



Cherry Chatter

Incorporated by the Cherry Gardens Community Association Inc.

Letter to the Editor



More than 15,000 young people have graduated with improved wellbeing,

resilience and mental health since Somerton Park-based youth charity Youth Opportunities launched in 1997. Now, with young people facing increasing and unprecedented pressures and uncertainty, the charity is looking to the future— scaling their efforts to support the next generation.

During September, local not-for-profit Youth Opportunities is celebrating it's 25th birthday.

At a time when young people are doing it tough – a Mission Australia report last year found young people reported mental health as the top barrier to achieving their study and work goals – Youth Opportunities' preventative evidence-based Personal Leadership programs are working.

Each 10-week program supports Year 10 state school students to take positive control of their lives, impacting not only them, but also their families, school, workplaces, and the wider community. Programs focus on each young person's self-worth, self-image, positive communication skills, motivation for school, enterprise skills, and goal-setting – engaging and extending their knowledge and skills in areas not typically part of their school curriculum, but crucially important for life.

It is the combination of program content, a supportive adult learning environment, group discussions, one to one coaching, along with the action's students take in their lives, that create genuine sustainable positive change. And it works! Youth Opportunities' most recent measures show the true impact of their work – a reduction of nearly one third in the number of students at high risk of developing a mental health disorder following training. And 88% reporting they improved self-image; 92% report higher confidence and 93% are

taking more responsibility for making things happen in their lives.

As well as their core programs, Youth Opportunities also provides two years follow up and engagement to all program graduates; webinars and workshops for parents, caregivers and teachers on how best to support their young people; they provide financial scholarships to young people facing substantial financial barriers to achieving their school or career goals, and partners with many community organisations and businesses in the youth sector to deliver leadership, mental health and wellbeing literacy outcomes.



All images are of our program participants who have consented to share their photos in the promotion of Youth Opportunities

Their wraparound approach ensures all young people, no matter their circumstances, are given every opportunity to not only cope, but thrive.

Youth Opportunities are committed to supporting more young people across our community to live their best lives, and help support them to overcome barriers to their future success. But, as a not-for-profit organisation, with limited government funding, it relies heavily on the generosity of supporters and donors from the community to reach those young people who need it most. For more info, or if you would like to donate \$25 for their 25th birthday (or any amount!) please go to www.youthopportunities.com.au/

"Before undertaking this program, I felt lost. I had no motivation or organisation skills; I had no future direction and I didn't know myself. I was indecisive and utterly lost. Youth Opportunities has given me an opportunity to find my way" - YO program graduate

"If young people are resilient, healthy, and happy, they are more likely to have a growth mindset, be open to new ideas, and explore the boundaries of their abilities. It is these qualities that we see develop in the graduates of the Youth Opportunities program and, in turn, these qualities will become their habits" - Principal

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 AUGUST 2022

Rainfall for August 2022	160.6 mm
Rainfall for August 2021	96.4
Average rainfall for August	117.8

Rainfall to the end of August 2022	662.4
Rainfall to the end of August 2021	701.6
Average rainfall to the end of August	659.9

Number days of rain for August 2022	23
Number days of rain for August 2021	18

HALL NEWS

CHERRY GARDENS

MEMORIAL HALL FOR HIRE

Available for hire for all functions, meetings & social occasions

Very reasonable rates

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Full kitchen facilities available



SPRING FEAST

Advance notice
CHERRY GARDENS SPRING FEAST 2022
Sunday 13th Nov 12 noon - 4pm
Cherry Gardens Memorial Hall
An afternoon of great food and local family fun
Adults \$35, Children \$15 : Caterer, Texas Bull, BYO drinks
Purchase tickets through Trybooking.com.au
Bookings close Friday 5th Nov

The Spring Feast is in the planning stages, and we can now confirm the date will be November 13th, between 12noon and 4pm.

The function will be a ticketed event, offering steak, prawns and salad. Adult tickets are \$35, and we will have a kids menu for \$15. Tickets are available for purchase at Trybooking.com, search for "Cherry Gardens Spring Feast".

As we need to confirm numbers with our caterer, Texas Bull, bookings will close on Friday 5th November. The

event will be BYO drinks, so remember to get some ice for the esky. It should be an afternoon of great food and local family fun.

We will put out the A Frames as a reminder. Hope to see you there.

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

www.facebook.com/cherrygardens/

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

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JP Services are available Mon–Fri 9-5

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



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

CHERRY GARDENS CFS

If you would like more information or a visit to the station, please contact Lawrie Linggood on 0400 285 697.



It has been another routine month for the Brigade, with no major incidents in the Cherry Gardens area. As always, our radio operators in the Support Group have been as busy as ever maintaining communications for the wider CFS Brigades. Like most organisations we have been dealing with absent people due Covid and Influenza but have managed to maintain numbers to effectively crew and support any task if needed.

Changes are being made to the fire danger rating system from September 2022. This new system will take a national approach and seeks to simplify the current different systems used in Australia, some of which are more than half a century old.

The updated fire danger rating will have four levels instead of six

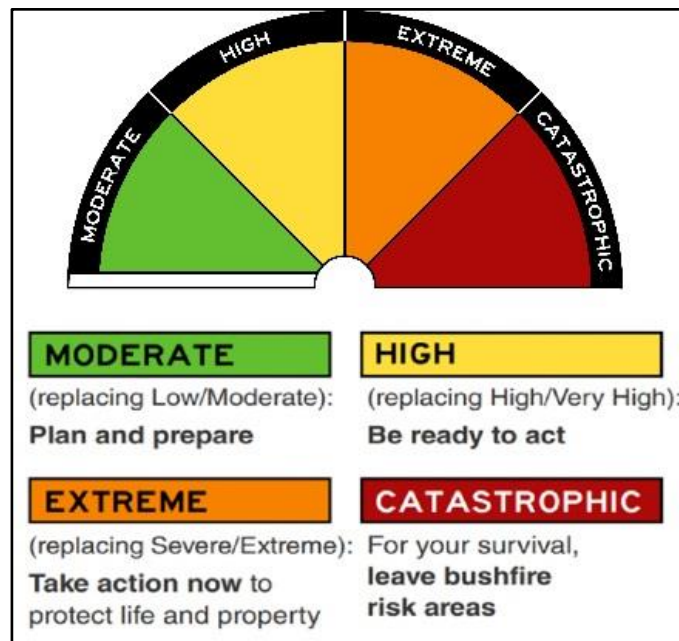
The system will use the current best science to inform the fire danger rating on any given day

Signs across the country will be uniform

This will provide the community with clearer and more consistent messaging about the fire danger in their area on any given day and make it easier for firefighters to understand how a fire might behave if one breaks out.

The Fire Danger Rating is an indicator of how dangerous a bushfire could be if it did occur. It is not a predictor of how likely a bushfire is to occur. It should be used as an early indicator to trigger your plans. The new system and signage is shown below.

Colour coding is as follows ; Moderate – Green, High- yellow, Extreme- Amber, Catastrophic- Red



CHERRY GARDENS GARDEN CLUB

Contact Darryl Parslow – President 0408 847 293

djparslow@bigpond.com

Jan Ball – Secretary 0432550274

NEXT MEETING - Monday 10th October Peter Mews will talk on bees in your garden.

GEORGE'S GARDENING SUGGESTIONS FOR OCTOBER 2022

- Fruit trees are popular again and gardeners that are keen to achieve a quality harvest will need to fertilise with a good organic product, reduce competition from weeds, mulch well, water on a regular basis and maybe even thin the fruit now to improve the size of the fruit.
- Herbs are easy to grow and can be very successfully grown in pots with the advantage of having them in a sunny position close to your back door. Basil, mint, coriander, chives, parsley and thyme are always popular.

- With warming weather and moist conditions it is possible fungal diseases will become a problem, black-spot on roses can be reduced by applying a simple and cheap spray of 1 part milk to 10 parts water. Aphids will likely appear about now and can be squirted off with a hose, soon natural predators will move in and deal with them. Feed your roses with organic rose food which contains plenty of potash to keep them healthy and producing great blooms.
- Now is the time for planting out cold sensitive citrus, passionfruit, and hibiscus.
- Plant out your main crops of summer vegetables.
- Feed sweet corn fortnightly with a liquid fertiliser to maintain rapid growth, and water regularly to achieve plump, full, cobs.
- If you have a worm farm, be sure to protect it from sunshine as most of them are black in colour and can get quite hot inside which is not good for the worms. Worms will process more food this time of the year.
- Keep your tomato plants up off the ground and only water them with drip irrigation to avoid rot and fungal attack.

OVER THE STABLE DOOR with Hamish



Greetings Fellow Equines and Horse Owners!

Getting into spring now with more hours of sunshine, more sweet grass, more energy and shedding of coats. Living in the hills can be a tricky time for horse

owners, no matter what the breed of horse. The rapid rise of sugars in the new grasses is extremely dangerous for the horse who has ad lib access to this. As with most things, problems with the horse will show up in the feet, and overeating on grass is one of them. You may recall I have mentioned founder or laminitis before, but good horse management is about keeping an eye on the condition of the horse. In spring, a horse may only need to be on new green grass for a couple hours and the damage is done. Times when the horse is most at risk are basically from sunup to sundown, when the sugars are rising. If you do need to let your horse out to graze, then overnight is safer. Signs of the onset of laminitis will show in a reluctance to move (the feet are very painful). Also the horse may be standing with the front feet slightly forward (this takes the weight off the foot, easing some pressure). Heat is usually felt in the hooves, but not always. Also a digital pulse may be felt just to the side and below the fetlock. In a healthy horse this is difficult to find, but with laminitis it is usually more obvious. Immediately remove the horse from the

pasture. Call your vet if not sure what to do. Roughage is an essential part of a horse's diet (roughly 80%). So he or she needs to be fed mostly on clean good quality meadow hay. To make it even safer, the hay can be soaked to remove even more sugar. The longer it is soaked, the less sugar remains. Soak for at least one hour, maybe two. Then hang for half to one hour and feed. Some horses will not be too keen on this diet, but they usually adjust over a day or so. Do not feed any molasses or carrots during this time. Consultation with the vet and farrier can help address the issue of keeping your equine comfortable. The condition can last for months or up to a year. Gentle hoof trimming, medication and hoof pads can all be of assistance. Every horse is different and will be affected differently. Unfortunately once a horse has foundered, the likelihood of a reoccurrence is greater.

Preventative measures can be simple things like ensuring that your horse is kept reasonably fit, staggering access to green pasture and keeping that 80% of roughage in the diet. Also that daily check can make the difference between laminitis or laminitis free. The old horseman's saying 'no 'oof no 'orse' still stands true. I am pleased (and proud) to report that this winter my weight has kept well below 500kg. Looking forward to some warmer weather and pleasant riding!

Hamish

**FRIENDS OF SCOTT CREEK
CONSERVATION PARK**



Vale Don Reid

It is with great sadness that we share the passing of Friends of Scott Creek Conservation Park foundation member Don Reid at Mary Potter Hospice on 26th August 2022. Don will be deeply missed by his many friends in the group. He established and ran our long-running bird banding project from 1993 until only recently passing the reins over to his apprentice, and was also a regular to our bushcare and planting days. Don was a source of strength and optimism for many of us. A legend in his own time.



A rare pair—Don at bird banding with a nationally vulnerable Bassian Thrush.

Website receives a fresh new look



Friends of Scott Creek Conservation Park

Home About The Park Support the Park Calendar Contact

Latest News

Welcome back to the Park! Its been over a year since the bushfire in January 2021. The fire-affected section is open! You are able to enjoy walking along its peaceful tracks and seeing the Park recover.



Please care for the Park's flora and fauna inhabitants by keeping to the tracks, and especially no dogs are allowed.

Alerts from National Parks and Wildlife SA

If you would like to help the Park recover and thrive, please visit [Information About Volunteering or Donate](#). Or find out more about bushfire recovery activities in our newsletter [Bandicoot Tails](#).



Welcome

The Friends of Scott Creek Conservation Park (FoSCCP or the Friends) are a diverse group of volunteers who have been protecting and restoring the natural wonders of Scott Creek Conservation Park for over 30 years. The Park is a significant conservation area in the Mount Lofty Ranges and is home to many threatened species.

Visit [About us](#) to see more about the Friends group. We warmly welcome new Friends and you can find out more about getting involved [here](#).

Details of our events and working bees can be found in the [Calendar](#) or in our regular newsletter [Bandicoot Tails](#).

Bandicoot Tails newsletter



With a generous donation from Stirling Market, we have been able to give our website a fresh new look. Please have a look and explore and discover:

- The natural wonders of the park from bandicoots, rare orchids and a rich birdlife.
- The Bandicoot Tails archive with issues going back to 1995!
- The Friend's walking trail map for downloading or, new in 2022, you can buy our detailed contour map too!
- How the Friend's work in the park is helping nature to thrive, even after the 2021 bushfire.
- How you can be part of supporting the park by joining Bushcare activities or being part of regular bird banding to see the park's birds up close.

Anyone wanting to learn more about what we do and how you can 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.

October

Tue	4	Bushcare
Sun	9	Bushcare
Sat, Sun	15, 16	Bird banding
Sat	22	Bushcare
Sat, Sun	29, 30	Bird banding

CHERRY CHURCH



Cherry Gardens Uniting Church

87 Hicks Hills Road, Cherry Gardens

Services held on Sundays at 9.30am – all are welcome

Many people in our community have been looking forward to the arrival of Spring. We've had enough of the cold and dark and wet of Winter. Perhaps you are already enjoying that little bit of extra warmth, and some of the beauty of nature that comes with the season. Spring really is a season of new life, of new beginnings. We see bulbs blooming. We see animals and birds with their young. We see previously dormant trees shooting and budding.

On the other hand, in recent years, we have seen the stark reality of what it means to be living in a world where the climate is changing. Just this year, we have seen extreme flooding in NSW, record heat waves in Europe and the UK, and tragic bushfires in France, Spain, Greece and the US - and many more such events. During the first month of Spring, many Christian congregations around the world make a special point of celebrating the wonders and delights of creation, and also of committing afresh to do what they can to protect and care for God's precious creation.

Whether we live 'on the land' as our occupation, or on a small farm to supplement our income, or on a 'suburban-sized' house block, we can all do our little bit to care for our planet.

An African proverb says: 'The earth is not ours; it is a treasure we hold in trust for our children and grandchildren.'

Another saying (origin unknown) states: 'We do not inherit the earth from our ancestors; we borrow it from our children.'

A prayer

Help us, God, to honour you in our hearts, and to honour you also in the way that we care day by day for this planet that you have placed in our trust.

Amen.

A LETTER TO THE EDITOR

Why drink Aloe Vera?

Get the juicy benefits

A cold pressed formula gives you essential vitamins, minerals, enzymes, amino acids, antioxidants and unique polysaccharides with every dose.

Immune support & function

Aloe Vera contains polysaccharides, (biological sugars) and saccharides, (naturally occurring sugars). Research

indicates that these active compounds are closely linked to healthy immune function.

High in essential vitamins

Contains vitamins a, b1, b2, b6, b12, c and e, folic acid, niacin, biotin and inositol that each work to support immunity and maintain good health

High in minerals

Contains 13 minerals each with their own unique benefits including sodium, potassium, calcium, magnesium, manganese, copper, zinc, chromium and iron.

Contains essential polysaccharides, enzymes & amino acids

Reported to contain over 200 enzymes, amino acids and polysaccharides only found in active Aloe Vera - which are potent building blocks in the body's immune system defence.

Therapeutic relief

Aloe Vera is known to assist many common ailments because of its anti-bacterial and anti-inflammatory properties. These include ulcers, psoriasis, dermatitis, acne, minor burns, scrapes and skin irritations.

Anti-inflammatory properties

Contains natural synthesizers known to inhibit inflammation and support joint and muscle mobility.

Aids healthy digestion

Aloe Vera has natural detox properties helping improve protein absorption, bowel health and regularity.

Regulates weight & energy levels

Taken regularly, Aloe Vera cleanses the digestive system improving gastrointestinal function and regulating energy.

Healthy skin & anti-ageing properties

The nutritional content in Aloe Vera stimulates the skin's fibroblasts which produce collagen and elastin helping reduce the signs of ageing.

Dental health & hygiene

The natural anti-bacterial and anti-inflammatory properties of Aloe Vera may also assist health of teeth and gums.

The Australian Therapeutic Goods Administration (TGA) confirms that a daily dose of Aloe Juice can:

- Support immune system health
- Help supports healthy cholesterol
- Help maintain healthy blood sugar (glucose)
- Can provide relief from the symptoms of medically diagnosed irritable bowel syndrome
- Support cardiovascular system health
- Help increase good bacteria in the digestive system
- Can reduce free radicals in the body

- Relieve inflammation
- Assist your natural detoxification process
- Help support a healthy colon function
- Improve skin elasticity and support skin structure



Editors note:

Aloe Vera is manufactured in Australia by a company, Inner Leaf. If you would like any further information, please feel free to contact Kerry on 0427388755.

Kerry is a distributor and if any readers are interested then mention the Cherry Chatter and receive a discount on the first bottle. A bottle can last up to 28 days.

HAPPY BIRTHDAY



PLEASE CONSIDER ADVERTISING YOUR BUSINESS IN THE CHERRY CHATTER.

Pricing as follows for one year (11 editions)

6 X 6cm	\$85
6 X 12cm	\$160
6 X 18cm	\$230
12 X 12cm	\$320
12 X 18cm	\$500

Onkaparinga Now



ONKAPARINGA RIVER (NGANGKIPARINGKA)

Onkaparinga announces its first Reconciliation Action Plan

The City of Onkaparinga announced the launch of its first Reconciliation Action Plan (RAP) in August.

The Reconciliation Action Plan (Reflect) 2022–24 is an important step in strengthening relations between First Nations people and non-Indigenous people in the region.

The council worked closely with its First Nations People Advisory Group, Neporendi Aboriginal Forum Inc, Reconciliation SA and Reconciliation Australia to develop the plan.

The RAP aligns with Reconciliation Australia’s National Framework, which

has four stages of reconciliation: reflect, innovate, stretch and elevate.

In this initial Reflect RAP, the council will build mutual relationships, grow cultural understanding, and develop a clear vision for reconciliation in the region.

The plan includes a range of actions such as diversifying the council’s supplier base so more services and products come from First Nations suppliers, building the foundations to increase and support First Peoples’ employment in the council,

and delivering cultural training to council staff.

The council’s First Nations People Advisory Group was established in April 2021 to facilitate greater Kaurna involvement in council decision-making.

The council will progress to an Innovate RAP in 2024 to go deeper into its reconciliation journey.

MORE INFORMATION
onkaparinganow.com



- make a difference -

COUNCIL ELECTIONS 2022

VOTE

Before 5pm on Thursday 10 November 2022

www.onkaparingacity.com

CITY OF ONKAPARINGA

Ballot papers will be delivered to your address mid October.

Authorised by Julia Grant, Acting CEO, City of Onkaparinga, Ramsay Place, Noarlunga Centre 5168.

- a council -
PART
- of you -
EVERY
DAY.



Council extends climate commitments in new plan

The City of Onkaparinga has a new ambitious plan to tackle climate change over the next five years.

The Climate Change Response Plan 2022–27 formalises 79 initiatives to reduce the council’s climate impact and build community resilience. It has five overarching goals, with actions attached to each:

Climate-smart neighbourhoods
19 initiatives, including mapping urban heat and tree canopies.

Climate-ready communities
Six initiatives, including delivering free sustainability workshops and building a regional network of community-led emergency resilience groups.

Climate-resilient natural areas
14 initiatives, including developing a coastal adaptation plan and undertaking a study to increase biodiversity linkages.

Low carbon transition
23 initiatives, including installing solar on key council buildings and buying electric vehicles when council vehicles need replacing.

Climate risk reduction
17 initiatives, including decreasing the council’s fuel load to reduce bushfire risk and assessing stormwater capacity and flood risk in Onkaparinga’s eight creek catchments.

Many of the actions have multiple benefits. Solar energy reduces carbon emissions and energy costs. Planting trees cools the environment and increases biodiversity.

The plan reflects the Onkaparinga community’s concerns about climate change, and its widespread commitment to climate action.



MORE INFORMATION
onkaparinganow.com



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Rebekha Sharkie MP

Federal Member for Mayo

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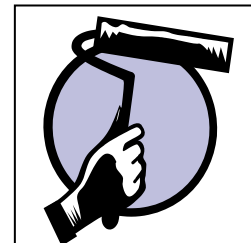
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