

# ONE TREE HILL Grapevine

MAY 2020  
VOLUME 43  
EDITION 4



Community Magazine

... I heard it through the Grapevine ...

Cover: Ex Chief Petty Officer Wain Walker raising the flag at an empty ANZAC Dawn Service / Photo Credit: Jazzy Walker



## READ THE GRAPEVINE ONLINE

For the online edition of the One Tree Hill Grapevine, please visit the

**WEB SITE: <http://onetreehill.org.au>**

Click on 'Grapevine', and scroll down, where you can download any editions of your choice, in PDF format back to 2011.

You can also now head to our facebook page and give it a "Like".



**One Tree Hill Grapevine**

**For submissions - NEW EMAIL: [grapevine@onetreehill.org.au](mailto:grapevine@onetreehill.org.au) or Mob: 0435 269 564**

The One Tree Hill Grapevine is published by the One Tree Hill Progress Association.

The views expressed in the One Tree Hill Grapevine are not necessarily those of the One Tree Hill Progress Association. Whilst every effort has been made to ensure that information in this publication is fair and accurate, One Tree Hill Grapevine cannot be held responsible for any content or advertisement, including errors or omissions.

## DEADLINE for the Next Edition is Wednesday 20th May

*To advertise in the Grapevine you must live in One Tree Hill or the surrounding area, or operate a business that provides a unique service to the district.*

## COMMUNITY MAGAZINE

The Grapevine is a great way to share local news, views and events.

A Gold Coin Donation towards the cost of the production of the Grapevine would be greatly appreciated.

Please place your gold coin donation in the

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- ◆ Post Office
- ◆ Fodder Store
- ◆ Pharmacy, or
- ◆ OTH Country Market



### ADVERTISING RATES

#### PER ISSUE

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1/8 page	\$40
1/4 page	\$80
1/3 page	\$135
1/2 page	\$195
Full page	\$395

##### Classified Ads (Black & White pg 22)

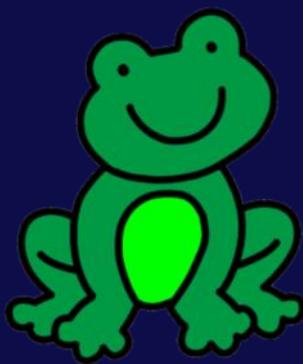
Single \$15 / Double \$25

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## CONTENTS

From Behind the Desk...	3
OTH Progress Assoc. Report	5
OTH CFS Report	6
Police Report	7
Out and About	8
Councillor's Report	9
Progress Annual Report	10
Business Booster	12-14
Community News	15
A to Z Advertisers	23
Community Directory	23
Playford Council Contacts	23
What's On	24

## From Behind the Desk...

Welcome to the May issue of the One Tree Hill Grapevine. Well what a crazy time this is, as we navigate our way through these unprecedented circumstances of COVID-19. By now most of us have spent a lot of time in our homes, which for some is easy, and for others it can be difficult and isolating. I hope you have been going OK, and I would love to see some photos of what you have been up to during this time.

Our cover page is the unusual scene of an empty ANZAC Day Dawn Service. Along with so many others in town, I had my own Dawn Service out the front of my house, and I was lucky enough to be able to hear Keith Miller playing the Last Post on his trumpet. Even though many of our community groups are closed, this issue is chocked full of reading for you, plus a Business Booster centre pull out section initiative, offering some free advertising for locals to give them a helping hand.



## COUNTRY MARKET



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## One Tree Hill Institute MARKET CANCELLED

*The One Tree Hill Country Market is cancelled until further notice due to COVID-19 issues.*

*Thank you to all stallholders, who have been extremely supportive of our Market in the past.*

*Stay safe everyone.*

**Enquiries / 0457 107 817 / [market@onetreehill.org.au](mailto:market@onetreehill.org.au)**  
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# One Tree Hill Progress Association ~ President's Report

Dear Residents,

Events have changed rapidly in the past month or so, with all our lives affected to varying degrees. The One Tree Hill Institute is closed for the foreseeable future with the only remaining Progress Association activity the production of this magazine. We are unsure when our Country Market will reopen, but it may be many months. With so many local businesses adversely affected by the health directives, Progress will be sponsoring a section of the Grapevine for local businesses (that fit our normal advertising Terms and Conditions) to promote themselves; please contact the editor at [grapevine@onetreehill.org.au](mailto:grapevine@onetreehill.org.au) for details. We are all in this together, so please try and help local businesses survive by shopping locally.

I hope everyone was able to find a personal way to commemorate the ANZAC Day Dawn Service while observing the health restrictions. The recognition of the sacrifice made by our Defence Forces is a defining quality of the Australian people through the trials and tribulations of our growth as a nation. Lest we forget.

The Association will not be meeting in person for the foreseeable future, but I will be exploring video conferencing so we can at least try to have an AGM to meet our corporation responsibilities. Given the ad-hoc comments in the One Tree Hill township about the dramatic slowdown in Internet speeds with everyone staying at home, I am not optimistic that this will be possible, but we will give it a try.

We have not heard back from the Minister of Environment and Water regarding our water supply concerns during power outages, but the SA Government are clearly busy dealing with very important health issues. Likewise, we don't have any recent updates from Council on the movement of the eastern town sign near Jordan Drive.

Don't forget to check our website for any important community updates from the Progress Association or the Grapevine Facebook page for related community notices. Stay safe and healthy.

Kind Regards,

*Steve Huckstepp, President, One Tree Hill Progress Association*  
*[president@onetreehill.org.au](mailto:president@onetreehill.org.au)*

**Looking for a community volunteer role?**

**One Tree Hill Progress Association is  
seeking a new Secretary. Could this be you?**

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*Contact Steve Huckstepp, President at [president@onetreehill.org.au](mailto:president@onetreehill.org.au)*

# One Tree Hill CFS ~ Incident Report April 2020



The One Tree Hill CFS Brigade hopes that this finds all our readers safe from the threat of the Coronavirus and congratulates the community on the responsible way it has responded to the threat. Fortunately, under the circumstances, the last month has been quiet with just 6 callouts all of which turned out to be relatively minor.

Following the last article, the Brigade was split into two teams to ensure that the entire Brigade is not exposed to infection. Each of those teams are doing two week shifts and this has worked well over the last five weeks as we have been able to man trucks for all incidents. The CFS has also introduced protocols for checking and reporting on whether incident scenes may be contaminated.

The callouts we have had included a call to assist the SA Ambulance Service after a fall from a horse at the Nyroca stud. There were two grass fires, one on each shift. One over Easter was started by a tractor which caught fire in a paddock while cultivating and was dealt with quickly. The other occurred on the 26th of March not far from Nyroca stud and was also only a small burn which was quickly extinguished.

Despite having less vehicles on the road, there have been two vehicle accidents, a two car head-on on Hannaford Hump Road and the other on Uley Road on the 20th of April. These have both occurred on the blue shift and I am on the red shift, so I apologise for being a bit short on details, we will have to rectify our reporting for next month. The other call was for a tree down blocking Hannaford Hump and Burg Roads which was also swiftly dealt with.



## Have you cleaned your flue?

With the weather getting colder a lot of us would have already either lit the combustion heater or at least thought about it, but have you also thought about cleaning your flue? Recommendations are that this is done every year to prevent the build-up of potentially flammable deposits on the inside of the flue. Chimney fires are typically responsible for many house fires during the April-May period each year and these can easily spread within the ceiling space once the flue has become overheated.

Talking to Playford Council this week they have indicated that the Fire Danger Season would end on the 30th of April as planned and they were about to have their website updated with new information including permit applications. Indications are that the General burn permit will be reissued this year for certain parts of our area, but you should check the website to check whether that covers your location.

**For general information please contact OTH Duty Phone on 8280 7055. You can also visit the CFS website at <http://www.cfs.sa.gov.au> or phone 1300 362 361.**

*Garry Walsh, One Tree Hill CFS*



# One Tree Hill Rural Watch ~ Crime Report

Offences Reported between 19th March 2020 — 20th April 2020

Between 24/10/19 and 7/4/20	<b>Theft</b>	Viney Drive Uleybury	Theft of approx. \$3000 of copper wiring from Telstra site
Between 3/3/20 and 14/4/20	<b>Theft</b>	Kentish Road Uleybury	Tools stolen from open shed
10/4/20	<b>Theft from motor vehicle</b>	Adams Road Uleybury	Wallet and mobile phones stolen from vehicle parked at this location



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Darren McCue

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We still sell our popular \$200 15kg meat box and also sides of beef – these can be ordered by phoning Sarah on 0402 099 106

# One Tree Hillians Out & About

If you have any photos you would like to see in the Grapevine, please send in to [grapevine@onetreehill.org.au](mailto:grapevine@onetreehill.org.au)



*ABOVE & LEFT: OTH Scout Group youth across all ages participated in ANZAC Day at home activities and driveway services across our district. Scouting programs are continuing via Zoom video conferencing. (Photo credits: parents)*

*BELOW LEFT: Local boys brightening their neighbourhood while staying home during COVID-19. (Photo credit: Anita Hart)*

*BELOW: Emus door knocking in Humbug Scrub. (Photo credit: Tracy Philp)*



# Playford Council ~ Local Councillor's Report

Dear Fellow Ratepayers and Residents,

The COVID-19 pandemic has seen the City of Playford moving with the times and is now live streaming council meetings to ensure the safety of our community during this time. The virtual experience will now enable you to watch the meetings from the luxury of your own home. All you have to do is subscribe to our YouTube channel to be notified on any upcoming live streams by visiting [www.youtube.com/cityofplayford](http://www.youtube.com/cityofplayford).

The Strategic Planning Committee meeting was the first meeting to be streamed live on Tuesday the 14th April 2020. Unfortunately, there were some technical issues with the audio, which I am assured have been rectified.

It is the important time of the year with the Draft 2020/21 Annual Business Plan and Budget, Long Term Financial Plan and Asset Management Plans for Public Consultation due to be released. The Plans are on the agenda of the Ordinary Council Meeting on the 28th April 2020 and if approved will be released for public consultation from the 5th May to the 2nd June 2020. This will see the consultation period increase from 21 days to 28 days and hopefully allow residents and ratepayers an extra 7days to consider and respond.

The Annual Business Plan and Budget proposes a rate increase of 0.75%, comprising of 0.39% for external cost pressure (State Government Cost Shifting) and 0.42% for new and enhanced services, offset by savings from operating costs of previous initiatives (0.06%). Inflation to maintain Existing Service Standards funded by the General Index (Rate Increase) is presented as Equivalent Rate Revenue percentage at 0.00%. However, it appears that the General Index which is the weighted average South Australian Wage Price Index and the Consumer Price Index is being funded by operational savings. Of the 157 pages, the key budget data shows operating income of \$110.112M, operating expenses of \$108,068M, with an operating result of \$2.044M and net borrowing balance of \$172.275M. If you have questions or feedback, please give me a call.

Please follow the City of Playford's internet page to keep informed and have your say during this process. As your councillor for Ward 3, I will be using my Facebook page Cr David Kerrison – City of Playford to communicate with residents.

If matters arise that are of concern, please contact customer service on 82560333 or Visit Playford Online services or give me a call.

I hope everyone is doing as well as possible during these difficult times.

Best wishes and regards,

*Cr David Kerrison / Phone: 0478283879 / Email: [crdkerrison@playford.sa.gov.au](mailto:crdkerrison@playford.sa.gov.au)*

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# OTH Progress Association ~ President's Annual Report

The 2019-20 year started with a steep learning curve following in the shoes of long-term President Ian Slater, who thankfully and kindly made himself available to guide me during the year. Thank you to the outgoing committee for their commitment and support in keeping the Association effective, viable and functional; some of these members have made significant contributions over many years.

A special thank you to Graham Watson for providing behind-the-scenes counselling and support; I may not have made it through the year as President without his dedication and sound advice. Being dual-hatted as Treasurer was not particularly onerous, although having two votes in key decisions carries extra responsibility and accountability.

A very special thank you is also warranted for the fantastic work done by Heather and John Fischer in running the monthly Country Markets, to Pat Jones in managing and cleaning the Hall and to Bindi Hawkey in compiling and editing the Grapevine. These are our core activities and they would not be possible without these strong leaders and tireless workers. While definitely not trying to discourage their ongoing support (!), I would encourage them all to implement succession planning so that we can continue functioning efficiently and effectively when they step back (or even want to take a long holiday!). To achieve this, we need to increase our membership.

New membership is our lifeblood; we all need to work hard to bring new residents and business owners into the Association, or at least to actively support our work. We need their new ideas for projects or activities, and we need their horsepower to help us continue running our existing programmes.

Following the 2017 Playford Council rating process fallout, I maintain an active interest in ensuring that their rating policies will not adversely impact ratepayers and that their programmes and projects continue to benefit all Playford areas. We are lucky to have the regular counsel of Cr David Kerrison and we should harness his enthusiasm and commitment to ensure One Tree Hill is not a target for disproportionate rating decisions and is also not forgotten when money is allocated in infrastructure projects. We are enjoying a strong working relationship with Playford Council and are confident that we are working towards the common good of our ratepayers and residents.

We are also lucky to have the regular support of the local Member for King, Paula Luethen. Paula is a regular attendee at our meetings and we appreciate her tireless efforts to listen to the community and to consult and update us on government initiatives. Paula and her staff continue to provide valuable behind-the-scenes help with local issues.

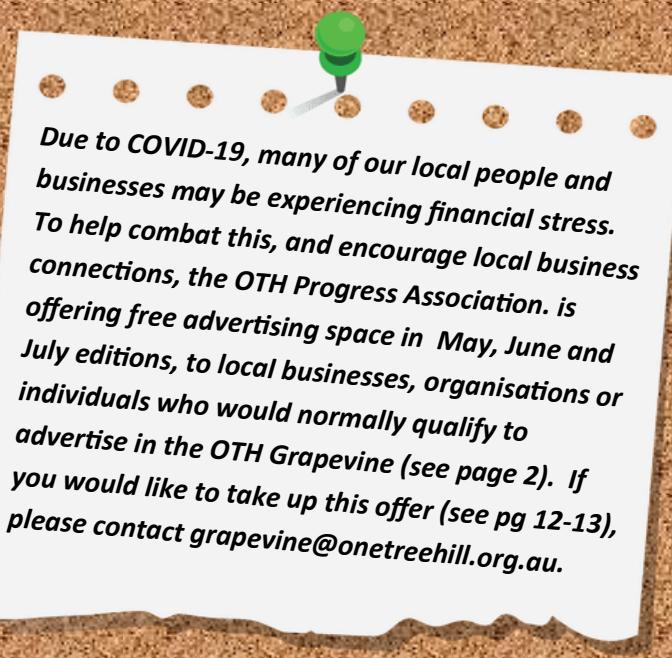
The transition to the new website (<http://onetreehill.org.au>) and email addresses will save us a lot of money and it has given us considerably more flexibility. We are still maintaining a watch on the old email addresses, but I am hoping that we can save substantial amounts on our telephone bills by discontinuing them soon.

The Grapevine magazine is going strongly with great support from the community and advertisers. However, we are losing money and we need to convince local businesses and community organisations to consider using the Grapevine as part of their marketing and to increase their reach in our district. The Grapevine is available to read online on our website (well before it appears in letter boxes); it would become profitable if we could move our readership online, with us then only needing to print a small number to be available for gold-coin donation at selected stores in the township.

We continue to work with Council regarding the movement of the town information sign adjacent to Jordan Drive, which obstructs the view of westbound traffic on Black Top Rd. Council staff are supportive of our safety concerns and we hope a solution is imminent. We are also following up concerns about the lack of town water with the loss of power (a common event in One Tree Hill and especially during bushfires) with the Minister of Environment and Water. We understand the State Government have plans for emergency backup generators and we have asked them to make this a high priority project.

It was wonderful to open the Street Library at the front of the Institute on 26Feb20 and it is getting good use. This is a great example of how our community can suggest new ideas to improve the township and how Progress can then make things happen. The concept is subject to a 12-month review by Council and we can also decide if we need to expand the concept.

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The eastern States and SA both experienced an horrific, unprecedented bushfire summer which took many human lives and the lives of countless animals and birds. It was wonderful to see how individuals, families and communities came together to help relieve the suffering and to help communities re-build. Thank you to all those people that donated their money or time to help others.

We are all struggling with the Covid-19 restrictions and they have effectively shut-down all our hall-related operations, including hall hiring and Country Market. However, there are still many things we can do for the community in the background and we should keep going. It was with very heavy hearts that we had to cancel the 2020 ANZAC Day commemorative Dawn Service, but our commitment to continuing this tradition next year remains strong.

You will recall that I reluctantly accepted the President's role this past year as it was on top of learning the role of Treasurer. It was on condition that I would be allowed to run streamlined meetings to a tight agenda and with a goal that they run less than 1 hour. I have generally met this objective, which I think is vital to ensure we don't discourage new (and old) members, who lead busy lives and don't have time for long or tedious meetings during a work/school week.

Again, a big thank you to the outgoing committee members. Unless someone else steps up, I am happy to renominate for another year as President (and Treasurer). If they have the time to regularly attend meetings, I urge everyone to consider standing as a committee member and am hopeful that we can manage a changeover in May while working within the Covid-19 restrictions. Stay safe.

**Steve Huckstepp**  
President, One Tree Hill Progress Association / 15Apr20



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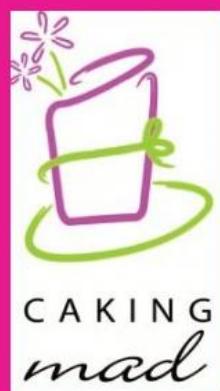
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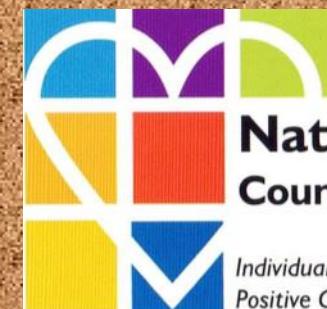
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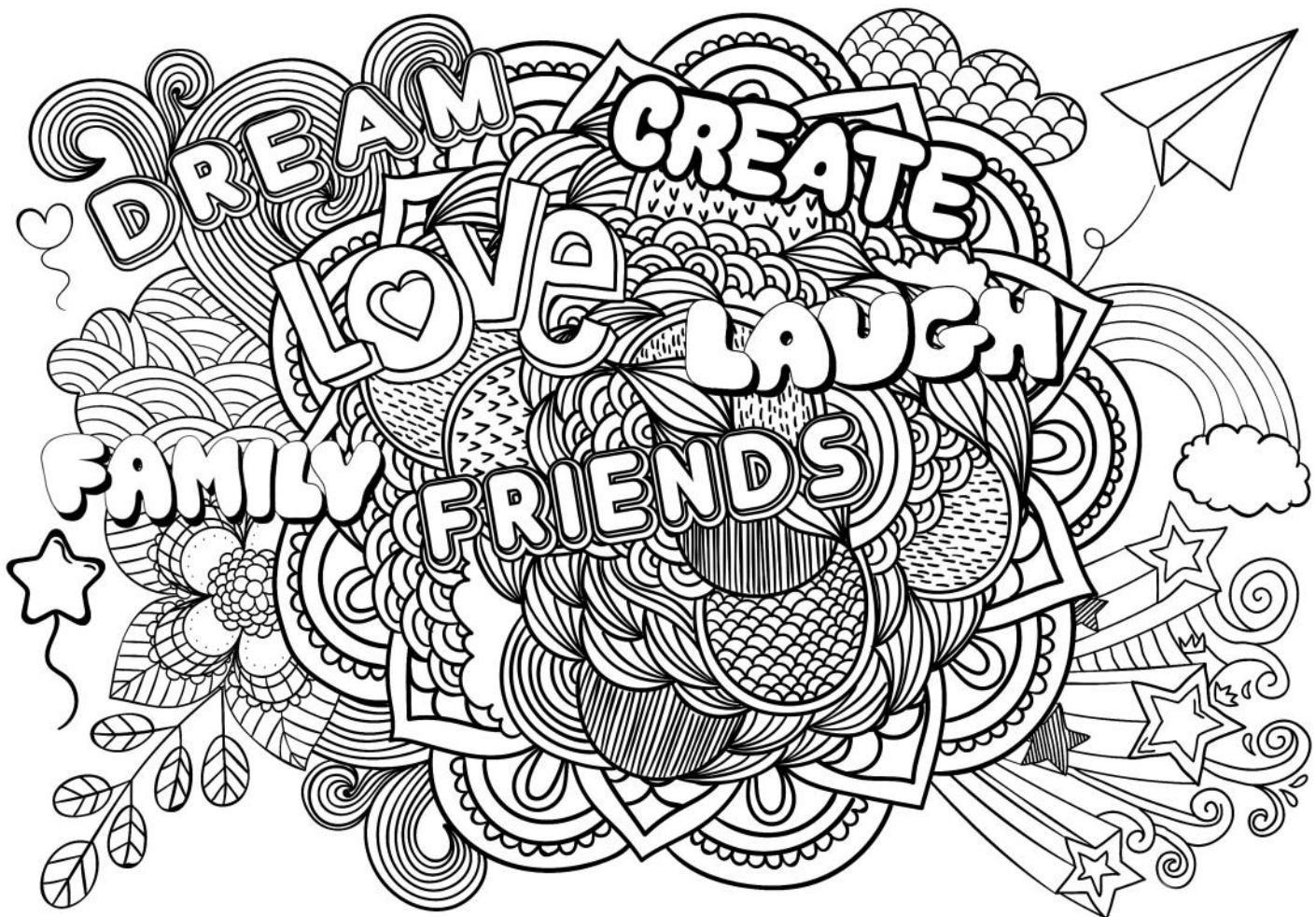
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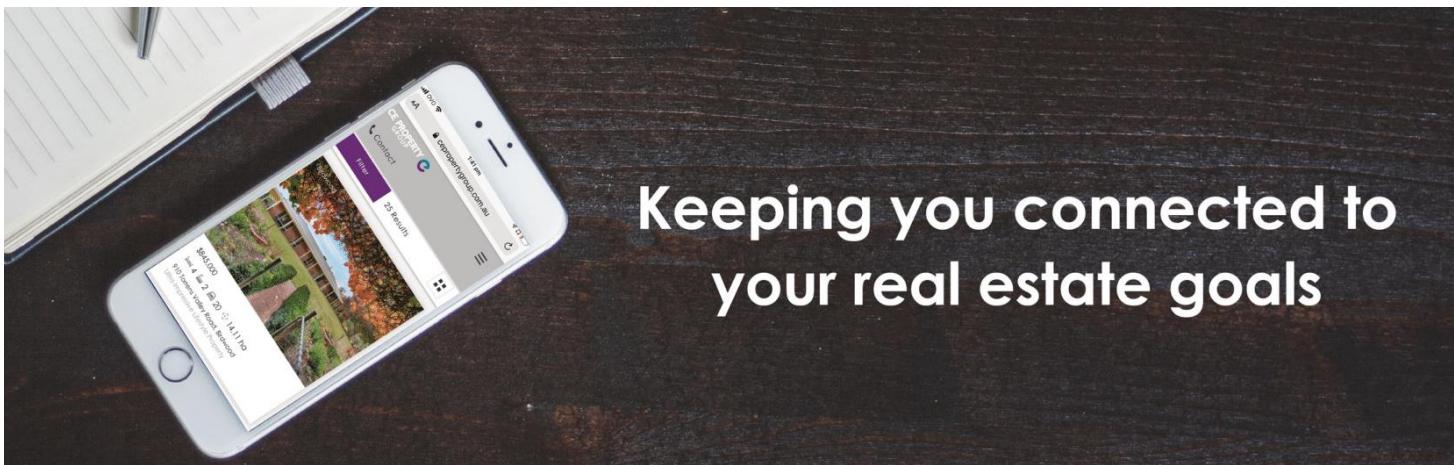
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In today's real estate conditions when, understandably, you would think people would refrain from buying and selling, some of the toughest to sell properties have been among the 20 plus properties that have either gone under contract, sold or received offers in the last few weeks. We've also listed 10 new properties in the last few weeks. Real estate transactions are continuing throughout this time.

We want to assure you that we are with you every step of the way, whether it is to list your property for sale or to facilitate the signing of a contract to buy your new home. Our communication has not changed and you can rest assured knowing we will continue to provide you with regular updates throughout the process.

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## What's Flowering In My Garden?

Autumn is upon us with it's cooler days and cooler nights. Daylight Saving has ended for another season, meaning that my outdoor activities are now ending late afternoon. There has been a small amount of rain but all the plants will be revived and refreshed once we receive a lot more precipitation.

The Correas are just waiting for a good drink but Correa glabra Turnbull is flowering and is one of a very few plants in flower at the moment. It's colourful red and green tubular, pendulous flowers are displayed against a background of mid green elliptical shaped leaves. This plant has grown about 1m high with a spread of about 1.5m and provides shelter for Blue Wrens and New Holland Honeyeaters. During the Winter/Spring of 2019, the New Holland Honeyeaters built a nest inside this dense bush and the many flowers provided much needed nectar for the adults to feed their young birds. This Correa is a very worthy plant in any garden as it can fill in as space between other larger plants. Several plants, planted along a pathway to create a hedge, can be easily trimmed to maintain the effect of a hedge whilst still enjoying beautiful the flowers that the plants will produce. You may find this plant at any good nursery but it is often found at various plant sales/outlets, but ,sadly, the Australian Plant Sale , due to be held in May, has been cancelled due to Covid 19 virus restrictions. Plant this Correa in your garden and enjoy it's bright mid green leaves and it's red and green flowers as well as the many birds that will enjoy feeding on it's flowers as well as having such an excellent shelter bush for refuge.

Correa glabra Turnbull, a hardy, drought resistant plant is a lovely addition to any garden.

Just Beautiful.

*Photo & Article submitted by Heather Fischer*

# BURNING PERMIT



**If you live in the City of Playford you are required to obtain a burning permit between the dates of  
1 May 2020 and 31 October 2020.**

**Some areas are exempted from having to obtain an individual burning permit and are instead covered by a General Notice Burning Permit – per information below.**

**Burning Permits are issued to enforce the Environment Protection (Air Quality) Policy 2016 in accordance with clause 6.**

This general notice burning permit is issued by the City of Playford and authorises any person within the following areas of the City of Playford (as defined in the City of Playford Development Plan pursuant to the Development Act 1993) that are within Metropolitan Adelaide (as defined in the Development Act 1993):

- a. The Watershed Zone (Mount Lofty Ranges);
- b. The Hills Face Zone;
- c. Primary Production Zone (Mount Lofty Ranges);

to carry out any of the following burning activities in those areas, outside of the 2019/2020 fire danger season (fixed under the Fire and Emergency Services Act 2005) subject to the conditions set out below:

1. Burning off vegetation for fire prevention or control;

## Conditions

2. This burning permit cannot authorise a person to carry out a burning activity under (1) on land if the person is not the owner occupier of the land or does not have the consent or authority of the owner or occupier.
3. A person carrying out a burning activity under (1) and (2) must:
  - Only burn between the hours of 10am and 5pm, Monday to Saturday. NOTE: Burning on Sundays and Public Holidays is prohibited.
  - Create Piles 3m x 3m x 2m Maximum
  - Notify your neighbours prior to the day of burn.
  - Place materials to be burnt in a position that allows for a four-metre clearance around and over the fire.
  - Ensure all piles to be burnt are not in close proximity to other flammable materials including grass and logs.
  - Burn one pile at a time, to ensure that you retain control of each burn.
  - Have appropriate working fire control equipment on standby.
  - Extinguish the fire immediately if smoke or odour is causing a nuisance on another person's property.
  - Stay within the direct vicinity of the immediate burn site if smoke or smoulder is coming off of the burn.
  - On the completion of the burn, ensure the fire is completely extinguished.

**You must not:** Burn materials mixed into soil or permapine treated with copper arsenate, household rubbish, plastic or rubber.

4. This notice remains in force until 31 October 2020.
5. Individual permits will be considered on a case by case basis in November 2020.

## Notes

This burning permit does not authorise the burning of a prohibited substance (Clauses (6)(3)(d) and (7) (1) of the Environment Protection (Air Quality) Policy 2016. The fact that a person has complied with the conditions of the burning permit does not:

- a. relieve the person from liability for any loss, damage or harm caused by a fire lit under the authority of the burning permit; or
- b. prevent proceedings for enforcement of the general environmental duty under section 25 of the Environment Protection Act 1993, or for any offence under the Act, in relation to the burning activity (clause 6(5) of the Environment Protection (Air Quality) Policy 2016). This permit is subject to any ban, prohibition, restriction, or other requirement under the Fire and Emergency services Act 2005, the Native Vegetation Act 1991 or a prescribed act (clause 5(4) Environment Protection (Air Quality) Policy 2016). For general information and Frequently Asked Questions on Burning in the Open in the City of Playford Council area please visit the council's website [playford.sa.gov.au](http://playford.sa.gov.au) or the EPA's website [epa.sa.gov.au](http://epa.sa.gov.au).

# One Tree Hill Uniting Church

***Our Vision - "People of Faith, sharing God's love as we Worship & Serve in the Community"***



*Regrettably, all our Church Services, Sunday School and Monthly Fellowship Meetings are cancelled until further notice.*

**ENQUIRIES: MAUREEN 8280 7368**

**"Hope is a gift to be shared" (Desmond Tutu)**

In seeking to live out Desmond Tutu's wonderful words, One Tree Hill Uniting Church (OTHUC) is partnering with Hands of Hope Foundation (HOH).



OTHUC has been serving the One Tree Hill community and beyond for over 150 years. The church is passionate about coming alongside people who are struggling, whether those struggles are financial, emotional, social, or spiritual.

Struggles are even more prominent today with the COVID-19 pandemic impacting us all in so many ways.

HOH is a registered charity, public benevolent institution and tax deductible gift recipient that was established by a group of people who have a passion for helping vulnerable, isolated, and marginalised people in the community.

HOH seeks to practically help people going through life challenging events, by providing crisis support and emergency relief services.

The partnership of OTHUC and HOH is providing services to people who are struggling in the local community, including food parcels, food vouchers, and fresh food/meals. The partnership is also providing furniture and clothing.

People requiring assistance from the partnership can call 0423 174 221, or can go to the HOH website, [www.handsofhope.asn.au](http://www.handsofhope.asn.au).

Given the level of demand already for food parcels in particular, the partnership is also seeking donations of non perishable/fresh food to assist with the services being provided. If you would like to support the work of the partnership, please get in touch using the phone number mentioned above, or through the HOH website.

Through this exciting partnership, OTHUC is encouraging others to live by Desmond Tutu's inspiring words....

**"Hope is a gift to be shared"**

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**OTH LOCAL**



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**admin@paratrees.com.au**



# One Tree Hill Institute Hall Hire

The One Tree Hill Institute is a beautifully maintained building with two inter-joining large halls, a complete kitchen and bar area.

The hall has a new surround sound system, TV, microphone facilities, and heating and cooling.

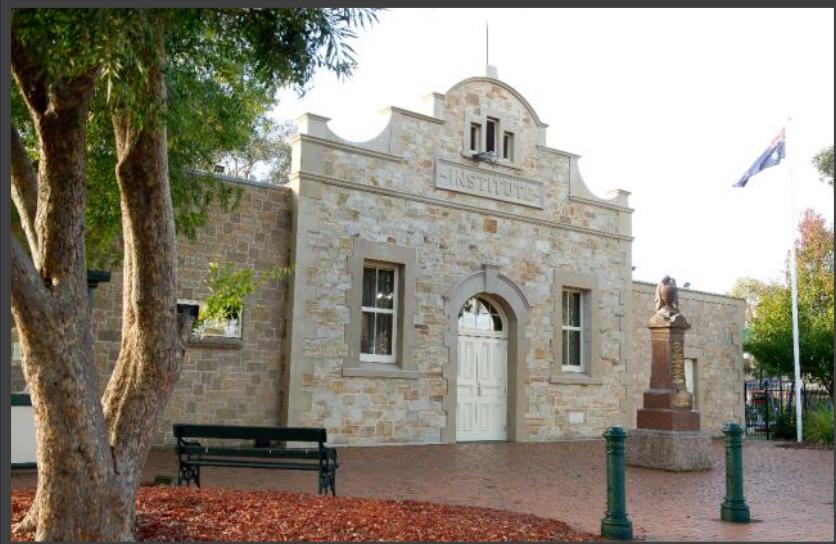
Outside you will find a sheltered playground that leads to picturesque garden areas which are ideal for photos.

The One Tree Hill Institute is an ideal location for Weddings, Engagement Parties, Birthday Parties, Reunions and Meetings.

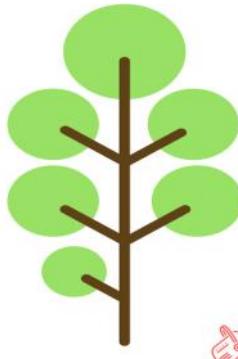
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**Email: hall@onetreehill.org.au**



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## NORTHERN FOOTHILLS LAND CARE GROUP

### *Elusive Echidna event scratched a monotreme itch!*

Over 60 community members enjoyed an informative evening learning about the natural behaviour and ecology of echidnas, and their preferred habitat. Renowned echidna expert, Dr Peggy Rismiller, shared her knowledge of the oldest surviving mammal species in the world stating that the short-beaked echidna is the most widely distributed mammal across Australia but are in low numbers. Echidnas mate from six years of age and will breed every three years after that. They live solitary lives and are quite elusive but can be seen any time of the day, although they usually avoid extreme temperatures. A number of community members shared stories of 'pet' echidnas that travel the same route through their property around the same time of day. You may find evidence of echidna on your property from conical-shaped diggings where they have dug for ants or termites.

Echidna live in most habitat types, disturbed or undisturbed. Pam Payne, from the Barossa Bush Gardens shared her invaluable local knowledge on plant species selection and the environmental conditions you should consider when selecting what to plant. Temperature, frost, rainfall, effects of wind, and soil condition will determine what plants are best suited to your patch.



From L:Monica Seiler, Peggy Rismiller, Pam Payne, Robyn Rawlinas, Elaine Schultz, Sandy Harbison



*The OTH community enjoying an informative evening*

The community were then invited to sow native plant seeds into composting pots with Pauline Frost from Playford Greening and Landcare Group to take home and nurture and also purchase seedlings that provide good habitat for ground dwelling fauna.



*Echidna display table*

A light supper and good conversation was enjoyed by all with Peggy, Pam, Pauline and the Group appreciating stories of echidna encounters and habitat knowledge. The Northern Foothills Land Care Group enjoy bringing these information events to the community, and thank the community for their continued support.

*Article & Photos submitted by:  
Northern Foothills Landcare Group  
nflcg@outlook.com*

# One Tree Hill Is A Great Place to be “Stuck At Home”

**A Mental Health & Wellbeing Article by One Tree Hill Local Natasha Steen**



In these strange times of enforced isolation.... we as a local community should be applauding our sense of community! While we can't visit the pub, wander the local market, take the kids to the playground or hang out for a BBQ with the neighbours.... there has been some notable unity in our small community.....

We are allowed to walk in our local community and THAT we are doing in One Tree Hill. Almost daily I am hearing my young daughters say "oh Mum ...we have never seen those people before". Nothing wrong with singing out hi from a distance as people walk by and this is happening in One Tree Hill. What we are a part of is a community that is not only getting fitter but is opening its eyes to the many wonderful people that live in our little town. We were scooting along on my pushbike, blowing off dust and cobwebs when I heard a shout of "keep up the fitness girls" - I was super grateful for this neighbourly applause from someone I have never spoken to before.

While it is sad to see the Throttle Shed and pub closed - how good is our local store! Matt and his wonderful staff will greet you with good old fashioned service, all the right hygiene measures and with shelves well stocked with essentials!.....We have a few teddy bears and

bunny rabbit poking their heads around shrubs and fences to add some colour and fun for the kids. In our house there are certainly some grumpy patches but I am certain that the good old fashioned "RENT" yelps bellowing from around the Monopoly board can be heard by the neighbours!

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## ... Or Should We Say “Safe At Home”?

All of these little things can imprint favourable memories for our children. Finally it is not just the kids finding the joy - have you noticed the noises of backyard projects underway as tools are getting pulled out of garden sheds.... jobs that are finally getting bumped up the list. I was ever so grateful to find a bucket of garden cuttings at my front gate as my dear neighbours shared some "gardenly" love! Lets take the time to be thankful for some of the opportunities this period of isolation brings...!

## COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community

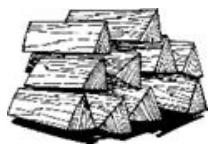


To wrap up, I want to share my top 5 tips for taking care of your Mental Health. Mental Health is something that many of us don't know much about and perhaps til recent times have not thought about "nurturing". Mental Health is all about how we think feel and behave. In these unusual times it is more important than ever to look after your mental health. Here are my top 5 tips in the current climate....

1. **Stay Connected!...** Yep sounds odd at times of isolation and many would say HOW?! While some of us are embracing technology - online apps like Skype, Zoom and House Party... this is not for everyone. There is nothing to stop you from picking up the phone, chatting across the fence or writing a good old fashioned letter.
2. **Maintain your physical health ...** Very important to know that there is a strong connection between the health of our mind and body. So consider the nutritional factor with the food you are putting in your mouth and keep up some sort of exercise in anyway you can. This might be walking, skipping, backyard circuits or gardening!
3. **Make time for "quiet" time...** Might sound strange if you are already feeling the silence at this time! However - here I mean, really dedicating time in your day to bring calm and quiet to your mind. You can do this by letting go of busy thoughts and giving your mind time to relax. People achieve this in different ways. For you it might be a nap in the sun or playing some relaxing music or sitting in silence near a jigsaw puzzle or even meditation. There are many free online tips for this - with one great app being "Insight Timer".
4. **Prioritise adequate Sleep....**this is critical to manage your moods and emotions.
5. **Ask for Help...** there is no shame in asking for help if you are feeling low or stressed. For you this might be just talking to family or friends or it could be chatting to your GP, someone else you trust or contacting support services like Beyond Blue - phone 1300 22 4636.

*Natasha is a local One Tree Hill resident, proud Mum of 2 daughters - plus Dusty the Dog! Natasha - amongst other things - has her own Counselling and Coaching business. She has over 24 years of experience in this work and takes pride in supporting people to nurture their health by adopting simple things that really work to improve day to day living. See her details below. We can look forward to a regular Grapevine article from Natasha!*





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## A to Z of One Tree Hill Local Advertisers ...

Adelaide Hills Water Transport	0408 360 595	Mr Clip Gardening	8365 8000
Angus Firewood Splitting	0412 395 017	NCPS Industrial Pumps	8285 2344
CE Property Real Estate	8280 0033	Northern Foothills Landcare Group	0433 552 902
City Of Playford	8256 0333	Olympic Drilling	0408 847 060
DN Roof Tiling & Restoration	0423 575 558	Olympic Boring	0408 847 060
Doyle Electrical Contractors	0409 233 822	One Tree Hill Fodder Store	8280 7680
ESJ Roller Shutters	0409 426 255	One Tree Hill Gift & Post	8280 0090
Inspiring Landscapes (Rick)	0418 829 332	Para Trees	0408 857 931
Jim's Mowing	0407 733 832	Puccini Electrical	0421 773 673
Just Wrecking Toyota	8359 4499	Rob Green Security & MSE Alarms	0419 398 346
LBE Excavations & Earthmoving	0404 109 089	Roger Girdham Electrical	0417 853 863
Leo's Concrete	0412 628 854	Wombat's Asphalt, Spray Seal & Civil	0417 456 656

## One Tree Hill Community Directory ...

Council Members	David Kerrison	0478 283 879	OTH Progress Association	Secretary	8280 7095
	Veronica Gossink	0411 733 847		Treasurer	0406 382 342
Council Member & JP	Andrew Craig	0417 016 160	OTH Playgroup	Monday	0426 978 262
Cricket Club	Mike Banwell	0415 177 955	OTH Primary School	Principal	8280 7027
Federal MP	Nick Champion	8254 2422	Para Wirra Conservation Park	Office	8280 7279
Fodder Store	Dean Whitehorn	8280 7680	Pharmacy	Shadi Ibrahim	8280 7890
General Store & Diner	Matt & Rachel	8280 7020	Post Office	Wain	8280 0090
Home Assist	Playford Council	8256 0355	Scout Group	Mike Branson	0430 422 895
Northern Hills Pony Club	Sharon	0401 214 950	Senior Citizens	Phil Waldegrave	8522 3630
OTH Grapevine	Compiler (Bindi)	0435 269 564	Soccer Club Registrar	Tanya Abela	0414 828 981
OTH Country Market	Enquiries	0457 107 817	State MP	Paula Luethen	8288 8218
OTH Institute Hall	Enquiries &	8280 0000	Tennis Club	Garry Evans	0415 399 658
	Bookings	0459 105 045	Walking Club (Walkie Talkies)	Helen	8280 7035

## Playford Council Contacts ...

24hr Emergency & Lost/Found Dogs 8256 0333

General Enquiries & Burning Permits (Seasonal) 8256 0333

Email: [playford@playford.sa.gov.au](mailto:playford@playford.sa.gov.au)

When telephoning council with request please remember to get a Customer Reference Number (CRN) to ensure registration and easy identification of your communication.

Contact us at [grapevine@onetreehill.org.au](mailto:grapevine@onetreehill.org.au)



# WHAT'S ON



Due to COVI-19 virus, most community events are currently suspended or cancelled. The situation is changing rapidly so please make direct enquiries with event organisers.

## COUNTRY MARKET



• CRAFT • COOK • GROW • FRESH

**NEXT MARKET DATE TBA DUE TO COVID-19**

One Tree Hill Institute  
Blacktop Rd, One Tree Hill  
New stallholder enquiries welcome.  
**0457 107 817 / [market@onetreehill.org.au](mailto:market@onetreehill.org.au)**

## Mobile Library



*This service has been replaced by a temporary home delivery service. Please Contact them Monday-Friday, 9am-5pm on 8256 0333 or email [library@playford.sa.gov.au](mailto:library@playford.sa.gov.au)*

## Next OTH Progress General Meeting

**TO BE ADVISED, DUE TO COVID-19**  
OTH Institute, Black Top Rd, One Tree Hill



**CANCELLED UNTIL FURTHER NOTICE  
DUE TO COVID-19**

For children 0-6yrs – Learn through play! Children have fun, learn and develop new skills and explore through play, painting and arts and craft.  
Inside and outside facilities at the One Tree Hill Institute.  
New members always welcome.

**Contact: Monday: Charlotte 0426 978 262**

## SENIOR CITIZENS

If you are over 50 years of age you are welcome to attend the One Tree Hill Senior Citizens. Our senior members of our community and surrounding neighbourhood meet:



**CANCELLED UNTIL FURTHER NOTICE  
DUE TO COVID-19**

There is a variety of activities to come along and enjoy. Their favourite being Carpet Bowls! Wonderful company, general chit/chat and a great environment to spend your Tuesday afternoons. All welcome.

**Contact: Phil Waldegrave on: 8522 3630**



## OTH Grapevine June Edition Deadline

**Wednesday 20th May**

[grapevine@onetreehill.org.au](mailto:grapevine@onetreehill.org.au)  
Bindi / 0435 269 564