



Cherry Chatter

Incorporated by the Cherry Gardens Community Association Inc.

KIDS AFL FOOTY THRIVING IN THE COMMUNITY!

Wednesday nights are a hub of activity at the Ironbank Cherry Gardens Football club with an increase of kids joining to play over recent months. The club has gone from having one Under 9 team and a handful of Auskick participants last year to now fielding an Under 8 and Under 10 team, as well as over doubling the number of kids doing Auskick. It's fantastic to see the oval full of kids training and enjoying their footy on a Wednesday night under lights.

The year started with a fun 'kick and catch' training session which was a great chance for everyone to reconnect after the off season, with many kids bringing a friend keen to share the great the club they played for. Fast forward a couple months, and word of mouth quickly spread about the club's positive vibe and all-inclusive culture but mainly, the fact that it's a truly family friendly and community based club.

We have a great mix of boys and girls of all ages and skill levels with many of the kids living locally, but we're now also seeing many kids joining from surrounding suburbs as people realise that Ironbank and Cherry Gardens isn't that far away (as we already know).



Club footy is a great chance for kids to make new friends and interact with others outside of their normal school or social groups and seeing them grow their skills and confidence whilst being part of a team and broader community is really what it's all about.

Training and Auskick is on Wednesday nights and games are played on Friday nights at various Hill's

based locations. Friday nights are generally a big hit with busy families as it keeps the weekends free for other activities plus it's a great social night out catching up with others while watching the kids play.

We're currently halfway through the 2022 season however we're keen to hear from anyone who is interested in knowing more about our junior footy program so if you're new to the area, have or know of any kids aged 5 through to 11 who would love to play for our great footy club, then please contact Kerry Hughes on 0419 979 575 or Matt Deed on 0439 814 390. We're happy to answer any queries you might have and will gladly add you to our contact list to ensure you're across all the preparation details for the 2023 season. Otherwise you'll generally find us at the footy club on a Thursday night enjoying a \$14 schnitzel so come along as everyone's welcome.

Kerry Hughes

RECREATION GROUND

A few reminders for the people that use the Rec Ground for exercising dogs. Please remember that it is a community facility and not owned by the council. Our community owns the place and volunteers look after it. Our volunteers do not appreciate having to pick up your dog's poo. We supply dog poo bags and bins so please watch your dogs and if they poo **PICK IT UP!**



PLEASE PICK UP YOUR DOG POO!

Our footy players (including the kids who play Auskick and Moddies) do not appreciate your dog's poo on their playing field. Please pick it up.

2022 CHERRY CHATTER COMMITTEE

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PLEASE NOTE OUR NEW EMAIL

ADDRESS IS:

cherrychatternews@gmail.com

Articles for Cherry Chatter must be received by email to cherrychatternews@gmail.com by 5th of each month – WITHOUT EXCEPTION. Please provide in a WORD document (no spacing format) and .JPEG picture files to assist us with editing.

PLEASE TAKE NOTE

Opinions and articles printed in the Cherry Chatter are not necessarily shared by the members of the Cherry Chatter Committee.

NOTE – The Cherry Chatter Committee will not approve any controversial article for publishing unless the name and address of the author is supplied.



Please 'Like' us on Facebook

<https://www.facebook.com/92CherryChatter>

CHERRY GARDENS RAINFALL REPORT MAY 2022

Rainfall for May 2022	132.4 mm
Rainfall for May 2021	65.6
Average rainfall for May	115.7
Rainfall to the end of May 2022	219.6
Rainfall to the end of May 2021	229.4
Average rainfall to the end of May	282.6
Number days of rain for May 2022	19
Number days of rain for May 2021	11

JUSTICE OF THE PEACE

Cherry Gardens: Michael (Mike) Deare
Mobile **TEXT ONLY** on 0458 642 321
Coromandel East: Baldev Singh Dhaliwal – Ph 82707267
Mob 0411 113 331
Mrs Vicki Hayman Ph 0405 015 411
Blackwood: Darren of Kruse Legal Ph 82781779
Office of Sam Duluk MP Ph 82785844
JP Services are available Mon–Fri 9-5

JP's work at no charge, so please CALL FIRST to book an appointment.

HALL NEWS

CHERRY GARDENS

MEMORIAL HALL FOR HIRE

Available for hire for all functions,
meetings & social occasions
Very reasonable rates
For bookings and more information
phone 0414 824 110

Full kitchen facilities available



The Hall Committee is very happy to welcome 2 new members.

Mariana Ricci recently moved to Cherry Gardens, and has taken on the role of Secretary. At the time of writing Mariana is preparing for a 4 week overseas trip, and we wish her well and look forward to her return.

Peter Frith has also joined the Committee. Peter is well known to the Cherry Gardens community, and we look forward to his input into the running of the Hall.

Why not "Like Us" on Facebook to keep up to date with coming events

www.facebook.com/cherrygardens/



At last some good news for our wildlife!

During the past 30 years rescuing, rehabilitating and releasing over 13,000 injured and orphaned native animals and birds, there has been an ever increasing volume of creatures debilitated by cat attack. So much so that by 2021 it had reached an unsustainable 1 in 3 rescues received daily that had been traumatised or were dying as a result of cat predation. That's when I drew a line in the sand and dedicated my time to educating community members and advocating for the wildlife's welfare. I made a deposition to Council to support cat containment. A petition was circulated to advocate cat containment 24/7. Over 3,000 signatures were collected (plus another 2,500 online) that were

submitted to Parliament by Susan Close MP. Many Councils have realised the importance of containing cats this year and have introduced bylaws to enforce cat containment, cat curfews, micro chipping and cat desexing (free in the City of Onkaparinga Council). "Home is where your cat lives"! being the Adelaide Hills Council's signage.

I am thrilled to let you know that due to these changes in 2022 there has been a dramatic drop in the number of rescued wildlife coming in as a result of cat attack. These actions have made a difference. We have seen an increase in vulnerable wildlife sightings and admissions requiring rehabilitation in our intensive care unit in preparation for rerelease. This has included several Western Pygmy Possums ranging from 4 grams to 15 grams, found at Cape Jervois, Meningie and Finnis. They were all found in unsuitable lodgings, from letterboxes, grape bins and picnic lunch boxes! All were rehabilitated and re-released into suitable habitats with interconnected vegetation and loads of nectar producing plants.



Young bandicoots have been raised from 45 grams and returned to their families. Echidnas have been stabilised then released into beautiful bushlands away from vehicles at Bellevue Heights. Bassian Thrush that hit a window in Bradbury and Cunningham Skink stuck in a window at Aberfoyle Park, have been stabilized after trauma and released into their closest endemic scrublands. Black faced Cuckoo Shrike nestlings have been raised and returned successfully to their parents at Upper Sturt. All with the assistance of community members to monitor their progress. A young Boobook Owl chick was raised at Minton Farm until flying well enough to go home to their waiting family at Eden Hills Primary School. (a beautiful, rewarding experience!)

The kilometres travelled, and the hours invested to raise a ball of fluff into a strong, healthy fledgling Nankeen kestrel, Yellow Tail Black Cockatoo, tawny Frogmouth, Sacred King Fischer, Kookaburra, Barn Owl, Bronze wing Pigeon, Eastern bearded Dragon, Sleepy Lizard, Grey Fantail, Grey Shrike Thrush, Pardalote, or Peregrine Falcon, to name a few this year, are reward enough just to see them flourish in their world again.



We can offer advice with all wildlife enquires and provide support for you. Call Bev on 0422 938 439 or Glenn on 8270 1169. Happy to assist where we can. www.mintonfarm.org

POPPY BLANKET FOR THE CHERRY GARDENS MEMORIAL HALL



We are looking for some locals who can help us knit or crochet some poppies so we can prepare a Poppy Blanket for the front of the Memorial Hall. This will be an ongoing project so please continue to make them so we can achieve our goal, if not this year, then by Anzac Day 2023.

Please check out the link on the Cherry Chatter website at www.cherry chatter.org.au for some sample poppy patterns.

Any help you can offer would be welcome. You can contact Bev Watton on 0400 019 640 for more info or to volunteer.

CHERRY GARDENS CFS

If you would like more information or a visit to the station, please contact Nola (0407 370 002) or Bill (0433 656 803).



This month we are hosting (at the station) a training weekend for new CFS firefighter recruits from

surrounding areas. The course is known as Basic Firefighting 1 and formalizes the previous training conducted at various home brigades. It covers items such as personal safety, CFS operational procedures, fire-fighting skills and scenarios, radio operation and communications on the fire ground. After completing this course, candidates are able to respond and become part of a crew during incidents – a great milestone in the journey of a CFS volunteer. It's good to see renewal and we wish all attending the best. Hopefully it's the start of a long and satisfying career in the CFS for these volunteers. Cherry Gardens is currently looking for new members, so please come in and see us any Monday night during training and have a chat.

An issue that has been raised in the Adelaide media recently is the increasing number of rubbish truck fires across the metro in the past 18 months. It has been found that discarded lithium batteries are the reason for this occurring. The batteries, which typically power electronic devices such as smartphones, tablets, and laptops, are at risk of exploding in flames when crushed in the compactor. Both Blackwood and Belair CFS have recently been responded to such events.



When a fire breaks out inside a truck, one course of action is to dump the load onto the ground before the truck becomes fully involved – this of course gives us a huge problem. If a rubbish truck dumps its load in our response zone with dry grass on days of moderate to strong winds, the incident could take off pretty quickly (granted in the depths of a wet winter not such an issue, but a very different situation in summer). Also add the real threat of major and lengthy local road closures while the situation is cleaned up.

Please do not dispose of any batteries, lithium ion or otherwise, in the garbage. Many places like supermarkets, hardware stores and council depots now recycle these items.

CFS COMMUNICATIONS TEAM

As you may be aware, the Sturt CFS Group, comprising Belair, Blackwood, Coromandel Valley, Eden Hills and Cherry Gardens Brigades, is supported by Communications Teams at Cherry Gardens and Belair.

The teams take week about providing communications support for incidents involving Sturt Group trucks.

The team at Cherry Gardens would welcome anyone who may be interested in joining, and would be happy to spend some time with you to see if it is something you would like to pursue.

Being part of the Communications Team does not involve attending incidents, but involves being the communications link between the CFS truck/s and Adelaide Fire (MFS based in the city). We have a roster system which would only require being on duty one day a fortnight, and in most cases can be done from home with radios supplied. Full training will be provided, and backup is always available.

If you would like more information or a visit to the station, please contact Nola (0407 370 002) or Bill (0433 656 803).

CHERRY GARDENS GARDEN CLUB

Contact Ray Wise – President 0405273003 or 8383-6011, Jan Ball – Secretary 0432550274

CHERRY GARDENS GARDEN CLUB

Meetings are held in the Cherry Gardens Uniting Church meeting room at 7.30pm on the second Monday of the month unless it is a public holiday when we go to the third Monday. We meet from February to November.

NEXT MEETING

July 12th - Tips and Tricks - each member will present a gardening tip or trick they employ in their garden

GEORGE'S GARDENING SUGGESTIONS FOR JULY 2022

- Check your ornamental trees for shape, crossed branches and suckers, now is a good time for a tidy-up
- Prune both fruiting and ornamental grapevines as well as wisterias
- Cut down tree dahlias to near ground level.
- Divide clivias and agapanthus.
- Remove saucers from outside pot plants and elevate them to provide good drainage during the wetter conditions.
- Dead-head camellias and cyclamens to promote continuous flowering.
- Liquid feed polyanthus, pansies, poppies and other spring flowering plants.
- Fertilise spring flowering bulbs on a regular basis.
- Spray broadleaf weeds in lawns with MCPA, but leave soursobs until they are flowering (by then they should have used most of the stored energy in their bulbs)

Living where we do, our guest speaker Dale Thompson covered probably the most important topic we've ever heard! Dale represented the Sturt CFS Group response area covering Mount Lofty Ranges Fire Ban District which is bordered by Brownhill in the North, Upper Sturt in the East, Sturt Gorge Recreation Park and Flinders University to the West and Dorset Vale to the South.

The most important thing to know and do is **to prepare ahead of time**. It was very interesting, how very important it is to be prepared for bushfires throughout the hills. Preparation for such an emergency is **vital**, including hazard reduction and the removal of unwanted vegetation on your property. You should consider having fire hoses, an up-to-date fire evacuation plan should you have to leave, a survival kit and what it would contain (including water, food, clothing, pets, important documents etc).

On the ABC a lawyer recommended that, as you may be out when a bushfire impacts your property, or for some reason be unable to gather your documents in time, to make sure you have **certified, up to date copies** of all important, or irreplaceable paperwork safely stored in the city somewhere. Starting from scratch, when you are in a traumatized state, you may take weeks of memory prodding even to remember what you had, and then to work out what it is you need - leave alone the frustrating phone calls!

Monitor conditions. Leave if necessary. Only stay if well prepared.

Be familiar ahead of time which route to take when leaving, keeping in mind **the wind direction** and leave early enough **as there could be road blocks**.

Heat, wind speed, direction and high fuel loads all combine to make extreme conditions. On days of severe fire danger, it is almost impossible to control a fire when the above conditions are present.

Make a Bushfire emergency evacuation management plan **NOW**. **Clean up your property**.

Heat + Wind Speed + Fuel Load + Slope = Bad Fire Behavior and Fire Suppression

The only factor out these, that we can affect is **FUEL LOAD – Reduce, Remove, Relocate**

Dale explained the fire danger ratings and the appropriate response from property holders for each level

Low – Moderate - High - Very High – Severe - Extreme - Catastrophic

AND highlighted the vicinities of the **Safer Precincts** and **Bushfire Last Resort Refuges**.

We heard of the most commonly held Myths:

Belief: We haven't had a Bushfire in Ages

Fact: The more time between bushfires the greater the risk

Belief: I'll just leave when I see smoke.

Fact: If you see smoke your exit may be blocked

Belief: No need to do anything until the CFS warns me.

Fact: Bushfires spread faster than warnings

Belief: There'll be a CFS Truck to save my home.

Fact: You may be on your own - Why risk it?

There are 5 Stations in the Sturt CFS Group equipped with Trucks: (CAFS = Compressed Air Foam System)
Belair, Sheoak Avenue: 4WD Pumper, 2WD Pumper and 10,000 Litre Tanker

Blackwood, Gorse Avenue: 4WD Pumper, 4WD CAFS Pumper and 2WD Rescue Appliance

Cherry Gardens, Cherry Gardens Rd: 4WD Pumper, 4WD Rural and 11,000 Litre CAFS Tanker

Coromandel Valley, Ackland Hill Rd: 4WD Pumper, 4WD Rural

Eden Hills, Shepherds Hill Rd: 2WD Pumper, 4WD Rural, 4WD Small CAFS

There are no paid staff but 62 committed volunteers.

Our Club (Cherry Gardens Garden Club) was successful in being awarded a 2022 Small Equipment Grant from the Onkaparinga City Council for the purchase of a new laptop, projector (and stand) and multifunction printer (scanner and copier). With funds matched by the club (Cherry Gardens Garden Club) we have been able to update our computerware which will be of benefit not only to the club but also the community.

The comparative rainfall reports showed us just how dry the ground was at end May, 2022 compared to prior years!

The plant auction and supper were enjoyed by all.

OVER THE STABLE DOOR with Hamish



Greetings Fellow Equines and Horse Owners!

Well the rain has finally come and the paddocks are sodden. Too wet to ride or do very much outdoors in this weather.

Perhaps a time to reflect on the quality of our horses' lives and how that could be improved.

Some of the things that our equine friends need include:
FOOD - remember we have evolved to continually eat. We produce gastric juices constantly, so when there is no food in the gut, there is a potential for gastric ulcers. It doesn't have to be fancy food, in fact preferably not, because then we won't eat it all too quickly!

MOVEMENT - we have also evolved to be on the move, to forage and seek water. Free ranging includes around 16 hours a day and can cover 20,30 or even 40km. When this need is restricted, we develop coping mechanisms called stereotypes such as crib biting, fence walking, weaving and wind sucking or even self-mutilation.

STIMULATION - this can include mental challenges such as being exposed to novel places and objects. We do like routine, because it makes us feel safe, but we also need to get used to things changing. It will make us more predictable when we leave home and get out and about.

TRAINING - good ground training helps to keep horses and handlers safe. Good ground manners can predict how your horse will behave under saddle. Knowing how to address this in hand will empower the owner/trainer to cope with undesirable behaviour under saddle. It also helps to build that horse/human bond which we all desire.

SHELTER - we all need some kind of shelter in extreme weather conditions. It can be man-made or natural. It can be as simple as a copse of trees, a valley, a stable or a two sided shelter. Shelter can provide shade and cool, a windbreak or undercover parking! In fact, as I speak I am taking shelter in my breezeway from the rain (getting soft in my old age!)

SAFETY - this includes horse safe fencing (check on a regular basis for repairs) and clean paddocks. Clean actually means free from weeds, wire, rabbit holes, boggy areas, broken glass or any other sharp objects such as rocks or tin. Also small branches are a common cause of leg injuries. They can inflict a small puncture wound which is not always easy to see, but can become infected very easily (a good reason for that tetanus vax). So a regular patrol around any treed area to pick up branches is a good maintenance strategy.

FRIENDS - lastly, but by no means least, we need friends. We are a social animal, used to being in a herd. A human owner can be a bit of a substitute, but it is not the best one. We need friends to play with, sleep with and to - groom. Horses love to groom each other. Mainly because they not only enjoy it, but it will lower their heart rate by up to 10 beats per minute. This is something which the owner/rider can hijack under saddle when they want to reward their horse or help him or her feel more relaxed or as a reward. These things all combine to make us feel safe, relaxed and secure.

Plenty to think about for the well-being of your neddies!
Happy munching and safe riding, Hamish.

FRIENDS OF SCOTT CREEK CONSERVATION PARK



Anyone wanting to find out more or help us with our restoration work, or simply wanting more information about the Friends of Scott Creek CP, can contact us on info@friendsofscottcreekcp.org.au or visit our website www.friendsofscottcreekcp.org.au. You can also follow us on our Facebook page www.facebook.com/friendsofscottcreekcp where

you will find up to date information about our activities, including photos of the park's diverse flora and fauna.

CHERRY CHURCH

Cherry Gardens Church
87 Hicks Hills Road,
Cherry Gardens
Services held on Sundays
at 9.30am – and all are
welcome



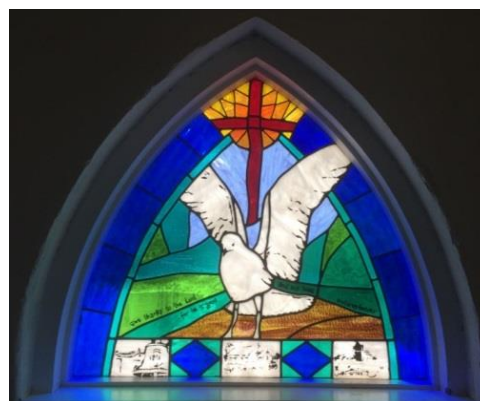
One of the features of the famous cathedrals in Europe are their stained-glass windows. Perhaps you have admired the huge rose windows of Notre Dame in Paris, or windows in other cathedrals, abbeys and churches overseas and in Australia.

The Cherry Gardens Uniting Church has two 'stained glass' windows, although nothing like the scale of the cathedrals, of course.

There is a memorial window to honour those from this district who gave their life in the First World War. (There is as well an Honour Board, listing those from this district who served in WW1.)



There is also a window which celebrates key themes of the Christian faith, and in addition celebrates briefly the history of this church.



If you would like to have a look at these windows (and the Roll of Honour), we meet for worship every Sunday at 9.30am and you would be most welcome to join us

then. If that time does not suit you, please contact someone from the church and we would be happy to open the building for you at a time convenient to you.

HAPPY BIRTHDAY



GEOFF EATON – THALASSA WARD COUNCILLOR - JUNE 2022 NEWSLETTER

Local Government Elections

2022 has been the year of elections. First it was the State Government elections, followed by the Federal Government elections and now we are getting ready for the Local Government elections that will be held in November.

In the lead up to the upcoming council election the City of Onkaparinga will be running a promotional campaign in conjunction with the Local Government Association to raise awareness of the elections and encourage participation.

Rotary Club of Flagstaff Hill

From the two Election BBQ's held at Bunnings the Rotary Club of Flagstaff Hill (RCFH) wish to donate all proceeds towards a 100,000 litre Fire Water Tank at Cherry Gardens so that the CFS have ready access to fire water as there are Rotary club of Flagstaff Hill have been extremely busy over the running two election BBQ's and a current issues with the mains water supply as experienced in the January 2021 Fire. Seven other Rotary clubs are helping with this important community project. The RCFH wish to thank the generosity of the Flagstaff Hill community and thank Flagstaff Hill Primary Administration for allowing them to use the school facilities.

Over the past several years the RCFH have been involved with growing 600 plants a year for Trees for Life. The seventh focus area of Rotary is caring for the Environment and Trees for Life are a very important part of our club's response.

Clarendon Museum

The Clarendon Museum holds an open day at the Clarendon Historic Hall, Grants Gully Road, Clarendon on the last Sunday of each month between 1.00 and 4.00 pm. It is a great location to attend with a group of enthusiastic volunteers. So if you would like to immerse yourself in some local history then please visit.

National Trust Coromandel Valley and Districts Morning Tea

The next morning tea to be held at the Watchman House, Main Road, Coromandel Valley will be Saturday 4 June at 9.00 am so if you are driving past drop in and enjoy the atmosphere and buy some of their tasty marmalade. These morning teas are held on the first Saturday of the month, so please put them in your calendar as it is a great opportunity to catch-up socially with other residents. If you miss this Saturday's morning tea then try and get along to the one being held on Saturday 2 July.

Disclaimer

The views expressed in this article are my own and do not necessarily reflect those of Council.

Geoff Eaton, Councillor

Thalassa Ward, City of Onkaparinga

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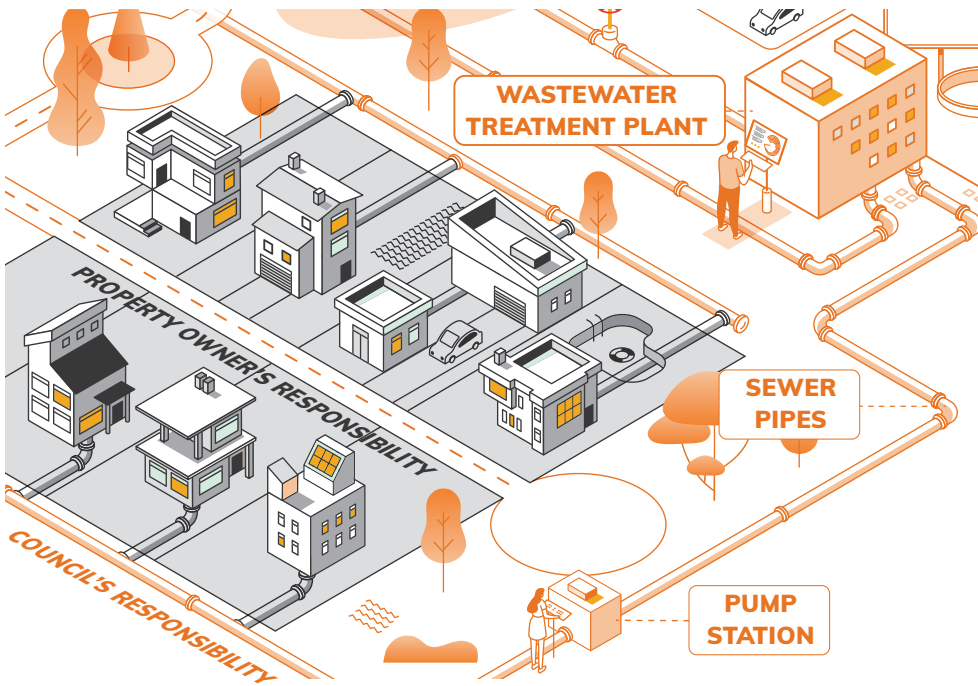
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6 X 6cm	\$85
6 X 12cm	\$160
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12 X 12cm	\$320
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Onkaparinga Now



“Divestment can mean several things – sale of assets, lease of assets, joint or part ownership, joint or part operation, or a combination of these approaches depending on the offers presented through the Request for Proposals process.

“This process will highlight whether the assets can be further optimised, either through divestment or a different management model.”

A requirement of the RFP process was the need for applicants to demonstrate how they intend to effectively manage service delivery and capital improvements, while maintaining competitive pricing for customers.

Other criteria set by council include risk, environmental and water security considerations. Any final recommendation to Council will involve those requirements being fully satisfied.

Investigation into possible divestment of the assets commenced in 2018. Following the current round of community engagement, a report will be presented to Council in August 2022. If divestment is approved, the process will proceed to commercial alignment and due diligence.

If the elected members do not approve, the divestment process will cease. Council will then work to identify what investments are needed to ensure that these can continue to provide services our communities need into the future. Further communications will be provided to residents explaining the outcome and the next steps.

If the elected members do approve, the divestment process will cease. Council will then commence addressing matters identified as part of the strategic review to ensure we continue to provide services our communities need into the future.

Head to [council's Your Say page](#) for more details including frequently asked questions and fact sheets, and to complete the 10-15 minute survey until Wednesday 13 July.

Have your say on the future of Onkaparinga's water assets

All residents and businesses in the City of Onkaparinga are being asked to provide their feedback on the future of the region's water assets.

Community engagement is open until Wednesday 13 July, with information and surveys available online at council's Your Say page, or in print at council offices and libraries.

Drop-in sessions will be held at Noarlunga, Woodcroft, McLaren Vale and Clarendon in June and July where you can find out more.

The assets include a Community Wastewater Management Scheme (CWMS), serving 4500 households without access to SA Water's wastewater network, and the Water Business Unit (WBU), focused on the provision of recycled water for irrigation of public spaces.

Proposals have been received from interested parties for the possible divestment of the assets and the council's Strategic Directions Committee has now approved the next round of community engagement to seek feedback.

“No decision to divest the assets has yet been made by Council, but we want to hear from everyone – those that are directly served by these assets, and all residents across our city,” said acting CEO Julia Grant.

7 ways for winter fun and fitness

Don't let this burst of wild and woolly weather force you into winter hibernation!



There are a range of fun ways to keep active and healthy (and warm) in the City of Onkaparinga right now for all ages.

Whether you're looking to swim laps, play team sports, keep the kids active and entertained, get in the gym, exercise outdoors, pound the pavement or learn a new skill such as skateboarding or Muay Thai, council's programs have you covered.

Check out the list of seven ways to keep active and healthy below and choose the options that suit you to realise your winter fitness goals.

1. Visit the Noarlunga Aquatic Centre

Noarlunga Aquatic Centre offers a variety of activities such as leisure and lap swimming, and fun swims that include the use of the crazy race inflatable and Tarzan rope.

Swimming lessons are offered six days a week for babies to adults of all abilities. Aqua babies—a semi-structured sensory play session—is the latest program.

There's also a poolside sauna and spa for when you need to unwind and recover.

The centre includes a fully equipped gym with qualified instructors to support you through your journey.

For those that want variety and support, there is a wide selection of group fitness classes to select from that includes aqua aerobics, Les Mills, freestyle classes and specific 50+ classes such as Strength for Life.

2. Head to your local recreation centre

There's a wealth of options to stay active in winter by visiting one of City of Onkaparinga's **recreation centres**.

The **Noarlunga Recreation Centre** currently supports a number of activities including female and mixed netball, male and mixed basketball, roller-skating, boxing, darts league and roller derby.

The **Aldinga Recreation Centre** currently comprises of one court and a fully equipped health club, with group fitness facilities.

The **Seaford Recreation Centre** comprises three courts, a fully equipped gym, a group fitness room and crèche.

3. Play a round at Willunga Golf Course

Golf is a great way to keep your steps up, and thankfully Onkaparinga has the **Willunga Golf Course**—set among historic gum trees and a meandering creek with superb views of the vines and hills—on its doorstep.

The course features 18 challenging holes with lush tree-lined fairways and expansive grass greens, and it's available to the public any time except Saturdays before 1pm.

Online memberships are now available.

4. Join an outdoor exercise session

Outfit Onkaparinga (pictured) offers free outdoor group exercise sessions with a personal trainer for adults of all ages.

Operating each weekday, current sessions are located at Christie Downs, Moana, Christies Beach, Flagstaff Hill and Maslin Beach and all commence at 9.30am.

Outfit Onkaparinga is part of council's **Healthy Active Lifestyles Onkaparinga** (HALO) program, which is designed to help the community to 'Find your 30' minutes of moderate-to-intense physical activity each day.

5. Beat your PB with a weekly five-kilometre parkrun (or walk)

parkrun is a free timed 5km community group run, jog or walk at Christies Beach, Aldinga Beach, Reynella East, Moana and Shiraz Trail (McLaren Vale) at 8am every Saturday morning.

It's suitable for all ages, is supported by volunteers, and forms part of council's **HALO program** offerings.

6. Join your local Heart Foundation Walking group

Heart Foundation Walking is a free community initiative that uses local volunteer walk organisers to lead small groups of people on walks in the local area.

Walks are scheduled on a regular basis and are conducted in a fun, supportive and social atmosphere. Heart Foundation Walking forms part of council's **HALO program** offerings.

7. Aged 6-16? Join Roger Rasheed Sports Foundation's free sport and recreation programs

The **Roger Rasheed Sports Foundation** is collaborating with the City of Onkaparinga to provide free sport and active recreation programs for the local community.

The program's focused at Niipu-niipu Wama/Morton Park in Christie Downs and the programs are open to anyone aged six-to-16.

There are three programs every week after school, with school holidays featuring a number of programs, as well as a community event held annually.



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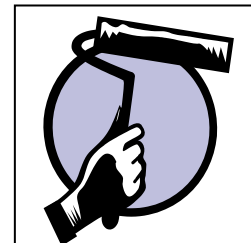
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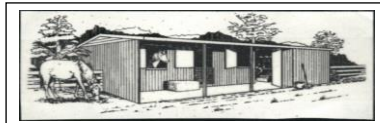


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