

Happy Father's  
Day for  
September 5th to  
all the dads who  
read our  
newsletter

# 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 Wednesday 23rd September 2015.**

**SEPTEMBER - Volume 38 - Edition 8- 2015**



## CFS Better Equipped to Save Lives



### EMERGENCY NUMBERS

Police: 131 444

Ambulance & Other Emergencies:

Country Fire Service: 000

Station: (When manned) 8280 7412

Hospital: 8182 9000

000

General Business: 8280 7055

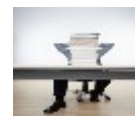
Bushfire Info Hotline (24hr): 1300 362 361



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



## From the Desk



Welcome to Spring and the September edition of the Grapevine. Let's hope that we have had the last of the chilly conditions and we will start to see some more sunshine in the near future. It's certainly been a cold winter this year!

Our front page shows the grateful CFS team with some of their new equipment, the article is on page 4, the NAB Bank is certainly very generous with their donation. Page 4 has further details about the new library at the Stretton Centre. Make sure you pay them a visit to check it out.

You have to read page 5 to find out about "The Green Thing", we think that many of you will be able to add a lot of things you did in the old days to save the environment and money.

Page 6 has a fabulous recipe for Meatball Parmigiana, I'm sure you will all want to try this out. We also tell you about a poem written in 1922 that describes the English language, it's quite good. To see the full poem please go to the web page.

Page 9 has an amazingly short Police Report, we are hoping that this has been due to more people being diligent and keeping an eye out around our community. The report is exactly as we want to see it!

Page 17 has some eco friendly ways to control weeds on your

driveway, paths and in other areas. It sounds an interesting concept, let us know how you get on with it.

Page 21 we have some very important information for you about heart attacks. The article is well worth a read and may help you or a family member not to become a statistic. On page 21 we also have a recipe for ant killer that will help reduce the numbers around your home and garden.

Page 23 has a way to increase growth in your garden with common Epsom Salts, it's something we weren't aware of and we can't wait to try it.

As well as these features we have all the regular contributors to the Grapevine and advertisements which help with the costs of producing this monthly edition of the Grapevine for the community.

Happy Birthday to Rose Shillabeer and her brother Albert, details are on the back page. The back page also has a notice to tell us about Para Wirra opening the gates for free in September, if you haven't visited for a while, now is a good time.

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](tel:82807095)

### President's August Report 2015

August has been a very cold winter period, however, work continues on at the local Institute, with repointing of the façade and some further painting and up-dating. Recent hirers have commented on just how well the new air conditioning system works - great for some of the really cold days we have experienced.

If you have not seen the front of the Hall, stop and have a look - there is plenty of life left in the "old girl" yet.

The request for input and ideas for a more permanent monument/feature in recognition of the great work by our local CFS has yielded some good suggestions - any further responses from local residents would be very welcome, particularly towards the type and form of any such monument. The Progress Association is very much in a support mode on this, however we would like to make sure we are working on something that really reflects the wishes of the local community.

If you have any ideas come along to our monthly meeting which is held on the second Thursday of the month from 7.30 pm at the Institute or write or email me with your thoughts for a monument.

We are still working with Playford Council on up-grading signage at the beginning and end of the township - again we would like to incorporate a "rural" theme if possible.

Regards Ian Slater,  
President of OTH Progress Association.



To contact OTH Progress Association  
Email: [oth.progress@bigpond.com](mailto:oth.progress@bigpond.com) Ph: [8280 7095](tel:82807095)  
or by post: [P.O. Box 196 One Tree Hill, SA 5114](#)



## 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.



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# ONE TREE HILL GRAPEVINE CFS REPORT AUGUST 2015



## Incident Report

August has been an interesting month with several minor call-outs on the road and a call to the "dam" for an alarm at the Water Treatment Plant to keep us on our toes. The most significant came in dense fog and slippery conditions where two cars, in separate incidents, failed to take the corner at the end of Black Top Road, with one ending up on its side in the paddock and the other wedged against the tree. As mentioned these were separate incidents occurring several minutes apart and from reports the generous people who had stopped to help the initial casualties were fortunate when the second vehicle missed the intersection.

The message as always is; please drive to the conditions.

## New Kit!

August has been a month of renewal with ongoing training for new members, new equipment purchased from grants and donations, new BA (Breathing apparatus) from a state-wide initiative and even a new fire appliance. The new breathing apparatus has higher capacity than the old equipment and will allow our crews greater flexibility in how they deal with structure fires. The new 3,000 litre fire appliance has replaced our 24 year old "34" rural appliance. It is almost identical to the appliance which arrived just before the last fire season and which proved its worth during the January fires. The new appliance features state of the art equipment including a remote operated monitor that can be used to chase grass fires from within the cab and a hydraulic extendable work light.

*With weather improving we are reminded that spring is just around the corner and summer will be here before we know it. Even if you are not doing fire prevention work, it is time to test your equipment; whether that is fire-fighting pumps or hoses or the gear you used to keep the undergrowth under control. It is never too soon to start!*

Finally, the recent Annual General meeting saw the change in several positions at the CFS. The members sincerely thank the outgoing position holders, in particular Karen Ellis, our Finance co-ordinator for many years, and also Rob McKenna, who has done a great job as the Training co-ordinator. Both have held Senior Firefighter roles in this time and their services will be missed.

For general information please contact One Tree Hill Duty Phone on 8280 7055.

You can also visit the CFS website or phone 1300 362 361.

## Councillor's Report AUGUST 2015

**T**he new CEO has been agreed on however some arrangements, salary and benefits are still being negotiated, once these are finalised I will be able to confirm who he or she is. Council bylaws are being reviewed and by the time this goes to print the public consultation period will have been completed.

Of particular interest to Council and ratepayers is the Government's proposed new noise and nuisance bill of which the public consultation period finishes on 31 August. This is, in my opinion, a blatant cost shifting exercise, the bill proposes to shift compliance issues (noise, odour, littering, insanitary conditions, unsightly conditions, along with the already policed development matters, dog and cat management, Bushfire prevention i.e. slashing fuel load control, also included swimming pool and smoke alarm compliance, amongst a plethora of items still to be determined, as are the regulations governing these offences) normally attributed to the Police and EPA, onto Council. The effect is that Council will have to commit public resources, training and funds to meet the proposed legislation. Council will find itself able to issue expiation notices on almost anything and having to investigate any and all complaints even anonymous ones. Anyone can lodge a complaint based on suspicion, fact or perception, however if the charge is challenged in a court of law the complainant has to be registered and have signed a statutory declaration stating that he / she will appear in court to give testimony. Good luck with anonymous complaints. Council will have no discretion in which complaints it would like police and if Council does not take action on a complaint and it gets referred to the Minister's office then the Minister is compelled to investigate and the costs of which will be charged to Council.

Ladies and Gentlemen prepare to live in a Police State, policed by people with minimal training and by an organisation that has better things to do with ratepayer's monies and resources. Why is this happening, well, **IN MY OPINION**, because the State Government has a budget crisis and has no funds to fund the EPA or resource the Police so they pass it onto Council who will have to increase rates or issue an inordinate amount of expiation notices to cover costs. Regardless of the situation Council will become very unpopular, through no fault of its own. I stress that this is my interpretation of the bill and my opinion of why it is happening, however, rest assured that the bill has momentum and if legislated it will have flow on affects.

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 e-mail [playford@playford.sa.gov.au](mailto:playford@playford.sa.gov.au), and cc or direct 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. When bringing a Council issue to me at the Country Market, it would be appreciated if you could put it in writing, so as I have a hard copy of your issue/s to give to Council for actioning. Due to legal requirements please do not direct your Council concerns to me via my private email. Please be aware that if you phone me and use the no caller ID function that I cannot return your call.

Cr Joe Federico

Fax 82807963

Phone 0417 016 164





# CFS Volunteers Better Equipped To Save Lives

Country Fire Service (CFS) volunteers at One Tree Hill are now better equipped to save lives. The CFS unit has improved its ability to respond to bushfires with the acquisition of two new oxygen resuscitation kits.

The two new oxygen resuscitation kits will help volunteers respond to instances of smoke inhalation, among members of the public and their team, and will help increase survival rates during disasters.

The new equipment has been funded by an \$8,000 community grant from National Australia Bank (NAB).

"The impact of the Sampson Flat bushfires was not limited to property," Brigade Captain of One Tree Hill CFS, Mr Thomas Walsh said. "CFS volunteers battled at the frontline in extreme conditions, risking their own safety. The new equipment can be taken to terrain not accessible by ambulance or other vehicles. We are thankful for the financial assistance from NAB. It will help us save lives."

In addition to the resuscitation kits, NAB's community grant was used to purchase a Femo 71 rescue basket stretcher and a Pelican 9480 remote area lighting system.

The rescue basket stretcher, used for retrievals in remote areas, is currently not standard CFS equipment. The closest brigade with access to this equipment was previously at Salisbury or Tea Tree Gully which is 30 minutes away.

The CFS Para Group is also the recipient of a \$4,500 community grant from NAB. The funds will be used to install eight new rural flat screen GPS units in strike team appliances, making it easier for volunteers to respond and navigate to and around fire ground.

NAB established the South Australian Bushfires NAB Community Relief Fund to provide grants to local community organisations that have lost infrastructure or assets in the fires, or are directly servicing the needs of fire impacted communities.

Grants of up to \$10,000 were available to help community groups as they start the recovery and rebuilding process.

"The Sampson Flat bushfires have had a devastating impact on the local community," NAB Retail State General Manager Gregg Harris said.

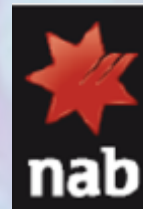
"Our thoughts were with all of our customers and employees in the impacted areas and we were there to support them."

"We commend the efforts of the One Tree Hill CFS and Para Group Strike Teams in protecting the public and their properties, and we're pleased to be able to recognise and support their valuable work."

A range of community organisations were eligible for NAB's Community Relief Fund including food banks, welfare charities, community assistance programs, animal shelters, local CFS teams, restoration and resilience building initiatives and sports clubs.

*Special thanks to Ben Smeaton from Corporate Conversation SA for providing us with this article and photo.*

*What a great community gesture, lets hope that the equipment is not needed for the upcoming bushfire season.*



# New Library Blends Technology with Tradition

If you haven't browsed through the new Playford Library Service at the Stretton Centre yet, plan a visit soon.

Re-located from its former home in the Munno Para Shopping Centre, our service at Stretton is equipped with time-saving Radio Frequency Identification (RFID) technology.

Already introduced at our Civic Centre Library Service and Mobile Library, RFID replaces the old barcoding of library resources.

For users, it means a faster borrowing experience - letting you simultaneously scan multiple items to borrow or return, at a digital kiosk. If you need a hand, our friendly staff will happily help you out.

Of course, technology can never replace good old-fashioned personal service - and you'll still find plenty of that.

RFID reduces administration, which gives staff across all Council's library services more time to help you track down a novel, recommend your next Book Club read or tell you about an upcoming community event.

Getting to the new Playford Library Service at the Stretton Centre is super easy.

From Munno Para Centre Interchange and Elizabeth Interchange, catch a No. 452 or 461 Bus to Stop 79C along Peachey Road - Stretton is just a minute walk from here! There's on and off street parking at the Centre, as well as bike racks in the new Town Park next door.

For more transport options and details about our new library, visit: [playford.sa.gov.au/library](http://playford.sa.gov.au/library)

City of Playford Mayor, Glenn Docherty said visitors to the new Playford Library Service at the Stretton Centre can borrow from its collection, explore the new RFID technology in the venue and also access Council Information Services.

"The new library located at the Stretton Centre is a leading resource for information, education and recreation, responding to the ever changing needs of our community," Mayor Docherty said.

*The new Stretton Centre pictured on the right and below the inside of the new library.*

*Bring the kids down to enjoy this great facility which is next to a skate park and playground.*



*Thank you to Alicia Jokic (Media Officer) for sending us this article.*



# THAT GREEN THING

While going through the check out at the local supermarket a young cashier said to a much older lady that she should bring her own bags because plastic bags are not good for the environment. The woman apologised to the young girl and explained, "We didn't have this 'green thing' back in my earlier days."

The young girl responded, "That's our problem today. Your generation didn't care enough to save our environment for future generations."

The older lady said that she was right - our generation didn't have the 'green thing' in its day. The older lady went on to explain: Back then, we returned milk bottles, cool drink bottles and beer bottles to the shops. The shop then sent them back to the factory to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled. But we didn't have the 'green thing' back in our day.

Grocery stores bagged our groceries in brown bags that we reused for numerous things. Most memorable besides household garbage was the use of brown paper bags as book covers for our school books. This was to ensure that public property (the books provided for our use by the school) was not defaced by our scribbles. Then we were able to personalise our books on the brown paper bags. But, too bad we didn't do the 'green thing' back then. We walked up stairs because we didn't have an escalator in the shops and office building. We walked to the shops and didn't climb into a 300 horsepower machine every time we had to go two blocks.

But she was right. We didn't have the 'green thing' in our day. Back then we washed the baby's nappies because we didn't have the throw away kind. We dried clothes on the line, not in an energy gobbling machine burning 240volts. Wind and solar power really did dry our clothes back in the early days. Kids got hand-me-down clothes from brothers or sisters, not

always brand new clothing. But that young lady is right; we didn't have the 'green thing' back in our day. Back then we had one TV or radio, in the house - not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Western Australia. In the kitchen we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn petrol just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to the gym to run on treadmills that operate on electricity.

But she is right; we didn't have the 'green thing' back then. We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blade in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the 'green thing' back then. Back then, people took the bus and kids rode their bikes to school or walked instead of turning their mums into a 24 hour taxi service in the families expensive van or SUV, which cost what a whole house did before the 'green thing'. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 50,000kms out in space in order to find the nearest take-away.

But isn't it sad the current generation laments how wasteful we old people were just because we didn't have the 'green thing' back then?



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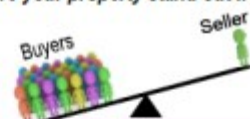
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# ONE TREE HILL UNITING CHURCH



## OUR VISION

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

### SUNDAY ACTIVITIES - 10.00am

#### Sunday Service & Sunday School

Visiting children are welcome to join our children at Sunday School which takes place during the Service.

#### SMYG (Sunday Morning Youth Group)

Our Youth Group and Young Adults meet every Sunday at 10.00am with their leader whilst the Service is taking place. The youth share food (popcorn, chocolate and lollies are all favourites!) while discussing relevant issues. Throughout the year they also enjoy various activities - paint-balling, 10-pin bowling, weekend camps, cinema evenings, and lots more.

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

#### WEDDINGS, BAPTISMS AND FUNERALS

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

#### OP SHOP

Our church, together with three other local churches, runs the Red Bird Op Shop in Elizabeth North. Donations of second hand clothing are always appreciated, and can be dropped off at the shop in Hilcott Street, Rosewood Village, Elizabeth North between 9.30am and 3.00pm Monday -Friday.

### GIFT FILLED SHOE BOXES FOR CHILDREN

Once again it's time to start filling shoe boxes (Gift's of Love") with Christmas presents 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 AT THE OTH COUNTRY MARKET

Our ladies will be at the Institute on the 5th September with their usual variety of home-made cakes, slices, and biscuits, as well as plants, bric-a-brac, games, books and much more. Come along, have a look and say hello - we'd love to see you.

### FELLOWSHIP MEETING

#### WEDNESDAY 23rd SEPTEMBER

A DVD on Kinston and Arthur's Vale Historic Area, Norfolk Island, will be shown.

**ALL WELCOME**

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

## The English Language

The poem below is a condensed version of the 'The Chaos' by Gerard Nolst Trenite written in 1922. It features a ridiculous number of words (approx. 800) of the worst irregularities in English spelling and pronunciation.

If you fancy yourself something of a professional linguist, then this challenge is for you. English is notoriously difficult to learn, as the language has so many exceptions to the rules. Even for a native English speaker, this poem presents quite a few challenges! Check it out and see how you fare. If you can pronounce all of the words, you speak English better than 90% of the population.

"Dearest creature in creation,  
Study English pronunciation.  
I will teach you in my verse  
Sounds like corpse, corps, horse, and worse.

I will keep you, Suzy, busy,  
Make your head with heat grow dizzy.  
Tear in eye, your dress will tear.  
Queer, fair seer, hear my prayer.

Pray, console your loving poet,  
Make my coat look new, dear, sew it!  
Just compare heart, hear and heard,  
Dies, diet, lord and word.

Sword and sward, retain and Britain  
(Mind the latter how it's written).  
Made has not the sound of bade,  
Say-said, pay-paid, laid but plaid.

Now surely will not plague you  
With such words as vague and ague,  
But be careful how you speak,  
Say: gush, bush steak, streak, break, bleak.

Previous, precious, fuchsia, via,  
Recipe, pipe, studding-sail, choir;  
Woven, oven, shoe, poem, toe.

If you are interested, the full poem is available at:  
<http://ncf.idallen.com/english.html> on the web.  
Hope you had fun!



## BAKED MEATBALL PARMIGIANA

### Ingredients for Meatballs

700 grams of minced beef or pork  
4 cloves garlic-roughly chopped  
A handful of chopped parsley  
1 cup bread crumbs  
1 cup shredded Parmesan cheese  
2 eggs  
Salt to taste  
Sauce of your choice (see below for a really easy one)  
Mozzarella cheese to top it off with.



**Method:** Mix all of the above meatball ingredients and form your meatballs (not too large). Pour 1-2 tablespoons of oil in an ovenproof dish with sides, add meatballs and bake at 190 deg. C for 20 minutes. Lower oven to 180 deg. Remove meatballs. Pour some sauce in the bottom of your dish, lay partly cooked meatballs on top of sauce, cover with more sauce and dress the top up with lots of mozzarella cheese. (Cover the entire top) Cover with foil and bake for 20 minutes. Remove foil and bake an additional 20 minutes or until meatballs are cooked through and cheese is browning. Raise the temperature to 200 deg. for the last 4 minutes to help with the browning.

### Ingredients for Sauce

2 Cans of whole tomatoes, puree, crushed  
2 Tablespoons butter  
1 Large onion, peeled and halved.  
**Method:** Place all ingredients into a large pot and bring to a simmer. Cook covered 45-60 minutes being sure to break up the large tomatoes if using them. Discard onion when it has finished cooking.

*The sauce is also great to serve with pasta.*

*This recipe is sure to become a family favourite. No frying on the stove, no spatter, no mess! Enjoy!*





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### **Opening Hours:**

**One Tree Hill - Mon - Fri 1:30pm - 5:30pm Ph: 8280 7890**

**Kersbrook - Mon - Fri - 8.30am - 12.30pm Ph: 8389 3351**

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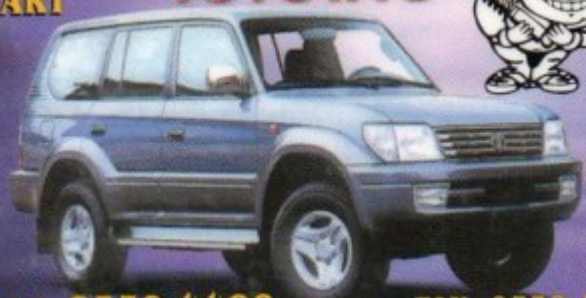
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## Crime Report – ONE TREE HILL Rural Watch – Offences reported between 17th July and 17th August, 2015

18th July

Serious Criminal Trespass - Residential

Craigmore Road, ULEYBURY

Front door of house jemmied open and television stolen.

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



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- \* Stock Burial

Olive, nut shaking  
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automatic with  
6 metre umbrella.  
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to suit, phone for prior  
inspection

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S300 Bobcat for larger  
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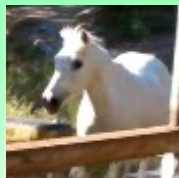
## Horse Care - How to Catch a Horse Part 1

**1: Get a small feed or treat; hay will be adequate, or a piece of apple or carrot.**

**2: Call the horse.**

**3: Give treat.**

**4: Tie or buckle halter on.**



Sounds easy, doesn't it? And it can be that simple. But first you must train your horse to come when called.

If he is in a paddock and you can't spend a week teaching him to come, you will have to allow most of a day to catch him.

Have a heap of hay, or many treats of carrots or apples, ready sliced into small bits. Holding the halter and rope in your left hand, call him. Offer the treat and wait. If he runs in circles, walk small circles, turning so you are facing him at all times. If he stops, approach slowly, but once he takes off again, return to the circling. He needs to run the large circle and you walk the inner one. Don't try to catch him, just ask him to stand and wait for you. Be careful your body language is not pushing him along. If he wants to stand and wait for you, that's fine. Drop your shoulders, look down and approach gently. Continue to offer the treat. If he lets you get close, give him the treat. If he takes off again, get another treat and start again. But this time, insist he allows you to pat his shoulder before getting the treat. Don't crowd or go for the head. He is nervous of that. If he eats without running off, give him another treat and slip the rope around his neck. Put it on low on the neck but slip it up to behind the ears as soon as reasonable. Give another treat and put the halter on while he is eating that. Yet another treat follows the final halter tying/buckling. Now, as you walk him away, let him have a treat every few

steps: as often as he needs it to be reassured.

Each stage has to be managed to suit the horse, not your timetable. Go slow and you will catch him much quicker than if you try to hurry and make him upset. The more nervous/unwilling he is, the longer for each stage and the more treats offered before moving to the next stage. Just make sure they are small treats so you don't over feed sugary stuff. Count it as part of his feed for the day if he ends up getting quite a bit.

Never attempt to hold him if he really pulls away. You will get hurt and he will learn that he can escape. Just allow the rope to slip off him and let him go. Take a deep breath and start again. It will get easier. Even if the halter has been put on, if he really pulls let him go. This is one reason I like long lead ropes; you can let him move without actually escaping. And if you have to drop it, there is enough to pick up without threatening him. It is not worth getting dragged trying to stop a horse. Remember he generates a Horsepower of pulling power. Don't worry about him treading on the trailing rope. It will teach him to slow down and he may even think he has been caught.

I don't really expect this to take all day but if you allow for that, he will probably cooperate much quicker and you will get a pleasant surprise. Trying to rush makes it slower.

**Link to show you how Julie catches Collette is at**  
<https://www.dropbox.com/s/74005uvg52j84m4/Collette%20grubs%20up%2026Nov14.MP4?dl=0>

**Next month: How to make it easy.**

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

**P.O. Box 196, OTH, 5114  
or Email:  
[oth.grapevine@bigpond.com](mailto:oth.grapevine@bigpond.com)**



## Simon's Visit to OTH a Huge Success

On Wednesday the 26th August, Simon Bryant (The Chef) came to the One Tree Hill Uniting Church Fellowship meeting.

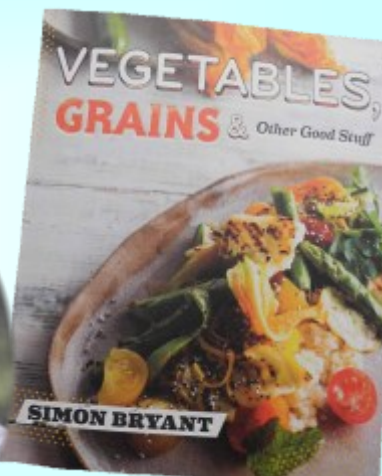
Simon gave the Fellowship group attending a very interesting and informative talk, along with a demonstration.

He made a delightful sweet, Mango and Maca Rice Puffs. They are made with all good wholesome ingredients, not with sugar. Simon used his very won "home grown" honey, along with grains and fruits. Simon created this healthy treat using ingredients that can be purchased at the Adelaide Central Market, the result was really tasty.

Simon also brought along his latest cook book entitled, "Vegetables, Grains & Other Good Stuff" in which the above recipe is included. Simon signed many copies for those that purchased one on the day. This book would make an ideal Christmas.

The Fellowship group are hoping that Simon will return next year and pass on more interesting information.

*Many thanks to Doug Winsor for this interesting article and photos.*



### A FATHER MEANS....

A Father means so many things .... An understanding heart, A source of strength and of support, Right from the very start. A constant readiness to help, in a kind and thoughtful way. With encouragement and forgiveness No matter what comes your way. A special generosity and always affection, too.

A Father means so many things, When he's a man like you.... Author Unknown.





# From The Past - Assorted Clippings From The Early Days

Friday, September 23rd 1881

**General Interest:** Three prisoners working at stone heaps at the back of the Adelaide Gaol yesterday suddenly threw down their tools and bolted along the banks of Torrens Lake. The guards were unable to leave the gang to pursue the escapees, but they had not proceeded far before they were arrested by the police, who recognised the prisoners' dress.

A married woman named Howan, whose husband is from Sydney, was found guilty of concealment of birth. She had twins while in domestic service at One Tree Hill.

Four Skeletons Unearthed in Road - 5th September 1933

ONE TREE HILL, September 3. Last week on the road near the property of Mr. Alex Kirk, One Tree Hill, four skeletons lying side by side were unearthed. They are believed to be aborigines, and must have lain there for upwards of a century. Mr Kirk's father settled at "Kirklands" in 1840 and so would have known had the burial taken place during his lifetime. All skeletons were in a good state of preservation, the teeth especially being perfect.

COUNTRY NEWS: ONE TREE HILL - Friday September 11th 1922

The scholars of the Precolumb school gave an entertainment in the Institute 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 the children, solo items were given by Joyce and Lily Groth, Dorothy Dawson, Roma Fieby, Ada Harvey, Doris Dyer, and Charlie Charlson, Miss Fieby played for the children, and Mr. J. H. Groth, 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.

ONE TREE HILL - Friday 25th July, 1919

One Tree Hill had its celebrations on Saturday, when the afternoon was filled in with a football match between One Tree Hill and Smithfield, games for the children, and the presentation of the Peace Medals, Smithfield proved the winners in the football match after an enjoyable game.

Mr. John Hogarth, the late Chairman of the Munno Para East Council, presented the medals to the children. In the evening a vocal and instrumental programme, interspersed with dancing, was enjoyed, and the children also had romps. Those who helped in the programme were Misses Smith, Walter, Fiebig, and Mr. C.C. Fiebig, Mr. F.E. Barritt also added to the enjoyment by items on his violin. A supper followed.

Hunt Tomorrow at One Tree Hill - Friday 18th August, 1939

Members of the Adelaide Hunt Club will go to Smithfield tomorrow for a hunt through the One Tree Hill district. This meet was postponed earlier in the season and now take the place of the run which was scheduled for O'Halloran Hill.

A special train will leave Adelaide at 1.00pm and arrive at Smithfield at 1.40pm. Hounds will be laid on immediately. The return journey will be made from Smithfield at 5.30pm, and Adelaide will be reached at 6.50pm.

Hunters must be loaded at Oaklands by noon, Edwardstown 12.20pm. Adelaide 12.55pm and Salisbury 1.30pm. Notice about horse box accommodation should reach the secretary at the Adelaide Hunt Club by noon today.

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

A ball at One Tree Hill on the 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 & 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 and One Tree Hill districts.

A delightful home-made supper was served.

PRINTED IN THE GALWER BUNYIP - 9th September 1932

"THE GOLDEN WATTLE" By Karnac (One Tree Hill)

Out in those wooded ranges  
A new-born glory breaks,  
When decked with many jewels  
The gladsome Spring awakes.

And there the peerless wattle  
A glimpse of holiness  
Comes with her mystic message  
To gladden and to bless.

Her trembling, dreamy beauty,  
She draws from unknown springs;  
Or far Celestial fountains,  
Beyond our ken of things.

Then straightaway scatters widely  
Her treasures manifold,  
Till waning hill and landscape  
Are as a sea of gold.

She decks with tender beauty  
Each mountain peak and spur,  
And all the woodland valleys  
Are glad because of her.

She plumes her golden tresses  
Far down by secret rills;  
And you may count her banners  
Upon a thousand hills.

She has her inner temple  
Where valley depths enfold,  
And tangled heath and wildwood  
Are interlaced with gold;

And Lo! her open palace  
In regal splendor spread  
A-back the lasting mountains,  
The blue dome overhead.

And in the silent moonlight,  
The wanderer inhales  
The incense from her altars,  
Adown the scented vales.

And so with grace abounding,  
She glorifies the scene,  
And reigns by range and river  
The Peerless Forest Queen.





# Kids Page

This month I have made Father's Day the theme for the jokes and also the puzzle. I hope you have remembered that Father's Day is on September 5th. I wonder will you make dad some breakfast or perhaps go out for lunch with your family. Whatever you do make sure you make the day special for dad. You don't have to spend a fortune on presents, I'm sure he would like a picture or card you have made for him just as well as an expensive gift.

I'm still waiting to hear from more kids if you want the Kookaburra Club to continue, thank you to our regular contributors, Samuel, Joshua, Daniel and Hannah. Also Thomas who sends in a very interesting story every now and then, it's great to hear from these kids. Even if you have a joke to send (like Riley) it would be good to hear from you.

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 Office, SA 5114.

\*\*\*\*\*

Q: Does a dad ALWAYS snore?

A: No, only when he is asleep!



Q: What does a dad say when asked to put the kettle on?

A: Sorry, I don't think it will fit!

Q: What does a dad say when you ask to leave the table?

A: Where do you want to leave it?

Q: What did dad do after offering a hand with your homework? A: Started clapping!

Q: When asked to put the cat out at night, what is your dad's response? A: I didn't know it was on fire!

Q: The waiter asks your dad how he would like his steak done, what is his response?

A: On a plate, please!

Q: You ask your dad what is on the TV, what is his answer? A: Dust!

Q: What did dad's tie say to his neck?

A: Do you mind if I hang around!



Q: What did dad say about the deer head mounted on the cabin wall? A: He must have been going really fast when he hit the wall!

Teacher (on phone): You say little Aaron has a cold and can't come to school today? To whom am I speaking? Voice: This is my father!

A small boy was at the zoo with his father. They were looking at the tigers, and his father was telling him how ferocious they were. "Daddy, if the tigers got out and ate you up .... "Yes, son?" the father asked, ready to console him. "Which bus would I have to take home?"

My dad thinks he wears the trousers in our house, but it's always Mum who tells him which pair to put on!

One evening a little girl and her parents were sitting at the dining table eating their dinner. The little girl said, "Daddy, you're the boss, aren't you?" Her daddy smiled, pleased, and said yes. The little girl continued "That's because mummy put you in charge, right?"

Q: Why do golfers take an extra pair of socks when they play golf? A: Just in case they get a hole in one!

Q: What did the father ghost say to the naughty baby ghost? A: Spook when you are spoken to!

Son: For \$20, I'll be so good dad!

Father: Oh yeah, when I was your age, I was good for nothing!

## Father's Day Word Search

Father's Day is September 5th.

Can you find these words that have to do with dad?

ATHLETIC	FUNNY
BRAVE	GOLF
DAD	KIND
DADDY	SPORTS
ESPN	TENNIS
FATHER	TIE
FISHING	TOOLS
FOOTBALL	

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

**SOME**  
 Super **Heroes**  
 Don't have  
**CAPES...**  
 They are  
 called **DAD**



I went to a birthday party for two of my friends. I had lots of fun. It was at the Aquatic Centre. I went swimming. Played games with the other children. We had some yummy food. While we were eating the food, they got the birthday cake out. There was a donut cake and a cupcake birthday cake.

Hannah, Age 7 years.



## Kids Page

Q: When do people use trampolines?

A: In spring time!



Q: What letter is like a spring flower?

A: The letter A because a bee comes after it!

A couple of weeks ago, the phone rang before 8am. Daniel took it downstairs and we heard crying. We went downstairs and I heard that our parents friend had just been killed in a hit and run accident. After that, we had a very sad day. Three days later we went around and saw Kieran's wife Dee, I went in and played with the children who had seen their father die. They were upset. About a week later, we went to the funeral. It was very big. Kieran's brother went up on stage and told everyone about how he and his brother helped each other. He said, when they were little, if they had a disagreement and started to argue, their mother would make them hold each other's hands and look at each other. He said but in the end, they always ended up with a smile. Then Dee went up and talked about how they got to know each other and married and travelled together. Kieran was a great guy.

Joshua. Age 10 years.



*Such a sad story you have shared with us Joshua, our thoughts are with you and your friends family. x*

About 2 years ago, I started doing woodwork down at Salisbury South. At the moment I am staining a bunk bed that I made out of pine. I had to get the man that I do woodwork with to cut the wood up for me on a big saw. I glued, stapled and screwed the bunk bed together and then sanded it. Afterwards, we took it to my grandpa's and sanded it with an even finer piece of sandpaper, I then got a rag and put some stain on it and started wiping the stain on the wood. I have coloured it cedar. After it dries, I will put some varnish on it with a paint brush. When it is all dried, I will take it home and put it all together. I had a great time building it and I am having a great time staining it. I hope it doesn't fall apart when we jump on it!

Samuel, Age 12 years.

*Well done Samuel, I'm sure it will be strong enough for you and your brothers to jump on! You are the winner for this month, Congratulations, you can pick up your certificate and voucher from the OTH Country Market on Saturday.*



One night, my brothers and sister and I went to sleep at Argar's and Nanna's. We slept there all night. Before we went to bed we watched Myth Busters. It was really funny. Then Nanna gave us a biscuit and we ate it in the lounge room. After a little while we went to bed. I slept really, really well. The next morning we had yummy porridge for breakfast. Then Mummy took Hannah, David and me to the shops and we got some Haighs chocolate. We got some chocolate frogs. They were very yummy.

Daniel, Age 9 years.

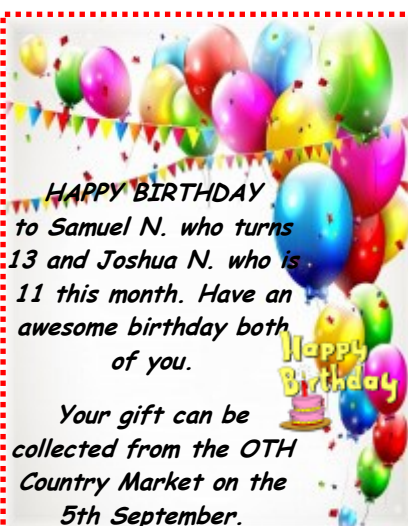


Daniel also has a joke.

Q: What do you do if you see a space man?  
A: Park in it man!

Q: Where will you be in five years?

A: I don't know,  
I don't have 20/20 vision!



## OTH Kookaburra Club



*Calling all children up to the age of 13 years. If you would like to be a member of the Kookaburra Club and enjoy a monthly prize of a \$10 voucher along with a voucher and card for your Birthday then please email or post your name, address, birthdate and a story or joke to me.*

*Postal address & email are on page 2.*

*Please note that if you do not contribute to the Kookaburra Club page after 6 months of joining you will not be receiving a gift for your birthday.*

*It's very disappointing that I don't hear from more children very often.*

*Parents I encourage you to get your kids involved in their pages if you would like to it continue, it would be disappointing to lose our pages for kids.*

**Whaaaaaaaaaaaaaaaaaaaaaaaaaaaaaat?**

Once there was a man called Cameron. He was really good at soccer and was super brainy. One day Cameron broke his arm, he thought it was the end of his life but he kept fighting off the pain and taking medicine. So he got super good again! But because he felt sooo good he ran away from home until he was 100,000 kilometres away from home. Then.... HE WAS LOST!!! He found a huge hole and went down it. He heard a voice so he ran but because it was so dark Cameron smashed into a wall and got knocked unconscious. When he woke he saw a village full of weird small creatures. One of them said "wook, wook" to Cameron. Cameron said "What?". Then another one said wook wook and teleported him back home. Then Cameron went "Whaaaaaaaaat?". THE END.

Thomas, Age 8 years.

*Very well done Thomas, I hope everyone enjoys your story as much as I did. You have a great imagination!*



Why did Cinderella get kicked off the baseball team?

A: She always ran away from the ball.  
*Thank you Riley for your joke.*



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There are 2 beef cattle sheds just in from the Leader Street entrance

Hope to see you there

Sarah 0402 099 106 or John 0427 131 018

Email: [sarah.popow@outlook.com](mailto:sarah.popow@outlook.com)

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# Momentous Events Throughout Time

## SEPTEMBER

**September 1, 1715:** The "Sun King" (King Louis XIV of France) died. He had ruled since the age of five and was succeeded by his 5 year old great grandson Louis XV.



**September 1, 1983:** Korean Air Lines Flight 007 was shot down by a Russian fighter jet while on route from New York to Seoul, killing all 269 persons on board. The Boeing 747 reportedly strayed 100 miles off course over secret Soviet Russian military installations on the Kamchatka Peninsula and Sakhalin Island. It crashed in the Sea of Japan.



**September 2, 31 B.C.:** Roman legions under Augustus Caesar defeated Mark Anthony's naval force at Actium.



**September 2, 1666:** The Great Fire of London began in a bakery in Pudding Lane near the Tower. Over the next three days more than 13,000 houses were destroyed, although only six lives were believed to be lost.



**September 2, 1752:** The British ended their use of the Julian calendar, switching instead to the Gregorian calendar, resulting in a major adjustment as Wednesday September 2, was followed by Thursday September 14. The correction resulted in rioting by people who felt cheated and demanded the missing eleven days back.

Julian	Gregorian
Monday 12/24	Monday 12/12
Monday 13/1	Monday 12/29
Monday 14/1	Monday 12/30
Monday 15/1	Monday 12/31
Monday 16/1	Monday 1/1
Monday 17/1	Monday 1/2
Monday 18/1	Monday 1/3
Monday 19/1	Monday 1/4
Monday 20/1	Monday 1/5
Monday 21/1	Monday 1/6
Monday 22/1	Monday 1/7
Monday 23/1	Monday 1/8
Monday 24/1	Monday 1/9
Monday 25/1	Monday 1/10
Monday 26/1	Monday 1/11
Monday 27/1	Monday 1/12
Monday 28/1	Monday 1/13
Monday 29/1	Monday 1/14
Monday 30/1	Monday 1/15
Monday 31/1	Monday 1/16

**September 3, 1783:** The Treaty of Paris was signed by John Adams, Ben Franklin and John Jay, formally ending the American Revolutionary War between Britain and the United States.



**September 3, 1939:** Great Britain and France declared war on Nazi Germany after its invasion of Poland two days earlier.



**September 4, 1609:** The island of Manhattan was discovered by navigator Henry Hudson.

**September 5-6, 1972:** Eleven members of the Israeli Olympic Team were killed during an attack on the Olympic Village in Munich by members of the Black September faction of the Palestinian Liberation Army. Israeli jets then bombed Palestinian positions in Lebanon and Syria in retaliation on September 8, 1972.



**September 5, 1997:** Mother Teresa died in Calcutta at age 87, after a life of good work spent aiding the sick and poor in India through her Missionaries of Charity order.



**September 5 Birthday:** Wild West legend Jesse James (1847-1882) was born in Centerville, Missouri. Following the American Civil War, Jesse and his brother Frank formed a group of outlaws, robbing banks, trains, stagecoaches and stores. In 1882, after the governor of Missouri offered a \$10,000 reward for their capture dead or alive, a member of the gang shot 34 year old Jesse in the back of the head and claimed the reward.



**September 7, 1822:** Brazil declared its independence from Portugal after 322 years as a colony.

**September 7th Birthday:** Queen Elizabeth I (1553-1603) was born in Greenwich Palace. She was the daughter of King Henry VIII and Anne Boleyn. She ascended the throne in 1558 at age 25. During her reign, Britain became a world power by defeating the Spanish Armada. The Anglican Church was also fully established.



**September 8, 1974:** A month after resigning the presidency in disgrace as a result of the Watergate scandal, Richard Nixon was granted a full pardon by President Gerald R. Ford for all offenses committed while in office.



**September 10th, 1919:** Following the defeat of Germany in World War I, the victorious Allies signed the Treaty of Saint-Germain ceding parts of pre-war German-Austria to Italy and Czechoslovakia. Austria was also forbidden to unite with Germany.



**September 11, 2001:** The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked then crashed, killing nearly 3,000 persons. Four separate teams of Mideast terrorists, operating from inside the U.S., boarded the morning flights posing as passengers, then forcibly commandeered the aircraft. Two fully-fueled jumbo jets, American Airlines Flight 11 carrying 92 people and United Airlines Flight 175 carrying 65 people, had departed Boston for Los Angeles. Both jets were diverted by the hijackers to New York where they were piloted into the twin towers of the World Trade Centre. The impact and subsequent fire caused both 110-story towers to collapse, killing 2,752 persons, including hundreds of rescue workers and people employed in the towers. In addition, United Airlines Flight 93, which had departed Newark for San Francisco and American Airlines Flight 77, which had departed Dulles (Virginia) for Los Angeles, were hijacked. Flight 77 with 64 people on board was diverted to Washington, D.C., then piloted into the Pentagon building, killing everyone on board and 125 military personnel inside the building. Flight 93 with 44 people on board was also diverted toward Washington but crashed into a field in Pennsylvania after passengers attempted to overpower the terrorists on board.



**September 14, 1982:** Princess Grace of Monaco died following an accident in which her car plunged off a mountain road in Monte Carlo. Her daughter Stephanie, also in the car, survived and was treated for shock and bruises. Princess Grace (Grace Kelly) was a Hollywood actress who met Prince Rainier III of Monaco during filming of the Hitchcock film *To Catch a Thief*. She then gave up a successful acting career and married him in 1956.



**September 20, 1973:** The much hyped "Battle of the Sexes" took place in the Houston Astrodome as tennis player and women's rights activists, Billie Jean King, defeated self styled male chauvinist Bobby Riggs in three straight sets. Riggs, a retired tennis champion, had been critical of the quality of women's tennis.



**September 28, 1978:** Pope John Paul I died after only 33 days in office. He was succeeded by John Paul II.



**September 29-30, 1941:** Nazis killed 33,771 Jews during the Babi Yar massacre near Kiev.

**September 30, 1938:** British Prime Minister Neville Chamberlain returned to England declaring there would be "peace in our time," after signing the Munich Pact with Adolf Hitler. The Pact ceded the Czechoslovakian Sudetenland to the Nazis. Chamberlain claimed the agreement meant peace, however, Hitler seized all of Czechoslovakia March of 1939.

**September 30, 1955:** Actor James Dean was killed in a car crash in California at age 24. Although he made just three major films, *Rebel Without a Cause*, *East of Eden* and *Giant*, he remains one of the most influential actors.





# Use SALT to get your weeds under control!

We have all had enough of the weeds at this time of the year so how would you like to finally get them under control?

Spring is here and it's time to take control and do a better job of keeping our huge yards more presentable. Most people start out quite well but then end up failing miserably in the end.

There are a lot of different ways that you can control your weeds without using harsh chemicals, but salt will become one of your favourite ways to control weed problems.



All of you living in the One Tree Hill area are quite exposed to seeds blowing onto your property and hiding pretty much everywhere. Getting rid of the weeds altogether is just not an option! The biggest problem for us is when we get weeds growing in between the bricks on our paths or driveway. It can give the appearance of a house starting to look abandoned and who likes the look of that!

The worst part is that we often go for weeks without really having any time to dedicate to yard work at all and things start to snowball from there.

This process of eliminating weeds has been proven and we know many of you will be trying it out when you read this article. This is how you do it:

By preventing weeds in the first place is even better than having to eradicate them. The earlier you start with this program in Spring the better.



**Use Water:** Using water along with your salt can really help increase its effectiveness. Certain weeds will react right away to just straight salt, while others seem to need water added before you start to see results. If it seems like your weeds are resisting the salt, add some water and then wait. It might take some time, but it will work! The great thing is that once the salt gets to work, the results last much longer than other natural methods, and even longer than some of the store bought eco-friendly weed killers.

To use water with your salt, first wet the weeds and surrounding area with the hose or watering can, then apply the salt. Come back a few hours later and give everything a good soaking with a hose. If it's a day where you know it's going to rain, that's even better! Let the rain do the work for you!

While using salt is a powerful method, it's not quite as strong as you might think. After 3-4 weeks you may notice a bit of re-growth, at that point spot treat the new weeds, it will take just a couple of minutes and the re-growth will happen less frequently over time.

Because this method does prevent any kind of plant from growing, it's recommended only for areas where you know you'll never want to plant again, like walkways, driveways, or patios. If you have a really stubborn weed in one of your flower gardens though, you can safely use salt by cutting the top off of the weed and sprinkling about a half teaspoon of salt directly into the weed from the top. Once it's good and dead, pull it out, almost all of the salt should be removed with it.

After weighing all of the pros and cons of using salt for weeds it comes highly recommended for walkways and driveways but care needs to be taken when using close to flower or veggie gardens and lawns.

Now if we could work out how to cut down on the 3 hours it takes to mow the lawns!



## Household Hard Waste Collection Service



The annual household waste collection service will continue in 2015. Check the back of your wheelie bin collection calendar, One Tree Hill is due for collection in September.... We are ready to take your booking now!

### Bookings are essential -

For bookings and new calendars contact

**NAWMA on free-call 1800 111 004**

Note fees may apply for mobiles

\*\*\* Please note this does NOT include:  
building materials i.e. tiles, bricks and fibro sheeting, garden organics or tyres.



**NO COLLECTION WILL TAKE PLACE WITHOUT PRIOR BOOKING**

Brochures with further information will be delivered to imminent suburbs within the next couple of weeks. Once bookings have been made a letter will be posted out to confirm collection date.

*Northern Adelaide Waste Management Authority  
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August saw the Blacksmith's Inn Patrons Club hosting a "kids" friendly even to the Port Adelaide Dolphin Cruise..

In contrast to the last outing we had a boat, dolphins and even the sun trying to poke it's head out, making for an enjoyable lunchtime cruise up the Port River. The dolphins took a while to show up, but when they did they followed the boat back to dock and were a highlight.

The kids had a great day and some even got a chance to steer the boat (see photo).

Once back on dry land, the patrons had a chance to head off and explore the sites of the Port including the Markets, the historic buildings and the local pubs.

A great day was topped off with some great music from Acoustic Highway once we got back to the Blackies.

Thinking about joining why not come up? We still have a number of events on the books for the rest of the year including the annual "Golf Day." Make enquiries at the Blacksmith's Inn.

## Blacksmith's Inn Patrons Club Outing





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# Goat's - Goats Milk

There are many rumours about goat milk. I will try to cover some of them. If I miss your thought, please let me know.

- ◆ "Goat milk is ideal for allergy sufferers". Sorry, it's only of use if you are sensitive to cow's milk. But if you are sensitive, then substituting goat milk for cow milk may remove one allergen from your environment. It helped me tolerate roses and lucerne hay and removed an eczema rash I had been fighting for many years.
- ◆ "Goat's milk is better for you". Maybe. If you are sensitive to cow milk. It is better than most other milks for raising young animals. If there is no milk available from the same type of animal, then the goat is sometimes known as the "universal foster mother" raising pups, foals, calves, lambs, kittens and pigs better than most alternatives. And I believe it's better for human babies than other alternatives to breast milk. First choice is always milk of the mother or her herd/family sisters.
- ◆ "Goat milk tastes foul". Oops, what went wrong with the production or storage? If the goat is fed well, healthy, the milk is milked into clean containers, chilled quickly and kept refrigerated, then the milk should taste delicious.
- ◆ Some animals produce a slight nutty flavour, not unpleasant, just a little different to carton milk. I liken it to coconut milk, but only a hint of the flavour.
- ◆ If there is a buck around during mating season, his smell will permeate the milk. Keep him away.
- ◆ Some does, when ready for the buck ("in season") produce a buck smell. Keep her milk separate and give it to the animals. They won't care. She will only produce the "off" milk for a day.
- ◆ Garlic will go through the milk. Don't feed it. Too much lucerne will also flavour the milk. So will aniseed. I remember the day I left my does near a patch of wild aniseed (the car had broken down and I was waiting for help). They loved it but I could not use the milk for 3 days. I am not keen on aniseed/licorice on my cereals. Any strong smelling plant can taint the milk. If you are having trouble with tainted milk, see what the girls are eating. It may be something in the paddock or something you are feeding.
- ◆ A doe with any digestive upset will often have tainted milk. Get her sorted out. This may mean adding a lick block to help her balance herself.

- ◆ Mastitis will definitely taint the milk. She needs veterinary care. Milk that seems ok but does not keep is often tainted with low grade mastitis.
- ◆ Dirty containers/buckets will taint the milk. Keep your milk containers very clean (scrub with cold water, then hot and soapy, then rinse with very hot water), sterilise occasionally (bleach solution then rinse or air the bleach smell out, or use baby bottle sterilising formula). Cover as soon as you finish milking, even to carry it back to the house. I covered before I removed it from under the doe as I might knock hair into the milk as I lifted it.
- ◆ In very hot weather I used to milk into a bucket with a cold pack in the bottom (sterilised of course). In any case, get into the fridge within half an hour. Chilling in plastic slows down the rate of cooling so it is better to cool in glass or steel then transfer for storage if that suits you best.
- ◆ Do not shake or otherwise agitate violently. Yes, this actually causes tainted milks. The aeration breaks down the fat globules and these then start to go rancid (it does take a couple of days). Milk shakes should be drunk shortly after making as the agitation starts the rancidity action. If you want to stir in cream that has come to the top, do so gently, with a spoon or by putting a lid on and rotating around (upside down and back) but not by shaking.
- ◆ Good milk should keep a minimum of five days in the fridge. Eight is not unusual, fourteen not unheard of. And this without pasteurising, sterilising, cartonising or plasticising.

Many years ago I was doing a PR show. My 3 year old daughter came with me. As I was offering tasting samples one lady said "Oh no. I had that once. It was foul." Before I could think of an answer, my daughter said "drink Mummy". Without thinking I handed her a glass of milk. Down it went then "More". That convinced the lady to try the milk ("you can't get a child to drink yucky things") and she pronounced it "Delicious. Just like real milk". Saved!

I now drink my tea black. The smell of warm cows milk in it makes me feel ill.

Please email the Grapevine if you have any queries on goat care and we will pass your correspondence on to Julie Buttery who writes the article.

[oth.grapevine@bigpond.com](mailto:oth.grapevine@bigpond.com)  
or P.O. Box 196 One Tree Hill, 5114.



Last year this lady replaced all the windows in her house with those expensive, double-glazed, energy efficient ones. Today she got a call from the glazier who installed them. He complained that the work had been completed a year ago and she still hadn't paid the bill! "Hhhhhellooooo .... Just because she is blonde doesn't mean that she is stupid. She told him just what his fast-talking sales guy told her last year.... That these windows would pay for themselves in a year Hhellooooo? It's been a year, so they are paid for, she told him! At the other end of the line there was only silence, so she hung up. The guy never called back, the blonde said to herself "I bet he feels like a real idiot."

*Apologies to all the blondes out there if this is offensive, it was too funny not to print!*







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## HOW TO RECOGNISE AN EARLY SIGN OF HEART ATTACK

Heart attacks are one of our major killers in our modern society. The stressful way of life and the junk food we keep eating is a great contributor for this illness becoming so common and so dangerous.

Leading a healthy lifestyle and trying to decrease the levels of stress in your life can help protect you from heart failure, but another thing that can be very useful, even lifesaving, is knowing the symptoms of heart failure a month before it happens.

These are the symptoms that you might have a heart attack in a month. Make sure you always treat these as red flags.

**Fatigue:** When the arteries become narrow your heart receives a lot less blood than it is used to. This makes the heart work a lot harder than it normally would have to, leaving you feeling overly tired and drowsy just about all of the time.



**Shortness of Breath:** When your heart is getting less blood this means that your lungs are not going to be able to get as much oxygen to the lungs as you normally would. The two systems depend on one another so without one you can't have the other. If you have been having trouble breathing it is best to consult a doctor as soon as possible, this could mean it is getting close to time for your attack.

**Weakness:** When your body becomes weak, all of a sudden it is because the arteries are becoming more narrow and are not allowing the blood to circulate properly. Your muscles aren't getting what they need, and this could cause you to fall even for what may seem like at first no reason so be especially careful.

**Dizziness and Cold Sweats:** Poor circulation can be causing the blood flow to your brain to be restricted. This is very life threatening. This will at first cause dizziness and clamminess. You should not ignore this, seek medical attention immediately.

**Chest Pressure:** If you are having onset symptoms of a heart attack chances are you have been experiencing discomfort in your chest, whether it's minor pain or built-up pressure. This will constantly increase until the attack itself happens.

**Flu or Cold Symptoms:** If you feel as if you having flu symptoms out of nowhere this could be because the attack itself is about to happen within the near future. Many people feel they have developed a cold just days before their attacks.

**How to handle this:** If you or someone you know is experiencing these symptoms, please see a doctor as soon as possible. The best way to prevent a heart attack is by noticing the symptoms early on.

Something that is circulating on facebook that may help you if you have a heart attack when you are alone.

**SURVIVE**

**HEART ATTACK**  
**When you are alone**

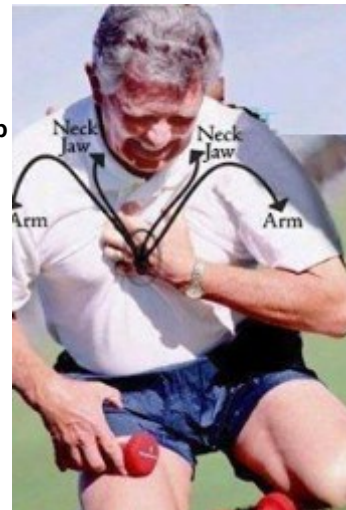


**Example:** If you are heading home from work alone and you're feeling tired, upset and frustrated and start to experience severe pain in your chest that starts to travel to your arm and jaw. It's time to take action, even if you are trained in CPR, it's difficult to do on your own while suffering a heart attack but there is something you can do. Your heart will be beating improperly and you will begin to feel faint, you only have about 10 seconds before you lose

consciousness so it has been suggested that you can help yourself by coughing, each cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.



**The happiest people don't  
have the best of  
everything, they just  
make the best of  
everything!**

## The Best Homemade Ant Killer

It's about this time of the year when ants seem to start popping up around the house. Sometimes there are quite a lot but at other times just a few, but they always seem to show up!

This easy homemade ant killing solution is just the ticket to solving a real pest problem around the home.

Ants are attracted to anything, even a biscuit crumb dropped on the floor by the kids, once the crumbs have been cleaned up the ants still come back inside looking for more.

Here's what you will need, it's so simple but yet so powerful.

1 cup sugar, ½ cup water  
and 1 tablespoon Borax (Laundry booster)  
Mix the ingredients together and you are ready!

If you have pets or kids, you'll want to keep the solution away from them. One idea is to put it in an old plastic container with holes poked in the lid for the ants to get in. Put a little bit of plain sugar and water on the outside of the container to lure the ants (NO BORAX)



If you don't have to worry about pets or kids then pour a puddle on the floor and cover with an old plastic container propped up slightly, this will give the ants room to get under it.

However you set up the trap you'll want to place it right where you previously saw the ants walking to be sure they will find it. Once they do, they'll get all their buddies and carry it back to the nest. Everyone will party and have a big feast and then they'll die.

It sounds a bit mean and cruel but at least you won't have to worry about having ants in your home again.



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## COMMUNITY DIRECTORY

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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
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OTH Progress Ass	Secretary	8280 7095
OTH Playgroup	Monday	0417 140 574
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Scout Group	Darryl	8254 9650 or 0432 624 697
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State MP	Jon Gee	8254 1023
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General Enquiries and Burning Permits (seasonal )

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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 : [adcraig@playford.sa.gov.au](mailto:adcraig@playford.sa.gov.au)

## SENIOR CITIZENS

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

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

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.

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## MAINTENANCE

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MAINTENANCE**  
\* Gardening  
\* Odd Jobs  
\* Painting  
\* Pruning  
\* Gutter Cleaning  
\* Basic Home  
Maintenance  
Call Pete:  
**0433 619 108**

## FOR SALE

**WOULD YOU  
LIKE TO  
ADVERTISE  
HERE?**

**COST IS  
JUST \$10 for  
a space this  
size.**

Please contact  
the Grapevine for  
further details

## Brighten up your plants with Epsom Salts

Epsom salts is a common household product, very useful as a remedy for a wide variety of maladies from sore muscles to constipation. Epsom salts has long been a rose growers friend and an excellent supplement for your roses!

The benefits of using Epsom Salts for plants: The chemical makeup of Epsom salts is simple. It is hydrated magnesium sulphate, and when you dilute it with water, plants of all kinds can take up this magnesium quickly and benefit from it greatly. Epsom salts is best used as a supplement to help increase fruiting, flowering and boost plant growth. Serious rose enthusiasts use Epsom salts to help strengthen their plants and build lush, dark green foliage. The added magnesium levels help increase the production of chlorophyll in the plant for strength and deep, rich colour.

It is best to start roses out with a dose of Epsom salts when you plant them or as soon as you see new growth and again when they bloom. Follow these instructions for the right application at the right time.

**Incorporate into the soil:** Broadcast it like grass seed at a rate of about a cup over about a 3 metre square area. Work it into the soil very well before planting.

**When Planting:** Before planting rose bushes give them a nice soak in about 3 litres of lukewarm water with ½ cup of Epsom salts.

When planting new bushes also place 1 tablespoon of Epsom salts at the bottom of the hole, cover it over with dirt, then place plant on top.

**Established Plants:** For established plants, add a top dressing to the soil. Sprinkle around the plant approximately 1 tablespoon of Epsom salts per 30cm of plant height to the surface of the soil. Water in thoroughly. You can apply top dressing once a month through the entire growing season.

Epsom salts has been a real boon to gardeners for decades and to rosarians in particular, it provides tremendous benefits to plants and soil, is safe (when used at the right rate) and amazingly affordable.

It is an all natural fertilizer that gardeners of every kind swear by, even though their claims have never been scientifically proven.

Generally speaking, you can count on Epsom salts as a quick and easy fix to a wide variety of garden problems and a special tonic for your roses.

*Happy gardening, let us know if you have positive results with this method.*







## 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.



### MOBILE LIBRARY

A reminder to all residents that the Playford Council Mobile Library Service now comes to One Tree Hill on Friday afternoon, once a fortnight. SEPTEMBER visiting dates for the Mobile Library are the 4th and 18th September, 2015. The van parks outside the OTH Institute from 3.00 to 4.00pm.



### NOTICE FOR OLDER RESIDENTS

Watch out for flyers at the market and notice boards in the township for City of Playford Outings.

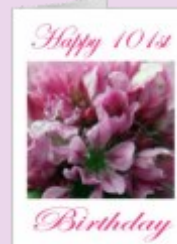
Quarterly bus outings to different locations are being planned for the near future. Additional information and conditions will be detailed on the flyer which, unfortunately, was not ready for the Grapevine deadline.



Happy Birthday to One Tree Hill's oldest resident, Rose Shillabeer who turned 101 years old on the 15th August.

Also Happy Birthday to her brother Albert who will be 94 on September 7th.

Best wishes from the residents of One Tree Hill.



## Para Wirra FREE Entry

During the month of September Para Wirra Recreation Park with be Natureplay's park of the month. To celebrate there will be free entry to the park throughout the month.

Special events include: Camp with Dad on the Father's Day weekend. Places are limited so book early. Ph: 8253 7770.

Open day of Sunday 20th September which will include children's activities, wildflower walk, nature displays, local community group plant sale and much more.

Guided walk to historic Lady Alice Mine on 20th September. Hear a presentation on the history of the site from Friends of Para Wirra members.

Or come any other day during September and enjoy the bush setting, play on the ovals, go for a walk or have a BBQ in the park.

For further information on Para Wirra Recreation Park go to <http://www.environment.sa.gov.au/parks>. Find a Park/Browse by region/Adelaide Hills/para-wirra-recreation-park.

For further information on Natureplay go to <https://natureplay.org.au/>

### What Makes A Dad

God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,  
The generous soul of nature,  
The comforting arm of night,  
The wisdom of the ages,  
The power of the eagle's flight,  
The joy of a morning in spring,  
The faith of a mustard seed,  
The patience of eternity,  
The depth of a family need,  
Then God combined these qualities,  
When there was nothing more to add,  
He knew His masterpiece was complete,  
And so, He called it ... Dad

Author Unknown

### NEXT ONE TREE HILL COUNTRY MARKET

The next market will be held on Saturday, September 5th.

Lots of new stall holders as well as the regulars with plenty of goods available including freshly grown veggies and fruit, plants, arts and crafts and items for your home.

If you are feeling hungry or just want a nibble on something we have the Scouts BBQ Russian cooking and Farmhouse products for sale.

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



**Next OTH PROGRESS GENERAL MEETING is Thursday 10th September 7.30pm.**

**Venue: One Tree Hill Institute, Black Top Road, One Tree Hill.**

**We would love to see you there, Progress is at present a small group but with your help we can grow and make OTH an even better place to live.**

