

# One tree hill I grapevine



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**Deadline for the DECEMBER edition is Monday 21st November 2016**  
**NOVEMBER - Volume 39 - Edition 10 - 2016**

## Another Young Champion Doing OTH Proud

Joanna George wrote to the Kookaburra club to tell us about her recent achievements on the Gold Coast. We thought it was so good that we decided to put it on our front page. Her story is on page 4.



### **EMERGENCY NUMBERS**

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Hospital: 8182 9000

Ambulance & Other Emergencies: 000

000

Country Fire Service: 000

General Business: 8280 7055

Station: (When manned) 8280 7412

Bushfire Info Hotline (24hr): 1300 362 361



[www.cfs.org.au](http://www.cfs.org.au)

## From the Desk

Welcome to the second last edition for 2016. It has certainly gone fast for us here at The Grapevine.

This month on the cover we have a picture of local girl Joanna George during the medal presentation at the National Championships held in Queensland. The story was sent in by Joanna to the Kookaburra Club but rather than on the kids page we thought it was deserving enough for the front cover. Joanna's story is on page 4 along with an article that tells of the accomplishments of two young riders who competed in the SA Pony Club Championships recently.

Page 8 is supposed to have a police report but great news, Darren didn't have anything to report. Keep up the good work everyone in the One Tree Hill area. Page 8 also has some very interesting facts about Australia, we hope to bring you more next month if we have the space available.

On page 9 we have a variety of items that you should find interesting. Firstly we show you how to start your car without the use of a jumper lead or a push if you have a flat battery. In another article we show you how to collect water if you are lost in bushland, it's a great survival skill that we all should know. Herbal teas are also mentioned on this page, we hope you find it interesting.

We have an article about Thyroid problems on page 10. It seems to be more common these days and we thought we would write up some of the symptoms. If you think you may have an under active or over active thyroid please see your Doctor and have some blood tests done. A great new recipe for bacon wrapped chicken breasts on this page, it's been tried and tested, spinach was substituted for the rocket leaves and we can assure you that it was quick and easy to

prepare and very tasty.

Page 17 is full of ideas including how to get up early, how to work faster and how to live a simpler life. Now that's what we all need to do isn't it? We have also given you an idea of when and what you should be cleaning in the house on a regular basis.

Short cuts for computers appear on page 18, we don't seem to use them much but when your mouse is down these tips will certainly come in handy. We also share a very funny joke with you on this page. It sure did tickle our funny bone!

Page 19 has the correct way to set a table for a dinner party, this hasn't changed much over the years but who has dinner parties these days? Perhaps it may get you into the mood to host one. We have a very funny article below the article that was sent in by one of our readers, it appeared in a newspaper. We hope you'll really enjoy this read.

Our back page reminds you all that you will need to register if you would like to play tennis for the One Tree Hill Club and the CFS have their open day on the 5th November. Yes, same day as the market so why not pop in and say hello to them after the market.

A reminder that the Christmas Twilight Market is on the 16th December from 3.00pm until 8.00pm. Father Christmas will arrive between 5.30 and 6.00pm. Get in quick if you would like to have a stall.

Until next month, The Grapevine Team.

Email: [oth.grapevine@bigpond.com](mailto:oth.grapevine@bigpond.com)

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

Phone: 8280 7095

### President's Report October 2016

As reported in last month's Grapevine the "Welcome to One Tree Hill" signs are in need of replacement due to weathering and damage. The Progress Committee called for ideas from the community in regards to the design of the replacement signs. To date there has been no response with the exception of submissions from existing Progress Committee members.

Before Progress commits to purchase the new signs Playford Council will be confirming if the old sign can be replaced as apparently there is a new regulation from the Highways Department limiting the use of roadside signage, this also applies to the replacement of existing or damaged signage.

The new AV system that the Progress Committee has contracted Unique Home Theatre to supply and install should be operational within a few weeks. The AV system in addition to the recently upgraded facilities makes the Institute Hall a very attractive venue for wedding receptions, birthday parties and other social gatherings.

The Progress Committee would like to acknowledge the generous grant made available by the City of Playford Council to assist in the purchase and installation of the AV system for the Institute Hall.

The major grant constitutes almost 25% of this great

addition to the amenities at the hall.

Without the continued support of the Playford Council many of the larger projects undertaken by the Progress Association would not be viable. Our many thanks for this valuable contribution to our community.

Planning is underway for the popular Christmas Twilight Market to be held at the Institute Hall on December 16th. Check the next issue of the Grapevine for updates.

Dave Campbell Vice President on behalf of Ian Slater, President One Tree Hill Progress Association.

To contact OTH Progress Association

Email: [oth.progress@bigpond.com](mailto:oth.progress@bigpond.com) Ph: 8280 7095

or by post: P.O. Box 196 One Tree Hill, SA 5114



Did You Know?

The beautiful thing about life is that you can always change, grow and get better. You aren't defined by your past. You aren't your mistakes.



Stomach acid (conc. HCl) is strong enough to dissolve razor blades!

## 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](http://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](mailto:oth.progress@bigpond.com) Ph: 8280 7095

The views expressed in this newsletter are not necessarily those of the One Tree Hill Progress Association.

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# ONE TREE HILL GRAPEVINE CFS REPORT OCTOBER 2016

## Incident Report

A very busy October for the Brigade responding to numerous calls for trees down and flooding in the local area during the inclement weather at the start of the month. The Brigade also sent multiple crews to assist with the flooding around the Clare, Greenock, Two Wells and Virginia areas where sand bagging was the order of the day. There were also several incidents involving vehicles during the month.

Residents from several areas including parts of Shillabeer Road, Gould Creek, Bassnett Road and Toolunga Road experienced significant flooding with many deploying sand bags to save their properties. Creeks which are normally dry became raging torrents and people who have lived in the area for many years said that the flooding compared to the levels of 1992 and in some cases thought the levels were higher.

As you would have seen there are many substantial trees that were weakened and fell during the storms and one local resident had a lucky escape when a tree estimated at 25 metres fell on their house penetrating the iron roof in several places. SES and CFS crews worked to secure the property but the size of the tree meant removal had to be left for the experts. In the most significant vehicle accident a man was extricated from a vehicle and air lifted to the RAH after hitting a tree on the One Tree Hill Road at Sampson Flat in the early hours of the morning.

## Time To Clear

The late rains have encouraged a large amount of late season growth and with the fire season not far away this is cause for some concern. While it seemed like the rain would never end, the Council has reported that curing of the undergrowth is quite advanced in some areas. This is one of the indicators that is used to determine the start of the season, but as of 27th October, the 2016 Fire danger season dates had still not been declared. We are expecting an announcement shortly, so keep an eye on the CFS website for more information.

Reminder if you see this before Saturday the 5th of November the One Tree Hill station will once again host an Open Day between 9.30am and 1.00pm, why not drop in?

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](http://www.cfs.sa.gov.au))

## Councillor's October Report

It appears that some words got left out of my report on Burning Permits. It also appears that there exists confusion as to what constitutes a Metropolitan Council and if and when burning permits are required. So, Pursuant to the Environment Protection (Air Quality) Policy 2016 under section 28 of the [Environment Protection Act 1993](#), [metropolitan Adelaide](#) has the same meaning as in the [Development Act 1993](#); [metropolitan council area](#) means a council area within metropolitan Adelaide; This means that for the purpose of the "Act" Playford is a metropolitan Council even though it has rural areas. As such when it comes to burning outside of the declared bushfire season Playford Council is governed by the EPA (Air Quality) Policy which states that **5—Burning in the open in council areas** (1) A person must not cause or permit the burning of matter by fire in the open on any land within a council area. Mandatory provision: Category B offence. (2) However— (a) subclause (1) does not prevent a person from carrying out the following burning activities within a metropolitan council area or within a township in a non-metropolitan council area: (i) lighting or maintaining a fire using charcoal, dry wood or other dry plant material for the purpose of preparing food or beverages; (ii) burning charcoal (but not wood or other plant material) in a brazier, chiminea or fire pit for domestic heating; (iii) burning agriculture or forestry waste, burning off vegetation for fire prevention or control, or burning vegetation for any other purpose, outside a fire danger season, provided that— (A) the burning activity is carried out in accordance with a burning permit issued under **clause 6**; and (B) the person complies with any mandatory measures of a prescribed burning code of practice that apply in relation to the burning activity; and (C) the person

has regard to any recommended measures of a prescribed burning code of practice that apply in relation to the burning activity; **clause 6—Burning permits** (1) The Authority or relevant council delegate may issue a permit (a **burning permit**) authorising a person or class of persons to carry out any 1 or more of the following burning activities **outside of a fire danger season**: (a) burning agriculture or forestry waste; or (b) burning off vegetation for fire prevention or control; or (c) burning vegetation for any other purpose. I hope this clears up the burning permit and requirement for a burning permit confusion.

If you have any concerns or issues with or about our City, please in the first instance phone Council's 24 hour phone number **"8256 0333"** and or email [playford@playford.sa.gov.au](mailto:playford@playford.sa.gov.au), and cc your email to me at [crjfederico@playford.sa.gov.au](mailto: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. If you have a pressing concern you can talk to me at the Country Market, or pop a note into my letterbox or email me. It would be appreciated if you put your concerns in writing.

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



*Our sincere apologies for missing one line of your September report about outdoor burning and hope it didn't cause too much of an embarrassment to you or the Playford Council..*



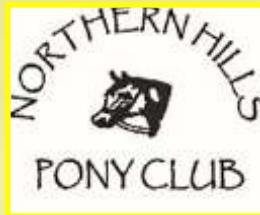
A reader sent in the following which appeared in a Townsville newspaper:

A friend was giving me directions to her property. "Drive along the highway until you come to a small bridge," she said. "After crossing it, turn down the road on the right until you come to the 10 minute gate." "What is a 10 minute gate?" I asked her. "Well", she said. "It's a gate that takes 10 minutes to make, 10 minutes to put up and 10 minutes to open."

# NORTHERN HILLS PONY CLUB

3174 Gawler One Tree Hill Road

[northernhills@hotmail.com](mailto:northernhills@hotmail.com)



Northern Hills Pony Club caters for riders of all ages and all levels of experience .

Rallies are usually Held the 2nd and 4th Sunday in the Month.

Recently two riders from the Northern Hills Pony Club, Emily Hill and Katie Hilton were selected to represent the Metro Zone to compete at the South Australian Pony Club State Championships in Naracoorte. The best riders from the South Australian Pony Club riders competed in Dressage, Showjumping and Games.

To be able to compete at this level takes a lot of commitment, talent and training.

Both Katie and Emily have been members of the Northern Hills Pony Club for many years.  
Congratulations to both girls for riding at the State Championships.



Pictured on the left is Emily Hill and her horse Ruby.

Right: Katie Hilton with Marcie.

Photo credit: Maximum effect photography



## Up and Coming at Northern Hills Pony Club

13th November: Cross Country & Freshmans Showjumping

27th November: Member only ODE

4th December: Rally Showjumping and Cross Country

For further information on any of these events please email [northernhills@hotmail.com](mailto:northernhills@hotmail.com)



## Northern Hills Pony Club Offers:

- ✓ Friendly & Encouraging Instruction to ALL members
- ✓ Everyone Welcome and all breeds
- ✓ Events & Social outings for all ages and experience
- ✓ Full encouragement, support & training
- ✓ Rallies every 2nd & 4th Sunday
- ✓ Specialist attention for ALL riders of all ages

Dear One Tree Hill Kookaburra Club,

This year at the orienteering National Championships has been another successful year. We travelled over to the Gold Coast to compete at many events.

For the Australian schools sprint I was last junior starter. I was just planning to have a clean run but was soon sprinting into the finish. When I found out that I had won I was so excited! I ended the carnival with 4 medals, 1 gold and 3 silver which I won with the rest of my wonderful junior team.

Later in the week I was even more excited when I found out that I had made the Honour (All Australian) Team. SA exited the carnival very successfully, ending 3rd between the other states and territories for the first time in 12 years.

This was a very fun trip and I am really thankful for all the time and money my parents put into my training.

Joanna G. Age 13 years. (Almost 14)

Well done Joanna, you have made us all very proud. Who knows we may see you at the next Olympics! Thank you also for the photos.



Pictured on the left is the team presentation.

On the right is Joanna sprinting towards the finish line and winning first place.

Great job Joanna, don't forget to pick up your voucher and card for your birthday at the market.



# Our New Roundabout

Letter To the Grapevine Team,

Well "The Crossroads" has finally become "The Roundabout", but as I drive through it twice a day I wonder if it's really what we wanted. (Didn't our good Councillor warn us to be careful what we wished for?). This rural intersection used to have parking areas, a bus stop, trees and room to walk along the road shoulders; and remember how important it was as a check point and CFS staging point during the big fire? Now, it seems to be just a car-crash mitigation zone, hostile to all other users.

In early September, I was surprised by how close the "Armco" railing was being installed to the roadway. I wrote to the DPTI, particularly asking what provisions were being made for pedestrians, and recently received the following response (quoted verbatim):

*"Pedestrian provision was considered as part of the design development of the Humbug Scrub Roundabout. However, as there was no existing formed footpath infrastructure at the intersection, and little future demand for formed footpaths on roads connecting the site, formal pedestrian facilities at the roundabout were not provided.*

*Under a safe systems approach, the placement of roadside safety barriers including steel beam barrier is determined by the requirements of Australian Standards and Austroad Guidelines.*

*An assessment was made taking into consideration the safety outcomes of providing such infrastructure for this project, particularly protection of vehicles from collisions with the trees on the approaches.*

*It is important to have a continuous safety barrier at this location to achieve its effectiveness in protecting motorists from collision with the roadside hazards which may cause serious injuries. The roadside safety barrier at this location does require pedestrians to walk behind the barrier and reach the end of the barrier to negotiate the roundabout.*

*Cyclists are encouraged to ride on the formed road surface when approaching and using the roundabout. It is expected that cyclist safety will also be improved due to the recent changes to South Australian Regulations that require drivers of motor vehicles to provide a 1.5 metre clearance to cyclists when overtaking in speed zones above 60 km/h. With these laws in place, and taking into consideration that generally experienced riders ride in these rural environments, bicycle access through the roundabout should be able to occur safely."*

Clearly car safety was the sole driver, to the detriment of most other modes of traffic!

I am disappointed by the reference to 'no existing formed footpath'. Previously, walkers, joggers, horse-riders, etc, could use the ample verge or road shoulder, and we assumed this would be retained or re-instated in some form. Now, walking varies from easy to downright difficult - try walking behind the barrier from One Tree Hill Rd to the Scenic Route without slipping into the new drainage ditch! Is it actually illegal to walk inside the barriers, or jump them and cross the roadway?

As an experienced cyclist, I have no problem with the roundabout, but I'd feel a little confined if vehicles tried to overtake me within this zone - regardless of 1.5 metre rules!

I also wonder how horse riders will negotiate the roundabout. Bitumen is bad for shod horses, and it's a long way from entry to exit of the barriers if your horse is at all traffic shy. The only alternative is for sure-footed steeds to pick their way through the rocks in the ditches!

Name and Address Supplied



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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-ballng, 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.

### WEDDINGS, BAPTISMS & FUNERALS

The church is available for the above Services. For further information please phone Edna on 8255 7987.

### OTH FELLOWSHIP - MARKET STALL

Our ladies will be there with their usual variety of home-made cakes, slices and biscuits, as well as plants, bric-a-brac, games and books.

### MONTHLY FELLOWSHIP MEETINGS

Meetings are held on the **4th Wednesday each month at 10am** starting with Morning Tea, then a Talk by a Guest.

**Christmas Devotions will be held on Wednesday 23rd November.**

### AL-RU FARM OPEN GARDENS

Despite the very wet weather on the October long weekend, this turned out to be a successful two days with the proceeds from the catering being divided between four different charities. We wish to convey our thanks to Ruth and Alan Irving for allowing us to enjoy working at Al-Ru Farm.

**ENQUIRIES - Please Phone  
Maureen - 8280 7368**

Life at any time can become difficult. Life at any time can become easy.  
Good or Bad, they are Seasons on Life.  
It all depends upon how you take on life and adjust to these seasons.

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(Opposite Bunnings Parafield)

# How Well Do You Know South Australia?

## PEOPLE OF SOUTH AUSTRALIA

- 1: Sir John Cockburn, a former South Australian Premier, introduced a day set aside for the planting of trees. What was this day called?
- 2: Where in the inner Adelaide area can you see a bust of Sir Mark Oliphant?
- 3: Which South Australian doctor helped to produce the penicillin antibiotic?
- 4: What surprised the congregation of the original St Paul's Church in St Vincent Street, Port Adelaide after the opening service in 1841?
- 5: A prominent figure in Penola, Mother Mary MacKillop played an important role in the state's early education system. What was this role?
- 6: What famous aviator was born at 36 Newman Street, Semaphore?
- 7: What famous Australian politician had his beginnings in Bordertown?
- 8: Who became known as the *Murray River Spaniel* for all the people he saved from drowning?
- 9: The inadvertent slip of an early draftsperson's pen placed a certain well-known city in New South Wales, rather than in South Australia. Which city was this?
- 10: Who broke the world land speed record in South Australia?

- 11: In 1853, the riverboat era began with a race between Captain Francis Cadell and William Randell. What nationality was Cadell and what was Randell's occupation?
- 12: Who was the first Nobel Prize winner in Australia?
- 13: What well known television personality has a collection of Logies and an even greater collection of amazing earrings?
- 14: Who was the first white man to see Uluru (formally Ayers Rock)?
- 15: How many Aboriginal tribes, each possessing its own language group, has the noted anthropologist, Professor Norman Tindale, suggested there has been within the borders of South Australia?
- 16: What have these people in common? Dervish Bejah - Camel driver. John Bishop - First artistic director of Adelaide Festival. Kate Cocks - First South Australian Policewoman. Don Dunston - South Australian Premier of 1967-68 and 1970-79?
- 17: Who was the first Aboriginal Knight in Australia?
- 18: How old was Don Bradman when he passed away in 2001?
- 19: In which year was Dame Roma Mitchell awarded the CVO (Commander of the Royal Victorian Order)?
- 20: Majorie Jackson-Nelson, Governor of South Australia was the first Australian woman to do what?

Answers appear  
on page 14.



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

Can you believe it, Darren had no offences to report this month. It's been 22 years since the reports began in The Grapevine and this will be the first time it is blank....

Well done to all for keeping an eye out for things that are not the norm.

Hopefully there won't be anything for Darren to report next month as well.

Let's keep One Tree Hill Crime Free!



I really must cut down on the donuts but it has been so quiet!



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



## Life goes on....

Whether you choose to move on and take a chance in the unknown

Or stay behind, locked in the past, thinking of what could have been.

**Stay positive about your future.**

## Did You Know?

Gina Rinehart, Australia's richest woman, earns \$1 million every half hour, or \$598 every second.

In 1892, a group of 200 Australians unhappy with the government tried to start an offshoot colony in Paraguay to be called "New Australia".

The first photos from the 1969 moon landing beamed to the rest of the world from Honeysuckle Tracking Station, near Canberra.

Australia was the second country in the world to allow women to vote (New Zealand was first).

Each week, 70 tourists overstay their visas.

In 1856, stonemasons took action to ensure a standard of 8 hour working days, which then became recognised world wide.

Former Prime Minister Bob Hawke set a world record sculling 2.5 pints of beer in 11 seconds. Hawke later suggested that this was the reason for his great political success.

The world's oldest fossil, which is about 3.4 billion years old, was found in Australia.

Australia is very sparsely populated: The UK has 248.25 persons per square kilometre, while Australia has only 2.66 persons per square kilometre.

Australia's first police force was made up of the most well behaved convicts.

Australia has the highest electricity prices in the world.

There were over one million feral camels in outback Australia, until the government launched the \$19 Million Feral Camel Management Program, which aims to keep the pest problem under control.

Saudi Arabia imports camels from Australia (mostly for meat production).

Qantas once powered an interstate flight with cooking oil.

Per capita, Australians spend more money on gambling than any other nation.

In 1832, 300 female convicts mooned the governor of Tasmania. It was said that in a "rare moment of collusion with the Convict women, the ladies in the Governor's party could not control their laughter."



*More interesting facts to be printed in the next issue of The Grapevine.*

**Ph: 8380 9474  
0408 847 060**

# Stuck Somewhere with a Flat Battery?

If you were out bushwalking one day and come back to your vehicle and it has a flat battery this may help get you out of a tricky situation. If you are alone with nobody to help you jump start the car or a passing vehicle to attach jumper leads to then this bit of information may come in handy.

Please note that this will only work on manual transmission cars.

You will need to have a piece of rope and a jack, most of us carry these items already.

Jack up one of the front wheels (if front wheel drive). Put the handbrake on and put the car in third gear. Turn the ignition to ACC or On position (depending on the car).

Wrap a rope around the wheel lifted with the jack and pull. If you are (strong) lucky enough, the car should start. It will work best on petrol cars, diesel was tried but it was too hard to pull the wheel.

*Trying to start the car this way can be dangerous so please take care. It's only worth trying if you are stuck in the middle of nowhere and there is no help close by.*



If it fails and you have a phone with a signal you may need to call the RAA.



## Herbal Teas



Dried Ginger has antihistamine properties, it also acts as an anti-inflammatory, eases motion sickness and is a great flavour booster.



Stinging Nettle is recommended for seasonal allergies, it is also great for an energy booster and for treating arthritis.



Yerba Mate helps open up respiratory passages, lowers lipids, leading to reduced cholesterol and it can also lower blood pressure.



Lemon Balm has calming effects, helps with the common cold and other respiratory issues. Alleviates digestive problems and helps treating headaches and toothaches.



Chamomile Tea is great for treating sleep and stomach troubles, it's also a good antibacterial.



Hibiscus is a very refreshing tea that helps lower blood pressure, it is naturally high in vitamins and acts as a diuretic.



Green Tea is high in antioxidants, reduces bad cholesterol, promotes healthy cell growth and has a relaxing and calming effect.



Black Tea lowers the risk of heart disease and diabetes, it also regulates blood sugar levels and has an anti-inflammatory property.



Peppermint Tea is used as a decongestant, anti-inflammatory and it helps suppress an appetite.



Cinnamon Tea lowers cholesterol, fights viruses, increases antioxidants, and alleviates arthritis symptoms.

## How To Get Fresh Water if you become Lost

When you are out on one of your nature walks or perhaps prospecting in the hills or deserts you should always carry water with you but what happens if you run out and happen to get lost?

You may survive without food for a while but, if you are dehydrated because you ran out of water you will die of thirst fairly quickly.

Firstly you will need to have a shovel (if you don't have one and you are in bushland use a branch to dig a hole or your hands. You will also need a cup or a can, some vegetation, a tarp or some sort of plastic covering, rocks and soil that you've dug up will come in handy too.

Dig a hole, it doesn't have to be large, but you have to have it about 40cm deep. Dig your hole in the morning because the more water you lose by perspiring the more you need to replace.

Once you have dug your hole take your cup or can and put it in the centre of the hole. Find some green leaves and put them in your hole around the cup that you have placed in the middle. Make sure that you fill the hole with a lot of vegetation. When the sun rises in the morning and all the way until sunset the sun will make the water inside the plants evaporate and collect at the top of the covering.

Using your plastic sheet or tarp stretch it over the hole and cover everything. Place rocks or dirt on the side of the covering so that the covering will stay in place. Carefully place a small rock in the middle of the covering above the cup.

This should give you enough water to survive the day, it is cheap, fast and reliable so perhaps get the kids to practice it at home to see how easy it is. It's something they will never forget and you never know when your survival skills are needed.



Oolong Tea aids with weight management and it alleviates skin conditions.



White Tea has the highest antioxidant properties and is low in caffeine, this can also lower cholesterol and blood pressure and it is an antibacterial.



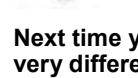
Rooibos Tea is a naturally caffeine free drink that has benefits for skin irritations, it also has cancer fighting properties.



Red Clover Tea lessens menopausal symptoms, can help protect against cardiovascular disease and can reduce the Prostate specific antigen.



Dandelion Tea helps stimulate digestion, it can be used to treat hepatitis, jaundice and dyspepsia, it also lessens hot flushes and combats the formation of kidney stones.



Next time you are out shopping and come across some very different teas you will know what it will help you with. As well as tasting great some of the teas may help with a health problem.

*Always see your Dr if symptoms persist.*

# Thyroid Function Problems & The Symptoms

Are you feeling cranky, gaining weight, and unable to concentrate? That little gland can cause big problems, learn how to detect thyroid function problems.

Many of us don't actually understand what the Thyroid is or how to tell if we have an under active or overactive Thyroid problem. Once you understand the condition, you can identify if there is a problem and take steps to correct it with some simple dietary or lifestyle changes. The Thyroid is a gland in front of your neck and just underneath your voice box.

It produces hormones that regulate your metabolism so has a vital effect on both your weight and your energy levels. Thyroid problems can cause illnesses and fatigue.

The thyroid is a butterfly shaped gland in the neck, it can have a dramatic impact on a huge range of bodily functions, and if you are a woman over 35, the odds of a thyroid disorder are high. Women are 10 times more likely than men to have a thyroid problem.

The thyroid gland is known as the master gland of metabolism, when it doesn't work it can affect almost every aspect of your health. Some symptoms which can be related to a thyroid problem are:

- \* Hair frequently becomes brittle, coarse and dry, while breaking off and falling out easily. Skin can become coarse, thick, dry and scaly.
- \* Severe or long term constipation and diarrhoea or irritable bowel syndrome are something else that can be affected if your thyroid isn't functioning properly.
- \* Muscle and joint pain and weakness in the arms and a tendency to develop carpal tunnel in arms/hands is also another common complaint.



\* High cholesterol when it is not responsive to diet, exercise or cholesterol lowering medication.

\* Menstrual irregularities and fertility problems are also associated with thyroid problems.

\* Depression and anxiety and also sudden onsets of panic can be symptoms of the disease.

\* Unexplained weight changes and issues can be signs of both hypothyroidism and hyperthyroidism.

\* Neck discomfort or enlargement, or feeling uncomfortable when wearing turtleneck tops and ties.

\* If there is a family history of thyroid problems, you are at a higher risk of having a condition yourself.

\* Fatigue, a feeling of exhaustion when you wake up or being unable to function all day without a short nap can also be signs of a thyroid problem.

\* Increased sensitivity to the cold is a sign of an underactive thyroid, having this condition makes the body unable to regulate body temperature.

Knowing how to recognise the signs is the first step to rectification.

*If you have any of the symptoms  
consult your Doctor for a full diagnosis  
and to verify that it is a thyroid problem  
you have.*

*With treatment you will soon be back  
to your old self.*



## Bacon Wrapped Chicken Breast

Ingredients needed for this tasty dish that all the family will enjoy:

4 Chicken breasts	2 Cups Arugula (rocket salad)
1 Cup Basil leaves	3 Cloves of garlic
1/4 Cup freshly grated Parmesan cheese	
1 Third Cup of extra virgin olive oil	
200 grams of mozzarella cheese, shredded	
8 Strips of bacon	
Salt and Pepper	



Method: Preheat oven to 180°. Place chicken breasts between sheets of plastic wrap and pound until they are thin, set aside.

In a food processor, combine arugula, basil, garlic, parmesan cheese, and a pinch of salt and pepper. With the motor running add the oil in a thin stream until you have a pesto consistency.

Evenly dollop the pesto in the centre of each chicken breast, evenly sprinkle with cheese and roll the chicken up, pushing the sides in to keep the filling inside. Wrap two slices of bacon around each chicken roll and place in a lightly greased baking dish.

Bake for 45 to 60 minutes, checking to make sure your chicken is golden brown and the bacon is crispy.

Serve immediately. We bet this will become a family favourite and it is so easy to prepare.



Substitute the Arugula for Spinach if you don't have it on hand. Tried and tested and it's pretty good.

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# From The Past - Assorted Clippings From The Early Days

One Tree Hill, November 21st, 1888

On Tuesday, November 20, our usual Bank of Hope meeting was held. The chapel was full and the audience as usual kept waiting for a half hour in their seats this meeting commencing at 8.30pm. Something like punctuality would be a gain to scores of the audience to whom time is of value.

The programme was not as good as ordinarily, the chief items being songs by Misses Hosking, Higgins and Marsh, a recitation by Miss Marsh (the younger), and a special to the ladies on "Love Letters" by our old friend Mr. Marsh, who gave some timely advice to ladies seeking a husband.

We have started a tennis club, but have not yet made much proficiency in the art, but are, of course, open to play the world, even if we don't win a game.

To get practice is not so easy as with your city folks, - Hay cutting is, of course, general and I don't hear much complaint, and a few crops left for wheat appear in fair condition.

## BUSH FIRES - Saturday 27th November

Once again One Tree Hill and the district of Munno Para East is faced with the menace of bush fires caused by weekend shooters and picnic parties.

On Saturday afternoon shooting was heard in the vicinity of Mr. J. L. Blackham's home, and shortly afterwards a ball of smoke indicated the start of a fire. Fortunately some motor cyclists from the recreation ground were soon on the scene, and stopped the fire when it had burnt about five acres of feed.

## DISTRICT COUNCILS - ONE TREE HILL Friday 7th November, 1919

Present - Crs. Geo Bowman, (Chairman), P.D. Taylor, E.A. Thomas and W. Willison. Apology from Cr A. H. Riggs.

The Chairman reported having conveyed the illuminated Address to their late Chairman (Mr. John Hogarth), at Smithfield, and the recipient had asked him to thank the Council and residents for the memorial.

The Clerk reported that the District had gained the quota in the Peace Loan. One Tree Hill Institute applied to have a tennis court and tree holes, sunk by returned soldiers. Resolved that the tree holes be sunk, but the other request deferred.

The Overseer was instructed to employ returned soldiers to do various works under the Repatriation Scheme.

Bee licences were granted to Messrs. F. Bowman and H. E. Leany. The Clerk was instructed to take action against persons keeping bees without a licence.

Resolved that the Overseer clear back roads of timber and that same be offered for sale by tender. Tenders to be called for main road metal. Overseer to have holes in road near Beach's filled in.

Tree projecting on to the road at the Little Para to be removed.

Bank Balances - District - debit £359, Main Roads, credit - £91. Payments - District - £74; Repatriation Fund - £76; Main Roads - £34.



## FIRE-FIGHTERS MEET AT ONE TREE HILL

Special Transceiver On View

Friday 22nd November, 1946

About 35 fire-fighters attended a meeting in the One Tree Hill Institute to discuss methods of checking bushfires, and to formulate plans for co-operation with fire-fighters in the Tea Tree Gully district.

A vibrator-operated transceiver, which is being adapted for use in combating fires by amateur radio mechanics in Gawler, was on view.

The Munno Para East Council has obtained a license to operate the sets. Two portable sets, used in conjunction with a base transmitter, will complete the equipment.

## ONE TREE HILL FFCF - Friday 27th November, 1942

Since the local unit was formed more than 3 years ago it has been the custom to hold a Paddys Market in November.

This year owing to war restrictions it was decided to arrange something less elaborate and as a result of the decision a Jumble Day was arranged for November 21st in the afternoon.

The hall was gay with bunting including a panel with hammer and sickle as a compliment to our ally, Russia.

Mrs. Harvey Kelly in a happy speech declared the Jumble Fair open and afterwards gave two vocal solos.

Brisk trading was done at the various stalls and afternoon tea, cool drinks and ice cream were all well patronised.

Members are grateful at the success of the function, which returned the sum of £10 15/0.

Mrs. F. L. Ifould is president and Mrs. F. L. Hender, secretary and treasurer.

Occasion was taken to make presentation from the district to Ptes. Max Horgan and John Kaiser.



# Kids' Page

Hello to all of the children reading your own special pages, it was good to hear from some of our Kookaburra Club members this month. Your letters were really good, if only I could give you all a prize for writing! Well done to you all and thank you for the photos.

You would have seen the cover of this issue, Joanna sent her letter in to me but with such a great achievement it was decided to use one of the photos she sent for the front page.

If you have achieved a feat, large or small I would love to hear about it. I wonder how many of you are counting the days until Christmas? This year has gone so fast hasn't it?

Until next month Auntie Bev.

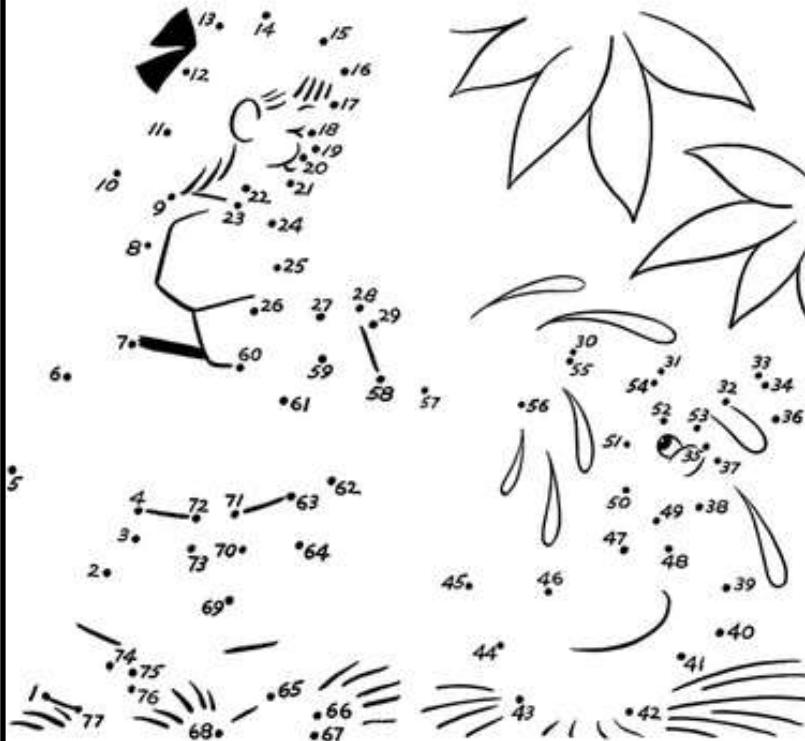
Email: [oth.grapevine@bigpond.com](mailto:oth.grapevine@bigpond.com) or drop me a line at the Grapevine, Postal address is OTH Grapevine P.O. Box 196 One Tree Hill Post

## OTH Kookaburra Club



The Kookaburra Club is open to all children 15 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.

Join the numbers to reveal the picture and then colour it in. Have fun....



Can you find all of these items in the word search?

mango



racket



shorts



squash



spring



snowman



cricket



sandals



o	d	c	o	y	w	a	s	h
y	d	r	k	r	n	h	a	s
x	s	i	o	j	y	s	n	e
g	n	c	g	j	u	a	d	e
n	o	k	n	t	r	u	a	f
i	w	e	a	r	x	q	l	c
r	m	t	m	a	r	s	s	e
p	a	s	s	h	o	r	t	s
s	n	x	r	a	c	k	e	t

Q: Why did the chicken cross the playground?  
A: To get to the other slide!

Q: What do you call a pig that knows karate?  
A: A pork chop!



Q: Why was the man running around his bed?  
A: He wanted to catch up on some sleep!

Knock, knock - Who's there? - Nobody.  
Nobody who? (Stay Silent) haha!



Knock, knock - Who's there? Cows say.  
Cows say who? No silly, cows say moo!

Knock, knock - Who's there? Tank.  
Tank who? You're welcome!

Knock, knock - Who's there? Little old lady.  
Little old lady who? I didn't know you could yodel!

Q: What did the zero say to the eight?  
A: Nice belt!



Q: What did the hat say to the scarf?  
A: You hang around, and I'll go ahead!

Q: How do you catch a whole school of fish?  
A: With bookworms!

Q: What did one tonsil say to the other?  
A: Better get dressed. The Doc's taking us out tonight!

Q: What do you call a guy lying on your doorstep?  
A: Matt!

In the holidays my family went to Queensland for two weeks. The first week Joanna (my sister) and I were at Orienteering Nationals.

The Orienteering started at the Gold Coast and moved west. Joanna and I enjoyed Orienteering and achieved well.  
(Joanna goes into more details on page 4)

After Nationals finished my family drove back slowly looking at all the tourist attractions.

Our first stop was Bald Rock, we walked up it, it was really wet and slippery, I fell over.

Some other places we went to are The Pyramids Underground, Maree Thermal Spas campsite and walk and a walk at Burke.

I really enjoyed our trip.

Abigail G. Age 13 years

It sounds like you had a great time away Abigail. Everybody wishes you and Joanna a very Birthday on the 18th.



# Kids Stories

Last week, I went to the Aquatic Centre with my friend Joel. They had just redone the whole aquatic centre. We went on the diving boards and jumped really high. It was great fun. Then we went on the 3 metre diving platform and jumped off of it.

We raced each other on the water slides. We also wrestled in the water with my friend's dad. He was throwing me up in the air but we got in trouble from the life guard.

That spoilt our fun! I went to Joel's house for tea and had cold rolls which were delicious.

Joshua N. Age 12

It sounds like you had a great time Joshua, it was a shame that your fun was spoilt by the lifeguard but they have to do their job. It can be dangerous being thrown around in the water and accidents do happen!

I went to Melbourne on a plane with my mum and my two friends, Abigail and Brianna. It was my first time to fly on a plane. It was during that big storm in Adelaide that we went.

When we got on the plane, it was the best flight that my mum had ever been on. It wasn't rough at all.

I had a great time on the plane. On the way back from Melbourne I had to go to the toilet. It was really weird, it felt like the plane was moving around a lot.

Hannah N. Age 8 years

You sound like you enjoyed flying I like it too, especially when the plane races down the runway and lifts off. I hope you get the opportunity to fly again soon.



Our cow had a calf the day after it was due. Mum was trying to work out whether it was a boy or a girl. It was a boy.

It is very, very cute. Our mum was hoping for a girl calf. One day I saw the calf, it was trying to get a drink from its mum.

Then the mum did a poo on the calf's head. It was very, very funny. Another time it pooped on the back of the calf.

I can't wait until she has another calf.

Daniel N. Age 10 years

Gee animals are strange aren't they? I hope you have another calf one day and I hope it is a girl like your mum wanted.

Thank you for sharing your photo of the new calf with his mum.



Teacher: Would you rather have one half of an orange or five tenths?

Gerald: I'd much rather have the half.

Teacher: Think carefully, and tell me why.

Gerald: Because you lose too much juice when you cut the orange into five tenths.

I have just started back at kindy after the holidays.

I had a good time during the holidays and had fun learning to catch a ball properly and also to kick it. My dad helped me practice along with my older sisters.

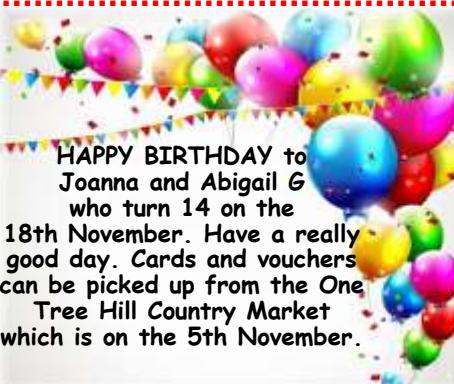
This month I thought I would send some jokes in. I hope these haven't already been in The Grapevine.

Q: What do you call a fake noodle?  
A: An impasta!

Q: What happens if you eat a dinner of yeast and shoe polish?  
A: You'll rise and shine in the morning!

Q: What did the nut say when it got a cold?  
A: CASHEW!

Riley D. Age 4 years (with nana's help)



Last month, I went to a hill climb at Collingrove with my Grandpa. We had to leave early in the morning. There were a lot of old cars there. They had to be pre 1960.

My Grandpa's race car was a Cicada BMC Clubman 1963 so he had to enter it as an invited car which means he didn't win anything if he came first in the hill climb. Before they started the event I got to go up the hill in my Grandpa's race car with him. It was great fun, I love the track. My Grandpa said it's the best hill climb track he's ever been to. He ended up coming second fastest driver at the track. He would have come first if the track wasn't so wet because the car that came first was a heavier car and didn't slide as much when it went through water.

Samuel N. Age 14 years.

It sounds like it was great fun Samuel. Thank you for your story and photo.



## Little Red Biking Hood

Remixed in modern times by Tom D.

In 2016 also known as right now there was a Little Red Biking Hood that lived with her old fossil/grandma. Little Red Biking Hood was playing her PlayStation having fun when her old fossil stormed in and shouted out loud, "Turn that strange box thingy off this second"

So Little Red Biking Hood walked calmly out of the door to her motorbike. Little Red Biking Hood rode her motorbike all the way out of town past Big W, past Officeworks and many other shops.

Then Little Red Biking Hood saw a big screen television and parked her motorbike in the middle of the road which held up traffic. She looked in her pocket for her wallet but couldn't find it. Little Red Biking Hood had just remembered that she left her wallet on the kitchen table back at home with her old Fossil! But she really wanted that television because she would love playing her PlayStation on it and her old Fossil would love watching gardening galore on the big screen television.

So Little Red Biking Hood had no choice but to smash that window, take the television and run! One second she was looking at the television and the next she had it strapped to the back of her motorbike! She was a motorbike riding rebel.

Then suddenly her phone rang loud and clear, so she answered it and it was the police. The police had said she has to get back to her old fossil's house.

When Little Red Biking Hood got home she saw lots of policemen crowding around something.

She stayed very quiet because one of the policemen could just walk up to her and arrest her for stealing that big television. Then what Little Red Biking Hood was scared about was soon to come true.

A policeman walked up to her and asked her "could I please see the receipt to the big screen television so I can see where you got it from". She could not live with this guilt so she told the policeman all about it and she went to jail. That quick. In lights speed it felt like to poor Little Red Biking Hood.

Her jail cell wasn't nice at all, it was humid, stinky, old, isolated, cold and the only good thing there was the television. It was a small television not like the big one she stole.

One day a guard came in and gave Little Red Biking Hood a small green parcel. She slowly unwrapped the small green parcel and found a letter. It said, "hello my young one, this is your old fossil. I am alright if you were wondering. I have just gotten out of hospital from a bit of a fall. I hope to see you again. From old fossil/grandma. P.S. You forgot something".

A little tear came out of Little Red Biking Hood eye. That is probably what the police were crowding around. She put the parcel on the ground beside her and under the card was a PlayStation with one controller. She played the PlayStation for the rest of the time she was in jail.

What a way to serve your time in prison isn't it? THE END

Tom D. Age 9 years.

Very well done Tom, it was a great story.

You are our winner for this month. Please collect your prize at the One Tree Hill Country Market on Saturday the 5th November.



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## How Well Did You Know South Australia?

Answers from page 7

- 1: Arbor Day.
- 2: On the corner of North Terrace and King William Street, Sir Mark was South Australian Governor from 1971 to 1976.
- 3: Lord Walter Florey. He was awarded a Nobel Prize for his achievements.
- 4: Flood! Stranded and in real danger from an unusually high tide in the Port River, the congregation had to be rescued in boats organised by the Harbour Master, Captain Lipson.
- 5: Mother Mary MacKillop established the first school in Australia at Penola which catered for all children regardless of income or social class.
- 6: Sir Ross Smith.
- 7: R.J. (Bob) Hawke.
- 8: George Johnston.
- 9: Broken Hill.
- 10: Speed ace Donald Campbell broke the land speed record by travelling at 648kms per hour on the dry salt pan of Lake Eyre in the far north. He broke the record on 17th July 1964 in his car named Bluebird.

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## SAY GOODBYE TO DARK KNEES AND ELBOWS



*Rub your knees and  
elbows with used lemon  
pieces filled with half  
teaspoons of salt*

- 11: Francis Cadell was Scottish and William Randell worked as a Gumeracha flour miller.
- 12: Adelaide born (Sir Lawrence Bragg who shared with his father the Nobel Prize for physics in 1915 for research into X-rays.
- 13: Anne Wills.
- 14: W.C. Gosse - son of South Australia's Colonial Surgeon.
- 15: Fifty One.
- 16: They are all prominent South Australians featured in the 150th Jubilee footpath in North Terrace.
- 17: Pastor Sir Douglas Nicholls, Governor of South Australia 1976-77.
- 18: 92. He lived in the Adelaide suburb of Kensington.
- 19: 2000.
- 20: She was the first Australian woman to win an Olympic gold medal for track and field.



## Horse Care - Fit to ride



A pony/horse can be thought of in a similar fashion to an aeroplane.

Engine for power, wings to turn, always do a pre flight check on brakes, power, steering before leaving.

Extend that to horses: the pre flight check will ensure the horse is "listening" to your signals (verbal and non verbal), giving you forward, backward, brakes and turns before you step into the stirrup. This check can be done between catching in the paddock, during saddling and leading to the riding area. Unless you saddle in the paddock, you have ample opportunity to do these checks prior to mounting. Even if you saddle in the paddock, I would still (and do) take a few moments to do a pre ride check.

Ask the following questions of your horse:

Will he lead softly? If he resists, his mind is not on you or he will do as he pleases anyway.

Will he stop when you indicate, without a fight? If he walks straight past you there is a good chance he will not stop when you ask while mounted.

Will he back a few steps? We don't have to have a hundred yard dash, just a few soft, non resisting steps. No back up usually means trouble with the stop.

Will he step away from you if you try turning him to the right (assuming you are leading from the left)? Or does he continue into your (new) space? Same to the left. He should follow the feel of the lead rope, not need pulling. If he needs pushing while you are on the ground there is a good chance he will not turn when you are riding him. OK, we have checked he is responsive from the ground. Now do a few simple checks from the saddle. Basically the same ones. Do you still have back, turn, and forward? Notice, I put "forward" last.

A few steps away from a mounting block is fine, but ask for stop and back up quite soon. If you get resistance, think seriously about getting off. A step sideways would be nice but that depends on his and your education.

Now, imagine your arms are extended like aeroplane wings, like we did as children. Turn the "arms" without directly pulling on the reins (there will be some movement as your shoulders turn). Does the horse at least look where you are turning your "wings"? I am hoping he begins a turn in that direction. A note: this plane does not "bank" on the turn. Keep your shoulders level.

As we turn our wings we inadvertently do four other things. We gently pull on the reins. We put the outside leg on a bit more firmly and the inside leg lifts off slightly. Notice, I said "a bit" and "slightly". We should still have contact but the amount of pressure changes. The fourth thing that happens is that our weight in our seat changes. If you have difficulty feeling this, ask someone you are VERY friendly with to sit down and have you on their lap. Now do the exercise. They will feel the change in your seat bones. Swap places and get them to do the same to you. You may be very surprised. A horse can feel these changes through the saddle. This is all he needs to know what you want (doesn't work on unbroken horses).

If your horse has been responsive (but not reactive) to the unmounted questions and then gives good answers while you are mounted, he is Fit To Ride. If not, spend a few more minutes, or your entire horse time, repeating the questions and expecting good answers. This may end up being a training session but you will have better rides in the future.



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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# Goats-Hoof Care



- Goats have two toes on each hoof. Each toe has a centre of semi soft material, called the sole, and an outer horn or shell or hard nail. The outer shell grows quickly, usually faster than the inner sole. This will cause problems if not trimmed. Wild goats trim their feet on rocks and hard ground. By containing our goats, especially on soft grassy ground, we deny them this natural trim.
- Hooves grow quickly in spring and they are nicely soft as the ground they are walking on is so wet. So now is a great time to do the twice annual trim that all goats need (Some may need a trim more often).
- Start by trimming the outer hard shell back to the length of the inner sole. You may need to slip the tip of the cutters into the hollow part of the shell to do this. Be careful not to stab the sole.
- Small snips lessen the discomfort to the goats and reduce the chance of you making too big a cut. Long cuts put a lot of pressure on the sole, which will just make the job more difficult next time (the goat will remember). Cut each side of each toe, not all at once.
- Once you have trimmed the shell back to the sole, you can take a look at the shape of the hoof. If it is still long, you need to trim some of the sole away. Like the quick of a dog's nails, this has blood vessels and if you cut too deep it will bleed and be very sore. You also open it to infection.
- Stop cutting when you see the sole become pinkish even if it is still too long.

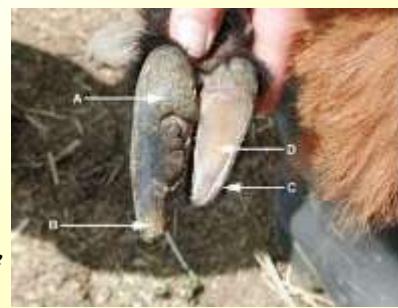
Don't forget to carry the trim into the heel area as this is almost certainly overgrown as well. The heel tends to bulge downward, past the sole. Cut it back to level with the sole. The bottom of the trimmed foot should be parallel to the hair line at the top. If the feet have become very long, don't try to do the whole job in one go. Do as much as you can, then wait a couple of weeks. The quick will retreat and you can cut more back later.

The end result should have the goat's feet pointing forward with the hair line (coronet band) horizontal. Anything else puts a strain on the joints of the goat.

When lifting the leg, do not lift above the goat's knees. Higher causes strain and pain for the goat and strain and struggle for you.

I had a table stand built, with place to secure the head and a place for a bowl of feed. The goats were higher, so I had to bend less, they were happy as they had feed (a treat) and they could not get away. This stand also doubled as my milking stand. Make sure the cutters are sharp. Foot rot shears, available from feed stores, work well as do some pruning shears. I used pruning shears (anvil cutting action) as they fit my small hand better.

*If you have any query about goats please email or post to the Grapevine, details pg 2.*



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how to

# GET UP EARLY

Plan an exciting breakfast



Sleep in total darkness



Drink a glass of water before going to bed

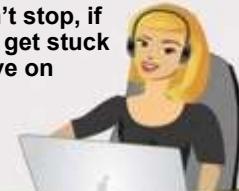


HOW TO

# WORK FAST

Keep your emails short and to the point

Don't stop, if you get stuck move on



Have a one track mind, an average person has 70,000 thoughts a day

Keep lights bright



Keep your desk clear

Use a timer to do tasks, it's amazing how much time you take to do something



how to have a

# SIMPLE LIFE

as an entrepreneur

Let go of the past

Say no occasionally



Let go of perfectionism

Turn off the phone

Walk more just because you want to

Sever unhealthy relationships

Run slowly and you will get there faster

Have an alter-ego (to do deal with complicated things)

Move closer to where you want to be

# Household Jobs

Here we are going to show you which jobs around the house need to be done on a regular basis.

## EVERY DAY:

- ✓ Wipe down your kitchen benchtops where food has been prepared and served.
- ✓ Wipe down the kitchen sink
- ✓ Sweep the floors
- ✓ Take out the rubbish bin



## ONCE A WEEK:

- ✓ Wipe down appliances
- ✓ Scrub the toilets, baths, showers and basins
- ✓ Clean the mirrors
- ✓ Dust furniture and shelving
- ✓ Change bedlinen and towels
- ✓ Do the washing
- ✓ Vacuum carpets, rugs and upholstery
- ✓ Mop floors

## ONCE A MONTH:

- ✓ Clean inside the oven
- ✓ Clean the kitchen and bathroom shelves
- ✓ Wipe down the inside of medicine cabinets
- ✓ Scrub the tile grout
- ✓ Wipe down doorknobs, switches and lamps
- ✓ Disinfect the bins around your home.

Once you have established a routine you will find it much easier to cope with the jobs around the house. Of course you could always share the load with the children so that they can earn some pocket money.

# PEOPLE NOWADAYS



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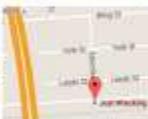


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A Catholic Priest, a Baptist Preacher and a Rabbi were sitting around drinking coffee. Someone made the comment that preaching to people isn't really all that hard, a real challenge would be to preach to a bear.

One thing led to another, and they decided that each would find a bear and attempt to convert it to their religion.

Seven days later, they all came together to discuss their experiences.

Father Flannery, who had his arm in a sling and had various bandages on his body and limbs, went first. "Well", he said, "I went into the woods to find me a bear. And when I found him, I began to read to him from the Catechism. Well, that bear came after me and began to slap me around. So I quickly grabbed my holy water, sprinkled him, and, Holy Mary Mother of God, he became as gentle as a lamb".

Reverend Billy Bob the Baptist spoke next. He was in a wheelchair and had an IV drip.

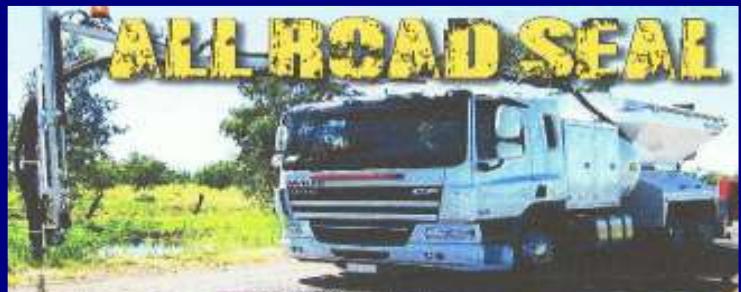
"I went out and found me a bear. And then I began to read to my bear from the Bible! But that bear came after me. We wrestled down one hill, until we came to a creek. So I quickly dunked him and baptized his hairy soul. And just like you said, he became as gentle as a lamb".

The Priest and the Reverend both looked down at the Rabbi, who was lying in a hospital bed. He was in a body cast and traction with IV's and monitors running in and out of him. The Rabbi looked up and said, "Looking back on it, circumcision may not have been the best way to start!".

If you have any jokes that are suitable for The Grapevine please send them in. P.O Box 196 One Tree Hill, SA, 5114 or email us at [oth.grapevine@bigpond.com](mailto:oth.grapevine@bigpond.com).



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## SHORTCUT TIPS FOR YOUR COMPUTER

Opening and closing Microsoft Office Documents:

Ctrl + N = Create a new document

Ctrl + O = Open a new document

Ctrl + S = Save a document

F12 = Save as

Moving text around:

Ctrl + A = Select all

Ctrl + X = Cut

Ctrl + C = Copy

Ctrl + V = Paste

Ctrl + A + C + N + V = Copy all and paste into a new doc.

Jumping through text:

Shift + Arrows = Select text where cursor is placed

Ctrl + Home = Move cursor to start document

Ctrl + End = Move cursor to end of document

Fixing a mistake:

Ctrl + Z = Undo

Ctrl + Delete = Delete word after cursor

Ctrl + Backspace = Delete word before cursor

Using the Interwebs:

Ctrl + T = Open a new tab

Ctrl + L = Jump to the address bar

Switching and closing tabs:

Alt + Tab = Quickly switch programs

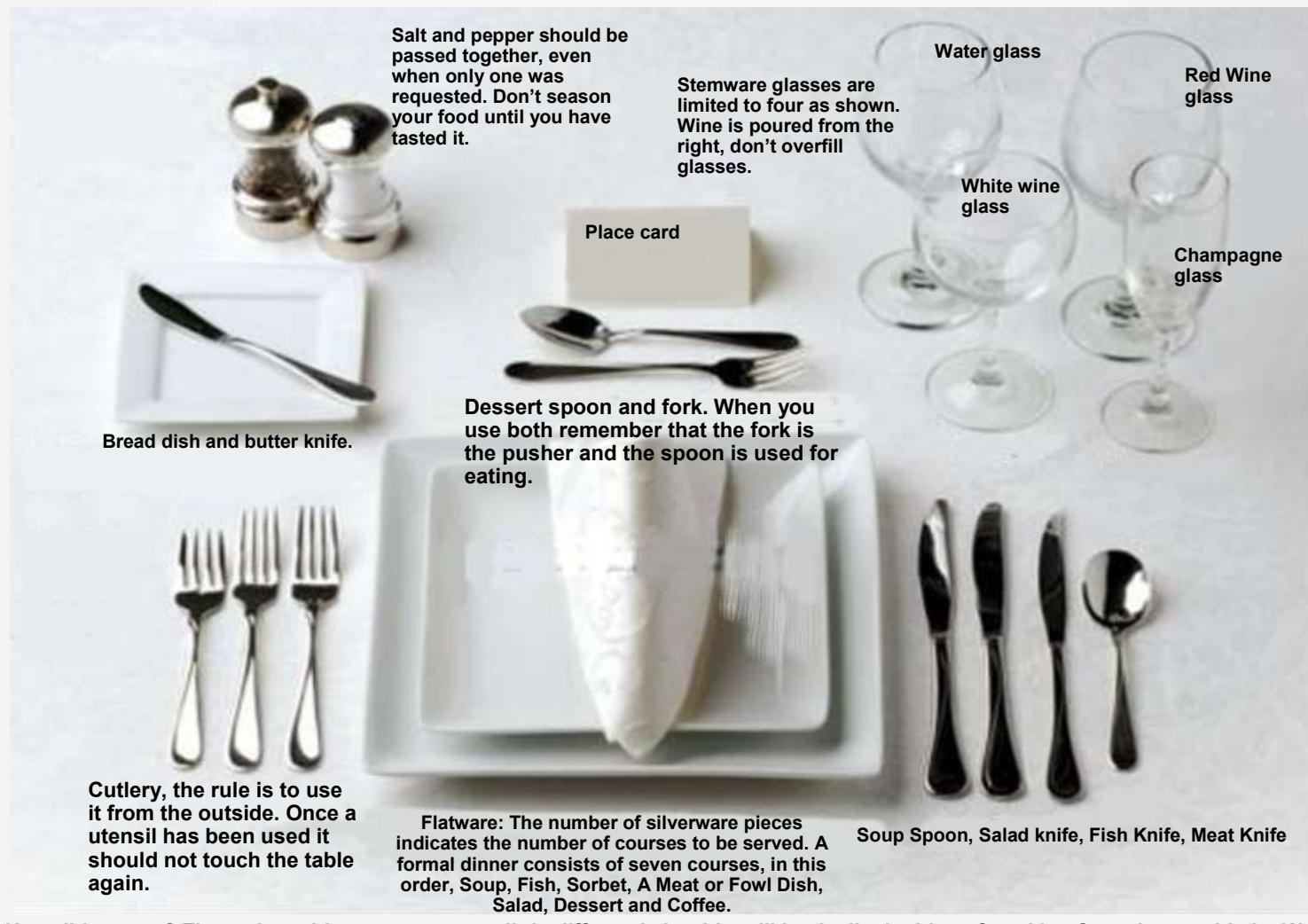
Ctrl + F4 = Quickly close window.

We hope that these few tips will come in handy when you are using your computer, there are a lot more but it's good to know the basic ones that are most often used.

# Who Remembers How To Set the Table Correctly?

As technology and time has progressed we probably don't get to a fancy restaurant very often. It's usually a fast food place where you eat with your fingers or just have a knife and fork to use.

When we do get to a fancy restaurant do you remember which piece of cutlery to pick up first for your entrée? We are going to show you the correct way to set a table for your special guest.



How did you go? These days things are set out a little differently but it's still basically the idea of working from the outside in. We wonder will this inspire you to have a lovely dinner party. Many years ago, it was quite the norm but it seems to have been overtaken by many other things in our busy lives.

## DID YOU KNOW?



Turn The Water To Cold At The End Of Your Shower To Prevent Acne. Cold Water Seals Your Pores And Prevents Dirt And Bacteria From Entering Them.

## DID YOU KNOW?



If You Have A Toothache, Rub Some Ice Between Your Thumb And Forefinger. This Can Relieve The Pain By Up To 50 Percent.

## DID YOU KNOW?



Research Shows That The Right Ear Is Better At Picking Up Words & Speech. While The Left Ear Is Better At Picking Up Music & Other Sounds.

## DID YOU KNOW?



Keep An Onion Near You At Night If You Have A Stuffy Nose.

## Did you know:

Australia is as wide as the distance between London to Moscow.

The biggest property in Australia is bigger than Belgium. More than 80% of Australians live within 50km of the coast.

In 1880, Melbourne was the richest city in the world.

## Taken from a newspaper clipping sent to us here at The Grapevine:

You've got to love a pun .... and here's a selection of the most painful we could come up with ....

The Grim Reaper came for me last night and I beat him off with a vacuum cleaner. Talk about Dyson with death.

A mate of mine recently admitted to being addicted to brake fluid. When I quizzed him on it, he reckoned he could stop any time.

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed four grave diggers walking about with a coffin. Three hours later and they're still walking about with it. I thought to myself, they've lost the plot!

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were \$70! Blow this, I thought, I can get one cheaper off the web.

I was at an ATM yesterday when a little old lady asked if I could check her balance, so I pushed her over.

I start a new job in Seoul next week. I thought it was a good Korea move.

I was driving this morning when I saw a parked RACV service van. The driver was sobbing uncontrollably and looked very miserable. I thought to myself that guy's heading for a breakdown.

Very funny and thank you to our reader for sending it to us.





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1009 Black Top Road

One Tree Hill Country Market is on again this Saturday 5th November from 8.30am till 1.00pm. A great variety of goods being sold, face painting for the kids and pony rides.

*Photos from the October Market which was quite a pleasant day. Lots of new stalls with quality goods for sale. Come along again in November to enjoy a lovely family atmosphere.*

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## VOLUNTEERS

### WANTED

Friends of Para Wirra  
Volunteers of the Park  
meet twice a month  
every 1st Wednesday  
and 3rd Saturday at  
9.00am at Park Office  
(via main entrance off  
Humbug Scrub Road)  
If you love the bush and  
would like to join our  
happy crew, please  
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CREATIONS

## Senior Citizens

If you are over 50 years of age you are welcome to attend the One Tree Hill Senior Citizens. Gatherings are held each Tuesday afternoon at the One Tree Hill Institute, starting time is 1.30pm and finishing time is 4.00pm.

There is a variety of activities to join in, including carpet bowls, cards, outings in the bus or just a general chat.

Please feel welcome to join the Senior Citizens if you are new to the town, recently retired or just want an outing.

It's a great way to meet new friends.

Please phone Phil Waldegrave for further information on  
**0419 374 813**



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### Playford Council Contact Details

24 hour Emergency & Lost/Found dogs 8256 0333

General Enquiries and Burning Permits (seasonal)  
8256 0333 Email: [playford@playford.sa.gov.au](mailto:playford@playford.sa.gov.au)

Libraries: Elizabeth 8256 0334

When telephoning council with a request please  
remember to get a Customer Registration Number (CRN)  
to ensure registration and easy identification of your  
communication. You can also phone or email your local  
Councillors.

Joe Federico Ph: 0417 016 164  
Email: [crjfederico@playford.sa.gov.au](mailto:crjfederico@playford.sa.gov.au)  
Andrew Craig Ph: 0417 016 160  
Email: [adcairg@playford.sa.gov.au](mailto:adcairg@playford.sa.gov.au)



## COMMUNITY DIRECTORY

Hall Hire Ph: 8280 0000 or 0459 105 045

Council Member	Joe Federico	0417 016 164
C/Member & JP	Andrew Craig	0417 016 160
Cricket Club	Brian Walter	0418 815 047
Federal MP	Nick Champion	8254 2422
Friends of Para Wirra	Patsy Johnson	8280 7279
Home Assist	Playford Council	8256 0355
Nth Hills Pony Club	Sharon Xanthopoulos	0401 214 950
OTH Grapevine	Editorial Team	8280 7095
OTH Country Market	Enquiries	0448 208 338
OTH Institute	Enquiries & Bookings	8280 0000
OTH Progress Ass	Secretary	8280 7095
OTH Playgroup	Monday	0417 140 574
OTH Playgroup	Wednesday	0428 829 988
OTH Primary School	Front Desk	8280 7027
Playford Band	Ivor McLatchie	8280 7214
Scout Group	Mike Branson	0430 422 895
Senior Citizens	Phil Waldegrave	0419 374 813
Soccer Club Registrar	Jules	0418 326 477
State MP	Jon Gee	8254 1023
Tennis Club	Gary	8280 7067 or 0415 399 658
Walking Club (Walkie Talkies)	Helen	8280 7035

## PONY RIDES & LESSONS

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birthday party, social club or attraction for an event?

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Email: [ponypartyhire@bigpond.com](mailto:ponypartyhire@bigpond.com)



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### A joke For Big Kids!

A woman who is 3 months pregnant falls into a deep coma. 6 months later, she awakes and asks the doctor about her baby.

Doctor: You had twins, a boy and a girl, and they are both fine. Luckily your brother named them for you.

Woman: Oh no, not my brother! He is really a bit odd at times!  
What did he name the girl? Doctor: Denise.

Woman: Well it isn't so bad, and what did he call my son? Doctor: Denephew.

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## 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](mailto:oth.grapevine@bigpond.com)

Phone: **8280 7095** Please note deadline date on the front cover for each edition.



Stalls available outside only for the Christmas Twilight Market. Cost \$10. Please ring Bev on **0448 208 338** or email: [oth.market@bigpond.com](mailto:oth.market@bigpond.com)

### MOBILE LIBRARY NOVEMBER DATES

The Playford Mobile Library will be at the OTH Institute on Friday 11th and 25th November

The van parks outside the OTH Institute from 3.00 to 4.00pm.

The Mobile Van will also be in attendance at the OTH Country Market on the 1st Saturday of each month now.



### CFS OPEN DAY



The local CFS are having an open day at the station on Saturday 5th November between 9.30am and 1.00pm.

There will be various displays and information for property owners for the upcoming fire season.

Bring the kids along to have a look at a fire trucks.

We have just heard some very sad news, Ken Adams passed away this week. Our thoughts are with Ken's wife Maureen and family.

Ken and Maureen have been attending the One Tree Hill Country Market for 10 years and Ken was one of the great characters around the place. He was always ready to share a joke and a chat.

May the care and love of around Maureen and her family provide comfort and peace in the days ahead.

Sincere condolences from all at the OTH Country Market. It will be hard to forget Ken, he gave us so many great memories.



### One Tree Hill Tennis Club



Is Looking for players of all ages - with or without experience



Current players are invited to register for 2016/2017 season

Interested or want to know more?

Please contact either

Shane: 0400 379 809

Or

Lee-anne 0414 718 501

### NEXT ONE TREE HILL COUNTRY MARKET

The next market will be held on Saturday 5th November 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 plants, arts and crafts and items for your home.



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

For stall enquiries please call Bev 0448 208 338 or Email [oth.market@bigpond.com](mailto:oth.market@bigpond.com)

Next PROGRESS GENERAL MEETING is Thursday 10th November 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.

