

GRAPES & VINES

VOLUME 47

EDITION 7



August 2024



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.

Hello and welcome to the August edition of the One Tree Hill Grapevine.

Lots of talk about the new mosaic couch that was unveiled at the last market. The designs are just gorgeous!!! Thank you to all those involved.

IF you scan the QR code on the cover it will take you to the Progress Association website where you can see more photos and previous editions of the Grapevine.

Another issue jam-packed with articles to sit and read over a cuppa.

I would like to thank Garry Walsh who has written his final informative piece on behalf of the CFS. You have dedicated so much time and effort to helping keep the community informed and we appreciate everything you've done.

Happy Birthday / Anniversary etc to anyone celebrating in July and I 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

Facebook: 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.

AUGUST 2024

ONE TREE HILL PROGRESS ASSOCIATION

PRESIDENT'S REPORT



The mosaic bench is beautiful and is a real asset to the One Tree Hill township. This community driven project would not have been possible without the amazing volunteers and community groups who have worked hard to bring it to fruition.

The One Tree Hill Progress Association is always happy to support locals to actively contribute to their community. Ideas and projects like this bring our community together and I encourage everyone to think about ways you might be able to contribute in our local community.

Big thank you and congratulations to everyone involved, you have done an amazing job.

From what we are hearing, the McGilp Recreation Park project is still moving along. We have been advised that a contractor has been awarded and the first stage of the project will be to upgrade the car park. We will continue to follow progress on this project and keep you informed as we know more.

Finally, I would like to acknowledge the patience of our regular hires at the One Tree Hill Institute building. Upgrades to the amenities have taken longer than anticipated and we appreciate your continued support.

As always, stay connected through the Grapevine and our socials. You can also reach out to us via email, website or come along to one of our monthly meetings.

Take Care,

Tabatha Pettigrew

President One Tree Hill Progress Association Inc.

president@onetreehill.org.au



THE DEADLINE FOR THE JUNE EDITION IS

AUGUST 15TH 2024

grapevine@onetreehill.org.au

[Ph: 0458 208 823](tel:0458208823)

Find us on Facebook: OTHGrapevine

PLAYFORD COUNCIL - LOCAL COUNCILLOR'S REPORT

Dear Fellow Ratepayers and Residents,

I hope this edition of the Grapevine finds you well and that you've been keeping cosy on the cold and frosty winter nights.

Opening of Mosaic Couch on the 6th of July 2024. Congratulations to Pauline and the 13 volunteers who committed around 620 mosaicking hours to deliver this beautiful masterpiece. A lovely feature adding to our township and atmosphere at the OTH Institute, and it was successfully delivered with the support of the OTH Progress Association and the City of Playford.

Thank you to Pauline for her commitment and dedication to seeing the mosaic couch delivered. I'd also like to say thank you to the mosaicking volunteers, St Patricks Technical College who built the couch (teachers and students) as a Year 12 project and everyone involved including the donations made by locals, Esther who donated the bricks, Tim and Will who donated the tiles and the remaining donations from Marketplace.

The delivery of the mosaic couch was special to me as it represented the special memories of residents coming together to deliver for the community. The OTH Institute was the perfect location as the Institute was delivered by the community in 1906 after prominent local E.A. Kelly had offered the half acre of land at no cost. The location was considered ideal being opposite the General Store and within close walking distance to the Methodist Church.



Primary Producers Rural Rebate Discussions: Thank you to the residents that have come forward and expressed their concerns with the proposed removal of the rural rebates for primary producers receiving single farm enterprise or notional value assessments by the valuer general. It will allow me to represent you in future confidential information sessions at the City of Playford when the matter is returned for further discussions.

McGilp Recreation Park update: The final appointment of the contractor was planned to be signed off before the end of July. The latest discussion with the administration (mid-July) suggests we are still on track. The City of Playford will be commencing Stakeholder engagement to inform and work collaboratively through the implementation issues in the early stage of delivery. The administration has also advised of the installation of temporary indent parking at the school. This will be installed to minimise the impact on the school traffic and is planned to be completed in the July school holidays.

Roadside Meeting -Saturday the 17th of August 2024 at 2pm, Blacktop Road and Yorktown Road intersection.

The speeding through our township and the speed before the intersection of Blacktop Rd. and Yorktown Rd. leading into our township continues to be a concern to many community members. I am pleased to announce that **Rhiannon Pearce MP for King** will be joining us with a representative from the minister's office to listen to our concerns.

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



CFS INCIDENT REPORT AUGUST 2024

Incident Report

Just the 8 callouts this month with 5 vehicle related, 2 out of area structure fires and one tree down. The most significant fire was a shed fire at Millington Road, Williamstown which occurred around 6 am on the 23rd of June. The fire caused significant damage to a 20m x 30m shed with a camp kitchen inside and required 35 firefighters and 5 appliances to bring under control. The fire was upgraded to 3rd alarm around 6:30 am and One Tree Hill 34P was called to provide additional BA (Breathing Apparatus) operators.

The other structure fire during the month was one that started as a grass fire at Waterloo Corner on the 25th of June but quickly spread to nearby glass houses. The One Tree Hill Bulk Water Carrier was called to provide additional water on the scene.

The Brigade attended three car roll-overs this month, 2 along the stretch of road behind Para Wirra National Park. The first of these occurred on the 21st of June and the second on the 13th of July which ended up with the car in a creek. The number of accidents along this road over the last couple of years has been horrendous, and injury wise, people have been relatively lucky up until now. Please be mindful of the hazard and take care if you are driving along this stretch of road.

Finishing with the vehicle incidents, the other roll-over was at Blacktop Road/Willison Road early on the 24th of June, a call to a car smoking under the bonnet on McGilp Road on the 29th, and a car into a tree on the One Tree Hill Road about a kilometre north of "Snake Gully" on the 16th of July. Rounding out the month, we had one tree down, blocking Medlow Road on the 15th of July.



Community Open Day

As mentioned in last article plans are well advance for the Community Open Day the One Tree Hill CFS will be hosting on the 7th of September between 9:00 am and 3:00 pm. Timed to help you get things organised before the upcoming Fire Season, events planned include static displays and live demonstrations as well as having the CFS Community Engagement Team in attendance to answer all your questions. Please put a note in your Calendar and call in and say hello.

Now that the wet weather has hit in earnest, we have had several very foggy days already, and there are bound to be more to come. As always please drive to the conditions and remember using your headlights in fog is a good idea, but not necessarily on high beam where the reflection off the fog can be quite dazzling. If you are using your lights, please remember to turn them off and particularly for those on high beam remember to dip your lights. Some of these new light bars are extremely bright and can be dangerous for oncoming vehicles.

Congratulations to former OTH Captain Tom Walsh on his promotion to Group Officer for Para Group. Tom has been an outstanding member of the Country Fire Service, and the promotion is well deserved.

Reminder for CFS members that the

Annual General meeting

**is coming up on the 5th of August,
and attendance is compulsory.**

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 7/6/24 and 7/7/24

22 June Recovery of stolen vehicle **Blacktop Road ONE TREE HILL**

Vehicle stolen from Klemzig address located at above address

28 June Illegal Use of Motor Vehicle **Blacktop Road ONE TREE HILL**

Vehicle left on the side of the road, when owner returned several days later the vehicle had been stolen

Police responded to several serious motor vehicle accidents in the One Tree Hill area over the last month. Please ensure you drive to the road/weather conditions and keep safe!

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.



SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES

Darren McCue

Senior Sergeant First Class

Elizabeth Police Station

KOALA RESCUE NEWS - Bronwyn Wilton



KOALA RESCUE Inc has been attending rescues in the One Tree Hill area in the last couple of months. To those that rang to get help for the koala, or just advice on what to do for the koala a big thank you. It was a good outcome for some but unfortunately not good for others.

Koala hit by car : injuries to severe, euthanised

Relocation: Male had small female at end of tree branch hanging over busy road. Female in front yard unable to exit property owners kept dogs inside till rescuer attended.

We were also called to a koala that was found unable to walk and on X-rays showed numerous fractures, another was witnessed to fall from a tree resulting in head trauma and a fractured elbow unfortunately for the two males euthanasia was the kindest option.

We are happy to report that since the koala signs have been installed on Blacktop Road coming into One Tree Hill we have had no koalas hit by vehicles. Before the signs were erected five male koalas had been either killed outright or had to be euthanised due to severe injuries between Yorketown Road and Tyeka Drive.

Tagged Koala : We received a call that one of the tagged koalas had been found in a bad way. This particular koala that had been hand raised from a tiny Joey then released into the area on reaching his release weight and had spent three years in the wild . Unfortunately he was suffering from Oxalate Nephrosis (Renal Failure) and was humanly euthanised. Tagging helps us greatly with understanding the movements and outcome of the koala. If you come across a koala alive or deceased with a tag please let us know as it helps greatly to know what is happening to our koalas.

KOALA RESCUE NEWS CONTINUED- Bronwyn Wilton



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

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"



ALRU FARM

SUNDAY

15TH SEPTEMBER 2024

10.00 AM – 4.30 PM

ONE TREE HILL UNITING CHURCH



Our church ladies will again be catering for lunches, and morning & afternoon tea. Why not take this opportunity to come & view the beautiful gardens, & enjoy our scrumptious Devonshire Teas & lunches.

TIME +
TO SAY
GOODBYE



GARRY WALSH - OTH CFS

On a personal note, I have submitted my last article for the Grapevine. I have enjoyed putting these articles together over the last 10 years or so, but the time has come. I would like to thank all of you for putting up with me and your kind words. I would like to thank the members of the Progress Association for their hard work and especially the various editors over the years who have tolerated my tardiness. Most importantly, I would like to thank the women and men of the One Tree Hill CFS for their inspiring work and above all the Captains and Lieutenants who have provided leadership over the years and kept me up to date with information for these articles.

***ON BEHALF OF ALL THE GRAPEVINE READERS AND THE ONE
TREE HILL PROGRESS ASSOCIATION WE WOULD LIKE TO SAY
THANK YOU GARRY FOR ALL YOUR EFFORT OVER THE YEARS.
WE WISH YOU WELL IN THE FUTURE .***

Dear Grapevine,

Sanur, Bali has become one of our favourite holiday destinations. Early morning walks watching the sunrise over the beach and observing the local beach dogs as they awaken for their daily adventures brings me immense joy.

I have always loved dogs, making Sanur a perfect destination as it certainly has plenty of them! With a family trip planned for Christmas, I reached out to Claire — a friend of an acquaintance I met in a Sanur bar, and I couldn't have been happier that I did.

Claire owns the business, The Travellist, and took care of everything, from airport pickups to day trips and accommodation — Claire and her team were amazing!

I first met Claire along the beach at sunrise Christmas 2023, and instantly sensed her enthusiasm and love for the local dogs. Claire, along with a local organisation BPAW are the unsung heroes of Sanur, committed to a cause that often goes unnoticed by the many tourists who visit — the welfare of the local dogs. From rescuing strays to providing medical care and finding loving homes, their work is as inspiring as it is essential.

Balinese culture has a unique relationship with dogs, considered to be one of the most important animals in Balinese Hinduism. Dogs are believed to have a spiritual and protective role within the community, and possess a divine essence that keeps evil and negative forces away from the people.

Bali dogs are known for their loyalty and protective instincts, making them popular as guard dogs and pets. They are also highly intelligent and trainable, although their independent nature means they will just sometimes ignore training! Bali dogs are generally very healthy and strong genetically, and have a life expectancy of around 14 years.

Over time, due to the influence of foreign dogs brought into Bali, there have been several breeds mixed with the Bali dog and this produces a new unique breed in look and personality.

Since my December 23 visit to Sanur, I've followed BPAW and The Travellist on Facebook. They share a mix of

heart-warming and heartbreaking stories about the beach dogs. BPAW is run by volunteers who mostly work full-time in their own jobs and dedicate their spare time to improving the health and quality of life for these dogs. They rely entirely on donations to fund their efforts.

Before my June trip this year I learnt of a dog named Madu who was abandoned on the beach. Claire immediately went to check on her. Madu was taken to the local vet and it was confirmed she had TVT cells and blood chemistry showed blood parasites, anaemia, bacterial infection and a tumour was found. Madu has now been in vet care for three weeks, has been sterilized and is slowly recovering. At the end of her treatment BPAW will help find a loving home for her.

Thanks to the generosity of friends, we managed to raise \$1,000 for Madu's care and other dogs in the care of BPAW, which I personally delivered to the vet.

I was also fortunate enough to help with another rescue, Tink who was dumped outside a business temple in Sanur, left to die. For two days, she hadn't moved as she was too weak. BPAW took her to Anom Vet Sanur for treatment, where they spent three days removing ticks. It was touch and go for little Tink who needed some time at the vet to get strong enough. The incredible team at the VET where surprised that she was alive, she defiantly had a fighting spirit. Tink went into foster care and during my visit we took her to her new forever home.

I am hoping at some stage soon to do another fundraiser for BPAW to care for the many dogs in need. If you would like to follow them on Facebook or Instagram, please scan the QR codes.

Please feel free to contact me if you would like any further information on this wonderful organisation.

Linda - linpete3@yahoo.com.au



@BPAW_BALI



@_THETRAVELLIST_



BIRDS IN MY BACKYARD

Julie Buttery, Humbug Scrub

CHOUGHS

(*CORCORAX MELANORHAMPHOS*)

I've just taken a stroll, while the sun is shining. I have heard magpies, rainbow lorikeets, grey shrike-thrushes, superb fairy-wrens, little ravens, what I think were thorn-bills. But the noisiest were the white-winged choughs (*Corcorax melanorhamphos*). I wrote previously about choughs when discussing the ravens. Now for a little more.

Choughs tend to hang around in family groups and are almost always the non-breeding descendants of the breeding pair. At maturity, they leave and set up their own group, which may be from five to twenty or more birds. They all assist in the raising of the chicks, one of the reasons they are a successful bird. Their nest, made of mud, is large and conspicuous, usually on a near horizontal branch.

The group forages for invertebrates, seeds and tubers and occupy an area of about five metres square as they move across open ground. In doing so they drive off other birds. I have seen a family of magpies hiding under a bush when the choughs arrive. Five magpies cannot compete against twenty choughs. The choughs do fly into nearby trees when disturbed but soon return to the ground for foraging.

Their contact call is distinctive, usually a single note from each bird but being repeated through the group.

Adults are all black on the back with white under their wings (Surprise! Is that why they are called white-winged?). The white is on the flight (primary) feathers only and from underneath it appears to extend only half way across the wing. Their eye is red, noticeably red. Juveniles are more brownish with less white and a brownish eye which changes from the outside inward, to be red by the time they are four years old. They have a curved beak, quite narrow and excellent for digging into small holes for their food.

They like sparse ground cover, preferring to hunt through leaf litter, and choose open forest areas, not close underbrush.

Named for the European Chough, which is the national bird of Cornwall, they are not related. With so many Cornish miners arriving in the 1880's, I can see why the birds got their name.

The white-winged chough inhabits the

south east of mainland Australia, from Eyre Peninsula to approximately Townsville, Queensland.



WHAT'S FLOWERING IN MY GARDEN

Heather Fischer, Humbug Scrub

It's mid-June and it's very cold at the moment. We have had some rain which has washed and refreshed the plants but the rain has come too late for some trees and plants as many have died and may not regenerate. It will be interesting to observe and watch for any new growth from trees that have lignotubers. Let's hope that we receive more much needed rain.

A brisk walk around the garden wearing my warm beanie, coat and gloves braving and bracing the icy cold air, I noticed many birds foraging high up in the tall Eucalypt trees enjoying the many blossoms as well as quite few Silver Eyes and Pardalottes. These absolutely beautiful small birds flit amongst the leaves and small branches eating any small insects and spiders that they may find.

The Correas have responded to the rain and many pretty bell shaped flowers now cover these ground cover plants. The eye catching golden spikes of the Winter flowering East Coat Banksias are still providing much welcomed nectar for the many Honeyeater birds. The Thryptomenes are finally about to burst into flower; only about two months later than most years due to the lack of Autumn rains.

At this time during Winter, the spectacular large flowers of Eucalypt caesia appear on the thin pendulous branches. After the pink red cone shaped buds shed their caps, large round pink red flowers with beautiful golden stamens can be seen often in clusters on the many thinnish pendulous branches. This most interesting Eucalypt can develop a silvery white waxy coating on its branches and buds and the variety known and sold as Silver Princess is just so beautiful when covered in it's silver covering. The bark of Eucalyptus caesia is classed as belonging to the minniritchi group and Eucalyptus caesia has a most attractive dark reddish brown bark that splits longitudinally but does not shed from the trunk. This allows for small insects and spiders to take up residence along the trunk amongst the spit bark until discovered by any bird foraging for insects and spiders. This Eucalypt which grows naturally in the south western granite areas of Western Australia can grow up to 8m high as a single trunk or as a multi stemmed tree with a lignotuber but with no shady canopy. It grows in well drained sandy loam and is generally frost tolerant but may need a drink during Summer. This stunning Eucalypt can be cut back if it becomes a little too straggly and will regenerate from the lignotuber.

Plant one Eucalyptus caesia in a small garden but if you have space plant several. You will enjoy this long lived beautiful Eucalypt for many years.

Just Beautiful.



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

NEXT MARKET:

SATURDAY AUGUST 3rd 2024

8.30 am - 12.30pm

COUNTRY MARKET REPORT

Really keen stallholders were out setting up their stalls well and truly before sunrise for the July Market. The weather was fine but rather chilly but no one minded. A great day was had by all. Plants were purchased, tea was tasted, jewellery admired and purchased, hot pies and pasties devoured.

Matt and Rachel's hot coffees warmed us all.

The crowd gathered to witness the unveiling of the new mosaic couch. It was pleasing to see so many visitors to our market and we hope that they return to our market in the future.

With the renovations to the toilet facilities complete, the market stall sites inside the hall will be back to normal!

Do come along to our market, catch up with the locals and take the opportunity to purchase items from a wide range of hand crafted goods, and check out the renovations!!

PLANTS PRODUCE GIFT WARE CARDS PRESERVES

COMMUNITY RUG UPDATE.

Community made rug for someone who needs a rug.

Many knitted and crocheted squares have been generously created and three rugs will be delivered to a local charity very soon. Thank you to those people who have made a square or two or more. If you deliver your squares to the community table at the market, they will joined up to make another rug for someone who needs a rug to keep warm during these cold months.

Thankyou to everyone who has contributed to this effort.

What's on in AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Term 3 Week 2				1 	2	3 
4 	5 	6	7 	8  Progress Association Meeting 	9 	10 
Term 3 Week 3						
11 	12 	13	14 	15  	16 	17 
Term 3 Week 4						
18 	19 	20	21 	22 	23 	24 
Term 3 Week 5						
25 	26 	27	28	29 	30	31 
Term 3 Week 6						

Saturday 3rd OTH Country Market

Thursday 8th Progress Assoc Meeting

Thursday 15th Grapevine deadline

- School weeks - SA Government Schools

REGULAR COMMUNITY EVENTS

Mondays 9.30am-11.30am

OTH Playgroup



Saturdays 8.00am-12.00pm

Mt Pleasant Farmers Market



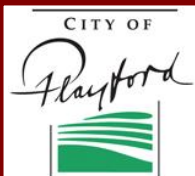
Mon, Wed, Fri & Sun 8.00am

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

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

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
8280 7951

BIBLE STUDY/ GROUPS

1st Thursday of the month - 1.00 – 2.00 pm
at the Church

NEXT MEETING 1ST AUGUST

MEN'S BIBLE STUDY GROUP

Held Fortnightly, Wednesday evenings
7.00 pm at the Church

NEXT MEETING –14TH AUGUST

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

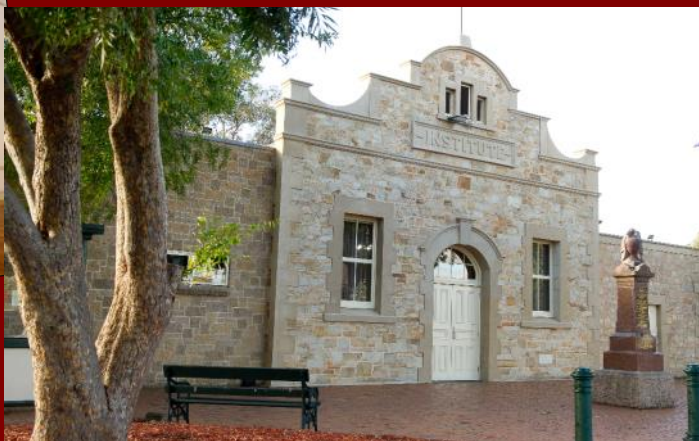
The One Tree Hill Institute is a beautifully maintained building with two inter-joining large halls, a complete kitchen and bar area. The hall has a new surround sound system, TV, microphone facilities, and heating and cooling.

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

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



NORTHERN ADELAIDE Jobs and Careers Expo



REGISTER NOW

Tuesday 10 September 2024 | 10am – 2pm

Playford Civic Centre
10 Playford Boulevard Elizabeth

Open to all job seekers, from school leavers and secondary students, to mature aged job seekers. Designed to expand your knowledge on local business, emerging industries and training options and connect you with potential employers.



Contact: Anna Tripodi
Events Coordinator, City of Playford
0408 242 907
ATripodi@playford.sa.gov.au



MENTAL HEALTH - LISA KETTLER

Awe and Wonder,

My husband and I have just returned from a breathtaking few days of camping and hiking at Mount Remarkable National Park in the Southern Flinders Ranges. What a privilege to be able to visit such a stunning and ancient landscape- a place that evoked in us both a deep sense of awe and wonder. We have returned feeling refreshed, positive, more relaxed and well. It might seem predictable that we should feel this way; after all, the trip was a holiday (a privilege in itself, especially in the current economic climate). We chose activities we enjoy, and it provided time away from our usual responsibilities and routines. In honesty though, I looked at the weather forecast for our time away and predicted all the discomforts that may arise and things that might go wrong. I wasn't feeling inspired about the trip. And we did indeed have quite a bit of rainy, windy weather. Nights were cold, our feet got sore, and we had a dark (sometimes rained-on) walk to the loo in the middle of the night. There's a lot of clean-up and washing to do now that we're home. None of these inconveniences though, dampened (no pun intended) the overwhelmingly positive feelings we both hold about our immersive experience in nature and the genuine lift in not only our mood, but our sense of connection with each other, and our physical wellbeing.

And we are not alone. There are benefits of spending time in nature that are increasingly well researched and demonstrated: especially in the moments when we feel a sense of wonder or awe, such as we felt this week when standing in rugged gorges with towering walls of rich red stone decorated with delicate ferns and mosses. The benefits include improved mood, improved attention and concentration, better physical health, an increased sense of meaning, increased absorption in the moment and increased sense of connection with others. People are even inclined to volunteer more, or to help others after they've had a positive, awe-inspiring experience.

These experiences also often evoke our sense of common humanity.

Awe and wonder in nature can also be found in much smaller, but also powerful and enriching moments. As a reader of the Grapevine, there is a good chance that you live in our township or on property in the surrounding area. You may share with me the great joy of waking up to the rich sounds of the varied bird life in our area, or experiencing the unique smell of rain after it's been dry for a while. Perhaps you find yourself captivated by the expansive views of the sky that we can enjoy in a region that is less built. My phone is full of photos of clouds, sunsets, sunrises, rainbows, storms and moonlit skies. Studies show that taking a short walk in a public garden or on a beach is enough to evoke feelings of awe or wonder. Even looking at images of beautiful landscapes has a positive psychological and physiological effect on people, and improves reports of personal wellbeing.

Especially on the days when you feel low, physically unwell, jaded, caught in suffering, or overwhelmed, I do hope that you can get outside, look at the sky, listen to the sounds, or feel the air moving over your skin. It is free and only takes a moment. You never know, you just might notice a positive boost to your thoughts, your mood or your sense of physical wellness. For more meaningful change, finding planned and intentional moments for mindful connection in nature, can make a real and lasting difference. May it do so for you.

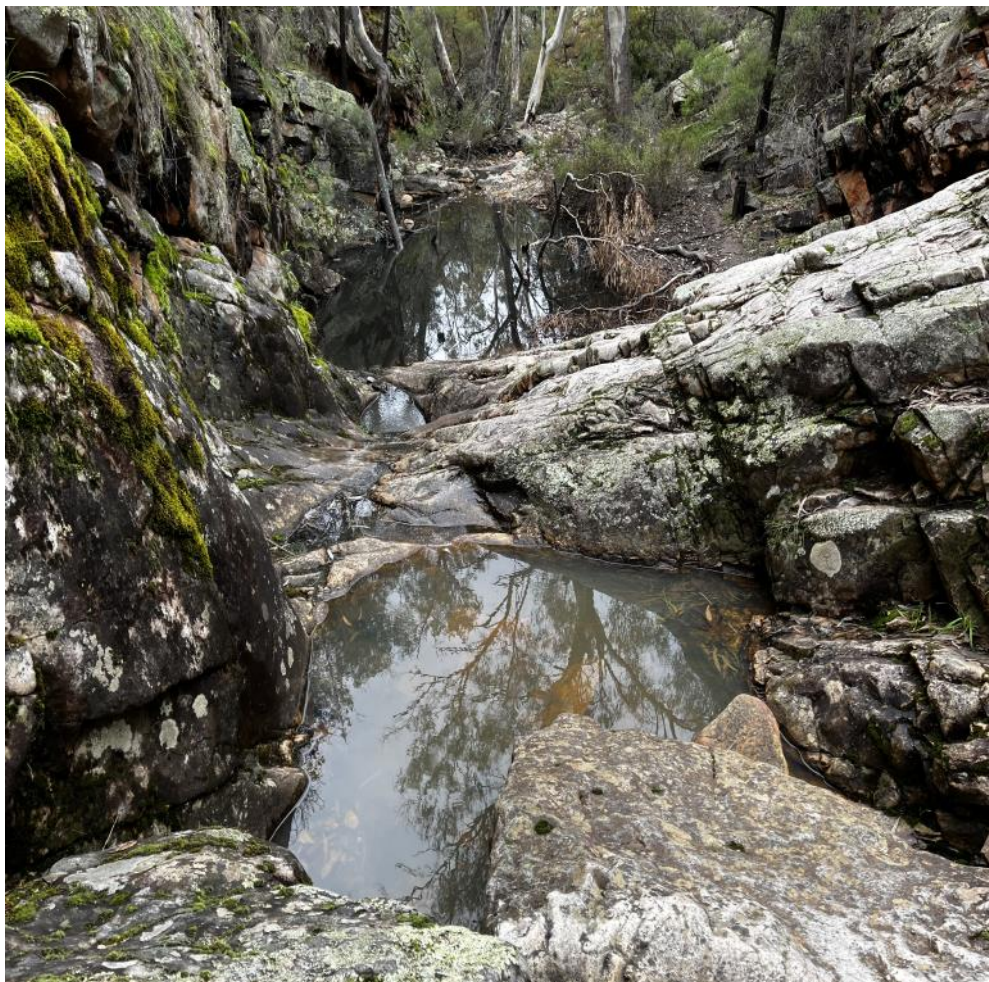
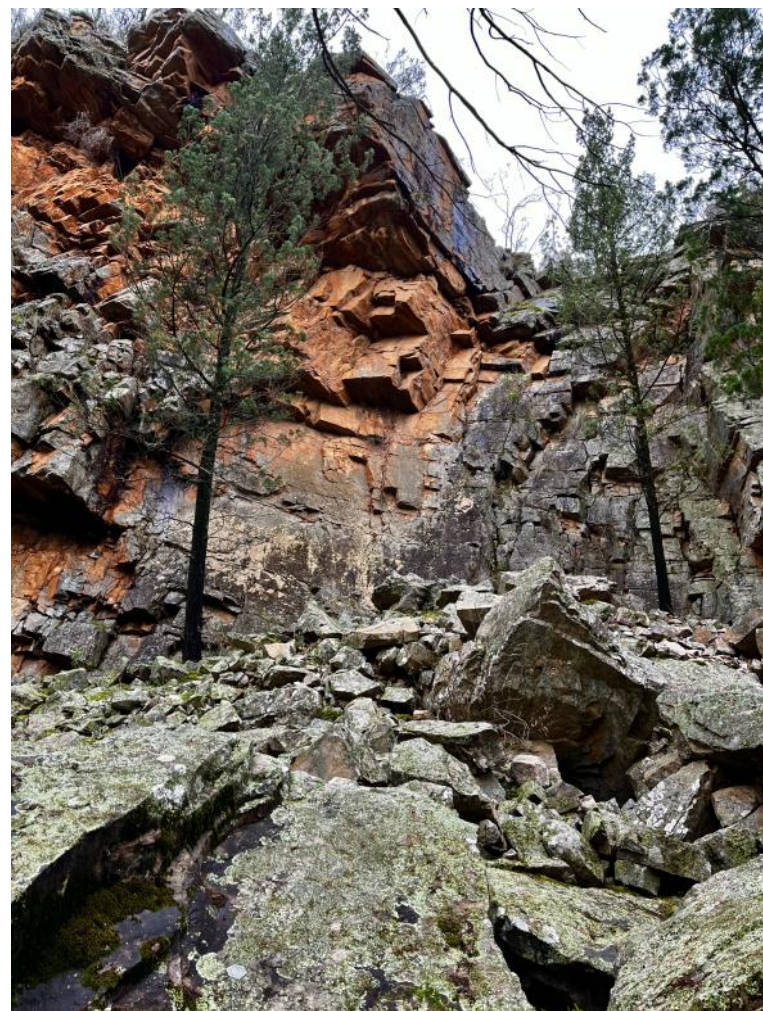
Lisa Kettler

Director & Principal Clinical Psychologist
Embrace Psychological Care & Consulting

lisak@embracepsych.com.au
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13 Atyeo Road, Gawler Belt,
SA. 5118





LITTLE CREATURES

AT ALRU FARM



ARTWORK & PHOTOGRAPHY BY JAMES WALKER, THREE LITTLE MEN IN THE WOODS, 2024

SALA EXHIBITION: AUGUST 3 - 10, 2024 10AM - 4PM.

EXHIBITION OPENING & ARTISTS TALKS: AUGUST 3, 2024 1PM - 3PM

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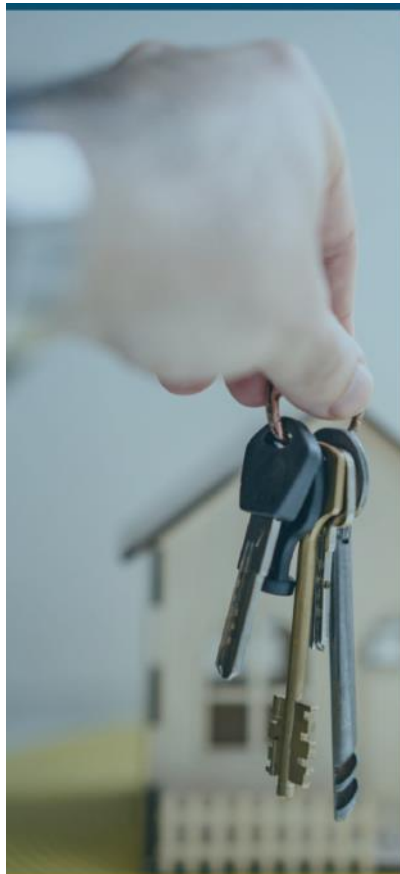
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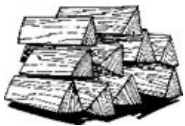
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