

Boronia & The Basin COMMUNITY NEWS

Issue 285
February 2020



Giving Back



See page 11

Generous by nature - The Acorn



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From the Editor...

Fire & Fury...

Halfway through the fire season with a lull in the fires (thanks to the rain) and return home for local volunteers, the wannabe pundits are out in force trying to bend reality to their view.

The coal lobbyists and their financial backers are furiously looking for simplistic answers that prove they're not to blame.

There is an air of hysteria driving the debate, particularly amongst the climate change deniers, a sense of fear and anger. So what are the claims?

It's not climate change, it's arsonists.

New South Wales had less than 1 percent of their burnt land in fires started by arson, Victoria even less. Yes, there are arsonists, there always will be, but while they start some of the fires, it's a complex interplay of environmental factors that give fires their intensity - and all these factors are directly or indirectly linked to the heat in the environment,

The Greens stopped the fire services doing hazard reduction burns.

I'm sure this was meant to be an attack on the Greens political party but, apart from it being untrue, it is really a slander on the fire and parks services. NSW actually managed about 90 percent of their planned cool season burns, a truly remarkable achievement in a year of heatwaves and drought with very restricted times when the complex factors allow relatively safe burns. These factors include the weather - eg heat, humidity, wind and reliable forward forecast; the fuel load and moisture content; and the terrain and available resources. It is a complex task for genuine experts, not armchair experts.

It was just a freak, unpredictable event.

No, ecologists and climate scientists may not have got the exact date, but they got the pending event right, as did the Australian Department of Home Affairs when they did their briefing to the government after the last election. They described what was going to happen in fine detail.

So, where is the leadership in this time of crisis?

It's great to see the outpouring of compassion and the generosity of our neighbours, but let's use a little caution. We should not let the governments off the hook for their responsibilities, especially in re-instating communal infrastructure and services.

We need a Royal Commission

No, we don't!

We've had royal commissions and even now there are recommendations still awaiting implementation. We need to have existing promises acted on - and we need less heat in the atmosphere.

John Mortimore

Share your neighbourhood.

This is a community newspaper run by unpaid volunteers.

If you would like to help in any way; writing, illustration, photography, advertising etc etc - please contact the editor or president. It can be fun!



We aim to provide the people of Boronia and The Basin with an effective medium of communication, information and expression and to promote community identity, cooperation and pride. Views and comments expressed in this paper are not necessarily those of any member of BBCN Association unless acknowledged as such. Products and services listed or advertised in the paper should not be considered as endorsements. While every effort is made to ensure accuracy of editorial content, BBCN takes no responsibility for errors.

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Issue	Deadline	Distribution
March	18 Feb	29 Feb
April	9 March	28 Mar
May	14 April	02 May

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We welcome all contributions from our community but can not guarantee publication. Email is preferred but not essential. Articles or letters that have no contact details, are abusive in nature, or contain racial or other vilification will not be published. Insulting the editor is fine only if you do it intelligently and use facts.

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the voice of the community

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Knox Police News



“Thefts From Motor Vehicles” continue to be over-represented in crime statistics in our area.

A lot of this offending is “opportunistic crime”, where criminal activity is enabled by an opportunity, ie where cars are left unlocked, or cars are left with valuables inside, clearly visible, or number plates are unsecured and easily removed. It is not uncommon for “opportunistic crime” to represent more than 50% of total crime. The good news is that opportunistic crime can be effectively reduced with education and diligent practice by all of us.

Key Crime Prevention Tips To Prevent Theft From Motor Vehicles:

- Remove all items when you leave your car.
- Commonly stolen items from cars include; money, wallets credit cards, tools, power tools, laptops, mobile phones, cameras, handbags, jewellery, and sunglasses.
- Close windows and lock all doors when you leave your car.
- Park your car in a well-lit and secure area.
- Secure your number plates with one -way anti-theft screws.
- Consider a car alarm and CCTV

For more Crime Prevention Advice check the Victoria Police Website at www.victoriapolice.vic.gov.au

In the event of you observing a crime occurring or sighting of suspicious persons or vehicle report to police on Triple Zero (000)

Report non-urgent crimes or events on the Police Assistance Line 131 444

To anonymously provide police with information about criminal activity call Crime Stoppers 1800 333 000

The sounds of the bush at night

by Des Palmer

The following is an account of a night I recently spent in a rough old bush hut on a friend’s property which adjoins the Brisbane Ranges National Park, which is about an hour and a half drive from the CBD. The Brisbane Ranges is in a rain shadow, being naturally dry with steep rough rocky valleys and gullies. Pete’s property is timbered with Yellow Gum (or White Ironbark), Red Ironbark, Red Stringybark and some stately old Yellow Box trees. The understorey is sparse, with occasional stands of magnificent Grass Trees.

I had set my alarm for 4.30am, as it is about a 1hour 20 minute drive from the hut to the job site I am working on in Truganina, as we were starting at 6.30 am this particular day. The Sugar Glider calling just outside the hut had other plans though, and thought 3.58am was a much more suitable time for me to awaken. Whilst I was somewhat grumpy for the first few minutes, it didn’t take me long to realise that’s a fairly pleasant way to be woken. The call of the Sugar Glider is a shrill “yip-yip”, which like so many nocturnal sounds is not loud, but seems to carry a long way.

The first sound of the night was a single bleat of a feral goat, no doubt making a trip down the steep descent to Reilly’s creek, which while not presently running, has many deep clear pools teeming with tadpoles. The feral goat, an introduced species, is a problem animal in the Brisbane Ranges, causing erosion and overgrazing an already sparse undergrowth.

The first bird of the night to call was the Australian Owllet-Nightjar, a tiny insect eating bird which is very common, but like all nocturnal creatures, is rarely encountered unless you are in the bush at night. It too has many varied calls, a rather grating “chirr-chirr-chirr”, but also makes other calls, too hard to describe, but all in a similar pitch.

Next up, the most iconic sound of the Australian bush, one you will hear just about anywhere at night, the Boobook Owl, or Mopoke to most bushmen. He gets his nickname Mopoke as that sounds sort of like what he’s saying, “, mopoke,” but not said once, maybe dozens of times before he stops, briefly, then starts up all over again. Monotonous is a word which comes to mind, though in a very soothing sense.

The common Brushtail Possum started up his grumpy, annoying call next, but you all have heard that one so no need to give a description here. Common everywhere, but more so in urban environments where we have created a smorgasbord of treats for them to thrive on, they are treated with disdain by a lot of city folk, unfairly in my opinion, but I know it can cause sleep deprivation when they decide to take up residence in your ceiling.



Barking Owl

By this time I had fallen asleep, a deep sleep, euehred from a days hard graft (It’s true!)To say I woke up with a start is an understatement, you can probably describe it in other ways to yourself, but I have to keep things polite here. If I had of been wide awake, this sound would have startled me, even though I would have immediately recognised it. From a state of deep slumber, it took me a good 10 seconds to jerry what it was, and while you might think it’s funny now reading this, hah,hah bloody hah, I was terrified. The last thing Pete had said to me was he hoped there were no Kurdaitcha men around, the Aboriginal portent of death. Stories of the Kurdaitcha man would really put the wind up my aboriginal friends when I worked with them in the outback many years ago. Now it was my turn. But wait a minute; I know what that noise is, as my dulled brain suddenly kicked into gear; it’s a cute and cuddly Koala doing his best impression of a razorback feral pig out to disembowel anyone whose path he crosses. Phew, that was a lucky escape I thought to myself, as sleep’s clutches once again embraced me. Three more times during the night he would make that terrible sound, each time getting closer to my hut. That bludger will be in my swag with me next time I hear him I thought, but thank god he bothered me no more.

By now you’ll be starting to think to yourself, what is this joint, a bloody menagerie? But things weren’t over yet. A small herd of grazing animals woke me next, perhaps four or five animals, which while I can’t definitely identify had to be Samba deer, their footfall much too loud for a goat, and were unfazed by me turning on my spotlight, but were just out of range of it’s piercing beam. Another introduced herbivore causing no end of damage wherever they are found.

From across the valley came the next call, at least 800 metres away, and a short cameo by the star attraction, the Powerful Owl. A slow mournful “Who-hoo” slowly rang out in the stillness of the night, the top end predator who feasts on gliders, possums and large roosting birds. The call came from the same spot Pete and I always hear it calling from, and yet when we search for its daytime roost site, we never find it.

There was one last sound which could be heard in that remote bush setting that night. To be truthful, I’ve never actually heard it, but it was there alright, make no mistake. Some people who have heard it say it sounds like a D9 Caterpillar at full throttle working hard. Others have likened it to the roar of the king of the African grasslands, the mighty Lion. I think it’s all fanciful conjecture myself, something like the mythical Bunyip. You see, apparently I snore like a bear.



FREE Concert in The Basin Triangle Park - Sat 15 February 2 - 6 pm



Owl in flight - dusk.

Fire safety top-of-mind as Knox community responds generously

The bushfire crisis across Victoria and around the country has dominated headlines this summer. Those who have been impacted directly will need ongoing support and care as they deal with the immediate threat and later, as they begin to rebuild.

There are also many who may not have experienced a direct impact or loss but are experiencing bereavement as a result of witnessing this loss of life, land and wildlife.

In this time of great tragedy, we have seen the very best of the Knox community.

Council has been inundated with messages from residents looking for ways they can support bushfire relief efforts.

Members of local emergency services, including all Knox CFA Fire Brigades, have attended the fires in East Gippsland and elsewhere, providing on-the-ground fire-fighting and support, witnessing the horrific conditions first-hand.

Local clubs and community organisations have held fundraisers and collected donations to support impacted families and communities.

Knox City Council Mayor, Cr Nicole Seymour said that the response has been testament to the character of Knox.

“We are a community that truly cares about our natural environment and about each other,” said Cr Seymour.

“The true sense of mateship, generosity and compassion within the Knox community has shone during this time of incredible hardship.”

“Here in the foothills of the Dandenong Ranges, our natural landscape is precious to us and the threat of fire is all too close to home for many.”

“The phenomenal generosity we have seen from Knox locals truly illustrates our community’s willingness to pitch in and lend a helping hand wherever is needed. I thank everyone who has contributed in any way they can during this time.”

Knox Council has also responded to calls for support from impacted municipalities, providing resourcing assistance with response and relief efforts, such as deploying staff to support East Gippsland Shire.

We will continue to work with the Municipal Association of Victoria regarding further assistance required over the coming weeks and months, as the impacted areas begin recovery efforts.

Those who still wish to provide support are reminded that monetary donations are the best way to ensure your contribution goes to helping those effected by the bushfires.

Visit the Victorian Bushfire Appeal website for information on how to contribute.

The fires in East Gippsland have been burning since November and with the fire season set to continue for several months, the generous contributions of those in Knox, across Australia and around the world need to continue to ensure these communities have the resources needed to rebuild.

Cr Seymour echoed this sentiment. “As individuals, we can keep these communities front-of-mind and consider how we can support them on an ongoing basis,” she said.

“As well as monetary donations, choosing to purchase



produce and products from East Gippsland is a fantastic way to support businesses in the impacted areas and assist them in providing jobs as their communities begin to rebuild.”

“So when you’re doing your grocery shopping, take a look at the label – if it says ‘made in East Gippsland’, make it your first choice.”

Visit the VicEmergency website for more information and resources on the bushfires and how to provide support.

Fire safety: a year-round focus

The current bushfire situation places a spotlight on our local efforts to eliminate fire hazards and reduce bushfire risk. In Knox, with the Dandenong Ranges on our doorstep, it’s vital that we take strong measures to prevent and protect our community and our natural and built environment from the threat of fire.

Fire knows no borders. Successfully mitigating the risks of bushfire in Knox requires a collaborative effort and partnerships with neighbouring councils, emergency services and other responsible agencies to protect our communities, as well as the many land owners within our city.

Reducing fire risk is about being ready. It’s about preparing our land, our property and our people to eliminate risk factors and respond quickly and decisively.

Some of the ongoing activities coordinated by Council to assess and remove fire risks include property inspections in the Bushfire Management Overlay (BMO), green area and open space maintenance (including controlled burns where appropriate) and our continued Emergency Management planning processes.



Walking the News...



Distribution report

February issue

Happy New Year to all our drivers and walkers. We hope you and your families had a lovely and safe Christmas, and that you all enjoyed your well-earned break.

If you did not receive a new list of Distribution dates for 2020 and guidelines, please let me know and I will be happy to send you one.

The following round is available, if you can assist with these deliveries, please contact me, details below.

Permanent Walking rounds currently available are:

Boronia:

Part Woodmason Rd both sides (Power Rd to Reserve). Power Rd (Part): 120 Papers

Temporary / Casual walkers: If you can assist with any deliveries on a casual or temporary basis, we would love to hear from you. There are always people away on holidays or temp sick, so if you have any time to assist just once a month, please phone Veronica on 0403 522 308.

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We continue to work at providing the broadest range of options possible for our clients. Our philosophy is firmly rooted in the principle of providing as many options for a clients as possible but understanding that the “right” option in any situation is not always the most advanced option.

The clinic offers extended consulting hours (Mon-Sat 7am-9pm and Sun and Public Holidays 9am-8pm by appointment) and our hospital provides round-the-clock care 24 hours a day, 365 days a year. Our existing clients also enjoy a 24 hour service.

Your Local MP Report

Sponsored by Jackson Taylor MP



frontline, our community thanks you for sacrifices you've made and we remember your fallen colleagues who've paid the ultimate sacrifice protecting communities.

As many of you may have seen, it was a busy time at the end of last year as I announced funding for a number of local schools. The Basin Primary will be getting a \$1.44 million upgrade to fix their oval and this came after a strong community campaign. St Bernadette's Primary will also be starting work this year on a \$1.95 million new Senior Learning Building which will replace some of its ageing infrastructure, I was very proud to help secure this. And both Boronia K-12 and The Basin Primary will be receiving \$200,000 and \$161,000 respectively to deliver outdoor spaces for kids of all abilities and needs, which is so critically important. Every kid deserves the chance to play outside regardless of ability. Plenty more to come as I'll always be back in our local schools to make sure kids get the best start in life.

It is important to touch on the critically important work

of the Mental Health Royal Commission, which recently handed down its interim report and the government, as promised, is implementing each and every single one. The Commission is due to hand down its final report by October this year and we will implement every recommendation. I'll keep you updated on that important work.

Finally, I was pleased to announce recently that the State Government will be helping to deliver a brand new Knox Library located in Knox O-Zone thanks to a \$450,000 grant that I was proud to help secure. This will give the library a new lease on life and provide the area with a new and exciting space to learn and connect.

Don't forget I'm here to help you and your family with state government matters. You can call my office on 9738 0577, email me at Jackson.Taylor@parliament.vic.gov.au or pop in to the office at Mountain High Centre, Bayswater.

2020 has not been the start to the year we would have hoped for.

We have seen much of Victoria affected by devastating bushfires, with tragic loss of life and of property. We have also seen the best of Victoria and of Victorians. In the light of such tragedy we have come together to support those who need it most and will need to for some time yet. And let's not forget the wonderful volunteer and career firefighters and all emergency service workers who have been on the

Boronia West Primary School

Recently, Boronia West Primary School launched a new era for the school, beginning with a traditional indigenous smoking ceremony.

School Principal Jennie Brown is keen for the Boronia community to know that the school has a new uniform, new logo and exciting new direction for 2020 and beyond. Local MP Jackson Taylor attended the ceremony conducted



Photo right: Lefit To Right

- Toby Coombes
- Jackson Taylor, State MP
- Julie Coombes
- Jennie Brown, Principal
- Vanessa Murdoch

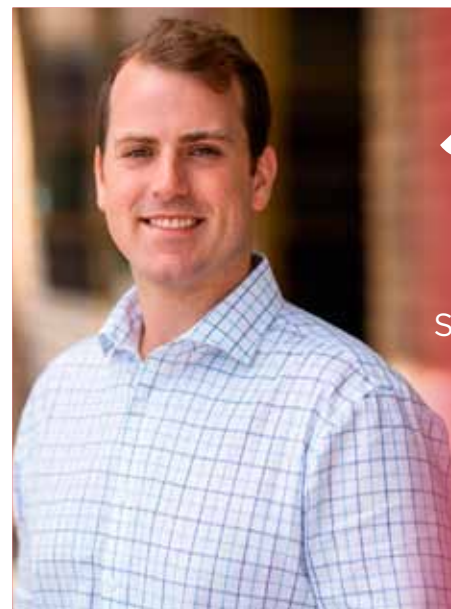


by Julie and Toby Coombes. Staff, students and community members celebrated the new look and the planting of the school learning tree. Vanessa Murdoch from EACH, also pictured, has supported the schools journey through the Aboriginal Small Grants Project and the Journey Tracks program.

Rob Sloane
Knox Photo Society

each provides an integrated range of health, disability, counselling and community mental health services across Australia.

We recognise that health and wellbeing is significantly and negatively affected by factors such as unemployment, homelessness, financial difficulties, social exclusion and addiction so we offer a wide range of supports to assist members of our community to lead happier, healthier lives.



Jackson Taylor MP

State Member for Bayswater

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Proudly Local

Honouring Ramon Cowling: Passionate environmentalist's generous bequest becomes new bushland reserve

At 23 Stewart Street, Boronia, adjoining Old Joes Creek Reserve, is a 1.5 acre property formerly owned by long-time local resident, the late Mr Ramon Cowling.

Ramon built a house on the property in 1972 and lived there continuously until 2016. An active member of the Knox Gardens for Wildlife Program, Knox Environment Society, Friends of Old Joes Creek and Friends of Chandler Hill, Ramon dedicated countless hours to caring for the plants and other natural assets on his land.

In an interview he gave before his passing, Ramon explained that he "didn't set out to become an environmental volunteer," but that it was "a gradual process" that evolved from living on a bush block and learning to identify indigenous vegetation.

Once he had identified this important native flora, Ramon worked tirelessly to safeguard it. As well as his work supporting local environmental organisations, he personally removed thousands of weeds and planted new trees in the area.

Friends and colleagues in local environmental groups described him as energetic and dedicated, saying his drive to continue caring for the land would put many younger people to shame. Ramon himself commented that at 85, he could still "clamber up Chandler Hill," and many marvelled at his seemingly unending energy to keep returning to the same spots, walking the same routes and consistently maintaining and preserving the landscape.

This work has undoubtedly left a long-term, positive impact on the land, as is evident by its exceptional condition today.

In fact, the property is deemed a Site of Biological



Significance, and is home to many local fauna such as Eastern Spinebills, King Parrots and even the occasional Yellow-tailed Black Cockatoo. It also contains one of the only known White Star Bush plants in Knox, which is a rare species in the state of Victoria.

The pristine condition of the environment and habitat on Ramon's land are testament to his years of hard work, passion and dedication and are an example of what one person can do on a local level to make a difference.

Ramon's gift to the Knox community

In the years before his death, Ramon contacted Knox Council with a very special message; that upon his passing, he planned to bequeath his property to Council.

This was an exceptionally generous bequest, and it came with some very specific conditions.

Ramon's wish was that the land he had preserved and cared for over 43 years would continue to receive the respect and maintenance he had given it. In particular, he expressed his wish that Council provide public access to the adjoining Old Joes Creek Reserve through his property.

In practical terms, this meant that

the land would be set aside as a bushland reserve, with all buildings demolished and the property rezoned as a Conservation Zone. He also requested that a walkway be installed on the land to facilitate public access.

Council of course gratefully accepted Ramon's conditions and after his passing in February 2016, worked for a number of years to thoughtfully and thoroughly complete the work required to meet his wishes.

Celebrating Ramon's legacy

On 18 November 2019, which would have been Ramon's 89th birthday, Knox Councillors and Council officers joined with Ramon's friends, family and neighbours to officially open the newly-named Ramon Cowling Bushland Reserve.

Some of his relatives flew in from as far away as New Zealand and Queensland to attend the opening, commenting that they too shared Ramon's love of gardening and the environment and felt more connected to him through this celebration.

Knox City Council Mayor, Cr Nicole Seymour said that the Reserve would serve as a reminder of Ramon's generosity and tireless work for the environment.

"The foresight to create a space to preserve, discover and enjoy our local flora and fauna is an incredibly generous gift that Ramon has given to all residents of Knox," said Cr Seymour.

"We are grateful for Ramon's many years of dedication and passion for this community and this land, and proud this reserve will bear his name to recognise his contribution."

The Ramon Cowling Bushland Reserve is now open to the public to explore and access Old Joes Creek Reserve. Council, together with volunteers from the Gardens for Wildlife program, will continue Ramon's important work maintaining the biodiversity of this area.




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Eulogy

Alan Douglas DIXON 4/03/1949 – 11/01/2020

By Allan Small
President, The Basin Fire Brigade

I first met up with Alan (Dicko) around 1969 when he began courting Lynda who was best friends from school days with Joyce (my wife). So that's nigh on 50 plus years of an earnest and great friendship.

Even then he was a sociable, likeable if not larrikin fun guy; an extrovert par excellence. Ever the centre of attention in groups, at parties; he had an innate ability and personality that attracted people to almost instantly feel as if they had known him forever.

As a butcher at that time, he had a natural convivial jocularly that was to last up until his latest days. Ever the humourist, great story teller and avid conversationalist! Dicko made instant friends and acquaintances wherever he went.

As 'youngsters' before family, we all had a great time 'living the life' as it was then. His special and at time extravagant fondness for 'special' motor vehicles was awesome, Holden Monaros, Mercedes Convertible and utes, tractors, Motor Cycles, another Mercedes coupe' (his pride and joy) with Lynda as passenger, a Toyota Prado and of late a Range Rover. He probably had many more at one time or another of which I cannot recall. It was seemingly usual to see him or have him pull up in something new or different more times than not.

We have memories of an early trip away together with our wives to a sheep property. We stayed in the shearing shed (to Joyce's dismay and disquiet) among the sheepskins and mice. Lynda and Alan came into possession of an orphaned lamb! So, as we journeyed back, here we are in the three speed, two-seater 1960-1970 type Nissan 4x4 (H 60), Joyce and I in the back with all our camping clobber, sitting up like Jacqui on the 'mudguard seats', nursing the lamb as we went. A woolly bully who stayed with Alan and Lynda's family for years.

I never really found out why Dicko got that 'clunker' H60, except that it seemed to fit his penchant for being a farmer, property owner, vehicle enthusiast, which again



came to fruition later in his life.

As our families grew up so did his community commitment including with the Masonic Lodge and of course with CFA; supporting the Junior Brigade at Training, and at away competitions as well as being 'available' during hours to attend fire calls and responses to away fires. He had a penchant for social and fun activities in which he usually took a leading role.

At various times he took on Officer positions (4th. then 3rd Lieutenant. positions and as Secretary in 2010. He also became involved in CFA's Bush Fire Blitz and Community FireGuard Facilitator programs, positions in which he thrived in presenting and being an integral part of fire education and community advice. A passion in which he



Sharing a joke at Como Gardens with, Lynda, George Hetrel and Jim Van Der Velden.



Alan, ever the proud Dad, with his daughter April Himmelreich and (right) on the Barwon Heads tanker.

fulfilled for some time, being particularly proud to have been able to support communities through significant fire events by providing them with 'up front' 'relevant information' that they so needed.

Such was his feeling for all things CFA he joined up with the CFA Caravan Club, and we were looking so forward to his company and affable nature which sure would have given extra 'sparkle' to our Happy Hour(s).

Since wife Lynda's passing, Alan sought to 'seek out' a change of location/environment; settling in Barwon Heads, taking up transfer to Barwon Heads Fire Brigade, and making many newfound colleagues and friends. He often spoke of the way he was welcomed and accepted into the brigade and how he 'longed' to be 'back on' the Operational listing. Additionally, he took up bicycle riding, and as he did so easily, found new friends with the same passion and rode regularly with them on the many bike trails on the Bellarine Peninsula. A passion which continued until recently.

Alan (Dicko) was a 'man's man', good hearted, amiable and a most gregarious conversationalist. His innate fun personality drew people to him, with an almost instant recognition of having known each other for eons. His social group-expanse of friends and acquaintances was huge and widespread.

A wonderful family man, supporter of his communities, a giver of his time and expertise to those he knew, and regularly to those he had never met before.

I will miss him dearly, as will those here today.

A good man gone from our presence but not our memories.

REST IN PEACE MATE: A.S.



Life Activities Club Knox

2020 !.wishing that this year brings happiness, good health and blessings to all.

What have we been doing?? Same as always, but sometimes the venue is different. Activities for this club continued throughout the holiday break, and the plan for February, is Social Games, Painting and Cinema in the first week. The Painters always end the day at a local restaurant for Dinner.

Rapture Café in Ferntree Gully is the meeting place for Men's Coffee and Chat. They start at 11 am. Rayner's Orchard, is the destination on February 12th. We can board the "train" for an hour tour of the various fruit trees, sampling/eating delicious fruit along the way.

Come to the first of our "Picnics in the Park". Join us at the Tim Neville Arboretum, Feb. 13th. At 5:00pm. Bring own food, drink, chair, and whatever you need for a picnic/barbeque. Enter from Francis Avenue. We'd like to see you. In the meantime, all activities are available to you, and only after 3 visits will we ask you to join. Annual Membership is \$25:00 per person, for any and all of activities. 4 Meetings and 4 newsletters per year included. No charge for quarterly meetings. Come to the Boronia Bellbirds Senior Citizens clubrooms, this month,

on the 24th. 7:30 pm, start, and the Guest Speaker is very entertaining, with life experiences.

Learn more about our friendly club, i.e. Life Activities

Club Knox, and/or for a copy of our current newsletter, please ring: Carol on 9727 2726

Or contact us on www.life.org.au/knox



The Metal Sculptures at the Bendigo R.S.L. surrounded by The Sunday Walkers, then to the station for the Train trip home. A wonderful way to spend a day.

Knox U3A Annual Meeting

Friday 29th November saw Knox U3A wrap up its 2019 year with its Annual general meeting. The administration was pleased to see that more than 140 members attended, which is something of a record for recent years. President Stephen Damm chaired the meeting and welcomed all attendees. The usual preliminaries were completed. President Steve Damm, in what he stated to be his last President's report, summarised the year past, and prognoses for the future.

With the organisation standing at a membership of 1400 at the time of the meeting, and with a curriculum amounting to some 140 different courses and activities, Stephen pointed out that the most critical issue facing Knox U3A in the immediate future is that of space. By far the largest volunteer organisation in Knox, we just seem to keep growing, and as long as that trend continues, space is going to be an issue. Our occupation of the Carrington Park facility twelve months ago alleviated the position somewhat, but there is more work to do in regard to that venue. The proposed re-development, by Knox City Council, of the Fair Park precinct, still very much in the



planning and consulting stage, represents a very positive possibility for our future viability, and we are watching (and assisting in) developments in this project very keenly. It is recognised that whatever development does ensue, there will be a period of some inconvenience for U3A, but it will be worth it.

Financially U3A is in a reasonably robust position. A small surplus for the year was announced, commendable as our major fund-raiser of previous years – the U3A Art Show – did not materialise. As the U3A fees have not altered for the past five years, the members approved an increase effective from the 2021-22 year to \$70 a year for

full members. This, in my opinion, is still a chicken-feed amount considering what is available to members.

Stephen went on to thank a number of long serving tutors, pointing out that, although the membership is important, it is the tutors who are the life-blood of U3A. A number of 10 and 15 year service awards were presented.

Stephen then declared all positions vacant and the office bearers for the forthcoming year were appointed/elected. Lawrie Gaylard was elected President unopposed, with David Kerrisk as vice-president. Brigitte Salwat stepped into the Secretary's shoes with Beverley Clement the new Treasurer. A full list of office-bearers can be found on our website, www.u3aknox.org.au.

Incoming president Lawrie Gaylard paid due tribute to Stephen Damm for his dedication to his position and to the position of Knox U3A over the years. I doubt that anyone would disagree. Well done Stephen. The nearby photo shows outgoing President Stephen Damm on the left, and incoming Lawrie Gaylard on the right.

Finally, this will be my last report for the Community papers, as I have also relinquished my position as Publicity Officer after five years. I take this opportunity to thank the editors and volunteers at the papers, who have always accepted my scribbles for what they are, and turned a blind-eye to my disregard for deadlines.

John E Ford, Knox U3A

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Knox & District Over 50s

Put-out to all the Over Fifties out there! If you are feeling a little lost or lonely and looking for something interesting to do, we would like to extend an invitation for you to come along and join us at the Knox Over50s Social Club.

We are a very friendly and sociable group who meet monthly from January to November and provide guest speakers, day and overnight trips, a book club, visits to Boronia Cinema, coffee mornings at the Myer Knox coffee lounge, regular lunches at different locations around Knox and morning melodies.

There were a lot of highlights for the group in 2019, but the "icing on the cake" was our annual trip which was a week's tour to the Flinders Ranges during September. We are now eagerly awaiting confirmation of what is planned for 2020!

Meetings are held on the 4th Tuesday of each month starting at 10:30 am sharp in the Boronia Progress Hall - the weatherboard building at 134 Boronia Rd. Boronia (parking available at the rear in the Library car park). Cost is a mere \$3, which covers morning tea, hall hire and also the chance of a lucky door prize.

You are welcome to attend 3 meetings before deciding if you wish to join. Our annual fee is \$15, which covers all the costs of running what is a totally non-profit organization.

Our next meeting will be our AGM, to be held on **Tuesday, 25th of February**. Following the business of the meeting we will have morning tea, usually followed by a guest speaker on an amazing range of subjects. During the break, you could sign on for any upcoming events of interest to you and perhaps borrow a free DVD from Darryl's table.

We have a monthly newsletter (*Knox Natters Matter*)



which will keep you up to date with the many fun social activities available.

If you are feeling a little shy just make yourself known as a "newbie" to the "greeters" at the door or any one of our friendly members, who will make you feel most welcome.

We look forward to seeing you there.

Please contact Jill for further information on 9801 4363

GREAT FAMILY FUN

A great family-friendly event is coming up showcasing the Tim Neville Arboretum in Ferntree Gully.

The event is called 'Wonders of the Arboretum' and will be held on Sunday February 16th (12-3pm) - the idea is to encourage locals to discover all the exciting things on offer at the Tim Neville Arboretum, including the beautiful gardens and play spaces.

We will have stage entertainment, fun roving performers and stilt walkers, storytelling, giant games, free face painting, circus workshop, costumes, dance demonstrations, yummy food and more for families to enjoy. If you can't make the event on 16 February, come another time, bring your friends, bring the kids - this is one of the best family entertainment and relaxation spots in Melbourne - and it's ours



KNOX
your city



Wonders of the Arboretum

Sunday 16 February
12 noon to 3pm

Tim Neville Arboretum, Dorset Road, Ferntree Gully
knox.vic.gov.au/events Free Event



KNOX
your city



Knox Festival 2020

Saturday 29 February 10am-9pm

Evening Program, 5pm - 9pm: stay for dinner, music, amusements and to watch the sun set over the Canopy Stage.

Sunday 1 March 10am-5pm

Wally Tew Reserve, Ferntree Gully

Free Community Event
knox.vic.gov.au/knoxfestival



Knox Italian Senior Citizens Club

We invite all our Members and Friends to the “Valentine’s Day Lunch” on Thursday 13th February 2020

Take part in this Community Special Appeal to donate towards all our countrymen and CFA Volunteers affected by this devastating Bushfire - All donations and profit on the day will be banked thru the Bendigo Bank Victoria Bushfire Appeal

Bank receipt of deposit will be displayed at Club after the event. The Knox Italian Club Inc has committed \$1,000.00 The Knox Italian Senior Citizens Club has committed \$500.00

Phone to book or inquire 0419 330 977

Boronia Bowls Club

A proud day for our club - \$830.10 raised for Cancer Council

A sausage sizzle held prior to a game was well attended by Saturday pennant members, other club members as well as Rita Lynn and her family.

This event was staged to celebrate George Lynn’s involvement with our club as well as supporting current and past members and their families who are affected by cancer.

Our catering crew; Margarete Bennett, Lesley and Dick McGregor and Bob Williams excelled themselves with burgers and snags.

Ian McLean’s daughter-in-law donated a number of boxes of chocolates she received this week from children she taught - these items were sold to further swell the kitty.

The count at the end of the day was \$830.10

Pat yourself on the back if you participated.

Well done all I can see George smiling now - he loved his bowls and Boronia Bowls Club.

John McCarthy,

Communications Officer

Boronia Bowls Club

Giving Back

It starts in January - every January - and goes to December

No, Not Santa Claus and his busy elves, although that must be how many their clients see them. A small team of dedicated St Vincent volunteers spend a lot of their ‘spare’ time in a large shed in the Grounds of Boronia’s St Josephs School. Most have been doing it for more than ten years.

These are the generous volunteers who source, collect, sort, pack and deliver hundreds of Christmas hampers to the less fortunate in our community. This dynamic team make Christmas, often the loneliest time of the year, a much happier time for many doing it tough.



Left to Right: Des Hearn, Terry Eklund, Carole Stones, Graham Hurley,



What goes around...

Amongst the many acts of generosity and support in the wake of the terrible bushfires, the kind generosity of Helga epitomises the communal desire to help. As she could not go and fight the fires herself, she chose to make a very significant donation as her contribution.

Helga came to Australia as a child and, despite some serious illness, has had a rewarding life in her adopted land - so in a time of crisis she wanted to “give back” to her fellow Aussies and her country.

Recognising the significance of the donation, Vickie Linaker from The Basin Fire Brigade bought her a bunch of flowers to say thank you.

Helga was overjoyed with the floral “thank you” and hand delivered letter.



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The Spectacle Site

ASSOCIATE SPONSORS:

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JZ Motors

Le Pine Funerals

Bendigo Bank Boronia



Boronia Bowls Club

5 Marie St., Boronia

Friday night Barefoot Bowls

begins on Friday October 11 and is on every Friday night at 6pm during Daylight Saving.

\$10 per person, all bowls supplied, Club members available to teach you how to bowl.

Children’s bowls and games available, so children welcome.

Full Bar and bar-b-cue available.

A fun way to enjoy a family friendly Friday Night.

Call Patrick On 0459 999 261 to book.

Boronia Bowls Club has undergone a major facelift.

A new disabled toilet has been installed and the magnificent new decking, across the front of the club rooms, make this venue as good as any in Knox.

To experience this state of the art entertainment precinct, book your next function, meeting or get together at **Boronia Bowls Club**.

For all enquiries phone Dick on 0414 398 152.

New members welcome – no fees for the first year – coaching available – ph Patrick on 0459 999 261

Community Profile

BY LYNETTE HAYHURST

The Salt of the Earth
Tony Eastwood



This month's profile is about a local boy who never forgot his roots and has become a great business success story and one of the nicest guys I have ever met. Everything that he has done in his family life and business life is a result of who he is, the salt of the earth, a genuinely nice guy.

Tony is the owner of EAL and AW Transport (windows) and runs businesses in Melbourne, Sydney and Brisbane. His Melbourne operation runs 50 trucks, with 120 employees and it started with nothing. He is also the owner of the Acorn Bar and Restaurant in The Basin. He said one of his biggest things is sponsoring clubs, he sponsors over 10 clubs in the local area including The Basin Football Club and the The Basin CFA providing a monthly fundraising raffle for them and he is so excited about his purchase and donation of a new fire truck for the CFA, he can't wait to pick it up and deliver it.

Tony's transport business had a very small beginning, he



The 'boys' limo for Tony and Sam's wedding.



started as a 17 y.o. truck jockey, then became a dispatch clerk and learnt to manage people and trucks, working at every level of this industry. He told me he learnt his work ethic from his dad who took him every Saturday when he was 15-17 years old to work with him in his job in industrial refrigeration work. His dad was the best dad, he told me, as he was his mentor but has sadly passed away.

When he came out of Mooroolbark Technical College he worked for Safe Burn Incinerators where he further learnt the work ethic, cutting and painting drums. He has successfully run his transport business for over 30 years. To start and make a successful business he says you need common sense, be a people person, definitely have knowledge of and background of the specific industry, and he certainly had all of these qualities. "You've gotta have a great team of employees they are your best asset," said Tony, and he should know, with very little staff turnover for many years. He speaks about his employees as his family. He told me he most admired Tony Vassallo his head accountant who is like his dad- a real father figure for him who has supported Tony in his business for well over 10 years. Lisa Clark is his assistant accountant, acting more like a personal assistant and is his business rock, a wonderful asset and friend. With a sparkle in his eye he tells me he is excited and delighted to recently go in partnership with his brother Brett in the transport business, "It's ace!" smiles Tony.

When he talks about the Acorn Bar and Restaurant he explains, "...the reason I got it was I love people and love doing things for the local community. I like to make people feel good." Once a year he holds a day at the Acorn for all the disadvantaged people and this year he had 70 attend providing a full lunch with prizes, this is his passion and the following week he had another lunch for people with disabilities. His fiancé Sam works at The Acorn Bar and he says, "... she is amazing for Acorn, and she is my soul mate. We both can't wait to get married." His daughter Maddi also works there too. He only buys fruit and vegies for his business at The Basin even though it costs more, but he wants to support local. Tony tells me one of his proudest achievements have been having his twins Jack and Jemma (attending the same school as he did as a child, Yarra Hills Secondary College) along with his son Daniel, who has made him a proud grandfather to his three grandchildren. He also tells me about his much loved Mum who he says was always there, always taking him to the games (footy). What stood out most for him with his Mum was his birthdays, to this day she makes it special, they always go for four days!! With such a full life I asked Tony how he relaxes. He smiles and says, "I just go to my pub and

From front page... Community Lunch Participating Organisations

Tony Eastwood puts on an amazing event each year which is coordinated by **Lesley Camilleri** from APTO which supports individuals to live independently in the community with Home Care Packages and CHSP funding

This year it was attended by **Safer Futures Foundation** which is a specialist family violence organisation that provides services to women and children escaping control, abuse and violence and to rebuild their lives. Safer Futures is committed to protecting the safety and wellbeing of all children and young people and complies with Victorian child safe standards

C.H.A.M.P.I.O.N. – an initiative of the Temple Society Australia - is an Emergency Relief Centre in Bayswater – Martina Easton attended and supported people who require support with budgeting assistance, pantry items and emotional support

ACACIA GARDENS – Supported Residential Service –(SRS) which supports individuals at risk of homelessness - Galton Gao the Manager – also residents from Ferndale Gardens SRS attended and were ably supported by staff.

There were also people from local SRSs (Supported Residential Services) who are at risk of homelessness

Lesley Camilleri

Team Leader – Home Care Packages

enjoy the company."

Tony lives locally in Montrose, attended Montrose Primary School then went to Mooroolbark Technical School which became Mooroolbark Secondary College. (now called Yarra Hills Secondary College) He got into the local Montrose footy club. He played as a youth and in his later years became President of the Montrose Football Club from 2014-2018. You don't get more local than that!! When I ask him what have been the changes he has seen over the years in the community he says, sadly, "It is harder now than it used to be, it doesn't have to be so hard, it used to be a lot kinder place in the past." He really sums up himself and the best of people when he says, "If you can put a smile on someone's face, then the world would be a better place if for that day you can make someone happy." Reminds me of the Glen Campbell song, "Try a Little Kindness." A challenge I think we can all try to follow.



AUSTRALIA'S PLIGHT

As we move into a new decade
Most Australians suffer the drought –
Summer hits with cruel retort
And some families go without!

To add to this situation
When temperatures start to soar
And winds rise in indignation,
Fires rage on more and more!

Is this due to climate change?
Or is it something more?
Some say to 'put it down to God',
But this we can't ignore!

Our leaders need to act right now
For those who follow on!
WE need to take initiative
Before all we have is gone!

By Beth Butler



Winning form from The Basin She Bears

How the Woodies Saved Christmas

One of the favourite nights on the woodies calendar is the annual toy presentation where over 500 hand-crafted toys are handed over to a number of community groups.

These groups included The Knox Toy Library, Foothills Community, St Vincent DePaul, Angliss Hospital Emergency Department, Victims of Crime, Toys for kids in the Outback and the Salvation Army.

If you would like some more info on this community minded group Go To knoxwoodies.org.au

Bill Ireland

Knox and District Woodworkers

Eastwood Golf and Bowls Club

is committed to furthering the progress of gender equality in sport. Over the last couple of years Eastwood has been a local leader in achieving change and moving away from the imbalances that affect sporting clubs in many aspects around the country.

The board and the members have recently made constitutional changes to reflect community expectations, standards and needs.

With the guidance of Golf Australia, the Even Par subcommittee are working alongside the board to evolve with the times and develop a less traditional club culture. This resolve is to ensure we are more inclusive in a way which empowers all members and visitors of all abilities to participate fully within our club. Eastwood will continue to be a progressive and forward thinking club to ensure its longevity.

knox your city

Community Training

Check out the free workshops on offer in Knox City Council's Community Training Program from February to May.

Workshops are open to individuals, community groups, clubs and not-for-profit organisations in Knox to help members develop new skills and network with other community groups.

Bookings essential.

Go to knox.vic.gov.au/communitytraining or phone 9298 8000



NEW STATION PLANS FOR THE BASIN CFA

The Basin Fire Brigade has been prioritised by the CFA for a new station as the Victorian Government works to ensure hardworking volunteers have the facilities they need to protect and support the community.

Minister for Police and Emergency Services Lisa Neville announced that the project has been added to CFA's five-year capital works program priorities, with the project being scoped and funded next year.

CFA is working closely with the local council to identify suitable land for the proposed new station.

This follows a community campaign by Member for Bayswater Jackson Taylor to get this guarantee, with 803 people signing a petition which was passed on to the Minister. The Basin, which has a long, proud history, provides critical fire response to the Dandenong Ranges, which is one of the highest risk bushfire areas in Victoria.

Founded in the 1920s, the brigade's members work tirelessly all year round to keep the community safe and respond to emergencies. The brigade has over eighty volunteer members and as they continue to grow, so too does the need for a new station to cater for that growth and to recognise their importance to our community and ensure they have the best facilities possible to get on with their job.

The brigade is more than 90 years old, having supported the local community and Victoria during major emergencies, including Ash Wednesday.

The Victorian Government is committed to giving CFA volunteers the facilities and equipment they need.



The government has provided almost \$100 million in funding for training, equipment and infrastructure in the last three years.

"The eighty plus volunteer members of The Basin CFA are amazing people who have answered the call each time for those in need," said Member for Bayswater Jackson Taylor "and that's why I am so

Brigade officers with the Minister and Local Member express their delight at the prospect of a new Fire Station, having long outgrown the existing premises.

proud to have campaigned with them to deliver new facilities to allow this strong brigade to grow and continue to get on with their job".



body@boronia

WHAT IS EXERCISE PHYSIOLOGY?

Exercise Physiology is Exercise Prescription and Lifestyle Modifications

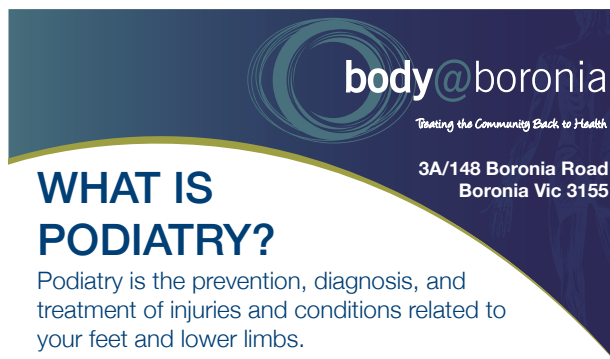
The primary aim is to encourage lifestyle changes that are sustainable in the long term to improve quality of life.

- Treatment modes include:
- Behavioural Coaching
 - Health Education
 - Lifestyle Modifications
 - Exercise Prescription
 - Physical Rehabilitation
 - Self Management

For more information or to make an appointment
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How can a Podiatrist help?

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Common foot problems include:

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Unaffordable Utility Bills

The cost of electricity, gas and water has increased at a far greater rate than wages and Centrelink payments. Financial counsellors and community service workers find when essential services become unaffordable, people respond by going without heating, food, medical care and other needs. The alternative is disconnection and being pursued by debt collectors.

The good news is the Victorian government has responded by introducing legislation to reduce energy retail prices and the rate of disconnections.

The Victorian Default Offer (VDO) for electricity came into effect from 1st July last year. The price of the offer depends on who your distributor is.

If you are not on the default offer and would like to be, phone your electricity retailer.

Best Offer: Victorian energy retailers must inform you if you are on the "Best Offer" for your individual circumstances. This information must be provided on your bill every 3 months for electricity and 4 months for gas.

Energy Fact Sheets: Your retailer must provide an energy fact sheet to help you compare energy deals

and estimated costs for different households. They are available on the retailer's website or you can phone and ask them to send you one by email or post.

Payment Difficulty Framework: That is all good, but what if you still can't afford your ongoing electricity or gas usage? Your retailer must contact you if you are falling behind and allow you to pay what you can for 6 months. The amount owing *may* be accrued as a debt to pay after the 6 months. The retailer must provide information and advice on how to reduce your usage and what grants and concessions are available.

Disconnections: You cannot be disconnected if you are being assisted through the payment difficulty framework, you owe less than \$300, or you have a complaint open with the Energy and Water Ombudsman. Energy companies must consider your circumstances such as loss of employment, relationship breakdown, family violence, illness or unexpected expenses.

Utility Relief Grant Scheme: Low income households can access payments of up to \$650 per utility over a 2 year period. If the household does not have a gas account, the amount is \$1300 for electricity. One of these criteria must be met: accommodation cost is 30% or more of income; unexpected decrease in income; unexpected increase in cost for essentials; family violence.

Energy Mentor Scheme: Energy payment mentors

work from community organisations such as Infolink in Boronia and Citylife in Wantirna. Mentors can assist you with energy use advice, accessing the Utility Relief Grant Scheme and negotiating with your energy company if required.

Utility Debt: You have been unable to pay for your utility usage and the debt has been passed to the collections department or a debt collector is contacting you. Financial counselling is a free, confidential and respectful service providing assistance and information to anyone unable to pay their debts. Financial counsellors can contact your utility company and other creditors if that is what you require and negotiate an achievable outcome.

\$50 Power Saving Bonus Payment

This is available from the Victorian government by visiting their website compare.energy.vic.gov.au. The offer expires on 30th June, 2020.

Useful phone numbers

To lodge a complaint about your energy or water retailer: Energy and Water Ombudsman Victoria 1800 500 509

Energy Mentors:

Infolink 9761 1325

Financial Counselling:

National Debt Helpline 1300 007 007
EACH financial counselling 9871 1817



The last few months have been incredibly difficult for our country as we experience some of the worst bushfires in our history.

I would like to thank all of our incredible firefighters (including dozens from our own local CFAs) who have assisted in the efforts and, in many cases, put their own lives at risk to help the community.

As you would be aware, the PM took the unprecedented step of calling up 3,000 Defence Force Reservists to help the fire affected areas. Already 2,600 are supporting Operation Bushfire Assist. This is in addition to a similar number of full time defence personnel who have been providing support in the field, at sea, in the air and from defence bases across fire affected regions. Many have been assisting since September. We thank them all for their service.

The PM has also indicated that the government will be there at every step of the way as we rebuild. An initial \$2 billion has been committed for the

recovery efforts. And if more is required, more will be forthcoming.

Other specific steps have also been taken including additional mental health services for affected communities; payments to volunteer firefighters for lost income; emergency relief payments for individuals impacted; a new \$50 million fund for wildlife care and protection; and an initial \$100 million in funding to support affected farmers.

Locally, the **Knox** community has been incredible in assisting through donations of food and water and shelter for animals. Many of you have financially donated to various organisations. Thank you for your contribution.

At the present time, our local CFAs and many organisations are no longer accepting donations of goods as they cannot cope with the sheer volume donated. However, if you are able, the best way to help is through financial support. Please visit: www.cfa.vic.gov.au/donate1 to do so.

Hon Alan Tudge MP





Alan TUDGE MP

Federal Member for Aston

 tudgeMP
 alan.tudge.mp@aph.gov.au
 9887 3890
 www.alantudge.com.au

Real Action For Knox

Knoxfield Ladies Probus Club



January is a time of new beginnings and a resuming of our Probus Club activities. While being mindful of the devastation and misery of the ongoing bushfires, we are awed by the courage and generosity of the firefighters (many of whom are volunteers), other services and many other volunteers, as we catch up with friends, their holiday news and look forward to the coming year of fun and friendship. Our November meeting was brightened by the wearing of pretty and novelty decorated hats to mimic the Spring racing carnival, with colourfully decorated cupcakes for morning tea. Our bus trip to Hosome Gingerbread factory resulted in some very creatively decorated gingerbread men. We were treated to morning tea and a demonstration, followed by an opportunity to buy goodies

from the shop. Lunch, always delicious, was at the large and varied nursery Garden World in Braeside, and then DFO Moorabbin was thoroughly inspected for bargains, which were in fact easy to find.

Christmas lunch was held at the Wantirna Club. The tables were brightly decorated; there was a large Christmas tree in the corner of the room, and Christmas music played as we enjoyed the delicious 3 course lunch. Santa presided over our exchange of Kris Kringle gifts while lucky tickets were drawn. The lucky prize winners received hampers and wine generously donated by Alan Tudge MP, Nick Wakeling MP and Kim Wells MP. Bunnings donated six pots of colourful plants, with other prizes donated by the Club and members.

We held a "bring and buy" table after the January meeting, and a welcome back lunch in the Bistro, Wantirna Club. We now look forward to a bus outing to the Dolphin Research Centre, then lunch and a chance to find a bargain at the Tyabb Packing House Antique Centre. "On Golden Pond" is on at the 1812 Theatre in Ferntree Gully a few days later; our Annual General Meeting in March will be

followed by the Blue Tango Jazz Duo, and then a visit to the CFA fire station in Bayswater.

The friendly Knoxfield Ladies Probus Club members welcome visitors. Your first visit is complimentary. We meet at the Wantirna Club, 350 Stud Road Wantirna at 10 am every third Wednesday of the month. For further details, please ring Val on 9763 6175 or Jo on 9752 9219.



Living with Parkinson's disease

Some years ago I was diagnosed with Parkinson's disease. I was also told then that I had a kidney disease

At the time I had no idea what that meant to me, and how it would affect me in my future life. All I knew at the time was that I was always very tired after a day's work, and my right hand was shaking at various times of the day. My right leg would also shake while I was sitting down at night watching television. I was suffering muscle soreness and I was cramping up in bed at night.

I have been suffering with osteoarthritis resulting with me having metal joint replacement in both my knees, both my shoulders and my two large toes. I went to my osteopath for treatment for that condition and it was she who first suspected that I had Parkinson's disease.

I spoke to my doctor and he sent me to a neurologist for tests. He ruled out stroke and brain damage and he eventually told me that I did indeed have Parkinson's disease. (PD) is a progressive, neurodegenerative disease that belongs to the group of conditions called motor system disorders. PD cannot yet be cured and sufferers get

worse over time as the normal bodily functions, including breathing, balance, movement, and heart function worsen.

Parkinson's disease most often occurs after the age of 50, and is one of the most common nervous system disorders of the elderly. The disease is caused by the slow deterioration of the nerve cells in the brain, which create dopamine. Dopamine is a natural substance found in the brain that helps control muscle movement throughout the body. At times I seem to hesitate when I try to stand, or pick up an object. I tend to lose my balance as the day goes on and at times I have to walk with the aid of a walking frame.

In 1985 I went to a routine check-up and the doctor told me that I had kidney disease, and I have been visiting a specialist for thirty five years. My kidneys completely failed about six months ago so I am on a dialysis machine every Monday, Wednesday and Friday for four hours a day for the rest of my life.

I have tried to be positive about the condition by eating all the right food that doesn't contain potassium. I am 66 years old and I'm still enjoying life and life is still good. I keep busy reading and writing and studying history. I love my four children and my eight grandchildren. I'll just face what happens to me in the future when it happens. There is so much information out there on the internet and there are lots of support groups on social media (Facebook, etc.). We only get one chance at life so it's so important for everybody with an illness or a disability to make the best of life while you can.

Parkinson's Victoria - ph 1800 644 189

<http://www.parkinsonsvic.org.au>

David Doughty

www.ddoughty.com

Naturopathic Case Study:

MOUTH ULCERS

J., 70 year old retiree, noticed two ulcers at the back of her mouth, she presented very tired and fatigued, with very tender face and glands.

The ulcers at the back of the mouth were producing pus and appeared infected and angry. She had been eating normal food which caused irritation.

Supplementation:

- Anti-inflammatory powder containing zinc, vitamins A, C and E, quercetin, rutin and selenium to aid mucous membrane healing and provide immune support.
- Iodine liquid as antibacterial - taken twice daily in water, swishing around mouth for 5-10 minutes then swallowing.
- Glutamine powder for mucous membrane healing - taken 4 times daily in water, swishing around mouth for 5-10 minutes then swallowing.

- Collagen-producing nutrients including lysine, proline, glycine, rutin and zinc to aid healing

- A good probiotic to support her immune system

Diet and lifestyle:

Liquid foods only - smoothies with high-quality plant-based protein powder, avocado and cashews; soup with good quality protein and vegetables.

Resting as much as possible

J. ate some acidic and solid food, caused instant inflammation of the ulcers at the back of mouth, redness expanded to original area - to middle of throat

She reverted to liquid food for another 5 days. Now the ulcers are all gone - only slight holes are left. J. began eating some more solid foods and the ulcers were completely gone after 7 days. J. stayed on the same protocol for another 2 weeks then stopped it.

Christine Gozlan, Naturopath at Essential Health Foods 246 Dorset Road, Boronia. Tel: 03 9762 6093

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Gore Fx

the story continues.

Danny Nolan

Back in early 2016 during my summer holidays I was walking through the AEC arcade to Boronia Square where I discovered a unique little shop with a figure of a zombie nurse with a sign around her neck stating: "Come In. We're Dead."

It was an offer too good to pass up.

Inside were all kinds of assorted weird and wonderful oddities taking up all the floor space and covering the walls. In this tiny shop no bigger than a small bedroom, all decked out in black behind a small counter sat Danny Wale among his collection of horrors. Above the door a small television played scary movies. Danny, an artist who creates busts, figures and other objects from his favourite horror films, had only recently opened the shop, suitably named Gore Fx before Christmas.

When I first met Danny, he had only just recently opened the shop as he run out of space at home to store them, but until he got somewhere larger, he would still design create and build his artworks at home. Because he was still working at his chosen trade as a carpet layer, he only opened the shop Saturdays and sometimes on a Friday or Thursday after work for a couple of hours.



Entering the Crypt

I was impressed, as I always am with people who try something a little different and I respect anyone who demonstrates a flair artistically. I dropped in on the shop for a chat and view any new items over the next year and learnt that Danny had supplied props for music videos and plays and did make up effects for paid commissions.

It came as a bitter blow when the tiny shop was broken into and items worth a considerable sum were stolen. In a strange twist, such readily identifiable items were never found or appeared on the usual sites for sale or disposal up to this day, leading to the theory it was done by someone who really wanted what they stole or, on the downside, realised they could never get rid of such unique things that they were destroyed.

Undeterred by this set back, in September 2017 Danny relocated into the shop opposite. A larger frontage that allowed not only for a showroom (and a place to actually make a cup of tea) but a workshop area where he could implement one of his dreams to start up classes to teach people how to sculpt and paint, with an emphasis on the horror genre.

The classes proved to be a great success and each class was booked out within days. During this time Danny also married his long-time girlfriend Skye – on Halloween of course - and started organising horror themed events, all the while keeping up his day job.

Danny's workshop



So, I become very interested when Danny announced Gore Fx were moving to even larger premises just over the border in Bayswater. What started out as a hobby to amuse himself has now become a flourishing art studio.

In December 2019 Gore Fx premiered its new showroom / studio. Situated in a small industrial estate at Factory 2 /35 Power Road, Bayswater. I paid a visit just before Christmas to check out the new digs and was very impressed. Gore Fx has expanded, now incorporating *ZombieHire.com*. a company that supplies people who act like zombies for role playing games and parties. The premises has a small showroom with items for sale featuring a great cross section of what Danny has created. There is a section dedicated to giving sculpture classes that doubles as an area for Danny's works on his art. Scattered all around are objects and life-sized statues that are for hire for functions and theme parties. At the rear of the premises is a studio that can be

used for professional portrait shoots, obviously using the unique Gore Fx themes. This area is also used by Skye for her Monthly YouTube channel to produce themed videos covering cosplay information, historical facts on horror movies and short sharp horror based comedy pieces gathering a cult status. You can watch these by putting *The Vampi Show* in the YouTube search bar. Be cautious though because some of the content is a bit risqué but being on YouTube it can't be that bad.

I've enjoyed documenting Danny Wale and Gore Fx's growth as it is satisfying watching someone's passion grow. Who knows, maybe my next article will be about their first foray working on a major film? Here's hoping!

You can visit Gore Fx every Saturday at the address above and follow them on Facebook for updates and course information.



Skys Youtube show Poster

THE HEAVINESS OF LIFE

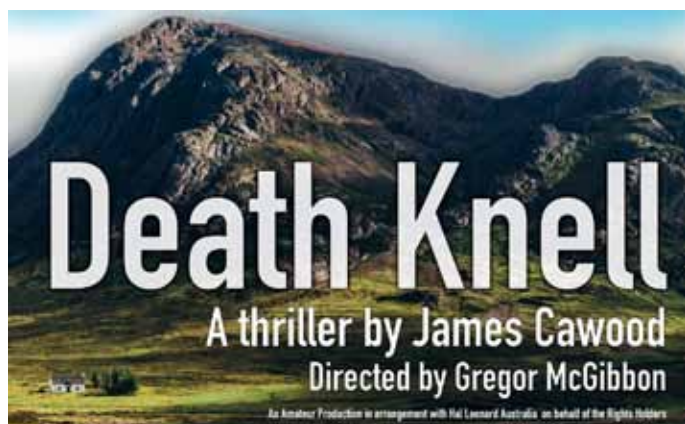
We have just emerged into a new year - how we travel throughout 2020 will depend on how burdened we feel about what lies ahead for us! So far, many have been beset by very tough times and much of the burden of grief and readjustment lies ahead.

Travelling overseas can be a very positive lifetime experience, with so much to see and enjoy! I am lucky to have visited many different places and experienced many different cultures, and loved every minute of it! It took a number of trips, however, to work out how to travel without the awkwardness and heaviness of luggage. In

the beginning, I just had to have this outfit or that outfit for whatever occasion I might need them. I felt I also needed to cater for all weathers, even if the forecasts were for warm and cold conditions. This, of course, meant a big, full to bursting suitcase with every condition considered! After breaking one handle, one zip, two hinges, and suffering with a sore back, I got the message that less is best with careful consideration and much thought on what to take and how to pack it! A seasoned travelling friend of mine taught me how to pack most things by rolling them, and stuffing shoes with undies and so on. By lessening my load, I was able to enjoy a painless journey without hassle, and had less to wash and pack away on return!

This lesson reminded me of a passage of scripture that

I have found so comforting in my journey with God – Matthew 11:28-30. It says : "Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light." Jesus was talking here of the troubles we encounter that seem insurmountable, but when these troubles are handed over to God in prayer, admitting that we can't go it alone, our burdens are made lighter and we can see more clearly how to move through those troubles. My prayer is that your travels through 2020 will be lighter when you journey with God!



Synopsis:

Set in an isolated hunting lodge in the Scottish Highlands, famous playwright Henry Roth and his wife, Evelyn, await the arrival of a young charismatic (but unknown) actor, Jack Willoughby who is determined to secure a role in Henry's new play.

What starts out as a seemingly innocent audition soon leads to an evening full of twists, turns and eventually !!!!!!! Mixing black comedy and shocks of the highest order, Death Knell reinvents the classic thriller genre and will leave audiences breathless and beguiled right up to the final curtain.

Showing at The Basin Theatre; a multi-award-winning company with outstanding hospitality. The low-ticket price of just \$27 includes sherry upon arrival, tea/coffee & biscuits at interval and patrons enjoy a light supper with a glass of wine while chatting with the cast at the end of the show. Opening night offers a Gala Champagne Supper with the cast. Generous Group Discounts also apply.

Performances Thursdays to Sundays from 14th February to 7th March 2020 at The Basin Theatre, corner Doongalla and Simpsons Roads, The Basin.

Book online at www.thebasintheatre.org.au or phone 1300 784 668.

The Basin Theatre is a gorgeous, small and exceptional theatre located in lush bushland surrounds that has been bringing excellent theatre to the public for over 65 years. The Basin Theatre presents

Season 1, 2020 - Death Knell - a thriller by James Cawood and directed by Gregor McGibbon
Friday, 14 February 2020 -
Saturday, 7 March 2020



Funds Flow To Local Schools

Jackson Taylor, MP for Bayswater, was recently pleased to announce over \$685,000 of funding, going towards six local schools.

Boronia K-12 College, Eastern Ranges School, Marlborough Primary School, The Basin Primary School, Bayswater Secondary College and Regency Park Primary School will all be benefitting from additional funds, secured by Mr. Taylor.

The funding is a part of the Victorian Government's Inclusive Schools and Inclusive Equipment Funding programs. Hundreds of schools right across Victoria will be benefitting from over \$75 million in total funding across both programs.

Locally in the east, these funds will ensure that the six schools will be able to purchase equipment and undertake works designed to support students with additional needs, to ensure that they get the best chance to get the education they deserve.

Projects include new sensory gardens, upgrades to play equipment and new synthetic running tracks and play spaces. This will mean that local kids will get their hands

on, play-based learning that will ensure that all students will thrive.

Mr. Taylor spoke to each principal once this funding was announced to share the good news.

The Andrews Government is building the Education State to ensure every student can access a great local school and get a great education.

Inclusive education is about ensuring that all students, regardless of disabilities or other differences, can fully participate, learn, develop and succeed in Victorian government schools.

Strengthening inclusive education for all students, including those with disabilities and additional learning needs, is fundamental to an equitable and excellent school system

"I'm rapt to have been able to secure these funds for our local schools who do such great work for all their students, said Member for Bayswater Jackson Taylor. "It's particularly important to back in some really innovative projects – disability should never be a barrier to learning and achieving."

"I've got a strong working relationship with all schools in our area, and I will unashamedly go in to bat for them at every opportunity. "I'm so proud to have been able to secure millions of dollars in upgrades in just a year for so many of our amazing schools."

Walking Football kicks off again at U3A Knox

Are you or your partner bored, don't get enough exercise, can no longer play the sports you used to love or just want to try something new?

Want to have plenty of laughs, enjoy camaraderie, make friends and kick a few goals?

Why not try indoor Walking Football. This is a modified version of soccer for both men and women over the age of 50 and you don't need to know how to play.

It is low-impact, team-based exercise wrapped in a whole lot of fun that aims to provide physical & mental health benefits, social connectedness and the benefits of ongoing physical activity. It's a great mood lifter and helps improve balance, mobility and coordination.

There are very few rules to remember, basically no running, tackling or high kicks but it's still challenging enough to make it competitive especially when your team is winning and you kick a few goals.

Our first term begins on 29 January 2020 so why not come along, chat to the team members and have a go before you commit.

If you would like to give it a try, enrol now online or via the U3A Office after January 28.

Walking Football is just one of the 168 courses and activities that run most weeks at U3A Knox. Last year we had 1460 individual members participating in these. If you are over 45 and no longer working full time you can join them. The courses and activities are listed on our website www.u3aknox.org.au

Have a look and when you find something you like, enrol & join online. Otherwise visit our office at 1a Park Boulevard, Ferntree Gully Office Hours 9.30am- 3.30pm Mon - Fri

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What a difficult start to a new year!!!

Are you feeling abandoned? Is anyone 'listening' to the heartache you're feeling? Have you, or loved ones, been affected in some way by the devastating fires over the last two months? IS anyone listening to you as you ask for action in regard to compensation or climate change? Is the whole situation just too big for you to comprehend?

You're not alone! And we don't have the answers at Boronia Road Uniting Church but we DO have a weekly worship service that will give you HOPE and offer you comfort and friendship as you work through all the issues concerning you at this time.

Every Sunday Morning at 10am...we have a user-friendly worship service..... kids activities, adult input encouraged, lots of singing – all followed by morning tea and fellowship.

Our Minister, Rev Ann Scull is supporting us here in Boronia as well as offering counselling and friendship to those in East Gippsland who have been affected directly by the bush fires.

OUR CHURCH is open each Tuesday, Thursday and Friday morning from 10am till 12 noon. During these

times we can offer friendship and a listening ear. Feeling lonely? Come along for a chat. We are also able to help out with food parcels (as long as you live in the Knox area and hold a current Health Care / Pension card) or really inexpensive, but good quality, clothing. Our volunteers will always make you feel welcome.

Every **Tuesday morning** each week from **10am to 12noon** you are invited to drop in for a cuppa & chat. **NO COST** and everyone is made very welcome.

On **TUESDAY, 25th February** you can join us for **BRUNCH from 11am..... a new initiative in 2020.**

There is always **LOTS** happening here! Special functions during the next few months.....

On **Sunday, 1st March**, we are hosting a Concert at 1.30pm by '**New Horizons Concert Band**'.

Cost will be \$15 for the concert (which will include a delicious afternoon tea).

Our **NEXT Makers and Growers Market....** will be held on **4th April 2020**. To book a stall or make enquiries contact irenesmith2@bigpond.com

Every Friday morning we have a Music Together session for pre-school children and their carers. Each fortnight on a Friday morning there is a Craft Group.

You can play 500 once a fortnight on a Wednesday night.....

For more information about us check out our web page www.bruc.com.au, or like our Facebook page, www.facebook.com/BoroniaRdUnitingChurch or phone the church office on 9762 6732.



OUR FIRST 'MAKERS & GROWERS MARKET'

(to be held in place of Car Boot Sales) will be held on **Saturday, 6th April**. If you know anyone who may want to take a stall at the Market – please let me know and I'll get all the necessary information to them.

I also have an electronic advert available for anyone who may have contacts in Market circles. Please pass on my details as appropriate. Many thanks. Irene Smith.



World Day of Prayer 2020: Friday 6th March at 10.30am at: Boronia Road Uniting Church, Boronia

The World Day of Prayer 2020 host country is Zimbabwe and the theme is "Rise! Take Your Mat and Walk".

Program written by the World Day of Prayer Committee of Zimbabwe for WDP 2020

Zimbabwe is a landlocked plateau country in the southern part of Africa. It is bordered by South Africa, Botswana, Zambia and Mozambique. Its climate varies by altitude.

Zimbabwe's capital is Harare and it is the largest city, followed by Bulawayo. The country has over 16 million people. English is the official language, but it is only spoken as the first language by 2% of the population. 70% speak Shona. 20% speak Ndebele. There are many other recognised languages.

Religion: The current Zimbabwean Constitution allows for freedom of worship and freedom of association. There is separation between state and church. Christianity is the major religion, observed by more than 80 percent of the population. It was introduced with British colonisation. The other 20 percent observe Islam, African traditional religion and Judaism.

Major tourist attractions include Victoria Falls, Hwange National Park, and the Great Zimbabwe Monument or Ruins from which the country derives its name.

World Day of Prayer will be held at : **Boronia Road Uniting Church, Cnr Boronia Road & Zeising Court, Boronia (opposite St Joseph's Catholic Church)**
Everyone is welcome to attend and join other local churches to celebrate together.
worlddayofprayeraustralia.org

Some more information:

Zimbabwe's major industry is mining of natural resources such as coal, gold, platinum, copper, nickel, tin, clay, and diamonds. Some of the country's produce is corn, cotton, tobacco, wheat, coffee, sugar cane, peanuts, and raises sheep, goats, pigs, poultry and cattle.

Zimbabwe exports cotton, tobacco, gold, ferro alloys and ivory; it imports machinery, vehicles, chemicals and fuels. However, with political upheaval, the economy of Zimbabwe has shrunk significantly and most of the industries are closed. Zimbabwe's currency has gone from hyperinflation, to being abandoned in favour of the US dollar, to being reinstated in an effort to stabilise their own currency, all in recent times.

The country of Zimbabwe has been in the news recently. The newly elected president has been sworn in after a tense and disputed election. Churches and ecumenical organizations are actively promoting peace education and civic awareness to engage the communities in peaceful participation. Prayer vigils, election monitoring and dialogues between civil society and the government were organized to have political transparency, and to promote healing in a country that searches for peace and reconciliation.



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Web: www.stpaulsboronia.com



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