

# ONE TREE HILL GRAPEVINE



**This is a free community Newsletter. However a Gold Coin Donation to the Piggy Bank in General Store would be appreciated.**



**JULY**

**Volume 34**

**Edition 6 - 2011**

**Deadline for the August Edition is Friday 22nd July, 2011**

## Who will be One Tree Hill's Junior Bakers For August?

**One Tree Hill Junior Bakers August Competition: August is iced cupcake month. Each entrant will be required to produce 3 cupcakes. They will be judged on texture, taste and presentation at the Country Market on August 6th at the OTH Institute. Conditions of entry are on page 19 of this edition.**



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## From the Desk



Welcome to a chilly winter! As we write the forecast for next week is rain and wind, and cold conditions, no doubt everyone has their heating turned up and is keeping warm. We hope that you have time to sit down and read this month's edition of The Grapevine which is another interesting and varied read for all of the family.

This month we have received a few requests for "The Grapevine" to write responses to some of the articles that we have printed. Unfortunately we are unable to do this as we do not write the articles, they are sent to us from a wide range of contributors. The only words direct from the team is in this section "From the Desk". If you would like to comment on an article please write to us at "The Grapevine" c/o Post Office, One Tree Hill, 5114 or email [oth.grapevine@bigpond.com](mailto:oth.grapevine@bigpond.com) or you are welcome to ring The Grapevine on 8280 7095. We can then pass your comments on to the appropriate person or publish them if you wish. We have been delighted with the good response from you all this year so keep the suggestions and articles coming in. From the feedback we have received it is certainly helping our readers to gather some very helpful hints and information they may use in the future, so please put pen to paper or email us at The Grapevine if you have something of interest to print.

Another reminder to readers and advertisers is that The Grapevine can now be read on-line and you can direct your family, friends and customers to the site at [www.onetreehillhall.com.au](http://www.onetreehillhall.com.au)

The compiler is endeavouring to change some of the formatting of advertisements so that they are picked up when doing a web search, this means that the advertisers are getting more for the money spent on advertising. Also black and white ads are being changed to colour for the PDF of The Grapevine that appears on-line at no extra charge. Until next month, The Grapevine Team. Phone: 8280 7095 or Email: [oth.grapevine@bigpond.com](mailto:oth.grapevine@bigpond.com)

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## **L**etter from the Progress Association. July 2011

The new committee has met for the first time and after attending to general business, members embarked on a healthy free flowing discussion where new ideas for community events that would utilise our facilities were put forward.

Possible upgrades to facilities and equipment was also discussed with the view to making the hall a suitable venue for other activities in addition to those already catered for.

Bookings for the Institute are generally quieter during the winter months but we are steadily working away at ideas for the warmer months.

Committee members gathered on Saturday morning to attend to minor furniture repairs etc at the Institute.

As the popularity of the venue and subsequent usage continues to grow we are mindful that equipment and facilities must be maintained to a suitable standard. If anyone has some maintenance skills or are willing to help in the future please let us know and we will get in touch as help would be much appreciated.

We will endeavour to place a notice in The Grapevine and at the Institute for future working bees so that anyone with time to spare and knowledge to repair are aware.

Progress and Council has also recently had the wooden floors re-polished, they have come up really well and are a great asset to our lovely Institute and are in keeping with décor of the era of the original hall.

This is also an opportune time to reinforce the message that we should all exercise extra caution whilst driving through and around the township during the winter months. The CFS reported 4 accidents in as many days in the OTH area, the report is on page 4 of this edition.

We encourage more members of the Community to come and join us on the 2nd Thursday of the month at 7.30pm for the Progress Association Meeting. New people means new ideas and that is always welcome.

We hope to see you at the Institute for our next meeting on the 14th July.

Members of the One Tree Hill Progress Committee. Email: [oth.progress@bigpond.com](mailto:oth.progress@bigpond.com) or phone 8280 7095.

### Letter to The Grapevine:

After reading the article in last months Grapevine I decided to follow up my slow speed internet with Bigpond. Their technical team checked out my system and informed me that it was caused by congestion at my local exchange which was "Being looked at" but no date could be given as to when I would receive the speed I should expect. I hope more OTH residents with the same problem also notified Bigpond to add weight to our complaint.

Sincerely, Helen. (Name and address supplied).

### Great websites to visit:

[www.onetreehillhall.com.au](http://www.onetreehillhall.com.au) To view the details of the Institute and editions of The Grapevine.

[www.nearmap.com.au](http://www.nearmap.com.au) Shows you a street view of most cities and towns. This site is updated frequently.

<http://www.bom.gov.au/index.shtml> Bureau of Meteorology for up to date weather conditions.

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

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.





## Semi-Retirement for Dr Alan Irving

We wish Dr Alan Irving a happy "semi retirement". After establishing and working in his Veterinary Practices, in the northern suburbs of Adelaide for more than 40 years, he still enjoys looking after the local One Tree Hill pets at his Clinic on the farm. Alan and his wife Ruth, moved to their farm (AL - RU Farm) in 1980.

Since then they have developed a large garden that has been featured in books and magazines and on television. They have also bred Charolais and Braham cattle during this period. In addition to the planting of many thousands of trees, they have also established an Olive Grove to cover what was previously a bald hill.

Alan qualified as a pilot more than 50 years ago and residents might have seen his vintage Auster flying overhead, or parked on the airstrip at Al-Ru.

This aeroplane has been his retirement hobby. Alan and Ruth live with "Daisy", their fourth English Mastiff, three cats and a 25 year old peacock. Somehow we don't think that Alan's retirement is going to be boring! ....

We wish him all the best in the future.



Pictured above are Alan and Ruth Irving  
Happy Semi-Retirement !



Pictured above are Doug and  
Sybil Winsor with Pastor Sophea.

Right: One of the happy children  
opening her Shoe Box.

Sybil's report from the Uniting  
Church is on page 7.



Cubs attending the "Survivor Para Wirra" and also Scouts helping clean away the "boneweed" that has become a problem in the park.



Cubs hiking



Leonie from Friends of Para  
Wirra talking to the group



Cael weeding



Jarryd weeding



The cubs camp site



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## ONE TREE HILL GRAPEVINE

### CFS REPORT JULY 2011

#### Incident Report



One Tree Hill CFS was having a quiet month until the evening of the 17th June at 6.20pm. Two motor vehicle accidents were reported simultaneously, the first unfortunately involved the death of a motorist. The location was just north of Milluna Stud on the Gawler One Tree Hill Road. A car collided with a stock truck which rolled over. The CFS was in attendance until 12.30am to assist Police.

The second accident was north of Melville Road on the Gawler One Tree Hill Road.

A car travelling north was blinded by oncoming traffic and left the road glancing 3 trees.

The driver was lucky to be uninjured, although the car was badly damaged.

A further 2 accidents occurred on the 18th & 19th June. One on the Kersbrook Road near Rutland Road, the second at the intersection of Black Top Road and the Gawler One Tree Hill Road, in both cases the cars were a right off.

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

#### **THE CFS NEEDS YOU**

It's that time of the year when 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 part of a team, why not consider joining us at the One Tree Hill Station. We train every Monday night at 7.30pm. (Not including public holidays)

**Please take the time to read the flyer that is inserted in this edition of The Grapevine to see how you can help the Community you live in.**

For general information please contact OTH Duty Phone of **8280 7055**

You can also visit the CFS website at [www.cfs.org.au](http://www.cfs.org.au) or Phone **1300 362 361**

**Councillor's Report:** The public consultation period for the draft City Plan has now been completed. Elected members are yet to see the written submissions on which to base their deliberations, however I was amazed to see only two people speak at the public hearing, one was the Chair of our audit committee and the other a ratepayer speaking on behalf of a group of pensioners. I received far fewer emails in relation to rates than in previous years. Perhaps with the increase in Power, Water, Rego and other basics people are throwing their hands up in the air and saying what's the use, nobody listens anyway or as others might say, no complaints, people must be happy with what we are doing?

Council's random customer satisfaction survey is about to be undertaken and it appears that as a result of elected member input 100 people will be surveyed from each of the six wards meaning that instead of the traditional 400 survey not targeted at any particular ward this year 1 or 2 people from the One Tree Hill community may be surveyed for their opinion on how satisfied they are with council services and performance, this is a phone survey and you could win a prize for participating in the survey.

Residents from Riggs Road, Yattalunga, presented a Deputation to Council to have that road bituminised, despite ward Councillors support and their pleas, Council has decided to present a report on the 98 kilometers of non sealed roads in the City coupled with Council's prioritisation methodology to justify the sealing of Riggs Road in 2017/18 providing Council does not do away with the Rural Road Resealing programme that seems to be targeted every year as means of reducing debt and rate increases.

Some residents have raised the following concerns with Council through Councillor Craig:

**1: Bus:** The City of Playford mini-bus parks at the One Tree Hill Institute all day on Thursdays, it apparently sits there for a large part of the day, unused. Some residents are wondering if it were possible, to run the bus down from One Tree Hill to the Craigmare/Elizabeth shops and back again for those residents who may wish to make use of this transport? Can Council lobby the State Government for provision of a bus service for One Tree Hill residents? ***"I await Council's response to the first part but know that for the second part I and residents of One Tree Hill have lobbied through the Messenger, State and Federal Government for a bus service to One Tree Hill to no avail"***

**2: Speed Limit:** At the junction of Crosshill Road, as it approaches Black Top Road, the speed limit is apparently at 80km an hour right up to the intersection itself. It is suggested by residents that Cross Hill Road needs the speed limit reduced, ideally to 50km/hour, as it approaches this particular intersection for safety reasons. Can Council make this approach to the road authority, if necessary, suggesting that this occur? ***"Both Crosshill and Precolumb Roads have 50km per hour signs approaching Blacktop Road so I am at a loss to understand this request"***

**3: Pedestrian Sign:** Pedestrians are often crossing the main road, including children boarding. ***"Once again I am perplexed at this request as there already existing signs showing children crossing on both sides of the road approaching the Institute"***

**4: Footpath:** The footpath from the Blacksmiths Inn down around, right through to Precolumb Road, apparently it has quite an uneven surface, and also there are overgrown trees that are crowding the path. Is it possible that this footpath can be levelled and that the protruding trees be cut back? ***"Usually at the Country Market (not to date) older ratepayers bring up the issue of shrubbery encroachment and on request Council prunes where it is legally allowed to, as to the footpath issue I await Council's response since they have a \$1.2 million footpath repair budget it will be interesting to see what if anything is done"***

If you have any concerns or issues with or about our City, please in the first instance phone **8256 0333** or send your email to [playford@playford.sa.gov.au](mailto:playford@playford.sa.gov.au) and cc to [crjfederico@playford.sa.gov.au](mailto:crjfederico@playford.sa.gov.au) this will ensure that Council sees your concerns and then forwards your emails on to me. If you are uncomfortable with council viewing your comments then please email me at [jfederico@intemode.on.net](mailto:jfederico@intemode.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.

Councillor Joe Federico Phone 0417 016 164 Fax: 8280 7963.



Full council details on page 19 of this edition.

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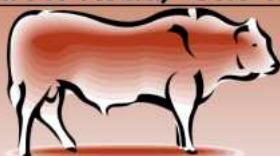
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## OUR VISION

***"People of faith sharing God's love as we worship and serve in the community"***

We really look forward to seeing you on Sunday mornings when we have our 10am Service. We have a different Speaker each week, which makes it very interesting, as there is something for everyone.

The atmosphere is very friendly and welcoming and after the Service we enjoy a cup of tea or coffee and cordial for the children.

The children (as well as the adults) also enjoy the cakes and biscuits. There is no shortage of conversation there.

**All children are welcome and after staying for the beginning of the Service, they then have their own Special Time of learning and fun with good Leaders.**

**SMYG - Sunday Morning Youth Group** The young people in this group meet at 10am with their Leader, in their own room and then join others for a cup of tea/coffee.

There are various Groups to be involved in, such as **THE DRAMA GROUP**, **THE MUSIC GROUP** and **THE FELLOWSHIP GROUP**. The Church and Fellowship have donated to numerous Charitable organisations during the year and will continue to do so in the new Financial year.

**FELLOWSHIP NEWS** Our meetings are held on the 3rd Wednesday of each month and begin at 10am with a cup of tea/coffee and conversation, a small amount of business and then the Speaker. At the June meeting it was the A.G.M. and our guest speaker was from "Mission Aviation Fellowship". This is a wonderful organisation, they help people in the Outback.

**Samaritan's Purse** Each year items are collected and put into Christmas Boxes for children in Third World countries. These are collected late in September to be sent overseas in October. These may be the only gifts these children ever receive. Recently, Sybil & Doug Winsor were invited along with other volunteers to hear from an energetic Cambodian Pastor who leads the Operation Christmas Child National Leadership Team in Cambodia, where the majority of the boxes go. He spoke briefly about the history of the wars and genocide in that country and then went on to show the children receiving the boxes and their reaction when they opened them. It was especially remarkable that children who obviously needed clothing items - shirt, or shoes - found them in their Christmas Box.

If you would like to fill a Christmas Box for this year, please ring on the number below. Photos appear on page 3.

**ENQUIRIES** about any of the above can be addressed to **Sybil Winsor on 8280 7038**.

\*\*\*\*\*

### **Handy Hints for Pets:**

**If you have a new puppy it will not fret if you place a warm wheat bag and a ticking clock wrapped in a towel in his bed.**

**If your puppy continuously jumps up on visitors, spray with a little water from a plastic spray bottle. He will soon get the message. DO not hit him with a rolled up newspaper.**

**Prevent dogs from chewing things by putting a little oil of cloves on the area.**

**Grow mint or basil in pots close to your dogs kennel or stables as it helps to keep the flies away.**

**Remove animal hairs from upholstery by rubbing with a damp chamois or sponge.**



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**Uleybury**



## **Media Release** **Nick Champion MP**

Federal Member for Wakefield

### **Nick Champion MP Supports Changes to Benefits**

This is hot off the press from our Federal Member for Wakefield Nick Champion's office. The Government is increasing the maximum rate of Family Tax Benefit Part A for 16-19 year olds in secondary school or training and will help age pensioners keep more of the money they earn from work. The initiatives for both families and pensioners are a big win.

Around 7000 local families in Northern Adelaide could benefit by up to \$4,200 per teenager.

To better support age pensioners who want to work, the Government is also delivering a new and improved Work Bonus from July 1 this year. Local pensioners can now keep more of the money they earn from work, through the Government's new expanded Work Bonus.

This is a big win for the 27,600 local pensioners particularly those age pensioners employed casually or by seasonal work.

Eligible pensioners can earn up to \$250 per fortnight without it being assessed as income under the pension income test. In addition, any unused amount of the fortnightly \$250 Work Bonus will accumulate in an employment income bank, up to a maximum amount of \$6,500.

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#### **Handy Hints**

**Eliminate food odours in  
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a coat of cooking oil to help prevent the  
wood from drying out.**

**For fridge odours wipe out with a solution  
of warm water and bi-carb soda. Or place a  
saucer inside the fridge with dried mustard  
or charcoal on it.**

**More hints for odours are on page 17.**





## Have you ever wondered how sayings originate?

### **Chalk and Cheese:**

Ever since the 14th century, *chalk and cheese* have been used to represent virtual opposites.

Was it a more or less random choice of words, with a happy accident of alliteration - or was there some logical reason for putting them together?

There is a theory that the original distinction was not between chalk and cheese as such, but between "chalk people" and "cheese people". At the time of the English Civil War, for instance, the county of Wiltshire had 2 distinct types of rural community, the differences perhaps being based on the different kinds of countryside each inhabited. That at least was the view of John Aubrey (the eccentric 17th-century writer of *Brief Lives*) in his study of Wiltshire.

In the south of the county were the chalk downs. The people there bred sheep, and lived in close-knit village communities loyal to the parson and local squire. In the north of the county, people were more scattered, living in isolated farms and hamlets. There was more woodland, cattle rather than sheep were raised, and cheese making was an important local industry. Moreover, people resented the King and his ministers for reputedly interfering in free enterprise.

So the parish-minded Wiltshireman from the chalk downs of the south supported the king in the Civil War; the more individualistic Wiltshireman from the cheese-county of the north supported the parliamentary party.

Although near-neighbours, these 2 Wiltshiremen were strikingly different in outlook and allegiance. Hence the proverbial distinction between *chalk and cheese*.

Or, as in *know chalk from cheese*, to distinguish the specific qualities of various articles or people.



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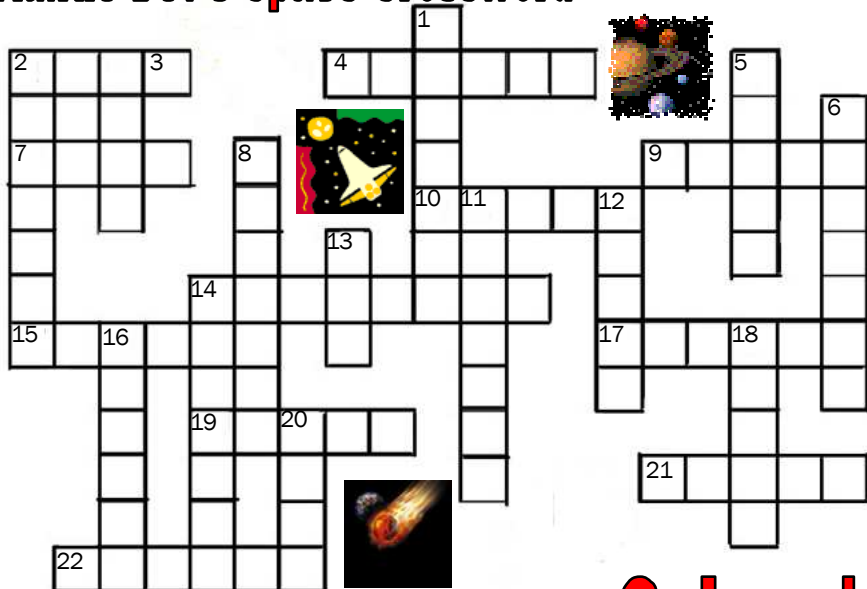
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# Kids Page

Hello once again, well I have been hunting around for something to amuse you all on these cold days and nights and I have found a couple of puzzles for you to do during the school holidays. Perhaps you may be able to write a story about how you are spending your school holidays. Leave your letters at the Post Office or send me an email. I am also open to suggestions for what you would like to see on your page so come on, I would love to hear from you. I guess some of you would be out playing winter sports, if you have any results of matches played locally we may be able to put results in The Grapevine. In the meantime I guess you all will be practising baking cupcakes and icing them for One Tree Hill's 1st ever Junior Baker, details of the competition are on page 19 of this edition. I wish you all luck with the competition, it sounds like lots of fun and the prizes will be a great incentive to all the junior bakers out there. Until next month, Auntie Bev.

## Auntie Bev's Space Crossword



### Across

- 2: First month of winter.  
4: This planet has the largest set of rings.  
7: Children do this.  
9: 30 days equal one.....  
10: Outer .....  
14: One name for a collection of millions of stars.  
15: Before the Space Shuttle was this was used to travel space.  
17: Take a trip.  
19: Halley's .....  
21: Smallest planet.  
22: You can use this for colouring.



### Down

- 1: The Milky Way is made up of these.  
2: The largest planet.  
3: Opposite of far.  
5: Saturn has these.  
6: Space .....  
8: Movement of the Earth around the sun.  
11: Uranus, Neptune, Mars are these.  
12: Our Planet.  
13: You see this when you look up.  
14: Closest plant to the sun.  
16: the moon has these.  
18: This planet is called our sister planet.  
20: Earth has one, it comes out at night.

20: Moon.

Down: 1: Stars, 3: Jupiter, 5: rings, 6: Shuttle, 8: Orbit, 11: Planets, 12: Earth, 13: Sky, 14: Mercury, 16: Crater, 18: Venus.

Across: 2: June, 4: Saturn, 7: Play, 9: Month, 10: Space, 14: Milkyway, 15: Rocket, 17: Travel, 19: L Comet, 21: Pluto, 22: Crayon.

### Answers

- Q: Why did the racing car driver make ten pitstops?  
A: He was asking for directions!  
Q: What is the fruitiest lesson?  
A: History because it's full of dates!  
Q: What does a ghost say when it cries?  
A: Boo-Hoo!

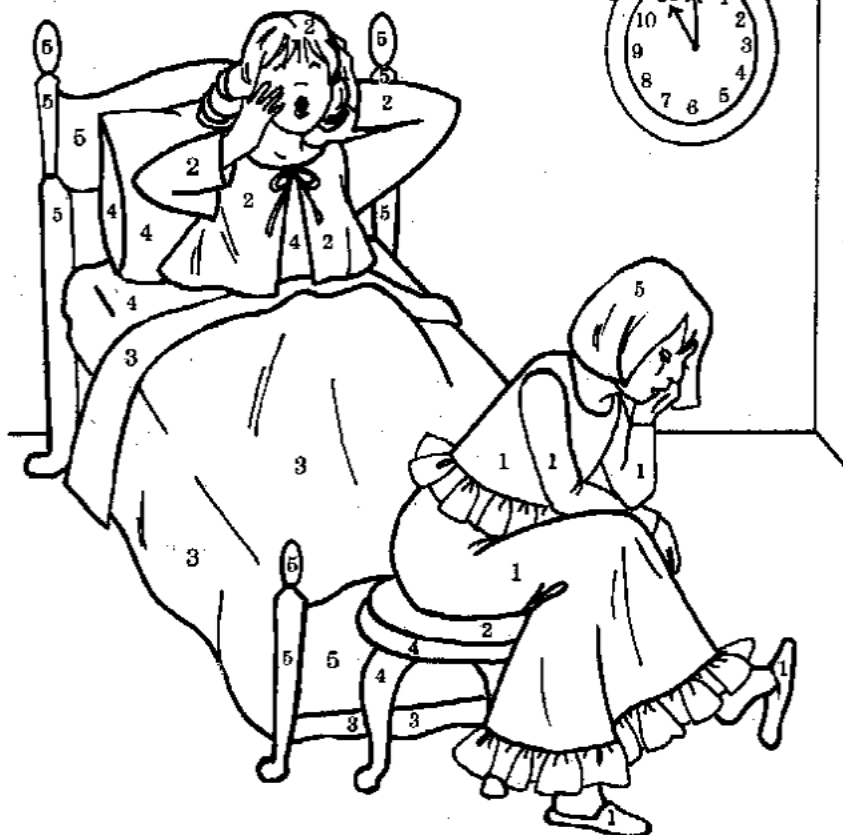


### Some Funnies for you all

- Q: What did one flea say to the other?  
A: Should we walk or take a dog!  
Q: What happens when it rains cats and dogs?  
A: You can step in a poodle!  
Q: Why don't dogs make good dancers?  
A: Because they have two left feet!  
Q: What song does a cat like best?  
A: Three Blind Mice!  
Q: What do you give a sick bird?  
A: Tweetment!  
Q: Where do tadpoles change?  
A: In a croakroom!  
Q: What animals are on legal documents?  
A: Seals!  
Q: How do we know that the Earth won't come to an end?  
A: Because it's round!  
Q: What do elves do after school?  
A: Gnomework!



## Colour by Numbers



1. RED 2. YELLOW 3. GREEN  
4. BLUE 5. BROWN



## **Crime Report – ONE TREE HILL Rural Watch – Offences reported between 25/04/11 & 15/06/11**

**Between 22/04/11 and 6/05/11**

**Theft:**

**Toolunga Road, Yattalunga**

Outdoor furniture stolen from rear of premises

**Between 01/06/11 and 06/06/11**

**Serious Criminal Trespass:**

**Eaglenest Drive, Bibaringa**

Unknown offender jemmied rear door of premises and stole electrical items.

**12th June 2011**

**Serious Criminal Trespass:**

**Shillabeer Road, Sampson Flat**

House under construction and at lock up stage broken into. 2 sheds on property also broken into. Various items stolen.

Suspect vehicle seen at address—see report below.

On Sunday 12th June a small blue Nissan Hatchback with 2 male occupants was seen at a house under construction on Shillabeer Road, Sampson Flat. The house and sheds on the property had been broken into and a variety of items had been stolen. The vehicle displayed Victorian registration number XVZ-525.

The occupants were spoken to and stated they were lost and looking for Kersbrook. Police conducted initial enquiries on the night in relation to the current whereabouts of the vehicle but were unable to locate it.

This is a very distinctive vehicle due to the type and colour and the Victorian registration.

Please keep a look out for this vehicle or anyone entering your property looking for directions or assistance with their vehicle.

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



### **Horse Care - Arthritis in the aged horse**



Old horses often show signs of arthritis.

With some, it starts as early as 15 years old. Others are fit until well into their 20's.

Good feed and care in early life will help the horse stay sound for longer. Jumping and other work which stresses the joints (such as fast turns) will bring on arthritis at a younger age. Jumping an immature horse (under 4 years old) will increase the chances of early onset arthritis, as will lack of proper vitamins and minerals to grow and maintain sound bone.

Once your horse has arthritis, it will show up as slightly lame whenever it is cold. A gentle warm-up before more strenuous exercise will help. Walk it over a pole on the ground, with wide turns for repeat trips, before mounting. This forces use of the fetlocks, back and hips without the strain of carrying a rider at the same time. Rugging to prevent the horse getting chilled overnight also helps. Your farrier should compensate by not lifting too high when working. While the horse can usually lift their legs to the height of their knees, once they are arthritic they will be in pain if lifted that high. Pain may occur in fetlocks, knees, hocks, stifles, hips and shoulders.

Feeding a good mix of trace minerals also helps. Since the uptake of some is regulated by the amount of others, the correct feeding rates can be quite complicated. Use a good brand of mixed supplement for best effect. One of the recommended supplements specifically for arthritis is MSM. Glucosamine and chondroitin can also be fed. However, research has shown that if glucosamine and chondroitin are fed at the same time, they cancel each other out. Glucosamine is probably the more effective of the two. It is expensive but may add years of useful life to your horse for a few cents per day.

If you have a query about horse care please email Julie c/o The Grapevine. [Oth.grapevine@bigpond.com](mailto:Oth.grapevine@bigpond.com)

**L**etter to the Editor,  
As a member of the One Tree Hill CFS I am increasingly becoming concerned at the number of road accidents in and around the One Tree Hill area. During the weekend of the 17th to 19th June a total of four crashes occurred. In most cases the weather conditions were wet and windy combining that with poor decision making, the action of driving is becoming a dangerous pastime for all road users. The wet weather has been testing our driving ability of late. Please drive and maintain a safe distance from the vehicle in front of you and reduce your speed to suit the driving conditions at the time. In addition the suicidal action of some drivers who cross over the double white lines on blind bends is beyond my understanding. At some time in the future you are going to run out of luck and may be killed yourself and may take the life of another innocent road user. I have observed that it's all types of drivers who behave in this manner.  
**John Garfield, Sampson Flat.**

\*\*\*\*\*



**Drive Safely**  
**& Arrive Safely at your destination!**

## Large Family Pasty Mix

2 lbs mince (approx 1 kilo)  
1 lb Pumpkin (1/2 kilo)  
1-1.5lb Onions (1 kilo)

3-4lbs Potatoes (1.5-2 kilos)  
2 Swedes and 2 Turnips  
Plenty of Salt and Pepper

Mince all ingredients and mix together, use the old fashioned mincer or chop finely. Method: Make pastry with "Vidale" or "Lion" pastry mix or prepare your own mix.

Cut to butter plate size, baste the edges with milk (or egg), fill centre, fold and pleat on the top of pasty. Bake for 3/4 hour at 375° F (170° C)

DON'T USE CARROTS (This is the secret). This mix is perfect to make a pasty slice.



*Just like  
Mum used  
to make!*

\*\*\*\*\*

## Jam Drops

### Ingredients:

2 cups SR Flour  
3/4 Cup Sugar  
1/2 lb (250g) Margarine or Butter  
2 Eggs

Method: Cream butter and sugar, add beaten eggs and flour. Place on trays in spoonfuls, press in centre and add a little jam.

Bake for 15 minutes at 350° F (175° C)



\*\*\*\*\*

## Precious Oldies

What are Seniors worth? A fortune - with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs. I have become a frivolous old girl. I am seeing five gentlemen every day. As soon as I wake up, Will Power helps me out of bed, then I go to see John. Next, it's time for Uncle Toby to come along followed by Billy T. They leave and Arthur Ritis shows up and stays for the rest of the day. He doesn't like to stay in one place very long so he takes me from joint to joint....



\*\*\*\*\*

### I'M FINE, THANK YOU

There is nothing the matter with me,  
I'm as healthy as I can be.  
I have arthritis in both of my knees  
And when I talk, I talk with a wheeze.  
My pulse is weak and my blood is thin,  
But I'm awfully well for the shape I'm in.

Arch supports I have for my feet,  
Or I wouldn't be able to be on the street.  
Sleep is denied me night after night,  
But every morning I find I'm alright.  
My memory is failing; my head's in a spin,  
But I'm awfully well for the shape that I'm in.

The moral of this, as my tale I unfold -  
That for you and me who are growing old,  
It's better to say, "I'm fine" with a grin,  
Than to let people know the shape that we're in.  
How do I know that my youth is all spent?  
Well, my "get up and go" has got up and went.  
But I really don't mind, when I think with a grin,  
Of all the grand places my "get up" has been.

Old age is golden, I've heard it said,  
But sometimes I wonder as I get into bed  
With my ears in the drawer, my teeth in a cup  
My eyes on the table until I wake up.  
Ere sleep overtakes me, I say to myself,  
"Is there anything else I could lay on the shelf?"  
But nations are warring and the P.M. vexed  
So I'll get up tomorrow to see what is next.

When I was young, my slippers were red  
I could kick my heels right over my head.  
When I was older, my slippers were blue  
But still I could dance the whole night through.  
Now I am old my slippers are black.  
I walk to the store and puff my way back.  
Never you laugh, I don't mind at all;  
I'd rather be puffing than not puff at all.  
I get up each morning and dust off my wits,  
And pick up the paper to read the "Obits".



My grandmother started walking 5 kms a day when she was 60.  
Now she is 97 years old and we don't know where the heck she is!

I joined a health club last year, spent about \$400, I haven't lost a kilo.  
Apparently you have to show up at the club!

\*\*\*\*\*

A Minister visits an elderly woman from his congregation. As he sits on the couch, he notices a large bowl of peanuts on the coffee table. Feeling a bit hungry he asks "Do you mind if I have a few peanuts?" "No not at all, help yourself," says the little old lady. They chat away for quite a while and as the Minister stands to leave, he notices to his horror that instead of eating just a few peanuts as he intended, he has emptied the entire bowl while they were talking. "I'm terribly sorry for eating all of your peanuts," he apologises. "Oh, that's all right," says the little old lady. "I'm glad you can still enjoy them. Ever since I lost my teeth, all I can do is suck the chocolate off them".

\*\*\*\*\*

Have you been guilty of looking at others your own age and thinking....surely I can't look that old? If so, you may enjoy this story.

While waiting for my first appointment in the reception area of a new dentist, I noticed a certificate which bore the dentist's full name. Suddenly, I remembered that a tall, handsome boy with the same name had been in my high school class some 30 years ago. Upon seeing him, however, I quickly discarded any such thought. This balding, grey-haired man with a deeply lined face was way too old to have been my classmate. After the examination I asked him if he had attended the local high school, "Yes", he replied. "When did you graduate?" I asked. He answered, "In 1971. Why?" "You were in my class!" I exclaimed. He looked at me closely, and then the so and so asked, "What did you teach?"

\*\*\*\*\*

### Views on Aging

My memory is not as sharp as it used to be.  
Also, my memory's not as sharp as it used to be!  
Do you know how to prevent sagging?  
Just eat till the wrinkles fill your skin out!  
It's scary when you start making the same noises as your coffeemaker!  
Don't let old age get you down...It's too hard to get back up!  
Remember: You don't stop laughing because you grow old.  
You grow old because you stop laughing!

\*\*\*\*\*

### The Senility Prayer

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do and the eyesight to tell the difference.





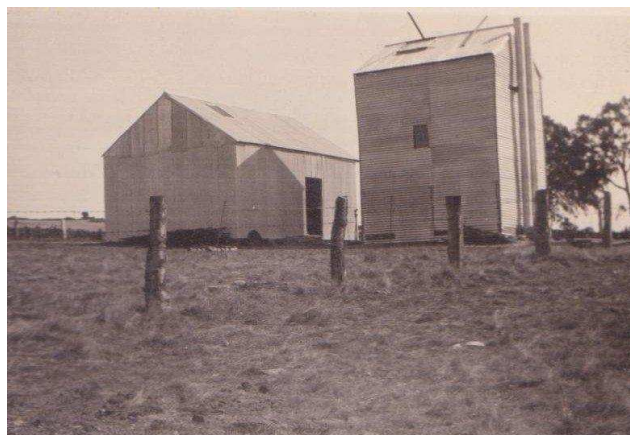
**D**id you know that tobacco was grown at One Tree Hill? In the late 1800's and early 1900's, the Charlsons who owned the property known as View Park decided that as the flat in the front of their home was very wet during the winter months it would be suitable for growing tobacco. A small crop was planted and this did very well for quite a while.

Due to the success of the crop it was decided that they needed to construct a drying kiln, it is the tall building in the photograph on the right. The shed next to the kiln was used to package the tobacco.

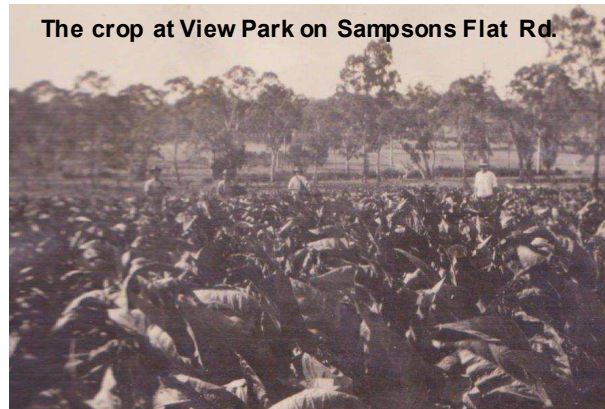
As we understand the business went very well for a few years and they were able to sell the tobacco at a reasonable price.

Mother nature produced some very dry winters and it became impossible to produce a good crop as they had no way of watering and the leaf was not a good enough quality to sell so this ended this very enterprising adventure.

The drying kiln was dismantled in the late 1950's leaving only the cement base and fire pits that were used to heat the building. All that can be seen now is the packing shed.



It's hard to believe that tobacco was grown at OTH



The crop at View Park on Sampsons Flat Rd.



\*\*\*\*\*

The following announcement was made in the press this week of a once local gentleman.

**Name: HICKS, Barry Leon**

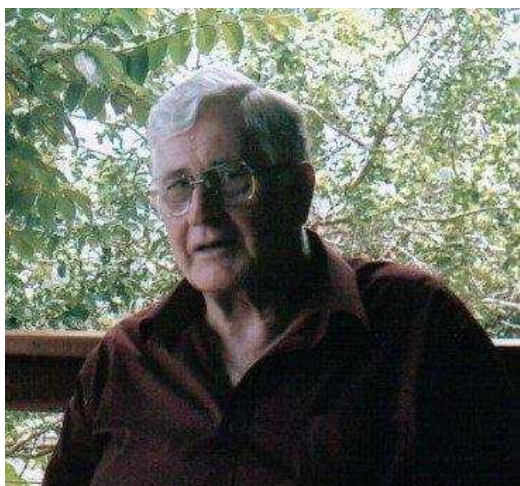
**Award: Member of Order of Australia**

**Post-nominal: AM**

**Date granted: 13th June 2011**

**State: Queensland Suburb: Palmwoods Postcode: 4555 Country: Australia**

**Citation: For service to international humanitarian aid as a general and thoracic surgeon and as an educator of medical trainees in Ethiopia.**



How proud we all are to hear that a local has been recognized for his wonderful work in Ethiopia. Barry who now resides in Queensland, but is currently working in Ethiopia where he is a Professor of Surgery.

Barry was educated at the Uley Road Primary School, One Tree Hill and went on to Adelaide Boys High and Adelaide University.

Barry's parents Len and Ray Hicks owned the One Tree Hill Deli and Post Office from 1945 until the early 1970's.

Ray, Barry's Mother, was one of the daughters of Joseph and Edith Charlson who were early settlers in One Tree Hill around the mid 1800's.

### News from OTH Scouts

This month has seen our cubs braving the icy cold weather conditions to attend the "Survivor Para Wirra" camp.

Our independent cubs pitched their own tents, cooked their own food and built their own campfire. They went on hikes both in the day and at night, made square lashings and even tried their hand at geocaching.

On Sunday, the scout section joined them to participate in some community service in the park. The "boneweed" plant is a noxious weed which has become an aggressive invader of our native bushland. Our scout group put some serious effort into eradicating as many of those nasty bushes as they could. Thank you to Leonie from "Friends of Para Wirra" for educating us on this environmental pest.



**E** QUINE GRAIN FEED BASICS - Another helpful article supplied by One Tree Hill Fodder & Rural Supplies. There are modern ways of looking at horse feeds but it is interesting to see how many of the old sayings that have been handed down through the years still ring true. One in particular relates to some horses "playing up" after having been fed oats. I stress that this happens in some horses, not all.

I wanted to look into the reason why oat based feeds are often dropped out of the menu of a particularly frisky horse. What really happens inside some horses that effects their demeanor after being fed oats?

My search for information took me to several websites but one in particular I found to be very informative, [www.equisearch.com](http://www.equisearch.com) which has a three-part paper on the digestive system of horses and equine nutrition. Firstly I found that oats are generally noted as being the best nutrient-balanced grain, containing about 53% starch, 12% protein, 5% fat and 12% fibre. This starch found in oats is easily digested (about 83%) by enzymes in the foregut and therefore oat starch does not add to any starch overload in the animals hind-gut as corn and barley can do. The tricky part is that horses fed oats will have increased blood sugar at about 1.5 - 3 hours after the meal, followed by decreased blood sugar. The effect of this is similar to that of humans after eating high starch or sugary foods. If your horse is particularly sensitive to increased blood sugar, then its general attitude can alter which in turn will likely clash with its training and expected performance. A point in favour of oats is that they can be fed to healthy horses (those that have good teeth and are not too young, old or sick) without needing to be processed. I found a recommendation that oats be fed broken up into many small meals, with a maximum of up to 2.4kg per meal for a 600 kg horse - (converts to around 5lb per meal for a 1320lb horse - remember that is a maximum). Also, the oats should be introduced gradually, of course.

Looking at some other grains:

**CORN** is not considered as a good substitution for oats. It is more energy dense than oats and is not as well balanced for nutrients because it contains about 71% starch, 8% protein, 4% fat and only 2% fibre. Worst of all is that most of the corn starch is not digested in the foregut unless it has been processed by grinding, pelletising or extruding. A problem can develop with whole or cracked corn because the majority of its starch is not digested in the foregut and so travels through to the hindgut where it rapidly ferments. This fermentation creates lactic acid which in turn kills off many beneficial fibre-digesting bacteria. When this bacteria dies it releases toxins that can cause colic and/or laminitis which can cause the animal to founder. It has been suggested that corn should be processed for all horses, and it should not be more than 25% of a pelleted feed. Also, corn screenings often contain potentially lethal mycotoxins and should never be used in horse feeds.

**BARLEY** is usually rolled or crushed when fed to horses because it has a particularly hard kernel. Its starch (about 65%) is not as well digested as that of oats even after it has been processed and is therefore not as popular a choice for horse feeds.

I guess that from what I have recently read, I have learnt to be more careful when considering grain based rations for my horse. I can also see why there is such a myriad of alternative feeds out there which target the special or specific needs of various horses and the roles that they play. I can also see why Fortified Feeds (sweet feeds & pelleted feeds) have come to the front in modern times because a lot of the guess work is taken out of what should be mixed and blended to meet each horses requirements.

As always I would suggest that if you have any doubts about the best balanced feed for your horse, a qualified equestrian veterinarian should be consulted.



Submitted by Mark from OTH Fodder & Rural Supplies.

\*\*\*\*\*

Well before Federation in 1901, Australians had demonstrated how innovative they were. Thousands of years ago, Indigenous Australians developed tools like fish traps, boomerangs and woomeras to assist with hunting. They lived in harmony with nature using the native flora and fauna as a source of food and medicine. When the European settlers arrived in this harsh, isolated land they also had to be ingenious to survive and thrive. Early inventions included the windmill, the stump-jump plough, the stripper harvester, mechanical shears, ice-making machines and even lamingtons. Here are just a few of the inventions that an Australia designed.

1901: Federation Wheat: William Farrer released the Federation wheat strain, resistant to fungal rust disease and drought.

1901: Flotation Method of Ore Separation.: The method for separating ore from rock crushings, using bubbles to float the ore to the surface was developed by Charles Potter and Guillelmo Delprat of NSW.

1905: Thrust bearing: Anthony Michell invented the tilt-pad thrust bearing, which reduced friction and increased power transmitted. The technology has been used in ship building around the world and also in pumps and turbines.

1906: Lifestyle Reel: Designed by Lyster Ormsby, the reel was first demonstrated at Bondi Beach.

1906: Feature Film: The story of Ned Kelly Gang was the world's first feature length film.

1906: Kiwi Boot Polish: The boot polish that could restore the faded colour of brown shoes was first available for sale.

1909: Improved Sheep Shears: Aboriginal inventor and spokesperson, David Unaipon, patented and improved hand piece shears.

1913: Automatic Totalisator: Invented by George Julius, the tote automated betting at horse races.

1915: Aspro: While the German firm Bayer first produced aspirin, a Melbourne pharmacist George Nicholas and experimenter, Henry Woolf Smith produced a high-grade aspirin product, 'Aspro' that later took over the international market.

1918: Anthrax Vaccine: John McGarvie Smith donated his secret discovery of an anthrax vaccine to the NSW Government shortly before his death.

1922: Rotary Hoe: Cliff Howard, with help from his brother Albert built the first full-size rotary hoe cultivator. It uses energy to turn the soil directly, rather than dragging a plough behind a tractor.

*Clever lot of Aussie's aren't we? More inventions will be listed in later editions of The Grapevine.*





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### Handy Hints

**Remove fish smell from hands by rubbing with a little dry mustard. And to remove fish odours from cooking pans, sprinkle used tea leaves, leave for 1 hour and then wash! Odours can be removed from plastic containers if you stuff them with newspaper, leave for a few hours and wash thoroughly. The newsprint absorbs the odours.**



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#### One Tree Hill Junior Bakers 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. This will allow for seasonal baking such as Christmas and Easter. Entries are to be delivered to the One Tree Hill Juniors Baker's table at the market between 9am and 9.30am. Paper plates will be supplied and entry cards including entry number will be attached. Judging will commence at 9.30am. There will be 2 age categories: 1) Ages 5 to 8 years 2) Ages 9 to 13 years. There will be a 1st, 2nd and 3rd prize awarded in each category. Entries can be collected along with the prizes at 1pm. Prizes will be 1st: Blue Ribbon and \$15.00 2nd: Red Ribbon and \$10.00 3rd: Green Ribbon and \$5.00

How to enter: You will need to email ([oth.grapevine@bigpond.com](mailto:oth.grapevine@bigpond.com)) or complete the entry form and mail to One Tree Hill Progress c/o the Post Office One Tree Hill SA 5114. You must include your name, age and phone number. \_\_\_\_\_

#### **August Category is Iced Cupcakes**

Name	Age	Phone

#### Playford Council Contact Details

**24 hour Emergency & Lost/found dogs**

**8256 0333**

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

**Libraries: Elizabeth 8256 0334**

**Munno Para 8254 4600**

**When telephoning council with a request please remember to get a Customer Registration Number (CRN) to ensure registration and easy identification of your communication.**

**You can also phone or email your local Councillors.**

**Joe Federico Ph: 0417 016 164**

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

**Andrew Craig Ph: 0417 016 160**

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



## Community Notice Board

Do you have an upcoming Community event or a special announcement that you would like printed on this page? Keep notices as brief as possible please.

Email or call with your details. Email: [oth.grapevine@bigpond.com](mailto:oth.grapevine@bigpond.com) Phone: 8280 7095

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



For all local soccer results and more information about our local teams "The Bushrangers" please refer to the website at:  
<http://www.othsc.websyte.com.au/>



### The Grapevine's PET OF THE MONTH

Joel receives a \$20 gift voucher from the One Tree Hill Fodder & Rural Supplies Store. Congratulations to Joel for his winning entry

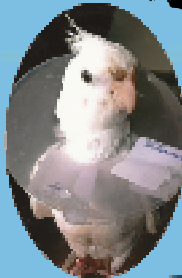
### Make Your Pet a Star



If you would like to enter next month's "Pet of the Month" competition, take a photo of your pet along with a short story and drop it into the OTH Fodder Store by Friday 22nd July. Winner will be announced in the August edition of The Grapevine.



Sam is the winner for June



#### The winner for June is Sam

Sam is our new Family member. We bought him from the One Tree Hill Fodder store 8 weeks ago. We love Sam and decided to clip his wings so he could settle into his new home but Sam fell and hurt himself so now he has a fancy little collar. Sam has settled in and we can't wait until he can fly again, he loves warming himself in the morning sun and he likes to watch TV with us.

Sam is my best friend  
Joel S.

## New OTH Walking Group

Helen is looking for local people who would like company to walk around the area to increase their fitness. It is suggested that people could meet at the OTH shops and go from there. Length, speed and days could be agreed on by the group and if there were enough people interested there may be different levels offered. All ages are welcome. Please contact Helen for more information on

8280 7035



## Engaged



Congratulations to Kristy (from the General Store) and Grant on their engagement. We wonder who will be at the altar 1st, Mum and Grant or daughter Chloe and Mark who were engaged last August?

Also congratulations to Melissa (who works at the OTH Primary School) and Nathan, we believe their engagement was a big surprise, their Wedding is planned for April 2012.

### Next Country Market

Saturday 6th August

(9am-1pm Approx) at the OTH Institute Blacktop Road OTH. Great variety of goods available including knitted toys, plants, home cooked food, embroidered towels, local produce and lots more....

**PROGRESS General Meeting - Thursday July 14th at 7.30pm.**

**Venue: One Tree Hill Institute, Blacktop Road, One Tree Hill.**

New members are very welcome.

