

ONE TREE HILL GRAPEVINE



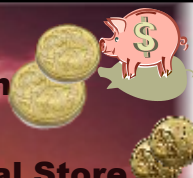
This is a free community Newsletter.

**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 September edition is Monday 25th August 2014.

AUGUST - Volume 37 - Edition 7 - 2014



One Tree Hill Country Market



The One Tree Hill Country Market is on again this Saturday the 2nd August. Starting time is 8.30am and it goes through until 1.00pm.

The photo shows some of the stalls and what is available. Inside there are approximately 30 stalls plus plenty of outside stalls depending on the weather.

This month some of the stall holders have donated gifts that will be raffled on market day. Tickets will be given to customers who purchase over \$5.00 from any of the stalls. The lucky winners will be drawn at 12 noon in the main hall. Good luck to all that have a ticket, there are some great boxes of goodies to be won.

For stall enquires please call 0448 208 338.

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



Well we are well and truly over the half way mark for the year, next thing we will be putting out a Christmas edition of the Grapevine.

We have received lots of good comments concerning Fred Riley's article last month, it's great to know that you enjoyed the story. We believe that Fred has settled back into his routines after his big trip and is back to baking biscuits for the visiting great grandsons.

This month we feature several articles that may interest you, what to do to get ready for the big spring clean up appears on page 6. There are also jobs that need to be done around the garden this time of the year, we hope that these suggestions will help you get the garden ready for spring. The article appear on page 18.

There seems to be a lot of talk about our metabolisms of late so we thought we would tell you what it's all about, the article appears on page 6 and continues on page 10.

Julie, our horse expert has a special article about mud fever and greasy heels, this is on page 7. We hope that you are taking extra care with your horses during the wet spell that we are having and not having the problems she talks about.

The normal reports from the Police and CFS are quite good, it's good to know that not much is happening around the place, always keep an eye out though and don't become too complacent.

On page 10 we are looking a little closer at the One Tree Hill Fodder Store, what a great job Dean and Sabine have done since they took over. They have some great bargains available this month, check out the middle section to see what they are.

Page 17 as usual is the history page, this month we talk about Daniel Garlick, we have touched on him before but we believe this is more detailed. We also have stories from various papers in the early 1900s about octopus, strange how we don't hear much about them these days. We hope that you find it interesting like we did.

On the back page we have an announcement saying that Rose Shillabeer will be turning 100 years old on the 15th August. We believe that she is the oldest person living in the district, we hope to catch up with her soon for chat about how she will be spending her birthday.

Don't forget if you have a story you want to send in we will do our best to have it published. Just write or email us.

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 2014

Hi everyone, I hope you are all surviving this very cold winter and dodging all the cold and flu/wogs that seem to be in circulation.

Another very busy month for the hall, with hire dates at a premium, should you intend to use the facilities, please book early, rather than being disappointed that your chosen date is not available.

I would also remind clubs and associations that store foods etc. in locked cupboards at the hall, that it is a condition of use to provide a key to the Hall Manager for safety purposes. This will be kept in a locked cupboard and only used in an emergency by the Hall Manager. Please check with our Hall Manager, Pat, to see if your organisation is complying with this request.

August will see another milestone achievement in the birthday of long term resident Rose Shillabeer. Rose will

celebrate her 100 year birthday on the 15th August - we wish her all the very best and hope she enjoys her day. The Shillabeer family has a long history of contribution to this community. I can clearly remember Allan umpiring netball matches and, during term breaks from Roseworthy, working with Russell (Rose's late husband), building hay stacks with sheaved hay at Uley Park Stud. Russell had a rare talent for building the load on the transport truck, in such a way that, no matter how steep the paddock was where we were loading the stook's, the sides were always straight up and down when we reached flat ground. Many years of experience was certainly on show.

All the best, Ian Slater, President OTH Progress Association.

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



Forget it enough to get over it,
remember it enough so it doesn't happen again!

Read the Grapevine on line



If you haven't had a chance to see an online edition of the Grapevine please go to the site: www.onetreehillhall.com.au click on "About Us", scroll to the bottom of the page where you will be able to select the edition of your choice, the Grapevine will open up as a PDF. We have as many back editions of the Grapevine online as possible, if you can't find the one you are looking for, email us and let us know. This is a great way to share local news with friends and family who can't get a hard copy of the Grapevine. The Grapevine now has a facebook page. Check it out and have your say about your newsletter. <https://www.facebook.com/pages/One-Tree-Hill-Grapevine/379556192156386>



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

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.

SPOTLIGHT ON THE MARKET

Meet Mary



Mary Howe has been coming to the OTH Country Market for some time now. She brings her gazebo with her each month and sets up in front of the Farmhouse Bakery stall at the front of the main hall. Come rain or shine, Mary can be seen setting up all on her own month after month to sell her African artifacts.

Her fascination for African crafts began when she was asked to look after a shop where they sold African art, not long after the gentleman returned he closed his shop and sold his goods at markets, when he had sold it all and retired Mary decided that she wanted to help these great craftspeople over in Africa.

Mary travels to Africa every now and then to collect more art to sell at her stall, her last trip was earlier in the year. The proceeds from the sale of the African Artifacts goes back to African Orphanages.

Some of her most popular pieces are wooden carvings from Zimbabwe, but unfortunately, at the moment she is out of stock. The metal birds (garden ornaments) are hand made out of scrap metal, they vary in size, the tallest being 3ft tall. Prices start from \$25 and go to \$95, if they are treated each year they should last through all sorts of weather for many years to come.

Mary has carvings from the Shona tribe of Zimbabwe, they are well known for their beautiful stone carvings that date back hundreds of years. There are all sorts of crafts on Mary's table, items made from wood, beads, clay and raffia. Everything is hand made and collected when Mary is in Africa.

Don't forget to pop along and say hello to Mary and listen to her wonderful stories about the African tribes who make this beautiful art.



This month we also welcome Anne Henson to the Spotlight on the Market. Anne has been attending the Country Market for around 6 years and has her regular spot directly in front of the main hall.

Anne began creating her pieces of leadlight and bead work many years ago, it came about because she wanted to make a leadlight window for her own home.

She did a course to learn and filled her house with leadlight windows. Anne then dabbled with coppex foil light catchers, lamps, bowls and 3 dimensional whirls to give as presents to family and friends.

Now 20 years + later she still enjoys creating her leadlight pieces but now she brings it to the market to sell.

Anne's most popular creations are the 3 dimensional twirls, she has them with teddies, carousel horses and other themes. They are absolutely beautiful with a lot of detail going into them.

Pictured are some of the many items that Anne creates, if you have a special order in mind please talk to Anne the next time you see her at the OTH Country Market. Orders are happily accepted and will take about a week to do.

You can't miss Anne at the front so please stop and have a browse at her lovely creations, she'll normally be busy working on a project but always welcomes a chat.

Don't forget this month we have a Free raffle ticket to win some great prizes when you purchase over \$5 from any of the stalls.





ONE TREE HILL GRAPEVINE

CFS REPORT AUGUST 2014

Incident Report



For the third month in a row, the CFS has had very few incidents, a car accident, a tree down and a car fire, all of which were minor. Considering the inclement weather and the risks this has introduced, this has been a great achievement by the OTH community. However, it is not a time to become complacent and the CFS continues to train every Monday night in anticipation of a wide range of emergencies.

Certificate of Appreciation

At the recent Group AGM, the Brigade was presented with a Chief Officer's Certificate of Appreciation in recognition of the significant effort and services rendered across the state during January and February. The citation mentions that on January 14th, 216 fires were started by lightning strikes which eventually burnt out more than 450,000 hectares across the state. A stark reminder of how quickly things can change.

Reminders

With all of the strong winds we have been having lately, have you checked your gutters? Not only are leaves a hazard during the summer but can block the drains and lead to water flowing back into the house during heavy rain. Trying to clear a gutter in the middle of a storm is no fun.

Finally, if you're planning on having a bonfire or burning off during winter, check the CFS web site for relevant information, it may save a hefty fine.

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

Councillor's Report AUGUST 2014

A special Council meeting endorsed the new rate increases and City Plan at 5% but this does not necessarily mean your rates will go up by 5% of last years rates. The formula is complicated, there are CPI increases, land price increase, base rate increases to fund operational expenses and whatever else that determines what your final rate cost will be, however rural roads will continue to be resealed and a green waste collection will be introduced.

Council's ordinary meeting was predominately a deputation by nine members of the Munno Para bowling club. The land the club sits on is about to be revoked as community land and sold to raise funds to relocate the club to the new sports precinct. I was surprised after several confidential meetings to learn the extent of the club's involvement within the immediate community. The club apart from its lawn bowls base includes sewing groups, makes its facilities available for employment programs, Bingo nights, meals, School use, the Gawler Country Music Club, hall hire, weddings and birthdays. It appears that a clash of personalities and direction has led to this situation. The new and current board is working hard, and to their credit successfully, to rebadge and improve the image of the club, however I am not sure if it is a case of a valiant effort in vain, only time will tell.

There are several lessons to be learnt here and that is, that, regardless of all the best intentions, club management should always strive for the best interests of the community and not let personalities get in the way of sound decisions. The second point is the value of a well-disciplined deputation where eight people (one was too ill to appear) can get up and talk (for 5 minutes each) without repeating the same points and present emotional and well founded views with passion and belief. The third point is that rude and obnoxious behaviour by gallery members (usually one in the crowd) does nothing to help the cause and efforts of those fighting diligently to save their club.

Other business included Council's role in bicycle and walking trails which are a warm and fuzzy initiative that cater for a small

section of the community at a large cost, however, Council has decided to play a role in establishing such areas. Then there were the two confidential items which of course I cannot talk about but which would be of interest to the community.

Thank you for your attention and cooperation in forwarding emails and Council business to me by sending your emails as below and putting requests in writing.

All emails to me in relation to **COUNCIL BUSINESS** to be sent through to playford@playford.sa.gov.au, please mark C/- of or attention Councillor Joe Federico. When bringing a Council issue to me at the Country Market, please put it in writing, so that I have a hard copy of your issue to give to Council for action.

Your local politicians can be contacted via email at, for **Jon Gee**, napiers@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 emails to playford@playford.sa.gov.au** 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 **8256 0333** for all your enquires and or requests. Remember to get a Customer Reference Number (CRN) to ensure registration and easy identification of your communication. **Cr. Joe Federico**
Fax: 8280 7963 or Phone: 0417 016 164



The secret of enjoying a good wine:

1: Open the bottle to allow it to breathe.



2: If it does not look like it's breathing, give it mouth to mouth!



Shop 3 Lot 2 Black Top Road, One Tree Hill SA 5114

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Email: kersbrookpharmacy@gmail.com

Nutritionist @



We now have a Nutritionist/Natural Therapist available for consults at the One Tree Hill pharmacy. The following checklist will help identify health issues which may be helped by nutritional or natural interventions.

Do you have a chronic health problem?

Have aches and pains become a part of your life?

Are you getting messages from your body to say something is wrong?

Do you suffer from emotional or mental problems?

Annie Morrison has worked as a paediatric nurse, teacher and health practitioner. She has 15yrs clinical experience, covering the biochemistry of nutrition in many disorders.

Book for your full personal case study, which includes indications and suggestions for optimal health.

We will also be stocking Practitioner only lines such as Bioceuticals and Orthoplex.

Appointments can be made at the pharmacy
or phone 8280 7890

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

Overnight 24th June Arson of Motor Vehicle
Vehicle stolen from Cheltenham and burnt out at above location.

Medlow Road ULEYBURY

Between 28th and 30th June Theft
Hot water service stolen from side of home.

Alexander Avenue BIBARINGA

30th June Serious Criminal Trespass - Residential
House broken into via forcing front door. Offenders disturbed by neighbour who provided description of vehicle being used. Police have identified the vehicle and suspects. Report allocated for investigation and attempt to locate suspects.

Riggs Road BIBARINGA

13th July Arson of Motor Vehicle
Vehicle stolen from Hillbank and burnt out at above location.

Black Top Road GOULD CREEK

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

please phone Police Communications on **131 444**



Getting Ready for Spring Cleaning

Getting ready for Spring Cleaning can make the difference between a pleasant experience and one that is frustrating and nonproductive.

Here are some top ideas to get ready for the big event.

1: Set aside enough time to accomplish all you have planned. Don't create a three page detailed list for the kitchen and plan to spend 2 hours doing it. You will only get frustrated because by the time you have cleaned out all the cupboards etc. it will be time to move on to the next room. Things will be hurriedly put back in the cupboards leaving them in a worse state than when you began! Clear your calendar for the proper amount of time you need and treat that time as sacred as any appointment.

2: Make appointments and reservations ahead of time. If you need to rent a carpet cleaner, or are going to call professionals to clean your upholstery, for example, then go ahead and call them and set this up ahead of time to make sure your plan fits their schedules.

3: Gather all your supplies and equipment before you begin. There is nothing worse than getting ready to use a product and realizing that you are almost out of it and will need to go to the supermarket for more. Make a list of products you will need to clean with and check that you have them in supply well before the big day. Check all equipment for wear and tear and have items repaired well ahead of time.

4: Gather boxes and bags for decluttering. Spring cleaning is a great time to get rid of a lot of extra stuff that has accumulated in your home over the past year. Make sure you can easily get rid of it all by getting lots of containers to put it in. You may even have to rent a skip if you have missed the hard refuse pick up and have too much for the normal bin.



5: Set up an upbeat music play list for while you clean, there is nothing like moving to the music. Music makes you happy and energetic to listen to while you work.

Good luck with getting things ready for your spring cleaning, perhaps these ideas will help organise your day.

What is Metabolism?

Metabolism describes the chemical reactions that occur in the body which are vital for keeping us alive. The process of metabolism converts food into energy that is used to provide fuel to our cells. Our metabolic rate is influenced by various factors including age, gender, weight, physical activity and health issues.

What is Metabolism? Metabolism refers to the physical and chemical processes that occur in the body which keep us functioning normally in order to stay alive, such as breathing, blood circulation and nerve function. To carry out these processes, our body converts energy from the food we eat. Chemicals in our digestive system break down food into fuel, which is either used immediately or stored in the body's tissues.

The energy (kilojoules) we expend over a day in order to survive is called our basal or resting metabolic rate. Although you can't control your metabolism, it can be stimulated during exercise.

How Metabolism works. Hormones and the nervous system control our metabolism. When we consume food, digestive enzymes break down carbohydrates, fats and proteins into a form that the body can use for growth or energy.

During metabolism, two activities occur at the same time - the building up of body tissues and storage of energy, or anabolism and catabolism. Metabolism is a balancing act of these processes.

* **Anabolism** - this is the process whereby energy is used to support the growth of new cells and to maintain our body tissues, and energy is stored as fat.

* **Catabolism** - the energy-releasing process where large molecules from our food, such as carbohydrates, fats and proteins, are broken down to smaller molecules to provide immediate energy for the body. This energy provides fuel for processes such as heating the body and allows our muscles to move.

Basal Metabolic Rate (BMR). BMR is the rate at which your body burns energy (kilojoules) while at rest and accounts for 50-80% of your total energy use.

To some extent your BMR is genetically determined but it can also be affected by certain health problems and physical activity.

When you exercise you burn more energy. Being physically fit also increases your BMR because the more muscle and less fat we have, the higher our metabolic rate. (Muscle requires more energy to function than fat).



Continued on page 10.



OUR VISION

SUNDAY'S

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

Sunday Morning Service 10.00am

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.

WEDDINGS, BAPTISMS & FUNERALS

The church is available for these Services.

For further details phone **Edna** on **8255 7987**.

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 MEETING - Wednesday 27th August

Simon Bryant - TV Chef COOKING DEMONSTRATION

Don't miss this opportunity right on your doorstep to come and watch Simon's great cooking skills!

Make sure to mark this date in your diary!



For further information please phone Maureen on 8280 7368

Horse Care - Greasy Heels, Mud Fever & Other Wet Weather ills

Greasy heels and **mud fever** are the same disease. It is an infection of the skin of the lower leg especially around the coronet and back of the heels. The leg usually swells and there is normally some lameness. It is caused by any of several bacterium and fungus, including Staph, Strep and Dermatophilus bacteria. Fungal infections tend to be smellier than bacterial infections. Usually any particular case is a combination of causes.

For some reason, white legs seem to be more prone to infection, although researchers have not worked out why.

Most cases occur when the leg is constantly wet: standing in muddy paddocks or unclean stables. Moving through wet grass does not seem to be a problem if the hoof and leg gets a chance to dry out. For this reason it is good management to feed on dry ground, where the horse will stand for 30 minutes or more with its feet completely out of mud, water or wet grass. A gravel patch or bricks will be sufficient, if it is raised above lying water.

Feathering on the backs of the legs will help maintain greasy heels or make them worse. So if infected, the hair from the heels needs to be clipped off. If the horse must spend a lot of time in mud, clip the hairs before infection can set in. Otherwise, the hairs help channel water away from the hooves and therefore help in prevention. It is the accumulation of mud that makes the hairs a problem.

When possible, wash mud from the heels to try to keep them clean. Do not rub dry: pat with a towel or paper towel. Rubbing may break skin that has become soft and let infection in.

Prevention may be possible by putting oil or grease based preparations on the skin after washing and drying. Vaseline is ideal, but any oil based cream should work. Be careful that it does not cause irritation - it must be suitable for horses. There are commercially available preparations for treatment of mud fever that will help prevent it too.

If your horse develops scabs and does not respond quickly to over-the-counter treatments (fodder store) get vet help. Antibiotics can clean it up quite quickly if started in time. Of course, you must follow up with excellent management practises: no more mud or wet stable floors. Treatment with over-the-counter preparations includes washing gently and removing the scabs (to get at the fungal infection) then coating with the treatment of choice.

It will take several days but should be visibly improving from the first day. Continued prevention for the rest of the season is essential as the damaged skin will be susceptible to re-infection. The use of a zinc cream should help, as well as daily washing and drying.

White line disease is more likely to occur during wet weather, too. Any hoof that has a flare may begin to separate (due to wet hoof being softer) and this lets disease in, usually into the white line area. This form of white line disease will be bacteria related. The farrier will be needed to trim the hoof and the vet may be needed for antibiotics. Check with your farrier as to why your horse has developed a flare. There are many management factors and some genetic ones, but flares are not normal (although common).

Abscesses are also more likely to occur during wet weather. Damage to the hoof or the coronet band will let infection in (and it is more likely to get in if the leg is wet or muddy). Abscesses do not mysteriously appear: they always occur due to a puncture wound, although this may be invisible or it may be the hole made by the shoeing nail. There are varying opinions as to how to treat them. Many say to cut the abscess out. Others say to wait until they start to erupt by themselves (and then help them by cutting to the point of the eruption). The theory here is that they will find their own way out, but if you try cutting them out you may miss some of the infection and will just have to start again as the re-occurring abscess regenerates.

To reiterate: keep your horse out of mud or standing water as much as possible. Make sure there is some ground where its hooves have a chance to dry out. Use a barrier cream if the ground is particularly wet. Be alert for infection and start treatment immediately for best results.

You may need to put up a temporary barrier (electric fence or wooden rails) across some areas, in particular the gateway or the old feed area (you are going to move to a drier area, away from the mud that has developed) as horses are creatures of habit and will return to the place he liked to stand.



If you have any horse query for Julie please email the Grapevine.
Email: oth.grapevine@bigpond.com



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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, 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



One Tree Hill/Yattalunga 58 acres \$830,000

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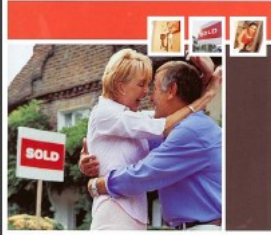


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Agents for Grundfos Sales

Looking a Little Closer at our Businesses!

This month we look a little closer at the **One Tree Hill Fodder Store**. The One Tree Hill Fodder Store has been operating for nearly 25 years. On the 1st June 2010 Mark Hoffmann and Dean Whitehorn (aided by Sabine Greenaway) purchased the business.

Since then the store has undergone some major changes in not only the range of products stocked, but the volume of each range. With the ongoing support of the community, they have dared to expand into a wide range of products not normally stocked by a fodder store. The concept has always been "Trying to get the customer out of trouble". In other words they have tried to stock a vast range of products to keep people going in an emergency or long term projects.

Dean's mate and cousin Mark left the business in June 2013 and is treading pastures in Goondiwindi and is very happy.

The store now has a staff base which complements the vast range they are attempting to offer. Marjan is the backbone downstairs, loading/unloading and manufacturing the new Eddies Poultry Mix. Upstairs Sarah has the animal knowledge and is steering the range of associated products to take them into the years ahead. Phyleace has taken the reins of the procuring of stock and with Dean is attacking the marketing. Paul is the human machine that ensures all the stock is collected and delivered accurately. Sabine is guiding the live poultry business and will be back to full strength soon.

They are very proud of their achievements and want to thank everyone who has come to their fodder store for the support they have been given. Being in their 5th year they are ready for the next round of challenges. Dean and Sabine say a big thank you their customers who they now consider to be our friends in business.



Pictured are Dean and Sabine

What is Metabolism - Continued

Continued from page 6 - Other factors that influence our BMR include:

- * **Age** - as we get older our bodies tend to gain fat and lose muscle, so our BMR slows.
- * **Body size** - bigger adults have a larger BMR.
- * **Growth** - infants and children have a higher energy demand.
- * **Sex** - men usually have a faster metabolism than women due to greater muscle mass.
- * **Temperature** - extremes of high or low temperatures require burning of more fuel.
- * **Dieting** - during excessive dieting our BMR slows to conserve energy.
- * **Drugs** - certain drugs, such as caffeine can increase BMR.

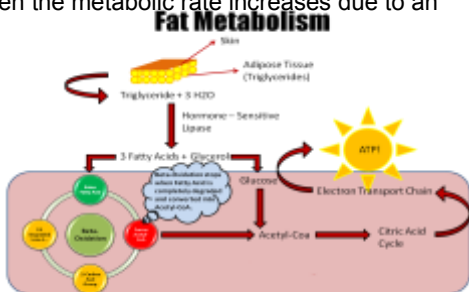
Metabolic Disorders are usually categorised according to the type of food that that cannot be broken down properly.

- * PKU or Phenylketonuria, is the most common diagnosis and occurs when the body can't convert phenylalanine into tyrosine.
 - * Fructose intolerance is when the body can't break down fructose.
 - * Galactosaemia is when the body is unable to convert the carbohydrate galactose into glucose.
- When properly treated and managed with a strict dietary plan, people with metabolic disorders will progress to lead normal lives.

Hormonal disorders can also lead to metabolic problems. They are usually associated with the thyroid - the gland responsible for releasing hormones which regulate many metabolic processes. Common disorders include:

- * Hypothyroidism when the metabolic rate decreases due to an underactive thyroid.
- * Hyperthyroidism when the metabolic rate increases due to an overactive thyroid.

See your Doctor to have your thyroid levels checked. It may be what is causing your metabolism to be so slow!



WHAT'S THE STORY BEHIND THESE SAYINGS?

Eat Humble Pie

Meaning: Making an apology and suffering humiliation along with it.

History: During the Middle Ages, the lord of a manor would hold a feast after hunting. He would receive the finest cut of meat at the feast, but those of a lower standing were served a pie filled with the entrails and innards, known as "umbles". Therefore, receiving "umble pie" was considered humiliating because it informed others in attendance of the guests lower status.



Give the Cold Shoulder

Meaning: A rude way of telling someone he isn't welcome.

History: Although giving someone the cold shoulder today is considered rude, it was actually regarded as a polite gesture in medieval England. After a feast, the host would let his guest's know it was time to leave by giving them a cold piece of meat from the shoulder of beef, mutton or pork.



Go Cold Turkey

Meaning: To quit something abruptly.

History: People believed that during withdrawal, the skin of drug addicts became translucent, hard to the touch, and covered with goose bumps - like the skin of a plucked turkey.



Go the Whole 9 Yards

Meaning: To try one's best.

History: World War II Fighter pilots received a 9-yard chain of ammunition. Therefore, when a pilot had used all of his ammunition on one target, he gave it "the whole 9 yards".



Jaywalker

Meaning: One who crosses the street in a reckless illegal manner.

History: Jay birds that travelled outside of the forest into urban areas often became confused and unaware of the potential dangers in the city - like traffic. Amused by their erratic behaviour, people began using the term "jaywalker" to describe someone who crossed the street irresponsibly.



Kids Page

Welcome to your 2 pages for the month of August. I hope that you have all had a great time during the school holidays, we have had so much rain that I guess you didn't get to play outside a lot. I know I have spent a lot of time indoors in the warm rather than outside in the garden. Please remember that the Junior Chef is on again in September, details are on page 22, don't forget to register your entry before the due date. Stay warm and enjoy term 3 at school. Until next month, Auntie Bev.

Email: oth.grapevine@bigpond.com or drop me a line at the Grapevine.

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



Knock, knock. Who's there? Boo. Boo who? Please don't cry, it's only a joke!

Knock, knock. Who's there? Nobody. Nobody who? (Stay silent!)

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

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

Computer Jokes

Q: What did the computer do at lunchtime?
A: Had a byte to eat!

Q: What does a baby computer call his father? A: Data!

Q: Why did the computer keep sneezing? A: It had a virus !

Q: What is a computer virus?
A: A terminal illness!

Q: Why was the computer cold?
A: It left it's Windows open!

Q: Why was there a bug in the computer?
A: Because it was looking for a byte to eat!

Q: Why did the computer squeak?
A: Because someone stepped on it's mouse!

Q: Where do all the cool mice live?
A: In their mousepads!

Q: What do you get when you cross a computer with an elephant? A: Lots of memory!



Q: What do you call four bullfighters in quicksand?
A: A Qualto sinko!

Q: What is a ghost's favourite position in soccer? A: Ghou! Keeper!

Q: What is a cheerleader's favourite food? A: Cheerios!

Q: Why can't Cinderella play soccer?
A: Because she is always running away from the ball!

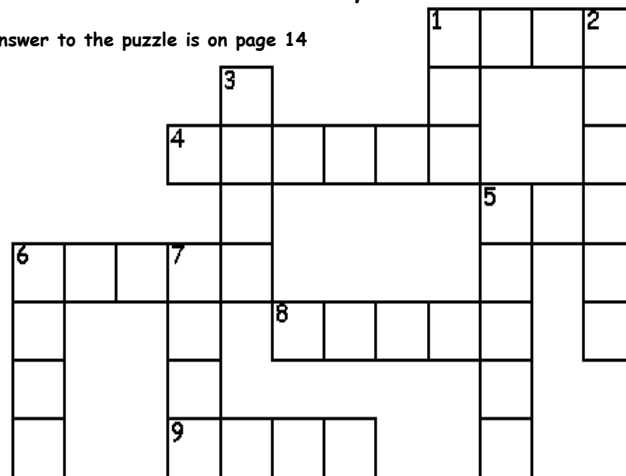
Q: When is a baby good at basketball? A: When it's dribbling!

Q: Why did the golfer wear two pairs of trousers?
A: Just in case he got a hole in one!



Opposite Crossword Puzzle - Can you work out the answers?

Answer to the puzzle is on page 14

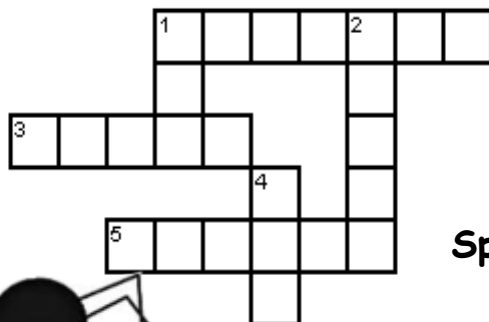
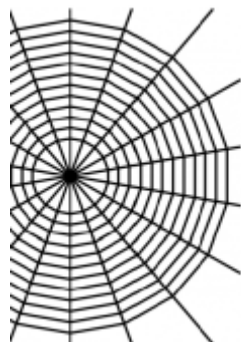


Across

1. The opposite of empty
4. The opposite of summer
5. The opposite of cold
6. The opposite of black
8. The opposite of dull
9. The opposite of hate

Down

1. The opposite of near
2. The opposite of big
3. The opposite of mean
5. The opposite of sad
6. The opposite of strong
7. The opposite of short



Spider Crossword

Answers on page 14

Across

1. _____ are helpful.
3. _____ Widow Spider.
5. A spider is not an _____.

Down

1. A spider's eggs are in a _____.
2. A spider has _____ legs.
4. A spider spins a _____.

Q: Why is a cricket team similar to a pancake?
A: They both need a good batter!



Q: Why do basketball players love donuts?
A: Because they dunk them!

Q: What animal is best at hitting a cricket ball?
A: A bat!



Q: What is harder to catch the faster you run?
A: Your breath!



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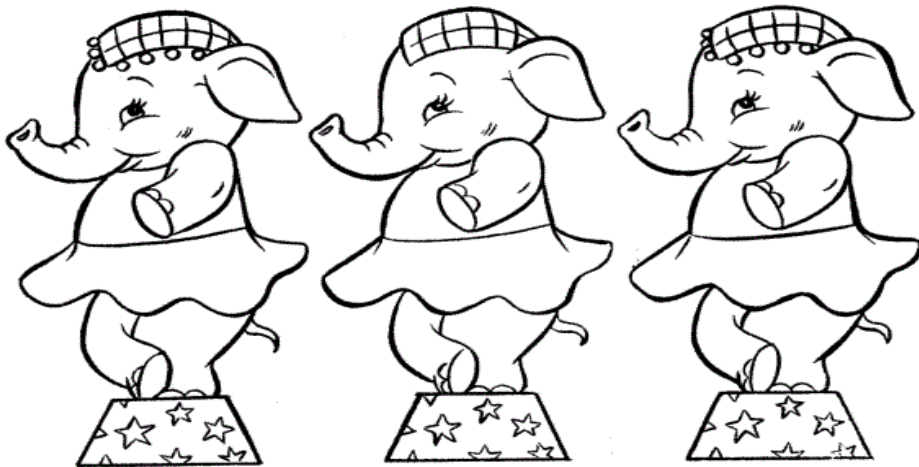


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Which elephant is different—look closely and you will see!

A couple of weeks ago, my friend came over our house. When we were playing with the ball, we heard our chickens squawking. Then our dogs started to bark, they ran to the chicken coop. When we heard all the noise, I ran there. I couldn't believe my eye's, it was a fox trying to get into the chicken coop.

I got a stick and tried to get it out, then the fox showed his teeth. He scared me really badly. So my friend came to help me get the fox away from the chickens. It was a baby so he could not run, and it was a rainy day so he only wanted to stand still. Meanwhile we caught him by his head, put him in a box and took him to Mum but she didn't want to see him because the dogs tore the skin apart. It was disgusting so we let him go.

Q: Why did the chicken cross the road?

A: To get to the other side.

Submitted by Joseph S. Age 10 years.



Help Lucy Locket find her pocket.

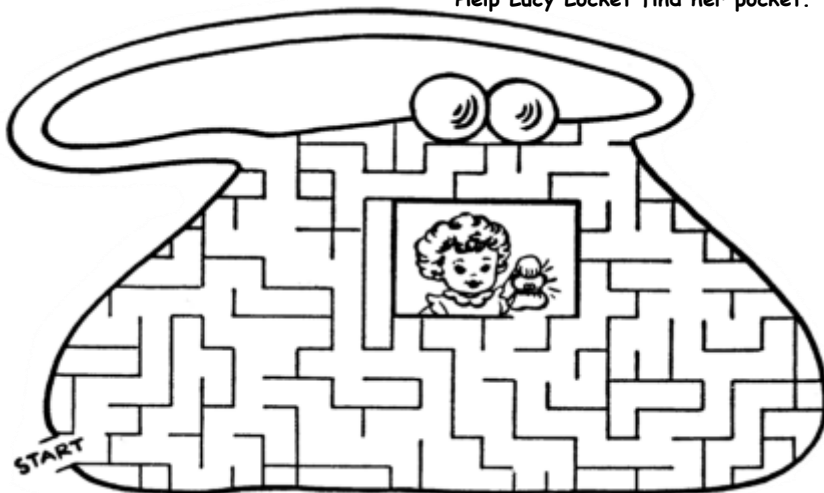
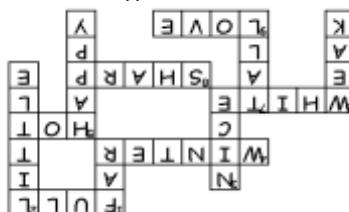


Photo taken at the OTH Country Market.
Face painting by Kathy.



Solution to Opposite Crossword



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 cricket players and magicians have in common? A: Both do hat tricks!

Q: What is the hardest part about skydiving?

A: The ground!



The Secret Room



Once there was a secret room and it had never been found for a long time. There was one evil man who lived in the secret room with his dragon. Then there was a person called Zlatan and he kicked soccer balls at the dragon and the man. Zlatan wined the dragon and man and so they ran away. They were never to be seen again. Or so it seems. THE END. Or so it seems.

By Thomas D.

Age 7 years.

Thomas sent pictures in along with his story!

Please collect your prize from the OTH Market on Saturday 2nd August.

Well done Thomas.



Q: How do football players stay cool during the game?

A: Stand close to their fans!



Q: What sport are waiters really good at?

A: Tennis because they can serve!

Q: Why did Tarzan spend so much time on the golf course?

A: He was perfecting his swing!



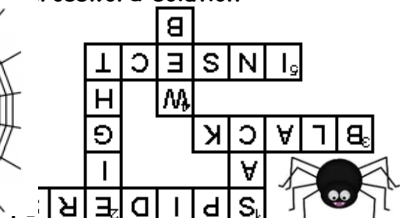
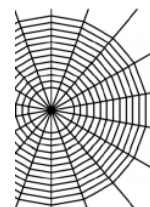
Q: Why did the ballerina quit? Because it was tu-tu hard!



Q: Why did the boy keep doing the backstroke?

A: Because he just ate and didn't want to swim on a full stomach!

Spider crossword solution



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From The Past Daniel Garlick - A Prominent Architect

Moses Bendle Garlick features prominently in the history of One Tree Hill as a wealthy land owner and benefactor. His son Daniel received considerable fame in his own area of expertise, as a prolific and prominent architect during the early years of the colony of South Australia. His legacy can still be seen in many places around Adelaide.

Daniel was born in 1818 at Uley, Gloucestershire, England, he was the son of Moses Garlick who was a plasterer and weaver. After Moses' wife Rachel (nee Smith) died he decided to migrate to South Australia with his sons Daniel, Thomas and William. They sailed in the Katherine Stewart Forbes and arrived in the new colony on 17th October 1837.

Daniel and his father ran a business as builders and timber merchants in Kermode Street, North Adelaide until the early 1850s when Daniel's health declined imposing a life change. Moses bought some 450 acres at One Tree Hill and with his three sons grew wheat, planted a vineyard and made wine. After Moses died in about 1860, Thomas and William remained on the farm but Daniel began a business as an architect in Gawler. His projects included designing villas, cottages, country houses, shops, churches and chapels for the town and the surrounding areas. About 1862 Daniel married Lucy King, but after only nine years she died leaving three young sons.

Daniel Garlick pictured along with the Adelaide Railway Station, the design shows the eastern elevation. Cost was over £250,000, the edifice took some years to complete. Messrs. Garlick & Jackman were the architects.

Daniel designed many churches and banks in townships north of Adelaide and 1864 was described as an architect and land agent with offices in Adelaide. Among the buildings which he designed in and around in the 1860s and 1870s are the original buildings of Prince Alfred College, St Barnabas College, part of the Collegiate School of St Peter where the original buildings had been designed by others, the south wing of the Adelaide Town Hall and the eastern elevation of the Adelaide Railway Station. In 1891 Daniel's son Arthur joined the firm.

Daniel was active in local affairs and became chairman of the district council of Munno Para East in 1855-60 and represented Robe ward in the Adelaide City Council in 1868-70. His business affairs however took up too much time and he was obliged to step down from these roles to work in his practice.

Daniel Garlick died aged 84 years in North Adelaide on 28th September 1902. He was survived by his second wife Mary Rebecca (B: 1832 D: 1912) a widow whom he had married on 29th September 1877 and by a son and a daughter. Daniel is buried in the North Road cemetery.



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Newspaper clippings—From the Past.

Seized by Octopus

An octopus measuring 2ft. Across the body and with long tentacles attacked C. Messenger, a fisherman, who dived into the harbour off Darling Point, Sydney to examine a launch which had sunk in 25ft. of water.

When the swimmer reached the boat a tentacle gripped his back. He tried to rise, but could not do so. Fortunately he saw a rope which had been lowered for salvage work and struggling to it, pulled it to attract the attention of those above him. He was at once hauled to the surface.

The octopus clung to him until he broke the surface, but then detached itself and sank. Messenger suffered no injury.

This was printed in the Northern Territory Times on May 10th 1932 page 3.

Escape from an Octopus

Warrnambool, Thursday - Whilst bathing in a waterhole at Shelly Beach on New Year's Day, Miss Anderson of Wangoom, was caught by the foot by a large octopus. Fortunately she managed to shake herself free from the creature and a young man subsequently killed it with a boulder. The octopus was 5ft. across and each of its tentacles was as long as a mans arm.

From the Argus (Melbourne) January 3rd 1908.

Gripped by an Octopus

Warrnambool. Tuesday - A few days ago Mr. A. S. Briggs, of Allansford was fishing off the rocks on the coast and while in the act of cleaning a trumpeter one of his hands was seized by the tentacle of a large octopus. He had to crush this creature against the rock with the heel of his boot, using all his strength in the operation, before it would release its hold. Just prior to this occurrence he had speared an octopus, measuring 11ft. from tip to top of the feelers.

From the Argus, (Melbourne) 22nd March 1905.

It's stories like this that makes you feel good about not living near the ocean!

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August in Your Garden

August in the garden can be very trying, the mornings are still quite cold and frosty at times. If you have the chance get out in the garden when it's a sunny day you can catch up on the chores to have your garden ready for Spring which is just around the corner.

Blossom on fruit should be coming out towards the middle of August, Magnolias should be just about blooming and daffodils and jonquils should be flourishing.

The main task this month is to plant, water and feed spring flowering annuals to ensure a spectacular display over the next few months. Keep beds well weeded or mulched and ensure adequate water is given during this vital growing period.

August is also a good month to work on your soil.

Hydrangeas indicate lime content, very pink means high lime. Another sign is yellow foliage, especially the tips. In alkaline soil salt content is high and trace elements low. The key is aluminum ions in the soil, so aluminum sulfate is a good quick fix, but prolonged use year after year may cause a fatal build up in the soil. Iron sulfate is a safer fix or try alternating. If pink is what you want, top dress with dolomite or drench with a quick lime solution. If your Hydrangeas fail to flower it could be for several reasons. Most common would be frost damage, followed very closely by late pruning. Too much shade or nitrogen are other likely culprits.

Plants which like acid soil conditions (like Azaleas, Camellias and heaths (Erica's)) do not grow well in alkaline soils, whereas lime-loving plants will adapt to acid.

This time of the year is also the very last chance to plant bare rooted trees. Race down and buy some fruit trees now before it's too late, apples, pears, plums, peaches and nectarines are all deciduous trees that need to be planted before Spring. If you have existing fruit trees now is the last chance to prune before they start to bud, all fruit trees like a big haircut apart from the Apricot tree which only requires a bit of a trim.

Plant your vegies, try some spinach, broad beans, potatoes, peas, onions, parsley, cabbage, rocket, silverbeet, cauliflower, lettuce, leek Asian greens, radish, beetroot and parsnip. There's nothing like being self sufficient!

If you are putting in some tomatoes next month, prepare a bed now (your tomatoes will thank you for it by producing a good crop). Prepare the ground by popping some organic compost, pelletised chook poo and bit of water and then apply a straw mulch. This bed will be awesome come September and you will have the best tomatoes in town.

If you have plants in pots that need to be transplanted, now is the time to do it before the plants have their growth spurt.

Apply soluble fertiliser to blooming winter annuals such as cineraria, primroses, polyanthus, stock and poppies to get every last flower. Remove faded flowers regularly too for more bloom.

Feed developing spring annuals and pinch out growing tips to force side growth. Divide any overgrown perennial plants. Work plenty of compost, decayed manure and a little complete fertiliser into the planting area. Lime a carnation bed, one handful per square metre is ideal, you need to build up the soil around the plant in September.

Roses should be already pruned but if you haven't had a chance to do them, it's not too late. Try to get them done as soon as possible. Once you have pruned them, spray with a fungicide to help control black spot and other fungal disease. Burn all rose pruning's to kill disease spores and pests. Stake and tie the young standard roses and test that climbing roses' supports are adequate. Work in top dressing of well-composted manure around all the roses.

The main tasks are feeding and pruning, don't forget to give your Camellias a complete fertiliser after flowering. Feed your fuchsias fortnightly and trim back by two-thirds of the previous seasons growth even though you will lose some flower buds.

Pick Daphne blooms freely to prune, new shoots develop from bare

wood. Feed with a special fertiliser for acid loving plants and mulch along with the Camellias. Do not prune frost damaged plants until the severe cold has passed. When bulbs are no longer flowering fertilise them, with the ones that will be blooming in Spring give them a light dressing of potash to strengthen stems. Iris often look bedraggled now, remove dead foliage and apply superphosphate plus a little potash.

You can also prepare your lawn for the growing and mowing season, dig over new areas to be sown with grass to a depth of 15cm.

Remove roots of perennial weeds.

Into heavy or highly acidic soils rake in lime, (about 1 cup per square metre)

Eradicate that enemy of bare feet, Bindii, preferably by the end of the month before the prickly seed.

Spread lawn food to get grass off to a best possible start.



If you do all these chores it will give a garden to be proud of in Spring. Have fun and enjoy the days out in the garden when weather allows.



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Sun 14th Sept at 6pm – Bible Prophecy Unfolding with World Events

Sun 28th Sept at 6pm – What happens when you die?

Sunday School

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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
Tennis Club	Gary	8280 7067 or 0415 399 658
Walking Club (Walkie Talkies)	Helen	8280 7035


MODBURY HAWKS NETBALL CLUB

40 YEAR ANNIVERSARY

FAMILY FUN DAY

CIVIC PARK, NORTH EAST RD, MODBURY





Open to the general public from 11:30am



- Loads of raffles to be won
- Netball shoot out
- Family games
- Father's Day Stall
- Auctions
-  display

Bouncy Castle

Bungee run

Face Painting

Hotfood

Sticky wall

Baked goods

Arts & Craft Stalls

A community event not to be missed!

JUNIOR CHEF - Theme for September is Father's Day BISCUITS

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 1.00pm on the day.

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. Registration for September must be completed before Thursday 4th September for the September 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 at the Institute at 8.00am or you can phone and arrange drop off on the Friday night.



NAME	AGE	CONTACT NUMBER

Volunteers are always needed at OTH Progress. Progress would love to hear from you have some time on your hands and you would like to be part of a great team.

We seem to have the same dedicated few who are keeping Progress running. It would be great to see some new faces at the meetings and to have some fresh views on the running of Progress.

The next meeting is on 14th August (the 2nd Thursday of the month) at 7.30pm at the Institute.



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How to have a Lovely Day

- 1: Smile at strangers
- 2: Slow down
- 3: Say thank you
- 4: Give lots of compliments
- 5: Dress nicely
- 6: Wear perfume
- 7: Observe and listen
- 8: Laugh
- 9: Be Charming
- 10: Wish people a lovely day.



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

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

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.



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. AUGUST visiting dates for the Mobile Library are the 8th and 22nd August.

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



PLAYGROUP AT THE INSTITUTE

MONDAYS & WEDNESDAYS

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



HAPPY
BIRTHDAY

Local lady Rose Shillabeer turns 100 years old on the 15th August. We all wish her a very Happy Birthday. Rose's young brother Alf Bond turns 93 on September 7th, we wish him many happy returns too.

100

HAPPY BIRTHDAY ROSE
CENTENNIAL

From the whole town of OTH

Never ignore a person
who loves you,
cares for you,
and misses you,
because one day,
you might wake up and realize,
you lost the moon while
counting the stars.

—Gail Kray—

NEXT OTH COUNTRY MARKET

SATURDAY 2nd August - 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. FREE RAFFLE THIS MONTH with purchase of \$5.00.



For stall enquiries please call Bev
0448 208 338 or Email oth.market@bigpond.com



Next OTH PROGRESS GENERAL MEETING is 14th AUGUST 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.

