

VOLUME 48

EDITION 1



ONE TREE HILL
PROGRESS ASSOCIATION
COMMUNITY MAGAZINE

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Dear readers,

#### **WELCOME TO 2025!**

I hope you all had a wonderful Christmas and holiday break.

Thought I'd shake things up a little and change the Grapevine around a bit, hope you like it.

Let me know any suggestions you have for the Grapevine in 2025.

It's your community magazine so why not have a say in it?

Well, enjoy this edition!

<u>Kelly Fischer</u> - Grapevine Manager

#### **GRAPEVINE ONLINE**

Website: onetreehill.org.au

- Select the 'Grapevine' page link
- Scroll to 'Read the Grapevine Magazine Online'

A large number of past editions are also available to download.

Facebook: facebook.com/othgrapevine

grapevine@onetreehill.org.au

Ph/SMS: 0458 208 823





<u>Just a friendly reminder that the Grapevine is a great way to share local news, views and events.</u>
<u>It is funded and produced by the One Tree Hill Progress Association. A donation towards the cost of production would be greatly appreciated. The 'Piggy Banks' around town are located at:</u>

GENERAL STORE

POST OFFICE

PHARMACY

FODDER STORE

OTH COUNTRY MARKET

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 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.

#### COMMUNITY DIRECTORY

ONE TREE HILL PROGRESS ASSOCIATION			COMMUNITY CONTACTS		
President	Tabatha	president@onetreehill.org.au	General Store Matt & Rach		08 8280 7020
Secretary	Charlotte	secretary@onetreehill.org.au	Post Office	Wain	08 8280 0090
Treasurer	Paul	treasurer@onetreehill.org.au	Friends of Para Wirra friendsofparawirra@gmail.co		
Grapevine	Kelly	grapevine@onetreehill.org.au	Koala Rescue Hotline		0474 737 283
Hall /Institute	Pat	0459 105 045	Para Wirra Conservation	08 8336 0901	
Market	Heather	0457 107 817	Scout Group (Group Le	0430 422 895	
COUNCIL MEMBERS			Senior Citizens	Louise	0409 315 625
Local Councillors	David Kerrison	0478 283 879	The Walkie Talkies	Helen	08 8280 7035
	Tanya Smiljanic	0467 576 611	Uniting Church	Maureen	08 8280 7368
	Andrew Craig (JP)	0417 016 160	SPORT CLUBS		
	Matt Burnell	08 8258 6300	Cricket Club	Brad Schmidtke	0421 711 626
Federal MP	Rebekha Sharkie	08 8398 5566	Soccer Club	Jake Milka	
	Tony Zappia	08 8265 3100	Tennis Club	Garry Evans	0415 399 658
State MP	Rhiannon Pearce	08 8288 8218	EDUCATION		
	Ashton Hurn	08 8563 3636	Primary School	Principal	08 8280 7027
			Playgroup	Julie	0427 937 336

#### PLAYFORD COUNCIL CONTACTS

24HR EMERGENCY & LOST/FOUND DOGS

**GENERAL ENQUIRIES & BURNING PERMITS** 

Phone: 8256 0333

Home Assist: 8256 0355

Email: playford@playford.sa.gov.au

When telephoning council with requests, please remember to get a Customer Reference Number (CRN) to ensure registration and

easy identification of your communication.

## **EMERGENCY NUMBERS**

## **AMBULANCE, COUNTRY FIRE SERVICE OR POLICE: 000**

Bushfire Info Hotline (24hr): 1800 362 361 CFS Station (When Staffed): 8280 7412

General Business: 8280 7055

Hospital: 8182 9000

Police (non emergency): 131 444







CITY OF

## WHAT'S ON IN FEBRU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Term 1—Week 1						1 OTH
	3 WAIK	4	5 WAIK	6	7 WAIK	Market 8
2	3	4	5	0	dati	0
Term 1—Week 2	PLAYER					
9 WAIK	10 MAIN	11	12 WAIS	13 Progress	14 WAIK	15
Term 1—Week 3	PLAYGROUP—			Association Meeting	DAY DAY	
16 WAIS	17 WAIS	18	19 WAIS	20	21	22
Term 1—Week 4	ONE TREE HILL					
23 WAIS	24 WAK	25	26 WAIS	27	28 WAIS	
Term 1—Week 5	PLAYSROUP					

Saturday 1st **OTH Country Market** 

**Thursday** 13th **Progress Assoc Meeting** 

Friday 14th **Valentines Day** 

School weeks - SA Government Schools

#### **REGULAR COMMUNITY EVENTS**

Mondays 9.30am-11.30am

OTH Playgroup

Mon, Wed, Fri & Sun 8.00am

The Walkie Talkies

Thurs/Fri- Which Bins go out



**SOLUTION** FOR 'I SPY'

ON

















































#### **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 PROGRESS ASSOCIATION—PRESIDENT'S REPORT

I hope you have all had a wonderful start to 2025.

As part of our commitment to our community we will continue to advocate on your behalf. This commitment includes representation around the new Blacktop Rd speed limit and we encourage you to come along to our next progress meeting to provide your feedback.

Also from what we are being told, the work at McGilp Recreation Park is still moving along as planned. We will continue to follow progress on this project and keep you informed as we know more.

Planning will commence soon for the annual One Tree Hill ANZAC Day service. If you would like to be a part of the planning or volunteer on the day please let us know.

Stay connected through the Grapevine and our socials you can also reach out to us via email, website or coming along to one of our monthly meetings. Meetings are held at 7:30pm on the second Thursday of the month. You are welcome to come at 7pm for a coffee and chat before the meeting.

Take Care,

Tabatha Pettigrew — President One Tree Hill Progress Association Inc.

president@onetreehill.org.au

## One Tree Hill Institute Hall Hire

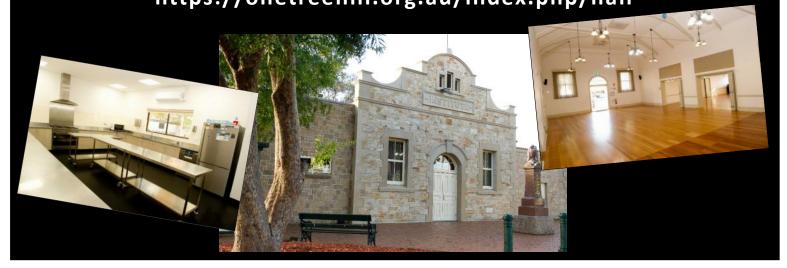
The One Tree Hill Institute is a beautifully maintained building with two inter-joining large halls, a complete kitchen and bar area. The hall has a new surround sound system, TV, microphone facilities, and heating and cooling.

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



## COUNTRY MARKET



## DO YOU WANT TO HAVE A STALL AT THE MARKET?

Contact HEATHER for information on 0457 107 817 or Email: market@onetreehill.org.au

### COUNTRY MARKET REPORT

It is the start of 2025 with the first Country Market to be held on Saturday February 1<sup>st</sup>.

Come along to stock up on your favourite nuts, dried fruits and old fashioned lollies.

Maureen has been busy creating more cards, Kareena has new crocheted bits and pieces.

Admire the beautiful crocheted shawls and jewellery by Antionette and Jules.

Do you need some new squid jags? It's worth having a look at John's collection of fishing gear.

Don't forget the yummy pastries, cakes and breads from the Farmhouse Bakery.

There will be a few new to market stallholders to meet as well as the regular stallholders.

Do come along, browse amongst the talented stallholders and enjoy your Country Market.

## NEXT COUNTRY MARKET:

SATURDAY 1st FFBRUARY

8:30am-12:30pm



#### PLAYFORD COUNCIL - LOCAL COUNCILLOR'S REPORT

#### Dear Ratepayers and Residents,

I hope you all had a joyful and safe Christmas and that your year has started on a positive note as we look ahead to a fantastic 2025.

#### **Community Voice: Speed Limit Change on Blacktop Road**

OTH Progress Association Meeting Date: Thursday, 13th February 2025

Time: 7:30 PM

Location: One Tree Hill Institute, Blacktop Rd, One Tree Hill,

The recent speed limit change from the Yorktown Road and Blacktop Road intersection, originally proposed for the township's approach, has now been extended to the entire length of Blacktop Road. This broader change was a departmental decision and differs from the community's initial request.

#### **Community Concerns**

Many residents feel that reducing speed limits is being used as a substitute for addressing the real issue—adequate maintenance of our rural roads. This change has caused frustration, and we believe it's critical to work together to advocate for better solutions.

#### Join the Discussion To:

- Address the speed limit change for Blacktop Road.
- Advocate for improved road maintenance as a safety measure.

Share concerns about speed limits on rural roads.

<u>Additional Note</u>: A recent safety audit of Uley Road has recommended reducing its speed limit to 80 km/h. Community input on this matter is also essential.

#### **Motion on mRNA Vaccine Safety**

In December, I brought two motions before the chamber that I believe are significant to our community.

<u>The First Motion</u>: Calling for a Royal Commission with the following points summarized:

- Acknowledging correspondence from the Port Hedland Council raising concerns about mRNA COVID-19 vaccines.
- Noting the Therapeutic Goods Administration (TGA)'s advice affirming the safety of these vaccines.
- Recognizing growing community concerns, supported by correlations with health data.

Proposing that the City of Playford write to the Australian Prime Minister, South Australian Premier, and relevant ministers to request a Royal Commission into the safety and effectiveness of mRNA vaccines.

This proposed Royal Commission would investigate discrepancies between TGA advice and independent research findings.

I want to thank everyone who contacted me to share their thoughts on this matter. While opinions on this topic differ widely, the rising concerns and conflicting data warrant thorough investigation. My heart goes out to those who shared personal stories of vaccine-related injuries involving friends and family.

<u>**Outcome:**</u> Unfortunately, this motion, intended to advocate for an impartial inquiry, was defeated by just two votes.

#### **Motion on Collaboration for Infrastructure Needs**

<u>The Second Motion</u>: This motion sought to improve collaboration between the City of Playford, State and Federal Governments, local Members of Parliament, and relevant departments to address our growing community's infrastructure needs effectively.

<u>Outcome</u>: An amendment was introduced to restrict these discussions to the Mayor and CEO, excluding the elected body. When the vote resulted in a tie, the Mayor used his casting vote to support the amendment, maintaining the current ineffective model.

#### **Rezoning and Infrastructure Costs**

The State Government continues to rezone large portions of Playford as growth zones, raising critical questions about infrastructure costs and responsibility. I firmly believe the State Government must contribute significantly to funding infrastructure projects. Once built, the City of Playford can manage and maintain these assets. Without State or Federal contributions, the financial burden will fall on ratepayers, potentially increasing already high rates.

**Example:** Curtis Road, originally a small rural road, is now a key arterial feeder to the Northern Expressway. Its upgrade costs exceed the City of Playford's capacity. Despite its critical role, the State Government has not assumed responsibility for its upgrade, as is typically expected.

Your Voice Matters: I encourage you to share your thoughts, concerns, or questions on these or any other local matters. Your feedback is invaluable, and I am here to represent your voice.

Please note, I will not be attending this month's One Tree Hill Market. Instead, I will be available for a meet-and-greet coffee catch-up at the One Tree General Store on **Sunday, 2nd February, between 10:00 AM and 11:30 AM.** Thank you for your continued engagement and support as we work together for the betterment of our community.

#### <u>Cr David Kerrison - City of Playford</u>

Page - Adelaide, SA, Australia - Public figure - Community • Public & government ...
Phone: 0478283879 Email: crdkerrison@playford.sa.gov.au







## One Tree Hill Progress Association

#### CFS INCIDENT REPORT NOVEMBER 2024

#### **Incident report**

OTH CFS Brigade has been busy over the 2024/25 festive season, attending 27 incidents, including 12 grass fires, 6 vehicle accidents, 4 tree downs, two vehicle fires, one structure fire, one alarm investigation, and one debris clean-up callout. The Bri-



gade experienced grassfires on both Christmas Day and New Year's Eve, demonstrating our volunteers' dedication and preparedness to respond and protect our community every day of the year.

Grass fires occurred on the 16<sup>th</sup>, 22<sup>nd</sup>, and 30<sup>th</sup> of November, the 8<sup>th</sup>, 12<sup>th</sup>, 15<sup>th</sup>, 17<sup>th</sup>, 25<sup>th</sup>, and 31<sup>st</sup> of December, and the 1<sup>st</sup>, 3<sup>rd</sup>, and 12<sup>th</sup> of January. Grass fires occurred at Fairview Park, the Substation, Uley Rd, Yattalunga, Goulds Rd, One Tree Hill, Allendale Rd, Kaleeba, Para Wirra Conservation Park, Elizabeth East, Konanda Rd, Smithfield, Aurko lookout, Highbury, Precolumb Rd, OTH, Aurko lookout, Highbury and the Mawson Lakes Interchange. The largest of these grass fires was the Konanda Rd, Smithfield, fire on Christmas day. All OTH appliances attended this 4<sup>th</sup> Alarm fire, with Tea Tree Gully appliances doing a change of quarters to cover the OTH response area. Crews were on the fire ground from 1pm until 4pm. Para base was also activated and manned by OTH CFS personnel.

Motor vehicle accidents occurred on the 24<sup>th</sup> and 29<sup>th</sup> of November, and the 2<sup>nd</sup>, 3<sup>rd</sup>, 18<sup>th</sup>, and 22<sup>nd</sup> of December. The MVA on the 18<sup>th</sup> of December involved an entrapment, requiring a coordinated effort between SAAS, MFS and CFS to extract the occupant. Kersbrook road was closed and traffic diverted around the scene.

Tree down incidents occurred along Starrs Gully Rd, Yattalunga, Taylors Rd, Humbug Scrub, Toolunga Rd, Yattalunga, and Precolumb Rd, One Tree Hill on 2<sup>nd</sup> and 16<sup>th</sup> (x2) of December, and the 7<sup>th</sup> of January respectively with crews working quickly to clear and re-open these roads.

Two vehicle fires occurred on the 18<sup>th</sup> of December and the 13<sup>th</sup> of January. The January vehicle fire spread into a paddock on One Tree Hill Rd. Excellent coordination and teamwork ensured both the vehicle fire and grass fire were extinguished quickly. SAPOL are investigating this suspicious late night vehicle fire.

The Brigade investigated a fire indication alarm at One Tree Hill Primary School on the evening of the 5<sup>th</sup> of December and responded to a structure fire, in Craigmore, on the 29<sup>th</sup> of December. Additionally, the Brigade held active standby at the station during three Total Fire Ban (TFB) days in December and January.

#### **Brigade activities.**

Three members were promoted to the leadership team in early December. The Brigade now comprises a full complement of Officers and Seniors for 2025. Our raffle tickets and 2025 calendars are still available from the station every Monday night at 7pm as well the OTH Post Office and General Store. You may have seen a few posts on our Facebook page acknowledging businesses that have generously donated some of the awesome prizes up for grabs, please support them when you can. There will be more posts soon, so please follow us on Facebook, just scan our QR code below. The Brigade is looking for volunteers to fill integral Brigade Operational Support (BOS) roles such as, communications, admin, logistics, and catering. Training will be provided and you'll enjoy meeting like-minded community focused people from the local area. If this sounds like you, please contact the Duty member on 8280 7055 for more details. There was a fantastic turnout on the 18<sup>th</sup> of December supporting our annual Christmas Lolly Run through the township. It was so great to see the kids' delighted faces, waving to Santa and our brigade members, and the "big kids" set up on front lawns and driveways. OTH CFS crews responded to a vehicle accident late that afternoon, which delayed the start time, thank you to the OTH community for your patience and understanding. Be safe and bushfire ready in 2025!





For general information please contact OTH Duty Phone on 8280 7055.

You can also visit the CFS website at <a href="http://www.cfs.sa.gov.au">http://www.cfs.sa.gov.au</a> or phone 1800 362 361

#### ONE TREE HILL UNITING CHURCH



#### SUNDAY MORNING SERVICE 10.00 AM

The children's church program - "Jesus and Me" (JAM) will resume on Sunday 2<sup>nd</sup> February.

The programme is held each Sunday morning during the 10.00 am service.

All children are very welcome to come and join us.

#### **WEDDINGS, BAPTISMS & FUNERAL**

The church is available for any of the above Services.

If you would like further information, please leave a message on the **Church phone – 82807 951** and someone will call you back.

#### **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

#### **CAROLS IN THE GARDEN 2024**

Our annual event was held on Sunday 22<sup>nd</sup> December for the singing of Christmas Carols, enjoying the presentation of the Nativity by the JAM Group, (the Sunday School children), as well as enjoying tea/coffee and traditional mince pies at the end of the entertainment.

It was a very enjoyable evening, and we would like to thank everyone who joined us for this festive event.

#### KOALA RESCUE NEWS - Bronwyn Wilton

<u>REMEMBER:</u> 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

# KOALA RESCUE (0474 737 283)

#### **TYPHLOCOLITIS**

This is an inflammation of the caecum and proximal colon due to the normal specialised bacteria that coat the caecum and colon being lost or damaged.

Commonly seen in hand-reared joeys that have not received pap at the appropriate age or a reaction to formula.

In Adult Koalas given certain antibiotics, Koalas lose their gut flora.

Koalas with an immune deficiency syndrome.

Death can occur suddenly.

#### Signs

Refusing formula or paste
Loss of weight
No interest in leaf
Failure to gain weight
Tooth grinding pain
Lethargy
Bloat in stomach

Sleeping excessively
Reduced amount of pellets
Treatment
Pap
Hydration-IVT fluids
Nilstat/appropriate antibiotics

Usually need to be euthanised





Photos Caecum of koala with TYPHLOCOLITIS

## One Tree Hill Progress Association

## WHAT'S FLOWERING IN MY GARDEN Heather Fischer, Humbug Scrub

Oh, what a dry Summer so far after such a dry Winter followed by dry Spring. The topsoil is bone dry but most of the Eucalypts appear to be coping quite well. They have shed their bark layer and old leaves that are now on the ground as mulch have been replaced with glossy new leaf growth. The beautiful Pardalotes and Silvereyes are doing their best to devour the bugs in the Eucalypts.

I suspect a new wave of Lerps are cruising through as a very young Eucalyptus seedling is showing signs of lerps visiting and this single seedling was undercover in the carport. As a result of lack of rain, many plants are showing signs of stress and sadly, some have died. After removing the dead plants, the garden will be refreshed with new plants and hopefully we receive generous rains in Autumn and Winter. That's the dream, that's the hope. Such is the cycle of plant life in any garden.

Eucalyptus landsdowneana is flowering and is providing a splash of vibrant pinkish red flowers.

This Eucalypt occurs naturally in south western area of the Gawler Ranges on Eyre Peninsular. It is a small ornamental but straggly mallee with drooping foliage that is very drought tolerant. This thin stemmed mallee will grow up to six metres high and has a very open thin canopy of young ovate leaves that mature to lanced shape adult leaves.

Flowering buds as many as seven are grouped together and are often seen as terminal flower buds but occasionally clusters of buds appear along the thin stems. These flower buds with their pinkish cream caps open up to reveal lovely pinkish red flowers which contrast well with the mid greenish yellow leaves.

This delightful Eucalypt can be grown amongst other plants as it does not have a competitive root system and with a thin canopy of leaves, other plants growing close to this mallee should thrive.

At this time of the season, not many plants are in flower but the New Holland Honeyeaters are fighting over the nectar that lovely Eucalypt is producing.

Having collected seed from a previous flowering, it is now time to have a go at sowing some seed and wait for germination. Many more of theses small Eucalypts could be planted early Winter, well, that is if it rains. This plant is available from time to time from most good nurseries and is well worth growing for it's size, openness and brightly coloured pinkish red buds.

Eucalyptus landsdowneana,

Just beautiful.



#### BIRDS IN MY BACKYARD - Julie Buttery, Humbug Scrub

Great excitement: As recently as October last year I said I had not seen a Black-cockatoo at home. This has now changed. We have been visited by at least three each morning over the last month. I had several reports of them in the area and now, having finally seen them at Home, I can add them to my Birds in My backyard. I had previously photographed them in the South east of SA.

Black-cockatoos are in the same family as the more familiar sulphur-crested cockatoo but a different species. Thus the sulphur-crested is *Cacatua* while the black-cockatoo is *Calyptorhynchus*. In particular, the Yellow-tailed Black-cockatoo is *Calyptorhynchus funereus*, being one of seven black-cockatoos Australia wide.

There are three main sub-species. The southern one, (SA and Vic) plus the Tasmanian one, is smaller that the northern one. In southern ranges, the wingspan is 355 to 395 mm, while further north it is 388 to 450. The body of the bird is about 500 to 700 grams. In comparison the Sulphur-crested wingspan is 310 – 390 and weight is 0.6 to 1 kg.

So, overall, our subspecies is slightly smaller than our Sulphur-crested cockatoos.

The crest of males bulges forward while in females it is more erect or slightly swept backward. Both have yellow cheek patches and yellow under the tail, the female's tail being vermiculated (marked with wavy lines) with dark brown. The male has pink skin around the eye and a dark bill in contrast to the female's offwhite bill.

In my photos there is a red-eyed bird with pale beak. I think it may be a not-yet-mature male, that his beak has not yet coloured up from the juvenile.

Their range is along the eastern coast, from Adelaide to Brisbane, and somewhat inland within Queensland. They frequent Tasmania too. They prefer eucalypt forests and banksia woodlands and feed on seeds of eucalypts, banksia, hakea and grevillia. They will also eat the fruit of exotic pines. They will also feed on the larvae of moths and beetles, gouging into the wood many centimetres deep with their beaks.

Their contact call is a sad double tone "whee la", while their alarm is very similar to that of the Sulphurcrested.





#### MENTAL HEALTH Lisa Kettler

## SETTING NEW YEAR RESOLUTIONS YOU MIGHT ACTUALLY KEEP.

I wonder if you too, might have found yourself making New Year's Resolutions - often with great sincerity and intent, that fizzle after just a few weeks or maybe a month or two. It is not always easy to follow through once everyday constraints, disruptions, and inertia all set in, and all *too* easy to end up feeling disillusioned and annoyed with ourselves when we do not achieve our goals.

Fortunately, there are steps you can take which can increase the chances that you will be able to follow through and make the changes you wish to make.

#### 1. Reflect on Your Core Values

Before you set any intentions, take some time to reflect on what truly matters to you. Values are the principles that guide your decisions and actions. For example, do you value health, creativity, family, learning or adventure? Understanding your core values will help you set goals that are aligned with your deepest motivations. Start by writing down words that resonate with you and prioritize them. If you struggle to label your thoughts, or the values don't come immediately to mind, a list like this one may be helpful: <a href="https://brenebrown.com/resources/dare-to-lead-list-of-values/">https://brenebrown.com/resources/dare-to-lead-list-of-values/</a>. This exercise will serve as the foundation for your intentions.

#### 2. Make Your Intentions Specific and Actionable

Once you've identified your values, translate them into specific, actionable intentions. Instead of vague resolutions like "be healthier," focus on something more concrete, like "exercise three times a week" or "meal prep every Sunday." You can get even more specific if you feel it will be helpful for you! These intentions should be clear, measurable, and realistic. By breaking your intentions into small, actionable steps, you make them easier to follow through on, ensuring consistent progress.

#### 3. Create a Realistic Timeline

It's essential to set timelines that are achievable. If your intention is to nurture creativity and you value self-expression, a resolution like "complete one art project every month" might be more realistic than aiming to finish a large project in just a few weeks.

Make sure your goals are flexible and allow room for adjustments. Life happens, and a rigid plan can lead to frustration. Building in time for reflection and reassessment will help you stay on track.

#### 4. Take it slow!

Good things often take time, and often more time than we anticipated. (Don't get me started on the garden makeover we began more than two years ago, and which is still very much a work in progress!) Slow down and appreciate the journey towards your goals as well as the destination you are heading for. I've learned to appreciate each step as it unfolds ( and I take lots of photos to remind me where we started!).

#### 5. Be Compassionate with Yourself

Lastly, be patient and compassionate with yourself throughout the year. Intentions are not about perfection but about progress. It's okay to stumble along the way—what matters is how you get back on track. Celebrate small wins and take a moment to appreciate what it has taken to achieve them. When the going gets tougher, try to approach this with a sense of the common humanity in this kind of struggle. Avoid bullying yourself into action. Encouragement is much more effective! Bullying ourselves rarely works to move us closer to our goals and often leads instead to feelings of failure and disappointment.

By grounding your New Year's intentions in your personal values, you set yourself up for a more fulfilling and achievable year ahead. Keep your goals aligned with what matters most to you, and you'll be a step closer to creating lasting change that feels true to who you are.

#### Lisa Kettler

Director & Principal Clinical Psychologist Embrace Psychological Care & Consulting

l<u>isak@embracepsych.com.au</u> embracepsych.com.au 13 Atyeo Road, Gawler Belt, SA. 5118





# AUSSIE BANDIT EARNS GUINNESS WORLD RECORD



Wheelie daredevil Nigel Benson has smashed the world record for the longest wheel stand by a car ever.

The 64-year old achieved an astounding 1,331m (4,366ft) after performing at the Mildura Air Show last September with his ute, dubbed the 'Aussie Bandit'.

Earning his name in the Guinness World Records, the 40-year racing veteran was "thrilled" to see his lifelong dream take shape after almost six years in the making.

The One Tree Hill resident said his goal was delayed for so long with COVID and trying to secure the right location to perform the stunt.

"It was great because it wasn't just beating the record, we nearly doubled the record," Mr Benson said.

"It'd taken so long for us to try and find a venue, so it was really good to be able to get on there and do it straight away, break the record and not crash." The previous record was held by Canadian wheelie racer Mike Kunz, achieved more than a decade back with 763.4m.

Mr Benson's love for racing took shape at the age of 13 after he caught a performance of two American cars at the Adelaide International Raceway in the 1970s. "From then, I thought that'd be pretty cool to do that one day," he said.

"So then we built the car and had some fun."

His wheel-spinning, record-smashing feat was achieved with his Holden VE Ute that he built himself almost 18 years ago. Since then, Mr Benson's been performing wheelie shows with his Ute around the country for 20 years.

"There's been a few cars in Australia in the past over the years, but most of them have crashed and never continued. We've been the most successful car to date."

With Mr Benson's life goal now immortalised in the history books, his last wish is for the Aussie Bandit to have a taste of the wheelie scene across the seas. "That would be the final thing for me. To go to the States."

Story: Courtesy of The Advertiser

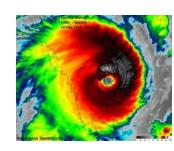


# HISTORY PAGES

## WHAT HAPPENING IN FEBRUARY IN THE PAST 150 YEARS!

#### **2015**

- 09 Abbott remains PM after move to call leadership spill defeated 61-39.
- 14 Nationwide recall of Nanna berries after Hepatitis A linked to berries from China.
- 20 Cyclone Marcia hits central Queensland, damaging at least 1000 homes.



#### **2005**

- 25- Parts of the Sydney suburb of Macquarie Fields erupt into rioting following the death of a 19-year-old in a police car chase.
- 26- The ALP government of Geoff Gallop is re-elected in Western Australia for a second term.



#### 1995

24- Cyclone Bobby hits Western Australia near Onslow causing over 400 mm (15 inches) of rain in the town.



#### 1975

14- The Order of Australia was established to recognise individuals for their public service.



#### 1945

26- Motor racing driver Peter Brock is born in Hurstbridge.

#### 1875

24- The SS *Gothenburg* strikes Old Reef off Ayr, Queensland and sinks with the loss of 102 lives.



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