



Vol. 21, No: 8 ONE TREE HILL September 1998

GRAPEVINE

September

KIDS JOKES

What travels faster-heat or cold?

Heat, because it is easy to catch cold.

What's the noisiest of all games?

Tennis, because you can't play it without raising a racket.

What do you get if you cross a French Emperor with
a ton of dynamite?

Napolean Blownaparte!



50 cents donation please

* **ONE TREE HILL COUNTRY MARKET** *
* To be held on Saturday September 5th. 9.00am until 2.00pm.(approx.) *
* Come and enjoy country produce, craft, bric a brac, plants, good things to eat and much more! See *
* you there! If you want to book a site (and if there are any sites left) phone June on 8287 3306. *

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ONE TREE HILL COUNTRY FIRE SERVICE

ALARM CALLS ONLY in the OTH district - 8280 7000 (24 hours)
Fire station enquires during incidents - 8280 7055
General enquires (after 5pm) - 8280 7206 or 8280 7274
Fire ban information CFS Headquarters (24 hours) - 8297 1000



EDITORIAL

Welcome to our spring edition of the Grapevine! After all the wet and cold weather, it will be lovely to see sunny days again. Already the blossom is out and the Cootamundra wattles are a blaze of colour! We are just so lucky to live in such a beautiful area.

Jill McLatchie our trusty editor, is on holidays and so I am standing in as editor this month. Jill and Ivor are visiting Finland and Longyearbyen in Spitzbergen which is the nearest island to the North Pole. From there they are sailing up and down the coast of Greenland, and finally flying home from Iceland on September 7th. An unusual holiday, and it will be interesting to hear their adventures in the October edition. The Cookseys too have headed off on an adventure - going westward in their caravan. Retirement seems to be bringing some good times to some of our residents!

At the September meeting of Progress Association, the question of political advertising in The Grapevine was discussed and a policy developed. As a community newsletter, The Grapevine will not carry party political material or advertising.

Thanks to our advertisers and contributors for this month. Articles for next month's Grapevine can be left at the General Store, faxed to Jill on 8280 7214 or emailed on <imclatch@camtech.net.au>. The due date for contributions is Monday September 21 at 6pm.

Ann Davenport

NEW COMMUNITY PROGRAM FOR SENIOR RESIDENTS

An information session has been organised for older people, families of older people, their carers and those interested in becoming volunteers for a new community program.

Jenny Hofmann, a representative from the City of Playford Council, will introduce the new program which aims to support and encourage opportunities for older people to participate in recreation, leisure, education, art and cultural activities appropriate to their interests and abilities.

The program will combine a mix of centre based activities with supported access to other services promoting quality of life and independence.

VENUE: ONE TREE HILL INSTITUTE HALL

DATE: THURSDAY 10th SEPTEMBER

1 - 1:45pm INFORMATION ABOUT THE PROGRAM

1:45 - 2:15 AFTERNOON TEA

2:15 - 3pm INFORMATION FOR VOLUNTEERS

ALL WELCOME

For further information contact Linda Brown, Community Services Officer, City of Playford.

This monthly newspaper is published by the **One Tree Hill Progress Association**. Its purpose is to share local news, views and events. We want to encourage local people and groups to share what they are doing and to pass on items of interest to one another. A 50 cents donation to the cost of printing the Grapevine would be very much appreciated. (Donation tins are available in some of the local shops). We are happy to include some advertising from local businesses, and small classified Ads from individuals. Please contact Jill McLatchie, ph 8280 7214 for details of the cost. Maximum size for advertisements is one quarter of a page. Deadline for the next issue is **Monday September 21st 1998** at 6.00pm at the Deli. Please leave items in an envelope marked Grapevine at the General Store well ahead of the deadline if possible.

ONE TREE HILL PROGRESS ASSOCIATION

Linda Brown and Jenny Hoffman from the Council were visitors to our September meeting to inform the community about plans to set up a support groups for senior citizens in the Playford area, including one in OTH.

Linda is the coordinator of this program and the idea is to contact seniors in the area and design a program in conjunction with them to meet their various needs. The purpose of these groups is different from the Senior Citizens Group which already meets on Tuesdays in the institute. The new group hopes to assist people link with services and supports that will assist them if they wish to maintain their lifestyle in their own homes. In addition, members may be interested in a range of other activities to provide information, promote health and well being or whatever. It will depend on what the group wants. An information meeting is to be held at the Institute on Thursday, Sept 10 from 1 to 3pm. See adjacent announcement.

Our environment committee has been consulting with council and Rotary about developing the park area along Blacktop Rd, just west of Rose Ave. Heather Fischer, who is on this committee and also representing Rotary has prepared a report for Grapevine on the outcome of our last meeting with council - see below.

Hans van Heusen and Anne-Marie are still interested in hearing from anyone interested in

1. developing a playground for young children in the area and/or
2. assisting in planning a OTH picnic next year in conjunction with the Rural Watch Pet Jamboree

Please ring him on 8280 7531 if you can help.

Progress received information about a Strategic Bicycle Plan which is being proposed to encourage cycling within the City of Playford. This is part of a statewide strategy to promote bike riding for recreation, fitness and environmental reasons. Consultations are being held (although the one at OTH on Monday night was cancelled). Another meeting will be held in October, and we will be advised. You can contribute by coming along OR by responding to a set of discussion papers - either by phone or via a written response sheet. Ring Margaret Howard on 08 8449 4095 if you would like copies of the discussion papers etc.

Progress received notification of two development proposals in the area: a child care centre in McGilp Rd and a vineyard on Blacktop Rd. Our main concerns re the vineyard proposal were the effect on the bore water supply in the area and whether sprays might cause any problems to neighbouring properties - especially if they relied on rain water. We have asked council to consider these points in making decisions.

Ann Davenport (President)

ENVIRONMENT REPORT

The local environment group met on Saturday 15 August with Bill Doyle, Playford Council's Environment Officer. A most enjoyable time was had by all (despite the chilling southerly winds) discussing just what could be achieved with cooperation from our council and volunteers. We are hopeful of a positive outcome which, over a few years, will result in an aesthetically pleasing "park for people" on the western outskirts of our township. We'll keep you informed of our progress. Should you wish to join us you are welcome. For more information, please ring me on 8280 7104 or Chris Myles on 8280 7604.

Reported by Heather Fischer for the Environment Sub Committee of Progress Association - Ann D, Paul S, Mary M, Eric L, Chris M and Bill D.

LETTERS TO THE EDITOR

Dear Editor,

I recently sent a list of questions about NAWMA and council procedures to the Salisbury, Gawler and Playford Councils. We thank the Gawler and Salisbury Councils for their comprehensive and quick reforms.

Playford Council's reply answered none of the questions, but seemed to be very concerned with Action Against Underground Water Contamination Committees or my involvement with the Medlow Road Group.

If Playford Council is unable (or unwilling) to provide a written reply to questions asked, is it because they have been acting without regard to the Local Government Act in relation to:

* NAWMA?

* the motion to support the Medlow Road balefill proposal?

* writing cheques to themselves?

* some elected members misusing ratepayer's money?

* an elected member making unsupported statements about mayor's salaries?

* council holding two committee meetings at the same time so residents and council members are unable to attend both meetings?

It is important for Council to attend functions and interstate trips to receive information that can benefit the area. If ratepayers' money is used inappropriately on functions that some councillors are not invited to, or do not represent the Playford Council, how can ratepayers be expected to accept inferior services (e.g. potholes in roads, insufficient signs and street lighting and littered areas).

As we have written to the Playford Council without success, we see no other way to receive the information from this Council except through freedom of information applications.

Jack Webb

Action Against Underground Water Contamination Committee.

Dear Editor

Re Council's Invitation for Award Nominations

OTH Progress Association recently received nominations from Playford Council that nominations are now being received for the 1999 Australia Day Awards for Seniors.

Categories include Citizen of the Year, Young Citizen of the Year, Senior Citizen of the Year and Community Event of the Year.

Any resident of OTH is eligible to suggest nominations for these awards.

People wishing to make nominations should obtain the appropriate forms by calling Ms Johanne Smith at the City of Playford on 8254 0347.

Don't wait too long as nominations close on 25 September 1998.

Hans van Heuven, Secretary, OTH Progress Association.

SUFFERING FROM ARTHRITIS OR OTHER ACHES AND PAINS?

Try this massage oil. You mix it up yourself using these essential oils which are available at health food stores, department stores and suppliers of massage equipment.

6 drops of Eucalyptus Oil, 6 drops of Thyme, 8 drops of Juniper, 8 drops of Rosemary and 50 mls of any carrier oil eg. almond oil or grape seed oil. Massage a small amount into the sore spots and feel the relief.

The Village Pantry and Chocolate Shoppe

Monday Closed
OPEN: Tues - Fri 10am - 6.30pm
Sat 10am - 2.30pm

•Old-fashioned Home Baking and Cooking

fresh daily from our own kitchen:

Quiche • Family pies • Cakes • Slices
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for gifts, weddings, special occasions
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Phone 8280 7877

One Tree Hill Village Shopping Centre

LAWNMOWERS.

In an effort to control grass and weeds on small acreages or vacant blocks, many people acquire some 'four legged lawnmowers' to do the job. This is envisaged by many as being a way to get rid of weeds involving no effort on the part of anyone except the sheep or goat, and all they have to do is eat....Right?....WRONG!

Sheep and goats do require maintenance and some amount of supervision. Many people each year discover the hard way when an RSPCA Inspector calls on them to advise that their sheep are flyblown through lack of shearing or crutching. Or worse still that their sheep are dead as feed or water supplies were not checked frequently enough. Sheep and goats which are tethered without shelter are also at risk of exposure in extreme weather. (From the RSPCA newsletter July 1998).

Check on the notice board in One Tree Hill and you will find the names of local shearers who will shear small flocks. A flyblown death is a very cruel death.

ONE TREE HILL SENIOR CITIZENS CLUB

President's Report

All our members who were on the sick list are now back and we have a number away on trips. Wednesday's ten pin Bowls was won by Les Moyle (Para Probus) Hazel Walter was second and Reg Lawrence third. The trip to the Willunga Blossom Festival was great and the meal was excellent.

B.Saunders, President, Ph 8284 2249.

ONE TREE HILL GARDEN CENTRE



Potted Roses, Ground
Covers, Seedlings,
Herbs, Cottage
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Trees.

Various Plants in Tubes
Premium Potting mix \$4-00
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ACAPPELLA GOSPEL SINGING CLASSES IN HARMONY

with Briar Evers

Venue: Angle Vale Primary School, cnr Heaslip and Fradd Roads,
Angle Vale.

Dates: Held Monthly - 2nd September 1998, 30th September 1998,
28th October 1998.

Times: 7.30-9.30pm (With coffee break)

Cost: \$10 per person per session.

Contact: Francesca Anton Ph 0885 230420 or 018 853 753.

No experience necessary.

DID YOU KNOW?

Horatio Lord Nelson, Britain's greatest Sea Captain was often sea-sick.

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ONE TREE HILL PRIMARY SCHOOL NEWS

SCHOOL PERFORMANCE!

The year 4/5 and 7 students from One Tree Hill Primary will be putting on a performance on Monday the 21 September from 11.30 am until approximately 12.30pm. The performance will consist of two plays, A world of love around animals performed by the year 4/5 class and Vision performed by the year 7 class.

Between the two plays there will be a musical interlude performed by the year 7 band, Xerox 4.

It is a gold coin donation entry fee and the money raised will go towards purchasing software for our school computers.

Tea and coffee will be available from 11am.

Please come and support our talented students.

We're sure that you'll have a great time.

Letitia N. Year 7

BOOK REVIEW

The author of my favourite book is Michael Dugan and it was illustrated by Teresa Culkin-Lawrence. My book is called "A Hairy Story". The main characters are Andrew Peters, Mrs Peters, Mrs Simsl, Tan, Mr Peters and Kim.

Andrew Peters was an ordinary boy who had beautiful curls on his head. Andrew hated his hair because everyone would call him an angel. One day he went to his grandparents to sleep and Andrew played in the mud. His grandparents expected Andrew to act like an angel. The next day a fairy came and asked Andrew what he wanted. Andrew told the fairy to cut his hair but she would not. Andrew got a note from his mum but he still did not get a haircut. The next day he went to school. They went to assembly. The headmaster said there were nits going around the school. When Andrew came home from school he told his mum that he had nits so she took him to the doctor's and the doctor cut his hair.

I think I will read more of Michael Dugan's book. It took me three days to read my book. I read it every night before I went to bed.

By Lana D.

MUSEUM VISIT

Last Thursday our class visited the museum. The purpose of the visit was to study the Aboriginal Culture.

When we arrived we were shown a huge painting done by Aborigines. It told of the three dreaming stories from the local areas.

We moved on up to the main Aborigines' display where we looked at weapons such as spears, boomerangs and shields. I learned that not all boomerangs are made to come back. We also learned how they made string from human hair and how they wove lots of baskets and even clothing. It was very interesting.

Once we had seen everything we went on to watch a video that told us of the dreaming story of Ngarrindjeri. The story tells of Ngarrindjeri on a search for two wives who had run away. On his search, he travelled down the Murray and the dreaming explains how they believe certain physical features in the landscape came to be there. Eg. he threw a spear and there became Long Island.

The Ngarrindjeri community is the largest Aboriginal community in South Australia.

They lived mainly in the lower Murray River, Coorong and the coastal areas. They had a permanent source of food and raw materials.

Christie - Year 7

POET'S CORNER

"People"

*People walk,
Anywhere,
In the city,
At the fair,
Up a mountain,
Down the street,
In the shop,
Where they meet,
In a park,
At the zoo.
In a shopping mall,
Will do,
Through the kitchen,
Up the stairs,
With their fav'rite
Teddy bears.
Anywhere!
They don't care!
People walk
Everywhere!*

By Joseph V.

HEARD ON THE GRAPEVINE

Did you know that Simon at the General Store was "21 again" on August 7th? Congratulations Simon! Also did you spot that One Tree Hill identity on the front of the Advertiser recently? Was he getting tips from the horse's mouth?

NORTHERN EARTHWORKS



- ✱ Large backhoe and Front end loader hire
- ✱ Bobcat and Tipper Hire
- ✱ Posthole auger hire
- ✱ Rubbish removal
- ✱ Moss Rocks \$45 per ton
- ✱ Free Quotes
- ✱ Locally owned and operated
- ✱ Cheap rates

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Home: 8280 7748

BRYDINGS CAT MOTEL

Now open at Kestel Rd.

Spacious Accommodation

Air conditioned

Music

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Mobile: 0411 557 030

A/H: 8280 7279



QUOTABLE QUIPS

"I know that you believe that you understand what you think I said, but I'm not sure that you realise that what you heard is not what I meant."

C.F.S.NEWS

Bottles: Please leave any soft drink/beer/wine bottles or cans on the concrete slab near to the smaller sheds, behind the station, at any time. This is one of our main fund raising activities, enabling us to purchase up to date equipment.

Hopper: The hopper continues to operate on the second Saturday of the month between the hours of 8.30 a.m. and 3.00 p.m. (approximately - when the last bin is full, we close). Please do not drop rubbish in the bins outside of these hours. Any rubbish left in the area after the hopper hours is left to rot until the next month - Keep One Tree Hill Beautiful! We can take any rubbish except for hard rubble, tyres, paint and other liquids (such as oil and paint). Please bring identification (rates notice, driver's licence etc. stating you are a resident of the One Tree Hill area) with you as it may be asked for. Please place donations for use of the hopper, in the helmet. Thank you to the drivers from last month's hopper who were patient and courteous when we changed the hopper system due to the cycling race.

Dawn Leonard, Administrative Officer.

PLAYFORD LATE STARTERS BAND

It's never too late to start playing a musical instrument even if your musical knowledge is totally lacking. If you missed The Playford Late Starters Band information night on August 19th you can still become involved. Just contact Shirley Gordon on 8262 2360 and she will be able to tell you all about this exciting concept. The Late Starters Band is a community band with the focus on Wind Brass and Percussion instruments.

Mobile: 0419 398 346

Pager: 378 1911

AH: (08) 8280 7552

Fax: (08) 8280 7716

ROB GREEN SECURITY
INSTALLATION : SERVICING : MONITORING

30 Jordan Drv
One Tree Hill
SA 5114

SECURITY AGENT
LIC No. CCA 466 20

LOCAL HISTORY NOTES

Before the bridge in Snake Gully was built, local residents had to travel to Tea Tree Gully via Salisbury. However in 1872 Mr Percival Gaylard, in the company of other local farmers put on an excellent lunch and champagne convincing a parliamentary party on the need for a bridge! A grant of 1000 pounds was given almost immediately! In 1873, the cornerstone of the bridge was set in place by Miss McEwin, daughter of Robert McEwin of Golden Grove. Under the stone was placed a document giving details of the days events. The foundation stone and document are still there. One year later the bridge was declared open by Mr Gaylard's daughter who smashed a bottle of wine on the causeway. It was a hot day but hundreds of spectators came to watch. There was a marquee with WELCOME TO SNAKE GULLY inscribed above it, and lunch and drinks were provided. Most of us who drive over it are unaware that there is some magnificent stonework supporting it. We probably think it is too narrow now, but it has been very valuable for the last 124 years. (Researched by Jill McLatchie from the Tea Tree Gully Sketchbook.)

ONE TREE HILL PLAYGROUP

We are well into term 3 now. We have arranged for the Kangaroo Creek Gang to perform again this year. There will be one show only on Saturday Sept. 19 at 10.30 am. Tickets are \$3 each, with adults and children under 18 months free. This event has been organised on a non-profit basis, however we will be selling chocolates on the day as a fundraiser for the playgroup.

To order tickets please ring Julie on 8255 9202.

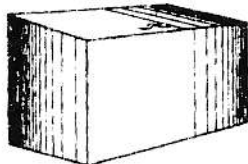
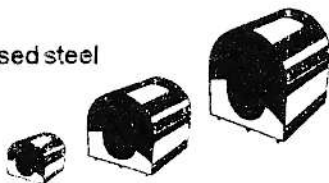
Playgroup is an opportunity for caregivers to meet and have a cuppa and a chat, while children up to the age of 5 can play together. As well as free playtime, there are organised activities such as craft, singing and story telling. We have several vacancies in our Wednesday afternoon session (1 - 3pm) and limited vacancies on Monday, Tuesday and Wednesday 9.30 - 11.30 am. If you would like further information please contact Katrina on 8252 3725.



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THE GREAT ONE TREE HILL SHORT STORY COMPETITION

Did you get your entry in? Hurry because August 31st is the official closing date but secretly, judging won't start until September 7th as one of the judges is away. So if you thought you were too late you might not be if you're quick! Leave your entry at the One Tree Hill General Store marked Grapevine Short Story Competition, and don't forget to leave your name, address and the category you are entering, on a separate sheet of paper with your story.

Section one for children in Year 1-7 of Primary School,

First prize-Book Token valued at \$30, Second Prize, Book Token valued at \$20, Third Prize, Book Token valued at \$10.

Section two for children in year 8-12 of High School.

First prize- Book Token value \$40, second prize, Book Token valued at \$30, Third prize, Book Token valued at \$20.

Section three Open Section for anyone,

First Prize, Book token valued at \$50, Second Prize Book Token valued at \$40, Third prize, Book Token valued at \$30.

ACTION FOR RECONCILIATION

Local singers and songwriters Les Montangees and Terry Davenport of "No Going Back", have recently returned from a trip to Aboriginal communities in the state's north west. The trip was a way of expressing their feelings about reconciliation and commitment to its processes. The idea came to Les, in the shower (the source of many good ideas), after John Howard had refused to apologise on behalf of the nation for the suffering past government policy had brought on aboriginal families, particularly 'the stolen generation'. Les said he wanted to do something practical and meaningful, and so the idea of writing a set of reconciliation songs and presenting them to aboriginal communities was born. Les and Terry produced a book of songs, which also included several contributions from Katherine McLennan of Victoria. Their trip took them to Maree, William Creek, Oodnadatta, Marla, Indulkana, Mimili and Fregon. They found that reconciliation was not an issue amongst these people who were more concerned about very real problems in their communities - unemployment, petrol sniffing, the fading culture. Terry and Les felt their concerts were not the way to go and so started to think of alternatives. The outcome was a 2 hour radio interview at Omawa which was broadcast to all the aboriginal communities in the surrounding area. The station also organised a recording of all their songs so that they could continue to play them on air in the months ahead.

Commenting on the trip, Les said that he was struck by the terrible mess in some communities. The aboriginal people there, have "fallen between 2 stools". Their old culture is crumbling and they know they can't go on the way they are, but they don't know yet how to change it. People seemed to have no strong sense of what they were going to do with their lives. Terry too, was struck by these things, particularly the tragedy that petrol sniffing is causing to the lives of a whole generation of young men. Despite this, they had a wonderful experience, which they wouldn't have missed.

If you want to hear Les and Terry's songs, No Going Back plays regularly from 8 to 10.30pm on the first Friday of every month at Conversations Café in Julian Tce, Gawler.

WINTER IS HERE !!

Purchase your 45kg Gas bottles
from:

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PH: 82807680

New prices - pay only
\$48.50 (delivered)

NEW CUSTOMERS

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why!

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DONT DELAY - CALL US TODAY
(some conditions apply)

ONE TREE HILL EQUESTRIAN AND PONY CLUB.

Coming Events

September 13 - Club Rally

Riding instruction - Pat Hutchens

Cross-country instruction - Linda Beentjes

Win a ribbon show jumping.

Come and try novelty games - Jacqui Dohse.

September 20 - Club Dressage School

Pat Hutchens. Prebooked lessons only.

September 26 & 27 - Club Rally

Riding instruction - Gayle Hutchens

Show jumping instruction - Linda Beentjes

Practice for the Colin O'Brien team & novelties for the North East
Riding Clubs Gymkhana.

October 5 (Monday) North East Riding Clubs Gymkhana at the
Salisbury Riding Club's grounds.

Lessons and activities are available for all ages and levels of riding.
For further information ring Helen Duncan, ph 8280 7461

RECIPE OF THE MONTH

Nutty choc fudge.

Grease a shallow 19cm square tin. Put 400g white sugar, 125ml cream, 125g unsalted butter, 150g dark cooking chocolate, and 8 teaspoons of golden syrup into a heavy based saucepan. Warm gently over a low heat until the sugar dissolves and the butter and chocolate melts. Bring to the boil using medium heat and boil to 116°C or 240°F, stirring occasionally to prevent sticking. (A sugar thermometer is useful.) Remove from the heat and stand for 10 minutes. Using a large wooden spoon beat the mixture until it just becomes thick and creamy and begins to look grainy, but don't overbeat. Stir in 75g of unsalted peanuts or hazelnuts and pour into prepared tin. Leave fudge to set and cut into small squares.

JOKE OF THE MONTH

A group of computer scientists (all male) decided that computers should be referred to as female. Their reasons were:

1. No one but the creator understands their internal logic.
 2. The native language they use to communicate with other computers is incomprehensible to everyone else.
 3. The message "Bad command or file name" is about as informative as "If you don't know why I'm mad at you, then I'm certainly not going to tell you."
 4. Even your smallest mistakes are stored in long-term memory for later retrieval.
 5. As soon as you make a commitment to one, you find yourself spending half your pay cheque on accessories for it.
- HOWEVER, another group of computer scientists (all female) think that computers should be referred to as if they were male. Their reasons follow:
1. They have a lot of data, but are still clueless.
 2. They are supposed to help you solve problems, but half the time they ARE the problem.
 3. As soon as you commit to one, you realise that if you had waited a bit longer you could have obtained a better model.
 4. In order to get their attention you have to turn them on.
 5. Big power surges knock them out for the rest of the night.

What do you think?!

BLACKSMITH'S INN SOCIAL CLUB.

Enquire at the bar if you are interested in joining the Social Club, or talk to Steve Lindsay on 8280 7666.

ONE TREE GENERAL STORE & POST OFFICE

Proprietor: Simon

POST OFFICE
NEWSAGENT BARBEQUE GAS
CARDS FUEL
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and your Playford Council rates.

HISTORIC ONE TREE HILL

In this edition we present some historical snippets about our built heritage, researched and written by Naomi Wilson. The items are illustrated by sketches from the One Tree Hill Sketchbook by Steven A. Hill. (Thanks Naomi.)



GENERAL STORE AND POST OFFICE

In 1858 the post office was created. It also contained a general Store.

The first Post master was a man called Mr. Francis Buttfield.

In 1877, a store room was built on the left of the store.

The front area changed in the 1980's to become more modern.

ORGAN

ROTARY CLUB OF TORRENS VALLEY

See you all at the sausage sizzle on Market day.

Any questions about Rotary or requests for assistance should be directed to President Viv or Secretary Ivor or our Community Services Director Jim Dahl ph.8280 7284.

Meets: Each Wednesday-7.00pm for 7.30pm.

At: Blacksmith's Inn, One Tree Hill.

Contacts: President Viv Turner, Ph 8280 7571

Secretary Ivor McLatchie Ph 8280 7214

HEARTBEAT

In the June and July edition of The Grapevine, the Gawler Branch of 'Heartbeat' published an article about heart attacks, the warning signs of such and the aims of their service and activities. They do cover our area and would be happy to help anyone in One Tree Hill who might feel in the need of their support. Please feel free to contact them.

Do you know of anyone who may need help from our Reassurance Team? Would you like more information in respect of Heartbeat? If so please ring the following numbers: 8522 2547 or 8523 1991.

Published on behalf of Heartbeat, Gawler Branch.

PUZZLE CORNER

Each word is an anagram of a musical instrument - not necessarily one that will be on everyone's lips, but all listed in Chambers dictionary. One or more may be plural. How many can you find?

GROAN, INSTEP, INTEGRAL, IMPAINT, ARTIST, MARASCHINO.

Answers elsewhere in the Grapevine.

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LISTEN

When I ask you to listen to me
and you start giving advice
you have not done as I asked.

When I ask you to listen to me
and you begin to tell me why I shouldn't feel that way,
you are trampling on my feelings.

When I ask you to listen to me
and you feel you have to do something to solve my problems
you have failed me, strange as that may seem.

Listen! All I ask is that you listen.
Not talk or do - just hear me.

Advice is cheap: 50 cents will get you both
Dorothy Dix and Dr Spock in the same newspaper.

And I can DO for myself; I am not helpless.
Maybe discouraged and faltering, but not helpless.

When you do something for me
that I can and need to do for myself,
you contribute to my fear and weakness.

But when you accept as a simple fact that I do feel what I feel
no matter how irrational, then I quit trying to convince you
and can get about the business of understanding
what's behind this irrational feeling.

And when that's clear,
the answers are obvious and I don't need advice.

So, please listen and just hear me,
and if you want to talk, wait a minute for your turn;
and I'll listen to you.

(Anon.)

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BIRD CARE NEWS

People are often tempted to put out food for the birds, but there are a few reasons why this is not a good idea. Feeding artificial honey mixes to birds, like lorikeets and honey eaters, causes them to become undernourished and more susceptible to diseases such as paralysis of the foot and leg as well as poor feather growth. Their normal diet of nectar from flowers is quite complex and is supplemented with protein from insects and pollen. Feeding them artificial mixes fills them up, so they do not seek out nectar. Also their digestion is designed to cope only with very small quantities of seed, bread or fibre. Larger, mostly meat eating birds, such as Kookaburras, magpies, butcher birds and currawongs, might enjoy the lean meat or mince you put out for them, but it lacks many of the vitamins, minerals and fibre they get in their normal diet - which includes fur, bones and organs. Diseases such as calcium deficiency can often result. Also, artificially fed birds no longer dependent on flowering times can breed more often, leading to population explosions. In the long term this is detrimental to them and to smaller size bird populations in the area, as the competition for nesting sites becomes more intense. Inevitably the larger more aggressive birds win out, but even they can then run into habitat shortfall.

So next time you feel the urge to feed the birds, hold back and plant a bird-attracting tree or shrub in your garden instead. That way you will benefit both yourself and the birds. (From WIRES Info pamphlet Trees for life newsletter, 'Re-leaf', June 1998)



YELKI

Yelki's history is linked to the Goulds Creek Estate through the marriage of William Kelly to the daughter of Joseph Gould.

Yelki once belonged to the Goulds Creek Homestead and was sold to the son of William Kelly in 1891. The property passed to his son, Harvey Kelly in 1922 and then onto Bill Kelly.

"Yelki" means "Camp on hill" in aboriginal.

WHERE ARE THEY NOW?

A couple of months ago The Grapevine featured the first of this series and this month we bring you another 1992 One Tree Hill Primary School graduate - Fleur Fitton!



As the pictures show, Fleur has certainly grown up to be a lovely, friendly person (not that she wasn't earlier of course!) - one can still see the mischievous grin though!

Students who followed Fleur to high school, will know that she went to Birdwood where she had a successful 4 years - involved in many activities including promoting Peer Health. Fleur, with some of her fellow classmates were given the fantastic opportunity to fly to Kangaroo Island to talk to a year 10 class about being aware of health issues and how they could support one another. It was Fleur's first trip in an aeroplane, so needless to say she was a little nervous! She also had the honour of speaking about the issue at a stress seminar.

Fleur left Birdwood High halfway through year 12 to do a TAFE Pre-Vocational course in Community Services. She is now completing her S.A.C.E certificate at Para West Adult Re-Entry School in Munno Para. Amazingly enough, Fleur was reunited with a couple of One Tree Hill Primary school mates! She says she's enjoying the more 'relaxed' atmosphere and interacting with the variety of people there.

When asked what career Fleur wanted to pursue she answered 'I have no idea'. She originally wanted to get into the field of Graphic Arts, but the idea was dampened when she heard how difficult it was to get into. One hopes that she will pursue a career somewhere in the art field - due to the fact that she has great talent and potential for such a line of work.

Fleur currently works as a waitress at The Rose and Crown Hotel in Elizabeth South - why don't you pop in and say hi?!

(Thank you Rachel Stokes-Thompson for researching and writing this article.)

ONE TREE HILL SCOUT GROUP

There are a few vacancies in all sections, so if you or your child are interested in Scouting, come along and give us a go!

Joey's 6-8 years.	Thurs. 6.30 - 7.30pm
Cubs 8-11 years	Mon. 7-8.30pm
Scouts 11-14 years	Fri. 7-9.30pm
Venturers 14-18 years	Thurs. 8.00 - 9.30pm.

Jenni Lewis, Group Leader, ph 8280 7658



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PEST PLANT OF THE MONTH-FURZE OR GORSE

This is a dark green spiny perennial bush to 2.5 metres high. The young stems are green, hairy and ribbed, while the older stems have light brownish bark. The leaves are reduced to spines with shorter branching lateral spines, while bright yellow pea like flowers are found along green branchlets near the growing tip. The pods are hairy, and contain up to six green-brown seeds. This bush is a problem because of its obnoxious spines, and it forms dense thickets which harbour vermin and are a fire hazard. If you have this on your property try to grub it out before it spreads, and burn the plants. Check the site for regrowth over several years.

ANSWERS TO PUZZLE CORNER.

Answers are:- Organ, Spinnet, Triangle, Timpani, Sittar, Harmonicas.



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TREES FOR LIFE

Native trees and shrubs can maintain a healthy ecosystem by providing homes for birds and animals. These in turn keep insects at bay from crops or pastures. Choose shrubs and ground covers as well as large trees for your revegetation project. A healthy understorey can support a balanced community of insects and birds. This helps to control harmful insects on trees and in nearby pastures as well as stabilising the soil and slowing wind speed. Grasses are important too, as they stabilise the soil preventing the loss of valuable top soil and nutrients. Dead trees can also be an asset to your property as they are used by a variety of animals and birds. Hollow logs or trunks provide nesting sites and homes. Their roots still bind the soil after the tree is dead.

Contact Trees for Life for a list of species which attract birds because of their nectar. (From 'Re-leaf' June 1998.)

Our Branch organisers are Chris and Mick Adley, Ph. 8254 9126

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VITAL LIFE ENERGY

Are you aware that the energy of the universe may be channelled from nature to pass through all of us? This vital energy is the basic life force that permeate all things and is called Qi or Chi (pronounced chee).

Qi joins and activates everything in the universe. If the flow of Qi is reduced or hindered, ill health may result. If it circulates freely, it creates and maintains good health.

It is considered that there is a particularly strong interaction between our Qi and that which flows through pine trees. In China, those suffering from ill health are often taken to sit under these trees as this is believed to be therapeutic. So why not sit under one next time you want to read a book or just enjoy the environment, and at the same time it may improve your health.

Or perhaps you may wish to enhance your Qi in another way. By using specific movements, and the breath and mind, Qi may be strengthened and circulated throughout one's body. This ancient Chinese healing practice is known as Qi Gong or Chi Kung. Through specific exercises the flow of vital energy or Qi can be increased by activating the meridian acupuncture points of the body.

I have been attending classes to learn these health skills and can recommend this form of exercise and relaxation. Anyone who would like information regarding these lessons could phone my number below.

Chris 8280 7604



THE INSTITUTE

The Institute construction began in 1906.

It cost about 600 pounds to build.

The money was loaned by Arthur Thomas.

A Mr Ray Ruder constructed ideas for money raising events and an elevated stage with change rooms underneath.

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KUNDUN

The Gawler Group of Community Aid Abroad is bringing the
Masterpiece film Kundun to Gawler Cinema on Sunday
September 6th. "The film, which was nominated for four
Academy Awards, tells the amazing story of the fourteenth Dalai
Lama from the age of two, through the communist Chinese
invasion, to his exile to India nine years later".

The film starts at 5:00pm, following refreshments at 4:00pm.
Tickets \$12 or \$10 concession from Ken Hughes' Clinic, 12
Adelaide Rd Gawler. Meredith and David Parker will have some
tickets at the One Tree Hill Market on Saturday 5th, or ring
8280 7137.

CHILDRENS CONTRIBUTIONS

On the weekend Melissa and I went to the movies and we saw
Winnie the Pooh. It was fun. We wore our Winnie the Pooh
dresses. By Samantha.

On the weekend I went to Mount Thebarton and I went ice-
skating. It was Laura's birthday. I was happy when I was invited.
By Courtney.

On the weekend I went to the beach and my brother came with
me. I had a picnic there and then I went home. I played with my
toys and I was happy. I went there for something special. By
Josh.

On the weekend I played basketball. My team lost by two points.
My team played hard. The team we played was tougher than us.
By Matthew.

(More weekend adventures next month!)

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VETERINARY NOTES FOR SEPTEMBER

Dog Breeding.

Owning a female dog brings about the dilemma of whether or not
to let her breed. A few facts to know about the normal cycle of
dogs are:-

Bitches cycle around once every six months starting from around
six to twelve months of age. The first signs are drops of watery
blood from the vagina, and swelling of the vulva. The bleeding
lasts for 7-10 days, followed by a 5-10 day period when she is
most receptive to mating.

When "on heat" bitches release odours called pheromones,
producing an attraction for male dogs no six foot fence can deter.
The mating process includes a period of "tying" which can last
anywhere from fifteen to forty minutes. "Tying" is where the male
and female dog become locked together. Many dogs will turn back
to back during this process. This is quite normal and they will
become "unlocked" eventually.

If you do not wish to breed your bitch, it is best to have her
desexed. This can be done anytime from 6 months of age, and also
has the benefit of preventing infections of the uterus, and greatly
reducing the chance of mammary cancer. Desexing does not make
dogs fat, only overfeeding will, once dogs are desexed, their
metabolism slows down, so you do not need to feed them quite as
much.

Dr Alan Irving. Al-Ru Farm.

QUOTE OF THE MONTH:

"Outside of a dog, a book is probably man's best friend, and inside
of a dog, it's too dark to read." - Groucho Marx.

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