



International artist Silvio Apponyi based in the Hills is named artistic director of the Sculpture Symposium 2012



Jaya Schverch currently living in Italy with a studio in the USA may take a fauna theme at the Symposium 2012

## International Public Sculptures for Mt Barker Commissioned for 2012

It was announced at the launch of the Sculpture Symposium 2012 recently that Business Mt Barker will commission one of 3 public sculptures for Mt Barker. Silvio Apponyi, internationally known for his carvings, often depicting endangered species was named the artistic director of this exciting community-initiated event which will take place next year on the 10th-29th April at The Cedars, Hahndorf, home of Sir Hans Heysen.

There will be 5 sculptors from overseas and 2 from Queensland working alongside Silvio and the resulting 8 stone pieces will be installed in towns in the Adelaide Hills and Mt Barker districts. If the symposium takes place biannually, 3 times, the 24 sculptures will not only enrich the experience of living in the Hills, but form the basis of a sculpture trail which will encourage tourism.

*James Sexton, Business Mt Barker said, "This is one of the most exciting opportunities for the CBD of Mt Barker I have seen come across desk. After meeting with Silvio and the group I found their concept for a sculptors symposium amazing. Eight renowned Sculptors will create 8 magnificent works of art at "The Cedars" [Hans Heysen's property] out of massive granite or marble blocks which will become community property. An opportunity to secure rare valuable artworks at affordable prices is rare. To have 3 of these major works of art in the CBD of Mt Barker is fantastic!"*

Barossa Quarries have also offered to supply the artists with stone. Businesses, community groups, residents and supporters of the arts both in the Hills and beyond are encouraged to show their support.

## Lighting up Historic Gawler Street

Did you know there are 63 heritage sites throughout the Mount Barker Shopping Precinct? Business Mount Barker is currently investigating the possibility of lighting up a number of Gawler Street's heritage icons and other significant buildings within the town centre. Also being considered is an expansion of the town's heritage information plaques and the signing of the heritage walk.

What's happening in Mt Barker? We want to know your story. Contact the editor for our next edition of Business Mt Barker E News.

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## Rotator Cuff Rehabilitation at the Wakefield Sports Clinic

Research has shown that conservative rehabilitation is effective in resolving shoulder rotator cuff impingement and avoiding surgery in a significant number of patients.

In those patients, where restoring the strength and flexibility does not resolve symptoms because of persistent subacromial crowding, the outcome from surgery will be improved if a rehabilitation programme has been followed prior to invasive treatment.

EMG research completed at the **Wakefield Sports Clinic** showed that low intensity isometric external rotation with the shoulder in adduction, isolates infraspinatus and reduces the activity of middle deltoid.

The Wakefield Sports Clinic has adapted this research into the **Wakefield Sports Clinic Rotator Cuff Rehabilitation Programme** using low intensity resisted isotonic external rotation with the shoulder held in adduction and emphasizing endurance and technique over strength and power. This is achieved by using light grade theraband and using EMG biofeedback to ensure middle deltoid remains relatively inactive during resisted isotonic external rotation.

This helps maintain good technique and prevents deltoid being recruited when fatigue occurs. Increased repetitions are favoured over increased theraband resistance as the strength and endurance of infraspinatus improves and only if deltoid is not recruited as shown on EMG biofeedback. Shoulder biomechanics can also be normalised with posterior capsule stretching, massage and scapular retraining.

Once rotator cuff external rotation strength and endurance improve and impingement is relieved, then progression to a specific light weights programme can ensue.

**Sports Physiotherapist Michael Woodcock** was Adelaide 36ers physiotherapist for 21 years before his retirement from the team in 2008. He has also worked with National League Soccer and national basketball and volleyball teams. Michael's particular interests are shoulders, jumping injuries, swimming injuries, exercise therapy and acupuncture.

For further information on treatment of shoulder injuries and other sports related problems contact the Wakefield Sports Clinic at 3/22 Walker Street, Mt Barker. Phone 8391 4160 .



## Calendar of Events 2011- 2012

### • MT BARKER CHRISTMAS PAGEANT

3 December with an 11am start departing from Mc Barker Oval to Gawler Street. Go to: [www.mountbarker/pageant.org](http://www.mountbarker/pageant.org)

### • CAROLS IN THE PARK & FIREWORKS

11 December at Keith Stephenson Park, Adelaide Road, Mt Barker. Contact Reverend Laurie Linggood on 83 388847.

### • AUSTRALIA DAY FAMILY FUN DAY 2012

26<sup>th</sup> January @ the Wallis Cinemas & Tavern

### • SCULPTURE SYMPSIUM 2012

10-29 April at the Cedars, Hahndorf

### • JAZZ fest – May @ Mount Barker Town

Centre.

**“LIFESTYLE AT HEART.  
BUSINESS IN MIND.”**

# Assisting Local Businesses

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## Le Cheap Knows Customers Are Creative

Le Cheap, located in the Mt Barker Village Shopping Centre has long been known for its friendly, helpful staff and a wide range of top-value, interesting products. Many regular customers pop in to pick up a greeting card or cleaning items and usually find something else that takes their fancy.

But recent visitors will have noticed that one department in particular has been expanding the range of art and craft accessories and is now a major attraction. Catering for the growing interest among the young and not-so-young who enjoy creating scrapbooks and home-crafted decorations or greeting cards, Barb or Bindi are there to assist with their particular craft needs. "We know our customers are creative and we have a range of items to inspire their talents", said Barb. Bindi added, "It's great when customers bring their original and unique creations back to show what they've done!" So if you're itching to indulge your creative side without spending the earth, drop in to Le Cheap at the Mt Barker Village Shopping Centre. You might be inspired!

## Pizza with a Difference.

Local Keith Thacker first tried Eagle Brothers Pizzas in Queensland and thought that Mt Barker locals would love 'em too. He wasn't wrong. Since opening at the end of May, Eagle Boys have been busy ever since keeping up with the on line orders from locals who appreciate the different dough used in pizzas made on site. The location is different too. Situated at 28 Morphett Street, the building is one of Mt Barker's most iconic buildings, originally a private residence from a bygone era. Pictured below Charlie is one of 25 part timers employed by Eagle Boys Pizza. Phone 83 388847 for delivery.



## Clark Rubber now in Adelaide Hills Homemaker Centre.

No longer do you need to travel to the city or suburbs for your foam, rubber or swimming pool needs— Clark Rubber is here. The new store opened in April with over 600 square metres of retail showroom.

There's rubber on the roll, rubber mats, outdoor umbrellas, above and below ground swimming pools, pool accessories, foam mattresses, overlays, cushions, pillows and much more. Foam cutting is one of their specialities. Visit [www.clarkrubber.com.au](http://www.clarkrubber.com.au) or see Chris and his staff for personalized and professional service.

The **Adelaide Hills Homemaker Centre** is Mt Barker's bulky goods precinct located on Dutton Road. The range includes goods used outside the home such as car parts, swimming pools as well as those of home entertainment, appliances, floor coverings, baby equipment, accessories and homewares.

The Centre offers 12 bulky goods outlets, a café and offices of the Department of Education and Children Services and the District Council of Mt Barker.

The Adelaide Hills Homemaker Centre provides 400 car parking spaces and is open 7 days a week shops visit [www.adelaidehillshomemakercentre.com.au](http://www.adelaidehillshomemakercentre.com.au)

# Lifestyle at Heart. Business in Mind

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## New Look Food/Restaurant Precinct

The management and owners of the **Mount Barker Central shopping centre** are very pleased that Stage 2 of the three stage redevelopment of the Mount Barker Central shopping centre which commenced in 2008 is now complete!

**Cafe Aqua and Georgina's Fine Foods** are now up and trading. **Cherry Blossom, Bubba Pizza and Legacy of India** are all in the process of fitting out their new tenancies and should be up and trading by Spring. Once all of the tenants are up and trading this section of the shopping centre will provide Mount Barker residents with the food / restaurant precinct that they have been missing.

The extended decked car park on Hutchinson Street is also now open to the public.

Construction on the third stage of this multi-staged development is now in progress. The third stage includes approximately 640 sqm of retail space and is scheduled for handover to tenants in September 2011.

Now open **Georgina's Fine Foods**, Shop 52 offers a wide range of gourmet foods you can't get anywhere else in the area with small to large corporate and party platters including antipasto, meat and cheese platters. Phone 8391 4849.

The new stylish **Caffe Aqua** on the corner of Hutchinson and Morphett Streets is open 8 till late for great food, wine and coffee 7 days. [www.caffeaqua.com.au](http://www.caffeaqua.com.au)

## Supporting our local community

**Community CPS** lives up to its name by being heavily involved in the local community. CPA is proud of being a unique financial institution that is built on values of mutuality, integrity and putting members first. Being a supporter of Business Mt Barker e-news is one of the ways that they give back to the local community. Mark Pienaar would like to develop an ongoing relationship with the Mount Barker community and hope that he is able to assist you with your financial success.

Business Mt Barker e-news readers are welcome to contact Mark Pienaar, Manager at the Mount Barker branch, for more information on how they can help you meet your financial needs on 8391 5183 or mobile 0439 963 246. Alternatively, feel free to visit the branch located at Shop 14 Barker Plaza, 12 Morphett Street, Mount Barker.

Mount Barker Regional Town Centre  
Development Association Inc., trading as  
Business Mount Barker

