

One tree hill grapevine



AUGUST - Volume 36 - Edition 7 - 2013

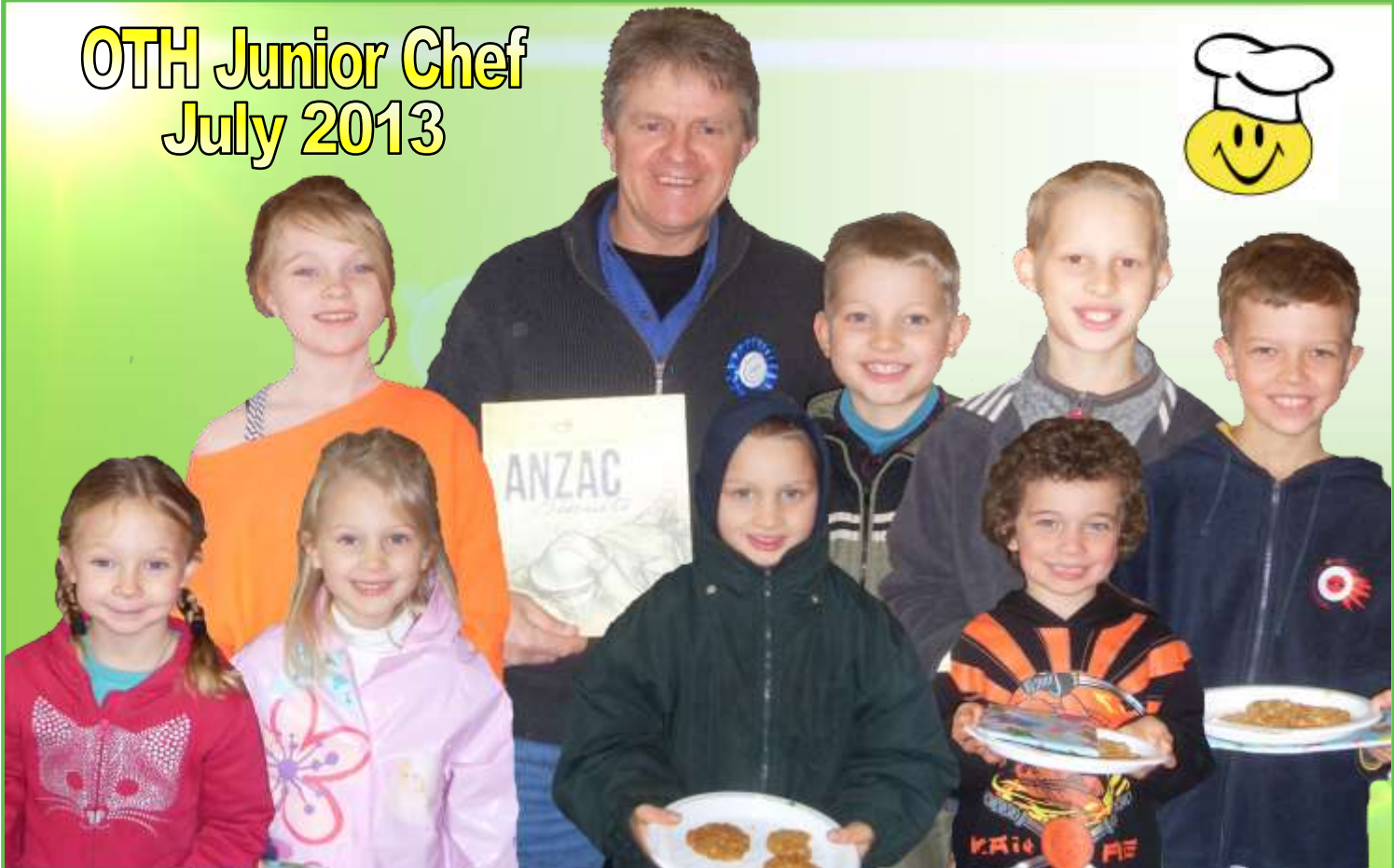
This is a free community Newsletter.



However a Gold Coin Donation towards the cost of production of the Grapevine would be most appreciated. Place your cold coin donation in the Piggy Bank at the General Store, Post Office or Fodder Store.

Deadline for the September edition is Monday 26th August 2013

OTH Junior Chef July 2013



The One Tree Hill Junior Chef Bake off for July was a huge success with renowned local children's author Phil Cummings judging the Anzac Biscuits which was the theme for the month. More about the day on page 3 .
Pictured above is Phil with some of the entrants.

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

From the Desk

Welcome to the August edition of the Grapevine. We hope that you are managing to stay warm, it's certainly a cold winter. At least you can sit in front of the fire where it's warm and enjoy reading the varied selection of articles the Grapevine is bringing to you again this month.

It was great to hear that local lad Craig Goodwin has made it into the Socceroos team that are playing in South Korea as we go to print, the update was sent in by his very proud father Tony. The news is on the community page (back page).

The front page and page 3 feature Phil Cummings the local author of children's books. What a delight to have him judge the Junior Chef bake off at the market. He was very impressed with the efforts of the children and we have some great photos.

The market spotlight is on two of the regular stall holders at the One Tree Hill Country Market, Maureen and Ken are on page 3 and Colin is on page 5. We hope that you are enjoying the information about the stall holders. There is so much to choose from at the market which is held on the first Saturday of each month from 8.30am until 1.00pm.

We have some news about weed control on page 14 along with the subject of time. It is very interesting reading and will probably make you think about how you spend your days. Talking about time, on page 16 we have some reminders about the hectic life that kids live and how to make time for them.

On page 16 we also have some uses for Cream of Tartar, no more wasted money on wonder products that are on the market, this is a low cost way of sprucing up your home.

We have a wonderful winter warming meal on page 16 as well, Garlic and Lemon Chicken, it's delicious so try it won't you.

We don't have much in the way of history this month but on page 18 we have the article about Mr Harvey and his win at the Adelaide Cup in 1938 along with how the phrase "Bob's Your Uncle" originated. We hope you enjoy the read.

Page 19 has some interesting facts on heart attacks, hopefully this article will prepare you for the unexpected. While researching for the article we found it amazing to learn about when to drink water as well as having some aspirin near your bed. With luck you will never need to remember all this but just in case it is always good to know, you may save a life.

Until next month, The Grapevine Team.

Email: oth.grapevine@bigpond.com

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

Phone: 8280 7095



President's Report August 2013

The One Tree Hill Progress Association committee have made some changes to the management of the monthly country market.

The goal is to invigorate and stimulate the type of goods and services offered on market days. We hope this will lead, over time, to an increase in patronage from both the local community and visitors as well.

Progress is also applying for support grants through the Playford Council, this is a long process, but we hope to be successful.

The support we are applying for is for funding for the larger community events here in One Tree Hill, especially Anzac Day which is quite expensive for Progress to run.

The hall manager is doing a great job and she has the Institute fully booked until December. Don't delay if you have an event to celebrate in 2014 as Pat already has some dates booked and it would be a shame to miss out on using the Institute because the date wasn't available. Go to www.onetreehillhall.com.au to view the details of the Institute for hire.

As always we would welcome some ideas from members of the town. There are always plenty of chairs available at our meetings which are held on the 2nd Thursday of each month at the Institute at 7.30pm. Why not come along and be part of the community and have a say in what is happening in your town. Progress is always looking for new members.

Cheers, Ian Slater President.



To contact OTH Progress Association

Email: oth.progress@bigpond.com

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

or by phoning the Secretary on 8280 7095



Read the Grapevine on line

If you haven't had a chance to see an online edition of the Grapevine please go to the site:

www.onetreehillhall.com.au click on "About Us", scroll to the bottom of the page where you

will be able to select the edition of your choice, the Grapevine will open up as a PDF.

We are trying to keep as many editions online and available for you to see.

This is a great way to share local news with friends and family who can't get a hard copy of the Grapevine. Happy reading.

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

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

Its purpose is to share local news, views and events. Advertisers are responsible for the accuracy of the content of their advertisement.

Phil Cummings Judges JUNIOR CHEF

Phil Cummings who is a popular children's author was the guest judge at the July OTH Country Market for the Junior Chef competition. The theme was Anzac Biscuits so it was appropriate that Phil judged them as he has written a book called "Anzac Biscuits" which is a great story for older children.

Did you know that Phil has resided in One Tree Hill for many years? We at the Grapevine were unaware that the renowned author lived here in One Tree Hill. We are certainly not short of talented people in the town.

You may recognise some of the many books that Phil has written over the years. There are currently over 50 books with more to come, some are "The Frog and the Ox", "All Together Now", "The Thick, Fat Pancake", "Wang Wang & Funi" and dozens more.

Phil was born at Port Broughton and spent the first 8 or 9 years on a farm with his 4 brothers and 3 sisters. His family moved to Peterborough in the far north of the state. His older brothers worked on the steam trains and Phil recalls how the windows in their house would rattle constantly as the trains rumbled through the rail yards. Life as a child was always an adventure for Phil so no wonder his books appeal to children as many of the stories reflect on his childhood.

After completing his schooling Phil worked at the local garage and at the abattoirs and was always heavily involved in sport. He left Peterborough to attend Teachers College in Adelaide where his writing interest began with writing songs and poetry. Phil was exposed to a great deal of children's literature particularly picture books. Phil decided to sit down and write a book himself but the books were rejected for the first six or seven years.

It was a lot harder than he thought but he eventually had his first book published, "Goodness Gracious" which was published by Omnibus Books in 1989 with illustrations by Craig Smith. He hasn't looked back since that first book over 20 years ago.

If you would like to know more about Phil and his books go to the website at [www.http://philcummings.com](http://philcummings.com)



Pictured above is the OTH Junior Chef organiser Tracey with Phil. Both Tracey and Phil are the youngest of 8 children so Tracey had a great time sharing some stories about childhood.

Meet Maureen & Ken



Spotlight on the OTH Market

Maureen and Ken have been attending the One Tree Hill Country Market for approximately 7 years.

How did you start off with your cards?

Maureen started off with making cards for family and friends and she found that she enjoyed it so much that is just snowballed into what it has become today.

What are your best sellers?

Australiana and Art Deco are probably the most popular but it's difficult to know what people will buy so I have plenty of variety to suit most people's tastes.

Come and say hello to Maureen and Ken next time you are at the market, they are sure to have something that would suit your needs for a Birthday or any other special occasion.

Colin, whose wife Val makes preserves, chutneys and sauces is another stall holder and is featured on page 5.

If what you see by the eye doesn't please you, then close your eyes and see from the heart. Because the heart can see beauty and love more than the eyes can ever wonder.





ONE TREE HILL GRAPEVINE

CFS REPORT AUGUST 2013

Incident Report



The Brigade attended a road accident at the junction of Kersbrook Road and Rutland Road, a single vehicle lost control on the gentle bend travelling towards Gawler. The vehicle was written off and the driver survived because the vehicle crashed backwards into a large tree.

As always the usual cause is speed and risk taking in the wrong location. In addition the brigade attended two car fires. The other callout was a private alarm for the Para Wirra Recreation Park.

Record Attendances for OTH Brigade

The OTH Brigade has attended to 155 call outs for the 2012-13 year, this is a record and equates to a total of 7,677 man hours.

The man hours total was nearly 50% greater than the next nearest Brigade in the Para Group.

Well done to the members who make this possible.

Reminders

Do you live a few minutes away from the CFS Station?

THE CFS NEEDS YOU

It's that time of the year the CFS starts to accept new recruits into the service for the next fire season. It can take up to 6 months to train an individual to become competent in fire ground techniques. If you are over 18 years of age, like being a part of a team, why not consider joining us at the OTH Station. We train on Monday night at 7.30pm. (Not including public holidays)

For general information please contact OTH Duty Phone on 8280 7055

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

Councillor's Report August

As reported last month a rate increase of 5.3% based on a house valued at \$230K was put on public consultation, an hour was set aside to hear representations in support or against the proposal and city plan before the Committee meetings and during the special Council meeting on Tuesday 16 July, NO ONE came. Councillors will be briefed on the rate implications in respect of how they will impact on ratepayers and on Council's budget. It is no secret that some areas of Playford and indeed the state have decreased in value. My work allows me to see the decline in residential property and the stabilised Commercial prices balancing budgets will be difficult this year especially with the latest hikes in electricity and Gas prices. On a cynical note is it my imagination or is it fact that every time the big supermarkets offer large petrol discounts on large supermarket purchases the price of petrol rises astronomically.

Council was briefed by Minister MP Tony Piccolo on the transfer of 500 SA Housing Trust homes in Elizabeth South and Vale. The idea is that a community organisation will take on the maintenance and control of these homes with the view of providing a better service to the occupants. As a trade off the occupants will be able to get Centrelink rent relief of \$40 but their rent will be increased by that same amount so the Community organisation can fund its management and maintenance costs and any profit made can/must be spent on more housing. The problem is that the new housing will be owned by the organisation and they can choose their tenants. A long story short Government hopes to rid itself of 4000 older homes, Centrelink will be expected to give rent relief and the community organisation will make money and build new homes that they will own. By the way did I forget to mention that where Council currently receives 100% of the rates on these properties once they are in the hands of the community organisation, Council is obliged under the Act to give a 75% decrease in rates. Do the maths I can't see the benefit to Council or the occupants of these homes or to the Federal Government however the State Government and community organisations are the winners. Perhaps I am just being cynical but it just doesn't make sense to me.

Council will be looking at the number of Councillors within each ward, the number of wards and the way the residents are represented in the near future. A preliminary scoping session suggested fewer wards and possibly less Councillors, one person even suggested that Craigmore be a separate ward. These suggestions were rejected by the majority of elected members and a new approach is to be put in place to achieve an equitable (as far as practical) outcome for the City.

Your local politicians can be contacted via email, for MP Michael O'Brien, napier@parliament.sa.gov.au and for Nick Champion MP, email 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 e-mails to playford@playford.sa.gov.au and cc to crjfederico@playford.sa.gov.au** this will ensure that council sees your concerns and then forwards your e-mails on to me. If you are uncomfortable with council viewing your comments then please e-mail me at jfederico@internode.on.net 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 cases if not most, reach a compromise that is acceptable to all parties concerned. Council's 24 hour phone number is **82560333** 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 - PH: 04187 016 164



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Spotlight on the OTH Market

How did you begin your preserves?

We began selling Bric-a-Brac around Adelaide markets many years ago but the competition became so great that it was no longer economical to continue. Someone suggested to Val to try One Tree Hill Country Market with her jams and sauces. After 10 years of Bric-a-Brac we began to sell jams, preserves and sauces. We have been at OTH for many years and we also travel around Adelaide to attend other markets.

What are your best sellers?

This varies depending on the weather, in the summer we sell mostly sauces and pickles and winter it's jams.

Colin usually attends the market on his own, he still sells some Bric-a-Brac and plants so come and see what Colin has next time you are at the market.

Meet Colin



ADVERTISING RATES FOR THE GRAPEVINE

2013 Rates

Colour Ads:	Eighth Page	\$35
	Quarter Page	\$70
	Half Page	\$175
	Full Page	\$375
Black and White:	Eighth Page	\$25
	Quarter Page	\$50
	Half Page	\$120
	Full Page	\$275

Classified Ads: Just \$10.00 These are great for promoting your Business, Garage Sale or Items for Sale. All ads need to be in by the deadline which is shown on the front page.

To advertise in the Grapevine you must be an OTH resident or have a business in the town.

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OUR VISION

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OUR CHURCH ANNIVERSARY NEWS

As part of our Church Anniversary celebrations, we look forward to reaching out and celebrating with our local community, providing supper for the CFS and Progress Association, Morning Tea for the Playgroup, and afternoon tea for the Senior Citizens and OTH Primary School teachers and non-teaching staff. **Our Special Anniversary Service will be held on Sunday 11th August at 10.00am - this will be followed by a special morning tea.**

EVERYONE is welcome - we would love to see you.

MONTHLY MARKET STALL

We sell a good supply of home made cakes, slices and biscuits, plants, bric-a-brac, games, books and more. Come and have a look and say hello to our friendly ladies manning the stall.

GIFT FILLED SHOE BOXES FOR CHILDREN

It's that time of the year again when we fill shoe boxes ("Gifts 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 more details, there is a pamphlet in the Post Office, or if you would like a box to fill please phone **Edna on 8255 7987**.

SUNDAY SERVICE: 10.00am each week **SUNDAY SCHOOL & YOUTH GROUP MEET**

FELLOWSHIP

Meetings are held on 4th Wednesday of each month at 10.00am. Beginning with morning tea, followed by a talk from our guest speaker.

Fellowship Program - AUGUST 21st
SIMON BRYANT - TV CHEF

Cooking Demonstration - Don't miss this opportunity to come & watch Simon's great cooking skills.



If you would like further information on any of the Uniting Church activities please phone Maureen Hill on 8280 7368

Horse Care - Saddle Checking 1: Checking the Size

I was recently asked to loan my saddle to a client. They were going to look at a horse they were interested in buying. The owner had said they had no saddle and to bring a "17 inch as that's what I used to use." I said to forget the horse. If the rider knew so little, the horse would probably have a sore back, sore withers or be girthy.

I ride in a 17 inch saddle. Many of my child clients ride in a 14 inch. But we all use the same pony.

A 17 inch saddle fits the rider. It is the size of the rider's derriere/butt.

The measurement for the horse is the gullet width: narrow, medium, wide and shades in between.

But fitting a saddle to the horse is more than the gullet width. It includes the length of the horse's back and the roundness of the barrel.

Saddle fitting is a skilled specialist job. It cannot be covered in a few articles here. But I will try to point out the more obvious areas to check.

The gullet: the channel that runs along the horse's backbone should be clear of the spine for the entire length of the saddle. It must be clear when the rider is sitting in the saddle and the girth is tightened. The gullet is the rigid structure that allows that to happen, and it must have correct spread. Too little and the saddle will pinch the spine. Too much spread and the saddle will sit on the spine. The panels on each side of the gullet should sit on the muscles that run next to the spine.

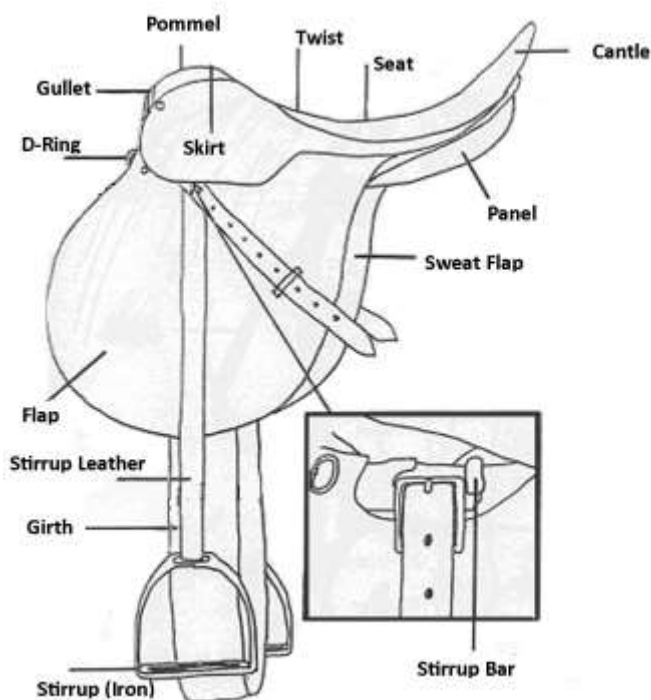
Length of the saddle: this is often a problem on short backed ponies. The rear of the saddle rubs against the hips. But in long backed horses, too long a saddle may put pressure on the loins where there are no ribs to help support the weight. The panels must not extend beyond the last rib of the horse.

The barrel shape must be taken into account: the panels of the saddle need to follow the shape of the ribs around the chest (top to bottom). It's no good saying the saddle fits if the flaps stick out away from the horse. Then the horse takes all the weight on the muscle which runs along next to his spine instead of distributing some on the ribs.

So a round pony needs a different shaped saddle to that used by the narrower Riding Pony type.

The last thing to consider here is the clearance of the wither. The saddle normally sits behind the wither but in horses that have very extended withers, it may be necessary to have the saddle cut back so that wither protrudes above the gullet. (The wither is the bony extension of the spine at the base of the neck).

Next issue we will look at getting the saddle to suit the rider.



If you have any horse query for Julie please email the Grapevine.

Email: oth.grapevine@bigpond.com

Crime Report – ONE TREE HILL Rural Watch – Offences reported between 23rd June and 17th July 2013

<u>Overnight 23rd June</u>	Theft	Humbug Scrub Rd, HUMBUG SCRUB
Cash stolen from a drawer.		
<u>24th June Daylight Hours</u>	Residential Serious Criminal Trespass	Cornishmans Hill Rd, ONE TREE HILL
Entry to garage area of house by forcing front door. Motor bikes stolen.		
<u>26th June</u>	Residential Serious Criminal Trespass	One Tree Hill—Kersbrook Rd. S. FLAT
Front door of house jemmied open. Electrical items and tools stolen,.		
<u>7th July Overnight</u>	Property Damage	Humbug Scrub Rd, HUMBUG SCRUB
Entry gate and payment box damaged at Para Wirra Recreation Park.		
<u>11th July</u>	Arson of motor vehicle	Shillabeer Rd, SAMPSON FLAT
Vehicle stolen from Elizabeth Shopping Centre and burnt out at above location.		

Please continue to take note of what is happening in your local area and become involved by way of writing down registration numbers of vehicles which appear "out of place" and "loitering" in an area which to you seems unusual. There has been an increase in the number of reports local councils are receiving in relation to illegal dumping in rural area. This has been an ongoing problem in the One Tree Hill area for many years. Please take note of any vehicles which are towing trailers with rubbish or old furniture on them - particularly if you see one at night time.

Police have also received information of a male adult driving a white coloured Holden Pajero with no number plates towing a cage trailer in the Yattalunga/Humbug Scrub area. It is believed that this male is stealing stock (however no reports have been made to police re stock theft). If you have any information about this matter please contact Elizabeth Police Station.

As always if you have any information to assist with any crime issues in the area
phone Police Communications on **131 4444**



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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 with, 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.



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*** Broken fences need repairing or thinking about halving that paddock for better rotation?** CCA (green) and Creosote posts and rails, most sizes in stock from 1.8m long posts to 3.6m long 100/125 diameter. Also 2.1 metre long and 2.4 metre, long strainer posts in both. Yes, we have the 2.5 mm wire for strainer boxes, yes, we have the gripples and the gripple tool, yes, we have a wide range of staples and stay pins for strainer boxes whew!!!!



*** The horse eyeing off the next paddock?**

Gates in all sizes from 833mm wide up to 4.8 metres wide. So, 833mm, 1 metre, 1.2m, 1.5m, 1.8m, 2.4m, 3m, 3.6m, 4.2m, 4.8m, all roughly 1200mm high and mesh farm style. Yes we stock a broad range of fittings to hang your selection and for fixing it to posts or walls etc.



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Rover getting a little cold at night? Polymaster have a range of Dinkum Doghouses to keep him warm. 5% off for the month. We also have a special on home made oilskin dog coats, made to size/order for around \$50 - complete with blanket material stitched inside so he/she will not only be waterproof but warm as well. Want your business logo on the coat?



Yes. What about hand knitted woollen coats for the inside dog who gets cold even inside the house, Yes at

\$15 to \$20 each. Want a deal on Cobber Country Dog 20kg - top dog food - \$35 for the month of August. Our Kelpie does backflips for a handful.



Want to spruce up the ol pot belly or combustion heater?

Heat proof black paint, heat proof cement, even soot cleaner for the flue. What? You need to clean the flue? Yes, we have flue brush cleaners. Firelighters, Kindling, Bags of Split Red Gum and ECO logs/rolls - 12kg for \$7 not \$20 for 25kg like elsewhere.

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Yes gas has gone up but we are holding fast on our \$22 deal for 8.5kg cylinder refills. Any brand of cylinder just must be in date. \$14 for 3.7kg.

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Harry the horse feeling a little crook? We are about to extend the range of vet lines due to demand and at competitive prices.



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Kids Page

Hello once again, I hope that you have all enjoyed your school holidays and are settled back into another term at school. I wonder did you get time to complete the colouring competition, if so don't forget we need to have them in by the 19th August for judging. I wish you all the very best of luck. We have another new member of the Kookaburra Club this month, don't forget if you would like to join just send an email or post your details to the Grapevine.

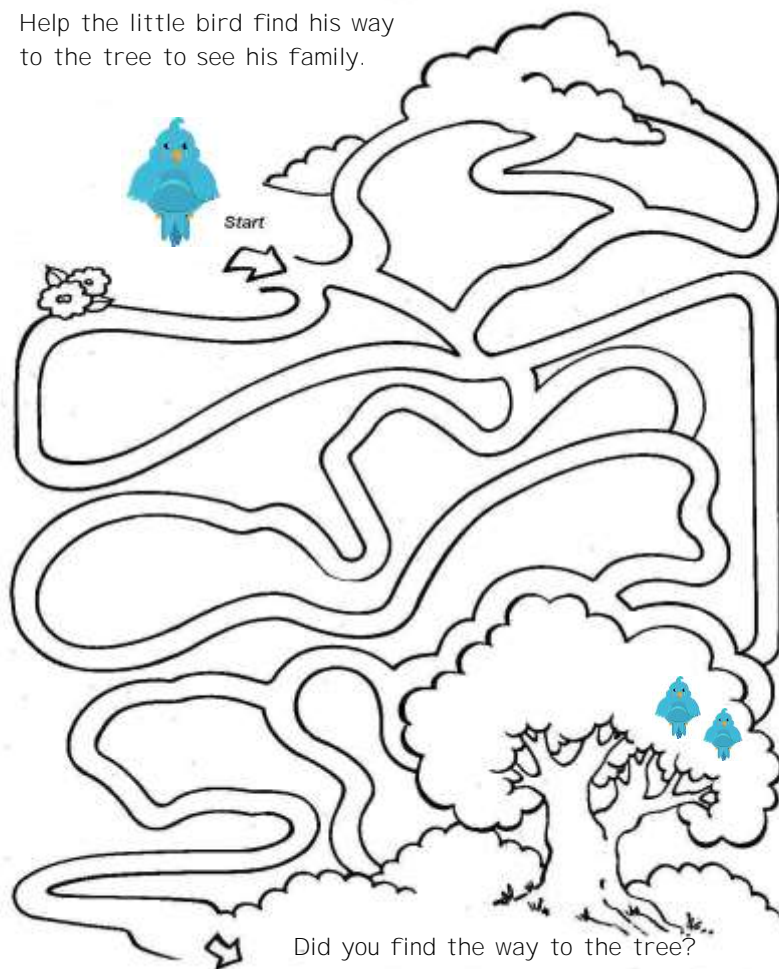
When I was a child I loved drawing with chalk, I wonder have you ever drawn with it, I have some ideas for you to try, of course with all this rain we are having the chalk will wash off in no time so perhaps on a clear day try some of the games suggested. Have fun! Until next month Auntie Bev.

Email: oth.grapevine@bigpond.com or drop me a line at the Grapevine. PO Box 196, OTH, 5114.

Postal address is OTH Grapevine P.O. Box 196 One Tree Hill Post Office, SA 5114.



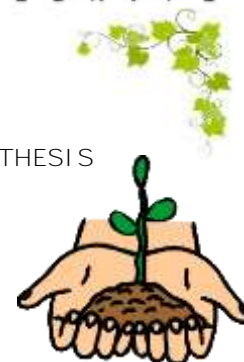
Help the little bird find his way to the tree to see his family.



Word Search - Plants

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

BAMBOO	HERB
BOTANY	LEAF
BUSH	MOSS
CROP	PHOTOSYNTHESIS
ENERGY	SEED
FERN	SUNLIGHT
FLOWER	TREE
FRUIT	TWIG
GRASS	VEGETABLE
GREEN	VINE



Chalk Games

Chalk has been a great entertaining tool for many years, back all those years ago kids used to draw up games on the pavement out of chalk, however these days kids don't seem to be interested in chalk like they used to be. These fun and creative uses for chalk are interesting and you can get Mum and Dad to help you if needed.

1: Add a Drawing: In this game each child is given a piece of chalk (the thicker ones work better). Everyone has their own space and draws one thing in their space (it could be a person, dog, cat or a tree) and then you go around to each person's drawing and you can add something to theirs. At the end you look at everyone's masterpiece and select the winner.

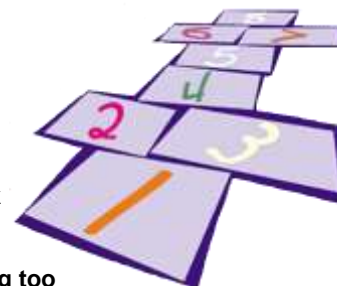
2: Old Fashioned Hop Scotch: Draw up the original hop scotch game and get a rock and play, this is so simple and so much fun.

3: My Family: In this game you write on your pavement about your family. Example of this is 2 boys, 1 girl, Mum, Dad and a

dog named Snoopy. People walking past your house will stop to have a look and I'm sure that it will bring a smile to their faces. just remember don't write anything too personal. Portraits of the family are really cute too.

4: Human Snakes & Ladders: Chalk edition. Draw up a big game board with squares, in a few put snakes and in others put ladders. Get a big foam dice and roll it and then play a humanized version of snakes and ladders, where you are the playing piece. This is great fun for most ages and you may be able to get Mum or Dad to join in.

5: Target Throwing: Draw circles up in different colours on the wall of the garage and throw a ball at one of the circles. Each circle represents points, the smallest circle is the highest point and the larger circles less. Everyone gets 5 shots and whoever gets the highest score wins.



OTH Kookaburra Club



Calling all the kids in One Tree Hill! Do you want to belong to the newest club around? Just email or write to the Grapevine with your name, address and phone number along with your birthday. 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.

My name is Tori and I would like to join the Kookaburra Club. I am 10 years old. I have lived in One Tree Hill since I was 4 years old and I go to the One Tree Hill Primary School.

I have just started a girls "Crafty Chic" group at my house. It is a free event that I will be holding every Friday night during the school term. I have had my first class already and I had 5 girls aged 9 to 12 attend. We made 2 cards and envelopes each, had supper and we had lots of free giveaways with the main prize being an Alex Hosking CD. (She is my friend who is teaching me songwriting and is awesome) People say that she sounds like Missy Higgins with a brighter sound.

I had my first stall at the OTH Country Market in July, it was wet and miserable but I still had fun. People say that I am good at making cards and I love teaching others how to make them. Hopefully the August market will be a nice day, please come and say hello to me and enrol to come to my class.

Tori, Age 10.

Welcome to our new member Tori, what a clever girl to be teaching how to make cards, no doubt the prize money will go towards more card supplies! We will have a photo of Tori in our Market Spotlight soon.



In June my family and I went away to Goolwa and stayed in a house that we rented. While we were away, we went fishing and went to the Murray Mouth. We saw how the mouth was kept open. A big boat was used to keep the mouth clear so that the water could come through. The next day we went to see the seals. We went to the bakery and we all got something yummy to eat. Samuel, Daddy and I went to the Barrage to fish. I was



disappointed that we didn't catch any fish because the seals were eating them all and scaring them away. The seals were a pain in the neck! The next day we went to the Bluff to fish. I was excited to go fishing again and I hoped that today I would catch a fish. It started raining when we got there but stopped as soon as we got out of the car. We fished for a while and then finally caught a fish. It was called a Tommy Ruff. Daniel caught a crab but it was too small to eat so we threw it back into the ocean.

That night Daddy cooked up the fish for me to eat. It was really nice and I shared it with everyone else. After I had finished, I **found the eyeballs but I didn't eat them.**

The next day we went to the Murray Mouth to fish but we didn't catch anything because it was too windy. Then we went to the Barrage to fish but we didn't catch anything because the seals were there again and I also lost my hook off my fishing rod.

Joshua Age 8. (Sounds like you like fishing Joshua, we hope that you catch more fish next time).

When we drove to Goolwa it was a long drive. We went fishing on a windy **day and caught nothing. The next day it was Daniel's Birthday.**

We ate too many sweet things and were full so we went to bed. When we woke up we went back home.

Hannah Age 5.



When we went away we went fishing. We didn't catch any fish because it was a windy day. We went to another beach and I caught a crab. Daddy said the crab was too small so we chucked it back in the water.



Daniel Age 7.

One night Joshua went down to the paddock to take Hannah Bell for a walk and he saw one of our cows named Jill was on back stuck in the fence. We went running down the paddock with the bolt cutters so we could get the **cow out of the fence. Mummy didn't know what to do so Brian our neighbour** came over to help us. Brian cut the sheep wire and we rolled the cow through the fence and got up and walked off. We were relieved that she **was okay. The next day we went down the paddock and the cow couldn't get** up. Every time she tried to get up she got closer to the fence until she was right next to the fence again. We called Brian again and he came over and **we tried getting her to stand up but she couldn't. We called the vet and she gave her an injection and said "you'll have to lift her up 3 times a day with a tractor and straps" but we don't have a tractor. Daddy walked over** to our neighbour Stuart and asked if he could help us. Stuart came over with his big digger and some straps. He lifted up the cow so that she could **stand up but she still couldn't stand. He said we'll try and drag her away** from the fence, so Stuart used his digger to lift her up and moved her closer to the house where it was flat so she could sit up. She seemed happy **but she couldn't stand up. Every time she tried, she fell back down. She** was pregnant and we thought she was going to die. The vet came out that night and tried to move her around and she finally stood up and walked off. She has been fine ever since.



Samuel Age 10.

Q: Why do cows wear bells? A: Because their horns don't work!

Q: What is brown and sticky? A: A stick!



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!

Troublesome Weeds

For the month of July we have had more rain than we have had for many years. Although it is very welcome to fill up our reservoirs it can encourage more and more weeds to grow. Now is the time to start thinking about the many weeds that have popped up on our properties. 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 infect that area.
- ♦ 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. Environmental weeds can disrupt water flow problems, pollute water with leaves and cause erosion by eliminating grass cover. Of the 105 species proclaimed as pests in SA at least half have a negative impact on the environment. These include: African Boxhorn, Aleppo pine, Blackberry, Boneseed, Bridal Creeper, Bulbul Watsonia, Cape Broom, Cape Tulip, Gorse, Olive, Chilean Needle Grass and Willows. For a full list of plants go to

www.dwlbc.sa.gov.au/biodiversity/pests/weeds/plants_list.html

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 weeds growth.

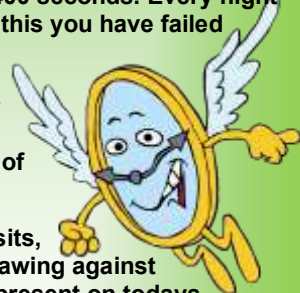
Happy gardening this winter.

TIME

Imagine there is an bank account that credits your account each morning with \$86,400. It carries over no balance from day to day.

Every evening the bank deletes whatever part of the balance you failed to use during the day. What would do? Draw out every cent, of course?

Each of us has such a bank, its name is TIME! Every morning, it credits you with 86,400 seconds. Every night it writes off as lost, whatever of this you have failed to invest to a good purpose. It carries over no balance. It allows no over draft, each day it opens a new account for you. Each night it burns the remains of the day!



If you fail to use the day's deposits, the loss is yours. There is no drawing against tomorrow. You must live in the present on today's deposits. Invest it so as to get the utmost in health, happiness and success!

The clock is running! Make the most of today.

To realise the value of ONE YEAR, ask a student who failed a grade.

To realise the value of ONE MONTH, ask a mother who has given birth to a premature baby.

To realise the value of ONE WEEK, ask the editor of a weekly newspaper.

To realise the value of ONE HOUR, ask the lovers who are waiting to meet.

To realise the value of ONE MINUTE, ask a person who has just missed the train or bus.

To realise the value of ONE SECOND, ask someone who just avoided an accident.

To realise the value of ONE MILESTONE, ask the person who won a silver medal at the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special to spend your time with. And remember time waits for no one.

Yesterday is history.

Tomorrow is a mystery.

Today is a gift.

That's why it's called the present.



Blackberry Bush



Gorse



Chilean Needle Grass



African Boxhorn



Cape Tulip



Bridal Creeper

Some Old Age Jokes

A very elderly gentleman, (mid nineties) very well dressed, hair well groomed, great looking suit, flower in his lapel and smelling of a good after shave lotion presented a well looked after image as he walked into an upscale cocktail lounge. Seated at the bar is an elderly looking lady (mid eighties). The gentleman walk over and sits down alongside of her, orders a drink, takes a sip, turns to her and says, "So tell me, do I come here often?"



An elderly gentleman had serious hearing problems for a number of years. He went to the audiologist and was fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to have them checked. The audiologist said "You are hearing perfectly, your gamily must be really pleased that you hear again". The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times in the past week"!

An elderly lady drove into a petrol station and the attendant spotted two penguins sitting in the back seat of her car. He asked the lady "What's up with the penguins in the back seat?" The lady said "I found them. I asked myself what to do with them, but I haven't got a clue." The attendant suggested that she take them to the zoo. The lady thought that was a great idea and drove away. The following day the lady returned to the petrol station and the attendant spotted the penguins in the back seat again. "They are still in your back seat, I thought you were going to take them to the zoo?". The lady replied "Oh, I did, and today I am taking them to the movies".

"The pain you have in your left leg, sir, is just a matter of old age" said the Doctor. "But Doctor" replied the patient, "Both of my legs are the same age as I am, 90".

Reporters interviewing a woman who was 104 years old was asked "What do think is the best thing about being 104" She simply replied, "No peer pressure".

A senior citizen was driving down the freeway and his car phone rang, it was his wife, "Herman, I just heard on the news that there is a car going in the wrong direction on Pt. Wakefield Road, please be careful" Herman replied "Geez, it's not just one car, there are hundreds of cars going the wrong way".

A few points that are really hard to figure out!

How old would you be if you didn't know how old you are? If you jog in a jogging suit, lounge in lounging pyjamas and smoke in a smoking jacket, WHY would anyone want to wear a windbreaker.

DOWNSIDE TO OLD AGE

You know you are getting old when everything either dries up or leaks.
If you think old soldiers just fade away, try getting into your old army uniform.
Former classmates are so grey and wrinkled and bald, they don't recognise you.
First you forget names, then you forget faces. Then you forget to pull up your zipper, then Oh my goodness you forgot to pull your zipper down!
There are 3 signs of old age. The first is loss of memory. The other 2 I forget.
The cardiologist's diet: if it tastes good, spit it out.
It's hard to be nostalgic when you can't remember anything.

Senior citizens are the countries leading carriers of AIDS. Hearing aids, Band aids, Walking aids and most of all monetary aids to their kids!

It seems cute to poke fun at old age; maybe it is our way of denying that it will happen to so we hope that you have enjoyed these few chuckles.

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WALKING WITH GRANDPA

I like to walk with Grandpa,
His steps are short like mine.
He doesn't say "Now hurry up!"
He always makes the time.
Most people have to hurry,
They do not stop and see!
I'm glad that God made Grandpa,
Unrushed and young like me.



Northern Hills Pony Club

We have had a great couple of months at the Northern Hills Pony Club. Our first Show Jump Training Day with Steff Wilson was a huge success. Visiting members from the Standarbred Association and our own members really enjoyed the day, even the horrible weather couldn't keep anyone away for our second SJ Day, we all braved the cold and wet conditions and had a great day.

We welcomed Barbara Henderson this month who came out and did flatwork lessons and jumping from Poles on the ground up to 75cm. Badges were also earned with Mel Kittle showing us how to clip a horse and a few girls earned their E and D badges.

A big welcome to all the new members of the Northern Hills Pony Club, it is great to see the club growing like it is.

We have a great variety of Rallies in the coming 6 months including Vaulting, Trail-Ride-A-Thon, Cross Country Training and much more....

Happy Riding

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Make Time For Kids

Children can feel upset at times and whatever has happened in the family needs to be addressed in a proper way so that children can understand things better and try and cheer up with your help.



Talk in a Calm Way: Don't scare off your children by speaking aggressively, explain to them a situation in a calm way and don't get too upset as you're speaking. Show the child that everything is all right!

Be Available to Talk With Them: Don't become so preoccupied that your child feels that they can't approach you to talk. If your child looks upset or troubled then sit down with them and encourage them to speak up if they want to ask something.

Get Your Child Something Comforting: If a loved one has passed away, children can often become quite distressed and confused about this. Getting them a special teddy bear or soft toy to give them when you tell them or after will hopefully make them feel as if they have something to hold when they are upset.

Encourage Your Children to Talk to You: Sometimes children are embarrassed to speak up about a tough time such as getting bullied or if a family member is in hospital. Bring it up with your children so that they can see it's okay to just randomly ask questions about tough times. Ask them every now and then if they want to speak about anything.

Work Through Things as a Family: If hard times have fallen upon you and your family and you have children, sit all together to talk about your feelings and what you're thinking. Spend time as a family and give each other lots of affection and support.

All children are different and have different ways of coping with troubles. Speaking together and asking questions is the best way to start the road to recovery. Lots of support and affection will be needed as children don't understand the more complicated problems in life and need to be told in a simple way without making them fearful.

These are all simple tips that will help your child, at times we expect too much of them but remember we are all fragile in times of trouble!

***** Garlic & Lemon Chicken With Green Beans & Red Potatoes

INGREDIENTS

6 Tablespoons olive oil	2 Lemons, 1 thinly sliced
1 juiced	4 Cloves of garlic, minced
1 Teaspoon salt	
½ Teaspoon freshly ground black pepper	
1½ Kilos Trimmed Green Beans	
8 Small red potatoes, quartered	
4 Chicken breasts, bones left in, with skin	

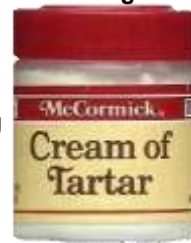
DIRECTIONS

Preheat oven to 200°. Coat a large baking dish or cast iron skillet with 1 tablespoon of the olive oil. Arrange the lemon slices in a single layer in the bottom of the dish or skillet.

In a large bowl, combine the remaining oil, lemon juice, garlic, salt and pepper. Add the green beans and toss to coat. Using a slotted spoon or tongs remove the green beans and arrange them on top of the lemon slices. Add the potatoes to the same olive-oil mixture and toss to coat. Using a slotted spoon or tongs to arrange the potatoes along the inside edge of the dish or skillet on top of the beans.

Uses for Cream of Tartar

Cream of tartar has been around for many years and mainly used as a stabilizer for egg whites. But it is also a long forgotten gem to help with cleaning and will save you paying exorbitant prices for cleaning products around your home.



Cream of tartar is one of nature's bleaching agents, it is an acidic salt which comes from grapes ("crusted wine") and when mixed with baking soda it becomes baking powder.

- 1) Is your grout between your tiles stained? Mix cream of tartar with a little water or vinegar and it will lift the most stubborn stain.
- 2) Burnt the saucepan? Try a little cream of tartar mixed with water and it should get the saucepan clean in no time.
- 3) If you have a dull copper kettle or other items around the home try a little cream of tartar mixed with lemon juice and rub into the item then rinse in water. You'll be amazed with the result.
- 4) Do you have a porcelain sink, bath or commode? Rub the porcelain surface with cream of tartar and watch the stains disappear.
- 5) Fabric stains that won't budge? Mix a few teaspoons of cream of tartar with glycerin and put into a spray bottle. When you have stains just spray before placing into the washing machine.
- 6) Need a great nonabrasive cleaner? Mix 2 teaspoons of vinegar and 2 teaspoons of cream of tartar in a small dish and apply with a cleaning cloth or scrub with a brush and let stand for 5-10 minutes, wash in hot soapy water and it will look like new.



Place the chicken, skin side up, in the dish or skillet. Pour any of the remaining olive oil mixture over the chicken.

Roast for 50 minutes. Remove the chicken from the dish or skillet. Place the beans and potatoes back in the oven for 10 minutes more or until the potatoes are tender. Place a chicken breast on each of the 4 serving plates, divide the green beans and potatoes and serve warm.

This is Gluten free, Low Carb, Diabetic Friendly and so simple to make.

This recipe is quick and easy and most people will love it for dinner on a cold evening.



From The Past

75 Years Ago: One Tree Hill Owner-Trainer

Having won the Adelaide Cup with Darford, Mr. J. Harvey has pushed ahead as the leading winning owner of South Australia for the past season. He also won other races with the same horse and with Toxaway and Belinda

All the horses are trained on his farm at One Tree Hill and Mrs. Harvey is a valuable assistant in the their preparation for she rides them in their work.



Photo of people attending the Adelaide Cup in 1938, photo is for illustration purpose only.

Bob's Your Uncle!

"Bob's your uncle is an archetypally English phrase and is so familiar here in Australia for it to have spawned jokey variants. As "Take the Mickey" has an extended alternative "extract the Michael", "Bob's your uncle" is sometimes extended to "Roberts your auntie's husband". People in other English speaking countries won't be so familiar with the phrase, so here are some examples that may explain the meaning.

Bob's your uncle is an exclamation that is used when 'everything is alright' and the simple means of obtaining the successful result is explained. For example, "left over right, right over left, and Bob's your uncle—a reef knot" or 'she slipped the officer £100 and, Bob's your uncle' she was off the charge".

The Origin: Bob's your uncle is one of those phrases that keep etymologist off the street corners. Despite having been the subject of considerable research no one is sure of its origin. As with all such mysteries there are plenty of suggestions, but here we limit them to the most plausible three - the favourite, the second favourite and an outsider.

1: Like many Victorian aristocrats, the 20th British Prime Minister didn't lack for names and Viscount Cranborne's name - Robert Arthur Talbot Gascoyne Cecil, 3rd Marquess of Salisbury, was as full as his beard. For the purpose of this article we can cut that down to just 'Robert'. "Bob's your uncle" is often said to derive from the supposed nepotism of Lord Salisbury, who appointed a favourite nephew, Arthur Balfour, to several political posts in the 1880s. Balfour went on to become Prime Minister after his uncle, but his early political appointments were considered inappropriate as he had shown no prior interest in public work. It is unlikely that Arthur Balfour would ever have become a celebrated politician without the patronage of his influential uncle. Piers Brendon, in *Eminent Edwardians*, 1979, writes: "In 1887, Balfour was unexpectedly promoted to the vital front line post of Chief Secretary for Ireland by his uncle Robert, Lord Salisbury. The link here between an uncle Bob who was Prime Minister and a 'Bob's your uncle' passport to a cushy life is easy to make. The fact that the word 'nepotism' derives from 'nephew' makes the link seem all the more neat. Such neatness is often the mark of a back-formation, that is, an explanation that is made up after the event.



Just as an aside, a variant of the phrase has been taken up by the Greek community in Australia. They use 'Spiro is your uncle' to denote nepotism.

2: A second interpretation has it that the phrase derives from the slang term 'Bob's your uncle' meaning 'all is well'. That term is listed in Captain Francis Grose's *Dictionary of the Vulgar Tongue*, 1785. A shoplifter's assistant, or one that receives and carries off stolen goods. All is bob; all is safe. The slang work 'bob' meaning 'shoplifter's assistant', had been in circulation for some years at that time and is defined as such in Nathan Bailey's *Dictionary of Canting and Thieving Slang*, 1721. More generally, 'bob' was used as a generic name for 'person', like 'Jack', 'Jill', 'Joe' etc. For example, public schoolboys who indulged in land sports like cricket or football were called 'dry bobs' and those who preferred boating were called 'wet bobs'.

3: The third potential source is the music hall. The earliest known example of the phrase in print is in the bill for a performance of a musical revue in Dundee called *Bob's Your Uncle*, which appeared in the Scottish newspaper, *The Angus Evening Telegraph* in June 1924. The expression also formed part of the lyrics of a song written by John. P. Long and published in 1931 - *Follow Your Uncle Bob*. The lyrics include: Bob's your uncle, Follow your Uncle Bob, He knows what to do, He'll look after you. The song was sung and recorded by Florrie Forde, the celebrated music hall artiste of the early 20th century. Eric Partridge lists it in *A Dictionary of Slang and Unconventional English*, 1937. He states it as dating from circa 1890, although he presents no evidence for that.



The difficulty with the first two suggested origins is the date. The phrase itself isn't recorded until the 1920s. It would seem odd for a phrase to be coined about the nepotism of an uncle for his nephew well after both Prime Ministers were out of office. The 'all is bob' origin is from a century or so earlier and appears to have little reason to be connected to 'Bob's your uncle' other than they both contain the word 'bob'.

This isn't the first time that an etymological outsider romps home when the favourites have fallen at the first fence. We don't know for sure but, based on current knowledge, this classically English expression may well prove to be Scottish and derive not from 10 Downing Street but from the King's Theatre, Dundee.



Kings Theatre in Dundee, Scotland in the 1930s.



HEART ATTACKS AND WATER

How many people do you know who say that they don't want to drink anything before going to bed because they'll have to get up during the night!

Someone asked his Doctor why people need to urinate so much at night time. The answer from the Cardiac Doctor was, "Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and lower the lower body (legs etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier". This then ties in with the last statement! Most of us know that you need minimum water to flush the toxins out of your body, but most people wouldn't know why.



Drinking water at a certain time maximizes its effectiveness on the body. 2 glasses of water after waking up helps to activate the internal organs. 1 glass of water 30 minutes before a meal helps digestion. 1 glass of water before taking a bath helps lower blood pressure. 1 glass of water before going to bed avoids a stroke or a heart attack.

A well know Doctor has also suggested that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up.

ABOUT HEART ATTACKS: There are other symptoms of a heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may also occur less frequently. Please note also: There may be no pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from a deep sleep. If that happens, **IMMEDIATELY DISSOLVE 2 ASPIRINS IN YOUR MOUTH** and swallow them with a bit of water. You can now buy crystallised Aspirin and they tend to work a lot quicker. The quicker the drug is dispersed by the stomach the sooner it gets where it is needed. During a heart attack, waiting for the enteric coating surrounding the pill to break down naturally could be a mistake.

After you have taken the Aspirin phone 000 or a neighbour or family member who live close by and state **HEART ATTACK**, taken 2 ASPIRINS. Unlock the door for the paramedics and sit on a sofa or chair, do not lie down! Tell everyone about this, you may save a life.

Some Doctors suggest that you take an aspirin once a day, it is best taken at night because most heart attacks happen in the small hours of the morning when the aspirin would be at its strongest in your system.

Aspirin is a good thing to use by those who believe that they are having a heart attack. It came by its name via the combination of "A" (for acetylsalicylic acid), "Spir" (for spiraea, ulmaria, the plant salicylic acid was extracted from), and "in" (likely because it completed "Aspir" with an authoritative-sounding yet pleasing-to-the-ear-finish). It was first formulated in 1897, and is still a medicine chest staple today.



Like almost every other drug, Aspirin loses potency over time. The suggestion that even years old tablets found in the back of the medicine cabinet are every bit as good as fresh ones is a poor one. It is suggested that the shelf life of around 24-36 months is acceptable. Don't forget to update your Aspirin, you never know when they will be needed.



Nick Champion MP

Federal Member for Wakefield

ONE TREE HILL FAMILIES TO BENEFIT FROM CHANGE TO CARBON PRICE

Households in the One Tree Hill area will benefit from a reduction in the cost of living worth around \$380 to an average household next financial year after the nation moves a floating price on carbon emissions from July 1, 2014.

Federal Member for Wakefield, Nick Champion said the change will ease cost-of-living pressure on families in Wakefield while ensuring Australia continues to play its part in reducing carbon pollution for the good of the environment.

"Treasury modeling shows that moving to a floating rate a year ahead of schedule will ease the cost of living by \$7.20 a week for families in the One Tree Hill area. The impact will be greatest on electricity and gas bills".

"This move is expected to save the average household around \$3 a week, or over \$150 a year on its electricity bills or around \$1.10 per week, or \$57 over the year on its gas bills, providing much needed cost of living relief to many households".

"Importantly households and pensioners will continue to receive payments calculated on a higher carbon price, providing additional support to meet the cost living pressures. These benefits are permanent". "Our change is fiscally responsible and will be budget neutral. It will also bring Australia into step with its major trading partners", Nick Champion said.

From July 1, 2014, Australia's carbon price will be the same as in 31 countries covering a population of more than 500 million people.

"Moving to emissions trading earlier means Australia will still reach its carbon reduction target. Moving quickly to a floating carbon price will allow Australia to meet its targets on emission reductions at less cost to consumers," Mr Champion said.



Some Wise Sayings

You've got to take the good with the bad, smile with the sad, love what you've got, and remember what you had. Always forgive, but never forget. Learn from mistakes but never regret.

You can close your eyes to things you don't want to see, but you can't close your heart to the things you don't want to feel.

A fool flatters himself, a wise man flatters the fool!

Life's tragedy is that we get old too soon and wise too late!

A word to the wise isn't necessary, it's the stupid ones that need the advice.

Be happy. It's one way of being wise....

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"Hi, I'm not home right now but my answering machine is, so you can talk to that instead. Wait for the Beep!"

"So long as phones can ring and eyes can see, leave a message and I'll get back to thee".

"Hi, we aren't in at the moment, if you are trying to sell us something please start speaking now and hang up at the beep, everyone else start speaking at the beep and hang up when you've finished".

"Twinkle, twinkle little star, I bet you're wondering where we are, so put your mouth up to the phone and leave a message for when we get home".

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
Friends of Para Wirra	Patsy Johnson	8280 7279
Home Assist	Playford Council	8256 0355
Market Contact	June B.	8287 3306
Nth Hills Pony Club	Sharon Xanthopoulos	0401 214 950
OTH Grapevine	Editorial Team	8280 7095
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	Ivor McLatchie	8280 7214
Scout Group	Trevor	8255 3115
Senior Citizens	Martin Lindsell	8254 9248
Soccer Club Registrar	Tamra	0414 911 321
Tennis Club	Gary	8280 7067 or 0415 399 658
Walking Club (Walkie Talkies)	Helen	8280 7035

Junior Chef News

Junior Bakers Results July 2013

5 - 8 Years

1st: Jemma

2nd: Kiahnah

3rd: Joshua

Encouragement: Daniel, Hannah, Noah, Nathan and Kai



9 - 13 Years

1st: Tiana

2nd: Emi

3rd: Samuel

Encouragement: Yuki, Caitlin and Cody.

There were some great Anzac biscuits produced by our Junior Bakers. Some were covered in chocolate, others had healthy additions and a few were shaped like gingerbread men.

Many thanks to our celebrity judge Phil Cummings.

August is banana cake, so to make it easier banana cupcakes would be a quicker option as the children love to decorate cupcakes.

Happy Baking Tracey.

One Tree Hill Junior Baker Competition

Conditions of entry: The item of cookery to be submitted along with size and quantity will be published in the Grapevine in the month prior to the One Tree Hill market day. One entry per person.

Entries are to be delivered to the One Tree Hill Junior Baker's table at the market between 9am and 9.30am.

You will be required to make 3 identical items for the theme of the month. Paper plates will be supplied and entry cards including entry number will be attached. Judging will commence at 9.30am.

There are 2 age categories: 1) Ages 5 to 8 years 2) Ages 9 to 13 years.

Prizes for each category are 1st: Blue Ribbon and \$15.00 2nd: Red Ribbon and \$10.00 3rd: Green Ribbon and \$5.00. Entries can be collected along with prizes by 1pm.

How to enter: You will need to email (oth.grapevine@bigpond.com) or complete the entry form and mail to One Tree Hill Progress Association, PO Box 196 One Tree Hill SA 5114. Or drop it into the General Store. You must include your name, age and phone number. Theme for August is "Banana Cake".

Registration must be completed before Thursday 1st August for the August Competition.

SPECIAL NOTE: Parents, if your child has sport on Saturday, they can still enter, simply drop off the items before you go, there is always someone there at 8.00am or you can phone and arrange drop off on the Friday night.



Theme for September is Scones, Savoury or Sweet



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You can also phone or email your local Councillors.

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Email: jfederico@internode.on.net

Andrew Craig Ph: 0417 016 160

Email: 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 Phone: 8280 7095

Please note deadline date on the front cover for each edition.



Next Country Market

Saturday 3rd August (8.30am until approximately 1.00pm) at the One Tree Hill Institute Black Top Road. Great variety of bric-a-brac, crafts, home cooking and sausage sizzle. Stall enquires please call Bev on 0448 208 338 or Email oth.market@bigpond.com

The Grapevine is now available at the OTH Progress table located inside the main door to the Institute each month.

Don't forget your gold coin donation to help with the production costs.

Hard Waste Collection

Your annual **FREE** Hardwaste 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 freecall

1800 111 004

to make your booking. Bookings can be made from August 1st.

It's a good idea to book as early as possible so that you don't miss out.



Have a Nice Day

Be Happy

Craig Goodwin Update

Craig's Dad, Tony has written to us at the Grapevine to inform us about Craig's recent achievement. Craig is about to embark on his first taste of A-class international football with the Socceroos.

He will be playing in the East Asia Cup competition which is held in South Korea from the 20th to the 28th July.

He is the only South Australian in this current squad. There were 2 players from Adelaide United selected but they originated from interstate.

Craig's says that he is aiming on having a bigger year in the A-League for the Newcastle Jets and then the big goal is to try to pinch a spot in the World Cup squad.

Well done Craig, by the time the Grapevine is published he should be back in Australia. All of OTH is behind you, well done for being selected.

We wish you all the best with your target of making it into the World Cup squad in the future.



A reminder to all residents that the Playford Council Mobile Library Service now comes to One Tree Hill on Friday afternoon, once a fortnight. The van parks outside of the Institute opposite the shops from 3.00pm - 4.00pm. Visiting dates for the month are 9th and 23rd August.



Playgroup at the Institute

Vacancies are available for babies to school age children at the OTH Institute.

Contact Alex on 0417 889 783 or Kylie on 0417 140 574
9.30am until 11.30am



PROGRESS General Meeting Thursday 8th August 7.30pm
Venue: One Tree Hill Institute, Black Top Road, One Tree Hill.
New members are always very welcome.

