

**ONE TREE HILL**

# Grapevine

**OCTOBER 2020**

**VOLUME 43**

**EDITION 9**



**Community Magazine**

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

Cover: Quistis and Que'niyah at the September OTH Market / Photo Credit: Kamcheyenne Limousin Facebook Page



## 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 - EMAIL: [grapevine@onetreehill.org.au](mailto:grapevine@onetreehill.org.au) or MOBILE: 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 21st October

*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 Piggy Banks at:

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



### ADVERTISING RATES 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

## EMERGENCY NUMBERS

Police: 131 444  
Ambulance : 000  
Other Emergencies: 000  
Hospital: 8182 9000



Country Fire Service: 000  
Station (When Manned): 8280 7412  
Bushfire Info Hotline (24hr): 1300 362 361  
General Business: 8280 7055





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## From Behind the Desk...

Welcome to the October issue of the One Tree Hill Grapevine. It just seems like yesterday that I was compiling the Grapevine in the depths of winter and here we are with warm and sunny weather of Spring already. It has been great to hear from so many locals submitting photos, articles or ads for this issue, and I have managed to pack it all in for your reading pleasure.

Our cover page shows a couple of young furry members of the Kamcheyenne Limousin team who were spotted spruiking their business at the September OTH Market. Along with our regular community news, this month we have advice from a local vet who is now seeing small pets as well as horses, some Para Wirra news, and information about a survey where you can provide feedback on the OTH Grapevine.

We would love to know what you would like to see more of in our community magazine which is by locals, for locals. It would be great if you could take some time to complete our survey online.



## COUNTRY MARKET



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**SAT 3rd OCTOBER 8:30am-1pm**

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*Garden Art Crafts Bric-a-brac*

*Piroskis Bakery Sausage Sizzle*

*Hot Coffee from the OTH General Store*

Enquiries: 0457 107 817 / [market@onetreehill.org.au](mailto:market@onetreehill.org.au)

<http://onetreehill.org.au/index.php/market>



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## Community Survey

Residents in One Tree Hill have raised with me their  
desire for local bus transport. I'd like to ask your opinion.

Is local bus transport a concern for you? ☐ Yes ☐ No

The age range of who would use the transport:

☐ 15 to 35 ☐ 35 to 65 ☐ 65+

How often do you think you'd use the transport:

Where would be your ideal destination (eg, medical centres,  
major transport hub like bus or train stations, Elizabeth City  
Centre, The Grove Shops, Library etc):

*Your details:*

FULL NAME:

ADDRESS:

PHONE:

EMAIL:

*To Return:* Simply return by post or in person to Suite 1, Lvl 1,  
The Grove Shopping Centre, Golden Grove SA 5125, or  
email a photo of your survey to: king@parliament.sa.gov.au



**PAULA LUETHEN MP**  
MEMBER FOR KING

Authorised by P Luethen, Suite 1, Lvl 1, The Grove Shopping Centre, Golden Grove SA 5125.

# BERNALTA

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# One Tree Hill Progress Association ~ President's Report

Dear Residents,

Another successful Country Market was held on 5Sep20 with everyone supporting our social distancing safety procedures. Several of the committee undertook Covid Marshall training to ensure the event ran safely and contact tracing was kept. Thanks again to Heather and John for ensuring everything ran so smoothly. It was great to see the One Tree Hill General Store/Diner supporting the stall holders again with their coffee runs. If you haven't already done so, please visit and Like their Facebook page.

The Association met on 10Sep20. Unfortunately, our new Secretary has resigned due to work pressures, but we have been lucky enough to quickly find a replacement. A big welcome to the Progress Association for Barb Walmsley; we hope you will find OTH community service rewarding. Thanks to Bindi for recommending Barb; I was surprised when I realised that our families are already connected via one of my nieces!

We have launched a survey via our webpage to obtain feedback on what you think about the Grapevine magazine. The committee would very much appreciate a few minutes of your time to complete the survey at <https://onetreehill.org.au/index.php/grapevine/survey>.



Some of the issues that Progress is running with include:

- support to the OTH Halloween event being planned by Tanya;
- extension of the PA system to include speakers at the front of the hall to support major town events (funding to be sought through a suitable grant);
- discussions with the City of Playford re limited township parking on Blacktop Rd;
- return of the town map sign in front of the Institute and replacement of the sign on Precolumb Rd (many thanks to Nigel Kerrison, Brian Hughes, Ken Jones, Graham Watson, Ian Slater and Cr David Kerrison);
- discussions with the State Government re town water supply during a power outage;

If you have any views on the above, please come along to our meeting or drop me a line. Our next meeting will be held at 7:30pm on Thursday 8Oct20; visitors will be made to feel welcome.

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

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

# One Tree Hill CFS ~ September Report



Firstly, a big thanks to the authors who have stood in over the last couple of months while I was away. September has been a reasonably quiet month but there was a flurry of activity with three calls in 24 hours just before this article was prepared. Two of the incidents were late night car fires, a black Jaguar on Yorketown Road at 11 pm on the 26th of August and the other was a car burning in a paddock off Williams Road in Goulds Creek about 5 am on the 18th of September. The number of suspicious vehicle fires has been low this year which has been quite pleasing hopefully this becomes the “new normal”. Remember if you see anything suspicious please report it to the Police on 131444.

The most significant call was for a structure fire within the township with reports of a “burnt electrical smell”. On arrival the crew found a bedroom fully involved with the fire suspected to have originated from a faulty power board. There were two vehicle accidents during the month one for a car which had gone through a fence on Black Top Road near Gulfview Drive and the other for a clean-up following a motorcycle accident also on Blacktop Road, this was the 3rd of the incidents we were called to on the 17th/18th of September.

The first incident of this trio of calls was for a branch down blocking One Tree Hill Road. This proved hard to find because it was reported as being at Goulds Creek when it was actually just in front of Al Ru Farm at Sampsons Flat. The crew missed the incident en route because the branch had already been chain sawed and removed from the road. We assume a passing motorist had stopped and cleared the road and while we are grateful for the assistance, please remember that if you are in this situation you need to be careful working near roads.



## One Tree Hill Station News

Congratulations to David Cockburn who was recently voted back in as Captain for the next 12 months. This is Dave’s second stint as Captain, and we look forward to working with him again. We would also like to congratulate the other members who have been promoted because of the cascading vacancies created, Ricky Quaiat, Stephen Taylor, and Ian Fordham. The vacancy occurred due to the promotion of Tom Walsh to the position of Deputy Group Officer. This is a

timely recognition of Tom’s outstanding work over recent years, particularly at the Cudlee Creek and Sampson’s Flat fires. We wish all well in their new positions.

We are also pleased to welcome several new recruits who have recently joined the ranks of Fire fighters following the completion of their Basic Fire Fighting training course. Most of the Brigade has also recently completed their annual burn-over training. This is compulsory training each year and teaches us how to react in an emergency during a bushfire. A reminder to Members who have not completed the training are unable to attend incidents during the Fire Danger season.

Speaking of Fire Danger season, we have already had some warm days and there are signs that the grass is beginning to cure. Once again, we are not far from the start of the season which usually occurs on the 15th of November but can be brought forward if there is a hot October. Please keep an eye out for more news, particularly if you intend taking advantage of General Burning Permits over the coming month and please be aware of the extent of curing in the area surrounding your fire.

*Article By: Garry Walsh, One Tree Hill CFS Firefighter*

**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.**

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

# One Tree Hill Rural Watch ~ Crime Report

**Offences Reported between 17th August 2020 — 8th September 2020**

|                 |                                                       |                              |                                                                                                                         |
|-----------------|-------------------------------------------------------|------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| 22 August       | <b>Theft of Motor Vehicle and motor vehicle parts</b> | Bentley Road<br>ULEYBURY     | Vehicle parts removed from several vehicles stored on property. One vehicle stolen from property.                       |
| 25 August - Day | <b>Residential Serious Criminal Trespass</b>          | McGilp Road<br>ONE TREE HILL | Entry gained via front door of premises. Investigation completed and persons of interest identified. Reports submitted. |

Several motor vehicle accidents involving collisions with kangaroos have been reported during this period which SAPOL attended.



**SOUTH AUSTRALIA POLICE**  
KEEPING SA SAFE

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)



ABOVE: Sunny church gate. (Photo: Ann Warner)  
ABOVE RIGHT: "Is it level YET?" OTH Progress volunteers reinstalling the town map.  
RIGHT: Playford Mayor and Cr David Kerrison at the OTH Market (Cr David Kerrison facebook page)  
BELOW: OTH September market (Photo: David Kerrison)



# Playford Council ~ Local Councillor's Report

Dear Fellow Ratepayers and Residents,

It was fantastic to see a strong and vibrant attendance at the September OTH markets. Thank you to fellow elected member Cr Peter Rentoulis from ward 1, who takes an interest in ward 3 and invested the time to assist me and engage with the local community. Thank you to Mayor Glenn Docherty who joined us from 9:30am to 10:30am and Cr Akram Arifi who took the time to visit.

Thank you to everyone who came along to discuss their issues and concerns about the City of Playford. A range of topics were covered including roads, road maintenance, potholes, illegal dumping, rural roadside dust implications upon health & lifestyle, the lifting of the GM moratorium by the State Government and the undergrounding of the power lines in the main street along Blacktop Road.

**Important update on the Fire Safety and Verge Mowing consultation process.** The City of Playford has placed an article in the Playford news encouraging feedback on these services to [playford@playford.sa.gov.au](mailto:playford@playford.sa.gov.au) or by calling 82560333. The direct mail out (leaflet) that was to coincide with the Playford News is now expected to be in the mail around the 1st October. Please give your feedback on the verge management for the City of Playford and how best we can improve this service.

I moved the motion for this process to occur due to the fire risks to residents and many homes throughout Ward 3 last year. There has been an increase in the slashing and mowing service, which will hopefully see significant improvement. However, your feedback is important to support change.

The topic of rubbish and recycling is often raised. The City of Playford via NAWMA have a range of excellent services, of which many residents are unaware. Please see the article submitted this month by the City of Playford to the Grapevine for your assistance and information. (Waste management at the City of Playford)

A new footpath service and upgrade for One Tree Hill of approximately 350 meters from Jordan Drive along Blacktop Road towards the Institute. For further details visit Cr David Kerrison – City of Playford on Facebook.

Hoping to see everyone again at the OTH markets.

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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## What's happening in your real estate marketplace?

Six months ago, predictions about the short-term real estate market activity were dire; but those predictions were wrong. Instead of markets slowing down in general, the only slowdown was sellers entering the market. If you've read our fliers these last few months, you'll know that buyer demand has significantly increased.

Have you noticed how quickly most properties are selling at the moment? **Many of our sales are not even being advertised!** So now is the time to profit from selling. Profit comes from not just a great end price but by saving thousands in unnecessary expenses. If you want to know how to make maximum profit when you sell, call CE Property Group and speak to one of our Property Sales Specialists who can share their knowledge and advice with you.

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## Saturday 31<sup>st</sup> October from 5pm

### Family BBQ @ McGilp Oval

Hi, I am organising the Halloween Trick or Treating event for the kids of OTH (and surrounding area). This year we are meeting at the playground at McGilp oval. CFS are running a BBQ dinner as a fundraiser.

Once again I am seeking local residents to register their homes and we will put those homes on a map and have the kids trick or treat to those homes only.

If you need help with financing cost of lollies, I have some funds provided by the OTH Progress Association which can be used to reimburse you. The past two years have been extremely successful and the kids have had a ball!

If you have children who would like to participate and/or to register your home as one that the kids can visit, please contact Tanya on 0414 828 981 or email [tanyaabela@bigpond.com](mailto:tanyaabela@bigpond.com).

Thanks in advance and we look forward to the wonderful costumes and fun of Halloween!



## Para Wirra Expands Thanks To Generous OTH Locals

Para Wirra Conservation Park's boundaries have grown, thanks to a partnership between the National Parks and Wildlife Service South Australia, funding from the Native Vegetation Council and support from the Friends of Para Wirra Conservation Park, particularly Patsy and Mike Johnson (right).

For 15 years, Mike and Patsy's vision has been for their land to become part of Para Wirra. The land will be kept and maintained as grassy woodland, especially important for small birds such as the Diamond Firetail and Red Browed Finch. Thank you to Mike and Patsy Johnson, for their generosity and dedication to our native flora and fauna, in driving this initiative.

*Article sourced from Photographing Para Wirra facebook page and local government information. Photo Credit: Darren Williams Photography*



## OTH Grapevine Readership Survey

How are we doing? Is the Grapevine hitting the mark for our local readers? We would love to get feedback from our readers to help improve the magazine. To complete our online survey, simply open your web browser and enter the following address <https://onetreehill.org.au/index.php/survey>. Submissions will be automatically sent to OTH Progress for collation and analysis.

The Grapevine is published monthly (excl. Jan) and is distributed to homes in the One Tree Hill area as well as OTH Post Office boxes. The cost of production is significant, and we want to ensure that we are spending the money wisely to provide a relevant service to readers and to the businesses that advertise with us. Submissions will be treated as confidential; however, we do ask that you provide your name to help identify spam. We will publish our general findings later in the year.

The sort of things that we are interested in, include:

- does your family read the Grapevine?
- what you like or don't like about the current magazine?
- what you would like to see more or less of?
- if you would prefer to read the Grapevine online (and save us money)?
- are you using our website or our Facebook pages?

***Thank you for your time in helping us improve our service to the community.***



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

# Waste management at the City of Playford

As a Council, City of Playford is committed to providing high quality waste management and resource recovery services to our community. In partnership with City of Salisbury and Town of Gawler, we created NAWMA (Northern Adelaide Waste Management Authority) as a Regional Subsidiary in 1993.

This regional approach brings benefits to the joint owners and our communities, such as:

- Securing over \$2.1 million in grant funding since 2016.
- The State's first local-government owned state-of-the-art MRF (Material Recovery Facility) which processes household recyclables.
- Maintaining low operating costs for waste services over time, excluding CPI and State Government Solid Waste Levy.
- Access to standard collection services at no annual charge.
- An opt-in FOGO (Food Organics & Garden Organics) service for a once-off small fee.
- Employing over 80 staff to provide these services.

## How you can help

We all need to work together to make waste management work for us.

Around 31% of material going into the red-lid bin is compostable and should go into the green-lid FOGO bin; and over 35% of material in the yellow-lid recycling bin is general waste that contaminates the recycling process and should go into the red-lid bin.

These five types of items belong in the yellow-lid recycling bin:

- Paper and cardboard
- Steel and aluminium cans
- Milk and juice cartons
- Glass jars and bottles
- Firm plastic bottles and containers (lids off and no soft plastics)

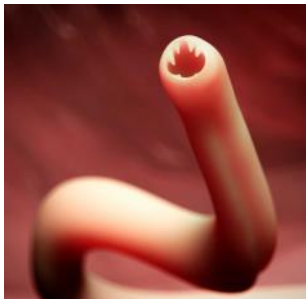
Your green FOGO bin is suitable for all garden clippings, food scraps, including soiled paper towels, pizza boxes and other organic matter such as pet poo.

For further information about your waste service please go to [nawma.sa.gov.au](http://nawma.sa.gov.au), call their friendly Customer Service Team on 8259 2100 or check out [whichbin.sa.gov.au](http://whichbin.sa.gov.au)

## OTH Vets Say ~ *Spring = Parasites!*

Introducing EquiClinic, One Tree Hill, established by Dr Mortimer in 1970 and now owned by Dr Lucas Van Oijen. Keep an eye out for our regular editorials, written by Dr Lucas, Dr Taylor and Practice Manager Carley.

With spring now here, we can expect to see an increase in parasites in and on our pets, including intestinal worms and fleas. Mosquitoes are also out in force ready to infect our dogs and cats with heartworm! Thankfully, there are preventative treatments we can use to combat these problematic parasites.



Intestinal worms affect horses, dogs, cats and many other animals. The best treatment is to perform regular a faecal egg count (FEC), this can be done by taking a sample of faeces to a veterinary clinic and the veterinarian can count the eggs under a microscope and determine the most suitable deworming treatment for your pet, depending on the type of worms that are found in the sample. Some intestinal worm are Zoonotic, which means they can be passed onto humans and cause nasty conditions.



Soon we will be seeing mosquitoes out and about, these annoying little insects carry some pretty nasty diseases, heartworm is just one of them. Heartworm larvae is carried by mosquitoes and when an infected mosquito bites your pet,

the larvae travel to the victims heart which after time is usually fatal. Your pet may show no signs of infection until it is too late. Fortunately there are some good affordable preventions that can be used to avoid this disease, consult with your vet for prevention advice.

Fleas are very common and another really annoying insect. It only takes one adult flea to jump onto your dog or cat and that flea can lay 40-80 eggs per day, that's a lot of fleas waiting to hatch. Fleas will bite your pet and can cause Flea Allergy Dermatitis (FAD) which can in turn cause hair loss and skin irritation. With heavy burdens of fleas your pet can also develop anaemia. Again there are lots of preventative treatments which can be used. Ask your veterinarian which is the best to use. If you have any questions do not hesitate to contact EquiClinic, One Tree Hill.

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*Article & Photos provided by EquiClinic, One Tree Hill*

# ARE YOU BUSHFIRE READY?

Prepare your home or workplace now.

## You must...

- Clear 20 metres around your house
- Clear five metres around other buildings and structures on your property
- Cut long grass on your property (occupied and vacant land allotments)
- Prune tree limbs and branches which overhang your home
- Create fire breaks.

## You should...

- Remove 'dead' branches, 'dead' undergrowth and leaf litter from your property
- Remove bark, heavy mulch, wood piles and other flammable materials close to your home and shed
- Regularly clean your gutters
- Create access to an alternative water supply (at least 5,000 litres) such as a swimming pool or water tank.

## You can...

- Clear vegetation further than 20 metres from your house for fire prevention **WITH A PERMIT FROM THE CFS**. Native vegetation is protected by law, under the *Native Vegetation Act*, and permission is required to clear it on your property.

Please be reminded that any mowing or alterations on roadsides requires permission to be obtained from Council in accordance with the Local Government Act 1999. The City of Playford will conduct flammable undergrowth inspections prior to the 2020/2021 fire danger season to ensure landowners comply with the Fire and Emergency Services Act.

## For more information...

Dave Watson, Fire Prevention Officer, City of Playford on **8256 0333**

CFS Bushfire Information Hotline on **1300 362 361**

Visit **[cfs.sa.gov.au](https://cfs.sa.gov.au)**

Collect a **CFS Fact Sheet** from City of Playford Customer Care,  
10 Playford Boulevard, Elizabeth.

## What's Flowering In My Garden?



Flowers, flowers and more flowers. It's spring time and everywhere I look, I see glorious flowers everywhere. What a beautiful sight to see.

The extremely hardy Camellias are showing off their lovely blooms, the Daffodils are enjoying our cool Spring weather and our brilliant blue and purple bulb Irises bloomed to join in a magnificent display of Spring flowering plants.

The stunning green and gold vistas created by many flowering wattles have been replaced with a myriad of colours from many flowering natives. The Australian Natives have responded well to a reasonable amount of Winter rain and most seem to be putting a lot of energy into flowers and new growth. The many colours of the flowers of the Grevilleas are stunning, ranging from brilliant red to pinks, oranges, yellows and cream as are the colourful flowers of the Hakeas, Eucalypts, Scholtzias, Thryptomenes, Acacias, Correas and many other plants that are a delight to see.

In full flower now is the delightful *Hypocalymna angustifolium*, a small plant from Western Australia with a common name of White Myrtle. It is a very hardy plant once established and being a small plant approximately 70cm high by 70cm wide, it is a great plant to place in a gap between other larger plants. This round plant has narrow stems with downward facing 1cm long narrow soft green leaves and it's beautiful small flowers are a dark cherry pink. As the dark cherry red buds open the colour changes to pale pink and then to a soft white shade. This plant has an interesting perfume which attracts many bees and insects. As a cut flower, it is always an interesting addition to a bunch of flowers whether it's Roses or Natives. This lovely flowering plant can be grown from seed or from cuttings and is not seen at general nurseries but is often available to purchase at the native plant nurseries. Other stunning *Hypocalymnas* are available with golden yellow flowers as well as a hot pink shade. A very dark green leaved *Hypocalymna* has strongly scented cream coloured flowers. I was able to purchase some *Hypocalymnas* recently as I really do enjoy their colour, form and perfume. I hope we receive some worthwhile Spring rain to give the new plants a good chance of establishing themselves before it becomes much warmer. Once established *Hypocalymnas* don't require much Summer watering. It's just a beautiful gorgeous flowering plant.

Just beautiful.

*Article and photo submitted by Heather Fischer*

# Come & explore Trinity College



**Friday 16 October 9:15am**  
**Wednesday 21 October 4pm**

Bookings essential. Call 8522 0666.



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# One Tree Hill Uniting Church

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



## **SUNDAY MORNING SERVICE**

**10am EVERY SUNDAY**

We had the privilege of welcoming Samantha, Jake and their one year old son Hendrix into our midst on 13 September. This was an extra special service, being a service of thanksgiving and blessing for Hendrix.

During the service, we joined Sam and Jake in giving thanks for Hendrix, and we asked for God's blessing on his life. 'Thank you Sam, Jake and Hendrix for allowing us to share this special time with you!'



**One Tree Hill Uniting Church**

Religious organisation

One Tree Hill, South Australia

## **GIFT FILLED SHOE BOXES FOR CHILDREN**

If you would like to fill a shoe boxes ("Gifts of Love") to bring joy and hope to children in desperate situations around the world, please phone Kendrie on 0419 994 332. This is done in conjunction with "Samaritans Purse" – a non-profit Christian organisation. (If you could finish filling the boxes by 11th October it would be really appreciated).

## **MONTHLY FELLOWSHIP MEETINGS**

Held 4th Wednesday each month

Next Meeting - 10.00 am - Wednesday 28th October.

## **FELLOWSHIP STALL - MONTHLY MARKET**

Our ladies will be back at the September Market, - Saturday 3rd October - 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 the Last Sunday of the Month - 5.30-7.30 pm. Yr 8 to young adults are very welcome.

## **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 Hilcott Street, Rosewood Village, Elizabeth North. Donations of second hand clothing are always appreciated, and can be dropped off at the shop.

**Enquiries – Maureen – 8280 7368**

*Keep up to date with the activities of the church via our Facebook and Instagram pages.*

*Or, contact us on 0414 727 396.*



# 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.

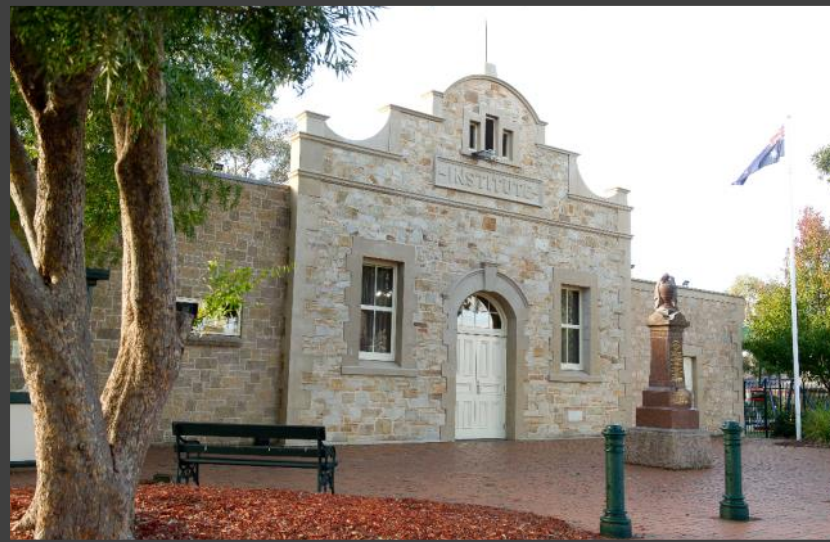
Outside you will find a sheltered playground that leads to picturesque garden areas which are ideal for photos.

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: 0459 105 045**

**Email: [hall@onetreehill.org.au](mailto:hall@onetreehill.org.au)**



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

*BELOW: Some of the venturers, with their leaders Sam, Rachel and Lea, with Sam & Rachel's baby daughter Harper, who joins the gang each week.*



# OTH Scout Group Update ~ Cub Camps



OTH Kumanti Cub Pack have had a busy term with a senior cub camp (a patrol of 6 of the oldest cubs) held at Mt Crawford in August, followed 3 weeks later by a pack camp with 23 of the cubs at Woodhouse Activity Centre in September in the Hooper Bunkhouse.

Senior cub camp is a unique opportunity for the older cubs to work together as a patrol, being involved in all aspects of the camp, including menu & equipment planning, packing, putting up tents in the dark (and wind and rain!), full camp kitchen setup, gas & BBQ safety, all cooking and cleaning, and returning to the hall to unpack and hang the tents to dry. Cubs learn these skills in a smaller leader to cub ratio, to help get them ready for the scout section.

The pack camp was basically a whole lot of fun for the cubs, with Challenge Hill, Tube Slides, labyrinth, geocaching, night hike, knots and compass skills, and even a movie night. We were very lucky with the weather - sunny days and rain only overnight. This was the first cub camp experience for many of the cubs, and everyone coped really well. Not a single cub was homesick - there's just no time for that!



*LEFT: Kumanti Pack Camp — cubs captured in a rare everybody sitting still moment!*

*BELOW & BELOW LEFT: The patrol of 6 cubs worked well together on senior cub camp to get all the camping jobs done, while learning and having fun at the same time.*



One Tree Hill Scout Group currently have vacancies for joeys (age 5-8), scouts (age 11-15) and venturers (age 15-18), and we are always interested to hear from adults who wish to become a leader! Contact Group Leader Mike Branson for 3 free visits, on 0430 422 895.

*Article & Photos by Bindi Hawkey*



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# Mindset Matters!

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

Mindset.....is a super power that we all have access to! Our mindset shapes our experiences in life.

We are often good at telling children “You can do it” “Think positive” “Mind over matter” “Look on the bright side” – but do we stop to consider how our own thinking and beliefs are impacting on our daily experiences? Are we wasting time with unhelpful thinking and beliefs?

There are many examples of this and I will share a very simple one. If you are going to a social gathering and you are thinking “I am not much good at conversations, I don’t think these people like me and I hate talking about Sport” then there is a fair chance that this experience will not be enjoyable. The outcome may be a lot different if you can challenge your beliefs and consider thoughts such as “Sometimes I find it hard to get going in conversation but I will feel my way quietly, I think I will try out a few different topics I am comfortable with and if Sport comes up .. I will feel ok to mention that I am not a massive sport follower!”.

There are many things we experience in life that we can not control. However often how we feel in situations is how we allow ourselves to feel and we are applying our own interpretations around what has taken place, rather than this necessarily being the reality.



**Mindset Matters**

Upsetting emotions like anger, frustration and guilt, are often a result of negative or unreasonable beliefs. To change the way we feel we have to be aware of our thoughts and challenge the rigidity of our thinking. If we take some time to challenge our thinking patterns we should experience less negativity, blaming, comparing and jumping to conclusions. I take a lot of pride coaching people to shape their thinking. There is plenty of reading material on this topic.

Sometimes people are allowing such awful negative voices to talk inside their minds. It is really useful to learn some simple mantras to bring some of these thoughts together and push them aside. When some thoughts come into our minds – it is not often enough to simply ignore these thoughts. We need to challenge our beliefs and thinking patterns. Is everything too expensive, or is it just that I can’t afford it? Do “people suck,” or am I just looking for things to criticise?

Weigh your thoughts against the evidence. If they crumble under scrutiny, then explore why you believe them in the first place. By challenging your thoughts, your mindset will begin to evolve.

*The following quote wraps this topic up nicely;*

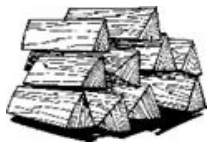
*“Positive thinking actually means approaching life’s challenges with a positive outlook. It does not necessarily mean avoiding or ignoring the bad things; instead, it involves making the most of the potentially bad situations, trying to see the best in other people, and viewing yourself and your abilities in a positive light.”*

*Kendra Cherry, Very Well Mind – 2017.*

*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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**OTH NATURE WATCH**



*Have you seen any bearded dragons out in  
the sun around One Tree Hill?*

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

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| Bernalta Stud                            | 0427 910 801 | LBE Earthmoving                      | 0404 109 089 |
| CE Property Real Estate                  | 8280 0033    | Leo's Concrete                       | 0412 628 854 |
| City Of Playford                         | 8256 0333    | Mr Clip Gardening                    | 8365 8000    |
| DN Roof Tiling & Restoration             | 0423 575 558 | NCPS Industrial Pumps                | 8285 2344    |
| ESJ Roller Shutters                      | 0409 426 255 | Olympic Drilling                     | 0408 847 060 |
| Firewood (Brian Hughes)                  | 0427 910 801 | Olympic Boring                       | 0408 847 060 |
| Fisch's Slashing Services                | 0422 449 748 | One Tree Hill Gift & Post            | 8280 0090    |
| EquiCinic OTH Vet                        | 8280 7947    | Paula Luethen MP—Member for King     | 8288 8218    |
| Golden Grove Domestic Maintenance        | 0411 581 986 | Puccini Electrical                   | 0421 773 673 |
| Haywood Carpentry                        | 0411 527 694 | Roger Girdham Electrical             | 0417 853 863 |
| Inspiring Landscapes (Rick's Earthworks) | 0418 829 332 | Trinity College Gawler               | 8522 0666    |
| Jim's Mowing                             | 0407 733 832 | Wombat's Asphalt, Spray Seal & Civil | 0417 456 656 |
| Just Wrecking Toyota                     | 8359 4499    |                                      |              |

## One Tree Hill Community Directory ...

|                                  |                          |                     |                                      |                      |                     |
|----------------------------------|--------------------------|---------------------|--------------------------------------|----------------------|---------------------|
| <b>Council Members</b>           | <b>David Kerrison</b>    | <b>0478 283 879</b> | <b>OTH Progress Association</b>      | <b>President</b>     | <b>0406 382 342</b> |
|                                  | <b>Veronica Gossink</b>  | <b>0411 733 847</b> |                                      | <b>Treasurer</b>     | <b>0406 382 342</b> |
| <b>Council Member &amp; JP</b>   | <b>Andrew Craig</b>      | <b>0417 016 160</b> | <b>OTH Playgroup</b>                 | <b>Charlotte</b>     | <b>0426 978 262</b> |
| <b>Cricket Club</b>              | <b>Mike Banwell</b>      | <b>0415 177 955</b> | <b>OTH Primary School</b>            | <b>Principal</b>     | <b>8280 7027</b>    |
| <b>Federal MP</b>                | <b>Nick Champion</b>     | <b>8254 2422</b>    | <b>Para Wirra Conservation Park</b>  | <b>Office</b>        | <b>8280 7279</b>    |
| <b>Fodder Store</b>              | <b>Dean Whitehorn</b>    | <b>8280 7680</b>    | <b>Pharmacy</b>                      | <b>Shadi Ibrahim</b> | <b>8280 7890</b>    |
| <b>General Store &amp; Diner</b> | <b>Matt &amp; Rachel</b> | <b>8280 7020</b>    | <b>Post Office</b>                   | <b>Wain</b>          | <b>8280 0090</b>    |
| <b>Home Assist</b>               | <b>Playford Council</b>  | <b>8256 0355</b>    | <b>Scout Group</b>                   | <b>Mike Branson</b>  | <b>0430 422 895</b> |
| <b>Northern Hills Pony Club</b>  | <b>Sharon</b>            | <b>0401 214 950</b> | <b>Senior Citizens</b>               | <b>Louise Niva</b>   | <b>0409 315 625</b> |
| <b>OTH Grapevine</b>             | <b>Compiler (Bindi)</b>  | <b>0435 269 564</b> | <b>Soccer Club Registrar</b>         | <b>Tanya Abela</b>   | <b>0414 828 981</b> |
| <b>OTH Country Market</b>        | <b>Enquiries</b>         | <b>0457 107 817</b> | <b>State MP</b>                      | <b>Paula Luethen</b> | <b>8288 8218</b>    |
| <b>OTH Institute Hall</b>        | <b>Enquiries &amp;</b>   | <b>0459 105 045</b> | <b>Tennis Club</b>                   | <b>Garry Evans</b>   | <b>0415 399 658</b> |
|                                  | <b>Bookings</b>          |                     | <b>Walking Club (Walkie Talkies)</b> | <b>Helen</b>         | <b>8280 7035</b>    |

## 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



THU 1st OCT - Community Waste Forum  
THU 1st OCT - Bernalta Stud Annual Ram Sale  
SAT 3rd OCT - OTH Country Market  
SAT 31st OCT - OTH Halloween Night (pg 10)

## COUNTRY MARKET



**SAT 3rd OCTOBER 8:30am-1pm**

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



**Alternate Fridays:**  
**3:00pm—4:00pm**  
*Opposite Blacksmith's Inn*  
**9th October**  
**23rd October**

## Next OTH Progress General Meeting

Thursday 8th October @ 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:



**Every 2nd Tuesday 1:30-4pm**  
**Please contact Louise**

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 October Edition Deadline

**Wednesday 21st October**

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

**Bindi / 0435 269 564**