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Volume 25, Number 16

November 28th to December 11th, 2020

PO Box 47, Lobethal Tel. 0419 034 126 Email. editor@alongthegrapevine.com

Woodside Fitness Success Story

An idea that started in 2006 with a community yearning for all-inclusive exercise classes close to home, has blossomed into a successful, not-for-profit fitness program under the management of the Adelaide Hills Swimming Centre Inc. The initial focus of the Active Fitness and Lifestyle Group was to provide affordable, local, non-competitive exercise classes for women. And from these humble beginnings at Woodside's swimming pool nearly 15 years ago, the Fitness Group has really grown. They have roughly 300 members (men and women) and employ eight instructors who provide 25 fitness classes per week, including aqua fitness in summer.

For ten years Jodie Mlikota has managed the program as well as instructing Body Bar, Pilates, and filling in for other classes where necessary. Jodie

Story and photos by Kendrea Rhodes



The Active Fitness and Lifestyle Group's Mens Fitness classes 1 & 2 (foreground) with instructors, Angie and Jodie (right). In the background is the Aqua Zumba women's class with instructor, Denise.

aims to promote all the benefits of being active—not just the obvious physical advantages, but the social and mental-health benefits too. This

idea of holistic wellbeing is embodied in a quote dotted around the Group's facilities

and Jodie's home: You are only one workout away from a good mood.

CONTINUED ON PAGE 3



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Ever been thrown a curveball?

Jesus was thrown many curveballs by the leaders of the day. One day He was asked if He believed it right to pay taxes to the government. In response, He held a gold coin up and pointed out, "Whose portrait is this? And whose inscription?"

"Caesar's," replied

the Pharisees (the religious leaders challenging Him).

Then he said to them, "Give to Caesar what is Caesar's and give to God what is God's." When they heard this, they were amazed. So they left Him and went away. Matthew 22:20-22

Lately, our State leaders instructed us to Lockdown for 3

days. For a lot of us, this meant a stop to work, income, freedom, leisure, socializing and exercising.

However, South Australians obeyed and stayed in their own houses for the designated time.

I don't want to go into the politics of the issue. My point is that our leaders acted swiftly to protect us and our lockdown was halved, and we have returned very quickly to a familiar lifestyle, pre-lockdown.

Life throws us curveballs. In this in-

stance, it was right and good to obey the leaders to stamp out the virus. Jesus encouraged the same obedience. "Give to Caesar's what is Caesar's." We have been blessed with a shortened lockdown and more freedoms again.

God wants to protect us from harm and evil. He doesn't want us to end up eternally condemned to life without Him - which is Hell. God is good, God is light, God is love, God is joy, hope, laughter, peace, freedom, fulfillment and satisfaction,

light. Hell is where all these things are NOT. Hell is dark, no hope, no joy, no love, no peace, dissatisfaction and endless torment. Hell is where God is not.

To save us from this, God sent His only Son Jesus to earth. He was sent to take our punishment, to die instead of us, to take our place on the cross. "For the wages of (our) sin is death (Hell), but the gift of God is eternal life in Christ Jesus." Romans 6:23, brackets mine.

Don't be taken by the biggest curveball of them all and miss the offer of eternal life. God offers it as a gift to you because He loves you and because you matter to Him.

DEADLINE

For next issue, ads & editorial
Tuesday, December 8th, 2020

Paper out: **Saturday, December 12th, 2020**

LOCAL HERITAGE GRANTS

Our district is renowned for its historic architecture and cultural heritage.

We have established a Local Heritage Grant Fund to assist with the conservation of our built heritage.

Applications are now open.

Funding details

- Eligible applications relate to a Local Heritage Place as listed in Council's Development Plan.
- Funding available for conservation works that will improve and enhance the heritage fabric of a place.
- Grants may be used for a specific project (\$2,500 or 50% of the total cost, whichever is less), or to go towards obtaining professional advice from a heritage architect or tradesperson in relation to proposed works (up to \$1,000).

Full details:

ahc.sa.gov.au/council/grants



Woodside Fitness Success Story

CONTINUED FROM PAGE 1

"We all have struggles in our lives, things we have to cope with, and moving helps," Jodie says.

Three years ago, Jodie had major surgery and says fitness really aided her recovery.

"Fitness made me stronger, both physically and mentally," she said.

And it's not just being super-fit, as you might expect a fitness instructor to be, there are stories of group members who have surprised medical professionals with their physical recovery. They put it down to being active, socialising within their community, having a sup-

port network, and a routine.

Jenny has been a member of the Group for over eight years. She attends aqua, cardio and strength, Zumba, Pilates, and yoga.

"Zumba is amazing. It's really fun. Don't be put off anyone can learn, even me!" she said.

The social connections extend throughout many of Jenny's classes, who often go to breakfast or coffee together, before or after class.

"We are so lucky to have this local group," she said.

Jenny recently broke her arm and being in her early 70s,

this may have proven hard going. But due to her flexibility and core strength (attributed to the Active Fitness classes) she was able to get in and out of chairs and her bed, while maintaining her balance and strength.

Two years ago, Jenny coerced her husband, Dave, into attending the men's classes on Monday nights.

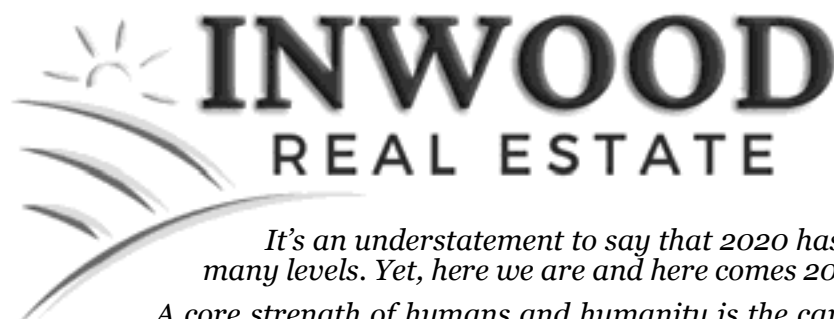
Dave said, "I thought to myself, I am never going to survive this. But I did."

Dave used to work away and didn't know many people, so the Active Fitness Group came as a pleasant surprise. He found like-minded local men

enjoying fitness and having a laugh. The spin-offs from this are a weekly walking group and a monthly counter-dinner at the local pub.

There is something for everyone—seriously, this is a slogan with substance, checkout some of the choices: 6am Bootcamp, gentle walking group, X-Trainer, gentle fitness, yoga (Hatha, Dru), Pilates (chair and floor), Body Bar, aqua fitness, ball fitness, strength and cardio, Zumba and aqua-Zumba, and year-round men's fitness classes on Mondays at the Swimming Centre, with more men's classes coming in the future.

Classes are either at the Swimming Centre in Woodside or the Woodside Uniting Church Hall, Nairne Road. Prices are affordable: casual purchases vary between \$14-\$18 per class, or alternatively, you can purchase an annual membership for \$20 enabling even more cost savings per class. Please visit the website for specific pricing including concessions, timetables and covid-safe guidelines: www.adelaidehillsswimmingcentre.com.au/about-fitness/. You can also contact Jodie Mlikota on 0413 593 316 or email activefitness.woodside@gmail.com.



It's an understatement to say that 2020 has been a roller coaster for so many and on so many levels. Yet, here we are and here comes 2021.

A core strength of humans and humanity is the capacity to adapt and by doing so survive and hopefully thrive. 2020 has asked us all to adapt. It's no different when you own and manage your own business; adapt, engage, appreciate, innovate and work hard.

Inwood Real Estate commenced in the midst of a pandemic and yet within a short 5 month period, achieved close to \$5m in sales.

Being dedicated, available 7 days, focused on communication and embedding smart marketing strategies has seen Inwood Real Estate successfully sell 9 properties with 4 of these properties sold to buyers on my data base, prior to any marketing.

Properties sold in pleasingly short time frames with two properties under offer in less than 48 hours. I sold two properties over \$1M and I am proud to note that the majority of my sales came from word of mouth. "Trust is a must"!

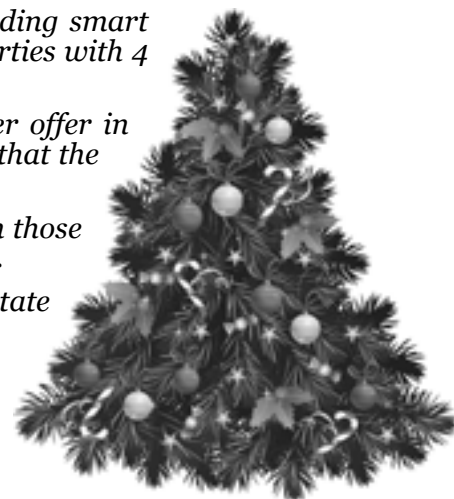
I remain positive for 2021, and particular looking forward to working with those in our community looking to explore the sale of their home and or property.

As always, I remain available over the XMAS break to discuss any real estate needs.

I wish you and your family a positive XMAS full of family, friends and perhaps a little frivolity.

*With regards,
Richard Inwood*

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CE Property Group is passionate about supporting local communities. Throughout the year, they sponsor sports clubs, community groups and local events. The agency also hosts an annual photo competition to seek photographs for the Community Calendar fundraising initiative. This year's winning Calendar Photo Competition entries can be seen in the 2021 Community Calendar.

This year, ALL SALE PROCEEDS will be donated to the CFS to say thank you for keeping our community safe. Buy your copy at our Birdwood office or use our online checkout at cepropertygroup.com.au/buy-a-calendar

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Hills Youth Shine

Nine very proud and accomplished young people planned, facilitated, and celebrated their 2020 Youth Leadership Program graduation at the Woodside Hall recently.

Family and friends couldn't wipe the smiles from their faces as they watched graduates Ashleigh, Jakob, Olivia, Ashantilee, Rylee, Kaia, Zac, Gemma, and RJ proudly receive their certificates from Acting Mayor Nathan Daniell.

"This program is so valuable and now at the end of its second year we continue to develop it and add depth for our young people to step up, have a range of opportunities and remain engaged as mentors," Acting Mayor Daniell said.

"We recognise that we don't know what is best in terms of program opportunities - it is actually our young people who know what support they are looking for.

"So, we looked to provide a program that would support our young people to learn and grow into the future leaders of the Adelaide Hills."

The Adelaide Hills Council Youth Leadership Program (YLP) offers young people aged 15-25 who live, social-



ise, or attend school in the Adelaide Hills district a unique and cost-free opportunity to build transferable professional skills, increase their confidence, and participate in memorable events and activities.

The YLP includes workshops facilitated by industry specialists and special guests focussing on essential leadership skills such as effective communication, goal setting, social media branding, entrepreneurship, public speaking, conflict resolution and negotiation, and event management.

Kaia Smith, 14, was a YLP returning mentor who was keen to support other young people engage with all the workshops, so her peers got as much as possible out of them all.

"I feel so much joy when I see other young

people doing well in the program and so to be back for the second time and supporting them make the most of their opportunity has been really rewarding," Kaia said.

"The event planning workshop was my favourite and to be part of this fabulous team that has brought this graduation event together is a really proud moment."

Zac Lombe, 18, also loved the event planning workshop and is already forging a career in the industry running a youth music festival.

"There was so much useful information - I would really encourage all young people in the Adelaide Hills to get involved and be part of upcoming programs," Zac said.

"Everyone who attends the sessions is

Youth and Recreation Community Development Officer, Mark de Lange, is certainly very proud of the graduates and says it is amazing to see how far they have come from largely being introverted and needing to develop social confidence to putting their graduation event together and successfully speaking in public.

"It has been a unique and challenging year but the conversations we have had along the way in the workshops and meetings shows the level of community awareness and commitment in this group," Mark said.

"Having learnt an abundance of new skills, and with rising confidence, this group of impressive young people will go a long way - congratulations to them all."

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THANK YOU

To our valued customers, we'd like to thank you for your continued support during the Covid-19 shutdown and associated restrictions. Without you, there would be no us! The community support has been tremendous, as we had only just recovered from the bushfires and then Covid 19 hit. Since we opened back in July 2018, we have witnessed Gumeracha Football Club win their first premiership in 35 years and the Gumeracha Netball Club B-Grade win their grand final as well.

During the last 6 months, we gave the interior a fresh coat of paint, restored the terrazzo wall tiles in the front bar, completed the beer garden and kids playground, installed new coolrooms and a beer dispensing system that has given us our coldest beer ever! We also wanted to create some humour in these tough times, so in conjunction with the launch of our home delivery service, GuberEATS, Kim & Shaz have made a couple of appearances on our facebook page. Many thanks to Ben from SABiz Solutions for his filming and editing prowess. Chefs Dave, Shane and our new apprentice Jade have been cooking up a storm, adding pizzas to our list of treats available for dine in and take away. We've been tuning in our new smoker and testing out some dishes on our specials board. Coming soon are our Slow & Smoky menu options which will include American BBQ favourites like smoked Brisket, Beef Ribs, Pulled Pork, Pork Ribs, Chicken & more! Don't forget we're open 12-2pm for Lunch and 5.30-8pm for Dinner 7 Days. Order takeaway or delivery online - simply send GuberEats to Gumeracha Hotel in Messenger and up pops our menu and specials. Give it a try tonight!

See you soon... From Mark, Amanda and family.



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LIONS UPDATE

Firstly, let me make a correction. The equestrian event will be held on December 12th & 13th not November 29th as stated in the last edition.

After cancelling, re-scheduling and cancelling again the Lions Club of Torrens Valley 2nd Happy Paws Fun Dog Show is on tomorrow (Sunday, 29th November) at the 5th Sunday Market Gumeracha!!!! Registrations from 9.30am. Please remember social distancing while attending.

Our Club will also have raffle tickets for sale - 1st prize being a \$500 Bunnings voucher, 2nd prize Hamper worth over

\$200 and 3rd prize is a remote control car valued at \$130. The raffle will be drawn later in the day at the market.

Christmas is only 26 days away, so time to buy your delicious Lions Christmas cakes and puddings (these will also be available at the market). All hands will be on deck as we will also be cooking the bbq and the weather looks like it will be an ideal day to get out and about.

The Club's 5c & 10c drive continues, please keep a look out for our donation boxes and support our Club supporting our local community while also supporting these local businesses.

Mo and Nick Johnson of Burns Road Woodside would like to wish a very Happy Christmas and New Year to all the people who helped us immediately after last year's bushfire and especially the Lobethal and Woodside Lutheran Church who supplied us with meals at a time when I could not think straight to get my head around cooking.

Heartfelt thanks also to those who supplied good hay for our sheep.

It's been a long haul and we've been luckier than most, but we think we've come out on the other side in fair shape.

Wishing you all a peaceful Christmas and an even better 2021!

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One Tree Hill Christmas Market - Saturday December 19th. 8.30am until 1.00pm. One Tree Hill Institute, Blacktop Road. Produce Preserves Plants Crafts Christmas Gifts for all. Enquiries 0457 107 817



CHRISTMAS TWILIGHT MARKET - Wednesday, December 23, 5pm – 9pm. Mt Pleasant Showground www.mpfm.org.au

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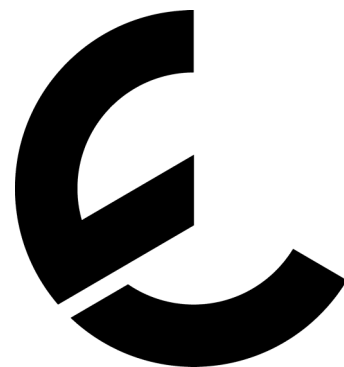


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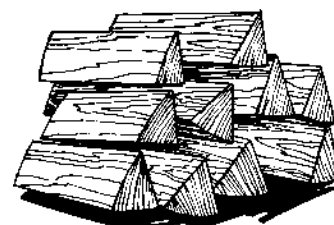


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Image by Tina Zadov

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- * Horse Float & Trailer Brakes
- * Under Car Repairs
- * Clutch Repairs
- * Disc & Drum Machining
- * CV Joint & Shaft Replacement
- * Shock Absorbers, Struts & Coil Overs
- * Re-sleeved Cylinders, bonded Shoes

~ Automotive Batteries NOW AVAILABLE ~

STANDARD PASSENGER VEHICLES, 4WD, RESTORED VEHICLES, HOT RODS, STREET MACHINES, RACE-RALLY AND SPORTS CARS.