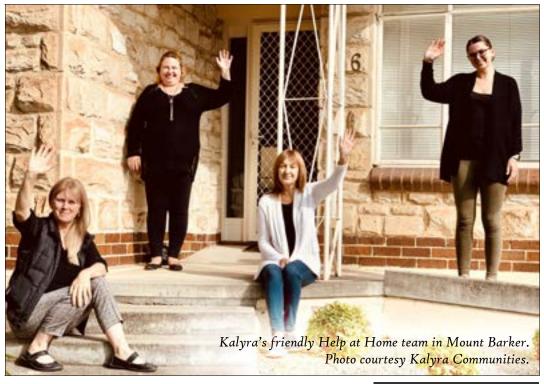


Kalyra Retirement Living in Woodside

Kendrea Rhodes In April this year, Kalyra Communities purchased the retirement village on Tolmer Road in Woodside. An exciting time was expected because community gettogethers and information nights usually result in pleasant hospitality, new friendships and entertainment! But we all know how April panned out this year with the advent of COVID-19. The scheduled social gatherings and extra benefits that Kalyra brings to Woodside were rethought, repackaged and redeliveredmuch like everything else, world-wide.

Kalyra Woodside Village contains 83 retirement homes and is an exciting addition to the district. It complements Kalyra's Help



at Home services already available in the Onkaparinga Valley and residential care and other retirement living options in Belair and McLaren Vale.

CONTINUED ON PAGE 6



"YOU MATTER TO GOD" Kersbrook Church of Christ

Contact Pastor David on 0458 589 996 or someone at your local church to find out more of God's love for you.

"May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit."

These words of encouragement written by St Paul are recorded for us in Romans 15:13 (NRSV). It is believed that Paul had not been to Rome when he wrote the letter to the Romans from the Greek city of Corinth in AD 57.

The Bible Study Tools dictionary explanation of hope highlights that: 'Hope is the proper response to the promises of God... the Scriptures engender hope (Romans 15:4). The Holy Spirit is also a source of hope, for his power causes hope to abound (Romans 15:13). Finally, hope comes as a gift from God through grace (2 Thessalonians 2:16) ... Hope leads to joy (Romans 12:12), boldness (2 Corinthians 3:12), and faith and love (Colossians 1:4-5). Hope also leads to comfort (1 Thessalonians 4:18).'

Lamentations 3:25 (the Old Testament book written by the prophet Jeremiah during the 7th century BC) (NIV) assures us that 'the Lord is good to those whose hope is in him, to the one who seeks him'. Where and what does your hope depend on?

As Christians, we believe that Jesus is who He claimed to be, and He is the reliable and sure foundation of all hope for everyone who comes to Him in faith and repentance. We want to proclaim this glorious news to all who will listen and consider what their hope is based upon. The Bible records for us that God offers hope for now and the future. Hope based on the promises of God.

How can we know about these promises?

They are recorded for us in the Holv Bible. a collection of books/ scrolls that were composed and written by different people who were inspired by God to write what they did. It contains history and a great deal of prophecy as well as the invitation to come in faith into a special relationship with Jesus Christ. Matthew 11:28 (NIV) records Jesus' invitation: "Come to me, all you who are weary and burdened, and I will give you rest."

A desiringGod.org article gives this insight: 'A simple promise can relieve a complex burden, provided we believe that the power behind the promise is complex and strong enough to relieve our heaviness. The simplicity of Jesus' promise is both striking and refreshing. Jesus simply offers himself as the universal solution to all that burdens us...

And his simple promise is audacious: "Come to me." The only way that this isn't megalomaniacal lunacy is if Jesus is who he claims to be: the eternal Word made flesh, our Creator (John 1:1-3, 14; John 8:58; Hebrews 1:1-3). His simple promise implies a power behind it more than sufficient to lift what weighs us down.' We are sure of the hope we have in Jesus and we believe that we all matter to Him.

DEADLINE For next issue, ads & editorial <u>Will be advised via our</u> <u>website, facebook and email.</u>

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Even in these difficult times, we need to keep commerce going. I can advise that in this environment of extremely low interest rates, high stock and hay prices and much of the population at home with time to search the net, we continue to receive strong requests for (a) residential homes, (b) life style blocks and (c) agricultural land. Prices remain solid. Please feel free to ask me for a confidential appraisal and I suspect you may be pleasant surprised at the value of your asset

With Regards, Richard Inwood - Ma. Ag Sc, Dip. HR, Dip. Business Planning Landmark Harcourts Mount Pleasant – Agent Licence – RSR300816

> Contact: Richard Inwood - 0428 606 420 - landmark.inwood@outlook.com Office: 134 Melrose Street, Mount Pleasant – (08) 8568 2309



NRM funding trebled for Cudlee Creek fire recovery



The amount of funding to be made available to support Adelaide Hills small landholders to recover from the Cudlee Creek fire has been almost tripled, following huge interest from the community.

David Greenhough, Chair of the new Hills and Fleurieu Landscape Board and overseeing board member of the Adelaide and Mt Lofty Ranges NRM Board, said 270 applications had been received for the Cudlee Creek Fire Landscape Recovery Grants, almost three times as many as had been expected.

The funding is being provided by the Adelaide and Mount Lofty Ranges (AMLR) and the South Australian Murray-Darling Basin (SAMDB) NRM Boards, through the natural resources management levy.

"The original \$400,000 in funding has now been increased to over \$1.1 million in grants available for eligible landholders," Mr Greenhough said.

"With the restrictions imposed by COVID19, many of the boards' regular programs such as events, live workshops and field days can't be held right now, so the funds have been redirected to help landholders with fire recovery."

Many of the boards' usual programs are currently being delivered online.

Cudlee Creek Fire Local

Recovery Coordinator Alex Zimmerman said lifestyle property owners had specifically been identified as most in need of the grants.

"This section of the rural community had previously missed out on the opportunity to apply for recovery grants, because they don't earn the majority of their income from the land and therefore weren't able to access financial support," he said.

"However, lifestyle properties were just as impacted by the fires as other landholders and they are a significant sector of the local community, so this funding will help support them in their recovery."

Environment Minister

David Speirs said the grants, worth up to \$5000 per property, will help landholders restore the landscape and natural resources such as soil, water and habitat for the native plants, birds and animals.

"This work might include fencing off areas to protect native vegetation, creeks or soils; controlling pest plants and animals; managing soil erosion; establishing temporary stock containment areas; or to pay for professional land management advice," Mr Speirs said.

Mr Greenhough said applications had closed and were now being assessed, with grants expected to be allocated in the near future.



Nominate a Quiet Green Achiever

The Hills Environment Centre is calling for nominations for the **Quiet Green Achiever** Award 2020. This will be the 8th year running for the award which has seen 47 people recognised for their contribution to the environment. Do you know someone who lives a sustainable lifestyle, is an environmental volunteer or encourages others to be more environmentally aware?

The Hills Environment Centre (HEC) wants to hear about these inspirational people who actively support environmental health in their community and do so without seeking recognition or compensation.

While the regular public workshops and



events have been postponed due to the Corona-19 virus, the HEC Management Committee recognise the importance of the awards within the community. "The awards were initially planned to celebrate World Environment Day, but this year the nomination process has been extended until the end of June as we don't know when we can hold the presentation" said Val Hunt, Coordinator of HEC

Who is eligible? The nominee can be involved in land care, a community garden, a school kitchen garden, perhaps created habitat for wildlife in their own backyard or community, who upcycles or creates products from recycled material, inspires others to live sustainably - or any other similar activity that they do voluntarily or with passion.

Previous winners include a young boy who shared his passion for the environment and ecosystems, bird monitoring volunteers, people who drove recycling projects or initiated community environmental projects, long term hard working land care volunteers and even one winner who built a community biochar kiln.

"We are always impressed by the variety of selfless activities that community members undertake. We read out the nominees stories at the award presentation and everyone is in awe of the energy and passion that drives these people to dedicate hundreds of volunteer hours" said Val. "This is also the first award presented under our new name, the Hills Environment Centre, previously known as the Adelaide Hills Natural Resource Centre. Much easier to say and symbolises what our organisation does".

You can nominate a Quiet Green Achiever by simply writing about your nominee in a paragraph or up to 200 words. Include your full contact details and the nominees name. address, email and phone number. Email your entry or enquiry to valhunt@ahnrc.org or post to HILLS ENVIRON-MENT CENTRE, QUIET GREEN ACHIEVER AWARD, PO Box 165, Norton Summit 5136.

Entries close on Tuesday June 30th 2020 and the winners will be presented at a public event to be held at the Hills Environment Centre, 4 Crescent Drive, Norton Summit at a date to be decided once public gatherings are allowed.



Or: 8568 2547 A/H, www.barbsbowen.com.au



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- O418 213 269
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Small Business Team

8429 3801

business.sa.gov.au



Along The Grapevine | May 16th, 2020 to TBA | Page 5

Mt Pleasant Farmers Market is still open!

"Yes, the Mt Pleasant Farmers Market is still open albeit a little different than usual" says Marketing Manager Terese Stephens

Now in its ninth year, the Market has faced many challenges over its time, but certainly the COVID-19 regulations as with many, many businesses have been a very demanding time.

"As the Market is classed as an essential food service, we have been able to continue trading, the Market Management has put into place many policies to comply with COVID-19 government regulations. Our Market is now spread over three areas, the original market hall, the wisteria atrium and surrounding both, the outside areas. Keeping the Market open and supporting our local producers has been paramount in the change of format for the Market." Terese said.

Market Management has also requested for stallholders to use cashless system where possible; a regularly sanitised ATM is also available if required. The market breakfast bar now is offering a delicious take-away breakfast menu. Individual person shopping is encouraged to control numbers within the market areas.

"With the COVID-19 challenges driving many changes at the Market, we are very proud to announce that we have launched our online market, drive through and pick up service. Our online Market features many of our stalwart stallholders and a selection of their products. The online Market will allow the community to easily access Market produce in a safe space and provide another avenue for producers to sell their products. In the near future we hope to add a delivery service in local areas," Terese said.

The online platform can be found at https://mt-pleasantfarmers-market-inc.myshopify. com/

Orders placed by midnight



every Wednesday, will be available from 9.30am Saturdays at the Mt Pleasant Farmers Market. Please note orders placed AFTER midnight on Wednesdays will not be available until the following week. The Mt Pleasant Farmers Market is open every Saturday at the Mt Pleasant Showgrounds, from 8am - 12 noon.

For more information please phone Terese Stephens 0418 301 121.



LOBETHAL | WOODSIDE

Closed Christmas Day

Kalyra Retirement Living in Woodside Continued from page 6

Kalyra Communities is the 2019 South Australian Aged Care Provider of the Year. With a base at 6 Mann Street in Mount Barker, Kalyra can provide enhanced support within the Adelaide Hills. Sara Blunt, Kalyra Chief Executive Officer said, "We hope that moving into the bigger office in Mann Street will send a strong message that we're very much committed to supporting older people living independently in the Hills."

Kalyra's Help at Home is a valuable and flexible service provided within a person's own home, allowing them to continue living independently. Help at Home staff can assist with domestic work, cooking, nursing, exercise, administration, maintenance, transport and so much more, please visit their website to see a full list.

Ms Blunt said, "We have an option to suit every need and our staff are incredible. They understand that it's a privilege to be invited into someone's home to provide support. It really is a partnership developed through trust and respect, with the kind of care that has been synonymous with Kalyra for over 125 years."

The James Brown Memorial Trust was set up in 1892, due to the amazing drive and determination of his wife, Jessie Brown. The Trust has cared for TB and polio sufferers, provided specialist hospice services and supported the disadvantaged over 125 years. Today the Trust focuses on Kalyra Communities and its retirement living, Help at Home, memory support, affordable housing and residential care options.

Kalyra are also able to offer the new shortterm Commonwealth Home Support Packages.

The array of services that Kalyra offer are well worth reading, please visit their website for a full explanation: www. kalyra.org.au or call them on 8278 5444.



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Have you tried Purslane?

The young shoots are fleshy, slightly tart and mucilaginous, and provide a salty tang to any salad. Lightly steamed, or wrapped in foil and thrown into the coals or on the barbecue, it is delicious with butter and pepper, making it an excellent "greens". The leaves are rich in vitamins C and A, with some B vitamins as well. The tartness is due to oxalic acid, which cooking destroys, so people with rheumatism or gout should avoid eating it uncooked.

The seeds, used by indigenous Australians to make a flour, are the highest known vegetable source of omega 3 oils (alpha-linolenic acid). To harvest the tiny seeds, the indigenous Australians developed a method of piling the plants in heaps on a flat hard surface, bark or animal skin to let them dry. The seeds would automatically drop in a concentrated pile, where they could be easily gathered.

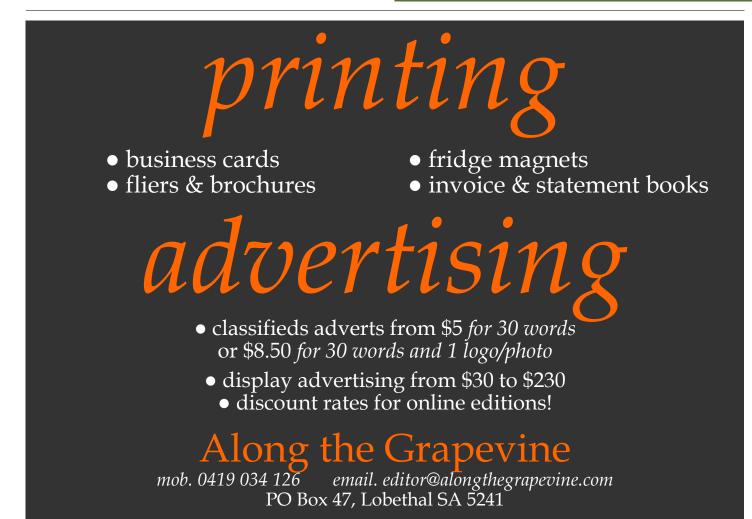
This highly nutritious and valuable plant is easy to grow in any garden or pot.

Some plants deserve to be more widely grown and recognised as food. Purslane is one of them. If you see it growing on waste land or ungrazed areas (animals seek it out quickly), nip off the growing shoots and collect an ancient and highly nutritious food source. Better still, dig one up and transplant it into your garden. Any sunny spot, a minimum of care and watering, and you'll have a regular source of greens.

Try some this weekend, see Sabri and Mustafa from Dogan Farm, at the Mt Pleasant Farmers Market!



A TURKISH BREAKFAST (From the Kitchen of the Dogan Family) onion diced beef or lamb mince cook onion & mince together add chopped purslane when almost cooked put two eggs into mix stir into mixture until cooked



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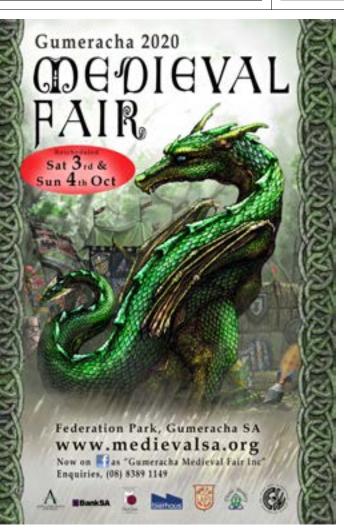
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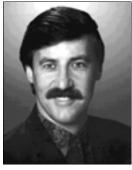
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