee did themselves and Gallery M proud.

Gallery M is run by the Red House Group whose membership is predominantly artists in our community. The City of Marion is very fortunate to have this group among us.

Gallery M has been designed especially to present works of art in the best possible way. Currently, residents are being invited to participate in the 8th City of Marion Community Exhibition which will be held from end November till mid-January. There is no fee to enter and all art styles will be represented. There are prizes awarded to the best pieces and a prize for the work voted 'best' by visitors during the exhibition.

This annual exhibition is very popular. If anyone is interested in being part of this event please contact Gallery M on 83772904. For those who may not have visited Gallery M it is in the Marion Cultural Centre and open Mon to Fri 10am-4pm, Sat 12-4pm, Sun 1-4pm (closed Public Holidays).



Building Irongate's Peter Netherby oversees construction of a new horse exercise machine at Morphettville



Catching up Robyn and Nichole enjoy a coffee in Glengowrie.



Walkies Simon Osborn and Sam enjoy the sunshine in Glengowrie.

aroundWestward



Take the trail

By Renata Provenzano Photography by Catherine Gasmier

As spring arrives it's time for the entire family to get back outside and enjoy the beauty and healthy lifestyle living in the City of Marion offers.

A favourite activity among residents and cyclists who love the outdoors is the magnificent shared-use Coast to Vines Rail Trail.

Totalling 37km, this trail is one of the most historic and scenic pedestrian and cycling routes in South Australia, meandering all the way from the stunning coastline of Marino Rocks and Hallett Cove through to the beautiful vineyards of McLaren Vale and serene countryside of Willunga.

The original Noarlunga railway line was first built in 1913 extending to Marino and then to Willunga in 1915. In the 1960s some sections were closed while in the 1970s other sections were extended to suit the varying needs of Adelaide's fast growing population. The once busy rail corridor between Hallett Cove and Willunga has become a perfect pathway to discover the diverse attractions of our local area in peaceful bushland and nature reserves.

The City of Marion hosts the section of trail beginning at Marino Rocks through to Happy Valley totalling 8km. Included in this is the recently completed section off Patpa Drive opened earlier this year and making this trail one uninterrupted treat.

The official entrance of the Coast to Vines Rail Trail is at the corner of The Cove Road and Emma Street at Marino, overlooking Marino Rocks Beach. Just park your car and cross over safely to where four brightly coloured totem poles mark the gateway to the path and offer guidance, signage and facilities information.

Whether you love to cycle solo or in groups; walk, jog or skate; have a weekly parents and prams outing; or head off with the whole family – including the dogs – the Coast to Vines Rail Trail is a spectacularly set out path with plenty of rest stops, facilities and unique vistas to keep even the children mesmerised along the journey.

You can either explore a small section at a time with easily accessed entry points or pack your lunch for the day and take in a few kilometres. This trail offers all ages of nature enthusiasts, photographers and artists a chance to take time out from busy city life and traffic...and just breathe.

Cycling enthusiasts Alan and Jill Marriage, both 76, have been active users of the trail since its inception.

"It's a terrific ride with a world-class track and views of the coast and hills," says Alan. "It has been continuously improved over the last few years; and for young people or people new to cycling it has a secure feeling and that's a big plus."

Meandering along the trail from Marino Rocks means you are enjoying land and ocean belonging to the stewardship of local Kaurna Aboriginal presence Tjilbruke Dreaming. This northern section of the trail will have photographers clicking away at magnificent scenic views of the Adelaide coastline as they pass through areas of environmental, recreational and cultural interest including the Marino Conservation Park on the east of the rail line.

Travelling further south, the western side of the trail offers views of the volcanic cliffs of Hallett Cove and Hallett Cove Conservation Park before diverging inwards to cross over the Hallett Cove rail station. It then wanders through local reserves with significant old pines – considered to be around 100 years old - through to Capella Drive and the adjoining skate park with two skate ramps to challenge adventurous children and big kids! The trail then offers a stop at the Hallett Cove shopping mall for a bite to eat, shopping, running a few errands or the chance to just keep going.

The recently completed Patpa Drive section of the trail leads to the Hugh Johnson Reserve for an ideal rest and picnic stop. With a spacious picnic area, barbecue and tables set beside a lake with ducks and children's play area this is truly an ideal escape from suburbia. Following beyond the wetland, the trail climbs to regain the original rail corridor. Passing through the suburbs of Sheidow Park and Trott Park the trail leads to the veloway and gives access to the historic Hallett Bridge.

So what are you waiting for? Get out and explore this unique trail with the spirit of spring.

The trail begins Alex, Sam, Matthew and Claire Magarey at Marino Rocks. Alan and Jill Marriage cycling along the Cove Road section. Britney and Scott Bean, Jacque Smith and Chris Bean walking at Hugh Johnson Reserve.



Share the trail: respect the rights of other trail users.

Keep left unless passing other trail users.

Cyclists give way to walkers.

Comply with all trail signs.

Respect neighbouring properties along the trail.

Place litter in bins or take home with you.

Minimise disturbance of plants and animals.

Do not remove native plants or wildflowers.

Do not graffiti benches or trees.

Stick to the trail!

Trail Safety

Plan your trip.

Tell people where you are going and when you will return.

Bring the trail map.

Slip, slop, slap.

Bring drinking water, snacks.

Wear weather-appropriate clothing and footwear.

Bring a charged mobile phone.

Keep dogs on leads.

Take care at road crossings.

Tell people when you get home.



For more information
Call City of Marion on 8375 6600 or
Visit www.marion.sa.gov.au
For a detailed map
including all trail access points,
facilities along the trail and
gradient profiles see Rail Trails of
Victoria and South Australia www.

Tailifails.org.au

To get there
Visit TransAdelaide www.
transadelaide.com.au for location of
bus, train and car parking facilities.

Annual Business Plan and Budget 2009-10 Overview Delivering vision and value

The Annual Business Plan 2009-2010 explains council's activities for the forthcoming financial year. It has been produced with input from members of the community and council would like to thank everyone who took the time to contribute their ideas.

Council's responsibilities include providing services and facilities that meet community expectations. We will continue to work hard in order to deliver the community's vision by improving our environment, stimulating the economy, improving quality of life and increasing cultural vitality.

This brief overview highlights some planned strategies for 2009-2010.

Key objectives for 2009-2010

- > set fair and equitable rates
- > continuously improve our business, and make cost savings to fund further service improvements to meet prioritised community needs
- > prioritise maintenance of community assets such as roads, footpaths and drains
- > begin the upgrade of community buildings/ facilities identified through the review
- > engage our communities, and support them to become stronger and healthier
- > focus on local jobs and local business development through regional economic partnerships
- > promote the benefits of cultural diversity and life-long learning
- > improve our planning and management of environmental resources with a focus on climate

change, water, waste and biodiversity

> ensure council's long-term financial sustainability

What are our project priorities?

The plan includes a number of projects that contribute to the achievement of City of Marion's Strategic Plan, many in partnership with Commonwealth and State Government and the private sector. These include:

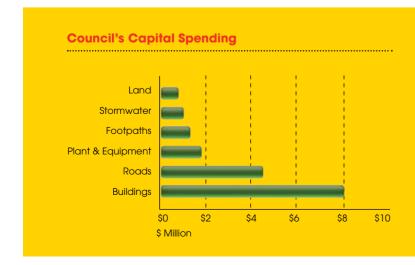
- > Transfer of land and \$5 million contribution towards the State Aquatic Centre and commencement of construction
- > Better links between the relocated Oaklands Park interchange, Warradale Shopping Precinct and State Aquatic Centre and GP Plus Health Care Centre developments
- > Development of a GP Plus Centre at the Domain in association with the State Aquatic Centre
- > Progress towards design and securing funding for new wetlands at Oaklands Park in partnership with the Natural Resources Management Board
- > Continued development of the Marion South Plan, including the Great Southern Urban Forest and Cement Hill
- > The Hallett Cove Community Centre Project
- > Response to the closure of Mitsubishi and future development of the Tonsley Park site with links to Science Park and Flinders University/Flinders Medical Centre

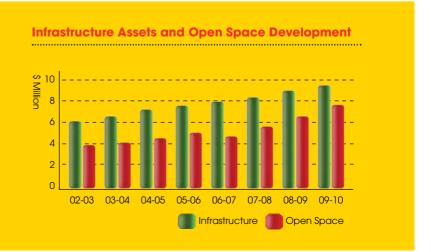
> Expansion of the Castle Plaza shopping centre and associated development including possible transit oriented development

Key initiatives in the area of maintenance, renewal and replacement of community assets and facilities for 2009-2010 include

- > Upgrade of community buildings and other facilities (such as sporting courts, open space and play space) in collaboration with the community
- > \$2.2m to improve open space, public toilets and sports ground infrastructure
- > \$4.4m for renewal of council roads
- > \$1m for stormwater drainage projects
- > \$335,000 for traffic management projects in the areas of parking, traffic control, DDA compliant bus shelters and bicycle path network
- > \$1.2m improvements to the footpath network
- > Development of Marion's Stormwater Master Plans and CCTV program of drains

A full version of the Annual Business Plan and Budget is available from the City of Marion Administration Centre and the website www.marion.sa.gov.au







Renewing your dog's registration will ensure that council has its details and can help its safe return if it becomes lost.

- > Registration fees are also used to:
- > Develop resources to implement City of Marion's Animal management Plan
- > Provide dog faeces bag dispensers
- > Enforce legislation to investigate and control dog complaints raised by the community
- > Fund community education

The Dog and Cat Management Board collects 20 per cent of dog registration funds. The board provides information and support to councils and promotes responsible pet ownership.

Dog registrations expire on the 30 June each year and must be renewed by 31 August whether a reminder is received or not. Payment after this date should be made through the City of Marion. A late fee applies.

Payment options

In person Bring your renewal notice to the City of Marion Administration Centre, 245 Sturt Road. EFTPOS and credit cards payments accepted. Opening times are 8:30am to 5pm Monday to Friday.

By telephone Please call Customer Service on 8375 6600 from 8.30am to 4pm Monday to Friday. Have your renewal notice available.

By mail Cheques or money orders should be made payable to City of Marion and forwarded with the payment slip to City of Marion, Locked Bag 1, Oaklands Park SA 5046. Credit card payments may be posted to the City of Marion using the form on the reverse side of the dog renewal.

A confirmation letter will be sent with your dog's tag within five days of receipt of your payment by mail.

For further information please contact Customer Service on Tel 83756600 or email council@marion.sa.gov.au

Centrepay

Centrepay is a direct bill-paying service offered to ratepayers receiving payments from Centrelink.

Through Centrepay, ratepayers can pay their rates by having an amount regularly deducted from their Centrelink payment and paid directly to the City of Marion.

It is a voluntary payment option and ratepayers who choose to use Centrepay benefit from convenience and security. Instead of having large bills annually or quarterly, ratepayers can pay bills in manageable amounts direct from Centrelink payments, making it easier to budget.

For more information, or an application form, please contact council's Rates Department on (08) 8375 6650 or Centrelink as listed below.

Centrelink	
Newstart/Employment Services	132850
Family/Parenting Payment	136150
Disability, Sickness and Carer Services	132717
Age Pension/Retirement Services	132300
Youth and Student Services	132490
ABSTUDY	132317

Cultural plan review

A sense of community is about shared culture and meanings – what we eat, how we mark birth and death, work, tell stories, teach our kids, make decisions and our passions.

City of Marion is committed to enhancing cultural vitality. The Cultural Plan *Living our Culture 2005-2010* is being reviewed and we would like to know what you find important about the city's culture.

The plan has helped lead many cultural development initiatives including new programs and services at the Marion Cultural Centre and the Living Kaurna Cultural Centre, expressing diversity with Marion Celebrates and the Coast Park Interpretive artwork and encouraging community development through Art of Respect and Marion Historic Village.

Please get involved by

Visiting the City of Marion website

www.marion.sa.gov.au/goto/culturalvitalityplan where you can find more information, read the current plan, see workshop details and share your thoughts about your culture

Complete and return a postcard

These were sent to residents and are also available at council facilities

Complete an online survey

www.marion.sa.gov.au/goto/cultural vitality plan

Personally share your thoughts

Contact Joe Noone, Sustainability Planner Social and Cultural on 8375 6797 or joe.noone@marion.sa.gov.au





How does your garden grow? Adele helps out at Glandore community garden.

Day on the green

As house blocks shrink and more people opt for apartment living, the space for a backyard veggie patch is becoming something of a luxury.

But no matter where you live, you can still grow your own bumper crop of fruit and veg by joining the rapidly growing community garden movement.

People who long for a bit of dirt under their nails are rediscovering the forgotten pleasures of renting a piece of ground to grow their pumpkins and squash.

For the past few years, the community garden at the Glandore Neighbourhood Centre has been doing exactly the same thing, with allotments large enough to feed a family costing just \$25 for six months.

The garden is a real hidden gem, with 20 individual plots and room for 10 more, plus large

communal beds and newly-planted fruit trees.

Guest speakers visit the garden to discuss various aspects of planting and growing and one-on-one advice is available on Tuesday mornings.

Sustainability Street project officer Kate Hubmayer said the Glandore garden was encouraging people to be more environmentally-friendly, with its focus on organic growing and its reliance on rainwater.

"It also ties in with the need to re-localise growing food," Kate said. "It's just not sustainable to fly food in from halfway across the world. We'd like to see everyone become 'locavores' and eat food that's grown close to where they live."

"Gardening with your neighbours is a wonderful way to build friendships and share skills. It's an easy way for people to learn how to produce food and, as importantly, ways to prepare it for eating."

Now Trott Park Neighbourhood Centre is following in Glandore's footsteps – and both centres are looking for new gardeners to spread the clean, green message.

For more information on the community garden projects, or to rent your own allotment, contact the Glandore Neighbourhood Centre on 8371 1139 or Trott Park Neighbourhood Centre on 8387 2074.

Harbrow Grove Reserve Development Update

Work has begun on the first stage of the Harbrow Grove Reserve development in Seacombe Gardens.

The reserve will incorporate water sensitive urban design principles to retain and reuse stormwater.

City of Marion worked in collaboration with the University of SA to design this demonstration project which models water sensitive design principles.

The reserve will include a new playground, seating, picnic tables and shelters, a public toilet, barbecue and BMX track. Work is scheduled for completion by mid 2010.





Disposing of stormwater

Stormwater is the rainwater that flows across streets, gardens and roads into stormwater drains and gutters.

Materials that enter the drains don't get treated and flow directly to creeks, lakes, rivers and the sea. As a rule, only rainwater that is clean and free of contaminants can enter the stormwater system.

All new domestic structures with solid roofing such as houses, verandas, sheds and carports are required to have stormwater directed to the street water table. This includes overflow from rainwater tanks and is a condition of development approval from council.

Some existing structures may not be required to have stormwater directed to the street as this requirement did not exist at the time they were built. Stormwater from these structures must be contained within the property and directed in a manner that prevents water cascading into neighbouring properties.

It is recommended that stormwater from all new and existing structures is directed to the street to avoid conflict with neighbours and the potential for damage. If water from your property is entering a neighbouring property and causes damage, you could be held liable. It is your responsibility to ensure that water is contained within your land.

Stormwater should be directed to the street using a 90mm diameter or larger underground pipe. The Building Code of Australia requires at least 100mm cover for the pipe under turf/

garden areas, at least 50mm cover under paved or concreted areas or at least 100mm cover under areas subject to light vehicle traffic. The pipe should be cut into the kerb at street level and adequate protection provided above the pipe when it is in the kerb to avoid damage from vehicles.

You can construct your stormwater pipe under the footpath yourself, however you should contact council's Footpaths Department for advice on 8375 6600 and *Dial Before You Dig on 1100*. You are responsible for reinstating the footpath and kerb to council standards and for the ongoing maintenance of the outlet.

Rainwater tanks

Some rainwater tanks may require Development Approval from council if they come under the following criteria

- ${\scriptstyle >}$ have a total floor area exceeding 10 square metres
- > if any part of the tank is located below ground if any part of the tanks is more than four metres above the natural surface of the ground
- > located on a heritage listed property

All rainwater tanks should have their overflows directed to the street and it is recommended that you place your tank in your back yard.

For further information on rainwater tanks please

contact Development Services 8375 6685.

Improving water quality

Maintaining a healthy waterway contributes to a healthy environment. Here are some ways that you can help.

Keeping stormwater clean

- Leaves, garden clippings and other materials must be swept up and disposed of into a domestic waste bin
- > Swimming pool water must be directed to sewer
- > Cars, boats and trailers must be washed on grassed or other areas that allow the wash water to soak into the ground or be redirected to sewer
- > Spillsafe mats are available for hire at council for community groups for car washing

Hints for builders

- > Use rubble for all-weather access for vehicles to reduce sediment on roads
- > Store litter and waste in contained bins to eliminate rubbish
- > Remove excess dirt from the site once the drains have been completed
- > Early installation of downpipes for stormwater
- > Regular site cleans
- > Establish a contained wash down area for concreters, painters and plasterers





The Ravello's Circus Show

Thursday 1 October 11am Sold Out Thursday 1 October 1pm & 3pm Tickets \$6

Witness amazing feats of and circus magic with International Comedy Magic Stars THE RAVELLO's. You will be amazed by their acrobatic puppy dogs, amazing plate spinning and incredible juggling! Guaranteed mystery and fun! Presented and hosted by The Amazing Magic Mike who will also perform his funny magic tricks on stage!

The ROCKY Show Friday 2 October 17am

Friday 2 October 11am

Tickets \$5

The Rockin' Rocky Show is an interactive song and dance show featuring many songs from his CD In the Jungle. The show is bright and energetic and the children love joining in with the singing, dancing and pretending games.

Animals Touch And Feel

Tues 29 September 11am SoldOut Tues 29 September 12pm & 1pm Tickets \$6

An Indigenous Animal visit Up to 8 animals visit for you to touch, hold, feed and interact with whilst learning from the handlers all about them.

A selection of Birds, Mammals, Reptiles, Invertebrates/amphibians will be your new best friends!

Bluertolia

Fri 6 Nov & Fri 4 Dec 7.30pm -10pm Tickets \$5 Cash Only

Locked in & fully supervised by Police. Strictly 9-17 years. Tickets must be booked in advance at the box office.

Art_{AND} About

Gallery M

Monday to Friday 10am - 4pm
Saturday 12pm - 4pm
Sununday 1pm - 4pm
Closed public holidays
Telephone 8377 2904
Facsimile 8377 3241
Email info@gallerym.net.au
www.gallerym.net.au

2 - 25 October

Two Exhibitions

Blue Moon

Artwork in various media by artists associated with GROW (SA)

The First Gig

Paintings by Stephen Smart

30 October – 22 November Whole Gallery Exhibition

Cumquat

Artwork in various media by a collection of artists in conjunction with FEAST.

29 November – 10 January Whole Gallery Exhibition

8th Annual City of Marion Community Art Exhibtion

All residents of the City of Marion are are invited to exhibit their artwork. No fee to enter. For an entry form contact Gallery M staff on 8377 2904.





Senior cardholders specials daily



Signatures Café

Open 7 Days

Monday to Friday 9.30am - 4pm Saturday 10am - 4pm Sunday 1pm - 4pm Telephone 8375 6841

Red Cross Blood Service

Monday 14 - 18 December

The Red Cross Mobile Blood Collection Service returns to the Marion Cultural Centre. Just 3% of Australians donate each year (514,000 people). For enquiries and appointments please contact The Red Cross On 131 495



One in five Australians will suffer from some form of common mental disorder in any one year, according to the latest Mental Health and Wellbeing Survey. Paradoxically, at an age when they are at their peak physically, young people have even higher rates of mental illness with 26 per cent of 16 to 24 year olds having a disorder.

By Trevor Gill Photography Simon Stanbury

Behind cancer and heart disease, disorders such as depression and anxiety contribute to the major health problems facing society.

Depression costs the Australian economy \$3.3 billion in lost productivity each year. Studies show that each employee with untreated depression will cost their organisation approximately \$10,000 annually.

The impact is enormous in families and homes, in the workplace, and across the social and economic landscape.

The brain is the body's main control centre and it is responsible for managing basic functions such as breathing and heart rate. It is also responsible for more complex matters such as memory, moods and dreams.

Sadly, moods and dreams can sometimes go terribly wrong when people struggle to meet high expectations of personal achievement, experience relationship breakdowns, or fall victim to substance abuse. The causes are many and varied.

Yet, in so many cases the symptoms of mental illness are not recognised by loved ones, friends, workmates and employers.

That is something family therapist Catherine McCarthy is working to change for the benefit of people with a mental illness and those who live and work with them.

Catherine, who has trained in psychology and worked as a rehabilitation consultant, is accredited to run Mental Health First Aid programs to help educate people how to support others developing a mental health illness or experiencing a psychological crisis.

The award-winning programs, endorsed by the Department of Psychiatry at the University of Melbourne, have been translated into many languages and they are presented around the world

Catherine, who is based in Marion, consults widely with a particular focus on support for adults and younger people in the business and education sectors.

Her business, CMC Consulting, also develops and delivers workshops and training programs on issues such as managing stress, and she advises businesses wanting to include mental health in their occupational health policies.

"In general, mental disorders are not managed well by organisations with decisions sometimes made that compound problems facing an employee. Many employers are unaware of their legal duty of care to ensure their employees health while at work, and this includes mental health," Catherine said.

"It is important to understand that people with some mental health disorders, such as depression, may be cured.

"The earlier the symptoms can be recognised and treated the better, and this is where the Mental Health First Aid programs can help in the first instance before appropriate professional treatment is received or until a particular crisis is resolved."

The flexible programs, conducted over two days or in four three-hour modules, feature a five-point action plan to help people:

- > approach, assist and assess the risk of suicide or harm;
- > listen non-judgementally;
- > provide reassurance and information;
- > encourage a person experiencing problems to access appropriate professional help; and
- > motivate self help strategies such as having good sleeping patterns, healthy diet and exercise.

The programs address problems such as depression, anxiety, and substance use disorders. In addition, the youth course addresses eating disorders and self-harm.

"It is about education as distinct from a therapy program or support group," she said. "It teaches participants how to recognise the signs and symptoms of mental health problems. It advises them on what to say, and where to get effective help for themselves or others."

Catherine is accredited to deliver the Adult, Youth and E-Learning courses. She also works with an experienced trainer in first aid to deliver a complete risk prevention package.

For more information, contact Catherine McCarthy on 0402 128 180 or cmcconsulting@ymail.com



In the care of Grace

In a caring and compassionate community where people are dedicated to the well-being of others, Grace Young truly stands out from the crowd. By Trevor Gill Photography Simon Stanbury

For somebody so young, Grace, 18, has packed years of caring and commitment into her family and providing community service to others by learning and teaching the skills of surf life saving through first aid, rescue and resuscitation, and as an age group manager in the development of juniors, or Nippers.

Since joining the Seacliff Surf Life Saving Club as a Nipper, Grace has embraced every opportunity to be an active member as a patrol officer, age group manager, coach and leader for the junior and cadet ranks, and as a competitor. She has trained for and competed in State and National Surf Life Saving Championships.

The Marino Rocks teenager is in her second year as a senior management member, vice-captain/chief instructor for the club, which she describes as "like my extended family on the beach."

For her unswerving service, Grace was a finalist in the City of Marion's 2009 Australia Day Young Citizen of the Year Award. In July, she also received a City of Marion's Unsung Hero Award for service to the community and sport.

Since finishing Year 12 at Sacred Heart College last year, Grace has gone on to study for a TAFE Diploma in Children's Services with ambitions to have a career in the care and tuition of pre-school youngsters.

She has done all of this against some daunting challenges having devoted much of her spare time to the care of her late grandparents in Brighton, and for her own parents, each of who has health problems.

Grace has also had to contend with learning difficulties associated with dyslexia and the increased focus required to overcome this disability in her secondary and further studies.

Yet, with support from her family and friends, she is a person of untiring energy, positive thought and inspirational achievement.

"Mum joined me up with the Seacliff Surf Life Saving Club when I was eight years old, and I have enjoyed it ever since," she said. "I've trained, competed, coached, had great fun and made so many friends."

It was her experience of leading juniors in surf life saving that motivated Grace to pursue a career path working with children.

"I enjoy being busy and community service is very rewarding, as is the youth development and public safety aspects of my roles with the Seacliff Surf Life Saving Club," she said.

"It was a surprise for me to be nominated for the Australia Day Award this year, and the Marion Council Unsung Heroes Award, as I'm not the sort of person who seeks recognition. However, it has helped me to promote the benefits of surf life saving.

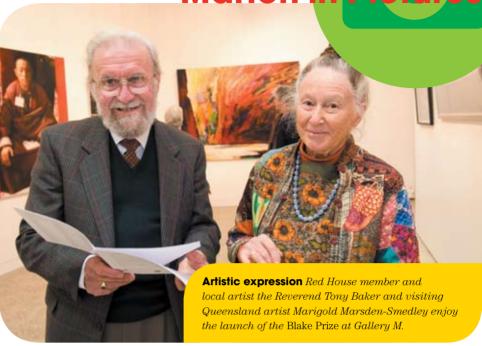
"I encourage other young people to become involved because it teaches you so many social and life skills. Surf life saving provides a healthy and supportive environment and serving others is such a good cause."

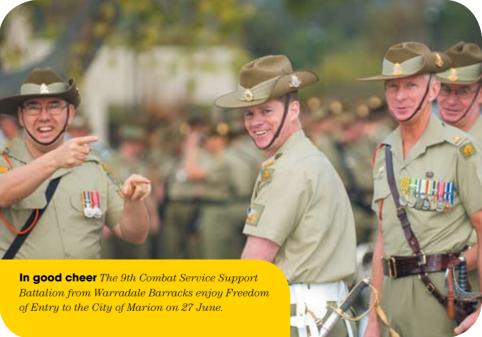




for the Victorian Bushfire appeal.









MOITON Community Diary

Courses and classes

Art Classes (8296 3859)

Beginers - advanced Splashout Studios Phone for brochure

What is GOOD art? (0407 893 042)

Learn the art of appreciation at Steed House Art Gallery.

Cooinda Neighbourhood Centre (8375 6703)

A range of classes including exercise, dance, craft and dressmaking.

English conversation group (8277 7842)

For people with English as a second language who want to improve their skills. Ascot Community Uniting Church.

Grief management (8371 1009)

Short courses and seminars for those who have experienced loss of loved ones. Alfred James Bereavement Education Centre.

Hallett Cove Youth Choices Program (8177 3478)

An education and training program for young people (16+) who have left school without SACE and have no immediate employment, training or education options.

Linedancing for Beginners (8281 4767 or 8296 4908)

Exercise and make new friends. Step-by-step instruction.

Mitchell Park Neighbourhood Centre (8277 8435)

Weight Watchers, table tennis, English, maths and conversation classes. Lifestyle programs for young adults with an intellectual disability, money management, cooking, safety and first aid.

Picket Fence Community Centre (8374 2522)

An outreach of St Mary's Anglican Church, open to people of all ages. Monday, Thursday and Friday 11am-3pm, phone.

Seniors-On-Line (8201 7727)

Introductory word processing, Internet & email computer classes for seniors with little or no computing or typing experience. Classes run by experienced seniors www.sol.asn.au

The Project Centre (8276 5793)

Woodwork and sheet metal work two-hour sessions (\$3).

Southern Cross Adelaide Line Dancing (8277 0583)

For beginners and experienced dancers.

Trott Park Neighbourhood Centre (8387 2074)

Yoga, Tai Chi, pilates, cooking, men's shed, kindergym, gymnastics, breakdancing, French, creative writing, perfume and candle making.

Warradale English language program (8293 2083)

Learn English language and conversation skills one-on-one.

Interest groups

Aboriginal and Torres Strait Islander playgroups (8296 2686)

For children 0 to pre-school. Cultural storytelling, music and dance, craft and toys, health checks. Families welcome. Lunch and transport provided. 11.30am-1.30pm Mondays during school term. Darlington Kindergarten.

Australian Retired Persons Association (8277 0174)

Every Wednesday 10am-3pm, Glandore Community Centre.

Community Philatelic Society (8260 3352 or 8296 9697)

Meetings held 7.30pm first and third Friday of each month. Marion Bowling Club in the former ladies facility. Displays/stamp sales at every meeting.

Friends of Glenthorne (Alan 8340 5509 or 8381 2708)

Help the environment through working bees and monthly meetings.

Friends of Hallett Cove Conservation Park (8381 8029)

Help preserve the geological and botanical aspects of the park. Guided walks, revegetation, education, plant identification and geological tours for school and community groups. Working bees 9am–12 Thursdays.

Friends of Lower Field River (8387 5227 or visit www.fieldriver.org)

À land care group established by Hallett Cove residents to protect and care for the lower portion of the Field River and its environs. Includes Cormorant Reserve, the river's estuary at Hallett Cove Beach and nearby sand dunes.

Friends of Marino Conservation Park

Regular working bees for revegetation, weed control, seed collection, propagation and planting. Working bees 2nd Thursday of the month and last Sunday of the month at 9am. Meet at Nimboya Rd car park.

Greenfield Community Club (8298 5400)

Activities and outings for older people looking for new friends.

Marion Historical Society (8296 5769 or 8277 1974)

Interested in local history? Want to preserve Marion's heritage? Meet 7.30pm, third Wednesday each month at Cooinda (next to Council Chambers).

Marion Youth Theatre (8387 5051)

Youth workshops in theatre and film making at Cooinda Recreation Centre, Tuesdays and Thursday evenings with self devised theatre productions staged locally by community youth

Probus club of Marion (8297 5948)

For retired and semi-retired men looking to keep their minds active, expand interests and enjoy the fellowship of new friends. Meets 10am on the first Monday of most months.

Square Eyes (8375 6891)

Are you an emerging artist still looking for that important break? Be seen and heard at the Marion Cultural Centre's Square Eyes display. Contributions of animation, music, film, or multi-media welcome.

Sunset Twirlers (82971938)

Modern square dancing for beginners. A great way to exercise, have fun and meet new people. Held at Cooinda.

Retirees and Friendship Club (8293 8626)

Every generation community afternoon to be held at Parkholme Community Hall on 11 October 2007 from 1pm.Craft stall, raffle, SA Police Dixie Band. Cost \$5.

Services

Are you concerned about refugees? (Beverley 8296 0761)

A Circle of Friends has been formed in the southern, Holdfast and Marion areas to support refugees in Baxter and the community.

Alzheimer's Australia SA (8372 2100 or www.alzheimers.org.au)

(8277 2488)

Provides services for people living with many forms of dementia and memory loss as well as

support for their family carers. Childhood assessment workshops

Development delay can impact on a child's attention, hand skills, play, sensory processing and self-care abilities.

Community Visitors Scheme (8277 2488)

Would you like to be a friend to a lonely person in a nursing home? This scheme aims to break the isolation of aged care residents through volunteers who can share time and interests.

Do you have kids under 5? (8276 8578)

If so Mitchell Park Kindergarten Playgroup is the place you need to visit. We meet on Fridays during school term 9.30am – 11.30am. Please call the Kindy for details.

Employment Plus 8329 9800

A committed team of professionals offering a free recruitment service to employers.

Hallett Cove Baptist Community Centre 8322 6469

Games, coffee, quizzes, darts, carpet bowls, table tennis, pool), pre-school activities, computer courses, Cove Crowd Youth Group (meet new high school age friends); activities alternate Tuesdays. Gold coin donation.

Southern Mental Health Services for Older People (8357 6155 or www.smhsfop.asn.au)

Advice, consultation and treatment for people aged 65+ (45+ for indigenous people) with mental health problems who are living in the south. A multidisciplinary team provides a flexible and holistic service to clients and carers in their own environment.

Uniting Care Wesley Confident Parenting Program (8329 1700)

Do you love working with children and families? Do you have a couple of hours to spare each week? Why not consider volunteering? This program provides advice and home visit support to families in the south of Adelaide experiencing isolation and lack of family support.

Moving through suicide grief (8322 6469)

Individual and group support for anyone experiencing loss of a loved one through suicide. Confidentiality and sensitivity assured with trained and experienced counsellors.

Safer Communities Australia (8373 0818 or www.safercommunities.asn.au)

Responsible adults can apply to have their houses or businesses registered as Safety Assist premises. Police and community checks are conducted on all applicants.

Sports and activity groups

Active Elders (8293 1090)

People over 50 welcome to join us for fun and fellowship. Lots of activities so no need to be lonely. 12-4pm Wednesdays.

Atlantis AUSSI Masters Swimming Club (0438 802 594 or http://atlantis.aussisa.org.au)

For adult swimmers of all levels – training, competitions, awards and social activities.

Bicycle Institute of South Australia (8411 0233 or www.bisa.asn.au)

A voluntary, not-for-profit, community organisation representing all cyclists in South Australia.

Del Sante All Ability Gymnastics Club (8244 5146) All abilities and disabilities welcome. Excellent

for improving balance, co-ordination, mobility and social skills.

Indoor bowls (8293 5350)

Relax and enjoy this all-weather sport for all ages and make new friends. 7.30pm Wednesdays at Clovelly Park Memorial Community Centre.

Keep walking (8298 1321)

Walks for a range of fitness levels with accredited leaders. Bushwalking and near-city walks, Scott Creek, Mount Crawford, Belair, Kuitpo Forest and others. Starting times: Sundays 10am, weekdays 9.30am. Cost \$8 for three and four hour walks. \$7 for two hour walks. \$1 off for concession holders.

Marion Arthritis Branch (Roger 8298 8265 or 0411 448620)

Meets at 1pm fourth Friday each month except December. Talks and questions answered.

Marion Croquet (8296 2353)

Play either croquet or golf croquet. Coaching and introductory help provided.

Marion Mall Walkers (Margaret 8296 9088/Leonie 8293 6098)

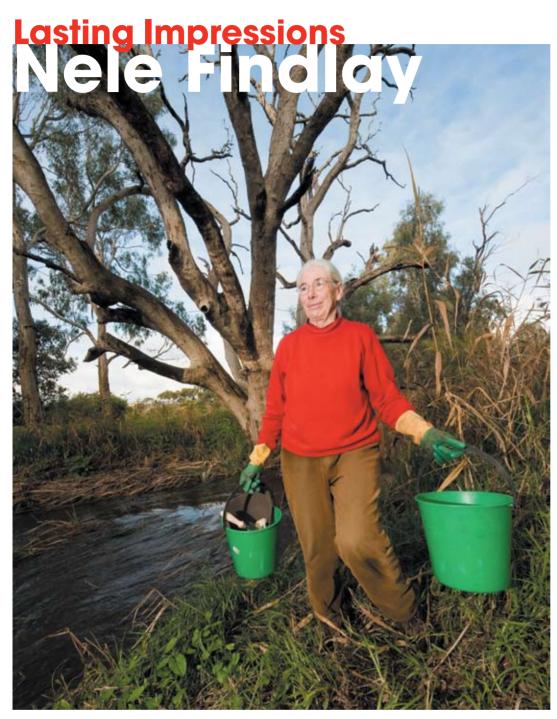
Meet Monday, Thursday and Friday at 7.20am for warm up exercises. Walk until cool down at 8.20am. Start at information counter adjacent to Charlesworth Nuts. All welcome, all weathers. Walk at your own pace. Great exercise followed by a social chat over coffee.

Out and About (8277 8435)

A social and recreational group for people with a disability aged 18+. Activities include ten-pin bowling, crafts, barbeques, cinema, lunches.

Over 50's Travel and Social Club (8387 0352)

Meet new friends and share your travel stories. 1.30pm first Friday each month except in January. Membership: \$10 and entry fee \$5.



Warriparinga is a beautiful and tranquil place where the meandering Sturt River sparkles through the bulrushes under a canopy of giant red gums, golden wattles and sheoaks.

By Trevor Gill Photography Simon Stanbury

The natural melody of birdsong and bubbling water helps one to forget that the area also known as Laffer's Triangle is bounded by some of the city's busiest thoroughfares, a huge university and hospital.

Here, a wonderful showcase of the past is being preserved in recognition of its great spiritual significance to the Kaurna people and the contribution of European pioneers who brought productivity to the rich alluvial soil of the Sturt River flood plain.

It was a hunting and burial ground for the

original inhabitants, along with a source of shelter, clothing and implements.

Warriparinga has strong connections to the Tjilbruke legend and the Dreaming Track from Marino to Carrickalinga Head.

From 1838, European settlers planted grapevines, fruit trees and vegetables. A farmhouse appeared and a ford provided passage across the river that would sometimes flood from heavy rains in the hills above the Sturt River gorge.

In the 1960s, the reeds, rushes and trees that lined the river from Sturt Road to the

Patawalonga were realigned and covered in concrete, and around 20 years later the last of the Laffer family members left the farmhouse.

The area between Sturt, Marion and South Roads was destined for development before an action group of residents fought successfully for its preservation in the early 1990s.

Recognising the need to recruit somebody with expertise in botany to help maintain and revegetate the Laffer Triangle, the action group in 1991 called on Flinders University plant physiologist, Dr Nele Findlay.

Eighteen years later, Dr Findlay is still bending her back to restore the area to its natural beauty, and the action group – now redefined as the Friends of Warriparinga – endures through the dedication of a small number of volunteers and occasional support from local schoolchildren.

A walk through Warriparinga with Dr Findlay is an enlightening experience from which you learn about how kangaroos once came to dine on wallaby grass and spear grass; how blue wrens, golden whistlers, thornbills and grey fantails find protection in the trees, and how the occasional koala calls in to visit the brush tail possums, bats, water skink, frogs and lizards.

The Friends of Warriparinga have fallen in number to only eight regular members, and they are keen to recruit new supporters to help with seed gathering, propagation, weed control and water monitoring.

Their focus area is along the riverbed and the City of Marion has recently provided funding to buy tools that will help to remove large weeds in the watercourse.

"When we first started here, we knew little about the spiritual links of the Kaurna people with Warriparinga," Dr Findlay said.

"However, an elder called Lewis O'Brien visited to explain the past and we have since had a very successful collaborative relationship with the Kaurna people. We have discovered a lot about the seasonal patterns and migrations of the early Aborigines and the spirit of the Kaurna tribe."

Dr Findlay lives within walking distance of Warriparinga, a place she says is good for the soul.

Walking and bike trails carry people past picturesque wetlands into the riverbed section where the Friends of Warriparinga devote their time to maintain and expand a natural ecosystem.

"It is a big job, but it is our passion because it is so important to preserve this area," Dr Findlay said.

"If we let the weeds go to seed, it would be difficult to control the impact of pest plants in just one season. So we continue to remove the weeds and replace them with native plants.

"It is something special to see those native plants recreating the way this area once looked, and we enjoy giving them a little help in the process."