



Cherry Chatter

Incorporated by the Cherry Gardens Community Association Inc.

IT'S ALL IN THE GENES!

A Story from Chronic Illness to Wellness

I write because I'm so much healthier in my 70's than at 40, and feel for others who, like me, have an inexplicable malady and may be "eating" themselves sick!

Three years after migrating to Australia I developed asthma. A whiff of perfume, shampoo, car fumes or disinfectant could reduce me to a gasping, wheezing desperado. 10 years later I suffered undiagnosed Ross River Virus which lingered until I was eventually diagnosed in 1993 as suffering from CFS (Chronic Fatigue Syndrome) and later, Fibromyalgia.

Complete rest whilst sitting at my very ill father's bedside overseas for a few weeks helped. A pattern emerged - whatever I contracted seemed severe. Unusual physical activity left me excessively sore; I gave up horse riding. Stiff necks from my work computer were the bane of my life. Tennis elbow from knitting and crocheting curtailed my hobbies. Intermittent debilitating muscular and joint pain, brain fog and lack of sustained energy were my constant foes. Frequent physiotherapy enabled me to working. My asthma worsened. Yearly pneumonia qualified me for free vaccines. Bedridden, during several spells of bronchitis every year, I eventually became allergic to frequently needed antibiotics. This all lead to COPD (Chronic Obstructive Pulmonary Disorder - Lung Disease). I tested negative to an enzyme deficiency but developed unsightly Rosacea and uncomfortable dry eyes. I'd never smoked, worked, nor lived in a polluted environment.

The lung specialist remarked "I guess you can no longer walk up inclines?" "I could NEVER give up the pleasure of walking Cherry Garden Hills in the early morning" I responded. "Good, don't give up. Keep your lung function up" he replied. Which I did. Rheumatologists, Specialist Physicians, Lung Specialists are all expensive and difficult to get into, all to no avail - they had no answer! I am forever grateful for their efforts to help me and the many discounted, or free consultations.

Then I had to revert to Panadol Osteo and cease non-steroidal anti-inflammatories for pain and fatigue which are contraindicated when taking high blood pressure medication.

By 2015 I was really desperate, having become allergic to yet another antibiotic, and had to cancel an overseas family visit when two doctors advised my asthma was too severe and my lungs so oversensitive and twitchy that the dry airconditioned airplane cabin full of other folks' germs, could endanger my life. I purchased a nebuliser and ramped up my asthma regime learning with dread I could become reliant on oxygen. Lumps the size of a pigeon's egg developed on various joints and at one stage I was advised not to use my right arm for three months, because it caused a very painful lump on my sternoclavicular joint to swell to golf ball size. One orthopedic surgeon recommended removing the joint completely. A new Rheumatologist told me I was so inflamed in every way that Methotrixate was a reasonable option. Frightened, I could not agree; as a substitute he suggested three triple strength Blackmores Fish Oil capsules per day.

One Sunday, at conclusion, the minister invited the sick for prayer. I had never done such a thing and had never heard such an invitation at that church, nor have since. It came to my mind that I had unsuccessfully spent so much time and money trying to find the cause of these symptoms to no avail. What a hypocrite to sit there when this could be an opportunity to give God, who I believe is all powerful, a go.

CHERRY GARDENS COMMUNITY ASSOCIATION AGM

Tuesday 5th of March, 2024

Commencing at 7pm at the Cherry Gardens Memorial Hall.

All are welcome. BYO drinks.

An elder prayed "Dear God please help Kath to be well so she can help care for her grandchildren and elderly relative effectively".

Nothing spectacular happened but, two weeks later, while vacuuming my lounge I, as usual, ran out of energy. An ABC radio guest speaker – a local Doctor – was summing up, stating that 25% of Fibromyalgia patients tested carried the celiac gene, on the strength of which she recommended they meticulously avoid Wheat, Barley, Oats and Rye. After three weeks most were symptom free. I knew I would only successfully exclude gluten, (which is such a wonderful beloved food), with scientific proof.



A cross match gene test confirmed I carry the celiac gene. With medical proof I avoided all gluten, waking three weeks later free of pain. Five years later I marvel at being not only pain free, but breathing normally, active, wearing perfume, tolerating chemical smells, no Panadol Osteo for chronic pain. After three years I hadn't had one bout of bronchitis, and colds became mild and short lived! One day a new doctor in our practice offered me, along with all their COPD suffering patients, the opportunity to take part in a trial at the QEH to insert valves into their lungs preventing emphysema development. I remarked my asthma seemed to have disappeared. "One doesn't suddenly get over COPD" said the doctor and sent me anyway. Lung Function results read "No sign of inflammation". I was incredulous. A link to the inflammation from the gluten slowly dawned on me. My long-term Tynte Street lung specialist confirmed my lungs seemed normal, but because of Covid, hesitated until the end of 2022 to cancel both preventers and relievers. I believe God answered my prayer and sent me these answers.

Sharing food with others in a social environment is core to our socializing. It's so disappointing when a laden supper table lacks gluten free food options. Having researched the modifications and enhancements made to Australian wheat since WWII, I never waver from my exclusion of gluten, taking rice crackers, or a packet of gluten free biscuits to share. Thankfully some folk think of making a gluten free plate of goodies. I wonder which of my poor grandchildren might carry the celiac gene and suffer as I did. Thankfully I am healthier and more

energetic now than I was in all those years between 40 to 68! The other morning I joyfully ran a couple of blocks with my dog to catch up to my walking partners.

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 attached .JPG picture files to assist us with editing.

Letters to the editor can be submitted via our email address below.

2023 CHERRY CHATTER COMMITTEE

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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>

ANZAC DAY SERVICE Thursday APRIL 25th 2024

The Anzac Day service will again be held at the Soldier's Memorial on Cherry Gardens Road this year.

The Cherry Gardens Community Association is delighted to be hosting the Anzac Day Breakfast at the Cherry Gardens Memorial Hall after the Anzac Day service at the Memorial for the first time since COVID.

The service will commence at 8.30 a.m. and afterwards, we will make our way on foot to the Hall where the traditional breakfast of Toad in the Hole and sausages will be served for a \$2 donation per person. There will also be gluten free options for those who require it.

Coffee, tea and port will be available as well as a variety of fruit juices.

ATTENTION COMMUNITY GROUPS

For those community groups in the district who might need financial assistance for any small projects, please email your request to cherrychatternews@gmail.com so we can assess any applications at our AGM.



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

You can follow us on our Facebook page.

<https://www.facebook.com/mintonfarmanimalrescuecentre>

CHERRY GARDENS RAINFALL DECEMBER 2023

Rainfall for December 2023	90.8 mm
Rainfall for December 2022	18.2
Average rainfall for December	40.1
Rainfall to the end of Dec 2023	982.3
Rainfall to the end of Dec 2022	1030.2
Average rainfall to the end December	920.4
Number days of rain for Dec 2023	11
Number days of rain for Dec 2022	6

CHERRY GARDENS RAINFALL JANUARY 2024

Rainfall for January 2024	67.6 mm
Rainfall for January 2023	28.6
Average rainfall for January	28.6
Rainfall to the end of January 2024	67.6
Rainfall to the end of January 2023	28.6
Average rainfall to the end January	28.6
Number days of rain for January 2024	7
Number days of rain for January 2023	4

NEWS FLASH! NEWS FLASH!

If you wish to receive your copy of the Cherry Chatter newsletter by email instead of a hard copy, please go to our website www.cherrychatter.org.au and click on the BE NOTIFIED tab, fill out the information required, and you will be notified by email when the latest newsletter has been published.

Also, if you fill in your address details, we can deliver a sticker to put on your letterbox requesting that you don't wish to receive a hard copy.

CHERRY GARDENS MEMORIAL HALL

CHERRY GARDENS MEMORIAL HALL FOR HIRE

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

Full kitchen facilities available



UPDATE ON YOUR HALL

In recent editions we have been writing about some of the improvements at the hall, including the recent installation of air conditioning and solar panels, and we felt it might be helpful to document them all in the one place.

These are the things that have happened just over the last few of years...

- The original roof has been replaced.
- The old refrigerator in the kitchen has been replaced with 2 new smaller units – same capacity, more efficient.
- Ceiling panels in the front meeting room have been replaced with brighter panels.
- The hall floor has been re-sanded and resurfaced.
- Fencing has been installed across the front to provide greater security for youngsters.
- A cut-out of an Australian soldier has been placed on the eastern wall, and the ADF "Rising Sun" at the front. Both are illuminated at night.
- All lighting in the hall has been upgraded to LED.
- A 35 square metre storage room has been added at the rear of the hall.
- Reverse cycle air conditioning has been installed.
- Solar panels have been installed.

We plan to undertake some painting projects soon. Our hard-working voluntary committee is justifiably proud of the improvements over the years, and it has resulted in much greater use of the hall.

If you are having a function, please consider the hall as your local venue. The hall has crockery, cutlery, glassware, a cooktop, ovens, pie warmer, fridges and urns.

Call Terry on 0414 824 110 to check availability.

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

Blackwood: Darren of Kruse Legal Ph 82781779

JP Services are available Mon–Fri 9-5

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

CHERRY CHURCH



Cherry Gardens

Uniting Church

87 Hicks Hill Road,

Cherry Gardens

Services held on

Sundays at 9.30 am – all

are welcome.

Did you make any New Year resolutions this year? If you did, how are they going?

Now that we are a couple of months into the new year, we are starting to get back into routines, another year. January 1st is now long gone with its loud optimism - dare we suggest 'shallow' optimism?

According to some internet sites I have seen (and what greater authority could there be?!), the 2nd Friday of January is known as 'Quitters Day'. Researchers suggest that by 2 weeks into January, many people have given up on their New Year resolutions, perhaps because they couldn't maintain the discipline, perhaps because they have lost interest, perhaps because of external factors that have forced their hand.

As we get back into routines, it's easy to come to the point where we assume that 2024 will just be more of the same, perhaps nothing new after all, not really a 'new' year at all.

In the Bible we read that God doesn't change, that 'Jesus is the same yesterday and today and forever'. And yet, on the other hand, we can rest assured that God's 'good news' is not stale, not 'tired', not grown dull, not 'old hat'. Rather God's love, God's grace, God's offer of

forgiveness, God's offer of life to the full, is fresh for a new year, fresh every year, every day.

Here's a suggestion: in 2024, resolve to spend some time reading the Bible, especially some of the parts about Jesus. Do you sometimes wonder what God is really like? Jesus shows us. When you read about Jesus and see what he is like, that is what God is like. Love and grace and hope fresh for this year, fresh every year, every day.

And for Christians specifically, God's call is equally clear, fresh for a new year. A call to reach out to other people, sharing this good news about God's love, and also looking to support others in practical ways whenever we can. A call to be a servant people in this 'new year'.

Worth considering, perhaps?

Summary of the 72 Hour Community Action Plan Workshop, Hahndorf Saturday, 25 November 2023

In November we were fortunate to attend the half-day 72 Hour Community Action Plan Workshop at Hahndorf.

Here is a short summary of this outstanding workshop that focused on the first 72 hours of every community disaster. (The full workshop recordings and other materials, being prepared by the Adelaide Hills Council, will soon be available via web links.)

The two speakers for the workshop were:

- Adam Weinart from Lobethal SA and
- Chris Cotton from Charleston SA.

Adam Weinert was the person who coordinated the recovery efforts after the Cudlee Creek-Lobethal bushfire. With his military background as a retired lieutenant-colonel, Adam was able to formulate plans and appoint community members to the roles needed in the immediate aftermath of the disaster.

Adam gave valuable insights into the key tasks needed and challenges in community recovery.

One of the big challenges was that the town had no contact with the outside world for 3 days following the fires because the phone/internet towers were destroyed.

Another huge challenge was to counter disinformation rumours circulating, so verifying facts became extremely important.

What Adam highlighted was the enormous community spirit that kicked in once the community could see a way forward out of the trauma of this disaster. Adam focused on the need for empowering the community.

Chris Cotton, a personal friend and fellow RSL Member of Adam's, spoke next. Chris had long debriefs with Adam and they distilled the key points for a disaster recovery that Chris and team are now implementing in the Charleston community. This includes setting up internet communications, generators and other assets in advance of a disaster that will assist in disaster recovery. The Charleston community worked closely with govt and council to obtain funding for these assets.

Adam's experience in the Lobethal disaster recovery along with Chris's work in Charleston could help us develop plans in the event of a disaster in our community.

Chris has offered to come and share his experience with the Cherry Gardens-Ironbank community. See details below regarding Chris Cotton's upcoming talk, to be held at the Blackwood Golf Club. Finally, we give credit to the dedicated group of local volunteers who have met together for over 18 months here in Cherry Gardens. With support from Onkaparinga Council and Red Cross, their aim is to create connections and build resources for disaster recovery.

Trevor & Margy Pillar

CONNECT/RECOVER CHERRY GARDENS IRONBANK

The following meeting is planned to foster community engagement in recovery actions for the 72 hours following a disaster.

DATE: Wed 6th March 2024

TIME: 7pm

LOCATION: The Blackwood Golf Club - 611 Cherry Gardens Rd, Cherry Gardens. The Club has kindly offered to provide guest's first drink 'on the house'.

PRESENTER: Chris Cotton ASM, FAC Para, Intensive Care Paramedic, Regional Team Leader.

AIM: Chris Cotton will share his extensive experience in disaster recovery and there will be time for much discussion. The meeting is open to all and will cultivate wider discussion to help build resources for a 72-hour recovery window immediately following a disaster.

CHERRY GARDENS CFS

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



This will be a special year for the Cherry Gardens CFS Brigade as November 2024 will see us celebrating our 90th birthday. This will be quite a community achievement and we believe we are the fourth oldest brigade in the State. Many of you and your families have been members or supporters over the years and must have many stories and memories. We will keep everyone updated during the year, but it will be a definite cause to celebrate!

The CFS website has comprehensive information on "What can/can't you do" during the Fire Danger season, which for us in the Mt Lofty area runs through until 30 April 2024 (although this could be extended if fire conditions have not moderated by then) This is a good resource, and we would encourage everyone to be familiar with these restrictions. It also refers to what is allowable on Total Fire Ban Days.

As an example,

Can I use a gas or electric BBQ or cooking appliance?

In the Fire Danger Season?

Yes – Providing the barbecue/cooking appliance is clear of all flammable vegetation to a distance of at least 4 metres, a person who is able to control the fire is present at the site of the fire until it is extinguished, and an appropriate extinguisher is at hand.

On a Total Fire Ban Day?

Yes -A gas or electric barbecue or cooking appliance can be used within **15 metres of a domestic or commercial premises** providing appliance is clear of all flammable vegetation to a distance of at least 4 metres, a person who is able to control the fire is present at the site of the fire until it is extinguished, and an appropriate extinguisher is at hand.

It is important to note on a Total Fire Ban Day - **A solid fuel burning kettle barbecue** (one that uses fuel such as wood, charcoal or heat beads) cannot be used unless you get a [Schedule 10 Permit](#) from your local council. These permits are generally only issued for emergency purposes.

For more information on bushfire preparedness, fire bans, what's allowed/not allowed and incident information, visit www.cfs.sa.gov.au

GREEN ADELAIDE LANDSCAPE

Hello Cherry Chatter reader.

I'd like to introduce myself as your go to Green Adelaide Landscape Officer working across your district with land managers, providing advice on native vegetation, sustainable land management and pest plant and animal control.



Julie Schofield with bluebell creeper, showing how it can take over native vegetation.

What does that look like in your area? We can provide advice and information about managing declared weeds on your property, including working with you to develop a management plan to tackle the weeds and improve native vegetation.

This year we have 2 free workshops planned within the region on the removal of bluebell creeper and the removal of olives.

The bluebell creeper workshop will be held on 16 March and will cover basic weed control strategies, different techniques for removing bluebell creeper, and information about safe chemical handling, If you would like to register a spot in this workshop or have any questions about native plants and animals or pest plant and animal management, please contact me at Julie.schofield@sa.gov.au or on 0407885837.

I look forward to working with you in the future.
Julie Schofield



www.blackwoodgolf.com.au

Get into Golf at Blackwood

For more information, please contact the office on 8388 2313. Blackwood Golf Club is open daily for lunch between 12.00 – 2.00pm and very much welcomes visitors. Bookings are recommended.

See more news of what our club has to offer in our advertisement at the back of your newsletter.

CHERRY GARDENS GARDEN CLUB



Garden Club Nights are held on the second Monday of each month (except Public Holidays) from February to November, at the Uniting Church Hall, Hicks Hill Road, Cherry Gardens at 7.30 pm. Visitors welcome.

President – Jan Ball 0432 550 274

Secretary – Robyn Mew 0423 265 032

GEORGE'S GARDENING SUGGESTIONS FOR MARCH 2024

- Buy your spring flowering bulbs now to have the best range – they will be available till mid-May but choice will dwindle as time goes on.
- Plant garlic cloves now 15cm apart and 2-5cm deep with point DOWN – home grown is full of flavour.
- Feed leafy veg with liquid fertiliser every 7-10 days to keep them growing strongly.
- Ripen green tomatoes in a warm spot (windowsill is ideal)
- Clear out Summer veg to make way for new plantings of winter veg- dig in compost and aged animal manure.
- Cover broccoli, cabbage, cauliflower and kale with fine white mesh to keep cabbage white butterfly away.
- Lift and divide spring flowering perennials including hostas, shasta daisy and bergenia.
- Sow sweet peas on St Patrick's Day (March 17th)

- Dead head roses to keep autumn flowers coming.
- As soon as the weather cools prune back tired shabby growth from herbaceous shrubs such as pelargoniums and salvias.
- Break up congested clumps of herbs including oregano, marjoram, and lemon balm then pot up or plant out.
- Rejuvenate indoor plants by taking them outside and spraying all of their leaves (or put them in the rain) fertilise by standing them in a large container of liquid feed and give them a good soak then returning inside.
- Plant annuals for Winter colour while there is still warmth in the soil – pansies, violas, cinerarias, poppies, snapdragons, primulas, and stocks – they may need protection from snails and increasingly these days rabbits!

OVER THE STABLE DOOR with Hamish



Greetings Fellow Equines and Horse Owners!

Hope everyone has had a safe and enjoyable festive break. The weather, although variable, has been suitable for riding (in between showers!). Some would call it Queensland weather, warm and steamy. The grasses have not been drying out as they usually do this time of year (more on this later).

If you have been lucky enough to be out there riding, there are a few safety factors to take into consideration. The usual common-sense ones include wearing easily visible clothing for rider and horse if possible. An Australian standards approved safety helmet, whether at home or on the road or even on the beach. If you are riding away from home, then having a halter and lead rope on underneath the bridle could come in handy if you need to dismount somewhere and tie up. These days most people carry a phone on their person. If you are riding alone or away from home it is a small matter to let a close friend or relative know where you are riding, when you are leaving and when you expect to be back home. Importantly, let that person know when you do arrive back home or are finished riding, so they know you are safe. Horses by nature are a herd animal, so are generally more relaxed when they have company, so if you have a riding companion that could be a safer option. It is generally acknowledged that horse riding is highly dangerous, so by taking some simple safety precautions they could potentially save yours or someone else's life. Similar to doing up your seat belt really. Now, back to the weather. Being the chubby person that I am, my owners have always tried to be on top of my weight and activity. However, this summer, partly due to

me having Cushings and combined with the weather conditions, I now have laminitis. Not a good year for me, losing my best mate in the storm last year and now this. The laminitis has affected all four of my feet, with rotation in all four as well (showed up in x-rays). I am not a happy Chappy just now. At the onset, my heart rate, which is normally 32 bpm, raced up to 64 bpm. There was a digital pulse in all four legs as well. Laminitis is an awful condition and very painful, so if as an owner you 'suspect' your horse may be foundering, err on the side of caution and lock him up immediately. Consult with your vet if unsure what to do. At present I am confined to a yard and being fed on soaked hay at intervals during the day. So for the present, it is day by day, but I'm not happy. Years ago, owners would starve their horse to alleviate the condition, but we now know that a horse needs to eat at least 18 or so hours a day or risk ulcers. So the safer way to go is to feed as low quality forage as possible. and no chocolate (ie. molasses, carrots etc)! Once I am over this critical stage, I may be able to have some little walks. I will tell my owners when I'm ready.

There are many different ways to cope with this condition, such as hoof boots, padding, hosing, poulticing, anti inflammatories etc. as always be guided by veterinary advice.

Yours tenderly, Hamish

**FRIENDS OF SCOTT CREEK
CONSERVATION PARK**



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.

March

Sat, Sun2, 3	Bird banding
Tue 5	Bushcare
Sun 10	Bushcare
Sat, Sun16, 17	Bird banding
Sat 23	Bushcare
Sat, Sun30, 31	Bird banding



We continue to find patches of woody weeds , like these English Broom, that have come up since the fire, even three years on.



In February we banded just the second White-winged Chough as part of our 30 year bird banding project in the park.

HAPPY BIRTHDAY

MARCH
 Nikki Chinner
 Trina Howlett
 Matthew Linn
 Denis Perry
 Rachel Pillar
 Chris Crichton
 Kelsey Tarabini
 Abigail Weir
 Ray Wise
 Kerry Hughes

LITTLE HEROES FOUNDATION

Little Heroes Foundation is holding their annual Gala Ball for Childhood Dementia
 On 22nd June 2024, the Little Heroes Foundation is hosting its annual gala ball as part of their mission to raise awareness and funds for Childhood Dementia.

Join us for a Night of Pop featuring the sensational Paulini, and groove to soulful melodies and electrifying performances that you will never forget!

Get ready to enjoy the ball at the newly opened and stunningly contemporary Morphetville Wolf Blass "The Man" event centre. Prepare for a fun and inspiring night to remember, complemented by the stellar views of the Morphetville racecourse and the picturesque Adelaide Hills.

It will be a remarkable evening of amazing entertainment, delicious food, and great company, all while raising funds for Childhood Dementia. To book your tickets, go to:

<https://www.littleheroesfoundation.com.au/event/gala-ball-2024/>



Little Heroes Foundation is always exploring new and innovative ways to raise much-needed funds to support our mission while providing unforgettable experiences for our supporters.

The foundation aims to contribute to treatments and eventual cures for Childhood Dementia, as well as equitable and quality care for children and their families affected by this illness. By supporting one of our events, you are making a direct contribution to the lives of children and families experiencing Childhood Dementia. Every little bit of help counts and will enable Little Heroes Foundation to continue making a difference in our community.



The Little Heroes Foundation is a South Australian charity dedicated to improving the physical and mental health of children. To learn more about Childhood Dementia and the foundation, visit <https://www.littleheroesfoundation.com.au> or email samantha@littleheroesfoundation.com.au

CG SOLDIERS MEMORIAL PARK

Recently the Onkaparinga Council Urban Greening department contacted the Community Association with a proposal to plant some additional plants that they have grown from seed in the council nursery.

Based on past experiences we have had with the council and tree works in the Memorial Gardens we have asked the council for an onsite briefing prior to commencing any work to clearly understand what is proposed and to confirm that there will be no impact on any other trees or areas of the park.

They have advised that to ensure the new plants can get a good start they want to install some irrigation to keep the plants going through any dry conditions.

An Arborist will be on site during the works to ensure there is no damage to any other trees including their roots.

The plants they are proposing to plant include:

- Aesculus x carnea
- Quercus pallustris
- Sequoiadendron giganteum

If there are any interested locals who would like to be involved in the onsite meeting please contact us at cherry chatternews@gmail.com and we will let you know as soon as we are advised of the date and time.

The council is hoping to get this work completed prior to ANZAC Day this year.

THANKS TO THE ONKAPARINGA COUNCIL

The Cherry Gardens Community Association recently was successful in a Grant Application we submitted for a small 240V generator that we can use for ANZAC Day and for any Power Outages to help the community charge phones etc. Thanks Onkaparinga Council!

FOOTBALL CLUB

Season 2024 is fast approaching and there is growing anticipation as we prepare for the year ahead and training gets well underway.

We are keen to see new players, new sponsors and new supporters so contact us to see what we are all about!



**IRONBANK
CHERRY GARDENS
FOOTBALL CLUB**

COME JOIN OUR CLUB

Men & Women
Senior grades

Boys
Under 17.5s,
15s, 13s, 12s,
Moddies

Girls
Under 14s,
17s
Moddies



Our family



Our 2022 Champs!!

TO FIND OUT MORE SCAN THE QR CODE



Ironbank Cherry Gardens FC
658 Ackland Hill Rd,
Cherry Gardens SA 5157
Email: info@ironbankfootball.com.au

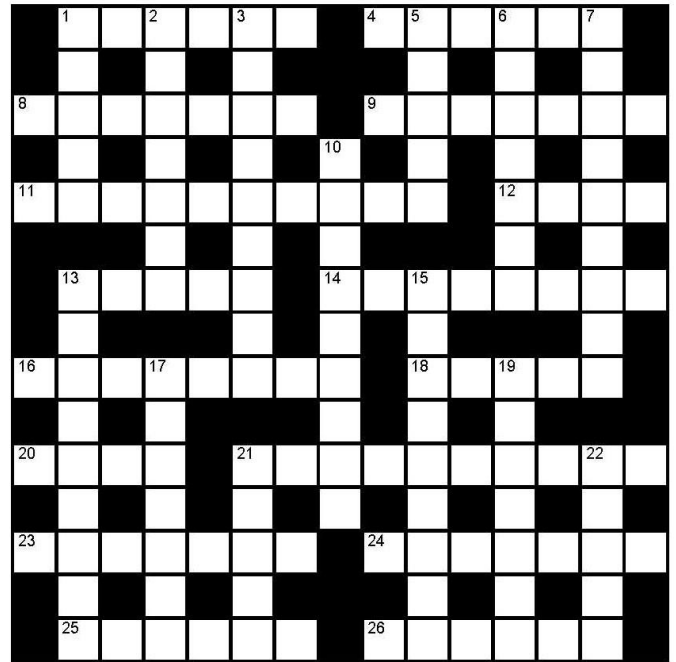
 FIND OUT MORE

MONTHLY CROSSWORD PUZZLE

JANUARY SOLUTION



MARCH CROSSWORD



Across

- 1 Indian tribe of south west USA (6)
- 4 One of two or more compounds with same molecular formula but different arrangement of atoms and different properties (6)
- 8 Involve (a person) in conflict or difficulties (7)
- 9 Comprising several items (7)
- 11 Opera in which all the text is sung (5,5)
- 12 Be a sign of something to come (4)
- 13 Cloth used to cover the head and shoulders (5)
- 14 To exert strenuous effort against opposition (8)
- 16 Total forgetfulness (8)
- 18 Pallid (5)
- 20 A state of nervous depression (colloquial) (4)
- 21 The 100th anniversary (10)
- 23 Misinform (7)
- 24 A portable gun (7)
- 25 A place where one can consume food (6)
- 26 On close friendly terms (colloquial) (6)

Down

- 1 One who names (5)
- 2 A roofed open portico extending along the wall of a house (7)
- 3 The common people (3,6)
- 5 A lively dance from Brazil (5)
- 6 A large sack for letters (7)
- 7 A short simple song with a refrain (9)
- 10 Condiments added to food (9)
- 13 Awaiting judicial determination (Latin) (3,6)
- 15 To fill again (9)
- 17 Image used in Rorschach test (7)
- 19 A shaft of solar illumination (7)
- 21 The one who runs a meeting (5)
- 22 An orderly arrangement (5)

Onkaparinga Now



Winners of Onkaparinga's Australia Day Awards

Recipients of Onkaparinga's 2024 Australia Day Awards have been recognised for their community service, school and church leadership, sporting achievements, and contribution to the arts and culture.

Onkaparinga Mayor Moira Were presented the four awards in a ceremony at the Hopgood Theatre on 26 January.

Gill Golding was named the Citizen of the Year for her extensive work with the Hackham West community and the Hackham West Community Centre.

Aden Croser was awarded the Young Citizen of the Year award for his leadership at Cardijn College and at Seeds Uniting Church.

Anu Francis was named Sportsperson of the Year for her sporting achievements in badminton, rowing and the triathlon.

The Community Event of the Year went to the Fleurieu Folk Festival, a three-day music and hospitality event held at Willunga Recreation Park.

Citizen of the Year

Citizen of the Year Gill Golding has been recognised for her passion for promoting equality and equity for the 10,000 people who enter Hackham West Community Centre each year.

Through the centre Gill has spearheaded 22 programs tackling social disadvantage which has provided support for families, Aboriginal and Torres Strait Islander

communities, cultural and linguistically diverse communities, and those experiencing loneliness and isolation.

Gill has also been a member of the Christies Beach High School Governing Council, People Matters Hackham West and the Central Northeast District Reference Group.

Young Citizen of the Year

Young Citizen of the Year Aden Croser graduated from Cardijn College in 2023.

Aden was selected as a Year 12 college captain in 2023. He was house vice-captain in 2022, a student leader in years 8 to 10, and a young Christian student leader from 2020.

In 2020 Aden was awarded the Marcellin Champagnat Scholarship and the Reynell Emerging Leadership Award.

Outside of school, Aden leads the XS youth group at the Seeds Uniting Church, has hosted the 2022 Morphett Vale ANZAC Day Youth Vigil and volunteers his time for charitable causes.

Sportsperson of the Year

Sportsperson of the Year Anu Francis (pictured above) is known for her national

and state-level achievements in badminton, rowing and triathlon.

Anu, an athlete with disability, is a former member of the South Australian Para Badminton Squad. She won medals in Australia twice in 2018 and became Australian National Champion in all three events in 2019.

After taking up rowing in 2018, she broke ten Concept2 Indoor Rowing World Records in 2020, became Australian National Indoor Rowing Champion and the World Indoor Rowing Virtual Sprint Champion.

Competing in triathlon, Anu is ranked second in the world in the PTS2 women's classification and was recently named Triathlon SA's Female Athlete of the Year and was a finalist for the Sport SA Para Athlete of the Year Award.

Community Event of the Year

The Fleurieu Folk Festival has been named this year's Community Event of the Year, an award it's taken out for the fifth time!

In its 17th year, South Australia's only folk festival is organised by a committee of 12 dedicated volunteers who are assisted by a further 150 volunteers donating more than 2,000 volunteer hours.



Get set for Wordfest Onkaparinga

A new writing festival offering workshops, author talks, competitions and more is headed to the City of Onkaparinga from February.

Wordfest Onkaparinga is an initiative of Onkaparinga Libraries and the program for February to April is out now, with more events to be rolled-out throughout the year.

There are events aimed at writers of all ages, whether you're passionate about fiction or poetry, comics and zines or romance, self-publishing or writing competitions.

City of Onkaparinga Mayor and poet, Moira Were, said she was delighted to see the inaugural Wordfest Onkaparinga headed to the south.

"As a writer and book lover myself, I know how important it is to find inspiration, support, workshops and a network of fellow writers to develop my craft," she said.

"What a thrill then to see this fantastic program of events in the south, offering local writers and readers, and those from further afield, the chance to learn, develop their writing, and meet likeminded new people throughout 2024.

"I'm also excited about the impact the festival could have in building up Onkaparinga's writing community, including through the Mayor's Poetry and Writing Competition later this year.

"Who knows, maybe Wordfest could help unearth Australia's next big bestseller or major literary award winner?"

Check out the February to April program and some more information about local writing groups below.

You can also download the program here. Keep an eye on the Onkaparinga Libraries Facebook page for details about new events as they're added to the program.

March

- Adelaide Writers' Week - live streaming 4-7 March
Onkaparinga Libraries. For adults.
- How to Edit a Manuscript
Sunday 17 March, Hub Library. For adults.
- Blackout Poetry
Thursday 21 March, 10-11.30am
Woodcroft Library. For adults.

April

- Walk with Words
Friday 5 April, 10-11.30am
Port Noarlunga. For adults.
- Let's Write - workshop for kids
Tuesday 16 April, 10am-12pm
Woodcroft Library. For ages 13-18.
- Let's Write - workshop for teens
Tuesday 16 April, 1-3pm
Woodcroft Library. For ages 9-12.

- A Kid's Guide to Self-Publishing
Tuesday 23 April, 10-11.30am
Woodcroft Library. For ages 9-18.
- A Quick Guide to Self-Publishing
Sunday 28 April, 2.30-4pm
Woodcroft Library. For adults.

September-October

- Mayor's Poetry and Writing Competition
13 September to 31 October
For ages 8+ and adults.

Onkaparinga-based writing groups

- Inky Fingers Comic Gang
Fourth Monday of the month, 4pm
Noarlunga Library. For ages 8-14 years.
- Pen 2 Paper Writing Group
Tuesdays, 10am
Aldinga Library. For adults.
- Teen Zines
Second Thursday of the month, 3.30pm
Seaford Library. For ages 12-17 years.
- Ochre Coast Poets
Second Saturday of the month, 10am
Seaford Library. For adults.

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The Port Noarlunga Arts Precinct 2024 program is now available at onkaparingacity.com/arts





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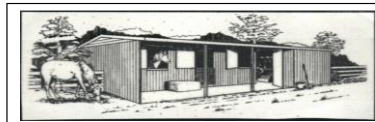
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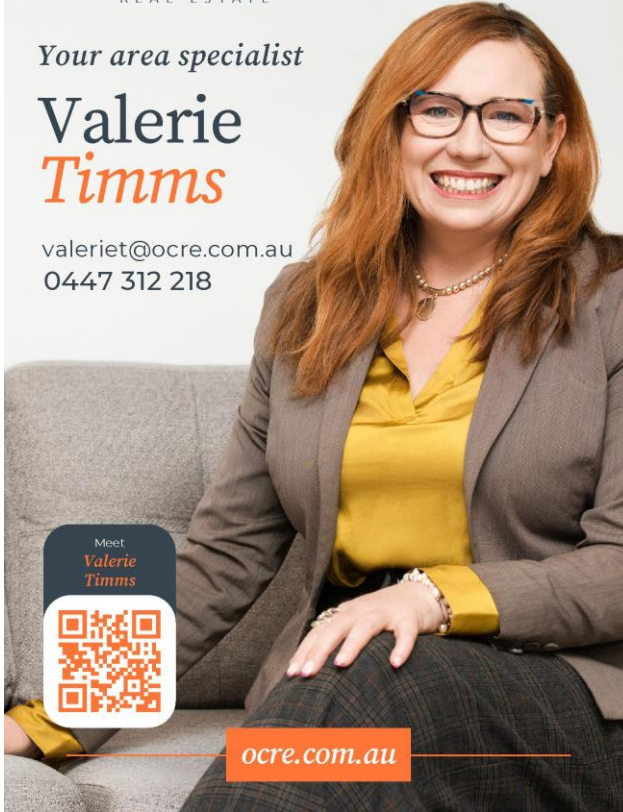
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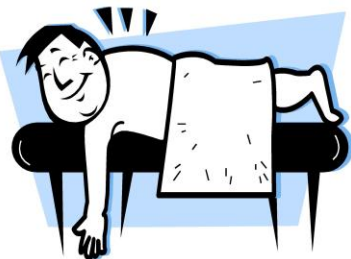
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