

**Happy
Fathers
Day!** ★

One tree hill grapevine



This is a free community Newsletter. However a Gold Coin Donation towards the cost of production of the Grapevine would be most appreciated. Please place your gold coin donation in the Piggy Banks at the General Store, Post Office, Fodder Store or OTH Country Market when you pick up your copy.



**Deadline for the OCTOBER edition is Monday 19th September 2016.
SEPTEMBER - Volume 39 - Edition 8 - 2016**

SPRING HAS SPRUNG



EMERGENCY NUMBERS

Police: 131 444
Ambulance & Other Emergencies: 000
Country Fire Service: 000
Station: (When manned) 8280 7412

Hospital: 8182 9000
General Business: 8280 7055
Bushfire Info Hotline (24hr): 1300 362 361



www.cfs.org.au

From the Desk

Well Spring is certainly on the way, hasn't it been glorious to have beautiful sunny days and chilly nights? There's nothing like getting into a warm bed when it's cold. Let's hope we don't have too much hot weather in the coming months.

The Grapevine is a burst of colour on the front page, we wonder how many of you have flowers coming to life in your garden. Hopefully you have heeded some of the advice given in The Grapevine and you have a flourish of colour.

Page 3 has photos of the August Country Market, it was pleasing to see a lot more people about on the day to welcome the new addition to the market, pony rides.

Brianna, a local girl is on page 4, what a great achievement for her to ride in the UK representing Australia. Well done, there is no doubt about it, One Tree Hill does turn out some stars. We have an article on the same page asking if anyone knows the whereabouts of Griffin, a Shetland pony. If any one can help please phone Jessica or get in touch with us here at The Grapevine.

Page 5 has an interesting article on Aluminum foil, did many of you know that it is a natural remedy for numerous medical issues? We certainly didn't, hopefully you will try some of the ideas to help your ailments.

Spring cleaning is always on our minds when the sun starts shining, we have a few hints on page 8 that will hopefully get you motivated.

We have an updated read about olive oil on page 10, if you missed it last time around you will find this article very interesting.

Page 16 has some uses for drinking straws, the kids will really enjoy using a couple of the ideas.

Mould is something that we all get on our bathroom tiles from time to time. On page 17 we give you some hints on how to handle it.

We thought that while you were doing your spring cleaning you may come across odd socks that have not been able to find a mate for so we have some ideas on what to use those odd socks for. Don't forget to do a final check around to see if they can't be matched up before cutting them up for the uses that we have in the article.

Page 19 will give some information on Pineapples, what an amazing tropical fruit they are. They are perfect for keeping your heart healthy along with your skin and many other things. We have also talked about giving your mind a spring clean on this page, we wonder how many will do this.

Plus we have all our regular features, we thank Julie for her articles on horses and goats. Don't forget if you have a topic that you would like Julie to talk about let us know.

Lastly, to all the Father's and Grandfather's out there, have a wonderful Father's Day.

Until next month, The Grapevine Team.

Email: oth.grapevine@bigpond.com

Post: P.O. Box 196 One Tree Hill, S.A. 5114.

Phone: 8280 7095

President's Report August 2016

The report is quite short this month due to there not being a meeting in August.

Progress is still considering getting an audio and visual unit for the Institute and we are presently looking at quotes.

Our next meeting is on Thursday 8th September, we would love to see you there. We would like to see some fresh faces become members because at present it is a small aging team. If you have an hour or so each month to come along, you would be welcome to have some input into how everything is run. After all it's your town!

Dave Campbell Vice-President One Tree Hill Progress Ass.
On behalf of Ian Slater.



To contact OTH Progress Association

Email: oth.progress@bigpond.com Ph: 8280 7095
or by post: P.O. Box 196 One Tree Hill, SA 5114

Spring appears in whispers and hushed tones,
as the bellowing winter bows away.

Drowsy flowers come to attention,
waking from their sleep - yawning;

With heads turned upward towards the Maestro called Sun

I watch with anticipation as.... the concert begins.

SPRING

The budding trees are welcoming
The buzzing bees are beckoning
The warmer breeze to dance on in

The subtle scent of blooming things
The transparent spider's new webbings
The hoarfrost went away a while it seems

The birds singing ring through the land
The bugs all join in to play with the band
The sound is filling all the wood around

The flowers sense the warmer sunlight
As they grow and stretch to new height
Borrowing the colours of the rainbows

And all around the land is singing
Merry making and celebrating
Winter is gone for awhile it seems

The blooming plants are welcoming
The buzzing bees are beckoning
The blissful days of spring to dance on in.

By: Elizabeth Azpurua

Read the Grapevine on line

If you haven't had a chance to see an online edition of the Grapevine please go to the site: www.onetreehillhall.com.au click on "About Us", scroll to the bottom of the page where you will be able to select the edition of your choice, the Grapevine will open up as a PDF. We have as many back editions of the Grapevine online as possible, if you can't find the one you are looking for, email us and let us know. This is a great way to share local news with friends and family who can't get a hard copy of the Grapevine. The Grapevine now has a facebook page. Check it out and have your say about your newsletter.

Like Us on Facebook: <https://www.facebook.com/pages/One-Tree-Hill-Grapevine/379556192156386>



This newsletter is published by the One Tree Hill Progress Association. Email: oth.progress@bigpond.com Ph: 8280 7095

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ONE TREE HILL GRAPEVINE CFS REPORT AUGUST 2016



Incident Report

Last month we attended a road accident on Black Top Road, just outside the western boundary of the township. Some injuries were sustained by occupants. The roadway took a while to be cleared and opened.

We assisted with a building fire at Ridgehaven, luckily, the Bulk Water carrier attended because it helped supply urgently needed water.

A reported chimney fire on the Gawler Scenic Route did not escalate and was controlled.

We had two callouts with trees falling down after strong winds again, we were called in to help with the extra workload. One site the "Phantom Tree" was not found, the latter tree down on Bassnet Road took nearly 3 hours to make the area accessible.

The Brigade has begun the pre-season training with "back to basics" leading up to the fire season.

Reminders

Residents need to start planning for the approaching Fire Season. Have roof gutters been cleaned of debris, do you have a Fire Plan? What will you do in the event of a fire?

For general information please contact One Tree Hill Duty Phone on 8280 7055. You can also visit the CFS website (www.cfs.sa.gov.au) or Phone 1300 362 361.

One Tree Hill Country Market is on again this Saturday 3rd September

From 8.30am till 1.00pm.
Lots of variety of goods being sold, face painting for the kids and pony rides.

Photos from the August Market



Joe Federico is unable to do his regular report this month but if you have any concerns or issues with or about our City, please in the first instance phone Council's 24hour phone number "8256 0333" and or email playford@playford.sa.gov.au , and cc your email to Joe at crjfederico@playford.sa.gov.au . When speaking to Council please remember to get a Customer Reference Number to ensure registration, and easy identification of your communication.

Cr Joe Federico
Fax: 8280 7963
Phone: 0417 016 164



Life at any time can become difficult.

Life at any time can become easy.

Good or Bad, they are the Seasons of Life.

It all depends upon,
how you take on life and adjust to these seasons.

WE COME TO LOVE NOT BY
FINDING A PERFECT PERSON, BUT
BY LEARNING TO SEE AN
IMPERFECT PERSON PERFECTLY



Brianna Rides in UK

Local teenager Brianna Duncan-Coward has just returned from the United Kingdom after the trip of a life time where she was one of six riders selected throughout the country to represent Australia.

Riders were selected by a panel on previous achievements along with other requirements. Brianna has produced a number of different show horses and ponies to success at State and National level holding a number of accolades. She is also one of the States most consistent top placed riders in her rider class. This has been achieved because she has educated herself and her horses to carry her to much of her successes over the years. Recently she has been riding "Yorke" a track thoroughbred with whom she has done extremely well.

During her recent trip to the UK Brianna stayed for over three weeks with lots of sightseeing done around London, two days at the Royal Welsh Show, a week stay with a host family being the well renowned Julie Templeton Stables where she then kindly lent Brianna a horse to compete on. A week was also spent at the Royal International Horse Show, then it was off to Malvern where the Australian team got to compete over three days at the National Pony Society Summer Championships in the International Challenge.

The trip was organised through the Riding Pony Stud Book Society along with UK and New Zealand clubs. They all competed together at an International team challenge which included judging, dressage, led and ridden classes. New Zealand won the team challenge and Australia placed well in every class. It was an amazing opportunity and experience with a great team spirit held between the six girls.



Whilst away Brianna was interested in the opportunity to stay on in the UK to gain more experience in working in show stables until the end of 2016 but she ended up landing herself a new job working and riding for one of Australia's top show horse stables in Queensland.

Brianna was home for less than a week to get everything organised and then flew out for her next adventure where she will be able to continue with her passion of working and riding show horses at an elite level.

Brianna has spent most of her life in One Tree Hill and her nanna Helen Duncan has lived here for over 30 years. After completing year 12 last year Brianna is pursuing her dream of horse riding.

Picture Above is Brianna on "Yorke".

Picture on the right from left are the Australian representatives : Brianna, Jess, Caitlin, Georgia, Brynie and Indi whilst competing in the United Kingdom.



Many thanks to Brianna's mum Sue who wrote to The Grapevine about her achievements.

If you have a story to share with our readers please email or post details to us. Contact details are on page 2.



Do You Know Where Griffin Is?

We recently had an email from a lady called Jessica, she tells of how when she was younger her parents gave her Shetland Pony up for free lease to an older couple in the One Tree Hill area who had other horses and grandchildren.

The pony's name was "Griffin" and he would be around 16 years old and most likely completely grey by now, when Jessica had him he was still mostly black.

Jessica goes on to say how she would love to find him to make sure he was ok, it was never Jessica's choice to send him away, but she has come to realize how her parents couldn't afford to keep him.

Jessica now has a son of her own, and it would mean so much to her if he could meet the pony that was her companion growing up.

Jessica's phone number is 0403 336 332 or email jess.hooley01@gmail.com



Jessica with Griffin before he was given away. Hopefully we can help her find Griffin.



Aluminium Foil



Do you know what Aluminum Foil does to your body?
After reading this you'll never stop using it!

Did you know that aluminum foil has many other uses than the ones in the kitchen, such as effective treatment of rheumatic pain and burns. It is interesting that Chinese and Russian natural healers commonly use aluminum foil in their healing practices. According to many alternative doctors as well as the results of some medical research, aluminum foil can be a great substitute for harmful and expensive drugs.

Many studies have confirmed that aluminum foil is extremely beneficial in the treatment of: muscular pain, back, neck, arm, leg and joint pain, burns, effects of inflammatory processes.

ALUMINIUM FOIL WRAPS AGAINST MUSCLE AND JOINT PAIN

Note: You can use this method to relieve neck, back, arms, legs and joint pain as well as using it to treat sciatica, rheumatoid arthritis, and heel pain.

Method: Firstly you need to wrap the painful area with aluminum foil, after wrapping you will need to secure the wrap with a bandage or perhaps just a band-aid or scotch tape. Leave it on overnight. Make sure to repeat this treatment for 10- 12 days and then take a one week break. Don't forget, if you still feel any type of pain, you should repeat this treatment.



ALUMINIUM FOIL FOR BURNS

Aluminum foil is able to ease the pain caused by burns which are the result of fire, hot water, oil, steam and other liquids.

Method: Expose your burn under cold running water for a few minutes. If the skin is not broken, you can dry it with some soft, clean towel. If the skin is damaged, you will need to absorb the water from the wound with the help of a sterile gauze swab. Smear a thin layer of ointment over the area, but make sure that you have dried the wound well, in order to prevent the gauze from sticking to the wound. If the burn is not open you should put aluminum foil over it. But if the wound is open put gauze onto it first and then apply the foil and fasten with tape or a bandage to keep the foil in place. Don't remove the foil until the pain is reduced.

FLU AND COLD TREATMENT

Some people want to avoid antibiotics when they have a cold, so aluminum is the right solution in fighting infections. A foil treatment can help you get over a strong cold in just a couple of days the completely safe and natural way.

Method: Wrap your feet with 5 to 7 layers of foil putting a paper towel between the layers. Leave it on for one hour. Repeat the procedure 2 hours later using new foil. Again leave it for one hour. Repeat the same procedure after another 2 hour break. Continue this treatment for seven days.

Which Side to Use

Both sides of the aluminum foil are used, just in different ways. For warming and keeping the heat in the body part you are treating, use the shiny side directly to the skin. In the treatment for cooling and heat protection use the matte side down. Many health practitioners believe that both sides of the aluminum foil are just as efficient.

These suggestions do not replace getting a medical opinion in the first instance if burns etc. are serious. Continue to consult your Doctor if symptoms persist.

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ONE TREE HILL UNITING CHURCH



OUR VISION

"People of Faith, sharing God's Love as we Worship and Serve in the Community"

SUNDAY ACTIVITIES - 10am

Sunday Service and Sunday School

Visiting children are welcome to join our children attending Sunday School which takes place during the service.

SMYG (Sunday Morning Youth Group) & Young Adults

Meet every Sunday at 10am with their leader whilst the Service is taking place. Throughout the year they enjoy various activities - paint-balling, 10-pin bowling, weekend camps, cinema evenings, and more.

New members are very welcome, just come along to their room located behind the church.

OP SHOP

Our church, together with three other local churches, run the Red Bird Op Shop in Elizabeth North with all proceeds going to the Churches and Mission.

Donations of second hand clothing are always appreciated, and can be dropped off at the shop at Hilcott Street, Rosewood Village, Elizabeth North between 9.30am and 3.00pm Monday to Friday.

GIFT FILLED SHOE BOXES FOR CHILDREN

Once again it's time to start filling shoe boxes ("Gifts of Love") - to bring joy and hope to children in desperate situations around the world. This is done in conjunction with "Samaritans Purse" - a non-profit Christian organisation. If you would like a box to fill, or more details, please phone **Edna** on **8255 7987**.

OTH FELLOWSHIP - MARKET STALL

Our ladies run a stall each month at the One Tree Hill Country Market at the Institute with their usual variety of home-made cakes, slices and biscuits, plants, bric-a-brac, games, books.

Come along, have a look and say hello - we'd love to see you.

OTH Uniting Church Fellowship

Wednesday - September 28th - 10.00am

We will be holding our Annual Fundraiser for

The Big Morning Tea

Guest Speaker: Seed of Infinity
Helping Women Prisoners just released from Prison
Morning Tea and Trading Table - Admission \$5.00

AI-Ru Open Garden

Sunday 2nd & Monday 3rd October

Once again we will be catering for Lunch, and Morning and Afternoon Tea on both days. This is a great opportunity to come and view the beautiful gardens and enjoy our scrumptious Devonshire Teas and Lunches.

**For further information please phone
Maureen on - 8280 7368**

Life always offers you a second chance. It's called tomorrow.



Press Release

Monday August 22, 2016

I wanted to take this opportunity to let you know that at Country Estates we are about to undergo a significant change.

Firstly, and most importantly, we want to sincerely thank all of our many wonderful clients who have allowed us to assist them over the years, many of whom have become loyal clients and, most joyfully for us, have become our friends. For this we extend the utmost gratitude to you. It is because of you all that Country Estates has grown and been able to continue to provide the specialised and unique services that we do.

You may be aware that we have recently expanded, with offices now in One Tree Hill and Manum, along with our main hub in Birdwood which was established back in the early 1970's. Our commitment to best help people has resulted in a need for our services beyond that of our original hills and country area; this has led to the rebranding of Country Estates.

Soon you will notice our name change from Country Estates to CE Property Group. Our rebranding has evolved to enable us to expand the areas we cover and the services that we can provide to you whilst, most importantly, maintaining our core values of ensuring our clients always receive the finest real estate services available

Thank you again for your support, we look forward to this exciting time and look forward to continue being there for you.

Yours sincerely

Mark Watkins
Director/Sales Manager
PH 8280 0033



How Well Do You Know South Australia?

ARTS AND ENTERTAINMENT

1: Which famous musical had its Australian premiere in a concert version held at Adelaide's Memorial Drive tennis courts in 1972?

2: The Flinders Rangers was featured in a television series created by David Attenborough. What was its name?

3: When was the first John Martin's State Bank Christmas Pageant held?

4: Where were scenes from the movie Mad Max, Beyond Thunderdome filmed?

5: Adelaide is known as the Festival State. Name 3 major events.

6: When was the first Festival of Arts held?

7: In the 1920s, what entertainment venue was the River Torrens famous for?

8: What is unique about the South Australian Tunarama Festival held in Port Lincoln?

9: When did WOMAdelaide world music festival commence?

10: When did the Beatles come to Adelaide?

11: Where can one expect to see Australia's only cow race?

12: For which world famous Australian movie were scenes shot at Coffin Bay on Eyre Peninsular?

13: Where was the ballroom scene for the movie Gallipoli filmed?

14: For which local band did the composer of two of Tina Turner's hit records play?

15: What antique collection is housed by the Chateau Yaldara Museum at Lyndoch in the Barossa Valley?

16: Where would one locate the Red Devil - a 1916 British monoplane in South Australia?

17: What colours are the horses Nipper and Nimble in Adelaide's Christmas Pageant?

18: Where might you find the smallest electric train in the world and the largest antique clock collection in Australia?

19: The Bay-to-Birdwood Run, a car rally between Adelaide and Birdwood in the Adelaide hills, was first held in 1980. What does the rally commemorate?

This year is the Vintage run, it is held on Sunday 25th September.

20: Who is the famous actor who was born in Port Pirie?

Answers appear on page 14.



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ONE TREE HILL - MODBURY - SALISBURY - ELIZABETH PARK -
ELIZABETH EAST

Crime Report – ONE TREE HILL Rural Watch – Offences reported between 20th July and 15th August 2016

Between December 2015 & August 2016

Persons have entered property on numerous occasions and stolen quantity of diesel and petrol.

Theft

Humbug Scrub Road, HUMBUG SCRUB

Overnight 30th July

Window of vehicle smashed and power tools stolen.

Property damage and Theft

Burnett Drive, ONE TREE HILL

Between 31st July & 2nd August

Vehicle stolen from driveway.

Theft of motor vehicle

Craigmore Road, ULEYBURY

Between 11th & 14th August

Power tools stolen from shed and carport.

Theft

McGilp Road, ONE TREE HILL

**As always if you have any information to assist with any crime issues in the area
please phone Police Communications on **131 444****

Many thanks to Darren McCue (Senior Sergeant First Class) - One Tree Hill Rural Watch Liaison Officer for this information.



It's that time of the year again when we get all the jobs done around the house that we may have been putting off.

There are few rites of Spring more satisfying than the annual clean. For many people, however, the pleasure only comes after the work is finished. Your spring cleaning may never become effortless, but you can make the project more manageable - even enjoyable!

This checklist offers an overview of everything you need to know so you can zip through the process and arrive at the happy end.

After reading these tips and techniques, tailor the list to your home and yard. Create a realistic schedule, keeping in mind that a single weekend won't suffice, as you'll need several days for more involved projects, such as shampooing carpets and organising wardrobes etc. Whether you prefer to proceed from the outside or inside try to focus on one task at a time and be sure to enlist the help of family members.

Throughout the House: The tips below outline basic techniques that will help you clean almost every surface (or object) in any room. The tasks further in the article are broken down by location, including outdoor spaces.

Wipe down all walls and ceilings using a vacuum to remove dust first. Tackle any grime, especially in kitchens, with a solvent free degreaser.

Clean grouting to your tiles on the floor and walls with a toothbrush dipped in carb soda. Because the grout is cement based it is extremely porous and stains easily, it may be a good idea to apply a grout sealer once you have the grout clean.

Vacuum and shampoo carpets and rugs - Synthetic carpets and rugs with waterproof backings can be deep-cleaned with a rotary shampoo machine and hot-water extraction machine. Rugs without backings, including Orientals, require professional cleaning.

Dust books and shelves - Take everything off the shelves and brush shelves and books with a feather duster. Use the dust brush or crevice tool on a vacuum to reach tight spots. Wipe the spines of leather-bound books with a clean, soft cloth.

Clean upholstered furnishings - Take cushions from your lounge outside and gently beat them by hand to remove dust. If there are stains, check the pieces for care labels. Use a vacuum's upholstery and crevice tool to clean under seat cushions.



Polish metal door and window hardware with a liquid polish, if tarnish doesn't come off try a stronger product.

Wax wooden furniture - wipe furniture over with a soft cloth dampened with water and mild dishwashing liquid before applying the wax, buff with a clean cloth.

Ensure fire safety - Change batteries to smoke detectors and make sure the units are free of dust. Make sure that you review your escape plans in case of fire.

Wash window screens - Using warm water and a mild dishwashing liquid, scrub each screen with a brush and rinse thoroughly, let them dry off completely before fitting them back in place.

Clean window treatments - Check the labels on your curtains to see if they are machine washable. If they aren't you'll have to get them dry-cleaned. Wipe wooden blinds with a damp cloth, warm water with mild dishwashing detergent is safe for both metal and vinyl blinds.

Outside jobs to do include getting rid of cobwebs from your eaves and patio or pergola. Purchase a long handled cobweb remover and you'll be amazed at how easy it is.

Remember to give your clothesline a wash in mild detergent and warm water.

Garden pots tend to gather a lot of dirt and cobwebs throughout the year and because we don't tend to spend as much time outside in the winter they build up. Give your pots a gentle scrub with warm soapy water to give them an almost new look. You could always freshen them up with a fresh coat of paint once they are washed and dried if they don't clean up very well.

There is nothing like finishing off your jobs with a good cuppa, now you can sit back and admire all of your hard work.



Are you feeling out of sorts?
Is your body changing?
Could it be your hormones?

- ✦ If you're experiencing changes due to hormonal imbalances, it's important to consult with a qualified medical professional who understands your needs.
- ✦ Shadi Ibrahim, the eCompounding Chemist, can help. He has practiced pharmacy and nutritional medicine, helping people with hormone imbalances using a holistic approach for over 18 years.
- ✦ Together, we look at issues around Hormonal Imbalance, Perimenopause and Menopause.
- ✦ To start, we take a profile of your sex hormones, Adrenals, Thyroids and Metabolic Pathways to see how we can best remedy the situation.
- ✦ Shadi uses a holistic approach that treats you as a whole – not just the symptoms – for overall better wellness.

**SPECIAL
OFFER!**

Make a booking for one
session **(\$60)**
and
get another session **FREE!**



Want to know more? Shadi is available for consultation on

**Wednesday Mornings
at
One Tree Hill Pharmacy**

**Thursday Mornings
at
Mt Pleasant Pharmacy.**

This limited-time package includes an initial consultation, historical hormone profile, follow-up consultation and wellness action plan.

To book an appointment with Shadi, call 1300 790 139 today

Update on Olive Oil and some of the Benefits

Quality Olive Oil Matters

It's been quite a while since we did the article about olive oil, this is a revised article with updates and will make interesting reading for those who missed it last time.

The health benefits of olive oil are unrivalled, and research reveals more benefits nearly every day. In fact, we are only just beginning to understand how healthy olive oil is for us. Olive oil is one of the few widely used culinary oils that has approximately 75% of its fat in the form of oleic acid (a monounsaturated, omega-9-fatty acid). Oleic acid is known for providing proper balance of total cholesterol, LDL cholesterol, and HDL cholesterol in the body.

If you've been a part of the great oil debate, you will know there are so many opinions about which oil is the healthiest to cook with. In the Mediterranean, it's no: Olive oil trumps all, and there is a good reason too! But there are a few things you need to know about buying olive oil here in Australia before you race off to your grocery shop.

Olive Oil: This label on bottles simply indicates that the oil, while still healthful, has not met the strict criteria of "Virgin" or "Extra Virgin" labelling. It is often a refined or blended oil and the acid content should not be more than 3.3%. It is very versatile and may be used for baking, frying or deep frying. The terms "Pure", "Light" and "Pomace" that you might see on some labels are marketing terms and are not necessarily indicative of high quality or additional health benefits.

Olive Oil Health Benefits

- ◆ Heart-healthy fat: Olive oil belongs to a category of fats called monounsaturated fats. These have been proven to keep your arteries healthy, even as you and your heart age.
- ◆ Prevent strokes: Scientists have discovered that olive oil alone helps fight against osteoporosis. This is especially important for menopausal and post-menopausal women who have the greatest risk of losing bone density. That's why women in their 40s and 50s should start cooking with olive oil (if they are not already), to help prevent bone loss when their hormones change.
- ◆ Reduce risk of diabetes: Eating lots of olive oil is better at preventing diabetes than a low fat diet! How? Olive oil can help control blood sugar levels and reduce insulin resistance.
- ◆ Promote mental health: A high consumption of olive oil is associated with a lower risk of depression. (This isn't the only example of how your diet directly affects mental health).

But what if the oil you bought wasn't giving you all of these amazing health benefits? What if you thought you were cooking with olive oil, but you were filling your body with something else entirely?

Fake Olive Oil?

If you think you know better, you might be surprised that 70% of olive oils sold are actually not pure (and that includes oils

labelled "extra virgin")! Instead, most olive oils that are sold have been either mixed with canola or colza oil, or are blended with a cruder version of olive oil and then chemically coloured and flavoured.

How To Spot the Difference

The Taste Test: There are a couple of at home tests some people suggest for finding out if your olive oil is real. One of them involves simply tasting it. The problem is, fake olive oil has been sold so long, that even food experts can't tell the difference anymore.

One experiment was done with several different food experts. They tasted a wide range of olive oils (from discount stores to premium versions), and ended up approving one of the cheapest, least pure oils, while thinking the real ones were fake! If experts in olive oil can't use the sense of taste as a reliable tool for finding real olive oil, no one can.

The Fridge Test

Another suggestion some people make is to put olive oil in the fridge. This is because monounsaturated fats become cloudy in cold temperatures (even to the point of becoming solid, after a long time). So, if your oil looks exactly the same after being refrigerated for 2 hours, it's not real!

The problem is, olive oils that have been mixed with non-pure olive oil will still appear cloudy. Not to mention, some companies mix just enough of canola oil to pass this cold test. Ultimately, it's just not good enough to weed out most shop bought versions.

The Fool-Proof Test

But, the main problem with these at home tests, is that they have to be done at home! You have to buy them first before finding out if they are the real deal. So what's the only way to tell if your oil is real? Buy it from the right place.

You can purchase 100% pure olive oil, not mixed with anything else, from a trusted, local provider. There are several in the One Tree Hill area who resist the urge to make a quick sale of their product.

More Olive Oil Tips

If you don't have direct access to locally produced olive oil, here is what you will need to look out for when buying at the shops.

- ◆ Dark bottles keep oil from oxidizing, so avoid transparent containers, especially plastic.
- ◆ Look for a seal of approval from The International Olive Oil Council.
- ◆ Avoid "light" olive oil completely.
- ◆ Try to find a harvesting date on the bottle (most fake oils won't include this).
- ◆ Only buy cold-pressed olive oil (others are treated with chemicals and heat).



Mental Spring Cleaning

3 Drops of Rosemary and Verbena - Warming, Stimulating & Clearing of Mental Cobwebs

1 Drop of Vanilla absolute - Relief from Anxiety

2 Drops of Roman Chamomile - For Harmonious Thoughts

4 Drops of Grapefruit - Cleansing and Adding Bright, Ready Energy

Blend all of the oils into an unscented lotion or apricot kernel oil and enjoy a fresh frame of mind for Spring! Use as a hand rub so that you can enjoy spring all day long!

From The Past - Assorted Clippings From The Early Days

ONE TREE HILL CLUB - AUGUST 18, 1896

The annual meeting of the local cricket club was held at One Tree Hill on Friday evening, August 14th. The meeting was not largely attended and one or two innovations were duly sanctioned.

Mr. F.L. Ifould occupied the chair. The secretary (Mr. Geo Bowman) in presenting the yearly report congratulated the club upon the distinction it had achieved in winning the premiership of the Gawler Association for the first time after a creditable record as "runner-up". The treasurer's (Mr. Rudolph Fiebeg) financial statement which showed a credit balance of £5 4s 2d elicited laudatory comment, and was unanimously adopted.

The officers for the ensuing season were elected as follows: - President, Mr. E. L. Ifould; vice-presidents, Messrs F. Barritt, R. Patterson, T. Williams, F. and A. Thomas, W. Kelly, A. Kelly, J. S. Harvey, J. H. Elliker, and R. Loftes; Captain, Mr. Hermann Bischof; vice-captain Mr. F. L. Ifould; Secretary, Mr. Geo Bowman; Treasurer, Mr. R. Fiebeg; Delegates to the Association, Messrs G. Bowman, Bischof, and Ifould; Match Committee, Messrs G. Bowman, Ifould, and Loftes.

The retiring officers were heartily thanked for their services, and Messrs Bowman and Fiebeg suitably replied. A trophy to be awarded by Mr. H. Bischof to the member of the club who is pronounced by his co-players the most deserving fieldsman was voted to Mr. Geo Bowman after a tie with Messrs F. Ifould and Bowman.

The last business the meeting had to dispose of was the historic dinner in connection with the club. The annual fete has had peculiar local interest, and cricket alone was eradicated while enshrined by our forbears at the foot of the old gum tree contiguous to the cricket ground with an enthusiasm in keeping with the popularity and importance of the great national pastime. Subsequently the venue of demonstration has been placed to suit the convenience of the locality. It was decided that the festival this year should take place on the Friday next before full moon in October, when no doubt the traditions of the old Munno Para East cricket club will be revived.

Second Birthday - Friday July 24th, 1942

The One Tree Hill unit of the F.F.C.F. celebrated its second birthday on Thursday, July 16th when the meeting took the form of a social occasion.

Items were given by Mrs. Tamblyn, Misses Tamblyn, Chinner, and Maczkowiack with Miss Walter at the piano. Afternoon tea was provided by the members. Mrs. Ifould, President, presented a birthday cake with two candles and this was cut, each member receiving a portion.

Election of officers for the ensuing year - Mrs. Ifould was unanimously re-elected President; Mrs. H. J. Hender, Secretary and Treasurer. Mrs. Chinner, who previously held the office of treasurer, asked to be relieved for the ensuing year.

During its two years work for the Fund, the unit has raised £369 13/6 and has forwarded to Headquarters garments as follows - socks 278 pairs, pullovers 115, scarves 56, balaclavas 48, mittens 133 pairs, handkerchiefs 2,253, dilly bags 18, face washers 367, sea boots 3 pairs, stockings 26 pairs.

81 lbs. wool has been received from Headquarters and 198 yards of material for handkerchiefs and face washers.

Several members received letters from soldiers thanking the makers of articles forwarded to them from the Comforts Fund.

Country News - Friday September, 1922

The scholars of the Precolumb school gave an entertainment in the Institute Hall on September 9th to raise funds for improvements to the school library.

Older children provided a table of fancy work which they had worked in their spare time, and parents and friends gave gifts of produce, etc.

All these goods were sold during the evening. In the concert in addition to choruses rendered by Joyce and Lilly Groth, Dorothy Dawson, Roma Fieby, Ada Harvey, Doris Dyer, and Charlie Charlson. Miss Fieby played for the children, and Mr. J. H. Groth, the chairman of the School Committee, presided.

The teacher, Miss J. M. Smith, and the members of the School Committee are well satisfied with the effort which brought in £16.

£21 From One Tree Hill Ball - Friday 23rd, September, 1949

A ball at One Tree Hill on 7th September raised £21 for the Back to Gawler fund.

Accompanied by his daughter, Mrs. Winter, the Mayor of Gawler (Mr. Louis Ey) addressed the gathering and referred to purposes of the fund.

Judges Mr and Mrs. O. McGilp and Mr and Mrs. H. Hallett, of Adelaide, chose Miss Mary Jeffs "Belle of the Ball". She received a silver cake dish from Mr. Hallett.

Visitors were present from Adelaide, Tea Tree Gully, Reeves Plains, and the Gawler district.

A delightful home-made supper was served.

Country News - September 12th 1919

A very jolly social was held in the One Tree Hill Institute on Friday evening, September 5, to welcome all the local soldiers, who except the four who gave their lives, are all safely back, but two, who are on furlough in the Mother country.

The hall was packed, and though a happy time was spent, the audience, at the instance of the Chairman (Mr. G. Bowman) stood for a few moments with bowed heads as a tribute of respect to the fallen heroes.

The following spoke words of welcome, The Chairman, Mr. H. H. Blackham, Mr. Ifould, and Rev. R. Broadbent, while Dr. E. H. Lewis and Messrs. V. Bellchambers and J. T. Chinner responded for the soldiers, who each received a gold medal.

Nurse Shillabeer a gold Maltese Cross as an appreciation from the residents. Mrs. P. Ifould, Misses Blake, Smith, and Howell, and Messrs. Harry Parkes and Pomeroy gave some excellent musical and elocutionary items, and the local ladies eclipsed themselves in providing dainties of all kinds for supper. Mrs. E. A. Kelly and Miss Harvey, deserve praise for their work in decorating the hall, which has never looked better.

After supper followed the inevitable dance for which Miss. D. Ormsby provided excellent music.

If you have some old photos or stories about the 'old days' please feel welcome to contact The Grapevine. We would love to be able to share some of your stories and photos with our readers.

Our contact details are on page 2.



Kids' Page

Hello, isn't it wonderful to see so much sunshine? The nights are still a bit chilly but it's perfect sleeping weather.

By the time you read this the Royal Adelaide Show will be on or almost starting. If you are going, have a great time and don't get sick on any of the rides. Don't forget to pop over and see the animals on display and watch some events on the arena. There is so much to see and do at the show, it's not just about rides and show bags. Maybe you will see some animals from the One Tree Hill area, I know that there are some entries from here.

I look forward to hearing from you next month.

Until next month Auntie Bev.

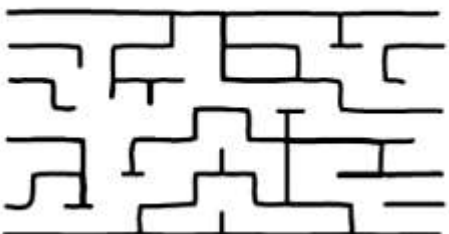
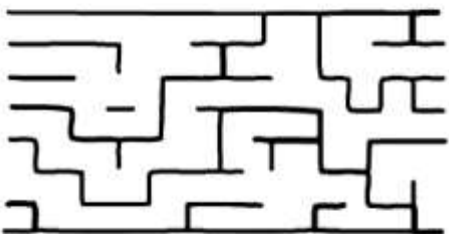
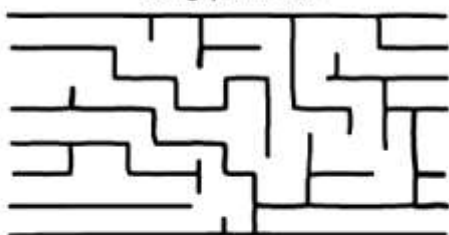
Email: oth.grapevine@bigpond.com or drop me a line at the Grapevine, Postal address is OTH Grapevine P.O. Box 196 One Tree Hill Post

OTH Kookaburra Club



The Kookaburra Club is open to all children 13 years and under. If you would like to become a member email or post your name, address, birthdate and a story or jokes to the grapevine. (Details are on page 2 of this edition) We have a monthly prize for the best story or jokes, this is a \$10 voucher. Birthday cards and a \$10 voucher will be awarded for your birthday but please note that if you don't submit something for 6 months you will not receive your birthday gift. I hope to hear from lots of you this year. Thank you to OTH Progress for the awards.

Hungry Animals



Help the animals find their food!

Q: Why was the man looking for fast food on his friend?
A: Because his friend said "Lunch is on me!"

Q: What is brown and has a head and a tail but no legs?
A: A penny!

Q: What goes through towns, up and over hills, but doesn't move?
A: A road of course!

Q: Why was there thunder and lightning in the laboratory?
A: The scientists were brainstorming!

Q: Why did John go out with a prune? A: Because he couldn't find a date!

Q: What did the little mountain say to the big mountain? A: Hi Cliff!

Q: What do you call a funny mountain? A: hill-arious!

Q: What did one candle say to the other candle? A: I'm going out tonight!

Q: What do you say when you lose a wii game? A: I want a wii-match!

Q: What starts with a P, ends with an E, and has a million letters in it?
A: A post office of course!

Q: How many books can you put in an empty back pack?
A: One after that it isn't empty!

Q: What kind of flower doesn't sleep at night? A: The Day-zzzz!



Q: What is the difference between a cat and a comma?

A: A cat has claws at the end of paws;
A comma is a pause at the end of a clause!

Q: What dinosaur knew the most words?

A: A thesaurus!

Q: What animal needs to wear a wig?

A: A bald eagle!

Knock, Knock. Who's there? A little old lady.
A little old lady who? I didn't know you could yodel!

Q: Why did the math book look so sad?

A: Because it had so many problems!

Q: Can a kangaroo jump higher than the Sydney Harbour Bridge?

A: Of course! The Bridge can't jump!

Q: What happens if you eat yeast and shoe polish?

A: Every morning you'll rise and shine!

Q: What did the Bacon say to the Tomato?

A: Lettuce get together!

Q: What is the hardest working part of the eye? A: The pupil!

Q: What do you call the security guards working outside Samsung shops?

A: Guardians of the Galaxy!

Q: What do you call a baby monkey?

A: A chimp off the old block!

Q: Who earns a living driving their customers away? A: A taxi driver!

Q: What happened to the dog that swallowed a firefly?

A: It barked with de-light!

Q: Why are frogs so happy?

A: They eat whatever bugs them!

Q: What do you get when you cross a cow and a duck? A: Milk and quackers!

Q: What do you call a sleeping bull?

A: A bulldozer!

Q: Why is England the wettest country?

A: Because the queen has reigned there for years!

Q: Where did the computer go to dance?

A: To a disc-o!

Q: Did you hear the joke about the roof?

A: Never mind it's over your head!



After Hannah-Bell died our mum wanted another cow. One day our mum said let's go get another cow so we all went to the dairy.

They had lots of cows there. The lady brought out our new cow. It was difficult getting her in the trailer.

We were all excited that we had another cow, especially our mum.

Her name is Jazzy. We let her out into the paddock. Camembert came up to her and was sniffing her. We thought she liked her.

Daniel 10 years.

Great to hear that you have a new cow.



Not long ago our parents went away. Samuel and I went to our grandpa's place. A few days later Samuel got a bike.

Our Grandpa started riding it up and down his road and thought he should get one for himself.

We looked on Gumtree but they were all quite expensive so we bought one from K-Mart.

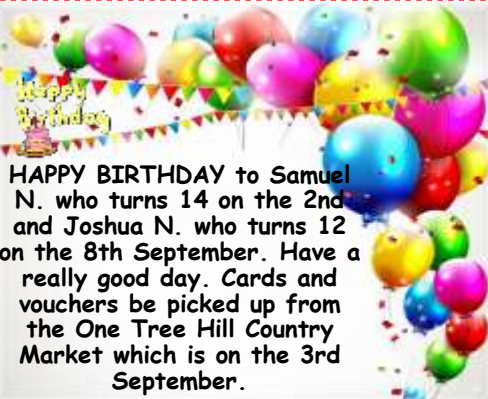
One day when Samuel was doing woodwork, my Grandpa drove one of his cars in front of me and I drove down the road on his bike. We drove all up around the quarry at the end of his road a couple of times.

A few days later we were riding our bikes and Samuel got a puncture in his, twice!

Our grandpa put leather in the tyres to stop prickles going through the tube.

When our mum came to pick us up, we showed her the bike we got. She was surprised her dad was riding a bike.

Joshua 11 years (12 on the 8th Sept).



HAPPY BIRTHDAY to Samuel N. who turns 14 on the 2nd and Joshua N. who turns 12 on the 8th September. Have a really good day. Cards and vouchers be picked up from the One Tree Hill Country Market which is on the 3rd September.

One day my nanna, her dog Charlie and I went to the new park at Blakes Crossing.

I wanted Charlie to have a ride on the swing so nanna put him on with me. He was a little bit frightened to start with but then he enjoyed it.

We had our lunch in the park and it was a nice sunny day.

Riley D. Age 4 (with nanna's help).



When I went to Melbourne I saw my friends Abigail and Brianna. I slept at their place. We took funny videos on their I-Pads.

We did one with Abigail throwing Holly (their cat) onto the bed. We made up a family video and Samuel threw David onto the couch and he fell over onto the bean bag.

David was laughing so much that he kept falling over onto the floor. Daddy and Daniel were play fighting. We had Abigail do a cartwheel and Brianna do a funny face like an alien.

We put it all together to make a movie. We all laughed so much when we watched it.

Hannah 8 years.



You are our winner for this month, keep up the great work with your stories. Prize can be picked up from the OTH Market



Q: What did the triangle say to the circle?
A: You are pointless!

Q: What kind of berry has a colouring book?
A: A crayon-berry!

Q: What did the judge say when the skunk walked into the court room?
A: Odour in the court!

Q: What did the traffic light say to the car?
A: Don't look, I'm changing!

Q: How do you find a Princess?
A: You follow the foot Prince!



Q: Why did the man with one hand cross the road?
A: To get to the 2nd Hand shop!

"Fathers Around the World" Word Search



Y J H P B Y N V P M F O Q B B
F D C L Q E H Z X A A C S C F
B L D H R Z L Z M H P B W X G
J B R A A Q V A T I K A J V K
O N A T D Y O K N O T L G V X
A Q W W X Q N D P A J O A Y U
U P X B P E M A O O O X H G I
U B U B B L D Q F O P N P G A
D B P R A R K W W R U R A S T
S O T K E A P A T E R B N E L
P W B U D A J O G Y B P O F V
W B Q O L S V K R A B A P P F
Z V Z V I K F A T H E R A R U
F X L M P J X Y O A M I W C R
Z O L C T O L A F U K L U Q R

FATHER
PATER
DAD
ABBA
PA
PADRE
DADDY
PAPA
VATI
POP
PAI

Q: What music are balloons scared of? A: Pop music of course!

Q: What do you get when you cross a fridge with a radio? A: Cool music!

Q: What is the longest word in the dictionary?
A: Smiles, because there is a mile between each "S"!

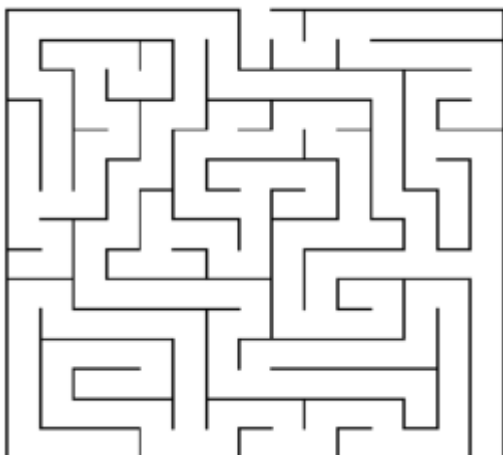
Q: Why did the belt go to jail? A: Because it held up a pair of trousers!



Q: What do you call a book that's about the brain?
A: A mind reader!

Q: When do you stop at green and go at red?
A: When you are eating a watermelon!

Q: How did the farmer mend his trousers?
A: With cabbage patches!



Can you find your way through the maze to the spring garden?

Dr. Steven O'Connor (Acupuncture)

B.HSc(Acu), Adv. Dip. Nat., Adv. Dip HM.,
Dip. App. Sc(Ag), Dip.RM.

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How Well Did You Know South Australia?

Answers from page 7

- 1: Jesus Christ Superstar.
- 2: Life on Earth.
- 3: 1933. Originally it was known as John Martin's Christmas Pageant.
- 4: Near Coober Pedy.
- 5: Festival of Arts, Fringe Festival, WOMA Adelaide, Glendi Greek Festival, Clipsal 500 and the Royal Adelaide Show are the main ones.
- 6: 1960.
- 7: The Floating Palais, a floating dance hall.
- 8: It is the only celebration in the world dedicated to a fish!
- 9: 1992.
- 10: The Beatles arrived in Adelaide on 13th June 1964, giving a concert at Centennial Hall, Wayville.
- 11: Mount Compass in the Adelaide hills each year in February.

12: Gallipoli.

13: In the marble hall at Adelaide Railway Station.

14: Terry Britten from the 1960s band, The Twilight. He wrote "What's love got to do with it" and "We don't need another hero". He also wrote Carrie for Cliff Richard.

15: A collection of rare Dresden china and porcelain which can be viewed during guided tours of the museum.

16: Minlaton, on the Yorke Peninsula, houses pioneer airman Harry Butler's Red Devil which is believed to be the only one of its kind left in the world.

17: Nipper is black and Nimble is grey.

18: Hahndorf, in the Adelaide hills.

19: The Bay-To-Birdwood Run commemorates the issuing of Australia's first drivers' licences in 1906. Only vintage vehicles (built up to 1959) may participate. The Classic run is alternate years with vehicles from 1956 to 1978.

20: Keith Michell.

Horse Care - ROLLKUR



If you have been watching the Olympics you may have come across the term rollkur. What is it? Why are some people unhappy with its use? I have no experience of rollkur but here are some thoughts.

Rollkur, as practised today, is the hyperflexion of the horse's neck to the point of him touching his chest with his chin. While this is a common occurrence to chew away an irritating insect, it is not maintained for any length of time.

It was introduced as a training aid to encourage the horse to flex his neck into the "correct" dressage position. A horse that is resisting the signal of the bit may need to be pulled firmly into this posture – for about 2 seconds. This may remind him to give or soften to the bit. It also grew out of the idea of "long and low", being a reaching and stretching movement where the horse reaches down toward the ground. But they have been combined into the rollkur movement.

Some people see the shape the dressage horse has and thinks it is the same as the rollkur. It is not. In true dressage frame, the horse carries his head there because he is balanced and it becomes the natural place to put it. In rollkur it is held there by the bit and reins. The true test is to release the hold on the reins and see if the horse continues in the same position.

Rollkur causes massive strain on the ligament that holds the head up, stretching it beyond comfort. It triggers calcification of the joint where the head meets the neck (the atlas). It restricts breathing by closing the gullet and prevents swallowing (this is why horses in rollkur are slobbering).

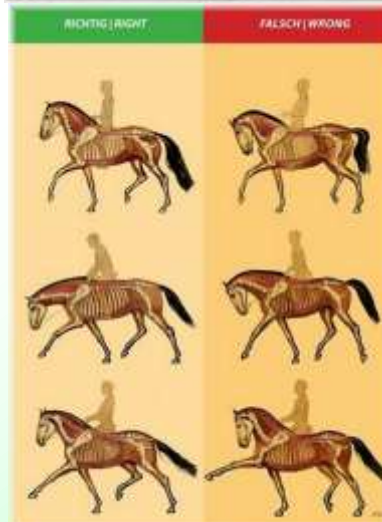
Rollkur? No way.



Left: Long and Low

Bottom Left:
Rollkur
Comparisons

Below: Rollkur



If you have any horse query for Julie please email or post to the Grapevine and we will pass it on.

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Nutrient Licks for Goats



Like other species, goats need a variety of nutrients. While they are free to roam large areas, they will find all they need. But confining them and bringing feed to them often means they miss out. Farmed feeds are frequently short on some minerals or vitamins and we need to supply them in another form.

This is where the nutrient or salt lick comes into good feeding. Most licks are based on common salt, but they have a variety of different minerals added. When selecting licks, it is best if we provide a selection of different ones. For goats, I like Ranvet's general lick (it contains copper and cobalt, two things that are missing from this area). Provide Olsson's Go-block (specially designed for goats) as well and you will have most of the minerals provided. These come in 2kg blocks, which are convenient for small numbers. If you happen to have large herds, I suggest you look at the 20kg ones as they are more economical, but do deteriorate over time.

The two 2kg blocks should last a couple of goats for 3 to 6 months. If they don't the goats were short of something and really needed them. The blocks can be hung on a sheltered wall (special mounts are available) or dropped into the feed bin.

I prefer to mount them as they will often flick them out of bins and then spoil them. Remember, the goat does not eat anything with faeces or urine on it.

Is it worth it? I know milk production goes up when the goats get their blocks. I have heard the quality of fleece also improves when the goats have free access to nutrient blocks.

Don't be misguided by the fact that you feed a "complete mix" as prepared by commercial manufacturers.

Unless you feed the amount they recommend, you will still be providing less nutrients than the goat needs. Very few of us actually feed the amount recommended as it would be expensive. Only those animals in high production will need the full recommended amount anyway.

Thank you Dell for the question about nutrient blocks.

Written by Julie who is happy to answer anything about goat care. Email or post your questions to The Grapevine and Julie will try to answer them.

oth.grapevine@bigpond.com
or P.O. Box 196 One Tree Hill, 5114.



Mistakes That Can Be Made With Natural Cleaning Products

From time to time we publish some home made cleansing products, while they really work well you should always be careful using them on some items.

Using non-toxic cleansers like lemon juice, bicarb soda and vinegar is much safer than using commercial cleaners, there are still a few things to keep in mind.

1: Don't scorch natural stone with lemon juice or vinegar. Lemon juice and white vinegar make great cleansers, but you can't use them on everything. Because they are both acids, they will damage natural stones like marble, limestone, onyx and travertine. These surfaces should only be cleaned with neutral cleansers like soap and water, or specialised cleaning products.

2: Don't go into essential oil based labour! While scented oils are a great way to make your home smell amazing, they do carry dangers. Peppermint oil, for example, should never be used around children under 6 - it's been known to constrict their breathing. Similarly, if you are pregnant, jasmine and clary sage oils may trigger contractions, and sage and rose oils are known to cause uterine bleeding.

3: Don't inhale or splash onto skin. Just because a product is natural doesn't mean it can't hurt you (arsenic is natural, after all). Even non-toxic compounds can irritate your skin, eyes, and nasal passages, so be sure to clean in well-ventilated areas, and always wear gloves.

4: Don't use salt on carpets. Salt is often used on red wine spills, but beware; salt will actually help wine penetrate carpet fibres. Instead, use white towels to blot as much liquid as possible. Soda water is a stain lifting powerhouse due to its carbonation and its low PH profile. Pour the soda water over the stain until it disappears, then wash and dry as normal.

5: Don't get casual with ammonia. Ammonia is a powerful cleanser, but with great power comes great responsibility. When using it, ensure the area is well ventilated and always wear gloves, and even a face mask. Exposure can be irritating at best and corrosive at worst. And never (ever) mix ammonia with bleach - the resulting gas can constrict breathing.



Uses For Drinking Straws

You can use straws for many unusual uses as well as for drinking from them.

1: Paint fun: Maybe you remember using straws to blow paint around in school, in case you have forgotten it's a lot of fun. Water based paint works best because it can be diluted with water to make a thin paint. Load a little in the straw and gently blow it to create a unique piece of art.

2: Flower holders: Fix droopy flowers by propping up the weak stems with thick straws. Alternatively, you can use straws as an extender to give your flowers new length in a tall vase. Clear or green straws work well for this.

3: Wire organisers/markers: In our digital age wire management is critical. Never unplug the wrong thing again by clearly labeling the device wires with a straw cut lengthways, then cut into small segments. Wrap these segments around wires and label them with markers.



4: Funnel Extender: Funnels are really handy tools, but the wide top doesn't always fit into tight spaces. Luckily most funnels have a tapered bottom that allows straws to be attached and extend the range of the funnel.



5: Straw Siphon (as a science exercise for kids): Joining two straws together can make a fun science experiment showing the action of a siphon. A siphon is an inverted "U" shape, which causes a liquid to flow upward above the surface of a reservoir, with no pump, but powered by the fall of liquid as it flows down the tube under the pull of gravity, and discharging at a level lower than the surface of the reservoir where it comes out. To make a siphon, gently fold the end of one straw lengthwise and feed it inside the second straw, then roll the folded end with your fingers to undo the fold and create a seal between two straws. With a glass of water placed near a sink, suck on the straw to prime the siphon. Put the end of the straw into the sink below and the action should start. Science at work! Have fun....



Mould, Fungus, Mildew!

Mould: Not all mould is bad - after all, it helps convert grapes to wine, milk curd to blue cheese and even contributed to medical breakthroughs like penicillin. But that's very cold comfort when this living organism has invaded clothes or ruined timber. Mould can grow on almost any surface at any time of the year and it's hard to destroy. It usually shows as black, brown or green spots, and this microscopic fungi can thrive in any damp, warm or humid environment. While mildew is technically a species of mould - you can't miss its strong odour! It grows most commonly as a fuzzy white build-up in the bathroom. It clings to the grout between the tiles and it's a real headache. Mould and mildew not only affect houses, they can affect people too. They release particles that can aggravate asthma and allergies and even cause headaches. So, to avoid these problems, here's how to seek and destroy mould and mildew.



How to banish mould: The key to preventing mould is reducing moisture, and the easiest solution is prevention. The first job is to have a maintenance check and fix any leaky pipes, dripping taps, roof leaks or foundation cracks. You also need to mop up any water immediately after a spill. If you have had common mould occurrences, check the walls behind the sofa or the bed to make sure no longstanding mould has settled in.

Air-conditioners and heating ducts can also harbour mould. If any moisture appears near a vent, or if there is a mouldy smell, hire a specialist. And during the warm, dry sunny days give your house a good airing.

In the bathroom, there are some quick daily duties to combat mildew build-up. Make sure all surfaces are free of dirt, grease and body oil, and spread towels so they can dry

completely. A heated towel rail can solve the problem of damp towels too.

Keep in mind that the biggest mistake is just wiping mould away. Spotting mould is an early warning sign of a moisture problem inside the walls or ceilings. Finding and stopping the water source is the only way to prevent future problems or if you are not over confident, bring in a mould specialist.

If you have found mould on your clothes, throw them in the washing machine and add white vinegar to the rinse cycle. Vinegar also works well if you have any mildew on a hard, non-porous surface, such as porcelain or ceramic tiles.

To clean stained tiles or grout in the bathroom, use a mixture of half cup hydrogen peroxide to one cup water. Simply spray it onto a surface, allow to dry, then wipe with a damp cloth.

If the bathroom or kitchen wall is sound but the mould stains still won't go away, it's time for the big guns - re-grouting. It involves scraping out all the caulk and stained grout, then applying an antimicrobial treatment before re-grouting. But be prepared - this is definitely a job for a professional.



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Uses for Lonely Socks

Over the years you seem to accumulate many odd socks for some reason. (Personally we think the washing machine eats them!).

Socks are great, they keep your feet warm and they come in fun and colourful designs. But, sometimes one of your socks goes missing or you get a hole you just don't get around to darning. So, what do you do with lonely socks?

1: Socks are great for cleaning up around the house, just slip one over your hand and you have a quick and easy dusting mitt. You can throw it away when finished or wash it to reuse. Socks are really good for cleaning slatted blinds.

2: Sock puppets are a classic kid's toy. They are really easy to make and fun to personalise. Just decorate the sock with googly eyes and sew on some hair.



3: How about making a can koozie? Cans of drink can get too cold to hold sometimes. A novelty idea for odd socks is to use them over a can so your hand doesn't get cold. Simply cut off the foot area. You could even decorate it if you wanted.



4: On the cool nights we have been having the cool air always seems to find its way into our homes. Sew a few socks together after cutting away the foot part.

Close one end and fill with rice or stuffing. Sew the tube shut and there you have it. A draft stopper!



5: Icepacks are great but they can be quite cold against your skin. Use an odd sock to cover an icepack, simply cut off the foot and slip the icepack in.

6: If you need a hot pack for a sore spot, again odd socks will do the trick. Put rice in your sock, transfer it easily into the stretchy sock, don't fill it too full because it's nice to be able to mould it to the place you need to put it. Sew the end closed if you want to keep it as a permanent heat pack. Just microwave for about 30 seconds to get it nice and warm. Always check that it is not too hot before putting onto skin.

7: You can keep your washing soft without having to use dryer sheets or fabric softener by placing a ball into a sock. You can tie off the sock or sew it up and place in the dryer. It will also stop your clothes from getting tangled up.

8: Socks are the perfect leg and arm warmers. All you need to do is cut off the foot of the sock and you are set. If you have knee high socks, use them. If you want socks as arm warmers simply cut a hole for your thumb at the end of the sock.



9: Shoe freshener: Just fill a sock's foot area with baking soda and tie off or sew it closed. This will freshen up shoes when you aren't wearing them.

10: Skipping rope: This is really easy, but you will need quite a few socks depending on how long you want it. Tie them together with string or sew together for a rope for the kids.



11: Socks are a great way to store bits and pieces for the kids board games. You should be able to store dices, discs etc. in them so that they are not lost.

12: Use all of your left over socks for packing things if you are moving house. They are perfect for protecting glassware and precious items that may get broken.



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Pineapples - Who would have thought!

Pineapples are an amazing gift of nature and definitely a product you should eat more often. This tropical treat has amazing health benefits - they are packed with vitamin C and manganese. Eat more pineapples to increase your intake of copper, Vitamin B1 and B6, folate, pantothenic acid and fibre.

Did you know that pineapples can:

1: Act as an anti-inflammatory - It is probably one of the greatest powers of this fruit. Bromelain, an enzyme found in pineapples, reduces CD4+ T lymphocytes, and these are known as a major contributor to inflammation in the body. Next time you experience a severe pain caused by arthritis, gout or have a few nasty wounds, consider eating a few chunks of pineapple.

2: Prevention against free radical damage - Given that pineapples are rich in vitamin C, enjoying them more often will protect your body from free radicals that harm healthy cells. Keep in mind that vitamin C is a potent water-soluble antioxidant. The neutralization of free radicals is an essential part of every prevention, and it also reduces the risk of developing a severe ailment. Some experts believe that this will also decrease the risk of cancer.

3: Stronger heart - Bromelain is a strong anticoagulant. This means that it stimulates blood flow through the blood vessels, capillaries, and veins, reduces the risk of sudden stroke, heart attack, and other cardiovascular diseases.

4: Relief from asthmatic conditions - Nutrients in pineapples can reduce airway spasms that cause asthma attacks. It is all about the high vitamin C content and the essential protection against free radical damage.

5: Kills cancer cells - Pineapples protect against free radical damage and provide a huge anti-inflammatory effect. Each of these reduce the risk of abnormal cancer cells. Bromelain in pineapples literally eat the tumor. Do a research on your own, and you will find a great number of studies that point out the relation between pineapples and cancer prevention.



6: Phosphorus builds up healthy bones - This tropical fruit is one of the greatest sources of phosphorus. A human body requires phosphorus so it can build up healthy bones and teeth. Calcium alone is not able to build up strong bones and tissues. A single cup of pineapple offers more than 14mg of phosphorus.

7: Manganese is amazing for your skin and bones - Manganese is not naturally produced in the human body. That is why you should eat more foods that come packed with manganese, and pineapples are an excellent source of this mineral. Manganese takes part in the formation of bones, wound healing, and it will also give you a healthy skin complexion.

8: Healthy digestion - Pineapples are packed with fibre and protein-digesting enzymes, and these are essential for proper digestion. Bromelain helps the body to break down proteins from the food you eat. It also relieves stomach ache, reduces heartburn and diarrhea.

9: An amazing alternative to conventional cough syrup - Fresh pineapple juice is an amazing natural alternative to pharmaceutical cough syrup. If you have a stubborn cough, and hate the toxic chemical cocktail, bromelain is the best solution to your problem, due to its high anti-inflammatory ability to fight infections and destroy bacteria. Drink fresh pineapple juice to treat your cough. For optimal results, add a tablespoon of organic honey to your pineapple juice.

10: Healthy gums - Vitamin C is excellent for your oral health as well. It reduces the risk of gingivitis and periodontal disease. It strengthens your body's ability to fight bacterial infections and toxins that cause gum disease.



Most people like pineapples just for the taste of this beautiful fruit, now you can like it even more after learning about how beneficial it is to your health.

Mental Spring Cleaning

Springtime often inspires us to declutter our homes and yards - and exposes the cobwebs and dust bunnies that have been collecting during the winter months. It's also a good time to consider cleaning out our mental and emotional spaces: our thoughts and feelings.

Just as it feels good to walk into an organised closet or enjoy a sparkling floor, a mental spring-cleaning can provide a boost and a sense of relief and accomplishment. Here's a mental and emotional spring-cleaning checklist.

Cultivate Quiet Time: Plan some alone time to take an internal inventory and identify what has been cluttering your heart and mind. Meditation, prayer, hiking and yoga are excellent examples of external acts that promote internal reflection and allow time to tune in to your inner world. Take a planned break from technology and spend time visualising how you want to feel in your life and in your relationships. Ask yourself "what can I clear out of my heart or mind that will allow me to become a calmer person".

Jot in a Journal: Putting pen to paper and identifying your thoughts and emotions helps clear out your emotional space, make emotions seem more manageable and gives you a different perspective. You may not realize how cluttered your insides have become until you start articulating them.

Give up a Grudge: Releasing your grip on a gripe can free up emotional energy that you can then invest in other, more positive areas of your life. It's been said that holding a resentment compares to drinking poison and hoping the other person dies. While having a range of emotions, including anger and hurt is normal, letting those feelings take up permanent residence in your heart ultimately hurts you.

Offer an Apology: If you feel unsettled about something you've said or done to another person, offer a sincere apology to clear the air. Even if it was unintentional on your part, a generous and heartfelt apology can remove unnecessary discomfort inside of you and repair damaged connections with others.

Forgive Your Faults: Often, it is easier to overlook other's faults than it is to let go of your own shortcomings. Over time it's easy to collect evidence for negative self-evaluations like, "I am never good enough" or "I'm always putting my foot in my mouth" or "See, I'm not good at relationships". Dwelling on your past mistakes clutters the present and leads to self-critical thoughts and feelings. Humans aren't inspired to do better by criticism, and this applies to self criticism.

Tell the Truth: A willingness to be emotionally honest with those we love can deepen our connections and allow our loved ones to offer support and encouragement to us. Not sharing the truth for long periods of time leads to emotional build up that eventually erupts, causing further breakdowns in communications and relationship break-ups. The emotional eruption does far more damage to relationships than speaking your truth all along the way.

Make your own Room Freshener: It's easy to make your own spray to mist around your home and freshen the air. Fill a spray bottle with 8 drops each of three different essential oils. (Your can use lavender, rose, wild orange, sandalwood, clove, tea tree or lemon) Add half to one cup of water. Mist the spray around your home whenever you want to think about clearing your mind.

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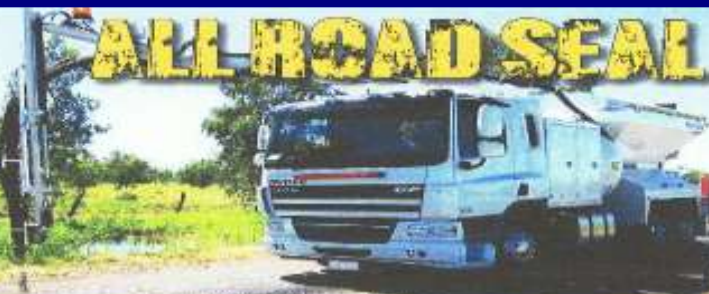
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Nobody stood up so the teacher said, "I'm sure there are some stupid students in this class".

At this point Little Johnny stood up.

The teacher said, "Oh Johnny! So you think you are stupid then?"

Little Johnny replied, "No, I just felt bad that you were standing up on your own".



COMMUNITY NOTICE BOARD

Do you have an upcoming Community event or a special announcement that you would like printed on this page? Please keep notices as brief as possible.

Email or call with your details. Email: oth.grapevine@bigpond.com

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One Tree Hill Scout Group

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-Author Unknown-



NEXT ONE TREE HILL COUNTRY MARKET

The next market will be held on Saturday 3rd September at the OTH Institute, 1009 Black Top Road. Lots of new stall holders as well as the regulars with an assortment of goods available including freshly grown veggies, plants, arts and crafts and items for your home.

If you are feeling hungry or just want a nibble on something we have a BBQ, Farmhouse Bakery have hot food for sale and Raya and her team have Piroshkis in the kitchen.

Next PROGRESS GENERAL MEETING is Thursday 8th September at 7.30pm.
Venue: One Tree Hill Institute, 1009 Black Top Road, One Tree Hill.

New members welcome, Progress is at present a small group but with your input we can grow and make One Tree Hill an even better place to live.

