

Incorporated by the Cherry Gardens Community Association Inc.

EDITORIAL - MOBILE PHONE SERVICES

Recently we were sent a letter from the office of Rebekha Sharkie, our federal member for Mayo that came from the Minister for Regional Services Decentralisation and Local Government, Mark Coulton MP.

The content of the letter says:

"I am pleased to advise that the Australian Government will allocate up to \$200,000 to support a proposed new mobile phone base station at Cherry Gardens in the Mount Lofty Ranges.

The funding will be awarded through a competitive tender process. Similar to the Mobile Black Spot Program, the successful proposal will seek co-contributions from the South Australian Government and a mobile network operator. The competitive tender process will be administered by the Department of Communications and the Arts. I expect this process will commence early in 2020."

As we understand it the intent is to install a 4G Mobile service repeater on the NBN tower that is located near the boundary of the Recreation Ground and Golf Course

As most of us already know mobile phone coverage can be a very hit and miss affair throughout Cherry Gardens and we believe the intent is to address what they refer to as "Grey Spot" (as opposed to Black Spot) mobile services where there is some coverage but it is very poor in some areas and barely acceptable in others. Rebekha Sharkie and Steve Murray have both been a strong advocates and voices for us in trying to get funding and support from the government and telco's to address this issue and the Cherry Chatter, along with a couple of locals have been hounding everyone to try to get some action to resolve this issue.

If the new mobile phone base station does get installed then, for those of us that are unable to connect to the NBN we may have an alternative by using the mobile service plans. As news comes to hand the Cherry Chatter will keep you updated.

Be Bushfire Ready and prepare your plan!

A reminder that summer is now here and although as I write this it is cold and wet on the first day of Summer, we have already had a few very hot days and we can expect many more in the next few months.

Take a few minutes to prepare your Bushfire Plan. If a major bushfire is coming through our district remember that being on our roads will be extremely dangerous as we have bushland right up to the road verges and modern cars provide no protection or safety at all. If you can't protect your house, then leave early.



Finally, Cherry Chatter also would like to take this opportunity to wish everyone a very Happy Christmas and safe New Year. Enjoy your holidays with family and friends and please drive carefully! See you around in 2020.

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.

RAINFALL REPORT FOR OCTOBER

2019 continues to be a below average year for rainfall.

Cherry Gardens Rainfall

Rainfall for October 2019 44.0 mm Rainfall for October 2018 62.2 mm Average rainfall for October 72.3 mm Rainfall to the end of October 2019 701.8 mm Rainfall to the end of October 2018 673.6 mm Average rainfall to the end of October 830.5 mm

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NEXT CC MEETING

7.30pm Tuesday 10th December at Vicki Kirss's home. Articles to be received by 5th of each month without exception.

JUSTICE OF THE PEACE

Blackwood:

Cherry Gardens: Michael (Mike) Deare Ph 83882185

648 Cherry Gardens Road

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IP Services are available Mon-Fri 9-5

JP's work at no charge, so please CALL FIRST to

book an appointment.

HAPPY BIRTHDAYS for DECEMBER

Catherine Macks Zoe Edwards Lexie Edwards Ann Grear Sarah Linn Karli Vickerman Sahara Smith Nikhili Smith Holley Tootell Andrew Whiteford Sophie Monahan Scott Treloar Cathy Weir Darryl Spencer Daryl Brooks

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 8270-2232



Why not "Like Us" on Facebook to keep up to date with coming events www.facebook.com/cherrygardens/

Recently we wrote about our success in obtaining 3 grants from the Onkaparinga Council as part of their recent round. One of the grants was for the extension and upgrade of our storage facility at the rear of the hall. The current storage was made from some second-hand corrugated iron, and it was small, inadequate and leaked badly.

While it served its purpose at the time, we now need to store 10 tables on a mobile trolley, 2 large round tables, 3 table tennis tables, 2 barbeques, a floor scrubber, as well as a host of other items such as cleaning materials and equipment. We had simply run out of space! We also needed to ensure nothing was rain damaged, which required relocation of equipment during inclement weather.

We have lodged a Development Application with the Council and hope this fairly simple work can be approved quickly so that we can proceed. Council staff have been very helpful and supportive.

In the meantime, we have relocated some items and proceeded to pull down the old storage facility. Here are some photos of the demolition work, undertaken of course by our volunteer committee members. We hope to obtain approval soon, and look forward to a larger, better protected storage area in the not too distant future. We will keep you informed of the progress.









CHERRY GARDENS CFS

We train every Monday night for those who may be interested in what we do.



This month has seen us busy again with various jobs around the community, most of which were minor in nature and straight forward to resolve. As we move toward the end of another year (how fast did that one go!), I thought it a good chance to look back and cover some of the achievements and challenges we faced in 2019.

The number and type of incidents that we were responded to this year is as follows -

- 16 grass fires most of which were small events which were contained quickly.
- 3 tree downs which is significantly less than last year - our trees behaved well!
- I car fire and 6 Motor Vehicle Accidents this is our least preferred task but all were minor in nature.
 Please continue to have road safety discussions with your families – we want everyone to come home safely.
- 2 structure fires this involves houses, sheds and any other domestic structures. As well as a few local events, we also supported other brigades in Aberfoyle Park and further afield. Structure fires generally require a specialist response with the use of breathing apparatus for firefighters a skill we have as a brigade and which requires extensive training to keep up to date.
- 2 assists one assisting a SA Ambulance crew and another assisting a local resident.
- I oil spill

We also had Cherry Garden members travel interstate to Queensland and NSW on four-day deployments to assist with bushfires in these areas.

Our Operational Support members who manage radio communications for the Sturt Group were busy this year. They responded and supported around 50 separate events and their efforts are vital to keep operational crews informed and safe.

As a brigade, we have continued recruiting new members this year and we are in a great position for 2020. As this was an election year, we have a new Captain and leadership group, those who undertook the challenge of stepping up are settling into their new roles with great enthusiasm. This month sees the Cherry Gardens CFS brigade turn 85 - this makes us one of the oldest brigades in the CFS. There will be a celebration of this anniversary, so please feel free to call in and say hello.

We have also strengthened relationships with community groups and businesses that support us; the Lions, SA Power networks, Rotary and the Cherry Chatter. Lighting for the training area to the west of the

station has been one of this year's big improvements and plans are in place to lay bitumen in this space once funding can be obtained. We also thank everyone for supporting our can/bottle collection efforts —this really does assist with funding improvements.

This Christmas we will be present at the Blackwood pageant, and rumor has it Father Christmas will also be back on the Station tractor, bigger and better than ever. We will be operational if needed throughout the Christmas break, but we will not mind if things stay safe and quiet!

Thank you all for your support this year and we wish everyone a very safe, happy Christmas and a prosperous New Year. We will be back bigger and better in 2020!

CFS AIR STRIP



Members of the CFS Air Strip at recent training day

On Sunday 3rd of November the Cherry Gardens Air Strip team came together for our pre summer training session. Every year before the fire season begins we have a training day where our team and other groups run through the safety aspects, refresh our skills and make sure we are ready to support the aircraft. This year we had a number of volunteers from the Seaford Air Support group and the SES. It is so important that every member is familiar and confident with all their skills when operating all the equipment and when filling the aircraft.

Since the training we have already been called on a few times to support the aircraft on the recent hot fireban days.



The Cherry Chatter committee would like to welcome the newly settled families who have recently moved into the Cherry Gardens area. We hope you love living here as much as we do.

WELCOME PACKS

If you are new to the area and have not yet received a welcome pack, please contact the editor at cherrychatter@yahoo.com with your address.



CHERRY GARDENS GARDEN CLUB

20th Birthday Celebration for Cherry Gardens Garden Club Inc.

After months of planning our local garden club celebrated its 20th anniversary at the Blackwood Golf Club on 28th October. The Community event was supported by an Every Generation grant from the City of Onkaparinga. 82 people attended with about half being club members.

Certificates for 20 years of membership were presented by Geoff Eaton, Councillor for Thalassa Ward, to Ralph Stephens, Lyn Meese, Meredith DeRoos, and Marilyn Marsh.

Raffle prizes were donated by Rebekha Sharkie, Steve Murray, Sandersons Fodder, Karkoo Nursery and Blackwood Landscape and Firewood.

It was a most enjoyable evening with a good opportunity to catch up with friends and meet new people. We were entertained by local musicians 'Walk Right Back' (Bill Semple and John Forrest) with a guest bracket by Vicki Kirss



Steve Murray Member for Davenport presented Life Membership certificates to Glyn Brown, Shirley Callaghan, Melva Bruce and Ray Wise.

We were all amazed and fascinated as we listened to Neville Bonney, our October speaker on the unique subject of Australian Bush Tucker. He has authored several books on the subject of Indigenous Australian Bush Tucker, his most recent being 'Knowing, Growing Acacia for Food and Conservation'.

Neville was a native seed collector for many years with Greening Australia, having also been involved in Farm Forestry and Flower farming. In his early retirement he became increasingly interested and involved in the foods of our First Peoples, and then their food gathering and production methods.

Neville and Christobel, brought along many samples of the greens and herbs which they grow on their property, for us to pass around to smell and taste. Some of us

took slips and cuttings to try and grow at home. Among other leaves we sampled those of Samphire, a nutritious salty tasting plant which thrives on the edge of salt pans. Samphire is also grown and eaten in Norfolk in the UK. We also sampled, smelled and tasted various native herbs such as Bush Parsley, Bush Celery, 4x Native mints as well as Bush pepper which can be grown in a cool climate and prefers shade.

Delicious teas can be made from leaves such as Lemon Myrtle or its cousin Aniseed Myrtle. Native limes can also be grown quite easily and are increasingly used in desserts. Desert limes can be frozen for two to three years and then used in chocolates!

An interesting fact is that better known Quandongs and Sandalwoods are related.

The NRM Board at Norton Summit runs workshops and interested parties can contact Val Hunt

to register. The Rare fruit Society is a good organization to contact to source these fruit trees.

Christobel kindly judged the rose challenge entrants and pronounced the winner as Raelene Holliday with her entry 'Brass Band' an unusual, fragrant Apricot streaked rose which was indeed a delight to smell and behold. At the end of the evening a wide selection of plants was auctioned among them an unusual "Lucky Plant" which grows very tall and slender.

Next Meeting

Sunday 15th December - annual Christmas lunch, meet at Jan and Claude's at 11.30. Please nominate whether you will bring a salad or dessert.

No meeting in January!

George's gardening suggestions for December 2019

Gardening at this time of the year can be difficult if your preparation has not been thorough. Plants, shrubs and trees are easily stressed by lack of water or irregular watering. This can be compounded when you are away even for a few days during the holiday season. Electronic timers which fit directly onto a tap are very good but are restricted in the amount of irrigation outlets they can service. Neighbours or friends also can be very good if they have been given clear instructions on what to do and how long you expect the watering to take place. At this time of the year a quick sprinkle is not good enough. Watering in the cool of the morning is always best. Liquid feeding will keep plants growing strong. Some plants may require shade to avoid the afternoon heat. (use old umbrellas, curtains, shade cloth of course,

even a recently fallen branch!)

Harvest fruiting plants on a regular basis to encourage continuing production.

Keep your lawn a bit longer than usual and feed with seaweed tonic once a month.

Net your fruit trees before the birds have a chance to even test whether the fruit is near ripe.

Deadhead flowers especially roses to prolong flowering

OVER THE STABLE DOOR with Hamish

Greetings Fellow Equines and Horse Owners!

I thought summer was here, but the weather has been so erratic. Those of us waiting to have hay cut start to get toey to say the least. Cutting hay at the right time and also baling are quite a science. The dryness of the hay and its



maturity are crucial to a good quality result. Any hay cut with too much moisture can 'go off' and can literally kill your horse. It can also spontaneously ignite in the hay shed, so after it is first shedded, it is a good idea to check between bales to feel for any heat. Many years ago, my owners had two very sick horses from a bad batch of lucerne hay. It looked fine and was checked by my owners, their vet, friends and farrier. Sadly, one of the horses died from a terrible bout of colic. It was heart wrenching and should never have happened. The supplier of the that hay mysteriously become uncontactable. Interestingly, the hay was given away to be used as insulation in a shed and some months later. the hay had basically turned to ash. The lesson here is to buy from a reputable supplier (it may cost more) and even have a test bale. My owners actually did this with the bad lucerne and even introduced it gradually, but even that wasn't enough.

The best time for the hay to be cut is generally when it has come to a head, but not falling over. This is when the food value is at its peak and the hay will taste quite sweet – and we all know what a sweet tooth us horses have! When it is past that, the food value will continue to decline, but if you are looking at having some fairly plain hay, then it is not so much of a problem. For those of us living in the hills, mostly we are looking at the plainer the better.

When feeding, keep it as simple as possible and ensure that your horse has sufficient roughage. This is vital for his gut, as he has evolved to eat continually, with breaks of not more than 2 to 3 hours maximum between meals. Humans produce saliva to aid digestion when they eat, but horses secrete continually, so if there is no food to break down, this increases acidity and can lead to ulcers (this is very simply put!). Basically, when in light work or at rest, we need around 1.5-2.0% of our body weight per day. Of course, individuals vary, so those figures are only a guide. In good condition, just a shadow of our ribs should be visible. Clean nostrils, a bright eye and interested attitude are things to look for. If the ribs can't be felt, then there is some weight to be lost! Other signs of being overweight include a furrow on top of the rump and viewed from behind an apple shaped bum, cellulite around the rear end and a hard cresty neck. These are all signs of a horse at risk of foundering or getting laminitis. Again, we get back to good horsemastership and knowing your horse. It pays if possible, to observe

and check on a daily basis, especially with laminitis as the onset can be within a matter of an hour or two. Horses cannot speak, so it is the owners' responsibility to look out for him and consider his welfare.

PS. From last month I forgot to mention storing your saddlery in cool, dry and vermin proof environment. Also never leave either your leather or synthetic saddles in the boot of the car – they literally will be baked! Good summer riding, Hamish

FRIENDS OF SCOTT CREEK CONSERVATION PARK

On a Sunday in the middle of October we held our fourth Almanda Open Day at the Almanda Mine area of the park. For the first time this was held in spring, to



better show off the park's beautiful wildflowers. In addition to the Friends' stand with information about the park and some publications for sale, we had a bird banding display, there was a self-guided walk along Almanda Creek and around the Swamp, a couple of short talks by John Wamsley, refreshments were once again provided by Scott Creek Primary School, and Warrawong Wildlife Sanctuary brought along some wildlife to see and handle.

There was a good number of visitors come through on the day, and we were pleased that some of these have joined the group and already attended some of our bush gardening activities.

Anyone wanting more information about the Friends of Scott Creek CP, or wanting to get involved, can contact us on info@friendsofscottcreekcp.org.au or visit our very informative website

www.friendsofscottcreekcp.org.au. You can also now 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 flora and fauna.

All working bees during summer meet at the earlier time of 8.30am at the Almanda Car Park on Dorset Vale Road (unless there is a MLR fire ban or very wet weather). To attend bird banding, contact the coordinator Don Reid on 83882123.

Programme of activities

Nov/December

28

Sat

Sat, Sun 30, 1		Bird banding
Tue	3	Working bee
Fri	6	General meeting & Christmas dinner
Sun	8	Working bee
Sat. Sun 14, 15		Bird banding

Working bee



Display at the Almanda Open Day held in October



A Striated Thornbill, one of the smallest birds we get to handle at bird banding in the park.

MINTON FARM

Phone 82701169 Mobile: 0422938439



I have been rescuing,

rehabilitating and releasing injured and orphaned native animals and birds at Minton Farm for 27 years now. There have been over 12,200 cases admitted to the intensive care facility. In addition to this there have been approx. 12,000 cases assisted via website, email, Facebook and phone inquiries. It has been a joy to be able to help the people that find the creatures and are desperately and compassionately trying to assist them. It has also been a delight to know personally so many different species of birds and animals that come into care. To understand their needs, emotions, and their pain. To be able to rehabilitate such wonderful creatures is humbling. Relieving their distress is also something I take very seriously, and although helping to end their suffering from horrific attacks from other animals is the best way to kindly assist them, it does take a toll emotionally.

27 years ago, I began helping neighbours with birds that their cats had attacked. So began Minton Farm Animal Rescue Centre. This year as Spring approached, the rescues started pouring in. One after the other, people brought lizards, baby birds and baby possums that their cat had attacked and brought to them. Not feral cats pet cats. After all these years, the amount of domestic cat attacks on wildlife has not diminished because of

education and knowledge, but has increased because of increasing habitat loss. The gardens are being demolished to make way for housing, and the wildlife have nowhere to hide, making it easy pickings for all predators to find them. Please contain your cat 24 hours a day in a cat run attached to your home to protect them from snakes, car strike and fighting as well as to help the remaining wildlife to have a chance to survive. Please lobby your Council to bring in 24/7 confinement laws as that is the only answer to the problem of cats finding baby birds in their nests, and lizards sunbaking to warm up during daylight hours as well as hunting nocturnal possums and birds.

I hope you have a lovely Christmas and time to enjoy the tranquillity of the wonderful wildlife that our beautiful District still has to offer.

Merry Christmas, from Bev and Glenn.

Bev Langley

Website- www.mintonfarm.org

Facebook-

https://www.facebook.com/mintonfarmanimalrescuecentre



CHERRY CHURCH

87 Hicks Hill Road, Cherry Gardens Services – Sundays, 9.30 am Cherry Church contact: Rob Linn 0407 971 650



Christmas is coming soon. A

time when for many it is an end of the year holiday, wellearned after a year of hard work, a time with family and friends to eat together and enjoy each other's company. A time for giving gifts and remarking on the excited fun and joy experienced by children and grand-children, nieces and nephews.

Christians believe that this is the celebration of the birth of Jesus Christ to Mary and Joseph. The gospel of St Luke records it this way; "In those days a decree went out from Emperor Augustus that all the world should be registered........Joseph went from the town of Nazareth in Galilee to Judah, to the City of David called Bethlehem, because he was descended from the house and family of King David. He went to be registered with Mary, to whom he was engaged and who was expecting

a child. While they were there, the time came for her to deliver her child. And she gave birth to her first born son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn". There followed visits from shepherds and wise men or princes from the east. The angels said to the shepherds, "I am bringing you good news of great joy for all the people: To you is born this day in the City of David a Saviour, who is the Messiah, the Lord."



Adoration of the Shepherds by Dutch painter Matthias Stomer, 1632

Cherry Gardens Community Christmas Carols – Tuesday 17th December (see flyer this edition)

Brought to you by the Cherry Gardens Uniting Church, the carols are sponsored and supported by The City of Onkaparinga, The Cherry Gardens Memorial Hall, Cherry Chatter, The Sherrah Family Harmony Band (from Cherry Gardens), Rebekah Nelson (from Scott Creek) accompanied by John Penberthy. The high-quality sound system will be provided by Anthony Stewart of Red Brick Music and Tabor Music from Tabor Adelaide will provide music for the carols.

Children's activities start at 6.30pm and include Old MacDonald's Travelling Farm, a balloon twister and craft activities.

The carols commence at approximately 7.30 with the Christmas tableau. Some costumes are available for children who wish to take part. The Cherry Church Congregation will provide the usual sumptuous supper after the carols. Come along and enjoy this wonderful night at the Memorial Hall. The event will not be held if the fire danger on the day is catastrophic.

Christmas Day Church Service

The Christmas Day service at Cherry Church on Hicks Hill Road will be held at 9.30 am. This is always well attended by local folk wishing to start their Christmas Day with a short service of carols followed by morning tea for those who are able to stay for a while. Whatever your background you will feel very welcome when you come along on Christmas Day.

Jacobs Family Heritage Grave

The new fence around the Jacobs grave has been finished by Peter Stevens. Designed by architect, James Ward, the Jacobs Family were assisted by a City of Onkaparinga Heritage Grant arranged by Dr. Alan Dube. Isaac and Eizabeth Jacobs were amongst the fifteen founders of the Methodist Church in South Australia in April 1837 with

the first meeting of the church being held in the Jacobs hut on 15 May 1837, so this grave is of great significance for the State of South Australia.





THE LITTLE FREE LIBRARY

This Library is an initiative of the Cherry Chatter and is part of the LITTLE FREE LIBRARY Network, a worldwide group founded to spark creativity and inspire and encourage reading.

There has been a slight delay in getting it installed at the Recreation Ground as we need to be careful not to dig through any water or power cables. Originally, we were planning to place it inside the grounds however the Recreation Ground has suggested we place it on the boundary fence near the entrance so we will give that a go.

Feel free to take a book to read, and if possible, replace it with a book that you think someone else will enjoy.

Please contact a member of the Cherry Chatter committee if you wish to make a comment on how the Library may be more effective, or if you have any comments in relation to the Library.

Happy reading, The Cherry Chatter Committee.

RECREATION GROUND

CLUBROOM FOR HIRE

KITCHEN - BAR - AUDIO/VISUAL

Looking for somewhere to host that next Event or Party? Run a weekly group or class?
We're always on the lookout for hirers. Get in contact with the Cherry Gardens Ironbank
Rec Ground to see our Hire Agreement, prices and different options.

Find us on FB or email andyrvadams@gmail.com



IRONBANK CHERRY GARDENS TENNIS CLUB

Summer Night Tennis

Our club, which is based at the Cherry Gardens Ironbank Recreation Ground, is affiliated with the Hills Tennis Association and has teams playing in Saturday junior and senior competitions, and also midweek night competitions.

The HTA summer midweek night competitions will start in the middle of January and are played on Tuesday and Wednesday nights at 7pm. The season usually runs for about 10 weeks and is a mixed doubles competition with teams consisting of 2 men and 2 women. Nominations for the summer season need to be in before Christmas. We are always looking for new players, so if you're interested in getting your own team together, or joining one of our existing teams, or you would just like more information about the club and competitions you can email us at IBCG@bigpond.com or call our President Graham Bate 8270 3041

Ironbank Cherry Gardens Tennis Club



Saturday February the 22nd at 7:30pm Cherry Gardens Ironbank Recreation Ground

Everyone's welcome, get together with family, friends or teammates and organise a table (up to 10 people). These nights have always been good fun, so come along and support the club.

As the club is licensed and bar facilities are available no drinks will be permitted to be brought into the club.

Cost is \$10 adult, \$5 Children (Under 18yrs)
For more info or to book a table, e-mail the club at lBCG@bigpond.com or contact Phil Battersby (0417 215 647) or Graham Bate (8270 3041)

REBEKHA SHARKIE

Memo from Mayo 25 October



Welcome to our latest edition of Memo from Mayo. It's been a busy time in Parliament and a busy month in the electorate with the spring show season in full swing. Meanwhile, I hope you enjoy reading about some of my work in the Parliament and our community.

Climate Action

Rebekha recently seconded a Private Member's Motion calling for a <u>national strategy</u> on climate change and agriculture that was introduced by the Independent Member for Indi. Helen Haines.

The motion included a push for comprehensive research, clean energy development, targets, and investment to help Australian farmers adapt to climate change and build rural community resilience.

Rebekha also joined the crossbench for a press conference when Noah Bell presented his e-petition to declare a climate emergency to Zali Steggall MP. Noah, 23, collected 404,538 signatures, a record for a parliamentary e-petition.

Low Fuel Stocks

During <u>Question Time</u> Rebekha asked the Federal Government when it would increase its automotive fuel stocks from 27 days "physically in the country" to the "recommended 90-day supply".

"We are living in volatile times and a prudent Government would be planning for contingencies because it will be a matter of 'when' not 'if' an international incident occurs," Rebekha said. "Australia has an International Energy Agency (IEA) obligation to hold 90 days' worth of automotive fuel in the event of market failure, but as of July 2019, we only had 27 days' supply physically in the country and 58 days' worth of stock if you include contracts or purchased fuel in transit."

Top Teachers

Two teachers from Mayo have taken out the <u>Prime Minister's Prizes for Science</u>.

Dr Samantha Moyle from Kangarilla, who teaches at Brighton Secondary School, received the Prime Minister's Prize for Excellence in Science Teaching in Secondary Schools, while Mrs Sarah Finney of Bridgewater, who teaches at Stirling East Primary School, was presented with the Prime Minister's Prize for Excellence in Science Teaching in Primary Schools. "Sam and Sarah are an inspiration to all young people but at a time when we know how important it is for our young women to see what they can be, these local women are shining examples of how science can be a rewarding and exciting career choice," Rebekha said.

SIGNIFICANT TREES IN CHERRY GARDENS

Significant Trees in Cherry Gardens

As Cherry Gardens was settled very early in the life of South Australia we thought it would be interesting to see what significant trees there might be in the district. The first one we can bring to your attention is actually a pair of very old Olive Trees.

The owners of the property where they are located have actually registered them on the national 'Significant Tree Register':

The process took almost a year, but it is so pleasing that the significance of these trees is now recognised formally. I have not seen any other olive tree come anywhere near even ½ their size (11m high and 12.5m around the trunk), and they still bear fruit. They have suffered over the last few years and lost up to a third of their bulk but seem to be coming back.

Details

Common name: European Olive Botanical name: Olea europaea

Significances:

Resistance (Scientific)

Outstanding size (Scientific)

• Attractive (Aesthetic)

Date of germination is estimated to be around 1890 however they could have been planted any time from the early 1840's when the land was first settled by the Broadbent family.

Statement of Significance (From the National Register)

Size and age: These trees, and tree number 2 in particular, are both old and unusually large for this species. Although it has been impossible to identify an exact age, the trees are within the historic area of Cherry Gardens, and are on land taken up by Luke Broadbent, who arrived in the district in 1844 and was among the first group of settlers in Cherry Gardens. In 1843, Daniel George Brock, who was to venture on an expedition with Captain Sturt, passed through the area and wrote that 'the land which is here cultivated [is] almost all in gullies and extremely rich, and the ranges are well grassed and timbered - here and there being discovered paddocks of green wheat'.

A year after Brock passed through, Henry Field and Isaac Jacobs were recorded as farming land at Cherry Gardens. By this time, they had been joined by the likes of their former employer, Burgess, by Luke Broadbent and by the Ackland, Boothby, Brunskill, Chambers, Giles, Gill, Gillard, Hill Mackereth, McKay, Middleton, Mildwaters, Weymouth, Westcomber, and White families...'

The trees are also within approximately 1.75km of the stone Wesleyan Chapel opened in March 1849 and in continual use since its opening. There are two fragments of slate embedded in the margins of Tree 1. These appear to be Willunga slate, commonly used for headstones, cottage floors, water tanks etc during the first years of colonial South Australia.

There are slate headstones in the graveyard associated with the Uniting Church.

'First opened in March 1849, the Cherry Gardens Wesleyan Methodist Church (now Uniting Church) has been a focal point for the district's Christian worship since that time. Surrounded by slate headstones - made by George Sara of Willunga - the chapel has been extended on two occasions'

Although no direct links have been established between the historical facts and the two olive trees, the probable age of the two trees are an indication of a link between them and this historical property.









MEADOWS VET NEWS

With the warmer weather here, snakes are already out and about. Last summer was the worst we have had with snake bite cases and it appears that this year may also be a bad one. We have already had our first cases please be vigilant for signs of snake bite!

A warning to all horse and pony owners! With all the rain we have had there is an increase in the risk to horses and ponies of getting Laminitis and Founder. This is a common condition which causes varying degrees of foot pain, from the slightly pottery pony to severe life-threatening lameness. Owners often underestimate its potential to cause long term unsoundness. It is not uncommon for severe and uncontrolled cases to require euthanasia! It is important to realise that laminitis can

progress from mild to severe even if early treatment is instigated. Early warning signs must be heeded, and action taken immediately!



THINGS TO THINK ABOUT

- What if my dog only brings back the ball because he thinks I like throwing it?
- If poison is past its expiry date, is it more poisonous or is it no longer poisonous?
- Which letter is silent in the word 'scent', is it the S or the C?
- Do twins ever realise that one of them is unplanned?
- Why is the letter w, in English, called double u?
 Shouldn't it be called double v?
- Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
- Every time you clean something, you just make something else dirty.
- The word 'swims' upside-down is still 'swims'/
- Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.
- 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
- Your future self is watching you right now through your memories.
- The doctors that told Stephen Hawking he had 2 years to live in 1953 are probably dead now.
- If you replace the 'W; with 'T' in 'What, Where and When', you get the answer to each of them.
- Many animals probably need glasses but nobody knows it
- If you rip a hole in a net, there are actually fewer holes than there were before.

LETTER TO THE EDITOR

Council Boundary Changes update

Hi friends, neighbours (all 137 of you!)

I'm sorry that this is unsolicited - but I'm trying to spread awareness of the opportunity that exists for our rural hills community to leave Onkaparinga and join Adelaide Hills.

- Lower rates
- Better representation
- Closer

There is an online version of my article in an earlier edition of Cherry Chatter and you can read it at this link; https://www.cherrychatter.org.au/articles/2019/9/b oundary-change-proposal-and-discussion

And the link to the petition

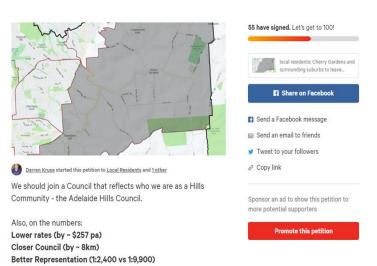
is https://www.change.org/p/local-residents-cherry-gardens-and-surrounding-suburbs-to-leave-onkaparinga-join-adelaide-hills-council

So far, 80 people have signed to indicate interest. I'm hoping that the Cherry Chatter will send out another email or facebook post soon announcing a public meeting at the Hall so we can discuss this as a community.

Happy to take calls to discuss.

Darren Kruse Brumby St resident Cherry Gardens Tel 08 8278 1779

Cherry Gardens and surrounding suburbs to leave Onkaparinga, join Adelaide Hills Council



Editors comment:

The Cherry Chatter committee has been in discussion with Darren for the last couple of months since he published the survey regarding the proposal for council boundary changes.

Darren has now advised that his survey has 80+ signatures which is significant enough for us to consider holding a public meeting at the Cherry Gardens Memorial Hall.

We are proposing a date in February where we will invite representatives from both the Onkaparinga and Adelaide Hills Councils to provide details in response to

the information that Darren has put forward regarding the rates, representation and proximity of the council chambers to Cherry Gardens.

There will also very likely be other important considerations that Darren and others may not have thought about and these need to be raised and discussed.

There may also be residents from Cherry Gardens who would like to put forward an alternative position and there might also be some of our neighbours from Ironbank who could offer their opinions regarding the Adelaide Hills Council.

Anyway, please keep an eye out for signs once we set the date and come along and hear what people have to say and have your say as well if you want. Remember that this is really only the beginning as a change such as Darren is suggesting is a long and drawn out process.

The following are some comments already received from people who have signed the online petition that you might be interested in.

Location	Date	Comment
Cherry Gardens, Australia	2019-09-09	"I look forward to discussing this with my friends and neighbours at a Community Meeting at the Hall."
Australia	2019-09-11	"It just makes so much more sense for Cherry Gardens (and neighbouring locations like Ironbank & Coro East) to be part of the Adelaide Hills Council."
Australia	2019-09-11	"Yes please have wanted to change for some time as we use the Adelaide Hills Council facilities and closer"
Scotts Creek, Australia	2019-09-11	"Signing because I live there and have no interaction with Onkaparinga council. Even the bins are collected by Adelaide Hills!"
Australia	2019-09-24	"Onkaparinga council does not do diddly squat for the residence in the hills. A bin pick up which we pay for. What about those who have their own water and sewage, but thete is no compensation for us, we have to look after it ourselves. I want out of this council"
Ironbank, Australia	2019-09-24	"Our property has the Council boundary bisecting it. The boundary makes no sense where it is in Ironbank."
Australia	2019-09-25	"Pole Road, Ironbank/Upper Sturt is divided into three council areasAdelaide Hills, Mitcham with the little bit in the middle belonging to Onkaparinga. Very silly for all concerned. Let's get it changed."
Clayton, Australia	2019-09-25	"I live in the Onkaparinga part of Ironbank and can only access the rest of Onkaparinga by driving through the Hills Council Area. I do my shopping, go to the doctor, and collect my post in the Hills Council Area - Stirling is my nearest centre for most things. Being in Onkaparinga Council Area makes no sense."
Australia	2019-09-25	"Debt is way too high and our rates are not spent locally. They are also fiscally irresponsible."
Australia	2019-10-08	"We are a little backwater forgotten by Onkaparinga Council."
Rydalmere, Australia	2019-11-14	"I haven't been impressed with the services provided by the Onkaparinga council for the past 17yrs that I have been living there."

City of Onkaparinga Councillor Update

Boundary Reform

A report has finally been provided to Council in relation to boundary reform issues following a motion from its April 2019 meeting. The report is quite extensive and

outlines the process to be followed, along with associated costs.

As I have indicated previously a council-initiated boundary review would cost in the vicinity of \$250,000, however that cost is waived should a community led petition signed by a minimum of 10% of residents. I would encourage interested residents to read the agenda for the Council meeting held on 10 October at item 9.6, which provides the details. This material is available on the City of Onkaparinga website. I hope that resident Darren Kruse, may be able to report on the responses he received as a result of his article in the Cherry Chatter Newsletter for October.

Northern and Hills North District Reference Group

This group was established by the City of Onkaparinga earlier this year for community associations/groups in the hills and northern parts of council to network and meet with the administration. As the next Group meeting is to be held on Wednesday 30 October at 3.30 pm at the Happy Valley Scout Hall Candy Road, Happy Valley, I will be unable to report on any issues until the December Cherry Chatter Newsletter.

Southern Sports, Recreation and Surf Life Saving Clubs Forum, City of Onkaparinga

I encourage representatives from sporting and recreational groups in Thalassa ward to attend these meetings to have a say on amenities. It provides a great opportunity for networking and also obtain a better understanding of the needs across the whole of the City of Onkaparinga.

The next forum's general meeting was held on Monday 28 October at the Christies Beach Sports and Social Club Brice Oval, Christies Beach, so I will be unable to report on it until the December Cherry Chatter newsletter. I will be encouraging the attendees to have a meeting at a northern location in the near future as one was held a couple of months ago at Aldinga.

Hopgood Theatre Petition

Continued state government funding to support the continuance of the Hopgood Theatre located in Ramsay Place, Noarlunga Centre is in jeopardy, which will mean that this vital centre will be closed in the new year unless this funding is provided.

The theatre is a central and important location for residents of the City of Onkaparinga and is used by a many school, community groups and other theatrical performers (many of whom have launched their theatrical careers from this venue). It is also the location that many of our citizenship ceremonies are held. A petition is currently in circulation seeking continued state government funding for this venue. Please visit Save the Hopgood Theatre on Facebook for more information. Should any resident wish to sign the petition I am in possession of some, so please contact me

Citizenship Ceremony

Since being elected to Council I have made a point of attending the City of Onkaparinga Citizenship Ceremonies. These are one of our most important civil events and it is a great feeling to experience them. The

most recent was held at the Hopgood Theatre during the evening of Monday 14 October, where 160 local residents gave their commitment to become Australian citizens. The next one is scheduled for 7.00 pm Monday 11 November at the Hopgood Theatre.

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

Email: geoff.eaton@onkaparinga.sa.gov.au

Mobile: 0416 637 351

Christmas is coming

With Christmas just around the corner how about we start something similar to "SANTARILLA" that Clarendon Kangarilla and Meadows do in the lead up to Christmas. Many residents dress up a Santa in different settings.

Here are a few photos for you to think about.

The CFS have already kicked things off with Santa on the tractor out front of the fire shed.

Be creative and have a go and let's see if we can get at least half a dozen out there this year and then grow from there. If you have any thoughts on a name for this let us know.









CSIRO Low-Carb Diet

The CSRIO low-carb diet: scientifically proven and not a passing fad

Low-carb isn't a new concept. In fact, it's been around for so long that people might have forgotten about it. But in a world full of nutrition noise, few diets have undergone the type of rigorous testing and research which still hold true. With so many variations and options out there, the CSIRO is providing a science-based insight into the world of eating low-carb.

What is 'low-carb'?

Low-carb is often defined as a diet providing less than I30 grams of total carbohydrates per day. In the CSIRO Low-Carb Diet, they have classified it as 50-70 grams of good quality unrefined, low glycaemic index (GI) carbohydrates. This is compared to the average Australian eating 225 grams per day (Australian Bureau of Statistics).

In a low-carb diet, approximately 10-14 per cent of your total energy intake each day comes from carbs and 58 per cent from healthy fats. CSIRO also use a higher protein approach across their meals, reaching 25-30 per

cent of your total energy needs for the day. Essentially it is a low-carb, high protein and healthy fat plan.

Aren't fats bad for me?

Since the '70s many of us have been told a low fat, high-carb, low protein diet is best. So you would be forgiven for thinking fats are bad. But over time, research has shown that all fats aren't equal. Eating foods high in good fats, like avocado, nuts, olive oil and fish, can help reduce your risk of heart disease. Replacing carbohydrates with higher levels of good fat in your meals and diet can also help to improve blood glucose control (blood sugar) and reduce the level of blood glucose spikes after eating.

Why are too many carbs or sugars bad for me?

The lower amounts of carbs and higher amounts of proteins and healthy fats in the CSIRO Low-Carb Diet helps the system by reducing these big increases in glucose levels so the system doesn't have to work as hard. People with type 2 diabetes could see a reduction in their blood glucose levels.

How does a higher amount of protein help me?

Part of the reason low-carb diets are effective at helping you lose weight is increasing the amount of protein you eat. This helps control cravings and suppress your appetite. Eating higher amounts of protein also helps to maintain your muscle mass, which gets your metabolism burning more calories. Just like fats, replacing carbohydrates with higher levels of protein in your diet can also help to improve blood glucose control and reduce the level of blood glucose spikes after eating.

Do I still have to exercise?

Ideally exercise combined with the nutrition plan is best. Research shows that the level of physical activity you engage in each week is one of the strongest predictors of losing weight and keeping it off. Exercise can also improve your blood glucose control and health and wellbeing, whether you lose weight or not. But if you can't exercise, the nutrition plan by itself can still make a big difference.

So, what's the science behind it? Why should you go low-carb?

In 2012 the CSIRO began one of the most significant clinical trials on low-carb and its effectiveness for weight loss and management of type 2 diabetes. The study ran for two years and included one group of people who were given the CSIRO Low-Carb diet, and another group who were given a more traditional high carbohydrate, low protein, low fat diet that had the same amount of calories. All participants had type 2 diabetes and were either overweight or obese adults. Both groups also participated in the same amount and type of exercise (60 minutes of aerobic and weight training, three times a week).

Year one results

Both groups benefitted from reductions in body fat, blood pressure and blood glucose, and improved their quality of life and mood. However, there were striking differences in several important areas.

The low-carb group saw a reduction in their diabetes medication that was twice as large as the high-carb group. The low-carb group also saw an improvement in their glycaemic stability – the peaks and troughs in blood

glucose levels across the day being balanced – by three times compared to the high-carb group. This means greater improvements in blood glucose control and reduced risk of health complications associated with diabetes. The low-carb group also had a larger improvement in good fats (High Density Lipoprotein or HDL for short), and a greater reduction in bad ones (Low Density Lipoprotein LDL). This means a greater reduction in the risk of heart disease.

Health measure	Ave change in Low-Carb Diet group	Ave change in high-carb group
Diabetes medication		
needs	-40%	-20%
Glycaemic variability		
(high and		
low glucose levels)	-30%	-10%
Blood triglycerides		
(bad fats, in millimoles)	-0.4 mmol/L	-0.01 mmol/L
HDL cholesterol (good		
fats, in millimoles)	+0.1 mmol/L	+0.06 mmol/L

Credit: CSIRO Low-Carb Diet Quick and Easy

Year two results

After two years on the assigned diets, the health outcomes remained on par with the results at year one. This showed the low-carb diet was a sustainable and long-term option for weight loss, diabetes control and health improvement. The results of the study can be found at

https://onlinelibrary.wiley.com/doi/abs/10.1111/dom.13164

Translating years of research from the lab to the public

After years of research and clinical trials on low-carb eating and its effectiveness for weight loss and the management of type 2 diabetes, in 2017 the CSIRO released their first Low-Carb Diet. Following the success of book one, they published book two in 2018 with 80 extra everyday low-carb recipes.

The third book in the series: **The CSIRO Low-Carb Diet Quick and Easy**, is now available. In this edition, they have provided an update on the science behind low-carb, including new research on the health benefits of a low-carb diet coupled with exercise. Designed with a busy lifestyle in mind, the new recipes can be prepared in 30 minutes or less with under 10 ingredients.

They have also incorporated some easy to grab and go pre-packed supermarket products into the recipes to make mealtime even simpler. If you're interested in getting a copy, you can order online.



NKAPARING

CHANGES TO KERBSIDE ORGANICS SERVICE AND BIN COLLECTION

From 1 January 2020, there will be changes to the City of Onkaparinga's green organics service. As part of the changes, kerbside green organics bins will be collected fortnightly instead of every four weeks. Bin collection dates can be found at www.onkaparingacity.com/waste or download the My Local Services app.

Council is also providing compostable bags free of charge for 12 months for residents to collect kitchen scraps and recycle them through the green organics collection service. Following this initial period, the bags will be available for purchase from council. The bags can be collected from council offices now.

The existing bulk green organics drop off service will continue and has not been affected by the changes.

LIBRARIES - WHAT'S ON IN DECEMBER

Join us for a range of activities across our network of six libraries.

- Hour of Code
- Summer Reading Club launch -Reading is Magic
- Travel the world
- Christmas storytime

For more information and bookings visit www.onkaparingacity.com/libraries

f Follow us on Facebook www.facebook.com/onkaparingalibraries

CHRISTMAS AND NEW YEAR

OPERATING HOURS

During this year's holiday season, from Wednesday 25 December 2019 to Thursday 2 January 2019, the City of Onkaparinga will have varying service availability.

For full details including bin collections, centres, libraries and other services visit www.onkaparingacity.com/christmashours

ONKAPARINGA CHRISTMAS TREE

Make this Christmas extra special for children living in our city, by donating to the Onkaparinga Christmas Tree. This annual appeal will help make children smile this Christmas, with all donated gifts to be distributed by southern charities.

Gifts for babies and children up to 18 years old can be placed under the trees at the following locations:

- Aldinga Library
- Aberfoyle Hub Library
- City of Onkaparinga Noarlunga Office
- Woodcroft Community Centre.

For more information, visit www.onkaparingacity.com

Gifts can be donated until 12 December.

FREE COMMUNITY EVENTS

Cherry Gardens

Tuesday 17 December, 6.30-10pm Memorial Hall, 312 Cherry Gardens Road

Enjoy the Cherry Gardens Community Carols at the Memorial Hall, featuring animals from Old McDonald's Farm, a balloon twister, a range of free craft activities, carols, food and nativity dress-ups (costumes available on the night).

Flagstaff Hill

Wednesday 18 December, 7.30-9.30pm Mandilla Reserve, Manning Road

Aberfoyle Park Baptist Church's free Carols in the Park returns to Flagstaff Hill's Mandilla Reserve, featuring children's activities, live music and carol singing for all ages.

McLaren Vale

Sunday 8 December, 6-8.30pm Piazza della Valle, Main Road

The Vale is the place to be for the McLaren Vale Community Christmas Parade and Party in the Piazza.

Enjoy the parade of colourful floats along Main Road from Field Street to Valley View Drive. Join the Party in the Piazza featuring live music, carols, sausage sizzle, face painter, ice cream, a visit from Santa and late-trading by local businesses.

Woodcroft

Saturday 14 December, 5-7.30pm Equestrian Drive, Woodcroft

Join the fun at this year's Carols in the Park featuring kids entertainment, information stalls, food and drink vendors, carols and a visit from Santa.

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www.onkaparingacity.com/christmaspageant

Green turns into black gold

Have you wondered about what happens to your lunch leftovers or your grass clippings once you put them in the bin for kerbside collection?

onfused as to which bin to put your leftovers? Red, yellow or green? We ask Lynda Wedding, City of Onkaparinga's Waste and Recycling Education Officer, to demystify the dilemma and explain why waste is such an important resource.

In addition to garden cuttings, what else can we put the green organics bin?

All food scraps — fruit and vegetables, seafood, meat, bones, dairy and processed foods.

These are eminently suitable for commercial composting, where materials break down quicker than in a home compost system.

Anything else?

Coffee grounds (not pods); tea bags, but not the silky looking ones because they're actually made from the same plastic as soft drink bottles; cold ashes and charcoal; clipped nails and hair, including pet hair and dog waste (no plastic bags though); iceblock sticks; wooden tooth picks; and bamboo plates and cutlery. As a general rule, if it grows, it can go in the green organics bin.

What about pizza boxes?

We get asked this a lot because people are concerned about the oil that leaks into the box. But the answer is, you have a choice. If it's empty and clean, then the box can be recycled and go in your yellow-lidded bin, otherwise pop it in the green organics bin.

Shredded paper?

Green organics bin, definitely. Imagine the recycling sorting facility; it's a big open-air building where trucks offload material onto a conveyor belt, but if it's windy it creates a small cyclone and smaller bits of paper blow around like confetti, damaging machinery. The general rule is if the paper is smaller than a post-it note, then it goes in the organics bin.

What organic items can't we put into the green organics bin?

Cooking oil is a hazardous waste, so you can't pour in oil that you've fried your chips in. But if you've wiped up oil with a paper towel, it can go in the organics bin.

Can we put food scraps in compostable bags?

Yes; plant-based compostable bags will be available from council, free, from December this year until November 2020, but similar bags are widely available in stores.

However, there's a lot of confusion out there with brands claiming to be enviro-friendly, yet their products are still mostly



Solo Resource Recovery delivers organic material to Peats Soil.

fossil fuel-derived plastic. Look for the word 'compostable' and the Australian seedling logo on the packaging. If it meets these standards, it can go in the green organics bin. If not, it can't.

What happens to the organics once it's picked up?

We have a contract with Solo Resource Recovery, which delivers our organics to Peats Soil and Garden Supplies where it is hot composted to neutralise weed seeds and viruses. This means you can put things in the green organics bin that you wouldn't put into the home compost like soursobs, caltrop and black spotaffected roses. The matter is then mixed with other materials such as manure, chicken carcasses, and absorbents like wheat husk, to become a delightful plant food.

How beneficial is compost?

It's an excellent soil conditioner. It provides essential nutrients for growing plants but also improves soil structure and its ability to retain moisture. Micro-organisms love it. So do the farmers, gardeners, and the environment. Basically, it's black gold.

For more information visit www.onkaparingacity.com/waste

ARE YOU READY?



FROM 1 JANUARY 2020

www.onkaparingacity.com/waste

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MP Federal Member for Mayo - Rebekha Sharkie MP Ph - (08) 8398-5566

MP Steven Murray - Member for Davenport - 8270-5122 <u>davenport@parliament.sa.gov.au</u>

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Trees For Life - 8406-0500 www.treesforlife.org.au

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