

# ONE TREE HILL Grapevine

AUGUST 2020  
VOLUME 43  
EDITION 7



Community Magazine

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

Cover: Bindi the wandering wombat (story inside) / Photo Credit: Kangaroo Pouch Animal Orphanage

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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.

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**One Tree Hill Grapevine**

**For submissions - 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 19th August**

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



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#### **PER ISSUE**

##### Full Colour Pictorial Ads

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

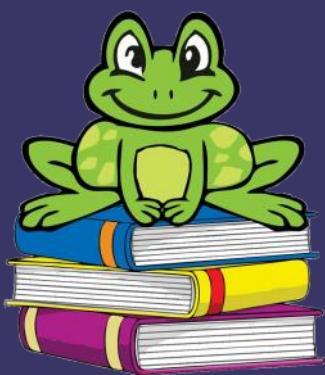
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Bushfire Info Hotline (24hr): 1300 362 361  
General Business: 8280 7055



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



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## From Behind the Desk...

Welcome to the August issue of the One Tree Hill Grapevine. As COVID19 restrictions continue to change rapidly, hopefully we can keep in the clear as we have the OTH Country Market scheduled to start up again August 1st! Soccer and scouts are well into face to face operations again, and let's all hope it stays safe enough to keep it that way for some time.

Our cover page is of a cheeky young wombat who shares my name (Bindi), and you can read about her recent wandering adventure inside this issue. Natasha has contributed another important article for mental wellbeing and communication, and along with our other regulars, you can also read about some weed advice, or chill out to take a break on some puzzles with a hot coffee.

Our Business Booster centre pull out section initiative is finished now, but please do continue to support our local businesses, in this challenging time for everybody.



## COUNTRY MARKET



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**The One Tree Hill Markets are back on and we're excited!!**

**We'll be heading down with our cattle, our sausage sizzle, and of course our beef will be fully stocked in the General Store ready for you all!**

**We look forward to seeing you there.**



# One Tree Hill Progress Association ~ President's Report

Dear Residents,

Through good work by State Government agencies (and probably some degree of luck) SA continues to enjoy respite from the Covid-19 lockdowns and restrictions that Victoria is suffering yet again. With increasing cases in NSW, we need to recognise how easily the second wave started and therefore need to stay vigilant with social distancing and personal hygiene regimes. I am seeing many family and friendship groups reverting to pre-Covid-19 social behaviours, despite the public health authorities advising us to stay alert. Please everyone, stay safe and look after each other's health and wellbeing so we can avoid Groundhog Day.

With our Institute Covid-Safe Plan in force and increased personal hygiene measures, our regular users and casual bookings have slowly returned to the One Tree Hill Institute. The Plan and the hall hirer liability form are available for downloading from our website to help hall users understand their obligations for observing the Government-mandated conditions. We expect these requirements will stay in force for quite some time.

The relaxation of social distancing measures means we are restarting the Country Market with effect 1Aug20. The limitations of 1 person per 2m<sup>2</sup> means that hall user numbers are restricted to 62 in the Old Hall, 68 in the New Hall and 15 in the kitchen area. We will have additional helpers for the Market Manager to keep track of the total numbers to ensure we stay safe (and legal).

The Association met on 9Jul20. The town map that was in front of the Hall fell down in early June and Council took it away for safe keeping. While almost everyone has maps on the phone or in their car, Progress see some merit in putting the sign back up, so we are exploring costs and options.

Don't forget to keep an eye on our website to get the latest updates for both hiring the hall and the Country Market. Information is also available on our One Tree Hill Grapevine and One Tree Hill Country Market Facebook pages. Our next meeting will be held at 7:30pm on Thursday 13Aug20; visitors and prospective new members will be made to feel welcome. I hope to see you there.

Kind Regards,

*Steve Huckstepp, President, One Tree Hill Progress Association*  
*president@onetreehill.org.au*



*ABOVE: Busy bee, Photo Credit: Stacey Mitchell*

# One Tree Hill CFS ~ Incident Report July 2020



Another quiet month with only 4 callouts since our last report. The first was a tree blocking part of the One Tree Hill Road near Shillabeer Road, this was dealt with quickly by our crews. The next 2 callouts were for MVAs (Motor Vehicle accidents), with the first involving a car hitting a tree while attempting to avoid a kangaroo. Fortunately, there was only minor injuries to the occupant, with the car being towed from the scene. The 2nd was at Karwin/Kersbrook Road, where 2 vehicles side-swiped each other, due to one driver being blinded by the sun. Both drivers were lucky to avoid any injuries. The 4th and most significant incident involved the

main "Para" electricity substation on Blacktop Road, where a large high-voltage transformer caught fire, which contained approximately 40,000 litres of cooling oil. Numerous MFS and CFS units were responded, and after working with SA Power Networks staff, equipment was isolated to allow extinguishment of the fire. At one stage the MFS "CAPA" (Combination Aerial Pumping Appliance) from Woodville station was dispatched, however it later returned as was not required. It was a long incident starting around 8pm, with many crews finishing as late as 4am. The EPA later commended the work by crews in limiting any environmental run-off from the equipment and firefighting activities.

## Training / New Recruits

Due to relaxing of COVID-19 restrictions, we abolished the requirement of split shifts for call-outs, as well as allowed training to commence with larger groups, although some restrictions still apply. It was great for the complete brigade to get back together late June where training consisted entirely of a BBQ and catch-up. With our operations returning to some normality, this has also allowed us to look in earnest for new recruits. We had quite a number of people apply to join the brigade in the last 6 months, who have been waiting patiently for restrictions to lift. The new recruits have been meeting Tuesday nights with some of our members to complete paperwork and get a better understanding of CFS before joining our main training nights on Monday. They will be introduced to the brigade at our upcoming Annual General Meeting. If you are thinking of joining the CFS, feel free to contact the Brigade Duty phone on 8280 7055.



## Para Group AGM

July 8th saw the holding of the Para Group AGM at One Tree Hill station. One Tree Hill is part of Para Group along with Tea Tree Gully, Dalkeith, Virginia, Salisbury and Para Reserve brigades. Every 2nd AGM, key position holders are elected across the group. One Tree Hill was well represented with Jon Woods picking up Group Logistics Co-ordinator, Graham Hill Group Communications Co-ordinator and David Lyons Group Training Co-ordinator. Last but not least, our current Captain of 6 years, Tom Walsh picked up the position of Deputy Group Officer. A "DGO" assists the Group Officer with the operational and administrative aspects within the group. The Group Officer is the most senior rank that can be held by a volunteer. Congratulations to all successful position holders! As Tom has moved to a DGO position, we will need to convene a special meeting to elect our next captain. Thanks, Tom, for all your hard work as Captain, we look forward to working with you in your new role!

## Beyond Bank Community Reward Account

Beyond Bank offer a "Community Reward Account". It pays interest, and as an added bonus, you can nominate One Tree Hill CFS as your community group to receive benefits. If you are looking to open an account for individual or business needs with Beyond Bank, consider this account, and nominate One Tree Hill CFS as the beneficiary. Beyond Bank will donate a percentage of their yearly donation fund to our brigade at no cost to you! For more information visit <https://www.beyondbank.com.au/community-banking/community-reward-account.html>

**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.**

*Ian Fordham, One Tree Hill CFS*

# One Tree Hill Rural Watch ~ Crime Report

## Offences Reported between 20th June 2020 — 19th July 2020

Between 7 and 9 July	<b>Theft</b>	Craigmore Rd ULEYBURY	20 panels of fencing stolen from property
On 10 July	<b>Property Damage</b>	Craigmore Rd ULEYBURY	Damage to front door of premises – entry not gained



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As always, if you have any information to assist with any crime issues in the area please call Police Communications on 131 444.

*Darren McCue  
Senior Sergeant First Class, ELIZABETH POLICE STATION*

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# 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)

RIGHT: Gertie enjoying some mud in the sun with the chooks

BELOW: A new display and focus for OTHPS

(Photo credit: OTH Primary School facebook page)



RIGHT: New calf at Kamcheyenne Limousin (Photo Credit: Kamcheyenne Limousin facebook page)

BELOW: OTH Joeys celebrating 30 years of joey Scouts with a campfire (Photo Credit: Annette Fordham)

BELOW RIGHT: Foggy OTH morning (Photo Credit: Stacey Mitchell)



# Playford Council ~ Local Councillor's Report

Dear Fellow Ratepayers and Residents,

It has been an interesting and challenging twelve months leading up to the Annual Business Plan (ABP) for consultation. Through the process I have advocated to drive efficiencies and strengthen our business plans. As an elected body we have worked together with the administration to deliver an improved position.

The consultation process saw 13 feedback forms from 94,848 residents and one representation from a ratepayer. Prior to the COVID-19 pandemic the ABP was going to be delivered closer to 3%. The COVID-19 situation was the opportunity to further advocate for savings in several areas. I am happy to say that the administration was able to deliver, under the leadership of Sam Green (CEO), a rate increase reduced to 0.45%. The first structural surplus for many years has been largely returned to the ratepayers to assist in these difficult times.

The ABP sees a range of services delivered for Ward 3 including the renewal of assets and it also supported the delivery of Goulds Creek Road to be acquired as a new asset by the City of Playford. This will hopefully provide resolution to what should have been addressed many years ago.

After much consideration, I supported the 0.45% rise along with the majority of the chamber. While I wanted to see and deliver a zero percent rate rise, the limited feedback received highlighted the expectation to deliver new services. The ABP also delivers an increase in service to our roadside management for slashing and fire safety, which is especially important to our Ward. The trend of running continual deficits also needed to come to an end.

It is my plan to muster further support under these circumstances to continue to drive efficiencies and savings. We must review our procurement processes as the cost we pay for asset renewal and new services is expensive. A savings drive year on year will add millions to our bottom line.

The City of Playford is seeking your feedback on whether to apply to the Minister for Primary Industries and Regional Development to remain as a non-GM crop area. Community Consultation is from the 7th July to the 4th August 2020. I'd appreciate hearing from residents and ratepayers on the topic.

Everyone should have received your "What's Your TOP 3" survey by now and it is due to be completed and returned by the 16th August 2020. I'd encourage everyone to "Have Your say" as the responses will be compiled into data and have an influence on the development of our next four-year plan.

If matters arise that are of concern, please contact customer service on 82560333 or Visit Playford Online services or give me a call. Keep yourself informed on current matters and follow Cr David Kerrison – City of Playford on Facebook.

Best wishes and regards,

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

*RIGHT:*

*OTHPS Students and their groundsman have designed and installed an aboriginal garden area near the hall  
(Photo Credit: OTHPS facebook page)*



# Coffee Catch-up

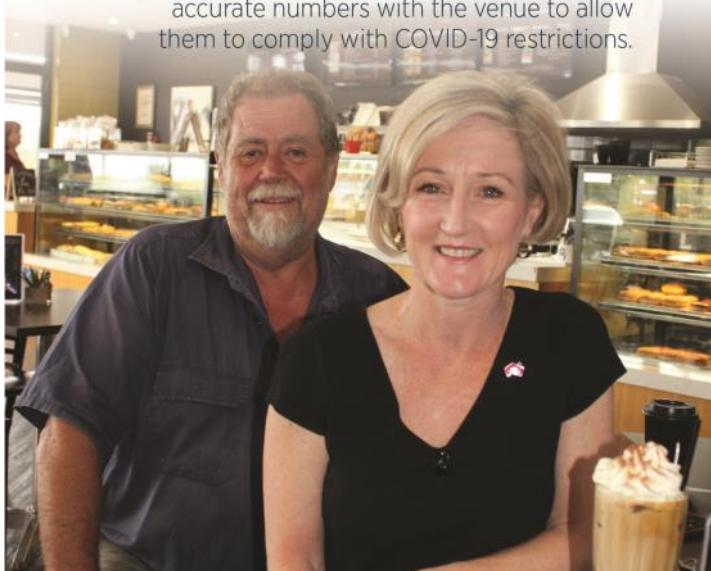
with Paula Luethen MP

9am to 10am

One Tree Hill General Store Diner

August 3rd, 10th and 17th

Please register your attendance at [king@parliament.sa.gov.au](mailto:king@parliament.sa.gov.au) so we can confirm accurate numbers with the venue to allow them to comply with COVID-19 restrictions.



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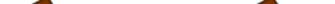
# Take a Break

**Can you figure out the answer to this horse equation? Answer pg 22.**

Lots of us are thinking about holidays and imagining travelling to faraway places which nobody can do at the moment!

**Can you find the famous destinations in the image below?**



 + + = 30


$$\text{horse} + \text{horseshoe} + \text{horseshoe} = 18$$

$$\text{mugs} - \text{boots} = 2$$

$$\text{boot} + \text{horse} \times \text{horseshoe} = ?$$



## ★ BREAK TIME ★

Fill in the grids with the words:

LAW	BIKER	INPUT	RATIO
OAK	CAMEL	LIONS	SALAD
PAW	CIVIL	LOGIC	SEWER
TAG	DECOR	METAL	TOWEL
	ENJOY	PAPER	
	INNER	PUREE	



# Weary Wandering Wombat Found Safe and Well!

Bindi the orphaned wombat, decided to go walkabout from Kangaroo Pouch Animal Orphanage, Humbug Scrub on 6th June 2020. Bindi was orphaned in the state's South East after her mother was hit by a car. The 18-month-old set off on her journey heading through the scrub towards Kersbrook. Bindi's owners Wain and Sharon Walker decided to use the power of social media to try and locate her.



Bindi was first sighted in the shed of a resident just South of the Para Wirra Reservoir some two weeks later. As the residents thought she was wild, and had dogs they decided to send her on her way towards the Para Wirra Reservoir.



It was another two weeks and several false sightings later that Bindi had been sighted just north of Warren Reservoir. At this point there were many volunteers out searching both day and night through both Para Wirra and Mount Crawford Forrest. On Tuesday 7th July, the Eden Valley CFS were returning in their truck from their evening training exercise, when they almost ran over Bindi on the corner of Flaxman Valley road and Seven Steps Road, Flaxman Valley.





With a positive sighting and only hours old Wain and Sharon searched through the night without any luck. The next few days and nights were spent putting up signs, handing out flyers to local residents and searching for Bindi. A local Barossa farmer said to Sharon that a wombat went missing from the One Tree Hill area many years ago, and after following the natural water course past Para Wirra and Warren reservoirs, through the local Barossa creeks, it was found wandering the farms of the Barossa. With this new information Wain and Sharon focused their search on all the water courses between Tanunda and Angaston.

On Saturday 11th July, in the evening, Bindi was spotted by a local resident grazing on the side of Tanunda Creek Road near Menglers Creek Road between Tanunda and Angaston. . That night Wain and Sharon again went to search for Bindi without any luck. The next day Sharon went back with several volunteers, only to locate Bindi safe and well under the house of a local farmer near where she was last sighted. Due to the small cavity space under the house it then took over 12 hours and 1.30am in the morning of 13th July 2020 to convince Bindi to come out from under the house. Driving on the way home Bindi fell asleep in Sharon's arms.

Within her 37 day journey Bindi travelled more than 35kms following the natural water course through South Para Reservoir, Warren Reservoir, several conservation parks and Mount Crawford Forrest up to the Barossa Valley. The owners of Kangaroo Pouch Animal Orphanage would like to thank the numerous volunteers who helped hand out letterbox flyers to residents in Humbug Scrub, Kersbrook, Williamstown and across the Barossa Valley.

To Wombat Awareness Organisation, The Advertiser and the various Community Facebook pages, to all the community members who forwarded their sightings of Bindi, and to those that opened up their homes and properties for us to search, thank you from the bottom of our heart. To the volunteers who walked the many kilometres, at all hours of the day and night, through the conservation reserves and forests, your passion and commitment to help find lost animals in need demonstrates the true compassion and strength of your character, thank you. If you would like to see more stories on Bindi and the other rescued animals go to our fb page: <https://www.facebook.com/kangaroopouchanimalsanctuary>

*Article & Photos submitted by Sharon & Wain Walker (Kangaroo Pouch Animal Orphanage)*



PayPal:

kangaroopouchanimalorphanage@gmail.com

## Weed of Concern ~ Cape Tulip

A Timely reminder ~ One-leaf Cape Tulip, is still a weed of concern. Now is the best time to check your area for regrowth of One-Leaf cape Tulip.

One-leaf Cape tulip is a perennial herb which grows from a corm and a single leaf which is flat, 1-2cm wide and up to 100cm long. Flowers are 3-5cm in diameter with six petals, varying in colour from salmon pink to orange or yellow.

A high percentage of corms will germinate into active growth after a fire and this was evident following the Sampson Flat fire. Landholders who began eradication measures on this growth are now, five years on, being rewarded with only a small infestation.



Chocolate Lily

In bushland, the native Chocolate lilies (*Arthrodontium* sp.) are also emerging from tubers and before flowering these can be confused with Cape Tulip. Each *Arthrodontium* sp plant has a few grass like leaves to 30 cm. The pink to violet flowers occur on a single flower stalk 20-100 cm tall. Anthers are dark purple with yellow at base.

One-leaf Cape tulip is a declared weed under the Natural Resources Management Act 2004. It is highly toxic to all types of grazing animals and if not controlled spreads rapidly through pastures, roadsides, along creeks and native vegetation. Under Section 182(2) of the Act, land holders in the Adelaide and Mount Lofty Ranges region have a legal responsibility to control plants and keep their properties free of Cape tulips.

Cape tulips can be controlled using a foliar spray using a selective herbicide. Smaller infestations are controlled by wiping on herbicide using a sponge or weed tongs. Hand control can be carried out by carefully grubbing with a knife or trowel, making sure the entire root system and corms are removed and then burnt.

*Material for this article was extracted from "Weed Management Guide Cape tulip (*Moraea* species)" published by Adelaide and Mount Lofty Ranges Natural Resources Management Board, and the Declared Plant Policy for One-leaf Cape tulip. "Focus on Flora Native Plants of the Adelaide Hills and Barossa" published by Kersbrook Landcare Group.*

Article Submitted by David & Meredith Parker



One Leaf Cape Tulip

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# What's Flowering In My Garden?

Winter is well and truly upon us with some really cold nights and cold early mornings. The recent clear days with sunshine has made gardening a real pleasure. With plants to plant, roses to prune and weeds to pull, there is not much rest for any gardener at this time of the year.

The garden has come alive with colour from many Winter plants. Most Hakeas have finished flowering and many flowering Grevilleas now offering nectar for many birds.

***Hardenbergia violacea*** has burst into flower providing a gentle splash of soft colours throughout the garden. Grown as a low bush 1metre high and wide, it is quite beautiful with it's cascading pea shaped flowers in shades of pale blue, lilac, soft pink, white and even a dark purple shade. Give this plant a climbing structure and it will grow quite high to display many pendulous lovely flowers. When *Hardenbergia violacea* is planted close to *Allocasuarina verticillata* (Sheoak) you will admire many long cascading stems all supported by the trees branches. Bees are attracted to this plant and once pollinated, many brown pea shaped pods form. During hot weather in late November or early December ,the pods twist open to release the mature seed. The pink Galahs, Eastern Rosellas and Ants all enjoy the protein rich seed. New seed germination takes place during late Autumn.

*Hardenbergia violacea* is available from all good nurseries and is often sold with two shades of flowers in one pot. This plant will be available to purchase at the next One Tree Hill Market on Saturday 1st August or from The Australian Plant Sales, Wayville Showgrounds September 21st and 22nd. Why not plant lots of these lovely plants and enjoy the beautiful pendulous flowers that each plant produces?

Just Beautiful.

*Photo & Article submitted by Heather Fischer*



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that our Sunday morning  
service will re-commence on

**SUNDAY, 2<sup>nd</sup> AUGUST  
10.00 am**

## ALSO RE-COMMENCING:

### MONTHLY FELLOWSHIP MEETINGS

Held 4th Wednesday each month  
Next Meeting - 10.00 am - Wednesday 26th

### FELLOWSHIP STALL - MONTHLY MARKET

Our ladies will be back at the August Market, on Saturday 1st August - selling a variety of everyone's favourite home-made cakes, slices, & biscuits, plus plants, bric-a-brac, games, etc.

They would love to see you - so drop on by.

### BIBLE STUDY/FELLOWSHIP GROUPS

The church has 2 Bible study/Fellowship Groups currently running:

- Thursday (fortnightly): 1.30 pm - &
- 1st & 3rd Tuesday - 7.00 pm

### SUNDAY NIGHT YOUTH /YOUNG ADULTS GROUP

The youth/young adults group meet regularly at various locations on Sundays - 5.30-7.30 pm. Yr 8 to young adults are very welcome.

### AL-RU FARM - OPEN GARDEN

Sunday 20th & Monday 21st September 2020  
Once again we will be catering for lunches, and morning and afternoon tea on both days. Take this opportunity to come and view the beautiful gardens, and enjoy our scrumptious Devonshire Teas and lunches.

### RED BIRD OP SHOP

The Op Shop is now up and running again. The opening hours are 9.30 am – 4pm, Monday - Friday. Address - 4 Hilmott Street, Rosewood Village, Elizabeth North. Donations of second hand clothing are always appreciated, and can be dropped off at the shop.



*Keep up to date with the activities of the church  
via our Facebook and Instagram pages.  
Or, contact us on 0414 727 396.*

**Enquiries – Maureen – 8280 7368**



**One Tree Hill Uniting Church**

Religious organisation

One Tree Hill, South Australia



# 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.

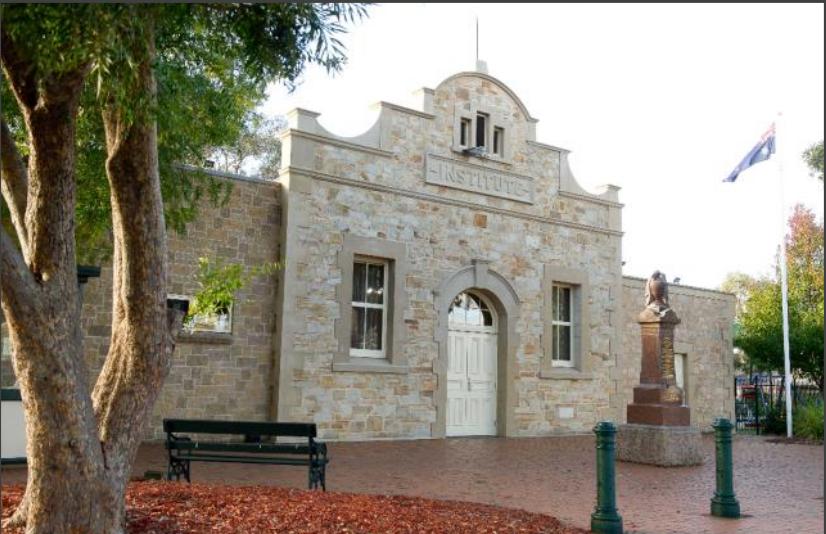
Outside you will find a sheltered playground that leads to picturesque garden areas which are ideal for photos.

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

*Why not come and have a look or check us out?*

**Ph: 8280 0000 / 0459 105 045**

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



Enquiries can now be made online at <https://onetreehill.org.au/index.php/hall>



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

# Scouting At the Scout Hall Returns!

All of our sections are now back at the hall, it is so great for the leaders and youth to be back face to face scouting again after more than a term on Zoom video conferencing, albeit with some limitations according to our COVID-SAFE plan. Bucking the trend of many scout groups in SA who have struggled to maintain memberships in these last months, OTH scout group numbers have actually grown during this time, with several new members joining our ranks. The resilience our youth and leaders have shown during this challenging time is outstanding, and it really is a credit to the scout method, which builds character strengths into our scouting program, helping us all be better prepared for whatever life throws at us. Our sections have been like an extended family support network, and it was rewarding to keep in touch and interact with each other in different ways. But now for some face to face scouting news....!



**Joey Scouts** (age 5-8) have been running for 30 years in 2020, and our OTH joeys celebrated this with a campfire at our hall (see photo pg 8). We have an additional leader started in joeys, and several new members.

**Cub Scouts** (age 8-11) have returned (very loudly!) with fun games and awarding of 2 Grey Wolf Awards—the highest award in cub scouts—to Rose and Patrick (left) — who completed these awards with leader and parent support during our time scouting from home. With a couple of new starters, the cub pack remains full with a waiting list, and a pack camp planned for September.

**Scouts** (age 11-14) have already been out camping with a patrol camp and a leadership course (on opposite page), with a fun and varied program planned for Term 3 by the youth themselves.

**Venturer Scouts** (age 14-17) have quite enjoyed 3 months of Zoom scouting and will hopefully be able to plan on getting outdoors a bit in the coming term, but they are really happy just to be back together again. Youngest member Harper (7 month old baby belonging to the leaders—right), has grown so much and she has missed her teenage venturer family during the shutdown.

The **OTH Scout Group Committee** have kept the group's gears turning in the background all this time, and have been providing valuable support to the leaders in other ways behind the scenes. Most notably, as our group has grown, so have our equipment needs, and space can be tight. Through grants, fundraising, persistence and good financial management, our new Q-Store shed is

currently being built out the back of the scout hall. This new storage shed will be able to house our group's 3 trailers and camping gear, and will free up space in the main hall for youth activity areas. There is still a lot of work to be put in before it is ready, but it's exciting for the group!



OTHSG currently have vacancies for joeys, scouts and venturers, and we are always interested to hear from adults who wish to become a leader! Contact Group Leader Mike Branson on 0430 422 895.

*Article by Bindi Hawkey, Photos submitted by Annette Fordham, Lauren Leske, Simon Frederick & Rachel Morgan*

# The Power of Words...

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

I am a big advocate for the simple opportunities we all have to live a better life. We can do this with nothing but our own body, mind and soul. There is so much you can do to shape your experience in the world without fancy possessions or spending lots of money on supposed solutions. Something as simple as "Words" ... and how we use them or don't use them can make a big difference to the experience we have of life. Anything we can control to make for a better life has to be worth some attention!



Words.... Let's take a moment to first think about how we don't use them. Silence can have its place and might sometimes seem the wiser option. However, not saying how we feel can leave many holes and missed opportunities in life. Often you may not know when to speak up and for this reason you say nothing. It could be that you have a concern, an idea, a criticism but for some reason you don't want to speak up. It could be that you are fearful of hurting someone or it could be that you can't be bothered as it might open up a can of worms!



- *If you don't speak up - others may assume you are happy and approve of the subject on hand. This can sometimes lead to more problems down the track.*
- *Consider the common good... having something to say may be good for others.*
- *If you have joined a conversation you may as well join with a bit of honesty.*
- *Don't assume others already know or don't care... your words might be like a missing puzzle piece!*
- *By speaking up you may learn that others share a similar view & want to talk on this more but didn't know how to bring it up.*

Next, let's consider how we use our words and the impact these can have. Some people want to speak up but don't know what to say. Others speak up easily, but seem to meet conflict or lack of agreement. Maybe...just maybe... you might like to think now about how you use your words. Here are a few examples... Think about how these words would sound and feel your end.....

*...You never help..... You don't understand what it is like ..... You are always thinking of yourself and never ask me what I want to do on the weekend..... When are you going to start helping around here, I have had enough... You make me feel..... You never ring to check on us.....*

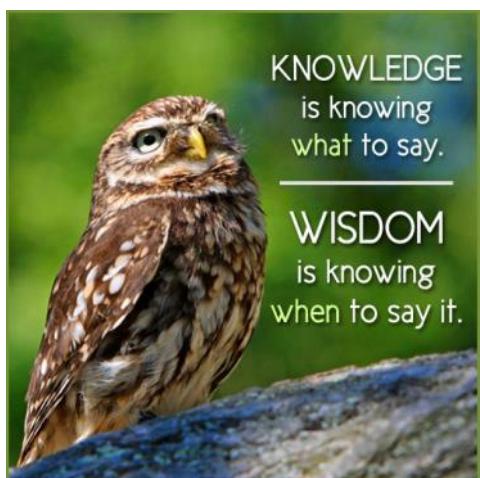
One of the really simple strategies you can adopt is to use sentences that start with "I feel..." rather than sentences that start with YOU. If you are owning what you are saying by using "I" ... No one can take this away from you. These are your feelings and you are sharing them - the person you are sharing with can take responsibility for considering these and communicating their own response.

## The Power Of Words... (cont.)

Take a look at the below and judge for yourself what message you would respond to better; This might only be the beginning, but taking a focus on how you open up a conversation can make a world of difference to what goes on next!



<u>Instead of ....</u>	<u>Try this.....</u>
<b>You never help</b>	<i>I am feeling really tired and frustrated and wondered if we could talk about sharing up the chores a bit more.</i>
<b>You don't understand what it is like</b>	<i>I am finding this so worrying and depressing and it is hard. I feel pretty lonely and wonder if you understand.</i>
<b>When are you going to start helping around here, I have had enough</b>	<i>I am feeling really tired and frustrated and wondered if we could talk about sharing up the chores a bit more.</i>
<b>You are always thinking of yourself and never ask me what I want to do on the weekend</b>	<i>I really treasure weekend time and they go so quickly. Can we try to chat more about what is coming up on weekends and what we can fit in.</i>
<b>You never ring to check on us</b>	<i>I really love hearing from the family, the phone calls brighten up my week. I worry about when to ring as you are so busy .. How can we chat on the phone a bit more that works in with your time?</i>
<b>You make me feel...</b>	<i>I am feeling really flat and grumpy and wondered if we could chat about what is happening at the moment?</i>



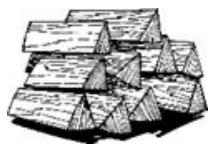
Here are a few final tips to consider, particularly if you have something more complex or sensitive to say...

- Slow down - we think much faster than we can speak so think about the words you want.
- Remember it doesn't have to be perfect - it is ok to take the good enough word rather than wanting the perfect one!
- Rehearse out loud - or write it down. I have helped people to write pretend letters before having a conversation.
- Focus on the message you are conveying and try not to get distracted.
- Pause - don't hesitate to stop and gather your thoughts.

So what do you make of all of this? Maybe you might look ahead and practice using your voice a bit more or a little differently. Remember no one is perfect at this and there are many times in the heat of the moment that things will just come out despite our best efforts to take a better approach. Learning how to communicate is one of the popular things I provide coaching on... it is a passion of mine.

Article by Natasha Steen

**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.**



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**JOHN MANCONE  
0417 456 656**

Horse Equation

One tricky part about the problem is the third equation has 2 horseshoes and 2 boots but the fourth line only has 1 horseshoe and 1 boot.

Solve each element, and you get Horse=10, 1 Horseshoe=2 and 1 Boot=1. Therefore the answer = 1 + (10x2) = 21

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*Have you seen any emu chicks  
around One Tree Hill?*

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

Angus Firewood Splitting	0412 395 017	Leo's Concrete	0412 628 854
Bernalta Stud (Brian Hughes)	0427 910 801	Mr Clip Gardening	8365 8000
Catherine McAuley School	8284 1666	NCPS Industrial Pumps	8285 2344
CE Property Real Estate	8280 0033	Olympic Drilling	0408 847 060
DN Roof Tiling & Restoration	0423 575 558	Olympic Boring	0408 847 060
ESJ Roller Shutters	0409 426 255	One Tree Hill Gift & Post	8280 0090
Golden Grove Domestic Maintenance	0411 581 986	Para Trees	0408 857 931
Haywood Carpentry	0411 527 694	Paula Luethe MP—Member for King	8288 8218
Inspiring Landscapes (Rick's Earthworks)	0418 829 332	Puccini Electrical	0421 773 673
Jim's Mowing	0407 733 832	Roger Girdham Electrical	0417 853 863
Just Wrecking Toyota	8359 4499	Wombat's Asphalt, Spray Seal & Civil	0417 456 656
Kamcheyenne Limousin	0402 099 106		

## One Tree Hill Community Directory ...

Council Members	David Kerrison	0478 283 879	OTH Progress Association	President	0406 382 342
	Veronica Gossink	0411 733 847		Treasurer	0406 382 342
Council Member & JP	Andrew Craig	0417 016 160	OTH Playgroup	Charlotte	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	Louise Niva	0409 315 625
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 Luethe	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



1st AUGUST ~ OTH Country Market  
5th SEPTEMBER ~ OTH Country Market

## COUNTRY MARKET



• CRAFT • COOK • GROW • FRESH

**SAT 1st AUGUST 8:30am-1pm**

One Tree Hill Institute  
Blacktop Rd, One Tree Hill  
New stallholder enquiries welcome.  
**0457 107 817 / 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*

## Next OTH Progress General Meeting

Thursday 13th August @ 7:30pm  
OTH Institute, Black Top Rd, One Tree Hill



**PLAYGROUP IS BACK!!**

Limited time 9:30-11am, but please contact Charlotte beforehand to register, due to social distancing number limitations.

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

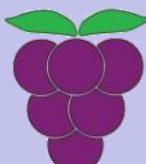
If you are over 50 years of age you are welcome to attend the One Tree Hill Senior Citizens. Our senior members of our community and surrounding neighbourhood meet:



**Returning Every 2nd Tuesday  
from 28th July 1:30-4pm**

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: Louise Niva / 0409 315 625



## OTH Grapevine September Edition

### Deadline

**Wednesday 19th August**

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

Bindi / 0435 269 564