

# 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 Bank at the General Store,  
Post Office, Fodder Store or OTH Country Market when you pick up your copy.**

**Deadline for the August edition is Monday 21st July 2014.**

## **JULY- Volume 37 - Edition 6 - 2014**

### **"Legion of Honour" Medal for Fred**

The Legion of Honour Medal was presented to Fred Riley while on his trip back to France for the 70th Anniversary of D-Day, 6th June 1944.

Pictured left is Fred proudly wearing his medal after the presentation ceremony.

More about Fred's trip to Normandy, France and pictures on page 3 and page 5.

While away, Fred became a proud great grand father to little Aiden, a picture of Carmen and Aiden on the back page.



### **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

Another month and here we are again. Well, what a winter we are having, it's great to have all the rain but boy there is nothing like watching weeds grow overnight! In this month's edition we have an article concerning Coolatai Grass in the area. If we all keep an eye out for the weeds coming up and make sure that we stop the spread of them it will make it easier for everyone. The article is on page 15 and we also have some good tips on weeds on page 8.

This month the cover and pages 3 and 5 cover some of Fred Riley's trip back to Normandy for D-Day celebrations. We all should be very proud of Fred and his fellow veterans for the sacrifices that they made 70 years ago. We are sure that you will be brimming with pride when you read the article.

Our spotlight on the market features well known local councillor Joe Federico with his olive oil and also Sonya with her lovely soy candles and other hand made products. We hope that you will make the effort to attend the market on the 5th July to meet these and many more stall holders at the market.

Just to make it really interesting, we have researched extra virgin olive oil and it's amazing how it can help us to lead a healthier lifestyle by using it. It can be also used for various things around the home so we guess Joe will be extra busy this month selling his home made extra virgin olive oil.

Our CFS report mentions a house fire which was caused by a heating appliance, we have put some information on page 21 that will encourage you to check your heating.

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This month we don't have a regular Presidents report because of all the members of Progress having a bit of R & R with family and household duties.

We hope to have the report next month. Don't forget the next Progress meeting is on Thursday 10th July, new members are always very welcome. It would be great to see some new faces attend, supper is provided by Progress after the meeting.

The Institute continues to take plenty of bookings, it's looking really good and has become a very popular venue for special birthdays, weddings etc. Please ring the hall manager for details on 8280 0000.

The OTH Country Market is still very busy with a demand for more inside stalls but unfortunately this isn't possible so we have quite a lot of regular stalls outside each month. Again this year there will be a Twilight Market on Dec 19th, enquire early to avoid disappointment, contact details for the coordinator are on the back page.

Whether it is an open fire, combustion fire, reverse cycle heating or any other type of heating appliance, make sure that you take the time to read the article to see what maintenance should be carried out.

On page 5 we feature the OTH Playgroup, it's about time you all knew just what is available in the town, perhaps there are newcomers who didn't know that the playgroup is held twice a week at the Institute. It sounds like a heap of fun for the kids so why not take your littlies along after the school holidays to check it out.

Our closer look at a business in the town is on page 10, we introduce Black Top Auto Repairs and Tyre Centre. John and his crew are there to service your vehicles needs.

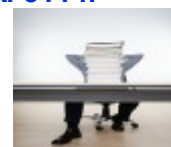
Plus there is so much more reading. We hope that you enjoy this month's issue, don't forget if there is something you would like featured such as a special birthday, anniversary etc. then let us know and we will try to include it in the Grapevine providing we have the space available.

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



### Senior Citizens

If you are over 50 years of age you are welcome to attend the OTH 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 or just a general chat. Please feel welcome to join them if you are new to the town or you want to make new friends.

Phone Lance on 8280 7259  
for further information



Life is short  
Live it up.

## 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. <https://www.facebook.com/pages/One-Tree-Hill-Grapevine/379556192156386>



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

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# We Salute Fred Riley

One Tree Hill resident, Fred Riley, has recently returned from a 12 day mission to celebrate the 70th anniversary of the D-Day landings in Normandy, at the invitation of the Australian Department of Veterans' Affairs.

Fred attended several functions in Sydney prior to flying to France. The seven Australians selected were invited to Kirribilli House to share morning tea with the Prime Minister, Mr. Tony Abbott and his wife, Margie, whom Fred found to be a very charming woman. They also attended an official dinner and a special service at the Anzac Memorial in Hyde Park, where Fred and the other South Australian veteran (Mr. Bob Cowper) laid a Wreath of Remembrance.

On arrival in Paris, after a few hours rest, the group visited Les Invalids, where they saw Napoleon's tomb and D-Day Gallery. Fred also laid a wreath at this site.

Late that afternoon they travelled to L'Arc de Triomphe for a ceremony at the Eternal Flame. Fred was very impressed with the French school children's participation. They are taught from a very young age of the importance of acknowledging the input of overseas soldiers during World War II and the part they played in liberating France from German occupation.

The next day the group travelled to tour the Armistice signing site which was very interesting. The following day they left Paris and travelled to Honfleur and then Ranville, where they had a tour of the Pegasus Bridge and museum. These were very important strategic sites in the allied push into France.

*Photos: Clockwise from top left:*

*Fred with Bob Cowper, the other South Australian who travelled with the group.*

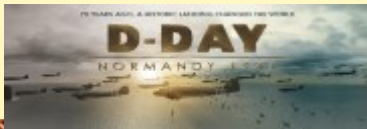
*The group of the seven Australians after the medal ceremony in France.*

*Fred with Tony Abbott during the visit to Kirribilli House.*

*Fred looking quite comfortable after one of the wreath laying ceremonies.*

*Fred after receiving his "Legion of Honour" medal.*

*An interview with Channel 7 for the broadcast that went to air in Australia.*



Fred and 5 other Australian veterans were presented with the "Legion of Honour" medal - France's highest military award. This is a very striking looking medal ( picture on front page).

On June 6th it was an early 4am rise before leaving for security checks at Caen. They then travelled to Bayeux Cathedral for a commemoration ceremony and then to the Bayeux Commonwealth Cemetery Service before meeting the Queen and Prince Phillip.

Next was the International Commemorative service at Sword Beach. Fred flew his Spitfire as cover missions over Utah beach at both dawn and dusk on D-Day. After D-Day he flew in missions over Omaha, Gold, Juno and Sword Beaches.

The following day the group visited Pointe du Hoc, the American Cemetery and Sainte Mere Eglise. On Sunday June 8th they travelled to Ellon, for another service at the Ellon Aviation Memorial and visited the Tapestry at Bayeux and then onto Arromanches.

Monday 9th June, the group travelled to Amiens where they met the Mayor of Villiers Bretonneux, a very important site from WWI . They also visited the Victoria School and museum followed by a Commemorative Service at the Australian National Memorial site where Fred was selected to lay a wreath.

Tuesday 10th June the group visited the Adelaide Cemetery, then the 1st division Memorial, Windmill Site and Mouquet Farm along with Amiens Cathedral. That evening they attended a farewell dinner and the next morning travelled back to Charles de Gaulle Airport, Paris for the long trip home.

It was a great trip for Fred who kept healthy for the whole journey. Being his first trip back to the beaches of Normandy it brought back many memories, obviously some were very sad. It was a great thrill to be selected by the Dept. of Veteran's Affairs and to be acknowledged for his efforts during WWII.

More photos on page 5 and lots more at the following website:

[https://www.dropbox.com/sh/8ralo0c5urraj6c/AAAZWqUcHhgJr\\_LQRXlq9R-ga](https://www.dropbox.com/sh/8ralo0c5urraj6c/AAAZWqUcHhgJr_LQRXlq9R-ga)





# ONE TREE HILL GRAPEVINE

## CFS REPORT JULY 2014

### Incident Report



A couple of serious calls this month with two serious structure fires which involved the entire brigade over extended periods, as well as out of town resources. In the worst incident, the lounge room in a house was severely damaged and other rooms were heat and smoke damaged. Fast action by the residents in both cases prevented more severe damage and fortunately nobody was injured in either incident. Both these incidents show that despite good preparation on the part of the residents, you cannot always totally mitigate the risk of fire.

### Pat on the Back

Without wanting to tempt fate, local drivers deserve a pat on the back, because despite the foggy, wet and slippery conditions over the past month or so, we have not been called out to any serious road accidents. Let's not get complacent and let's try to get through this winter incident free. As the weather gets worse, drive to the conditions; use your lights in foggy weather so that you can be seen and remember that during and after heavy rain, water on the road is a major hazard. A couple of local sites where water crossing the road can get quite deep are Yorktown Road, near Kelly Road and on the Gawler to One Tree Hill Road near Starrs Gully Road.

While the hot north winds of summer may be the furthest thing from our minds, a quick reminder that an afternoon spent controlling weeds and undergrowth now can save you many hours in the heat of summer. The last thing we want in summer is people trying to cut fire breaks on a Total Fire Ban day. Plan to do your fire prevention work early, even if it's only time spent maintaining your equipment for now.

**The CFS and SA MFS Community Safety web-sites have heaps of helpful advice to keep your family safe.**

**In and emergency, always dial 000; but for general information please visit the CFS website ([www.cfs.sa.gov.au](http://www.cfs.sa.gov.au)) or contact OTH Duty Phone on **8280 7055****

### Councillor's Report JULY 2014

**H**i, this month's Council agenda for the ordinary Council meeting was 642 pages long; however 3 items had to be deferred to a special Council meeting to be held on 8th July. Two of the items that were deferred were the adoption of the Annual business plan and budget and the adoption of the long term financial plan due to the Valuer General not being able to supply Council with property valuations. This meant that council could not set the rate in the dollar value for our rates. Given the increase in the Emergency Services Levy and the abolition of the pensioner discounts on rates by the State Government this elected member will impress upon the Council that it will need to focus its efforts on providing the core essential services Council was formed to provide and resist the temptation to provide "enhanced" or new services that are wants not needs and increase expenditure.

Unfortunately the 5% rate increase looks likely to be approved on July 8th as it will be impossible to change the budget and City plan at this point in time and still get rate notices out.

Of interest was Council finally setting the wheels in motion to reduce Commercial rates from 200% to 135% of Residential rates, albeit over a 13 year period and triggered by a Billion Dollar growth in business and the achievement of zero operational budget, something it has never been able to achieve in the 12 years I have been on Council. At least we now have a process in place and elected members can change the triggers moving forward!

There has been much discussion around the Ombudsman Update - In the Public Eye Audit which has led to Council and Elected members having to change how they have traditionally carried out their business, recording and reporting practices.

Please be aware that from now on ALL emails to me in relation to **COUNCIL BUSINESS MUST** be sent to me through the [playford@playford.sa.gov.au](mailto:playford@playford.sa.gov.au) and marked C/- of or attention Councillor Joe Federico. My personal email address **MUST NOT** be used for Council business and if I receive any emails in relation to Council business **I MUST FORWARD** them onto Council, however I will return them to the sender to modify them if they like and they can subsequently forward them onto the Council email address. It would also be appreciated if when bringing a Council issue to me at the Country Market, if it could **be in writing**, so that I have a hard copy of your issue to give to Council for action and not my interpretation of your concerns. All this is not my doing but apparently a legal requirement.

Your local politicians can be contacted via email at: Jon Gee [napiers@parliament.sa.gov.au](mailto:napiers@parliament.sa.gov.au) and for Nick Champion MP, [nick.champion.MP@aph.gov.au](mailto:nick.champion.MP@aph.gov.au). If you have any concerns or issues with or about our City, please in the first instance phone **8256 0333** and or **send your emails to [playford@playford.sa.gov.au](mailto:playford@playford.sa.gov.au)** this will ensure that council sees your concerns and then forwards your emails on to me. If subsequent to that approach you do not receive a timely or satisfactory result please feel free to contact me personally. However I cannot guarantee that I will be able to get any better results but will at least have council reassess their position and provide an explanation as to their resolve and in some case if not most, reach a compromise that is acceptable to all parties concerned. Council's 24 hour phone number is **8256 0333** for all your enquires and or requests. Remember to get a Customer Reference number (**CRS**) to ensure registration and easy identification of your communication.

**Cr. Joe Federico**

**Fax: 8280 7963 or Phone: 0417 016 164**







## One Tree Hill Playgroup



**Y**ou may have walked or driven past the OTH Institute on a Monday or Wednesday morning and wondered why a bunch of kids were running around outside. Well, it's Playgroup! The mums at the One Tree Hill playgroup thought the community might like an insight on what playgroup is all about.

Quite simply, the children are there to interact with each other and have a good time! Unless it's raining or really hot (when we use the hall) the children love being outside, so we set up for outdoor play. We have a large variety of equipment for the children to play with, the play kitchen is a big favourite, along with the sand table, the toddler slippery dip and the ride on toys (not forgetting the water table in summer!)

Playing with different toys than those at home is great fun for kids. The permanent playground is a big hit with all ages too. On many weeks we also do a craft activity, with paints/glue/glitter (all the fun messy stuff!) We all bring a piece of fruit too, which we cut up to share.

For the parents or caregivers who bring the children, it's time to chat with other adults over a coffee (our recently purchased pod coffee/tea machine is proving to be a good investment in this cold weather) and have fun with their little one(s).

It's good for the children to get out of the house, especially in the cold weather when it's easy to just stay inside. There is so much excitement on their little faces when they arrive, they can't wait to play with their friends and all the toys.

If you have children under school age, please come along for a free trial session. There is no need to book, just turn up between 9.30 and 11.30am on Mondays or Wednesdays (we are closed in school holidays, so next playgroup will be on 21st July). We are a very relaxed and friendly bunch and would love to welcome new members.

Contact Alex on 0417 889 783 or Kylie on 0417 140 574 for further information.



# SPOTLIGHT ON THE MARKET

## Meet Sonya

For July, we welcome to the Market Spotlight Sonya who has attended the OTH Country Market for approximately 7 years.

Sonya has always been keen on craft and decided to try candles, soaps and lotions about 12 years ago. She really enjoys producing handmade products using the finest of ingredients available.

Sonya has a huge variety of fragrances for her soy candles and melts and even offers a refill for your candle at a reduced price. Her motto is reduce, recycle, refill to help save our environment.

Sonya also has a lovely range of skincare for your face and hands, again they are all hand made with the finest ingredients. Olive oil is locally sourced and made into soaps, there is also goat's milk soaps for those with sensitive skin.

Need a room freshener? Look no further than Sonya's beautiful sprays to create the perfect ambience for your home. If you have aching joints (*who hasn't these days!*) Sonya may be able to help you, she has come up with the perfect way to relieve some pain, a flaxseed hot pack. The flaxseed tends to mould around your inflamed joints more and there isn't the smell associated with wheat bags. Try one, you'll be glad you did!

Sonya also has a range of crochet headbands, crocheting has become a recent passion for her. She said to keep an eye out for some lovely new items soon.

Sonya is located in the 2nd hall, stop and have a look at her great range of products next time you attend the market.

## Meet Joe

Joe Federico is no stranger to One Tree Hill, he is our local councillor as well as a resident. Joe has been attending the OTH Country Market for approximately 8 years on a regular basis.

Joe came to One Tree Hill 25 years ago and being Italian and very traditional he planted lots of olive trees on his property. When the olives were ready for picking Joe and his family found that they had way too much for their own use so decided to start selling it. Of course the oil was tested first and it was found to be extra virgin olive oil. And so Joe's venture into selling his beautiful olive oil began.

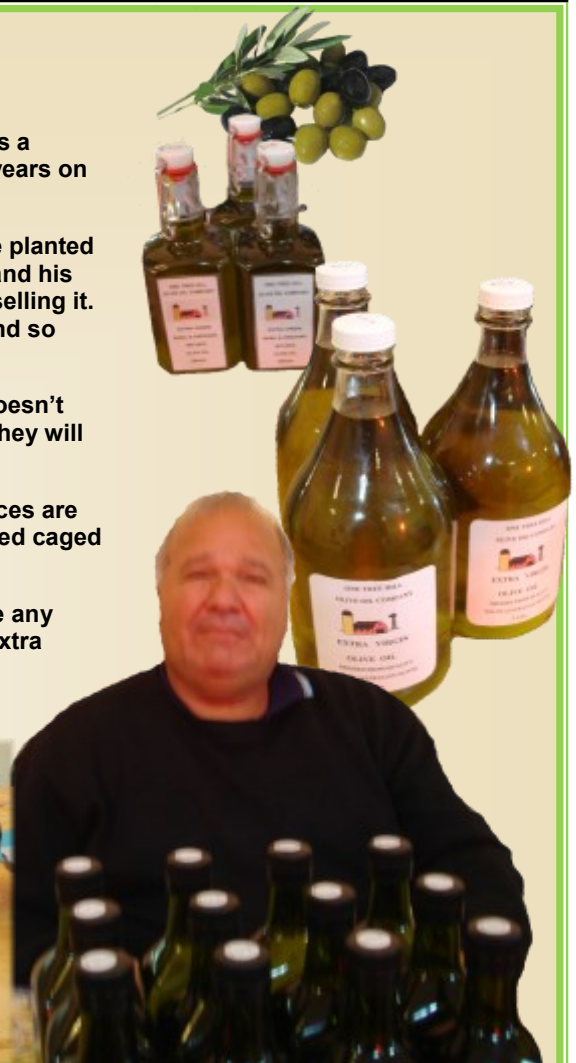
Joe loves chatting to people, whether it's about his oil or a council matter he doesn't care. He enjoys selling a good healthy product to his customers knowing that they will have a healthier heart and help them live longer.

Joe also sells some country fresh free range eggs when they are available. Prices are very competitive and again you know that the eggs are not coming from stressed caged hens.

Joe encourages all ratepayers to come and talk to him at the market if you have any concerns about any council matter or if you would like to purchase his lovely extra virgin olive oil.

If you need oil in a hurry, Joe doesn't mind if you go to his home to pick it up.

Joe is located in the main hall next to the Russian cooking. Come and say hello next time you visit the One Tree Hill Country Market.





**OUR VISION**

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

**SUNDAY'S - 10am**

**Sunday Morning Service**

**Sunday School** - visiting children are welcome to participate.

**SMYG (Sunday Morning Youth Group)** - led by their Leader in their own room.

**If you would like to attend our Service you will be very welcome.**

**OP SHOP**

Our Church, together with 3 other local churches, runs the Red Bird Op Shop at 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 between 9.30am and 3.00pm.

**MARKET STALL**

Our ladies run a stall each month at the OTH Country Market selling a variety of home-made cakes, slices and biscuits, plants, bric-a-brac, games, books and much more. Drop by - we'd love to see you.

**FELLOWSHIP MEETINGS**

**Wednesday 23rd July, 10am**

Morning tea followed by Guest Speakers Rev. Brian and Mrs. Jill Polkinghorne who will speak on the "Dominican Republic".

**Wednesday 27th August**

**Speaker: Simon Bryant - Renowned TV Chef** - Don't miss this opportunity right on your doorstep to come and watch Simon's great cooking skills! **Put this date in your diary!**

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

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**Horse Care - Forward Part 2**

A frequently asked question is "When I ask my horse to go more Forward he resists by fighting the bit and not going better. What is going wrong?"

My first question is "How do you ask for more Forward and do you try to keep his head in the correct frame?"

Invariably, the answer is "Stronger kicking and yes, I hold his chin tucked in."

Therein lies the problem. You are asking the horse to go faster and stop. Before you can ask the horse to refine his understanding of the aids you must make them extremely clear to him. It is no good saying to a horse "When I pull on the reins I want you to stop but if I am kicking you then pulling the reins means go faster and keep your chin tucked in." Horses just don't get the "IF" statement.

There is a good chance you now have a head high horse.

If you kick to go and pull to stop, then hold to keep his head in and still kick to go, he will feel the reins as "stop". He will begin to resent it and there will be confusion. The head goes too high (nose in the air) and the back gets stiff and hard. Now you have a horse that can't see where they are going, doesn't want to listen to aids and has a sore back from the tense muscles. So you bounce along on his back (because it is hard to trot on a stiff back) and he gets more sore. Eventually you have a horse that is no longer any fun to have.

The horse whose nose is behind the vertical cannot see where he is stepping and places stress on his back and hind legs and neck. The same is also true of horses whose head is too high.

Go back to the beginning.

Use soft reins, no contact is best. Ask for forward in direction, not the dressage sense of Forward (I use capital F to differentiate). Forward in the high school or dressage sense means using the hind quarters in every step.

The horse steps under himself with his hind legs and carries more weight on his hindquarters than normal.

This comes before head carriage. All horses should be taught to carry themselves on their HQ with a rider as it makes them more balanced and more responsive.

Use transitions to get this. Keep changing: walk, fast walk, trot, slow trot, fast trot, canter, slow canter, left, right, up and down in gait and speed. He will start to shift his weight backwards so as to be ready for the transitions. Gently now. Don't rip him around, just keep him guessing. Transition every 5 to 10 steps. Before every transition, do a half halt. Make it a small movement of your body: no big haul and kick. One instructor uses the language to "cue" your horse by sitting tall and centring yourself in the saddle. Squeeze the reins; close your fingers but do not pull backward. This is all the half halt a responsive horse needs. The horse will feel it. Now cue for the next transition. Keep the reins soft. If he does something unacceptable, like trying to leave the arena, pick up the reins, turn him inward, get him back under control then soften again. But if you keep him guessing he will mentally stay with you and be less distracted.

If he stays slow in his responses, use more leg, rein, whip as required. But give him a chance to get better at every cue before getting strong. Each new cue is a new chance for him to get it right.

Once the hinds come under him he will be in self carriage. It is an easy step from there to the head in the correct position. Head carriage comes from hind quarter engagement, not from pulling on the reins. All you do is take up the slack he offers as he carries himself.



**If you have any horse query for Julie please email the Grapevine.**  
**Email: [oth.grapevine@bigpond.com](mailto:oth.grapevine@bigpond.com)**





## Crime Report – ONE TREE HILL Rural Watch – Offences reported between 15th May and 17th June 2014

**Between 12th and 20th May**

**Serious Criminal Trespass - Non Residential Yorktown Road, ONE TREE HILL**

Shed broken into via roof - appears nothing has been stolen.

**Overnight 23rd May**

**Property Damage**

**Humbug Scrub Road, HUMBUG SCRUB**

Gate at SA Water site damaged.

**Overnight 29th May**

**Arson of motor vehicle**

**Shillabeer Road, SAMPSON FLAT**

Vehicle stolen from Modbury - burnt out at above location.

**Between 6th and 11th June**

**Serious Criminal Trespass - Residential**

**Tyeka Drive, ONE TREE HILL**

Front door of premises located open - appears nothing stolen.

**As always if you have any information to assist with any crime issues in the area**

**please phone Police Communications on 131 4444**



### Troublesome Weeds

Now that we are well into winter, we have to start thinking about the many weeds that have started popping up all over the place, especially after all the rain of late.

Prevention is the most effective method of dealing with weeds. Once a weed has entered an area and become established, eradication is far more expensive and it is likely that greater resources will be required to control its further spread and reduce impact.

In agriculture, the pathways for spread include transported livestock and fodder, contaminated crop and pasture seeds, deliberate introductions of new species, and contaminated machinery such as harvesters and recreational vehicles. There are many ways to prevent weeds in agricultural activities which are well known including:

#### **Restricting the opportunity for new weeds to invade and spread:**

- Be vigilant about introducing stock, fodder or seed onto your property to ensure weeds will not be introduced.
- When buying stock, find out where the stock has come from and what weeds infest that area. Buy certified weed free fodder and seed where possible.
- Restrict the movement of vehicles and machinery on your property in periods when seeds are likely to spread.
- Establish tracks and laneways along which vehicle movement can be concentrated. Wash down vehicles which have been in known infested areas. Do not allow machinery or vehicles to enter your property unless they are clean.

### Weed prevention in your backyard

Plants from commercial nurseries, landscaping suppliers and gardening clubs can also be pathways for the introduction and spread of weeds. Another significant cause of weed spread is inappropriate use and disposal of garden waste.

There are a large number of potential weeds in Australian gardens. Private gardens contain over 4000 plant species with weed potential, while botanic gardens hold approximately 5000 species of plants with weed potential. The likelihood that any particular plant will become a weed is difficult to predict; however, the CSIRO has estimated that an average of 10 weed species establish in Australia each year.

Measures for weed prevention in your backyard include:

- Choose plants that are unlikely to become weeds in your area.
- Check existing garden plants are safe.
- Remove potentially weedy plants.
- Dispose of garden waste carefully.
- Be careful not to spread weeds.

Place mulch on soil surfaces in the garden to reduce weed growth. Happy gardening this winter.

*Page15 has a council notice that is very important, it contains information on Coolatai Grass. Make the time to read this article and try to stop the spread of this nasty weed.*



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## BANANA BREAD

This is a great recipe that kids will love, it's a good fill me up slice that makes it ideal for school lunches.

#### **Ingredients:**

1 cup S.R. Flour	¼ tsp bi-carb soda	¼ cup milk
1 egg, beaten	½ tsp baking powder	60g butter
¾ cup sugar	½ cup mashed banana	Pinch salt
½ tsp cinnamon	½ tsp nutmeg	

**Method:** Sift dry ingredients. Melt butter, mix egg, milk, butter and banana. Stir into the dry ingredients.

Grease lamington pan and bake for 25-30 minutes in moderate oven. Sprinkle with cinnamon.





## E & A Vanin

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## Northern Hills Pony Club

We have been very busy at Northern Hills! The Cross Country course is well on its way to being complete. All the jumps out there have been revamped and new ones built. So we hope to have rallies out on the course very soon. We have a Gymkhana coming up on the 20th of July and we would love for you and your family to come along, grab a sausage sizzle while you watch some amazing equestrians in action. We have some great rallies coming up with Guest instructors such as Barbara Henderson at Kersbrook Indoor Equestrian centre, Cross Country training with our Chief instructor Steff Wilson, and also Jed Marshall is hosting a Clinic in October, he is an amazing instructor who is great with green & problem horses right through to experienced Horse and Rider.

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club has to offer!



Enquiries to- [northernhills@hotmail.com](mailto:northernhills@hotmail.com)



# Looking a Little Closer at our Businesses!

This month we look a little closer at Black Top Auto Repairs and Tyre Centre.

John Limono took over the business from his Uncle Frank who owned the business for many years and traded as Frank's Auto.

John started his career in the automotive business as an apprentice to his Uncle Frank at Paradise and later became Service Manager at Premier Auto Repairs before deciding to 'go it alone'.

John is enjoying great support from the OTH locals as well as caring for the local CFS units. He puts his hand to many types of vehicles including 4 wheel drives, diesel motors and tractors. Next time your vehicle needs a service or tune up give John a call, he does log book servicing and uses top quality parts.

Since taking over the business he has introduced tyre replacement and repairs as well as painting touch ups and re-sprays. Emergency service can also be obtained at any time by phoning 8280 7255 or 0466 936 135.

John very generously allows his site to be used for parking for local community events, this is much appreciated by the OTH Progress Association especially for the Dawn Service.

Black Top Auto Repairs and Tyre Centre is a regular advertiser to the Grapevine, you can find their ad in the Classified section.



Pictured above is John on the right with co-worker Justin.

Below: An outside shot of the premises which is across the road from the Blacksmith's Inn.



## WHAT'S THE STORY BEHIND THESE SAYINGS?

Have you ever wondered what the story was behind some of the funny sayings that we seem to use most days, well here we go....

**\* Bite the Bullet: Meaning:** Accepting something difficult or unpleasant. **History:** There was no time to administer anesthesia before emergency surgery during battle. The surgeon made patients bite down on a bullet in an attempt to distract them from pain.



**\* Blood is Thicker than Water: Meaning:** Family comes before everything else. **History:** In ancient Middle Eastern culture, blood rituals between men symbolized bonds that were far greater than those of family. The saying also has to do with "blood brothers", because warriors who symbolically shared the blood they shed in battle together were said to have stronger bonds than biological brothers.



**\* Break the Ice: Meaning:** To commence a project or initiate a friendship. **History:** Before the days of trains or cars, ports that thrived on trade suffered during the winter because frozen rivers prevented commercial ships from entering the city. Small ships known as "icebreakers" would rescue the ice bound ships breaking the ice and creating a path for them to follow. Before any type of business arrangement today, it is now customary to "break the ice" before beginning a project.



**\* Butter Someone Up: Meaning: To flatter someone** **History:** An ancient Indian custom involved throwing balls of clarified butter at statues of the gods to seek favour.



**\* Cat Got Your Tongue: Meaning:** Something said when a person is at a loss for words. **History:** There are two possible sources for this common saying. The first refers to the cat-o-nine-tails— whip used by the English Navy for flogging. The whip caused so much pain that the victims were left speechless. The second refers to the practice of cutting out the tongues of liars and blasphemers and feeding them to cats.



We hope to bring more of these sayings to you in future editions.

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# Kids Page

Hello, well school holidays are almost here again, I wish you all a great break from school. It sounds like a couple of members will have plenty to do with building a fort and making arrows, it's great to hear what you have been doing. This month we welcome another new member who has sent us a story plus some great jokes, Joseph, we hope that you can write to us on a regular basis. If you have some jokes, puzzles or stories please send them in to the Grapevine and I will try to have them printed. 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: Why did the egg go to the Dr's?

A: Because he had a cracking headache!

Q: What do rabbits like to do? A: Play hop scotch!

Q: Where can you find an ocean with no water? A: On a map!

Q: What animal needs to wear a wig? A: A Bald Eagle!

Q: Why did the Chocolate Oreo go to the dentist?

A: Because he lost his filling!

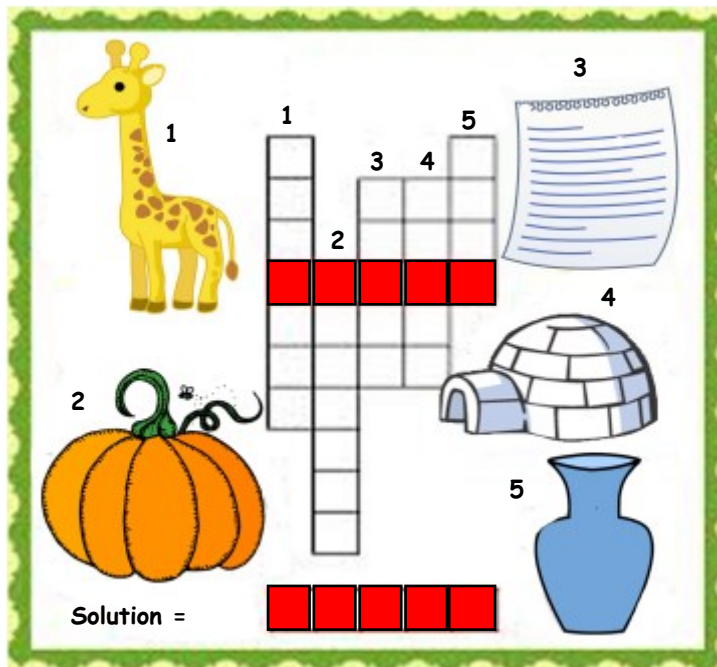
Q: Why did the house go to the Dr?

A: Because he had window panes!

Q: What has a head, a tail and no body? A: A coin!

Knock, knock. Who's there? Owls say. Owls say who? Yes, you got it right!

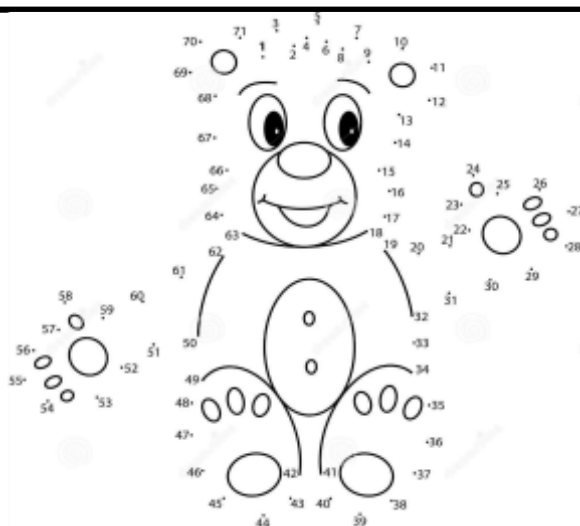
Knock, knock. Who's there? Tank. Tank who? You're welcome!



## Pedal Power Puzzle

Find the following words in the puzzle:

- |            |           |        |        |         |
|------------|-----------|--------|--------|---------|
| Air        | Axle      | Bags   | Basket | Bearing |
| Bicycle    | Chain     | Coast  | Emblem | Flag    |
| Flat       | Gear      | Grease | Grip   | Guards  |
| Handlebars | Headlight | Helmet |        |         |
| Hub        | Lane      | Lap    | Nuts   | Oil     |
| Patch      | Path      | Pedal  | Race   | Ride    |
| Reflectors | Rim       | Seat   | Spokes |         |
| Spring     | Toolkit   | Tours  | Track  | Wheels  |





Not long ago, Mummy and Daddy were going away. They sent Samuel and me to Argar and Nanna's and the others to Omma and Pa's. As soon as we got to Argar and Nanna's, we went to a car show. We went to 2 garages. In one of them we saw an E38 Charger and a GT Falcon. There were pinball machines there as well. Then it was time to go home. On the way home we stopped at Hungry Jacks and had some tea. It was good fun looking at the cars.

Joshua Age 9 years.



When I went to swimming last night I started a new class. She is teaching me torpedo. I like doing torpedo.

Hannah Age 5 years



Not long ago I was reading a book and they were talking about how to make bows and arrows.

I thought I'd make a couple for myself. I have made a target and my brothers and I use it for target practice. I made a quiver out of some cardboard and the bows are made out of thin branches from gum trees. The arrows are made from bamboo and some of them are made from dowel.

I also made some bows and arrows for my brothers and sister and we run around and shoot them. It is great fun and we all like playing with them.

Samuel Age 11 years



For my birthday I got a dog. He is 12 weeks old. He is a black Collie. His name is Echo. I decided to name him Echo because the lady named him Echo and I thought it was a nice name.

He jumps around and he follows me everywhere I go. I like him, I'm going to take him to puppy school so I can teach him all sorts of things.

I'm going to teach him to round up the sheep.

Daniel Age 8 years.

*Pictured below is Daniel with Echo. He looks a lovely dog, what a lucky lad to get such a great birthday present.*



Q: What has a tail of a cat, head of a cat but is not a cat?

A: A kitten!

Q: What kind of coat hasn't got any pockets or buttons?

A: A coat of paint!

Q: What do penguins have that nothing else has?

A: Baby penguins of course!

Q: What did the male octopus say to the female octopus?

A: May I hold your hand, hand, hand, hand, hand, hand, hand, hand!



A couple of weeks ago, me and Phillip made a hay fort. We built it out of a Y-shaped log which fell from an old tree. It took us about a week because of rainy days. We built it with dry grass, branches and string. Now its all finished, and looks pretty good.

We were enjoying ourselves until .....eeeeeeek, there is a spider! So after that we turned it into a shelter for our goats to call home.

They even walked on the roof and they didn't fall through! We will try to build something else a bit better so we can use it as a fort. We might still find a spider or two but this time we will bring a chicken with us and let it scout it out first.



Joseph S. Aged 10 years

*You can pick up your prize at the OTH Market on the 5th July from stall no 8. Well done Joseph.*



**Happy Birthday**  
HAPPY BIRTHDAY CONNOR L. have a great 5th Birthday on 16th July. Please note that your card and gift can be collected from the OTH Country Market at Stall no.8 or from the General Store after the Market.

## OTH Kookaburra Club



Have a story to tell or just want to see your letter in the Grapevine? Email or write to the Grapevine with your name, address and phone number along with your birthday and register.

Perhaps you would like to send in a short story or a joke with your details. There are great awards and a birthday gift for all who join our club.

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

Q: Why do bees have sticky hair? A: Because they use honeycombs!



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

Q: What does a robot frog say? A: Rib-bot, rib-bot!

Q: Why is 6 afraid of 7? A: Because 7 8 9!

Q: How did the hairdresser win the race? A: She knew a short cut!

Q: How do you make seven an even number? A: Take out the "s"!

Q: What dog can jump higher than a building? A: Any dog, buildings can't jump!

Q: What is black and white and makes a lot of noise? A: A zebra playing drums!

Q: How do you make a fruit punch? A: Give it boxing lessons.

Q: Why did the sheep go to the movies? A: To get some snaaaacks!

Q: What has four legs but can't walk? A: A chair!

Q: What kind of trick can a bunny do on a BMX bike? A: A bunny hop!

Q: Why did the grasshopper go to the doctor? A: Because he felt jumpy!

Q: Why is a horse like a wedding? A: Because they both need a groom!

Q: What did one math book say to the other math book? A: Boy do I have problems!

Q: Why was the girl carrying a ladder? A: Because she was going to high school!

Can you tell us 2 animals that live in a cold region? Yes, a polar bear & his wife!



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**Government  
of South Australia**



**Natural Resources**  
Adelaide and Mount Lofty

## Coolatai on the Move! Be on the LØØkout!



Frank of Gould Creek highlighting new outbreak of Coolatai Grass and its vigorous dense growth with controlled areas in background.

**COOLATAI GRASS** (*Hyparrhenia hirta*) is making a move towards the town of One Tree Hill with locals discovering this sneaky grass trying to establish on their properties.

An opportunistic reproducer, Coolatai Grass grows fast, becoming a dense tussock, dominating and displacing other desirable grasses in a short space of time. It produces large amounts of dry, unpalatable material increasing the fire hazard. This is why it is on SA's Declared Plants List.

Landholders such as Frank Vandermeiden of Gould Creek are familiar with this pest plant as it is well established in his area. Frank knows how much effort is required to keep on top of the weed. He has invested many hours, purchased spray equipment and built new access tracks in an effort to reduce the problem on his 40 hectare property over the last few years.

As Frank says "You have to keep at it if you want to get on top of it and you can't afford to let it go for one season or else you'll be back to square one!"

We think Frank's control efforts are worth a medal and results can be seen from as far as Seaview Rd in Golden Grove!

The northern foothills have one of only a few SA concentrated infestations. It is important we work together to keep it under control and prevent it spreading further afield. Natural Resources, Adelaide and Mt Lofty Ranges staff are working with local landholders like Frank, to do just that.

If you notice a new grass on your property, that's unusually tall and dense, and you're unsure of what it may be, contact **Monica Seiler** on **8256 0411** or **Tracey Hardwicke** on **8237 7713**. These Natural Resources AMLR staff can help you with pest plant identification and control advice.

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# The Benefits of Extra Virgin Olive Oil

Traditionally boasting low cholesterol, fewer instances of heart disease and very little obesity, the Mediterranean diet has always been defined by the liberal use of extra virgin olive oil. The average Italian consumes 20 litres a year, compared with just 2 litres per person in Australia, so what other secrets does this nectar of the gods contain?

## 1: Weight loss secret weapon.

Twenty litres of extra virgin olive oil every year and most Mediterraneans still aren't fat. According to Leandro Ravetti who is a chief olive oil maker and operates Cobram Estate Virgin Olive Oils here in Australia, a diet rich in extra virgin olive oil may deliver greater and longer lasting weight loss results than a low fat diet.

## 2: Diabetes deterrent.

Eating extra virgin olive oil as part of a balanced diet may help prevent or delay the onset of diabetes. The extra virgin oil helps regulate and balance our insulin levels so you're not really having those spikes.

## 3: Pain relief.

Extra virgin olive oil contains a substance called oleocanthal, which has anti-inflammatory agents, meaning olive oil is like a natural Ibuprofen. Research increasingly suggests inflammation impacts a number of chronic diseases, so olive oil's anti-inflammatory properties grow more compelling all the time.

## 4. Skin saviour.

Extra virgin olive oil helps with anti-ageing, osteoporosis and skin damage. One that's proven is that it adds a protective coating on the skin, both through consumption and application.

## 5. Mental agility.

Olive oil is rich in monounsaturated fat, which research suggests helps prevent or slow down the cognitive decline associated with diseases like Alzheimer's.

## 6. It keeps your body running smoothly.

It's not just vehicles that benefit from a regular oil change; extra virgin olive oil contributes to the operational health of such vital areas as the stomach, pancreas and intestines.

## 7. It strengthens your immune system.

Loaded with antioxidants—vital for strengthening and protecting your immune system—extra virgin olive oil may help you become more resistant to infection. The wide range of important antioxidants isn't found in other oils.

## 8. Pregnancy aid.

Not only can olive oil application assist in avoiding stretch marks, consuming extra virgin olive oil while pregnant may improve your child's psychomotor reflexes and more.

## 9. Longevity.

Since extra virgin olive oil assists in the prevention and /or reduced impact of so many diseases—including certain cancers—it's no exaggeration to say it may even help you live longer. Not bad for something that's also delicious.

## 10. It's good for your sex life.

No wonder the greatest lover in history was Italian. Extra virgin olive oil may even improve your sex life. Casanova must have had excellent circulation for all those conquests; olive oil boosts circulation to all areas of the body, including those hard to reach erogenous zones.

Clinical studies focusing on olive oil show that consumption of olive oil may reduce cardiovascular risk factors by decreasing plasma triglycerides, total and low density lipoprotein (LDL) cholesterol, platelet activation, inflammation and oxidative damage, and increase high density lipoprotein (HDL) cholesterol and antioxidant status.

Studies have also shown that olive oil consumption may have a protective role on breast, colon, lung, ovarian and skin cancer development. Compounds specific to olive oil, known as

phenolics, seem to possess free radical-scavenging properties and so may be able to reduce oxidative damage to DNA.

A number of studies have also shown that olive oil may have additional beneficial effects on blood pressure, obesity, rheumatoid arthritis and immune function.

It has been suggested that very seldom is the Extra Virgin Olive Oil defined. Whether it is extra virgin depends on it having a free fatty acid content of less than 0.8%. More than 0.8% and less than 2% is Virgin Oil, while between 2 and 3% free acid is called "pure". If more than 3% fatty acid it is called "lampante" or lamp oil. Other olive oils are labelled "light" or "pomace", which will do you no good at all. Just read the label, and ask what the free fatty acid content is - very few people actually test!

*Perhaps the market will be extra busy in July with people lining up to buy Joe's extra virgin olive oil and Sonya's lovely olive oil soaps and skin care range? The information we covered will have a lot of impact on which oil to choose next time you are shopping! (Please note, not tested by the editorial team).*

## Household Hints using Olive Oil

If for some reason you have a bottle of out of date olive oil sitting in the back of your cupboard we've found some environmentally friendly household tips from Mother Nature!

**Furniture polish:** Restore the lustre of wooden furniture by whipping up your own home made polish. Combine 2 parts olive oil and 1 part lemon juice or white vinegar and place in a spray bottle. Using a circular motion and following the grain of the wood spray a thin coat onto the wood surface. Let it stand for 5 minutes then use a clean dry, soft cloth and buff it to a deep shine. If you have paper or stickers to remove from furniture, don't try to scrape it off, instead dab a little olive oil on the paper. Let it soak in for a few minutes and then remove by rubbing it with your fingers, it's like magic!



**Remove paint from skin or hair:** You can easily remove paint from yourself by moistening a cotton ball with olive oil and gently rubbing it into your skin or hair. Olive oil serves as both a lubricant and solvent to remove paint, and it's gentle on your body.



**Protect and preserve gardening tools:** Do you have rust and grime on your garden tools? You can protect your tools including clippers, trowels and pruning shears with leftover unused olive oil. After you have finished with the garden tools rub them over with a small amount of olive oil before you put them away. Your tools will last longer with no buildup of dirt or rust.

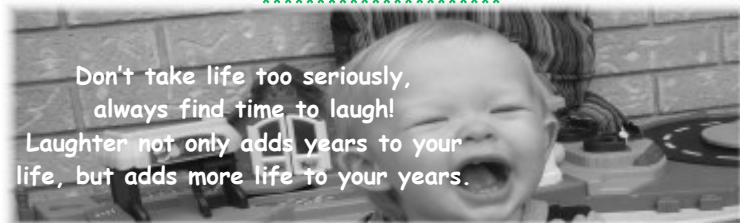


**Silence squeaky hinges:** Lubricate squeaky hinges on doors by putting a small amount of olive oil at the top of the hinge and let the drops of oil run down while moving the hinge back and forth. Wipe off excess with a cloth. It's also great for your oven door, wardrobe doors, tool boxes, plastic coolers, fridge doors and galley latches.



There are so many uses for this very versatile product, you would be hard pressed to find a reason not to have it around the house to tackle any task that comes up. Next time you find yourself wondering what to do with olive oil that's past its freshness peak, think outside the kitchen and use your ingenuity, creativity and ....olive oil!

\*\*\*\*\*





# From The Past

## OBITUARY: 10th October, 1924

The death occurred yesterday at the residence of her daughter, Mrs. A. Adams of Smithfield, of Mrs. E.A. Kelly, in her 98th year. Mrs Kelly who was the widow of the Mr. W. Kelly, formerly of One Tree Hill, arrived in South Australia in the Prince Regent at the age of 13 years. She was a daughter of the Mr. J. Gould, one of the earliest settlers in the State.

She leaves three sons and five daughters, many grandchildren, and a number of great grandchildren. Mrs. Kelly enjoyed fairly good health until a few days ago when she had the misfortune to break her leg and this resulted in her death. She was widely known in various parts of the state and was highly respected.

\*\*\*\*\*

## SCIENTISTS VISIT ONE TREE HILL (1945)

"Nyroca" Inspection. Interstate scientists and plant breeders inspected Dr. A. L. Tostevin's "Nyroca" stud Jersey farm at One Tree Hill on Saturday. The party was primarily concerned with pastures, but showed great interest in the dairy and associated activities.

## PENICILLIN AND MASTITIS

Outlining his methods of controlling mastitis, Dr. Tostevin told the visitors that the first signs of the trouble were detected by means of a strip cup. As soon as a cow was known to be affected it was treated by an injection of 30,000 units of penicillin into the quarter involved. Provided the trouble was diagnosed early this treatment was completely effective.



\*\*\*\*\*

## Dr. Tostevin Sells "Nyroca" Friday July 9th 1948

Dr.A.L. Tostevin's 624 acre "Nyroca" property at One Tree Hill has been purchased by Mr. W.F. S. Roberston of Adelaide subject to Treasury consent. Original owners Messrs. Bowman Bros. sold the property to Dr. Tostevin in 1939.

It is understood the Nyroca Jersey herd, considered outstanding in the Southern Hemisphere, will be sold at a date to be fixed. One of the most modern and improved holdings in Australia "Nyroca" incorporates a model dairy, irrigation and pasture development schemes.

\*\*\*\*\*

## A BACHELOR'S ADVICE TO WIVES (Early 1900s)

"NEVER LET YOUR HUSBAND THINK YOU MANAGE HIM".

Mr. Cyril Clancy, a Liverpool Police-Court missionary, who is a bachelor, has drawn up a list of hints for young wives who seek his help. They include:-



After you marry him—study him.  
If he is secretive—trust him.  
When he is talkative—listen to him.  
If he is jealous—cure him.  
If he favours society—accompany him.  
Let him think you understand him—but never let him think you manage him. Mmmm.... What's changed in over 100 years!

**GOOD BABIES**  
are always  
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If your child isn't good, then it is not well—that's certain and you do wrong to neglect it.

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We hope you enjoy looking at some ads from years gone by....



**No. A—Hemp Straw Hat — 12/6**  
D29.—A: Girlish and Becoming HAT of hemp straw, in crimson toning, as illustrated, wide soft edge of silk ermine to match, and smartly trimmed with eeri ribbon, pleated at side, in all shades. Fair Price 12s 6d.

**No. B—White Panama Sports — 12/6**  
D29.—B: Ideal HAT for sport or beach wear, as illustrated, showing in white panama, with edge of hemp straw, in beige toning, finished with figured swathe around crown in shades to blend. Fair Price 12s 6d.

**No. C—Smart Wear in Plaited Rush Straw — 16/6**  
D29.—C: Serviceable Style for EVERYDAY WEAR, as illustrated, in a plaited rush straw, medium width trim, with wide band on edge of Fetherham ribbon and banded to match, in black and ecote. Fair Price 16s 6d.

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**Milanese Silk Gauntlet Gloves — 4/11**  
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write to: Cherry



# Frozen Food Tips

Whether it's keeping food in the refrigerator that doesn't belong there or putting the wrong things in the microwave, misconceptions about preparing and storing food are widespread. The result: Moldy onions, flavourless tomatoes and kitchen explosions!

Yes, you can freeze just about anything (and we could all probably cut down on food waste by freezing more). Some things, however, are virtually unrecognizable once they have been frozen and thawed. Freezing food is a delicate job, no matter what you are freezing, make sure to use it within nine months or so and also make sure to defrost it correctly.

Most food requires adequate time for defrosting, a slow thaw typically yields the best results. You should also be mindful of cooling dishes completely before freezing them and storing them in freezer-safe containers. Here are 11 items that you should not keep in your freezer:

**Salads:** If you want crisp, flavourful salad greens, don't put them in the freezer. Greens will wilt and become soft and limp after they are frozen and they will also lose their flavour. Instead, store your washed and dried greens in the fridge, ideally wrapped in a paper towel or in a freezer bag.

**Milk:** Frozen milk will be lumpy when you thaw it, so freezing it is not the best idea if you want to drink it straight. If you're planning to use the milk in cooking thawed milk can work fine.

**Fried Food:** The best part about fried food - the crispy, crunchy, greasy goodness - will all but disappear if you put it in the freezer. Delicious, fried batter will turn soft, moist and mushy.

**Eggs in their shell:** You know liquid expands when it turns solid (which is why you should choose appropriate containers and leave a little extra room when storing liquids in the freezer)? Eggs are no exception! The liquid inside will harden, expand and crack the shell. Worst case scenario: you'll be left with an egggy mess that will leave your freezer smelling.

**Raw Fruits and Vegetables:** Fruit and vegetables with a high water content will turn icy in the freezer and they won't thaw well. Instead of returning to their crisp, crunchy state, they'll turn limp and soggy. No one wants to eat a limp piece of celery or a soggy cucumber.

**Crumb Toppings:** Crumb toppings on things like casseroles, macaroni and cheese or pies will suffer the same fate as the exterior of fried food, they'll become soft and soggy. When the whole point of a crumb topping is to bring crunch and new textures to a dish, you'd better not risk putting it in the freezer. You can defrost the casserole and add the crumb topping later.

**Yogurt:** Frozen yoghurt aside, it is best not to freeze yoghurt, putting it in the freezer will change it's texture. You won't end up with something like the frozen yoghurt you buy in the freezer section at the supermarket. You'll end up with something you don't want to eat. Like sour cream, the yoghurt will separate.

**Potatoes:** Because potatoes have a high water content, ice crystals will form when you put whole, raw ones in the freezer. You'll be left with a mushy potato when you thaw it. Potatoes are best kept in a cool, dry place.

**Cheese:** With cheese's long fridge life there is no need to want to put it in the freezer but just in case you are tempted this is what will happen. Hard cheese will become crumbly and mealy, soft cheese will crystallize the light fluffy texture. Cheese (at least the good kind) is really delicate, it's best not to freeze it.

**Egg white based frosting:** Cake decorating has become very popular lately. Did you know that you shouldn't freeze frosting made with egg white because it will lose it's fluffiness and emit liquid so don't spoil a cake by freezing the icing.



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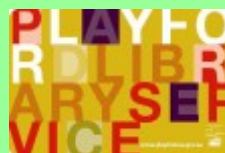
Contact Alex on 0417 889 783 or  
Kylie on 0417 140 574  
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## MOBILE LIBRARY

A reminder to all residents that the Playford Council Mobile Library Service now comes to One Tree Hill on Friday afternoon, once a fortnight. JULY visiting dates for the Mobile Library are the 11th and 25th July.

The van parks outside of the Institute opposite the shops from 3.00pm - 4.00pm.



## ADVERTISING RATES FOR 2014 Rates THE GRAPEVINE

<b>Colour</b>	Eighth Page	\$35
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## 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	Bev Campbell	0448 208 338
OTH Progress Ass	Secretary	8280 7095
OTH Playgroup	Monday	0448 354 990
OTH Playgroup	Wednesday	8284 4555
OTH Primary School	Front Desk	8280 7027
Playford Band	Jill McLatchie	8280 7214
Scout Group	Darryl	8254 9650 or 0432 624 697
Senior Citizens	Lance Walter	8280 7259
Soccer Club Registrar	Tamra	0414 911 321
State MP	Jon Gee	8254 1023
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## Home Heating

We hope that this will serve as a timely reminder that when heating your home, you really need to carry out maintenance annually to reduce the risk of fire from heating appliances. Fire caused from heating appliances is one of the major causes of home fires so here we are going to give you some tips to keep you and your family safe this winter.

### General Tips

- \* Always supervise children and pets when heaters are in use, maintain safe clearances and use correct fuels.
- \* Heating equipment should be installed by a qualified tradesperson in accordance to the manufacturer's instructions.
- \* Keep any items that can burn well clear of heaters and fires, clearance from clothes, bedding, furniture, curtains etc. should be at least 2 metres.
- \* Turn heating equipment off when you leave the house and do not leave running for extended periods unless the appliance is specifically designed for that purpose.

### Portable Heaters

- \* Choose a portable heater that has an automatic safety switch that turns the heater off if it is tipped over.
- \* Keep portable electric heaters away from wet areas to avoid the possibility of electric shock.

### Open Fires and Combustion Heaters

- \* Always use a full-size fire screen in front of open fires or combustion heaters to prevent sparks or embers coming into contact with carpet, furniture or other flammable material.
- \* Combustion heaters must have the door latched shut when in use.
- \* Never use flammable liquids to start a fire.
- \* Never burn wood that has been chemically treated.
- \* Never place hot ashes in household bins, plastic buckets or council bins. Have a metal bucket which you use for ash only. Cool before disposing of it.
- \* Keep fire lighting tools (matches, lighters) well away from the fire and out of the reach of children.

### Gas and Liquid Fuelled Heaters

- \* Gas must be vented adequately as the carbon monoxide produced when the gas is burnt is odourless, colourless and deadly.
- \* It is really important to have your gas heater serviced regularly to ensure that there are no carbon monoxide leaks.
- \* Gas fuelled patio heaters and outdoor heaters must never be used indoors, take care when using them outside to ensure that there is adequate space around them from flammable items such as pull down blinds. Ensure there is adequate ventilation to avoid carbon monoxide build up.
- \* Ensure only the approved fuel is used in liquid heaters (eg kerosene heaters) and ensure there is adequate ventilation.
- \* Store liquid safely and securely away from heat sources and avoid keeping large quantities of fuel in the house.

### Flues and Chimneys

- \* Flues and chimneys should be checked and cleaned by a qualified person once a year to prevent a build up of flammable material inside the chimney and to ensure that the heater or fire works properly and safely. (Start of winter is always a good time)
- \* If resinous or unseasoned wood is burnt in an open fire soot and flammable material will build up very quickly. The chimney must then be cleaned more frequently.
- \* Flues and chimneys pass through roof spaces to vent smoke and gas and they become hot when the fire or heater is in use. Roof spaces should be inspected regularly to ensure that rubbish in the roof space (vermin nests, leaves, dust etc.) has not accumulated around chimneys and flues and to ensure that the chimney and any protective shrouding is still intact.

### Ducted Heating

- \* Return air filters must be cleaned regularly in accordance with the manufacturer's instructions.
- \* Keep in mind that the heating unit must also be serviced regularly by a qualified tradesperson in accordance with the manufacturer's instructions.

**If you are unfortunate enough to have a fire call 000 even if you think the fire is out. There is no charge for the fire service for a fire event.**



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- 7: Taking long showers that wash away your worries.
- 8: Feeling as though you finally belong somewhere.
- 9: Deciding what you want to do with your life.
- 10: Feeling satisfied after a delicious meal.
- 11: Falling asleep instantly when you're upset.
- 12: Meeting people that happen to change your life.
- 13: When you have a great night of sleep.
- 14: Drinking a cup of tea.
- 15: Realizing everything is going to be okay.
- 16: This is probably the most important one, printing the Grapevine and discovering that there hasn't been any mistakes!

## 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  
contact us between  
9.00am & 9.00pm  
any day  
Ph: 8280 7279

### 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

Munno Para 8254 4600

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: [jfederico@internode.on.net](mailto:jfederico@internode.on.net)

Andrew Craig Ph: 0417 016 160

Email: [adcraig@ihug.com.au](mailto:adcraig@ihug.com.au)





## 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.



# Congratulations

Congratulations to Carmen and Spencer Hall who welcomed their new son Aiden Damien into the world recently.

Aiden is a little brother to Owen and third Grandson to locals, Ian and Kaye Slater as well as Great Grandson to Fred Riley.



### Nawma Hard Waste Collections

The annual free Hard Waste bookings for the following townships are available in September - Bibaringa, Humbug Scrub, One Tree Hill, Sampson Flat, Uleybury and Yattalunga.

You can contact NAWMA on free-call **1800 111 004** to make your booking. Bookings for your area will be taken from the 1st August, it's a good idea to book early so that you don't miss out.

Items suitable for hard waste collection:

- \* Household furniture: Chairs, beds, mattresses, couches etc.
- \* Household appliances: Fridges, stoves, washing machines, dishwashers etc.
- \* Domestic household items: Toys, bikes, old tins, empty paint cans etc.
- \* Electronics: Computers, TV's, power tools etc.

## FREE - RABBIT CATCHER

The Grapevine has been contacted by a man called Dale, his children attend OTH Primary School so he is well aware of the rabbit problem we are experiencing here at OTH.

Dale has been catching rabbits with his trusty ferrets for many years. He says that he covers all of the exit holes from a burrow with wire or string nets and then puts his ferrets down the holes, the ferrets then chase the rabbits out.

If you have some rabbits that are causing you problems in the garden then Dale and his ferrets will come out and get them free of charge! Yes that's right nothing.... Zilch!

Dale then puts a meal on the table for his family who have eaten rabbits over 100 different ways, the whole family love rabbit.

*There's nothing like rabbit stew in this cold weather!*

**Ph: 0421 226 130**



## NEXT OTH COUNTRY MARKET

**SATURDAY 5th July. 8.30am until 1.00pm at the OTH Institute, Black Top Road, One Tree Hill.**

Great variety of crafts, home cooking, sausage sizzle, Russian Cooking, coffee/tea, plants, fresh fruit and veg, books, craft supplies, wine, bric-a-brac and much more.

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**Next OTH PROGRESS GENERAL MEETING is 10th JULY 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.**

