

# GRAPEVINE

June  
2024

VOLUME 47  
EDITION 5



One Tree Hill  
Progress Association  
COMMUNITY MAGAZINE

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JUST A FRIENDLY REMINDER THAT THE GRAPEVINE  
IS A GREAT WAY TO SHARE LOCAL NEWS, VIEWS  
AND EVENTS. IT IS FUNDED AND PRODUCED BY  
THE PROGRESS ASSOCIATION.

A DONATION TOWARDS THE COST OF PRODUCTION  
WOULD BE GREATLY APPRECIATED.

From the Editor... Hello and welcome to the June Grapevine.

Our AGM was held last month with Tabatha Pettigrew being re elected as President, Graham Watson as Vice President, Paul Mayes as Treasurer and Charlotte Brown as Secretary. Special Mention to Pat Jones as the Hall manager, Heather Fischer as Market Manager and myself, Kelly Fischer as Grapevine Manager.

What an awesome 12 months we have ahead of us!

Our 'Dear Grapevine' section is bursting this month which is fantastic. Special thanks to Louise Niva for helping to get it off the ground. Keep your articles or news stories coming in to share with the community!

Did you find all the star wars fighters last month??? Let me know if you got stuck.

I hope all the mums, grandmas, aunts, special women had an amazing mothers day. I know I did. My 3 & 11 year old daughters made me cards and gifts and they are more precious to me than any bought gift.

Hope you enjoy this edition. Thank you.

*Kelly Fischer* - Grapevine Manager

### THE 'PIGGY BANKS' AROUND TOWN ARE LOCATED AT:

- GENERAL STORE
- POST OFFICE
- PHARMACY
- FODDER STORE
- OTH COUNTRY MARKET

## YOU CAN ALSO READ THE GRAPEVINE ONLINE

WEBSITE: [ONETREEHILL.ORG.AU](http://onetreehill.org.au)

FACEBOOK: [FACEBOOK.COM/OTHGRAPEVINE](https://www.facebook.com/OTHGRAPEVINE)



Select the 'Grapevine' page link and scroll down to 'Read the Grapevine Magazine Online'.

A large number of past editions are also available to download. Head to our Facebook page and give it a "Like"

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

## **ONE TREE HILL PROGRESS ASSOCIATION - PRESIDENT'S REPORT**

I would like to say a big thank you to all members of our progress association for all their time and efforts over the past 12 months. I come into this role with so much to learn about the One Tree Hill Progress Association and how our community benefits from having such a great resource of dedicated volunteers. Thank you for your knowledge and commitment to our beautiful township.

I wanted to highlight our achievements as a team and link them back to the aims of the progress association. Over the past year we have achieved the following for our community:

**When we think about fostering community spirit and promoting the welfare of the One Tree Hill and surrounding area community we;**

- Hosted the annual One Tree Hill Dawn Service, and provided opportunities for Local groups to be involved
- Supported local residents to install an artistic mosaic couch within the township
- We are investigating RediCommunities project, to ensure the community of One Tree Hill is a resilient community.
- As well as investigating the re establishment of Neighbourhood watch program for the township.

**When we think about how we promote and assist the expansion, improvement and maintenance of educational, sporting and other facilities for the benefit of the community;**

- We purchased and maintained equipment for the One Tree Hill Institute.
- New signage has been installed, promoting our country market and hall hire.
- We have an active interest in the redevelopment of McGilp Recreation Park.
- Raising concerns of local residents resulting in the installation of lighting at the intersection of Yorktown and Black Top Hill Rds, to improve safety in poor conditions.

**We stimulate and maintain an active interest in all district matters by;**

- Having members of the One Tree Hill Progress Association on the OTH School Governing Council, OTH Scouts committee, as well as contacts with local sporting clubs and general public.
- The one tree hill markets are also hosting a community table with the opportunity to have a chat with the local councillor and progress members.
- Through our grapevine we promote community activities, and have recently conducted a survey to ensure we remain relevant to our community.
- We have also investigated and raised concerns about liquor licencing capacities at the sporting club.

It has been a busy year and you have all been amazing to work with, I look forward to what we can achieve over the next 12 months and beyond.

Take Care,

**Tabatha Pettigrew**

President One Tree Hill Progress Association Inc.

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



**THE DEADLINE FOR THE JUNE EDITION IS**

**JUNE 15TH 2024**

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

**Ph: 0458 208 823**

# Dear Grapevine,

“A lot is happening in our community and we’d all like to hear about it  
- send us a short letter about something going on locally”

## MOSAIC COUCH COMMUNITY PROJECT

Opening 6th July at the OTH Country Market



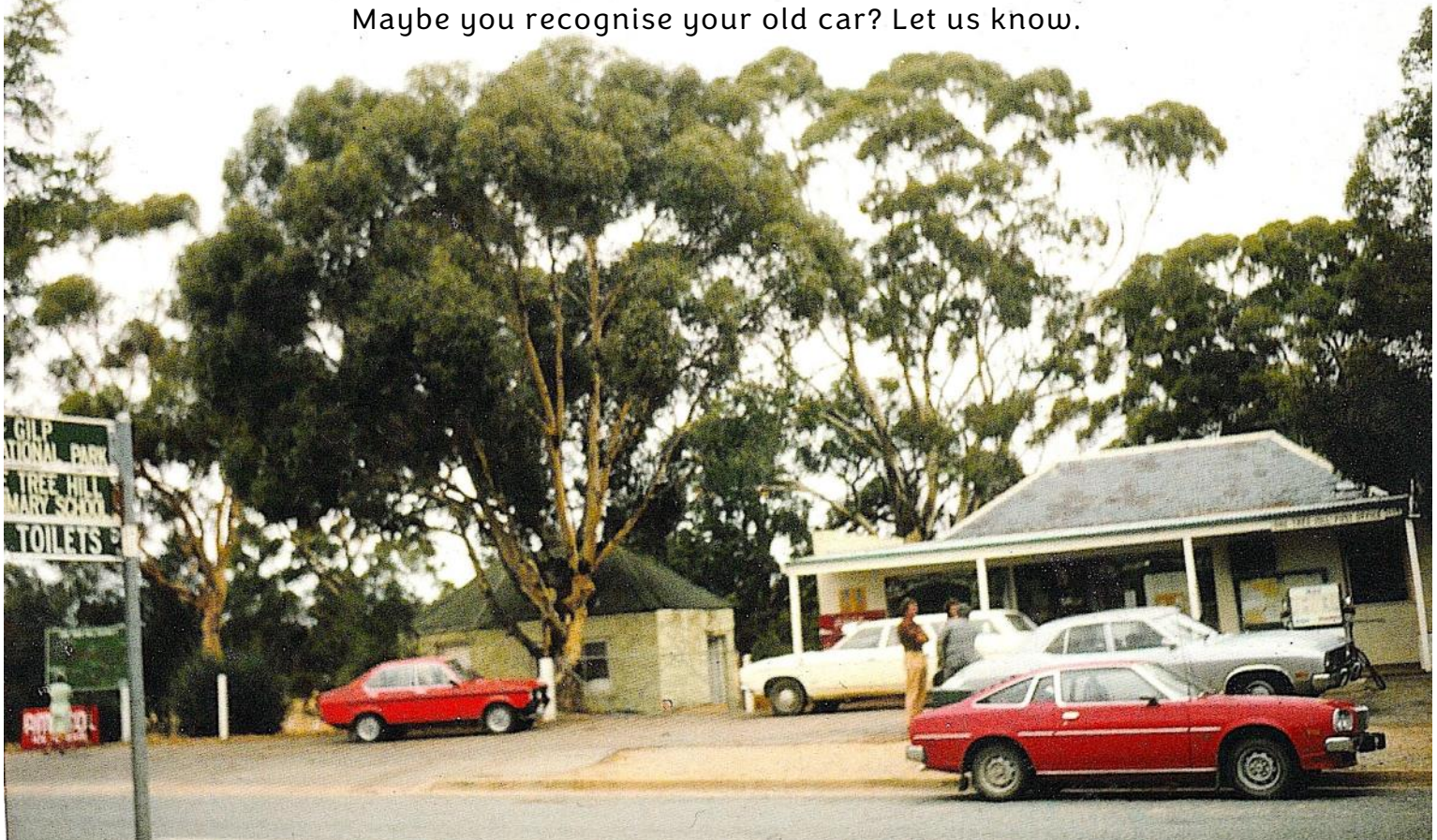
**INSTITUTE RENOVATIONS  
COMMENCED MAY 15<sup>TH</sup> !!!**



## **“A BLAST FROM OUR PAST” 23/2/1979**

Does this scene look familiar to you? Margaret Tilley sent in this great photo and is asking locals if they can identify who’s in it, do they remember what the Store was like back then, who ran it and what is that little building next door?

Maybe you recognise your old car? Let us know.



# Dear Grapevine,



## After 14 years, Da Vince Café says farewell...

They've made their last fancy coffees and served up their final delicious meals!

Vince, Rose and their daughter Amy have shut their much loved café on Crosshill Road after 14 years of creating and managing their spectacular wedding/restaurant venue. Drawing on his Italian heritage, Vince steadily transformed their family property into a unique classically styled wonderland with elegant statues, formal columns and majestic lions. His "Colosseum of Life" soon became an unparalleled place in South Australia to celebrate all kinds of family events.

Through their years of hard work, the family has enjoyed making hundreds of friends and regulars who relished the home-cooked meals followed by Rose's renowned desserts. You can see a whole range of great photos on their Facebook website showing their journey, achievements and friends – have a look!

Here's what Amy has posted in her farewell to us all...

To our dearest customers - It is with the heaviest of hearts that I announce that Mum and I will be closing Da Vince. Our last day will be Wednesday 24th of April 2024. This decision was not made easily but the timing is right. Mum needs to spend time with Dad so that she can provide him with full-time support. Dad is strong but has bad days which turn into bad weeks. Every day that Dad feels good and strong is precious and they both need the freedom to be able to travel around when he feels good. We all agonised over making this decision, wondering if it is the right one and then Dad said to me "we have given people 14 years to enjoy what I have created - now it's time for me to enjoy my gardens".

I know in my heart that I also am ready to move on. I've loved making your coffees and I know I am a rare barista who doesn't bat an eyelid when someone wants a very different coffee! I am so grateful to my parents for giving me this wonderful business to grow and nurture over the last 14 years. But I have other dreams now and I am ready to build something new for myself - so I am going to spend 12 months studying for a complete career change. I know I can't run Da Vince and study at the same time since there is no "off switch" to running a business, but I will still operate my online store with second-hand books, clothing and whatever else I find to help continue the Da Vince name.

Mum has loved serving all our customers over the years and will miss making her desserts and scones for everyone, but Dad comes first now. We have one last wedding in September, then I can officially hand Dad back his "Colosseum of Life" and his beloved garden to run with our help.

Thank you to everyone who has continued to support us through the changes over the past 14 years as we slowly reduced our menu and our days. Honestly, your love, support and caring friendship were the only reasons that we kept going for this long. We know you'll all wish us well.

With love to everyone we know.....xx Amy



## PLAYFORD COUNCIL - LOCAL COUNCILLOR'S REPORT

Dear Fellow Ratepayers and Residents,

I hope this edition of the Grapevine finds everyone well.

The City of Playford Rate Rebates 2024/25 was before the Strategy and Services Committee Meeting on Tuesday the 14<sup>th</sup> of May 2024 with a staff recommendation to move into confidence. While there is a need for some information to be held in confidence, we need to have greater transparency on these matters that are relevant to all ratepayers. I was the only Elected Member that voted against the matter being held in confidence. It is unfortunate that ratepayers are unable to watch the debate to really understand what is occurring behind the scenes.

The positive news is that we have in large maintained the Rural Rebates and the chamber supported the release of the Committee Resolution. The Committee Resolution will now need to be supported in a coming Ordinary Council Meeting.

Thank you to the residents of Humbug Scrub and Yattalunga that have been raising their concerns with the ever-increasing numbers of feral deer. They certainly have been wreaking havoc on gardens and impacting road safety. The initial discussions with our local Green Adelaide Landscape Officer have recommended residents using the Feral Scan Pest Mapping App. This information can be used to monitor populations, and to better target pests through coordinated pest control programs.

I am seeking support from landowners to see a proactive and coordinated approach to reducing the deer population. If you are interested, please give me a call for further information and register your interest.



Kind regards,



Cr David Kerrison - City of Playford

Page · Adelaide, SA, Australia · Public figure · Community · Public & government ...



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

## CFS INCIDENT REPORT JUNE 2024



### Incident Report Incident Report

Unfortunately, the end of Fire Danger season did not mean the end of the grass fires, with the Brigade called to five grass fires between the 1st and the 7<sup>th</sup> of May. The two major ones were a 2<sup>nd</sup> alarm fire at Salisbury Heights and an out-of-control burn-off in Lower Hermitage around 3:30 pm on the 7<sup>th</sup> and involved 17 vehicles and 4 drops from the fire bombers before it was brought under control. The steep terrain in the area made the firefighting difficult and crews remained on scene until midnight to mopping up.

Other fires within our area, since the end of April, were on Kurrajong Road at Gould Creek on the 4<sup>th</sup> of May, Humbug Scrub Road at Humbug Scrub about an hour later, and Blackburn Road at Hillbank on the 6<sup>th</sup>. Prior to the end of the month we had attended two other fires, one reported as an unattended fire in a paddock on One Tree Hill Road at Gould Creek on the 17<sup>th</sup> of April. In the other, a property owner and neighbours on Toolunga Road had an unwelcome fright on the 22<sup>nd</sup> when an electrical fault in a rainwater pump set fire to the surrounding undergrowth. Fortunately, the fire occurred at night which meant favourable weather conditions stopped the fire spreading before crews were able to knock it down.

Apart from a call to assist the SA Ambulance with a patient lift, the other 5 incidents for the month were all Vehicle accidents with 4 of them involving cars into trees. Two of these were on the 23<sup>rd</sup> of April with one at 6:40 am on Hannaford Hump Road at Gould Creek, and the second was at 8.20 pm on the corner of Black Top and Yorktown Roads. These are both very common accident sites, Hannaford Hump Road in particular, where the slippery road has led to the demise of many vehicles over recent years.

The others were Gawler One Tree Hill Road on the 3<sup>rd</sup> of May, Uley Road on the 5<sup>th</sup> of May (also a local accident "hot spot", and on Yorktown Road just out of Craigmore on the 12<sup>th</sup>.

### Winter is coming ...

We hope! Hopefully, by the time you are reading this article that the weather has broken, and we have had some substantial rain, if not, please be careful and comply with the regulations if you are burning off. Remember, amongst other things, that there must be someone in attendance until the fire is extinguished and they must have the equipment and water available to extinguish the fire if it looks like getting out of control.

If the rain does come, the roads will be extra slippery for the first couple of weeks. Over long dry periods there is a build up of grime on the roads which makes them treacherous if you are not driving to the conditions. As we have seen this month there were already too many accidents, so please be careful on the roads.

A reminder for people who use fuel burning heaters of any type in their houses and sheds, whether that be a kerosene heater in your house (do they still make those?), an overhead heater on the patio or a jetfire in your shed. Anything that burns fuel also produces Carbon Monoxide, which is a silent killer. Please make sure the area is well ventilated when using these types of burners.

Thanks once again to the cadets for their assistance with the Anzac Day ceremony, it was a great turn-out and congratulations to the organising committee. We also want to thank the owners of Da Vinci café who donated a bain marie, kitchen appliances and cutlery to the brigade. We wish them well in their future endeavours.

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.

## **CRIME REPORT – ONE TREE HILL RURAL WATCH**

Offences reported between 5/4/24 and 5/5/24

**BETWEEN 9 FEB AND 16 APRIL**

**THEFT**

**RIGGS ROAD YATTALUNGA**

Jewellery and cash stolen from address subsequently located Jewellery as second hand shop and suspect has been identified and being followed up by police

**17 APRIL**

**UNLAWFULLY ON PREMISES**

**EAGLES NEST STH DRIVE BIBARINGA**

Several persons located on property with lawful excuse. All persons decamped upon arrival of owner. Appears nil other offences at this time

**19 APRIL**

**ILLEGAL USE OF MOTOR VEHICLE**

**YORKTOWN ROAD ONE TREE HILL**

Vehicle stolen from address and located burnt out the following day at Virginia

**22 APRIL**

**RESIDENTIAL SERIOUS CRIMINAL TRESPASS**

**JORDAN DRIVE ONE TREE HILL**

Entry to premises by rear sliding door smashed. House was ransacked. Nearby CCTV identified vehicle and male person in area at time of offence. Police conducted enquiries and subsequently arrested a 42 year old male from Elizabeth Grove in relation to the house break and charged him with further offences committed in other suburbs which occurred around the same date.

**As always if you have any information to assist with any crime issues in the area please call Police**

**Communications on 131444 or the undersigned.**

**Darren McCue - Senior Sergeant First Class**

Elizabeth Police Station



# **SOUTH AUSTRALIA POLICE**

## **SAFER COMMUNITIES**

## BIRDS IN MY BACKYARD

Julie Buttery, Humbug Scrub

Recently someone mentioned that the gums look like they are dying, that the dry weather is killing them. I think it is thrips causing the yellowing of the leaves. If you look at the leaves they have tiny insects on them. These thrips suck the juice from the leaf and kill the leaf. The useless leaf is dropped by the tree. I suggested that there would soon be a biological control to these insects and within a few days they arrived.

Thornbill birds are insect (including thrip) eaters and they arrived in large numbers. For the first time I was able to identify three species of Thornbill at home.

Thornbills are of the genus *Acanthiza* and are tiny birds, with wing spans of about ten centimetres and weights of around five to ten grams. Yep, that is about the weight of one to two teaspoons of water. They are sometimes referred to as LBB (Little Brown Birds) in spotters' lists as they can be difficult to identify as they fly through the tree canopy. But if you can get a clear view of their rump it is much easier. Hence my hundreds of photos for the one which shows me what I am looking for. Thank goodness for digital cameras.

The Buff-rumped Thornbill (*A reguloides*) seems to be the most common here although I frequently confuse it with the Yellow-rumped Thornbill (*A chrysorrhoa*), also a common visitor. In general the yellow-rumped seems to be bigger, stronger and brighter in all aspects. The rump is brighter yellow, the crown is more strongly spotted, with a slight supercilium, the song is louder and more melodic and the bird is about TWO grams larger. Ha ha, like you will notice that as they fly through the crown of a eucalypt.

Both species forage on the ground as well as enjoying those thrips high in the trees, with the yellow-rump more likely to be on the ground than the buff-rump.

The third species I have observed, and only a single bird multiple times in the same location, is the Chestnut-rumped Thornbill. *A uropygialis* has (surprise!) a chestnut rump patch otherwise is very similar to the other two. The breast is much paler but the rump really caught my eye as it flashed through the tree. The scalloping (spots) on the head are fainter than the others but still present especially in adults.

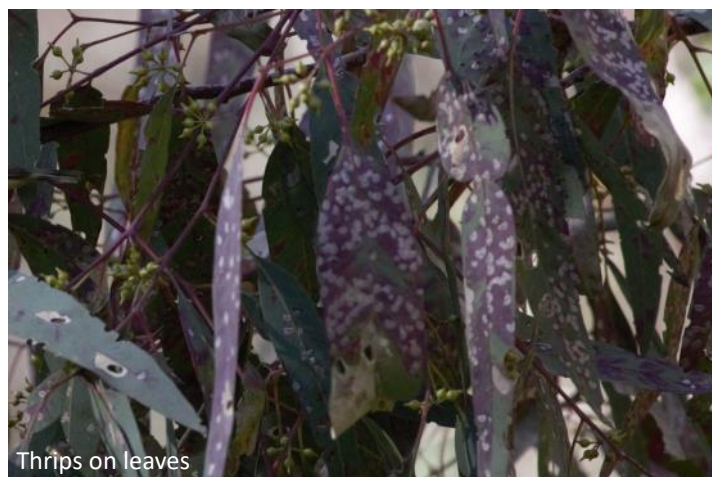
In all these species the tail is black.

The call or song of all these is a high pitched "pzt" or "pitapitta" although the experts can tell the differences. The actual song varies on their activity, including alarms, foraging, mating or territorial.

So next time you see the leaves browning off, begin to look for the tiny biological controls that arrive soon after, thornbills.



Yellow-rumped thornbill



Thrips on leaves



Buff-rumped thornbill

## WHAT'S FLOWERING IN MY GARDEN

Heather Fischer, Humbug Scrub

The sun is shining, the skies are blue but there is no rain forecast for the near future. My goodness, so many of our local native trees and shrubs are really struggling due to the lack of moisture. If the weather forecasters' predictions come to fruition, we are in for a wet Winter and Spring and, perhaps, another La Nina Summer. We will wait and we will really appreciate the rain when it finally comes.

Hakea Stockdale Sensation plants with their stunningly beautiful puff ball shaped cream, pink and crimson flowers are flowering and are just beautiful but I had to give them a good drink of water as most flowers were very droopy. Many Correas want to open their colourful buds but are just waiting for a splash of moisture but there are enough open flowers to keep the nectar loving birds happy.

It is at this time of the season during mid to late Autumn that many of the Australian East Coast Banksias begin to show off their stunningly beautiful flowers. Many Banksia spinulosa varieties have been created over the years ranging from small ground cover plants to small specimens suitable for large pot culture as well as medium sized rounded shaped plants up to 1.5m high and wide. One variety of Banksia spinulosa is known as Black Magic. This plant will grow to 1.5 m wide and high and is suitable to grow in rockeries, gardens and large pots. Growing in full sun to part shade in well drained sandy loamy soils, this plant, once established should be drought tolerant. It would be wise to observe this and other plants to provide them with a drink of water if the plant looks a little stressed from needing a good drink. Banksia spinulosa Black Magic bears large eye catching tall cylindrical spikes of rich golden honey yellow coloured flowers that are tipped with black styles. These stunning flower spikes are borne on this evergreen dark green grey leaved bush to which many nectar loving

birds and insects are attracted. I marvel at the ability of the Eastern Spinebills to hover close to flowers and seek nectar using their long curved beaks. Just amazing. This plant and other varieties of Banksia spinulosa can be purchased from most good nurseries and once established will provide many months of stunningly attractive flower spikes. Many seed loving birds eg Cockatoos will enjoy munching of seed that is encapsulated in old flower spikes.

Banksia spinulosa is such a worthwhile plant for any garden. Find one or two, nurture them and enjoy the flowers and the many birds that will visit your garden. Just beautiful.



**JUNE 2024**

## **ONE TREE HILL UNITING CHURCH**



### **SUNDAY MORNING SERVICE**

**10.00 AM**

The children's church program - "**Jesus and Me**" (**JAM**) is held during the school term each Sunday morning at 10.00 am whilst the Service is being held. All children are very welcome

### **BIBLE STUDY/ GROUPS**

1st Thursday of the month - 1.00 – 2.00 pm  
**Next Meeting 6<sup>th</sup> June**

### **Men's Bible Study Group**

Held Fortnightly, Wednesday evenings  
7.00 pm at the Church  
**Next meeting –5<sup>th</sup> June**

### **WEDDINGS, BAPTISMS & FUNERALS**

The church is available for any of the above Services.  
For further information regarding bookings, please leave a message on the  
**Church phone - 82807 951**

### **RED BIRD OP SHOP**

Opening hours 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**

## **ONE TREE HILL INSTITUTE HALL HIRE**

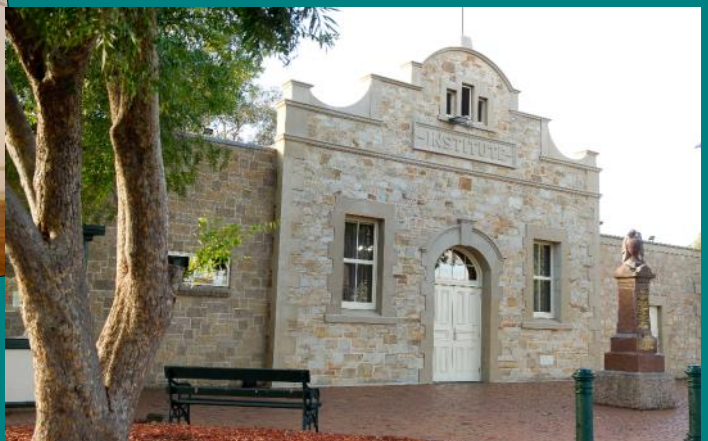
The One Tree Hill Institute is a beautifully maintained building with two inter-joining large halls, a complete kitchen and bar area. The hall has a new surround sound system, TV, microphone facilities, and heating and cooling.

Outside you will find a sheltered playground & picturesque garden areas which are ideal for photos.  
*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)**

**<https://onetreehill.org.au/index.php/hall>**



# COUNTRY MARKET



• CRAFT • COOK • GROW • FRESH

Do you want to have a stall at the market?

Contact Heather for information

ENQUIRIES: 0457 107 817

EMAIL: [market@onetreehill.org.au](mailto:market@onetreehill.org.au)

## NEXT MARKET:

**SATURDAY JUNE 1<sup>st</sup> 2024**

**8.30 am - 12.30pm**

### COUNTRY MARKET REPORT

The monthly Market was held on Saturday May 4<sup>th</sup> and what a great day we had. Plenty of sunshine, no rain, plenty of cheerful visitors to our market.

**Did you know that the One Tree Hill Country Market  
commenced way back in 1993?**

**That means our market has been around for 31 years. WOW!!**

Please continue to support your local market. With renovations commencing May 15<sup>th</sup> there may be some restrictions in the New Hall for the June Market but I'm sure we will all be able to move around to visit the many stallholders in the New Hall as well as the Old Hall.

For Plants, Produce, Fresh Bakery Products, Quality hand crafted gift lines and much more do visit your local market.

### Community Rug

Update on the Rug to be made by the Community for Someone who really does need a warm rug this Winter.

About 30 knitted and crocheted squares were donated at the May market. Thankyou to those people who made them. Well done. You can support this project by knitting or crocheting squares about 16cms square and bringing them to the Market. If you would like some yarn to create some squares, there will be balls of yarn available at the Market.

Whether you can make one square or ten or more, your contribution will be greatly appreciated.

# What's on in JUNE

| SUNDAY                                                                                                   | MONDAY                                                                                                                                                                  | TUESDAY | WEDNESDAY                                                                            | THURSDAY                                                                                                                                                                                                      | FRIDAY                                                                                                                                                                                 | SATURDAY                                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                          |                                                                                                                                                                         |         |                                                                                      |                                                                                                                                                                                                               |                                                                                                                                                                                        | 1  <b>OTH Market</b>                                                                    |
| 2  Term 2<br>Week 6     | 3     | 4       | 5   | 6                                                                                                                          | 7                                                                                                   | 8                                                                                       |
| 9  Term 2<br>Week 7     | 10  King's Birthday<br>Public Holiday                                                  | 11      | 12  | 13  <b>Progress Association Meeting</b>  | 14                                                                                                  | 15   |
| 16  Term 2<br>Week 8    | 17    | 18      | 19  | 20                                                                                                                         | 21  <b>WALK</b>  | 22                                                                                      |
| 23  Term 2<br>Week 9    | 24   | 25      | 26  | 27                                                                                                                        | 28                                                                                                  | 29                                                                                     |
| 30  Term 2<br>Week 10 |                                                                                                                                                                         |         |                                                                                      |                                                                                                                                                                                                               |                                                                                                                                                                                        |                                                                                                                                                                            |

|          |      |                          |
|----------|------|--------------------------|
| Saturday | 1st  | OTH Country Market       |
| Monday   | 10th | Kings Birthday P/Holiday |
| Thursday | 13th | Progress Assoc Meeting   |
| Saturday | 15th | Grapevine deadline       |
| Friday`  | 21st | Winter Solstice          |

- School weeks - SA Government Schools

## REGULAR COMMUNITY EVENTS

Mondays 9.30am-11.30am

OTH Playgroup



Saturdays 8.00am-12.00pm

Mt Pleasant Farmers Market



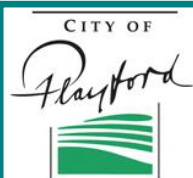
Mon, Wed, Fri & Sun 8.00am

The Walkie Talkies



Thurs/Fri

Which Bins go out



### Mobile Library

Opposite Blacksmith's Inn  
Black Top Rd, One Tree Hill

Alternate Fridays:  
3:00pm—4:00pm

Contact 8256 0333 for information

## MENTAL HEALTH - Lisa Kettler

What comes to mind for you when you say the words “self compassion” to yourself? Did saying those words evoke a positive, neutral or negative response for you? Some of you might have noticed a feeling of warmth or relief at the idea of offering yourself compassion, or may already have an active self compassion practice. Others may have experienced curiosity or interest about a new idea. Some people will likely have noticed a feeling of wariness, maybe a dismissive (cue the eye roll) “whatever” response. And for some people the idea of self compassion may have evoked an “ick” factor or even an outright rejection.



### 3 Elements of Self-Compassion

creating a daily practice



centerformsc.org

Perhaps just take a moment to notice where your response to this idea comes from. Is it a response coming from your personal or family history? Perhaps a response that feels part of the culture or environment you were raised in? Is it something else you notice? If your response to the idea was a negative one, is that a belief you want to continue to hold? If yes, why do you think that might be?

The idea of self compassion is fundamentally a simple one, fleshed out in detail by Dr Kristen Neff in her book “Self-Compassion - the proven power of being kind to yourself.” It is predicated on the idea that just by virtue of being a member of the human race, you are worthy of compassion during times of suffering. Compassion is considered to be a basic human right, afforded to us all. You don’t have to do or be anything special in order to deserve this and in fact it is *because* you are just as messily human and flawed in your own unique ways as any other person that you are worthy of experiencing compassion.

Perhaps just take a moment to let that land with you.....

To be human is to experience difficult events and emotions and yet many of us routinely exclude ourselves from the circle of those we offer compassion to when these things occur, either through benign neglect, or perhaps views that offering compassion to ourselves is weak, lazy, self indulgent or selfish. Moreover, not only may we fail to offer ourselves the same compassion we might offer to a friend, loved one or colleague in a time of suffering, but we take it a step further and engage in some pretty harsh self-criticism in response to our own failings and our own suffering. Many of us are much more harsh towards ourselves than we would be to even a person we don’t like!

If the idea of self compassion still feels uncomfortable or you still have “but what about...” questions, the following may be of interest. The research in the area of self compassion is compelling: individuals who are self compassionate are in fact more likely to be caring and compassionate towards others, to cope better with adversity, are more likely to engage in realistic perspective taking and more likely to take greater personal responsibility for their actions. They are also more likely to persist after failure.

Interested to learn more and access some free resources? You might like to start here: <https://self-compassion.org/>

Keen to dive in further and more personally? You may be interested to get a taste of these practices at one of our retreats (feel free to contact me for more information) or to register your interest for our 8 week Mindful Self Compassion course. We’d love to see you there!

#### Lisa Kettler

Director & Principal Clinical Psychologist  
Embrace Psychological Care & Consulting

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JUNE 2024



# ONE TREE HILL CRICKET CLUB

| Indoor Cricket   |                    |                               |                               |
|------------------|--------------------|-------------------------------|-------------------------------|
| 13 May 2024      | OTH v The Ring-Ins | The Ring-Ins 216 (Noack 3/24) | OTH 22 (Bruse 21, Ashford 21) |
| Upcoming Matches |                    |                               |                               |
| 3 June 2024      | OTH v Ball Busters | 8.45 PM                       |                               |

The One Tree Hill Cricket club have formed an indoor cricket team, and played their first game on 13 May. These matches are all played on Monday nights at Action Indoor Sports Modbury, and will continue weekly throughout the winter. Spectators are most welcome.

Looking forward to the 2024-25 summer season, OTHCC are aiming to have three senior teams, an Under 10's team—or possibly even two—and an Under 12's team, with a big focus on developing those junior players.

Additionally, the Junior Blast will also be returning for 2024.

Anyone wishing to join us at any of these levels is most welcome.

## KOALA RESCUE NEWS - Bronwyn Wilton

### ALL BUTTS ARE DIFFERENT

Koalas have white spotting on their bottoms, these spots are unique to each koala and these markings stay with them for life and never change. Therefore these markings can be used to identify an individual koala.

The spots also act as a camouflage, when a koala is sitting up in a tree the patches of white appear to be clouds or light coming through the tree canopy's and can therefore make a koala hard to spot.



**REMEMBER:** Do not pick up a sick koala, it can still inflict serious injuries with its teeth and claws. If you see an injured, sick or orphaned koala please ring our free 24/7 hotline on 0474 737 283



# Hop to it!

Not sure if its toadally unfrogettable or frogtastic?



Often hear a croak in your garden and unsure what it is? Like the canaries in the coalmine, frogs are excellent indicators of a healthy environment and of any change to the system. If you would like to build more resilience into your creek line projects or simply want to build some habitat in your backyard then come along and hear from local frog experts on how to do this best. Looking after our waterways, ponds and backyards will not only provide a more pleasant space to spend time in but will help the frogs of SA too.

## THIS INFORMATION EVENING WILL INCLUDE:

- ◇ Frogs of SA, identification and the differences between toads and frogs
- ◇ Habitat needs, ecology and impacts of non-natives on ecosystems.
- ◇ What's really happening in local wetlands and what we can do to help.



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## GUEST PRESENTERS:

**Steve Walker** - an education officer at Green Adelaide and co-author of Frogs of South Australia (Third Edition). For nearly 30 years, Steve has been leading citizen science programs of South Australian frogs, and currently coordinates FrogWatch SA.

**Bethany Treglown** - Bachelor of Science (Honours) (Animal Behaviour), PhD in Freshwater Ecology, Flinders University recipient of Nature Foundation grant to investigate three South Australian wetlands and how the environmental factors at each site influence plant and animal community structure. Currently surveying fish, frogs, and their prey to better understand distribution and diet. Beth will share her findings which include where the current state of our wetlands here in SA are at.

For enquiries and registration  
Please RSVP: Rebekah Seiler at  
[nflcg@outlook.com](mailto:nflcg@outlook.com)  
or ph 0423 392 009

**When:** 7pm Tuesday 18th June 2024  
**Where:** One Tree Hill Institute  
**Cost:** Gold coin donation

After hearing from our guest speakers please stay to enjoy meeting other like-minded people over a delicious light supper.

# Winter weed watch

Discover 4 declared weeds that respond to winter rains. These are best controlled early in the season to prevent spring seed set.



## Coolatai grass (*Hyparrhenia hirta*)

Coolatai grass is a dense, long-lived, clumping grass growing to around 1m high. It has thin grey-green leaves, with silky flowers growing in v shaped pairs, at the end of the stalks. Coolatai grass persists under heavy grazing and burning. It can form dense monocultures taking over large areas impacting on both biodiversity and pastures and is difficult to control once established. Juvenile plants can be confused with native kangaroo grass so best to confirm before controlling. This is a notifiable weed and sightings should be reported to your regional landscape board.

## Gazania (*Gazania* spp.)

The gazania genus is an escaped garden plant comprised of multiple species which can hybridise freely. Flowers are brightly coloured, commonly yellow or orange. Gazanias are highly invasive, hardy plants, growing on most soil types. Growing in clumps they can form dense carpets covering large areas, excluding other plants and impacting on biodiversity. If you have these in your garden, replace with an alternative plant to prevent them from spreading.



## Wild artichoke (*Cynara cardunculus*)

Wild artichoke produces annual leaves and flowers from a perennial taproot which is large and fleshy. They can grow to 1.5m high and 1.6m wide and can form dense populations of prickly vegetation that smothers pasture. The long, rigid spines on the leaves and flowers deter grazing animals and can cause injury to stock and people. Concerted efforts to control this prickly weed over the years has seen a great reduction of its occurrence across the hills.

## Cape tulip one-leaf (*Moraea flaccida*) & two-leaf (*Moraea miniata*)

These species sprout leaves and flowers annually from bulbs through winter and early spring. Plants have either 1 or 2-3 long strappy flat leaves and salmon pink or orange flowers that emerge on stems up to 60 cm high. Cape tulip impacts on biodiversity in native bushland and the toxic plants also invade grazing paddocks reducing pasture quality.



For advice on chemical options please refer to *Controlling declared weeds in SA* at [www.pir.sa.gov.au/biosecurity/weeds](http://www.pir.sa.gov.au/biosecurity/weeds).

Observations of weeds can be entered into *iNaturalist*, an app which can assist with identification. [www.inaturalist.org/](http://www.inaturalist.org/)

For more information on these weeds and control advice contact Green Adelaide by ph 7424 5760 or [dew.greenadelaide@sa.gov.au](mailto:dew.greenadelaide@sa.gov.au)

When undertaking weed control, select the appropriate method and herbicide for your situation. What may suit pasture control may not suit control in areas of native vegetation. If using herbicide always read the label to ensure it is suitable for its intended purpose and can be used safely. Care should be taken to avoid native and desirable plants, and always check plant identification as some native species may look very similar to weeds.

# June

## Birthstones

Alexandrite



Pearl



Moonstone



## Birth Flower



Rose



Honeysuckle

## Zodiac



Gemini



Cancer

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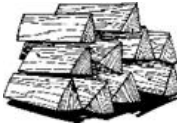
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# ONE TREE HILL PROGRESS ASSOCIATION

## COMMUNITY DIRECTORY

### ONE TREE HILL PROGRESS ASSOCIATION

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|--------------------------|-------------------|------------------------------|-----------------------------------|------------------------------|--------------|
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| <b>Treasurer</b>         | Paul              | treasurer@onetreehill.org.au | <b>General Store</b>              | Matt & Rachel                | 08 8280 7020 |
| <b>Grapevine</b>         | Kelly             | 0458 208 823                 | <b>Post Office</b>                | Wain                         | 08 8280 0090 |
| <b>Hall /Institute</b>   | Pat               | 0459 105 045                 | <b>Pharmacy</b>                   | Shekhar Biswas               | 08 8280 7890 |
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| <b>COUNCIL MEMBERS</b>   |                   |                              | <b>COMMUNITY GROUPS / CLUBS</b>   |                              |              |
| <b>Local Councillors</b> | David Kerrison    | 0478 283 879                 | <b>Friends of Para Wirra</b>      | friendsofparawirra@gmail.com |              |
|                          | Tanya Smiljanic   | 0467 576 611                 | <b>Koala Rescue Hotline</b>       | 0474 737 283                 |              |
|                          | Andrew Craig (JP) | 0417 016 160                 | <b>Para Wirra Conservation Pk</b> | 08 8336 0901                 |              |
| <b>Federal MP</b>        | Matt Burnell      | 08 8258 6300                 | <b>Scout Group (Group Leader)</b> | 0430 422 895                 |              |
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