

TOWN OF

# ABOUT TOWN

WALKERVILLE

**YOUR** 1<sup>st</sup> SOURCE OF LOCAL NEWS



Spring EDITION 19

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FREE

## FROM THE MAYOR OF WALKERVILLE

At a recent Council meeting, one of my fellow Councillors, memorably described the Town of Walkerville as being 'heritage loaded'. (Thank you Councillor MaryLou Bishop!).

That remark was made in connection to a discussion around changes to South Australia's new Planning System. *The Planning Development and Infrastructure Act 2016* and associated regulations are undoubtedly complex and of particular significance to this Council and community.

South Australia has three tiers of heritage protection:

- State Heritage – protected by legislation
- Local Heritage – protected by legislation
- Contributory Items – *not* protected by Statutory legislation.

Administration has been undertaking an internal review of Contributory Items in our area, with a view to determine if any of

these existing structures warrant elevation to Local Heritage listing status. A shortlist of properties is being identified for independent assessment, to determine whether they ought to be recommended for Local Heritage protection.

As part of this review, a database of Local and State Heritage Places has been developed and will be regularly updated to reflect changes of ownership.

Whether the home you live in was built in 1859, 1959 or 2019, the multitude of historic buildings contributes to the overall character, appeal and value of our neighbourhood streets. Built heritage creates a sense of place and connects people to their community. From that perspective, conserving our heritage for future generations becomes something we should all be engaged in.

Another issue of concern – not only locally – but globally – is the problem of landfill waste. The impact of stockpiling landfill continues to dominate the media and



L-R Mayor, Anne Monceaux, Burnside; Mayor Lynette Martin OAM, Mount Gambier; Mayor Karen Redman, Gawler; Mayor Caroline Phillips, Karoonda East Murray; Mayor Dr Moira Jenkins, Victor Harbor; Lord Mayor Sandy Verschoor, Adelaide; Mayor Elizabeth Fricker, Walkerville; Hon Stephan Knoll, MP; Mayor Heather Holmes-Ross, Mitcham; Mayor Jill Whittacker, Campbelltown; Mayor Amanda Wilson, Holdfast Bay.

appears to defy a workable solution. However, I am pleased to report that at a local level, some inroads are being made.

A briefing paper issued by East Waste has assured partnering Councils that all collected materials from the previous 12 months have been sent to the Northern Adelaide Waste Management Authority and processed within a week of delivery. To quote from their paper: 'Your Council, your residents and your businesses

may be confident in the transparency and integrity of resource recovery for all recyclables collected from kerbsides by East Waste. Your recycling material collected since September last year does not and will not go to landfill (sic).\*

As a member Council of East Waste we are committed to sharing information to ensure our community is able make informed choices when it comes to reducing, reusing and recycling. To that end, this issue has a feature

story on the impact of contamination in the recycling process.

In closing, I recently hosted a working lunch with nine female Mayors from across the region and special guest the Hon Minister Stephan Knoll MP (see photo). These informal get togethers were introduced following the 2018 Local Government election which saw an unprecedented number of female Mayors elected to office. Sharing information and concerns in an informal setting is a

great way to have an open discussion and ensures that our Council is at the forefront of key issues happening at a local and State level.

\*Issued by Rob Gregory, General Manager, East Waste dated 27 August 2019.

Elizabeth Fricker

Mayor of Walkerville



See why St Andrew's School is Adelaide's leading co-educational independent primary school.

# Principal's Tours

Thu 14 Nov 9:00am & 4:00pm Sat 16 Nov 10:00am

22 Smith Street, Walkerville. Registrar: (08) 8168 5511 Book a Tour: standrews.sa.edu.au 

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# ZERO contamination

It's a weekly ritual that's easy to set and forget – taking the household bins out to the kerb for pick up the next day by East Waste. Yet the recycling commitment of many residents is literally 'going to waste' courtesy of an often misunderstood factor: **contamination**.

Contamination is what occurs when the wrong item is placed in the wrong bin affecting the mechanical sorting at the recycling facilities. In some cases, a few contaminated bins can ruin an entire truckload of recyclables.

## Top ten contamination items

### 1 PLASTIC BAGS: our no. 1 contamination contender

Plastic bags and other soft plastic wrapping can get caught in the paper stream as well as wrapping around machinery at the recycling facility.

Plastic bags and other soft plastics can be placed in the REDcycle bins found at Coles and Woolworths. These are recycled and made into outdoor furniture, bollards and board walks for schools and councils.

### 2 E-WASTE: doesn't go in ANY kerbside bin

Electronic items must be taken to a specialised E-waste recycling centre. Please contact East Waste or the Council for your electronic recycling options.

### 3 TEXTILES/FABRICS: repurpose or donate

Old and worn out clothing can be re-used as rags or placed in the RED landfill bin. Good quality clothing can be donated to a charity shop. Choose donated items with care. Poor quality and damaged items are most likely to end up in landfill, which puts more pressure on

hardworking charity organisations to sort through or dispose.

### 4 FOOD AND LIQUID: think green and clean

Food and liquids can contaminate a whole load of recyclable items, which can mean an entire truckload of recyclable resources can end up in landfill. Please make sure containers and bottles are empty before placing them in the recycling bin. Place the plastic caps of milk bottles etc in the bottle, as these small items can also damage the recycling machines.

Unwanted food goes straight to the GREEN bin and makes perfect compost! Free kitchen caddies and compostable green bags are available to residents from the Council.

**P.S.** Greasy takeaway pizza boxes are suitable to line the bottom of your GREEN bin.

### 5 POLYSTYRENE/FOAM: Let's make our yellow and green bins a 'no foam zone'

Expanded polystyrene foam includes meat trays, coffee cups and foam packaging. Polystyrene contaminates recyclable materials as it disintegrates into tiny pieces when placed in the recycling bin. Due to its weight, it also gets caught up in the paper/cardboard stream. There are lots of alternatives to disposable foam items – especially coffee cups.

### 6 SHREDDED PAPER: save it for the GREEN bin

Whole sheets of paper can be recycled, but shredded paper falls through the cracks of sorting machines, sticks to conveyor belts, contaminates glass and plastic materials and basically make a mess of the recycling process. Loose shredded paper (not in a plastic bag) is perfect for GREEN bins

### 7 TOUGHENED GLASS: not all glass is created equal

Not all types of glass are recyclable. Toughened and heat proof glass – such as Pyrex cookwear, glass lids, crockery, mirrors and window glass have a very high melting point and therefore cannot be recycled like glass bottles or jars.

### 8 NAPPIES: Dirty nappy? Not happy!

Regular nappies cannot be recycled and go into the BLUE waste to landfill bin.

### 9 WOOD: no good for the yellow bin

Wood and other garden materials do not belong in the yellow lidded recycle bin. Please place them in the green lidded food and garden organics (FOGO) bin where they will make wonderful compost.

### 10 BRICKS and WIRE: A yellow kerbside bin is not a builder's skip

Heavy materials such as bricks, tiles and scrap metal can damage trucks and machinery and wire coat hangers and hoses can wrap around machinery and cause damage. Building materials should be placed into an industrial skip. Wires, coat hangers and hoses should be placed into the BLUE waste to landfill bin.

Paint tins need to be empty and dry before they go into the YELLOW bin. Wet paint can be dried and then scraped into the BLUE waste to landfill bin first.

Go to [whichbin.sa.gov.au](http://whichbin.sa.gov.au) for recycling and disposal options for these top ten items and more. Council thanks East Waste for their assistance in this article.

## THE BELLS OF ST ANDREW'S

**'Let this darkness be a bell tower and you the bell. As you ring'**

Rainer Marie Rilke

St Andrew's Church was established as a place of worship in 1848 and the belltower and clock were added in 1886, one year after Walkerville was established as a District Council.

When Rev Sam Goodes was inducted as the sixteenth Rector of St Andrew's Parish in January 2018, he may not have imagined that he would become something of an expert in belltowers. However, the urgent need for repair and refurbishment on the tower has meant he has become just that. These days, Rev Goodes can discuss steel crown staples, swinging clappers, remedial bracing and wooden headstocks with ease!

'They were still taking tour groups up the belltower in the 1980s, but that wouldn't be allowed

now. As it is, our bell-ringers need to climb up a series of steep ladders, to reach the bell chamber, which they access by lifting a trapdoor above their heads. That may sound rather romantic, but in reality, the structure no longer meets current building standards.

Furthermore, experts have warned us the clock (which is still wound by hand) and bell fittings, including the frame and moving parts, are reaching their natural end of life.'

Rev Goodes believes the belltower represents much more than a heritage structure in need of repair. 'From the time the bells first rang out across Church Terrace, they have been a constant thread in the fabric of our community. They have marked personal milestones like weddings, as well as historical ones, such as the signing of the Armistice in 1918', says Rev Goodes.

St Andrew's has earmarked \$400,000 towards this \$700,000 restoration project.

The scope of this project is unique.



- The bells will be shipped back to London and Tayors of Loughborough have been commissioned to build a new frame and refurbish the bells.

- A spiral staircase will replace the vertical ladders in the internal tower and access to the bell chamber will be improved.

- The clock will be removed and refurbished locally by Graham Townsin of Clockmasters.

- Following the refurbishment it will also be possible to

safely raise and lower the flag from the top of the tower.

This is a massive undertaking and the parish is investigating fundraising opportunities to make up the shortfall.

A fund has been established through the National Trust and donations are tax-deductable.

**St Andrew's Church and Restoration Fund**  
**BSB: 633-000**  
**Acc Number: 144 114147**

'When the bells ring out on Sunday mornings or on special occasions, they ring for everyone, whatever their religious or non-religious affiliations. When our parish comes together we pray for the wellbeing of everyone – shopkeepers, students, neighbours – the bells communicate a message of peace and love', says Rev Goodes.

### Raising the church roof

**On the 30 September 2019, history will be made when the bells of St Andrew's are lifted through the roof by crane. What an amazing sight!**

Authorised by Dana Wortley, 8/511 North East Road, Gilles Plains SA 5086.

# Dana Wortley MP

Member for Torrens

Vale Park Residents

## Providing assistance on matters including:

- Liaising with Departments on your behalf
- Raising topics of concern in Parliament
- Justice of the Peace services (Monday - Friday)
- Organising special anniversary and birthday congratulatory messages (2 months notice required)



8369 2323



torrens@parliament.sa.gov.au



8/511 North East Road  
 Gilles Plains SA 5086



DanaWortleyMP



## Works about Town

With spring finally here, our tree-lined streets and parks and gardens are at their very best.

### Summer season

Council's beautification team of field officers are focusing on rejuvenation works on Walkerville Oval and other sporting fields in preparation for the summer season.

### Tree planning program

130 new trees have been planted as part of Council's tree planting program.

### Linear Park lighting project

The final two stages of the Linear Park lighting project are underway in the Gilberton section of the Park. This project is expected to be completed before Christmas.

### Kerb renewal

The kerb renewal program will get underway in October, in preparation for the road reseal program. Council will notify affected residents closer to the dates.

### Council solar panels

One of the new projects approved in the 2019/20 annual budget was the installation of additional solar panels on the Civic and Community Centre. Work on this project is expected to begin before the end of the year.

## Council news

### BEYOND BUSINESS AS USUAL

Eastside Business Enterprises Centre – better known as EBEC – is helping hundreds of business in the eastern region with networking, mentoring and upskilling opportunities.

EBEC understands that running a successful business isn't just about working hard – it's also about fostering resilience, creativity and agility.

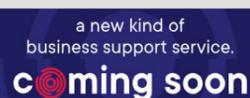
Over the last year, EBEC has been transforming its own brand and reviewing its membership structure. EBEC is driving forward with a new look and a fresh approach to what they have always done best – supporting the business community.

So while it's 'business as usual' – changes are happening and we'd like businesses in the Town of Walkerville to take notice.

If you're not familiar with what EBEC already offers visit: [eastsidebec.com.au](http://eastsidebec.com.au)

If you're interested to see where EBEC is heading in the coming months, become a subscriber.

EBEC is supported by the Town of Walkerville and the Cities of Campbelltown and Burnside.



### Take it eze

Receiving your rates notice electronically will make it easier to manage your payments as well as save paper and reduce waste. Your notice can be accessed on your phone, tablet, laptop or desktop and you can pay your rates, 24 hours a day, seven days a week. You will also receive a reminder by SMS, 2 days before the due date.



Signing up is eze! For more information go to: [walkerville.sa.gov.au/ezybill](http://walkerville.sa.gov.au/ezybill)



### Dementia awareness session

As part of its ongoing wellbeing programs, Council is hosting an information session by Dementia Australia on how to identify and raise awareness around the signs and symptoms of early dementia.

**FREE 2.30pm – 3.30pm  
 Thursday 3 October 2019  
 Walkerville Town Hall**

**Bookings essential** by calling **8342 7100** or at [dementia\\_awareness.eventbrite.com.au](http://dementia_awareness.eventbrite.com.au)



### The nourishing table: spring recipe

Earlier this year, Council partnered with Vale Park Primary School to support their involvement with Stephanie Alexander's Kitchen Garden Program. Council has hosted a series of community lunches in the Walkerville Town Hall called *The nourishing table*. Students from Vale Park Primary School prepare and serve a healthy meal and the results have been inspiring.

At the heart of this inter-generational initiative is the positivity and pride of the local students who give 101% to every facet of the day – from setting the table; cooking and serving meals, through to making every guest feel like a special guest. The *Nourishing table* has also been an opportunity for participants to share family recipes and learn how to make new favourites – such as this crunchy bok choy noodle salad, which is perfect for spring!

#### Crunchy bok choy noodle salad

##### Ingredients

- 1/4 cup butter
- 2 packages ramen noodles, broken into small pieces (remove seasoning sachets)
- 1/4 cup sliced almonds or pumpkin seeds
- 1/4 cup sesame seeds
- 2 tablespoons olive oil
- 3 large handfuls kale, shred leaves into smallish pieces and remove stems
- 1 bunch bok choy, chopped
- 1 bunch spring onions, sliced
- 3 medium carrots, shredded
- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 2 tablespoons soy sauce
- 2 tablespoons sugar
- salt and pepper to taste.

##### Method

Melt butter in a skillet (or frypan) over medium heat, add ramen noodles, almonds and sesame seeds.

Cook for 3 – 5 minutes (stirring continuously) until golden brown.

Pour into a heat proof bowl and let cool.

Wipe out the skillet (or fry pan) add the olive oil and put back on the heat. Add kale pieces and cook until soft (approx. 3-4 minutes). Remove from heat and let cool.

In a large bowl, combine the ramen mixture, kale, bok choy, spring onion and carrot. Mix well. In a small bowl combine olive oil, red wine vinegar, soy sauce, sugar, salt and pepper. Mix well and pour over the salad. Toss and serve.

PS: Council is planning on developing a community cookbook with recipes from *The nourishing table*.



## Council news cont...

### Wild suburbia

How did the Koala cross Ascot Avenue? Sadly, this isn't the opening line of a joke, but a reminder of what happens when wildlife live in suburbia.

Local resident Jane Brister is the Director of Adelaide Koala Rescue, a registered not-for-profit wildlife rescue service based in Walkerville. Adelaide Koala Rescue has a team of more than 70 volunteers and provides a 24/7 service across metro Adelaide and the Adelaide Hills. Jane is well-known to Linear Park walkers who often call the rescue service when they come across an injured or traumatised animal.

An avid bushwalker herself, Jane's interest in wildlife rescue was sparked when she came across a badly injured koala and realised she didn't know who to call, or how to help.

'Spring is a particularly risky times for koalas', explains Jane, 'it's peak breeding season, so koalas are on the move and this increases the likelihood of getting hit by a car or being attacked by a dog'.

'Rescuing wildlife animals can become addictive and some of the experiences always stay with you.

I was involved in rescuing a koala, who I nicknamed St Wally of Walkerville. I cared for him for 8 months after he was hit by a car on Ascot Avenue. Four months after releasing him back into Linear Park, he was hit by a car – at almost the same spot on Ascot Avenue. I couldn't believe it! After recovering from his injuries he was released back into the natural environment only to be attacked by a dog! I'm happy to report that these days, St Wally is a reformed jaywalker and spends his days hanging around St Peters Billabong – but his misadventures show how vulnerable these creatures are in our suburbs.'

If you see an injured koala or possum or are concerned about their safety (i.e. trying to cross a road) the Adelaide Koala Rescue has a 24 hour telephone service: **0413 185 771**

Follow AKR on Facebook @koalarescue

### The passing parade: Walkerville Wesleyan Cemetery



On the 8th May 1849, the Trustees of the Wesleyan Church in Smith Street purchased Acre 49 from James Pitcher for twelve pounds to be used as a cemetery. Of the 3785 recorded burials (up to 1973), many were young children, with one family's grave the burial place of six children aged between 4 months to three years.

The stories behind some of the headstones reflects the passing parade of South Australia's early settler history.

#### The Borne Family

William and Margaret Borne settled in a cottage at the corner of Fuller St and Church Terrace. Early Wesleyans gathered in this cottage for worship prior to the building of the first church in Smith Street in 1844. William died in 1850, aged 34. Margaret became the curator of the cemetery from 1866 to 1873. Margaret Street in Walkerville is part of their original property.

#### The Breese Family

Robert Breese and his family arrived in 1837. Robert established a partnership with a fellow Wesleyan, Samuel East. Together they built a number of early public

buildings, including the northern section of Government House, which is still in use.

#### The Witkowski Family

Jacob Witkowski, aged 36, arrived in 1847. From 1870, his main business was importing organs, pianos and other musical instruments. He died in 1885 – the inscriptions on two of the three family memorials are in German script.

#### The Nottage Family

James Nottage held the licence to the Sussex Hotel from 1853 to 1879. When he died, his wife Betsy took over until 1884. Their son James, was the District Clerk from 1877 to 1916.

PS: The above information is an excerpt from an article called *Walkerville Wesleyan Cemetery* by James Everett, Presiding Member of the Wesleyan Cemetery Advisory Group. This article was previously published in *The Pioneers Association of South Australia Inc Journal No. 250 Winter 2019*.

### Support at home

Through the Commonwealth Home Support Program (CHSP), people who are over 65 years old and live in the Town of Walkerville may be eligible for subsidised support services offered by Prospect Community Support, which runs out of Prospect Council.

The steps to accessing support services at home are:

- 1 register with the My Aged Care process by calling **1800 200 422**
- 2 undergo an assessment at home from the Regional Assessment Service
- 3 choose your preferred service provider.

Prospect Community Support is one such local service provider and delivers a range of subsidised services and social activities, including:

- **home maintenance:** handyman tasks, annual gutter & window cleans, minor plumbing & minor electrical
- **garden maintenance:** up to 6 hours annually
- **domestic assistance:** ongoing cleaning, short term, or annual spring clean
- **home modifications:** grab rails, key safes, hand held shower sets.

#### Social programs include:

##### weekly activities:

- friendship groups
- chair based exercise classes
- strength for life
- men's shed.

##### monthly activities:

- community lunches
- Central Market trips
- lunch groups to local venues
- door-to-door bus trips to popular attractions in the metropolitan area
- health & wellbeing sessions including regular lunches, cooking sessions, aqua aerobics and health presentations.

Council would like to remind residents of the following changes that came into effect from the 1 July 2019.

Very simply... as at 1 July 2019, Prospect Community Support will:

ONLY provide services for residents who live in the City of Prospect and Town of Walkerville and who are 65 years and over

NO LONGER provide services for people who are under 64 and on a Disability Support Pension (DSP)

NOT be providing services under the National Disability Insurance Scheme (NDIS)

NOT provide Home Care Packages (HCP)

For more information contact Prospect Community Support on **8342 8091** or email **community.support@prospect.sa.gov.au**

## CPR30 training session



Would you know what to do if someone had a cardiac arrest and you were the only person on the scene?

Community CPR30 is a free 30 minute session presented by the SA Ambulance Services. The session will teach you

compressions only CPR and includes Automated External Defibrillator (AED) familiarisation and activation.

**The session will be held in the Town Hall in November.** Date and time TBC.

**Register** your interest by email [walkerville@walkerville.sa.gov.au](mailto:walkerville@walkerville.sa.gov.au) or tel 8342 7100

### ADVERTISE WITH US COMMUNITY NOTICEBOARD

Enquiries from local businesses to [sdenicola@walkerville.sa.gov.au](mailto:sdenicola@walkerville.sa.gov.au) (Subject line: advertising) or local community groups and organisations to [sdenicola@walkerville.sa.gov.au](mailto:sdenicola@walkerville.sa.gov.au) (Subject line: advertising)

## TRAVEL PROSPECTS



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**8342 0300**

107 Walkerville Terrace, Walkerville SA 5081

Visit us online: [www.scammell.com.au](http://www.scammell.com.au)



# COMMUNITY NOTICEBOARD

## 2019 Remembrance Day

At 11am on the 11th of November 1918, silence descended on the Western Front and ended four years of bloody war.

Almost 62,000 Australians died in service of our nation. Join the community to honour their memory and commemorate Remembrance Day.

**10.30am, Monday 11 November 2019 Memorial Gardens, Church Terrace, Walkerville**

Presented by the Walkerville RSL and supported by Council.

### All welcome.

Followed by light lunch at the **Walkerville RSL, 98-100 Walkerville Terrace, Walkerville**  
 Gold coin donation

### Historical footnote: Armistice Day in Adelaide\*



When the Armistice was signed in 1918, thousands of South Australians gathered in King William Street in the city as well as in towns across the State. On Church Terrace the bells of St Andrew's carried the message of peace.

Among the thousands who gathered in King William Street in 1918, was 21 year old Elinor Walker, a former student of Wilderness School in Medindie. She vividly recalled the spontaneous joy of that day:

*'It was crowded from end to end. There were flags and lights and bands and people up and down and the boys screaming out for a special copy of The Advertiser that had PEACE in letters that long across the top. And oh, the excitement of it was something terrific.'*

The Governor Lieutenant Colonel Sir Henry Galway expressed the thoughts of many South Australians when he wrote:

*'It is only a very small percentage of mankind who leave behind them footprints on the sands of time, but the men and women who gave their lives for freedom's cause in the Great War have by their devotion their courage their unselfishness and their loyalty earned a nation's gratitude.'*

\*The above information is an excerpt from Mayor Elizabeth Fricker's keynote address at the 2019 ANZAC Day Dawn Service.

## Australian Decorative and Fine Art Society (ADFAS)

ADFAS Adelaide is one of 37 societies in Australia associated with the Arts Society, United Kingdom.

ADFAS is a not for profit organisation offering high quality monthly lectures on a wide range of subjects including art history, landscape gardening and design, architecture, textiles and music. Lecturers come from the UK and Australasia and are all specialists in their field.

### Upcoming lectures

**2 October Tom Duncan**

Forty shades of green, the gardens of Ireland

**13 November Lisa Slade**

Curating curiosity, the odyssey of art and audiences

Lectures are held in the **Walkerville Town Hall**

ADFAS support arts in primary, secondary and tertiary education.

Guests are most welcome. Prior notice is necessary by contacting Geraldine Jennings on **0438 723 328**  
 Lectures are **\$25**.

Alternatively you may wish to become an ADFAS member. To find out more contact Margaret Wilson, Chairperson **0418 836 330**

## Pleasant Sunday afternoon concerts

Walkerville Rotary is returning to the Walkerville Town Hall with their sublime *Pleasant Sunday afternoon* concerts. Their December concert features performer Jude Toye in her one-woman show *In2themusic*.

**2.15pm Sunday 1 December 2019**  
**Afternoon tea at 3.15pm**

For more information on future concerts contact Peter on **0402 491 255**  
 enquiries@walkerville.rotaryaust.org  
 walkerville.rotaryaust.org

## St Andrew's School Principal's Tours

Meet the Principal, Mrs Deb Dalwood and gain an insight into her vision for education and 21st century learning environments.

This is your opportunity to visit the Early Learning Centre, many classroom areas, the Library and Gymnasium and Performing Arts Centre.

**9am and 4pm Thursday 14 November**

**10am Saturday 16 November**

Book a tour at [www.standrews.sa.edu.au](http://www.standrews.sa.edu.au)

For enquiries about our Principal's tours, please contact: Helen Charles, Registrar  
 Tel: **08 8168 5511**  
**registrar@standrews.sa.edu.au**

## Walkerville Art Show



The Walkerville Art Show showcases original works from some of the State's leading artists.

The exhibition is presented by the Rotary Club of Walkerville, with the generous support of Walkerville Council. All profits are donated to various charitable projects.

Opening night & preview: **6pm Friday 4 October 2019**  
 Tickets **\$20** online or **\$25** at the door

Exhibition: **Saturday 5 - Sunday 6 October Thursday 10 - Saturday 12 October 2019**

**St Andrew's School Gymnasium & Performing Arts Centre, Church Terrace, Walkerville**

For opening night bookings and exhibition times: [walkervilleartshow.com.au](http://walkervilleartshow.com.au)

## Reservations at the RSL

End the working week, with a tasty 'home cooked' meal at the Walkerville RSL.

Friday lunches are served from 12.30pm (following the Ode) and cost **\$10** per person

Dinner is served from 6pm and cost **\$10** per person.

The RSL offers full bar facilities and a warm and friendly environment. The facilities are also available for hire.

**98 - 100 Walkerville Terrace, Walkerville**  
**Bookings and enquiries:** [walkervillersl.com](http://walkervillersl.com) or [bigpond.com](http://bigpond.com) or Mal Allen 0451 374 133



## Come alive AFL Grand Final big screen arvo!

Experience the Grand Final on the big screen in the comfort of the Walkerville RSL. Light meals available throughout the match, as well as full bar facilities, coffee, tea and cake.

**From 11.30am, Saturday September 28 2019**

**Walkerville RSL, 98 - 100 Walkerville Terrace, Walkerville**  
**Bookings and enquiries:** [walkervillersl.com](http://walkervillersl.com) or [bigpond.com](http://bigpond.com) or Mal Allen 0451 374 133

# Walkerville Physiotherapy

**83425544**

## Back or leg pain? Trouble standing or walking?

**If back or leg pain are keeping you from being active with family and friends, WALKERVILLE PHYSIOTHERAPY CAN HELP**

Losing mobility and independence can be a serious worry of aging. You may feel pain, or get tired and heavy from standing or walking more than a few minutes. Chronic pain, reduced joint mobility, Degenerative Disc Disease or Spinal Stenosis can all impact on your ability to enjoy life to the fullest.

Physiotherapy can help. Call us today!

Walkerville Physiotherapy

At Walkerville Physiotherapy we are experts in helping over 45s stand, walk longer, and stay active, mobile, healthy and above all be **fully independent!**

Wouldn't it be great to be able to:  
 > Be active outdoors in nice weather  
 > Enjoy holidays with family and friends  
 > Work in the house and garden  
*Without having to keep stopping to sit?*

105 Walkerville Terrace

83425544

## COMMUNITY NOTICEBOARD cont...

### Bootcamp fitness boost

INEA YMCA is excited to launch early morning bootcamp sessions. With summer around the corner it's time to get off the couch and into a new fitness regime. Bootcamp sessions run for 45 minutes and:

- increase your strength and energy
- offer tailored training with experienced instructors
- help you achieve your fitness goals
- offer a friendly team and atmosphere
- keep your training fresh and challenging
- provide a whole body workout.

Sessions run to the school term and are held in two convenient locations in the eastern region.

**6.15am-7am Mondays and Thursdays**  
**39 Smith Street, Walkerville**  
**6am-6.45am Tuesdays**  
**344 The Parade, Kensington**  
Casual booking:  
**\$6 for 1 session**  
Multi-class pass:  
**\$27.50 for 5 sessions**  
**\$50 for 10 sessions**  
**Enquiries:** Sophie Beers  
sbeers@ineaymca.asn.au  
tel 8344 3811

### INEA YMCA vacation care

The Walkerville INEA YMCA are taking vacation care to a new level with a huge range of activities including:

- circus fun for everyone
- internationally themed activities
- mini Olympics
- excursions
- muddy watery fun
- wheels adventures
- daily gym sessions.

Vacation care programs run between  
**30 September – 11 October**

**For more information** visit YMCA Inner North East Adelaide 39 Smith Street, Walkerville or tel: 8344 3811 or email: rdg@ineaymca.asn.au

### Walkerville Residents Association

There will be a meeting to consider the reforming of the Walkerville Resident's Association at **Nest Cafe Walkerville Terrace Walkerville** at **4pm Thursday 10 October 2019**

**Enquiries:** rhondaavard@gmail.com

### Daily moves

*Daily moves* is a new exercise initiative that has been introduced across the eastern region for people aged 65 and above. *Daily moves* are looking to support local providers of exercise programs through promotional and training opportunities as well as client referrals. If you run or volunteer with a fitness related business, sporting club or community group in the Town of Walkerville – maybe it's time to make the move...

**For more information:** www.unley.sa.gov.au/daily-moves or phone the *Daily moves* team based at City of Unley 8372 5177

### Mens Probus

Walkerville Mens Probus Club, is a social club for retired and semi-retired men. The club holds its regular meetings at the Walkerville Town Hall on the 3rd Tuesday of every month, between 10am and noon.

Each meeting features an interesting speaker and canvasses a broad range of thought-provoking and topical subjects.

Upcoming talks

**15 October**  
Allan Kane talks about proposals to transform 'Lot 14', the former RAH site in the City into a high tech business hub.

**19 November**  
Roger Wills ABC's Grandstand commentator, reflects on 40 years of AFL and cricket commentary.

New visitors are welcome

**Enquiries:** Ross Fletcher 8344 2389

### Connect and thrive with age

*'My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.'* Dr Maya Angelou

#### Write your emotional will

An emotional will is about your legacy. A way to share your values, life lessons, hopes and dreams with your family and future generations. This is your chance to ensure that you don't leave things unsaid. Facilitated by Viviana Diaz.

**9.30am – 12.30pm**  
**Mondays 14, 21, & 28 October**  
**\$20 inc morning tea**

**Walkerville Uniting Church Hall, 17 Smith Street, Walkerville, 5081**

#### Demystifying the Aged Care puzzle

Trying to navigate the Aged Care process can feel overwhelming if you don't know where to start. Taking a proactive approach can take the stress out of the whole experience. Facilitated by Gail Miller, Aged Care consultant.

**10am to 11.30am,**  
**Monday 4 November**  
**\$5 inc morning tea**  
**Council offices**  
**66 Walkerville Terrace,**  
**Walkerville, 5081**

### Monday Nailsworth bowls

**FREE 1pm-4pm Mondays** (except public holidays)  
**Nailsworth Bowls**  
**31 D'Erlanger Avenue**  
**Collinswood, SA 5081**

**Enquiries:** Prospect Community Support on 8342 8091

### Death café



Have a conversation over coffee and cake to explore your values and ideas about life and death issues in a safe and supportive environment.

**1pm to 3pm**  
**Tuesday 5 November**  
Cost: **\$10** includes coffee, fine teas and homemade goodies.  
**Council offices**  
**66 Walkerville Terrace,**  
**Walkerville 5081**

**Bookings for paid events essential:** Fees to be paid prior to attending

**Enquiries for the Thrive with age program:** 0458 112 998  
admin@walkerville.unitingchurch.org.au  
www.walkerville.unitingchurch.org.au

This project is supported by funding from the Office for Ageing Well through the Grants for Seniors program.



### Tammy's table: connecting local businesses

Tammy's Table brings together like minded business owners who recognise the value of connecting regularly with their peers to celebrate achievements, share experiences and knowledge and help each other be more successful as leaders. Facilitated by local business owner Tammy Edwards.

**Enquiries:** www.tammy-edwards.com.au or email hello@tammy-edwards.com.au to arrange a friendly chat.

### African dance classes

Thrill to the rhythm of African dance with weekly classes presented by Ibina Cundell.

While Ibina's fitness program is aimed at the 50+ age group – all ages and abilities are welcome.

Classes are held:  
**11am – 12.30pm Tuesdays**  
**(From October, the classes will start at 10.30am and finish at 12.30pm)**

**Walkerville RSL**  
**98 Walkerville Tce Walkerville**  
**\$10** per class. No sign up or pre-booking required. Payment in cash only before class.

**Dance special:** Ibina is offering a free trial class

### Dancing to her own rhythm



From her graceful posture to the way her face lights up when she talks about her lifelong passion for dance – Ibina is a woman who dances to her own tune. Even her name seems to conjure up a unique rhythm all its own.

'Decades ago, I was lucky enough to be awarded a scholarship with Elizabeth Dalman, who founded the Australian Dance Theatre', says Ibina. With a passion for teaching jazz and modern dance, Ibina taught beginners and stayed with the company for six years. She also studied overseas and intends to be 'dancing till my last step!'

Ibina says she is inspired by the changes she sees in her students when they come to class on a regular basis. 'After a few classes, they'll come in and say they can reach the top of a cupboard, which they couldn't do before, or that their neck doesn't hurt as much. I understand a dancer's body and my classes are gentle and the movements are modified, to suit what people can do.

So can she teach anyone to dance? 'If you have an innate feeling for music you can dance. You can dance in a wheelchair, you can dance with a disability – if you have the willpower to show up every week – you can dance!'

**KIDS GYM**



**KINDERGYM**  
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Learn



Laugh



Inspire

## Create your own pet rock

Children can create and decorate their personalised pet rock to take home!

**10.30am to 11.15am**  
**Tuesday 1 October**  
**Walkerville Town Hall**



Suitable for ages 4+  
**\$2 per child**, must be supervised by an adult (free admission for accompanying adults)

**Bookings:** petrocktow.eventbrite.com.au or 8342 7100 during business hours

## Make your own grass head



This Spring project is simple to make and fun to take home and care for. Place your grass head in a sunny spot and after about a week or so watch the seeds sprout into a full head of grass hair that can be trimmed and shaped. Along the way

children will learn how seeds germinate – grass heads are the perfect activity for Spring!



**10.30am to 11.15am**  
**Tuesday 8 October**  
**Walkerville Town Hall**

Ages 5+ **\$2 per child**, must be supervised by an adult (free admission for accompanying adults)

**Bookings:** grassheadstow.eventbrite.com.au or call 8342 7100 during business hours

## Junior librarian for a day

Have you ever wondered who buys the books that sit on the library shelf? Walkerville Library and Dymocks Adelaide are hosting a book 'buying' event where children can choose a book for the library's

collection. Every book selected will have a personalised bookplate sticker with the child's name. Books will also be available for purchase.

**FREE** No bookings.

**10am – 12 pm**  
**Wednesday 9 October**  
**Walkerville Town Hall**

For ages up to 14 years. Children to be supervised.



## Claymation: bring your characters to life

Participants get a behind the scenes look at what goes into producing an animation film on a professional level. They will then create their own plasticine characters and learn how to bring

them to life using the Stop Motion Studio App available on mobile devices. The videos will be screened to the group and uploaded to YouTube.

**1pm – 4pm**  
**Thursday 3 October**  
**1855 Room**

For ages 7+  
**\$25 per participant**

**Bookings:** trybooking.com/538071

Places are limited and these sessions have sold out in the past, early booking is recommended.



## Nylon Zoo



The Nylon Zoo has regularly appeared at Womadelaide and we are thrilled to be bringing this event to the Town Hall. Children will dress up and take part in a costume parade before gathering in a giant inflatable multicoloured

'frog' tent for a storytelling session. The frog tent needs to be seen to be believed!



Sessions run for 45 minutes and start at:  
**11am, 12pm, 1.30pm, 2.30pm & 3.30pm**  
**Friday 11 October**  
**Walkerville Town Hall**

Ages 3+, **\$5 per child**, must be supervised by an adult (free admission for accompanying adults)

**Bookings:** nylonzootow.eventbrite.com.au or call 8342 7100 in business hours

## Uke 'n rock

**The next Uke n' rock eight week ukulele course begins:**

**Monday 14 October**  
Ukulele beginners

**4pm – 5pm**



Beyond beginners  
**5.30pm – 6.30pm**  
\$45 for 8 weeks / \$35 conc  
Children must be 10+ years

**Bookings:** walkerville@walkerville.sa.gov.au or 8342 7100 during business hours

## Movie morning for kids: A bug's life



Pixar's delightful animated classic sees the world from a bug's point of view.



When it was released in 1998, the story of Flik the ant and a band of high-flyer circus insects defending an ant colony from greedy grasshoppers was a box office success. Before part 2 hits the cinemas, why not discover – or rediscover – this comedy caper which also has a serious message about the planet.

**10.30am to 12.15pm**  
**Friday 4 October**  
**Walkerville Town Hall**  
For ages 5+

**\$2 per child**, must be supervised by an adult (free admission for accompanying adults)

**Bookings:** bugslifetow.eventbrite.com.au or call 8342 7100 during business hours

## Decluttering presentation



Professional Organising Solutions

Presenter, Tracey Warren, is a professional organiser who shows people from all walks of life how to declutter and organise their homes. Reduce stress, regain control and discover why less can really mean more!

Everyone will receive a handout summary covering the following list of topics:

- Are you worried that you are a hoarder? What does hoarding really mean?
- What are the benefits of being organised?
- Decluttering principles and how to apply them in your home.
- 10 decluttering tips that you can easily use in your home.

**FREE 6.30pm – 7.30pm**  
**Monday 14 October**

**Walkerville Town Hall**

Suitable for adults



**Bookings:** declutteringpresentation.eventbrite.com.au or call 8342 7100 during business hours

## Movie evening for kids: COCO

Start your trick or treating with *Coco*, an animated spectacular for children and grown ups alike. Inspired by Mexico's vibrant *Day of the Dead* festivities, *Coco* follows the adventures of a young aspiring musician Miguel who ventures to the land of the dead in search of his idol Ernesto de la Cruz. *Coco* is a celebration of Mexican culture and music and the power of following your dream.



**5.30pm**  
**Thursday 31 October**

**Walkerville Town Hall**

For ages 5+

**\$2 per child AND** accompanying adults.

**Bookings:** cocotow.eventbrite.com.au or call 8342 7100 during business hours

## Find your bliss with meditation and yoga



Yoga and meditation enables us to calm the mind, relax the body, and ease away stress and tension. Classes are for adults and conducted by practitioners from the Australian School of Meditation and Yoga.

**Limited mats available, please bring your own.**

Classes held on Tuesdays

**6pm – 7pm**  
**Starting 1 October**

**1855 Room \$5 per class**  
**Bookings:** meditationtow.eventbrite.com.au or call 8342 7100 during business hours





Learn



Laugh



Inspire

## Movie morning: Finding your feet



A feel good movie for adults featuring a stellar cast of British talent including Imedla Stauton, Celia Imrie, Timothy Spall and *AbFab's* Joanna Lumley. *Finding your feet* follows the lives of two very different sisters whose lives are transformed through dance classes. A heart-warming comedy that proves it's never too late to start again.

**FREE 10.30am-12.30pm  
Wednesday 6 November  
Walkerville Town Hall**

**Bookings:** movie-matinee.eventbrite.com.au or call 8342 7100 during business hours



## Walkerville Miniature Christmas Pageant

One of the most popular festive events in the Town of Walkerville. Presented by Peter Golding and a group of volunteers, the pageant is a display of themed miniature pageant floats. Enjoy all the sights and sounds of this unique Christmas experience.

**Gold coin donation**, proceeds to Telethon SA. Supported by Walkerville Council.

10am – 5pm  
Wednesday 13 November  
10am – 5pm  
Thursday 14 November  
10am – 5pm  
Friday 15 November  
10am – 4pm  
Saturday 16 November  
10am – 4pm  
Sunday 17 November



**Walkerville Town Hall**



## 2019 Walkerville Christmas Fair



The magic and excitement of Council's annual Christmas fair is just around the corner.

This year the fair is on a Saturday and we are bringing back the popular free camel and pony rides!

Celebrate Christmas with all the fun of the fair

Loads of FREE family fun including; Wacky Shack, Tinsel the Reindeer, strolling performers, mini golf, free face painting, balloonists, Christmas carols, food stalls, a Christmas market, a licenced bar – and of course...a visit from Santa... and so much more!

Psst! This event is dog friendly!

**FREE entry 11am – 4.30pm  
Saturday 16 November  
Levi Oval  
Harris Road, Vale Park**



**Mondays**

### it's baby bounce

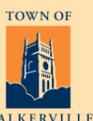
**Baby bounce is songs and rhymes, lots of smiles and special times!**

To keep our 30 minute sessions interactive and focussed on first year development we have capped participation from birth to 18 months. Baby bouncers\* can then graduate to our new Toddler Time.



**Starts 10am Monday  
14 October (term 4)**

**FREE** Pram parking in foyer Walkerville Town Hall  
Excludes public and school holidays  
\*Max 20 babies per session. One ticket per baby. Tix can be collected from concierge 30 mins before session.



**Wednesdays**

### it's toddler time

**Toddler time is learning and fun, lots of giggles for toddlers on the run!**

Toddler Time\* is 30 minutes of stories, songs and rhymes for little ones aged 18 months to 3 years. The focus is on language development and social interaction.

**Starts 10.30am  
Wednesday  
16 October  
(term 4)**



**FREE** Pram parking in foyer Walkerville Library  
Excludes public and school holidays  
\*Max 20 toddlers per session. One session per toddler. Tix can be collected from concierge 30 mins before session.



**Fridays**

### it's storytime

**Sharing stories old and new, a story for me and a story for you!**

Share the gift of reading and stories, includes a craft activity  
Storytime is for 3 to 5 year olds and runs for 30 minutes

**10.30am Fridays**

**FREE** Walkerville Library  
Excludes public and school holidays  
\*Max 15 children per session. One ticket per child. Tix can be collected from concierge 30 mins before session.



Don't forget our ongoing programs: Lego Club 4-5pm last Monday of the month and Tech Tuesdays 10.30am-12pm (tutorials) 12-1pm (drop in) Bookings: 8342 7100