

GRAPEVINE

VOLUME 47

EDITION 8

S E P T E M B E R
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One Tree Hill
Progress Association
Community magazine

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

This month sees Fathers day and the end of Term 3 at school and for the AFL fans the Grand Final at the end of the month!

Be sure to check out the information on the McGilp park upgrade and the tennis flyer from Playford council.

I personally enjoyed reading the article from Natasha Steen on page 14 discussing the stress and mental toll that the rising cost of living has been having on most people recently. Great to have some references for help to anyone needing it.

We also have a special event happening at the Barossa Goldfields which looks like a lot of fun for the family.

Happy Birthday / Anniversary etc to anyone celebrating in September 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

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.

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ONE TREE HILL PROGRESS ASSOCIATION

PRESIDENT'S REPORT

We are excited to finally see some work happening at McGilp Recreation Park, the highly anticipated upgrade to the recreation facilities is now underway. The upgrade expected to be completed Mid 2025 and we can all expect some inconvenience during this time, let's hope for a smooth process. Local sporting cubs will be temporarily relocated during this period, more details can be found on councils website playford.sa.gov.au/mcgilp

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



YOU CAN ALSO READ THE GRAPEVINE ONLINE



Website: onetreehill.org.au **Facebook:** facebook.com/othgrapevine

- Select the 'Grapevine' page link
- 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.

THE DEADLINE FOR THE OCTOBER EDITION IS

SEPTEMBER 15TH 2024

grapevine@onetreehill.org.au

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

PLAYFORD COUNCIL - LOCAL COUNCILLOR'S REPORT

Dear Fellow Ratepayers and Residents,

I hope this Edition of the Grapevine finds you well. It has been a dry winter, and we can only hope to receive the much needed rain during spring for the countryside and the rainwater tanks.

Speeding and Safety Concerns -Blacktop Road and Township - Roadside Meeting.

Thank you to everyone who braved the wet weather and attended our roadside engagement on the 17th of August with Rhiannon Pearce MP and Peter as the representative from the ministers. It was positive to see open, frank and robust discussion on the speeding and safety concerns with Rhiannon and the minister's representative. There were several suggestions raised for further consideration and hopefully we will receive updates soon.



I am also pleased to hear that the Department for Infrastructure and Transport has undertaken a review of speed limits, following the communities concern. As a result of the review, the Department will reduce the speed limit on both Yorktown Road and Blacktop Road from 100km/h to 80km/h. The signage and reduced speed limits are expected to be in place by the end of October. I'd also like to say thank you to everyone who has contacted Rhiannon Pearce MP and me with feedback.

McGilp Recreation Park update:

1. The civil and construction company BluBuilt has been secured for the delivery of the upgrade works.
2. To facilitate this major upgrade, portions of the oval and current parking areas will be temporarily unavailable from Friday the 23rd of August until mid-2025, with temporary fencing being installed.
3. The City of Playford will communicate directly with a key contact at each tenant club via email about any temporary relocation and alternative arrangements.
 - **OTH Tennis Club**, the gravel area near the tennis courts, currently used for parking, will also be closed from this date. The tennis club will be relocated to the Playford Tennis Centre for the duration of the project.
 - **OTH Soccer Junior teams** will relocate to Uley Reserve for training and games to align with the senior teams.
 - **OTH Cricket** to relocate to Uley Reserve for training in the cricket nets and games to be played at the eastern end of Uley Oval.
 - **OTH Scouts**, vehicle access to the Scout Hall will be provided, as the scouts will continue to be based at the precinct over the project, however its entry points will change periodically.
4. Access to a portion of the oval will always be maintained for the school and public use. However, the point of access to the oval may change over the course of construction to accommodate different stages of the project.
5. The verge area across from the primary school will be upgraded into formal parking bays and the area will be completely closed during construction.
6. The City of Playford will communicate with the OTH Primary School giving relevant updates to be passed onto parents and caregivers as the project progresses.



If you have any further questions, please contact the City of Playford in the first instance.

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



The brigade attended 9 callouts this past month including 3 vehicle fires, 2 out of area structure fires, 2 vehicle accidents, one tree down and one call to assist SA ambulance services with a patient lift.

It is alarming that nefarious members of the public view our quiet township and surrounds as the ideal location to commit vehicle arson. The brigade attended three suspicious vehicle fires this month. The first occurred on Kersbrook Rd on the morning of the 23rd of July. The vehicle had been burning for some time before a CFS member passing by reported the vehicle fire. Crews quickly extinguished the vehicle and handed over the scene to SA Police.

The second vehicle fire occurred on Uley Rd at 1.15am in the vicinity of the water tank. OTH 34P and OTH 34 responded finding a vehicle fully involved. A Breathing apparatus (BA) trained fire fighter extinguished the vehicle while crew members from OTH 34 provided traffic control. SA Police attended locating suspicious containers of accelerant nearby.

The third vehicle fire occurred on Blacktop Rd just east of the quarry entrance at Gould Creek at 9.57pm on the 2nd of August. Again, OTH 34P and OTH 34 responded arriving to find the vehicle fully involved requiring 2 BA trained crewmembers to extinguish the blaze. This fire posed additional threats to crews with exploding tyres and magnesium in the vehicle. SA Police attended and crew from OTH 34 provided traffic management on a difficult stretch of Blacktop Rd.

The out of area structure fires on 22nd and 29th of July saw Para Bulk Water 10 respond to provide additional water for both MFS and CFS crews on scene at Virginia and St Kilda respectively. The Virginia structure fire was fortunately an abandoned house with no reported injuries, while the St Kilda fire kept crews busy as a large pile of rubbish had ignited. Compressed Air Foam (CAFS) was applied to cap and smother the fire.

The first motor vehicle accident (MVA), car v tree, occurred on a private property on One Tree Hill Rd at Gould Creek on the 16th July at 11.20pm. The second, car v embankment, occurred on One Tree Hill Rd just east of the Hannaford Hump Rd turnoff towards Snake Gully at 11.15pm on 29th of July. Fortunately, no one was seriously injured in either accident with crews administering basic first aid until SA Ambulance services arrived. On both occasions two trucks rolled with a full complement of crew.

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.

The assist Emergency Services incident occurred on the 26th of July at 11.25pm on Cornishmans Hill Rd at One Tree Hill. OTH 34P crew assisted SA Ambulance Service with a patient lift. The crew were able to expedite the patients retrieval and subsequent transportation to hospital. Considering the late call out times and the cold weather on these incidents, the crew turn out provides a testament to the dedication and sense of community spirit the OTH CFS brigade members possess.

The final incident occurred within the township on Jordan Drive at 5.25am on the 20th of July. OTH 34P responded to a larger tree blocking most of Jordan drive and a residents driveway. Para Car 2 also attended bring with it another chainsaw and chainsaw operator to assist with removal of the tree. The crews took around 45 minutes to clear the fallen tree and re-open the road.

AGM and Community Open day update.

The OTH Brigade held its Annual General Meeting, in attendance were the outgoing and incoming Deputy Group Officer. The brigade looks forward to working with Brad and thanks to Gerry for his support and guidance over the years. This was a non-voting year, so no leadership positions have changed. A massive shout out to the Kitchen crew who provided an excellent spread for dinner prior to the AGM. The kitchen crew has been going from strength to strength thanks to their dedication and willingness to assist the brigade at every opportunity.

Planning is well underway for the upcoming Community Open day on Sunday 7th of September. There will be live and static displays on the day, and we welcome everyone to come along and visit with us. CFS Community Engagement will be present, and it also gives any prospective member the opportunity to engage with current brigade members. Their may also be a launch of something the brigade has never done before. Mark the Community open day in your calendars and stay tuned to our Facebook page for more details closer to the date.

A special thank you to the local resident that allowed the brigade access to their property to conduct our annual chainsaw training and skills maintenance. With the mix of slightly warmer weather and regular rains, consider keeping on top of those areas close to your property and surrounding buildings that may pose a fire risk if they become overgrown. As always, be vigilant within the township and surrounding areas and drive to the road conditions.



CRIME REPORT – ONE TREE HILL RURAL WATCH

OFFENCES REPORTED BETWEEN 15/7/24 AND 14/8/24

- 23 July** **Arson of Motor Vehicle** **Kersbrook Road HUMBUG SCRUB**
Vehicle stolen from Craigmore address located on fire at above address
- 25 July** **Arson of Motor Vehicle** **Uley Road ONE TREE HILL**
Vehicle stolen from Munno Para West address located on fire at above address
- 26 July** **Non Residential Serious Criminal Trespass** **Johnson Road ONE TREE HILL**
Shed broken into and motorbike stolen. Motorbike located by owners a short distance down road the following morning.
- 29 July** **Illegal Use of Motor Vehicle** **Blacktop Road ONE TREE HILL**
Vehicle left on side of road after breakdown. Owner returned y to recover the vehicle and discovered it had been stolen
- 2 August** **Arson of Motor Vehicle** **Blacktop Road GOULD CREEK**
Vehicle stolen from Klemzig and located on fire at above address
- 14 August** **Arson of Motor Vehicle** **Adams Road ULEYBURY**
Vehicle located on fire at above location. No identifying information and enquires ongoing to identify vehicle and locate owner.
- 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.

Darren McCue

SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES

Senior Sergeant First Class

Elizabeth Police Station



ONE TREE HILL UNITING CHURCH



SUNDAY MORNING SERVICE **10.00 AM**

We have started the new term focussing on people in the Bible who had very bad daysand how God fixed them.

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. Any school age child is very welcome when the programme runs during the school term.

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.

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**

BIBLE STUDY/ GROUPS

1st Thursday of the month 1.00pm – 2.00 pm at the Church
Next Meeting 5th September

Men's Bible Study Group

Fortnightly on Wednesday evenings 7.00 pm at the Church
Next meeting –11th September

GIFT FILLED SHOE BOXES FOR CHILDREN

We are in the midst of collecting for Samaritans Purse – Shoeboxes of Love to gift to children and share Jesus' love with them. Any donations of toys/gifts for the boxes, or money to help with the processing of the boxes would be gratefully received. Ideas and information on what to donate can be found on the website – operationchristmaschild.org.au **Kendrie on 0419 994 332** - is happy to be a contact/collection point



Enquiries – Maureen – 8280 7368

Email: grapevine@onetreehill.org.au



ONE TREE HILL CRICKET CLUB

The 2024-25 summer season is fast approaching. 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.

It is expected that the Senior season will commence on 12 October, the Juniors on 18 October, and the Blast will run on Thursdays between 24 October 2024 and 19 December 2024.

Registrations for Junior Blast, Under 10s and Under 12s, and Seniors are all open. The relevant forms may be accessed via the QR codes below.

JUNIOR BLAST



UNDER 10 & UNDER 12



SENIOR



KOALA RESCUE NEWS - Bronwyn Wilton

Chlamydia is an obligate intracellular gram negative bacteria, which means it needs to live and reproduce inside the cells of a host.

In Koalas, Chlamydiosis is primarily a sexually transmitted disease that requires close contact from an infected animal. But can also be transferred from mother to Joey. The organism does not survive outside the host cells, although the **elementary bodies** (which are like spores) can remain infectious for longer, maybe 3 days in ideal conditions of temperature and humidity, outside the host. Humans cannot get the chlamydia that Koalas get as it is an entirely different bacteria, so there is no concern whilst handling a Koala that one would be exposed to getting Chlamydia but there has to be care that one does not transfer the chlamydia strain to other Koalas if a carer.

Chlamydia in Koalas can effect one or all of these organs:

- Eyes (ocular)
- Lungs
- Kidneys
- Reproductive organs.....female can become sterile.



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

KEEPING KIDS SAFER AROUND PADDOCKS AND OUTDOOR AREAS — Leah Meier

There is no doubt that growing up in One Tree Hill is pretty special. Whether you live in the township, are a “blocky” or have a larger land holding, you likely value the outdoor spaces that are on offer for the kids, grandkids or visiting little people. With all that fun and adventure, it is important to remain mindful of potential hazards and have plans in place to reduce and manage the risks. Maybe you are new to the area, or it has been some years since your own kids mucked around in the paddock, but before any new visitors arrive it is useful to take some time to consider areas that kids will have access to.

According to the Australian Government (FarmSafe Australia) the most common causes of injury and fatality for children on farms in Australia is water, motorised equipment, animals, chemicals (exposure through ingesting, inhaling, absorption and injection) and confined spaces. And while you may not have a silo or quad bike on your property, a number of these hazards are likely to be found in many of our yards. (Some really good information about quad bikes and motorised equipment can be found at Kidsafe SA and FarmSafe Australia provided below).

Safety around water needs to include more than pools and bathtubs. It is important to consider the sometimes less obvious water bodies on your property, winter creeks, dams, stock feeders/waterers, rusting tanks and even old drums and metal, can all hold water. Preventing children’s access as well as active supervision is key.

As well as farm chemicals many common gardening and cleaning products can be very harmful. Managing any hazardous products should include locking them away securely, always keeping them in their original containers as these have important labels, checking for damaged packaging and if you need to dispose of chemicals do so in accordance with local rules and keep them locked away until you’re taking them to dispose of.

Even in smaller back yards, having a designated play area with age-appropriate outdoor activities as far away from driveways, shedding and other hazards makes sense. Providing kids with fun outdoor activities that involve some level of calculated risky play and discovery in an area you can supervise, is a better option then allowing them to wonder off unchecked. Check the condition of any improvised or purchased play equipment and trim kid eye level branches. Check the state of their favourite climbing tree, have an understanding of their capacities and be realistic about what kids can safely manage. What was in good working order when your kids were little is unlikely to be safe years later if grandkids or visitors pop over.

There is a saying to never work with kids or animals, but they are usually some of the best things in our lives. Teaching kids to interact with farm animals can be really rewarding for you and the children, with supervision even small kids can be shown how to approach farm animals with respect, however active supervision is always needed. Kidsafe SA also suggests separating dogs and any visiting children and staying within reach if a dog is nearby.

If something does go wrong, have a plan in place. Ensure yourself, visitors and kids understand how to raise help if needed, including how to use a mobile to phone 000 and what your property’s address details are. Be aware that there are still areas in One Tree Hill that have limited phone reception (yes my folks live in one!). Having a properly stocked first aid kit and being up to date with first aid training should also be on your list.

Children are naturally very curious, however most children, particularly young children are unable to assess risk in new activities no matter how much we discuss dangers with them. Age appropriate discussions with kids about boundaries and putting safety rules in place can be beneficial, but removing and separating hazards and providing active supervision from an adult who is familiar with your property and aware of the hazards is the best way to help keep kids safer.

More information and useful websites include Poisons Information Centre: 13 11 26.

Resources: Australian Government FarmSafe Australia,

Kidsafe SA, A Parents guide to kidsafe homes
www.kidsafe.com.au SA | P: (08) 8161 6318

enquiries@kidsafesa.com.au

In an emergency call 000.

Leah is the 3rd generation to have grown up in One Tree Hill and her kids still visit Nanni & Pop today. Working as an Occupational Therapist for 10 years + Leah recently started a training company with bestie and former OTH primary schooler Kathryn, providing community & workplace First Aid Courses to groups or businesses in One Tree Hill & beyond.

Leah Meier

Director

M: 0430 517 372 E: leah@enveloptraining.com.au



BIRDS IN MY BACKYARD Julie Buttery, Humbug Scrub

Going for my morning stroll I hear so many birds. To-day's score is being played by: a lone New Holland Honeyeater, Australian Wood Ducks (sounds like a pair), Rainbow Lorikeets, Australian Magpies (a whole family in full chorus), two pair of galahs, Little raven, Grey currawongs, Red-browed finches (a large flock – about twenty) and, the pièce de résistance the Grey Shrike-thrush.

The first tone from the shrike-thrush this morning was a wolf whistle. You know the sound: twit-twoo. But his full range is a glorious melody, varying with reason for singing. He has an alert, a wooing ("come hither young lady") and a challenge. He even slides from the wooing to the challenge if you copy his call, as my husband does occasionally.

Even the name of this beautiful bird indicates his song has been admired for many years. He is *Colluricincla harmonica*. (Bold text to draw your attention to it).

Mr Harmonica sings the most but occasionally his lady-wife will reply and her song, although not as varied, is just as melodic. Sometimes it sounds to my fanciful ear that she is scolding him for replying to the assumed challenge of my husband, or his own reflection in my window.

He appears at first glance to be a plain grey bird but on close examination there are shades of grey and brown. With a distribution over all of Australia, there are many slight variations in tone of brown and grey, with five sub-species being identified.

They eat insects and small vertebrates, hunting through branches and leaf litter. They are about twelve to fifteen centimetres long.

Although extremely shy, our pair have become habituated to our presence and even built a nest outside my craft room window. From there I was able to watch the building, egg laying and hatching.

A few notes/requests:

- 1: do not climb to look inside a nest. You will cause it to be abandoned.
- 2: My window wears a net curtain on the outside during mating season, to reduce the chance of bird strikes or wasted time and energy in challenges.



WHAT'S FLOWERING IN MY GARDEN

Heather Fischer, Humbug Scrub

Spring is almost upon us with the depths of a cold Winter becoming a memory. We have had some rain but much more is needed as we have had, this Winter season, about half of our average rainfall. The grass may be green but some dam levels are still quite low. Many Wattles are in bloom bringing a bright splash of golden yellow amongst the trees and shrubs along our road-sides and in our paddocks.

All plants have responded to the recent rains with many pretty Thryptomenes and Correas now in full flower and new growth showing on many plants. Quite a few Hakeas have been flowering over Winter providing much needed nectar for the bees and the nectar loving birds. The tall Hakea multilineata with it's creamy pink puff ball flowers and Hakea franscisiana with it's red cylindrical spikes have been a delight to enjoy. Hakea clavata, planted about 8 years ago is flowering for the first time. This small open growing shrub, growing up to 1m x 1m, is unusual as it does look like a cactus. The only similarity to a cactus is the nasty tiny spike that grows on the end of this plant's mid green fleshy but thick rounded flat edged leaves. Always wear sturdy gloves when working near this most unusual Australian native plant.

This small scrambling plant grows naturally along the coastal regions near Esperance and inland into the Eyre region. It is a very hardy plant that prefers to grow in full sun and will grow on well drained sandy loamy soils. Hakea clavata, with the common name of Coastal Hakea, bears beautiful small puff ball type clusters of flowers that appear along the stems at the base of the leaves. The flower colour is a subtle mauve dusky pink but as the flowers age the colour changes to a pale pink and flowering finishes as a white cluster of flowers. The New Holland Honeyeaters, Lesser Honeyeaters, Eastern Spinebills and the Red Wattle Birds are enjoying foraging for nectar as well as the bees. This plant does grow from cuttings and is available from good nurseries from time to time. Hakea clavata has taken a long time to flower but the wait to see and enjoy it's lovely flowers has been so worthwhile .

Just beautiful



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.

COMMUNITY RUG UPDATE.

Many knitted and crocheted squares have been made and delivered on Market morning.

So far, 4 large rugs, a few beanies and scarves have been delivered to Cos We Care, a local charity.

There are more squares waiting to be joined up for a few more rugs.

Thankyou so much to everyone who has contributed by creating some squares to make a Rug for Someone who really does need a rug.



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 SEPTEMBER 7th 2024

8.30 am - 12.30pm

COUNTRY MARKET REPORT

Winter Market day. Hot food and drinks were enjoyed by all as the weather was dry but cool.

Many visited our market to enjoy the many stallholders who attended.

Do visit our next market on September 7th where you will find
quality plants, candles, hand knits, pottery, fabric bags, cards and much more.

It's an opportunity to begin your Christmas shopping!

PLANTS PRODUCE GIFT WARE CARDS PRESERVES

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.

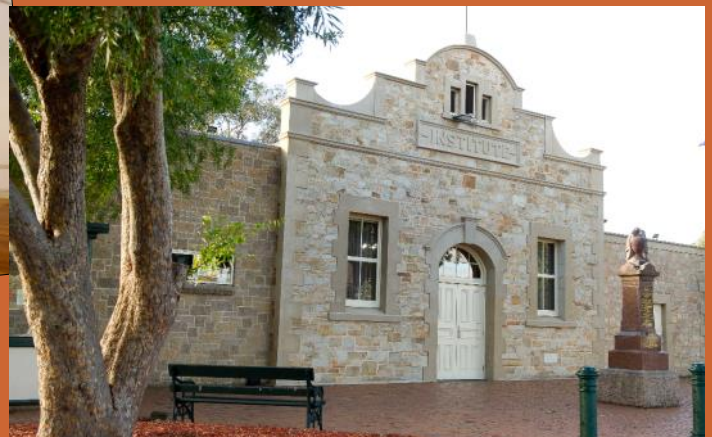
Outside you will find a sheltered playground & picturesque garden areas which are ideal for photos.

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>



What's on in SEPTEMBER

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

Sunday	1st	Fathers Day
Saturday	7th	OTH Country Market
Thursday	8th	Progress Assoc Meeting
Thursday	15th	Grapevine deadline
Friday	27th	Last Day of Term 3
Saturday	28th	AFL Grand Final
• School weeks - SA Government Schools		

REGULAR COMMUNITY EVENTS

Mondays 9.30am-11.30am

OTH Playgroup



Saturdays 8.00am-12.00pm

Mt Pleasant Farmers Market



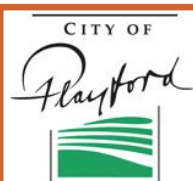
Mon, Wed, Fri & Sun 8.00am

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 & THE COST OF LIVING - NATASHA STEEN

Recently I visited a workplace to talk on the topic of **Mental Health and the Cost of Living**. This may sound a little odd, and I initially thought the same, but I soon realised the relevance. This employer was very clever, as they were keen to address some of the underlying factors that are placing people at risk of poorer states of mental health.

It makes sense that we try to learn more about what may lead to declining mental health and encourage prevention, where possible. My presentation shared information about cost of living pressures and how we approach people who may need wellbeing support.

Please consider that there are many signs and symptoms that people may be sliding into poorer states of mental health. The key thing to look out for is any “deviation from a person’s normal”.

Here are some of the key things that we might observe and may mean it is worth checking in on them:

- Person is avoiding usual activities or events
- Not completing things they may normally do
- Using alcohol or drugs more than usual
- Talking very negative or approaching you on personal topics
- Seeming very emotional
- Significant changes in physical health, exercise patterns or diet

If you are willing to reach out to someone who appears to be struggling it would be good to try to ask “RUOK”... but if it seems to relate to the cost of living...you need to keep the following in mind:

- Be aware of stigma – often there is a lot of pride and privacy may be important
- The link between financial strain and mental health may not be noticed or accepted
- The impact on mental health may not be obvious and may steadily creep in
- Other unhealthy habits may set in – gambling, dishonesty, substance abuse
- Taking care of Mental Health may not be a priority in the scheme of other challenges

- Consider cultural, family and gender factors – status and pride may see shame issues
- If money is a challenge, reactions can be diverse – from depressed to inflated ego

Most of us are feeling the pinch of inflation rises. Many of us are juggling the impact as best as we can. Some of us may need a little more support. Take care on these testing times and reach out to others where you can.

I might add ...my presentation did involve sharing some money saving tips, budgeting tools and resources. I don’t proclaim to be an economist and I am certainly not a Financial Counsellor, so I won’t share anything extensive, however here are a couple of very helpful resources that may be valuable:

National Debt Helpline 1800 007 007

Comparison tools to look at insurance, loans etc:

www.mozo.com.au

Anglicare Financial counselling/wellbeing: SA <https://anglicaresa.com.au/support/financial-counselling/>

Centrelink – range of resources, payment support options, other useful weblinks: <https://my.gov.au/en/services/work/managing-the-cost-of-living/managing-household-costs/managing-bills>

Quick ways to reduce utility costs and negotiate:

<https://www.energy.gov.au/households/quick-wins>

Money smart website – great tips: <https://moneysmart.gov.au/saving/simple-ways-to-save-money>

ACCC – support to review mobile phone plans: <https://www.accc.gov.au/consumers/telecommunications-and-internet/keeping-mobile-service-costs-down>

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Help to pay your internet/mobile - <https://www.acma.gov.au/help-if-you-cant-pay-your-phone-or-internet-bill>

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Affordable SA - general tips - <https://www.affordablea.com.au/>

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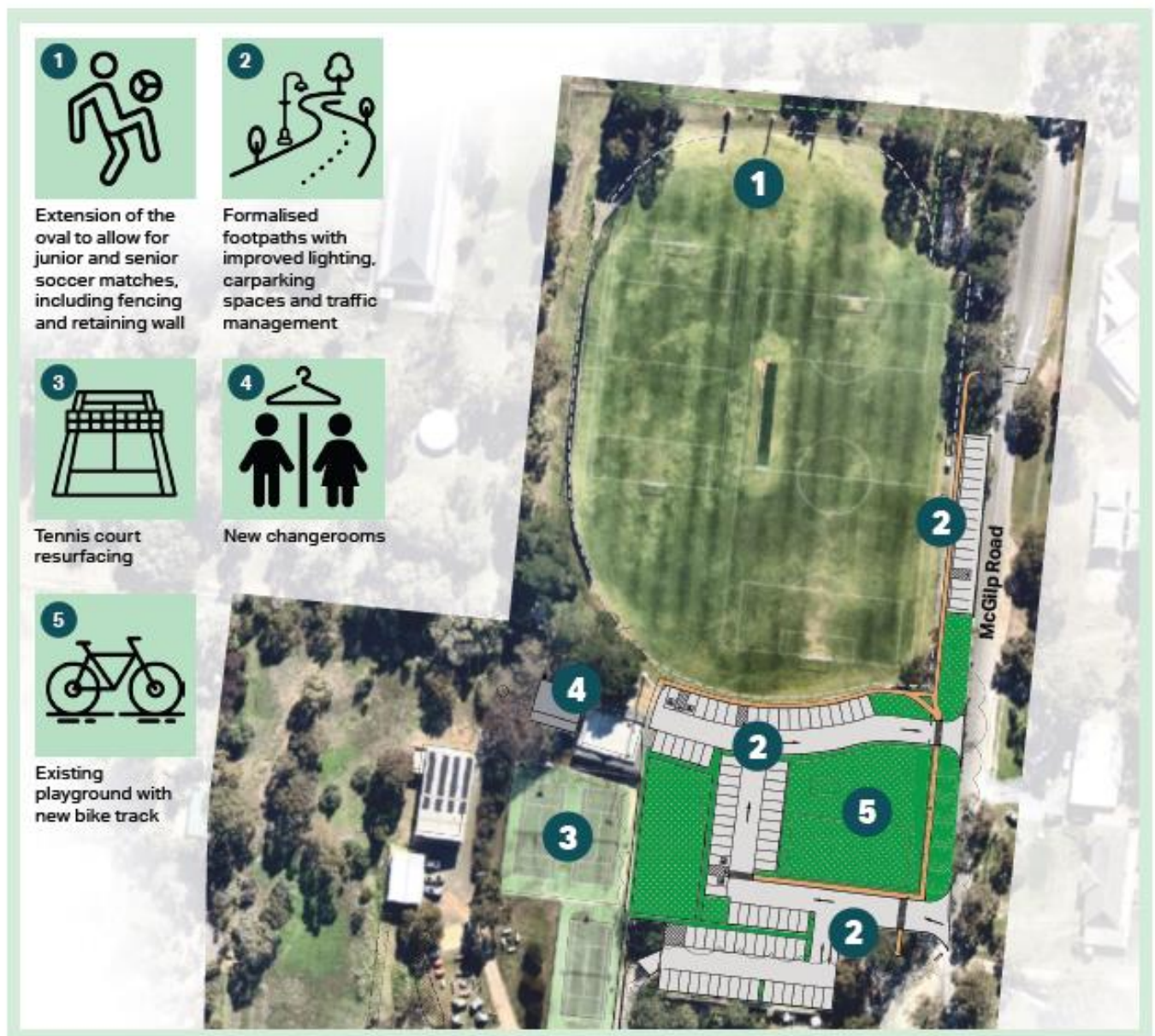


McGilp Recreation Park Upgrade

An exciting upgrade to McGilp Recreation Park is underway, bringing enhanced amenities to improve the community's experience when using the site for sport, play and recreation activities.

We thank you for your patience and understanding while this project is taking place.

See what's on the way...



See updates and information on this project at playford.sa.gov.au/mcgilp

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SUNDAY 22nd
SEPTEMBER 2024

9:30 am – 3:00 pm

ENTRY: \$5:00 ADULT, \$3:00 CHILD, \$15:00 FAMILY.

CASH ONLY PLEASE. NO EFTPOS AVAILABLE.



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Enjoy Endless Billy Tea and Damper

Check out the Old Gaol Cell but look out for Ed!

Go for a Guided Walk on Victoria Hill Hike.

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Website: bghs.org.au

Contact: Secretary, Leonie Hobbs

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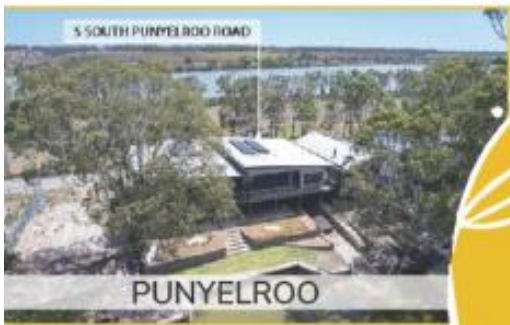
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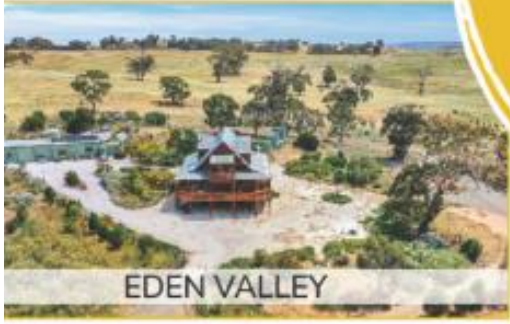


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Introducing Amy Traeger

Property Sales Associate, Amy Traeger, joined the CE Property Group team in July. Amy brings a cheerful enthusiasm and a strong commitment to community values which complement the agency's mission to deliver a trustworthy, professional and caring service. She is excited to help her clients achieve the very best outcomes, whether they are looking to buy or sell property. Welcome Amy!

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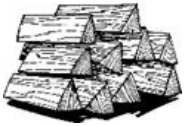
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Treasurer	Paul	treasurer@onetreehill.org.au	Friends of Para Wirra	friendsofparawirra@gmail.com	
Grapevine	Kelly	0458 208 823	Koala Rescue Hotline		0474 737 283
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Market	Heather	0457 107 817	Scout Group (Group Leader)		0430 422 895
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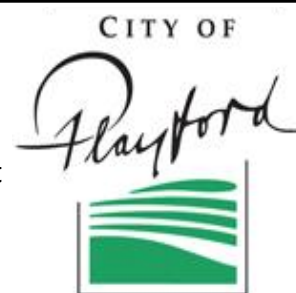
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