

# Boronia & The Basin COMMUNITY NEWS

Issue 286  
March 2020



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## From the Editor...

### RUSH TO JUDGEMENT



The truly horrific crime of a man ending the life of his ex-partner and his three children, in an unbelievably cruel way, and finally himself, must be condemned by every sane and decent person, and rightly so. But not necessarily self-righteously so.

The storm of outrage swamped all efforts at understanding, as if understanding implied approval. After all, we try to understand the feelings and thoughts of those we love. Why should anyone use that social skill, waste that social skill, in seeking to understand a monster.

We saw and heard the outrage and fury when an experienced police officer, who has given most of his life to protecting us, suggested there might be some driving force that led to the tragedy. He did not say his ex-partner drove him to it, just that, perhaps, there was something that led to the murders.

That was clearly an outrageous thing to say, according to those who already knew the answer - at least in their own minds and the popular press. The volume went up, the incautious officer was stood down from the investigation, and the familiar cry of 'male violence' was heard loud and clear.

At a family violence conference I attended, the rush to simplistic, outrage-driven answers was commented on by a senior police officer who summed it up: "For every complex problem there is one simple wrong answer."

There is a natural human urge to seek vengeance for evil acts, to punish the offender, extract our pound of flesh and an eye for an eye. There seems a savage but just outcome when the perpetrator is punished equally. But there is a dark downside to seeking vengeance over understanding. And that is the failure of deterrence in stopping, or reducing the recurrence. Still we persist.

In this age of social media, where every event is published online and around the world. Judgement is swift and deviation from the socially acceptable standards of simplistic trial and error, although the error is hardly acknowledged and quickly forgotten if proved false.

But does it matter?

Are we not better off with the cathartic relief of venting our vengeful reaction to acts of unbelievable barbarity?

Perhaps at a personal level we are. I don't know, yet I doubt it. If we give away a little of our common humanity for the sake of our self-righteous rage, do we get it back?

But worst of all, and the reason we should encourage those who seek the complex reality ahead of simple hate, is that we can do nothing to stop what we refuse to understand. Labels alone won't do it.

*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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### BBCN Deadlines & Distribution 2020

Issue	Deadline	Distribution
April	9 March	28 Mar
May	14 April	02 May

### REMEMBER - MIDDLE OF MONTH

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.

Advertisements in this publication do not necessarily reflect the views of the committee of Boronia & The Basin Community News Asscn.

The political policy of the BBCN is strictly non-partisan.

### BBCN EXTRA COPIES

If you don't get your BBCN in your letterbox or you want extra copies - The Basin Post Office and Milk Bars, Boronia Mall, Boronia & Knox Libraries...

### Out of Area Subscription

If you live outside Boronia and The Basin and want to receive your copy of the paper - or perhaps you would like to have copies sent regularly to someone else - then the answer is annual subscription. \*Just \$26.00 a year delivers anywhere in Australia (or by appropriate rate anywhere in the world.)\*to cover new postal costs. Phone Margaret Comport (03) 9762 3020 or mail to PO Box 141, Boronia 3155



COMMUNITY NEWSPAPER ASSOCIATION OF VICTORIA

the voice of the community

MEMBER 2020

Boronia & The Basin  
Community News

Published by

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www.bbcn.org.au

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John Edgley ---- 0401 684 498

**NEW**

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If you do not get an acknowledgement - please assume your email did not arrive.

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Indexer: Vicki Court - (BBCN Index is on Eastern Regional Libraries' Website at www.erl.vic.gov.au through Community Data Bases.)

Enthusiastic, responsible people passionate about communication and their neighbourhood are needed to assist on the committee.

Design, Typesetting & Graphics

Mallee Bull Media

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Paul Kelly, General Manager. 5820 3273



Find us on  
Facebook





## Boronia VIEW Club

Boronia VIEW Club is on the lookout for women who are out to improve their social life and give something back to the community.

VIEW stands for the Voice, Interests and Education of Women. It is one of Australia's leading Women's volunteer organisations and supports the education of disadvantaged children through its charitable fundraising.

The Boronia VIEW Club is part of a network of over 300 clubs throughout Australia.

Boronia VIEW Club meets on the 3<sup>rd</sup> Friday of each month at the Eastwood Golf Club, Liverpool Road Kilsyth at 11.30am. A two course meal is enjoyed at a cost of \$25.00.

Our next meeting will be held 20 March and it will be the club's 30th birthday. For this special event lunch will be \$28 (this increase only once in the year).

So, ladies come along (wear your pearls) and be entertained by the vocal quartet The Hot Flushes.

Our club holds several outings and activities throughout the year and has small groups of ladies who meet monthly to play cards, meet for coffee or discuss books that they have read.

The club's aim is to support hardship students, therefore we proudly sponsor eight students through the Smith Family's Learning For Life program.

We are always looking for Ladies of all backgrounds and ages to join us.

For information regarding membership please contact Margaret on 0402 488 757 or Judith on 9764 8602

## Speaking Made Easy

A national women's only speaking organisation, where warm, friendly women of all ages meet

regularly to practise their speaking and presentation skills. Maroondah Group meets on 2nd &

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More Information Visit

Speakingmadeeasy.com.au



**FREE Concert in  
The Basin Triangle Park at  
The Basin Music Festival**

## Curlew Sandpiper (*Calidris ferruginea*)

Now if ever there was a species which I probably thought I'd never describe it would be this bird. My Pizzey and Knight Field guide was written in 2013, and in the status section the description is as follows, "Widespread, common summer migrant to Australia". That was 7 years ago. Do you want to know their current status; critically endangered. These birds are racing towards extinction, and if you don't see your future intrinsically interwoven with this bird's future, you're sadly misguided.

I'm sure many people see me as a doom and gloom merchant, I prefer to be described as a realist. Like Greta Thunberg, I'm not particularly interested in your economic fantasies either. Politicians with nothing between the ears except dollar signs are very dangerous people. Did you know that at the last federal election 1.5 million dollars of undisclosed donations were given between the two main political parties? Sounds very much like a scratch my back and I'll scratch yours situation to me. Who donates money to a political party without expecting something in return?

You probably get the feeling I'm mad, real mad. Yes I am. Describing the Curlew Sandpiper will calm my anger so here goes. A visitor to our shores from North-Eastern Siberia they arrive in August and depart in April, and like most of our shorebirds, travel along the East-Asian- Australasian flyway. This flyway is used by 55 different species of migratory waders, which equates to about 5 million birds. The approximate route taken by our shorebirds is Broome, then stopovers into Japan, Korea and China, then either east across the Pacific into Alaska and beyond or north-west into Russia, Mongolia and Siberia.

Curlew Sandpipers are in their non-breeding plumage in Australia, being a uniform grey brown with a long down curved black bill and jet black legs, and are often associated in mixed flocks with other small waders, mainly Sharp-tailed Sandpipers and Red-necked Stints.

On a recent trip to the Western Treatment plant I happened to meet a famous Australian ornithologist called Tim Dolby. Tim had with him an American couple who co-incidentally had come to the WTP to expressly see the



Page 3 Bird



Photo courtesy Kim Wormald

Curlew Sandpiper, maybe to get them on their life list while they still can. Even more of a coincidence was the fact that as they pulled up I had a Curlew Sandpiper clearly focused in my spotting scope at that very moment, so gladly obliged them with a look. Tim explained to me that researchers are at a loss to explain this bird's demise occurring so rapidly, but guessed that one of the stopovers, or petrol stations as he aptly described it had been destroyed. With the rapid expansion of development in this region, it could be any one of them. Two other species of migratory waders are also in drastic decline, the Eastern Curlew and the Red Knot. For our sake as well as theirs, we hope the future takes a turn for the better.

Des Palmer

## MEMENTO

Women Photographers' Exhibition

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Memento

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13 FEBRUARY – 8 MARCH 2020





## Knox Police News



### Greater Knox Dental

Dr Jamie Zhu & Associates

Ph: (03) 8201 7388

165 Dorset Road, Boronia

[www.greaterknoxdental.com.au](http://www.greaterknoxdental.com.au)

Greater Knox Dental is your modern, affordable, family-focused Dental Clinic. We are a local family owned and operated Dental Clinic. Dr Jamie Zhu and his team pride themselves on providing comprehensive dental care to all.

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## NEW PATIENTS WELCOME



Of all crimes, the most likely to impact you, your friends or your family, are SCAMS.

As a Police officer, I speak to community groups on a regular basis. When I ask for a show of hands by those affected by car theft, burglary, assaults etc, few hands go up. When I ask for a show of hands by those affected by a scam, or personally knowing someone scammed, a lot of hands go up. To make it worse, we know that many scams are not reported, due to embarrassment.

## SCAMS TARGET YOU

Scams cost everyone and anyone can be a target – you may already have been scammed.

The surprise lottery win in the mail, the email claiming to be from your bank, the “free” holiday, the “guaranteed income”, the “amazing” share offer over the phone – all these can be scams. Some are very easy to spot while others are so sneaky you may not know they are scams.

## YOU CAN PROTECT YOURSELF.

Most scams need you to do something before they can work, like;

- Sending money based on a promise that turns out to be false
- Giving out your personal details to people who turn out to be scammers

- Agreeing to deals without getting advice or buying a product without checking it out properly

### YOU CAN PROTECT YOURSELF.

Firstly, remember the golden rule, “if you didn’t expect it, you should reject it”. (or at least have it thoroughly checked out first, preferably by a trusted professional)

#### Money

- Never respond to an email asking you for PIN’s or passwords
- Never send money to someone you don’t know or trust
- Only invest with licenced financial services providers.

#### Phone

- Be suspicious of unexpected calls and text messages, verify any requests from service providers by ringing them back on phone numbers on accounts or letterheads
- Hang up on unsolicited calls, do not reply to unsolicited SMS messages
- Don’t give out your number to just anyone
- If a caller asks you a question such as, is this (your name), don’t answer, “Yes.”. Answer, “Who is this?”. They may be seeking a recording of you saying, “yes”.

#### Computer

- Keep your protection software up to date
- Don’t respond in any way to unsolicited emails
- If in doubt, delete
- Don’t use free wi-fi for confidential transactions

#### Identity

- Never give out your personal information to someone you don’t know or trust
- Don’t just bin it, destroy it, (old bills, records or expired cards)
- Check your credit report frequently

To Find Out More About Scams and to Report Scams, Visit [www.scamwatch.gov.au](http://www.scamwatch.gov.au) To report Cybercrime, visit [www.acorn.gov.au](http://www.acorn.gov.au) Please share this message with others, especially those who may be more easily targeted by scammers. Thank you.

### The Internet

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## Boronia Veterinary Clinic & Animal Hospital

181 Boronia Rd, Boronia (Cnr Langwith Avenue)

Phone: 9762 3177

\*Serving the community for over 45 years\*

181 Boronia Road, Boronia (Cnr Langwith Ave)  
[www.boroniavet.com.au](http://www.boroniavet.com.au)

The Boronia Veterinary Clinic and Hospital has been in existence for 40 years and under current ownership for greater than 30 years.

With 16 veterinarians on staff, we are one of the largest companion pet only veterinary hospitals in Melbourne. This has allowed us to offer a very broad range of services and expertise uncommon in other veterinary clinics.

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



It's been another big month, but before I kick into it, I'd like to start off first by thanking The Basin Boronia Community News for the valuable service they provide to the community. You've done a great job on keeping our local community informed for years, so thank you.

Now, I am very pleased to let you know that our half price solar panels program has now been accessed by hundreds of locals across the area with the average bill down by about \$900. It's great for the environment, great for local jobs and puts money back in your pocket. For more info, please head to solar.vic.gov.au.

I also recently got the opportunity to visit the much beloved Angliss Hospital with my friend James Merlino MP to deliver a Baby Bundle to new parents Jade and Tristan, who were celebrating the birth of their first baby, Billie. They were very pleased to learn about all the great items inside, which include books on parenting, a cotton-swaddle, teething rings and much more. These Baby Bundles are being delivered to over 35,000 new parents each and every

year, courtesy of the Andrews Government. A big thank you to the amazing staff there in maternity and at the Angliss, you are all amazing people.

With school back in full swing, I've also been out to many of our local primary schools to welcome new preps. While starting a new school can be a bit daunting, I was so impressed with the way all the preps welcomed me. I also got the opportunity to deliver some of new preps their own prep bags. Which every prep in every government school received, thanks to the Andrews Government. They're full of excellent Aussie books, a ruler and even a drink bottle. Let me tell you, they were very excited (and showed great listening skills as I read a bit to them, too!)

I want to give a quick shout out to one of our great local multicultural groups, the Fijian Elderly Citizens Association, who helped raise over \$25,000 to go towards bushfire relief. They recently sent a 25 person team down



to Traralgon to help with donations to go to those most impacted by the fires. Well done!

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.

## Baby Bundles Continue To Delight New Parents

Delivery of Baby Bundles to new parents is well underway right across Victoria with more than 20,000 bundles being delivered since July 2019. This includes here in the east, too, with Deputy Premier James Merlino and Member for Bayswater Jackson Taylor presenting a Baby Bundle, chock full of goodies, to new parents Jade and Tristan.

Jade and Tristan have recently celebrated the birth of their first daughter, Billie, and were delighted to accept the Baby Bundle from Mr. Merlino and Mr. Taylor.

Becoming a new parent is an exciting time for people, but oftentimes, it can be daunting. This is why the Andrews Labor Government has delivered on an election commitment by providing every new parent with a Baby Bundle - around 35,000 first-time parents are receiving free Baby Bundles every year in maternity hospitals right across Victoria.

The bundle is valued at \$150 and comes with a teething ring, nappy bag, safe sleeping bag, a cotton wrap, first aid kit, baby sunhat, toothbrush and a grow suit.

A booklet developed in collaboration with Raising Children Network provides vital information on child health, safety and learning and emergency contacts.

There are also four picture books for various stages of a child's development. Almost 1,200 people had their say on which books should be selected for the bundle, with the public nominating 332 different books.

A panel of experts in childhood literacy and development decided on the winning books, all by Victorian authors: • Baby Days by Nicola Philp

- Ten Little Owls by Renee Trembl
- Puddle Hunters by Kirsty Murray and Karen Blair
- Gumtree Buddies, a soft pram book produced by Tiger Tribe

It is all part of the Labor Government's \$213.7 million plan to give new parents the information, support and care their family needs - with new parenting centres, more maternal and child health nurses and round-the-clock specialist sleep advice.

Deputy Premier and Member for Monbulk, James Merlino said: "I was delighted to join Jackson Taylor to present one of the State Government's free baby bundles to Jade and Tristan, who welcomed their baby girl Billie into the world recently."

*"It was amazing to chat with the staff at the Angliss about the exciting and challenging aspects of their jobs. The staff at the Angliss do an amazing job and it was terrific to listen to their stories about the incredibly important work they do."*

Member for Bayswater Jackson Taylor added:

*"It was great to meet new parents Jade and Tristan and their new baby, Billie. It was great to hear how stoked they were with the Baby Bundle."*

*"Becoming a new parent can sometimes be a bit daunting - so the Baby Bundles are a great way to take a bit of pressure off."*

*"My thanks especially to the whole staff at the Angliss for*



(L - R) Jade and Tristan with local member Jackson Taylor & Deputy Premier and Member for Monbulk, James Merlino

## Walking the News...



### March issue

#### Distribution

Our grateful thanks to Leslie & Miro Krsevan who have resigned from their walking rounds. Many thanks for all

your help, we wish you well.

Permanent Walking rounds currently available are: The following rounds are available, if you can assist with these deliveries, please contact me, details below.

#### Boronia:

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

Part Hazelwood Rd, part Dorset Rd, part Wattletree Road, Wadi St., Sutton Av., Phyliss Av., Esther Ct., Aubrey Gve. (190 papers)

Paton Ct., part Boronia Rd. (75 papers)

#### Temporary / Casual walkers or drivers:

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 temporary sick, so if you have any time to assist just once a month, please phone Veronica on 0403 522 308.



# Adventures in Collecting (and Clearing)

Danny Nolan

My wife and I are collectors - something that grew over the years with our personal interests and hobbies. We started to get a bit more active when the house was paid off and the kids grew up and left home and there seemed to be a bit of extra cash lying around. As tastes refine or interest grows, it just seemed nice to maybe have something that was unobtainable when you were younger that you now can afford or that recreates some memories of a time that was important in your life.

For me, it's toys, musical related items such as records, ephemera and instruments, steampunk, and books on the aforementioned subjects. While my wife is into all things crafty like quilting and sewing (which includes sewing machines of all ages and sizes) and recently she got into papercraft, like cards, rather heavily. She also likes old farm items and cast-iron things for the garden like milk cans, scales, shoe lasts and other instruments. We're talking seed distributors, ploughs, wood stoves and even a single horse carriage.

Basically, our house is a curio/toy store/ museum.

Last year I decided to unload some of my excess stuff, mainly to make some room, also because we were starting to see the fine line between collector and hoarder. I set up a stall at a market day and it proved quite successful. This got my wife thinking. Maybe we should get a more permanent arrangement like a stall and get rid of the stuff we really didn't care for anymore. This made sense, as the kids had moved out, we had several empty rooms that seemed to be turning into storage rooms for stuff that had been replaced, got in the way or I refused to put in my shed.

So when September came around we did some metaphorical Spring cleaning. My wife visited the local antique warehouse - *Hunted* - in Kilsyth and we checked out the rates. The arrangement is you have a stall number, you price everything and mark it with your number and the proprietor keeps a record of everything you sell whilst keeping 10% commission. After much humming and hawing, mostly due to my tight fist and fear of letting something go that I might regret, we booked a stall. Now we had to find something to put in it.

My first fear was that my wife would be hesitant to part



*Our stall at Hunted*

with any of her stuff, but she was a champ and in the end, I had to tell her that we won't be able to fit all the stuff into the three by two-metre stall we had rented. Of course, we had to make it all look presentable so that people wouldn't walk past it. That's when I decided we had made the right decision. It was like starting up our own little collectable shop (one of our kid's said *Op Shop*). It was fun organising the layout, finding old shelves and tables, working out some signage and merchandising. All of a sudden, we had a new hobby.

We found ourselves discussing what would fit best and how the customers could walk around. Should we have furniture for sale that doubled as tables to place smaller items? Should we hang things overhead? In the end, we had to accept that we would have to release stock in stages because we had too much, plus we weren't sure what would sell or if anyone would want to buy anything at all.

In the end, we had a nice mixture. We used an old dresser that had previously been shifted to every room in the house. We put a silly price on this because it was large with mirrors and could hold lots of stuff on top as well as beneath it and the three mirrors would reflect the other side of the stall as people approached. We overpriced it to keep it as a useful display.

I had some old shelving from work to hold books and

crochery, we put all the cast-iron in a corner and hung pictures, mirrors and musical instruments on the three walls that made up our little area. When we were happy with our set up, we walked away and hoped for the best.

The first thing we sold was the dresser.

So, we had to go back and reorganise everything that had sat on and below it. Then the one we replaced it with, a smaller cabinet, sold as well after we reset the stall. It would be annoying if it wasn't exciting and profitable.

Things we thought would be slow movers sold quickly, others we were sure would sell quickly took a lot longer. We couldn't quite pick the market. After four months we are still there, still in front financially and are still constantly changing the stall around to keep it fresh, exciting and full.

One of our kids can't understand why people want to buy other people's old garbage. He says the place smells of old stuff and dust. Maybe he's not old enough to appreciate history in its physical form and needs a few more years to appreciate what gets left behind as technology speeds ahead. I'm just grateful things I once treasured are getting a third lease on life with someone who may have been searching for that one special thing and found it in my little treasure trove. And at the same time giving me some extra cash to buy more.

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# 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



**FERNTREE GULLY ARTS SOCIETY**



157 Underwood Rd, Ferntree Gully

*"Palette" by Liz*



**March Exhibitions  
In The Gallery,  
"Down By The Sea"**

A Member's Exhibition featuring their many interpretations of, Down By The Sea, in a variety of mediums.

**In The Foyer**

Featuring our member, Ron Ashworth's exhibition "Escapes"

Weekends From the 14<sup>th</sup> to the 29<sup>th</sup> of March.

**All Welcome, Free Entry.**



**The Basin  
Community House**

The Basin Community House Inc.  
21 Liverpool Road, The Basin VIC 3154  
PH 9761 0209 E info@basincommunityhouse.org  
www.thebasincommunityhouse.org.au

**Course & Activity Guide**

**Term 2  
2020**



**Computers & Technology**

**Computers for Beginners**  
Wednesdays 9.30am to 12.00pm  
22<sup>nd</sup> April – 10<sup>th</sup> June  
\$50

**Powerpoint and Publisher**  
Wednesdays 12.30pm to 3.00pm  
22<sup>nd</sup> April – 10<sup>th</sup> June  
\$50

**iPads – Beginners**  
Fridays 9.30am to 12.00pm  
1<sup>st</sup> May – 19<sup>th</sup> June  
\$50

**Computers Next Step**  
Fridays 12.30pm to 3.00pm  
1<sup>st</sup> May – 19<sup>th</sup> June  
\$50

**Digital Photography – Part 1**  
Monday 7.00pm to 9.30pm  
20<sup>th</sup> April – 15<sup>th</sup> June  
(No Class 8<sup>th</sup> June)  
\$50

**Digital Photography – Part 2**  
Wednesday 7.00pm to 9.30pm  
22<sup>nd</sup> April – 10<sup>th</sup> June  
\$50

**Tech Support Drop In**  
Monday 9.30am – 11am  
20<sup>th</sup> April – 15<sup>th</sup> June  
(No Class 8<sup>th</sup> June)  
Free

**Industry Preparation**

**Intro to Real Estate**  
Fridays 10.00am to 12.30pm  
1<sup>st</sup> May – 19<sup>th</sup> June  
\$50

**Back to Basics Cooking**  
Mondays 12.30pm to 3.00pm  
27<sup>th</sup> April – 1<sup>st</sup> June  
\$100

**Woodwork for All**  
Wednesdays 5.00pm to 9.00pm  
22<sup>nd</sup> April – 10<sup>th</sup> June  
\$75

**Woodwork for Women**  
Wednesdays 1.00pm to 5.00pm  
22<sup>nd</sup> April – 10<sup>th</sup> June  
\$75

**Health & Wellbeing**

**Spiritual Awareness – Meditation**  
Tuesdays 7.00pm to 8.30pm  
14<sup>th</sup> April – 23<sup>rd</sup> June  
Wednesdays 10.00am to 11.30pm  
15<sup>th</sup> April – 24<sup>th</sup> June  
\$132

**Walking Group**  
Fridays 11.15am to 12.15pm  
24<sup>th</sup> April – 26<sup>th</sup> June  
Free

**Beginners Yoga**  
Monday 7pm – 8pm  
20<sup>th</sup> April – 22<sup>nd</sup> June  
No class 8<sup>th</sup> June  
\$108

**Yoga**

Tuesdays 7.30pm to 9.00pm  
21<sup>st</sup> April – 23<sup>rd</sup> June  
Fridays 9.30am to 11.00am  
24<sup>th</sup> April – 26<sup>th</sup> June  
\$120

**Armchair Yoga and Meditation**  
Friday 11.30am to 12.30pm  
17<sup>th</sup> April – 26<sup>th</sup> June  
\$120

**Weigh to Go!**  
Tuesday 10.30am to 11.30am  
14<sup>th</sup> April to 22<sup>nd</sup> June  
\$5ea

**Art & Craft**

**Bag making workshop**  
Saturday 10.00am to 1.00pm  
9<sup>th</sup> May and 23<sup>rd</sup> May  
\$40

**Colour and Chat**  
Mondays 1.00pm to 3.00pm  
20<sup>th</sup> April – 22<sup>nd</sup> June  
(No class 8<sup>th</sup> June)  
Free

**Card Making**  
Fridays 10.00am to 3.00pm  
24<sup>th</sup> April, 22<sup>nd</sup> May, 25<sup>th</sup> June  
\$5 ea class

**Patchwork and Sewing – Monthly**  
Thursdays 7.30pm to 9.00pm  
16<sup>th</sup> April, 21<sup>st</sup> May, 18<sup>th</sup> June  
\$60

**Craft and Chat**

Thursdays 12.30pm to 3.00pm  
23<sup>rd</sup> Apr, 14<sup>th</sup> May, 28<sup>th</sup> May, 11<sup>th</sup> June, 25<sup>th</sup> June  
\$5 ea

**Charity Group**

Fridays 10.00am to 3.00pm  
17<sup>th</sup> April, 15<sup>th</sup> May, 19<sup>th</sup> June  
\$2 ea

**Craft**

Fridays 10.00am to 3.00pm  
1<sup>st</sup> May, 8<sup>th</sup> May, 5<sup>th</sup> June  
\$2 ea

**Community Activities**

**Friday Night social**  
Friday 6.30pm to 8.30pm  
29<sup>th</sup> May  
\$5

**Community Lunch**  
Friday 12.00pm to 1.30pm  
12<sup>th</sup> June  
\$5

**Theatre Night**  
Thursday 28<sup>th</sup> May  
\$20

**Mystery Bus Tour**  
Tuesday 9.00am to 4.00pm  
26<sup>th</sup> May

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## Life Activities Club Knox

I know, I know, I have printed the list of activities in previous editions. BUT, we just may have new families, relocating to this side of town, Retirees, searching for opportunities to meet our members, to join in on outings, craft, cinema, dine-outs, walks, (suitable for Seniors), and to just go somewhere with others. i.e. to see beautiful gardens, old buildings, to walk along the beach or a river, or just to have a cuppa and chat.

Our volunteer conveners are always on the lookout for some adventure, investigating various areas, to either travel by public transport, on foot, and also by car-pooling. An extended Bus Trip of 5days / 4nights to Echuca is being organised by Frank and Lorraine. These trips are full of

*Come to **Armchair Travel**, so cosy to sit with others, watching various tourist sites, holidays, and countries.*

fun, sites and interesting stuff.

The '**Picnic In The Park**' will be at 5pm in the Arboretum, on March 12<sup>th</sup>. BYO food, drinks, chairs, etc. We're also visiting "Sages Cottage", in Baxter. A beautiful place with animals waiting for a pat, and \$7:50 for a guided tour. Car-pooling.

And if you still have time, you can join us on The Kerrisdale Railway. For \$28:00, we can ride the little train to the end of the line and back in time for a gourmet sausage BBQ with salad and biscuits. But wait, there is more:

To learn more about our friendly club, i.e. Life Activities Club Knox Inc., and/or for a copy of our current newsletter, please ring:

Carol on 9727 2726 or

contact us on [www.life.org.au/knox](http://www.life.org.au/knox)



**Erica Peters**

## Knox Environmentalist of the Year

Erica Peters was nominated by Richard Faragher for her ongoing commitment to the environment.

Erica is a Knox Environment Society (KES) committee member and a member of the nursery sub-committee. She is also a foundation member of the KES seed and survey team which travels around Knox and surrounding areas doing vegetation surveys and collecting seed and cuttings. This work takes many hours collecting seeds across the municipality and is often quite difficult. She is also an important member of the KES propagation team which works to grow over 80,000 plants per year.

Erica has also done all the paperwork for the KES Rare and Threatened species program which involves sorting and organising the approximately 6,000 plants of the Knox City Council Rare and Threatened species order.

Erica is also a Gardens for Wildlife volunteer who visits gardens across Knox to help people care for their gardens by giving advice and writing reports.

Erica is a great role model with her hard work, attention to detail, willingness to give many hours per week and her gentle and caring nature.

## Real ESTATE Month

Wow what a way to start 2020, buyer demand is back, evidenced by some exciting results at 21 Stuart St, needing a good refresh achieved over nine hundred thousand at auction. While 19 Royalden CI had over 70 people watch the price rise sixty thousand more than expected.

Yes Boronia and The Basin are doing better than ever, so if you are thinking of making a move, now could be that time!

### The Basin

1 Fern Street \$801,000 3 bed 2 bath  
21 Stuart Street \$918,000 4 bed 2 bath  
69 Government Road 4 bed 2 bath

### Boronia

22 Kleinert Road \$740,000 3 bed 2 bath  
17 Avington Crescent \$683,000 3bed 1 bath  
19 Royalden Close \$721,000 3 bed 1 bath



**Anthony Vlek 0468 477 744**

**BORONIA SALVOS MARKET DAY**

SATURDAY MARCH 21 2020  
9AM-2PM

**All Welcome**

Pet friendly

Assorted Stalls

Fresh Foods, Gift Items & Much Much More

Do you have items in your shed you would like to sell? Book a site today!

Site Fee \$25  
For bookings contact Joan: [joanhux@gmail.com](mailto:joanhux@gmail.com)  
General enquiries - 9762 7604

2 Liverpool Rd, Boronia

## Salvation Army



Hoping everyone has had a safe and happy new year!

Salvation Army Boronia would like to invite the community to our annual market day at 2 Liverpool Road, Boronia on Saturday 21<sup>st</sup> March 2020 between 9am-2pm.

All Are Welcome!

We will have assorted stalls consisting of fresh foods, gift items, home knick knacks, there will be local businesses available to broaden the community's knowledge on what they have to offer and much, much more.

The event is pet friendly; please feel free to bring your furry friends.

There will be children's activities to keep the kids entertained whilst you browse the stalls for some goodies.

The proceeds of our annual market day goes straight back into our local community to help with programs such as our doorways project, which entails emergency relief, our youth and children's programs which consist of the Loft Project, Kids Club and Youth Group, which works with young people in our community.

If you have items in your shed, you would like to sell, book a site today.

Hope to see the entire family there.



# Home at Last in The Basin

## Painting a picture of Michael (Mick) Ferrier



### PROFILE

by Lynette Hayhurst

art if you were a competent drawer and he wasn't, so he had to do sport which he hated.

He was greatly influenced by the New York School for abstract expressionism and he has mastered and honed his skills in this area, reflected more recently in his work on the horrendous fire season we are experiencing. He told me, "...if I was told I couldn't create anything I would die for the right to do that. It (art) testifies the reason we feel certain ways, and it beautifies and balances society."

Mick harks from the beautiful country town of Warrnambool. Over the years this town kept calling him home. He was born there in 1957 and remembers well his teen years when his work life began. It was the time just before the Warrnambool Cup with the early rain, when he would spend time cutting mushrooms, boxing them and selling them for money. He tells me he came from a poor family but they were rich in family networks because his mum was one of 11 kids and his dad was one of 4 kids.

Mick stayed there until he finished Year 11 and moved to Melbourne as a 17 year old, living there with his grandparents in East Brighton. His work life began by entering the Public Service, working as a clerk for the Police Department, but he was homesick so in 1973 Mick headed back to Warrnambool.

Over the next three years he followed his other passion of surfing and travelled all around Australia with some mates. He loved it! Mick worked for many years as a concreter and a solid plasterer, troweling mortar on walls in home,s then as a builder for 11 years on wages working on major constructions like the \$60,000,000 Nestle project, building a drier for the company. He loved working with the plastering gang the best.

Meanwhile, Mick married and had two children, he married a Hamilton girl who worked at the famous Fletcher Jones factory in Warrnambool. Mick tells me he suffered depression and finally, in 1996, he left his family, his wife and two children (15 y.o. and 9 y.o.).

He then decided to study for two years and completed a Diploma of Community Services focusing on the welfare area. It was during this time he mixed with what he calls "subversive" people who were not happy and wanted to change the system, and his love of politics and sociology flourished and grew during this time.

He worked for a number of years for Child Protection with the DHS, minding kids on visitation in the Western District. Mick's next move was to Melbourne where he worked for seven years at Uniting Care in the Knox Youth Services with young homeless males. From there he went on to work at Croydon Community School and Heathmont Secondary school counselling and case manager work until 2016.

In the last three years with Croydon Community School, Mick completed a Bachelor of Social Work with the support of his employer, an amazing achievement whilst working. However, the pressure and stress of working in this field



in his words, "...did my head in." and he succumbed to depression. But,, with his indomitable spirit, he went "back to the tools," returning to his trade work painting, tiling and plastering. Mick takes me out his back door to his painting room with his recent painting of the devastation of the recent horrendous fires, so his creativity continues.

Mick's other passion is equity and justice in the system for all, hence his love for and his involvement in politics, where he has found himself in hot water in the past for openly expressing his views, even losing his job because he stood up for his principles.

With great sadness he explains that his older sister, who had rubella as a child, was "deaf, dumb and blind" and at the age of 16 she was moved to Kew Cottages which was later sold by the government. She was then moved to Ararat Jail, separated from the sex offenders and pedophiles. She died in 1972 and her parents were not told until three months later. That's a terrible injustice and his dad was "...mad as hell."

He tells me that on his Facebook page there is no photo of him but of Charles Darwin who is a true hero in his mind because, he says, Darwin fought the church, politics and the intelligentsia of the day and showed them that they were all wrong.

On the topic of changes he has seen in his lifetime he thinks for a moment and says, "I think mobile phones are 80% ill and 20% good - it doesn't teach young people to communicate effectively - language is about nuances."

Mick says, "Conservative politics is rampant, I mean rampant, they can do what they like. So it is good that we must vote."

Mick finishes with his family and speaks with warmth and appreciation for his longtime partner Maureen and says "I owe her everything." Then he tells me with great pride about his beautiful daughters Alexandra and Erin and his beautiful grandchildren. His philosophy in life is summed up in his own words, "I worked hard all my life and I tried to just make it a beautiful world by encouraging the good and displeasuring the bad. I've tried to be a good man and be vocal against those who are clearly messing this world up."

Mick tells me with a twinkle in his eye and a warm smile that "...the Basin community has accepted me for who I am. If I put an 8 foot spider on my roof no one will condemn me for it."

In fact, one of Mick's passions is art and in his front yard are his early works using recycled materials. Of the four modern sculptures, one is a tall man he calls the "Emissary" who he says is sent from far away to warn us how we are destroying this planet. The idea came from an episode of Star Trek titled "The Emissary." The other three are on the theme of creatures that, after the females mate with their partners, they eat them. They include a shark, a red back spider and a praying mantis. So, watch out fellas, be sure the sex you might have is worth dying for.

If you come down Conyers Street, The Basin you will see Mick's art works on display in the front yard and you can even make him an offer.

Mick has also found a creative outlet for his "garden based" art, creating metal sculptures for points of interest in the garden and these are on display at the new nursery in The Basin simply called, "boho."

When he talks about his "art thing" Mick says he was a late bloomer. In the late 60s he attended the Christian Brothers College in Warrnambool and they only let you do





# Knoxfield Ladies Probus Club



The Sunday Brunch at Tosaria's Restaurant in Rowville is always well attended, even though the meeting time is 9.30 am. Somehow we manage to leave just before lunch, after an early coffee, a healthy and satisfying meal and always, much chat and laughter. The Probus motto of friendship, fellowship and fun is clearly apparent at our monthly meetings and outings. It is also rewarding to share lunches and outings with members of other Clubs, as well as attending Information Days promoted by Probus South Pacific Limited which provides a wide range of services for the Probus community, including insurance, member benefits, administration and support to Clubs and Members in the South Pacific region.

We are looking forward to our first bus trip this year, to the Dolphin Research Institute at the Westernport Marina. This not for profit Institute provides education for all school levels as well as adults. Our visit will begin with video footage of some of Victoria's living marine treasures;

the underwater images of creatures in Western Port and Port Phillip taken by the DRI researchers and supporters. We will then move on to the Tyabb Packing House Antiques Centre in Mornington-Tyabb Road located in a 100 year old Coolstore, with areas dedicated to antiques, art deco, old wares, industrial, retro and vintage. At the rear there is a Village of artisans and creative specialists; not to forget the Rattling Red Café and the Little Pig Café. The original Old Wares Market began in Moorooduc in 1980, however the business expanded and moved to Tyabb in 1993.

Our last outing for the month is to the 1812 Theatre in Ferntree Gully, to experience their production of "On Golden Pond". Sherries and supper are also eagerly anticipated.

Our friendly Knoxfield Ladies Probus Club members



welcome visitors. 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.



## Knox & District Over 50s

Reader,

If you are over fifty years' old and looking for activities to enjoy in the company of people of a similar vintage, we would like to extend an invitation for you to come along and join us at the Knox Over50s Social Club. Like a fine wine improves with age, you may find that the "hill you are over" can provide a very pleasurable down-hill ride!

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.

Meetings are held on the 4<sup>th</sup> 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 held on **Tuesday, 24<sup>th</sup> of**

**March.** Following the business of the meeting we will have morning tea and then be entertained by a guest speaker – with our list for 2020 including the Waverley Bonsai Group, Boronia Veterans Op Shop, Cellular Health, Elderly Abuse, Cliff Hardy and Bev Moss.

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 information on 9801 4363



### Exercise Physiology is Exercise Prescription and Lifestyle Modifications

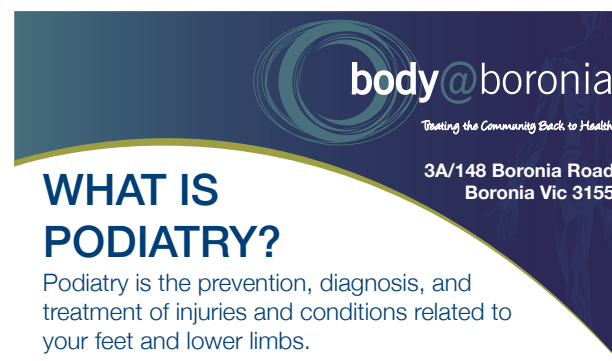
The primary aim is to encourage lifestyle changes that are sustainable in the long term to improve quality of life.

Treatment modes include:  
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Lifestyle Modifications  
Exercise Prescription  
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Self Management

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- Children's feet

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| <i>Anxiety</i>                  | <i>Relationship difficulties</i>           |
| <i>Stress</i>                   | <i>Parenting problems</i>                  |
| <i>Sleep problems</i>           | <i>Relaxation skills</i>                   |
| <i>Chronic pain and illness</i> | <i>Learning and behaviour difficulties</i> |
| <i>Sexual abuse</i>             |  |

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2 Park Crescent, Boronia  
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At the end of each year, I have the pleasure of recognising some of our great young citizens in Boronia and The Basin area through the presentation of the Aston Shield.

In each school, the Shield is awarded to a student for good citizenship; someone who has demonstrated compassion, a commitment to others, and who has been a great role model for their school and community.

The Aston Shield is awarded in the spirit of Tilly Aston, who was a remarkable woman in Australian history who did so much for the welfare of blind people. The Federal Electorate of Aston (which covers most of Knox) is named after her.

Tilly was born in 1873 and was completely blind by the age of seven. Yet, despite her obvious challenges, Tilly's courage and tenacity brought great advancement for blind and vision impaired people. She secured voting rights, better access to public transport, and established the first braille library. (Tilly herself had to drop out of university because there were no braille books). Finally, she set up Vision Australia – an organisation that still exists today and helps tens of thousands of people each year.

I am very proud of our young winners. If Tilly were alive today, I am sure that she would also be very proud.

The winners who received the Aston Shield, in the Boronia and The Basin area, in 2019 were:

- Sienna Mansell from Bayswater South Primary School;
- Alicia Shrestha from Bayswater Primary School;
- Abby Kirsch from Boronia Heights Primary School;
- Alyshia Southward from Bayswater Secondary College;
- Alovi Gomes from Our Lady of Lourdes Primary School;
- Talia Lamers from Boronia West Primary School;
- Joshua McLean and Sabina Blewer from Boronia K-12 College;
- Riley Edwards from St Joseph's Primary School;
- Dyllan Marget from Knox Central Primary School;
- Zane Smart from The Basin Primary School;
- Sierrah Maher and Jess Smith from St Bernadette's Primary School.

Congratulations to our outstanding young citizens.  
The Hon Alan Tudge, Federal Member for Aston.




# Alan TUDGE MP

Federal Member for Aston

Real Action For Knox

[f tudgeMP](#)
[✉ alan.tudge.mp@aph.gov.au](mailto:alan.tudge.mp@aph.gov.au)  
[☎ 9887 3890](tel:98873890)
[🌐 www.alantudge.com.au](http://www.alantudge.com.au)





# Without CONSENT

Australia's past adoption practices

## Forced Adoption

On 28 May 2019, Victoria's Attorney General, The Hon. Jill Hennessy, announced that a new parliamentary Inquiry into support services and responses to the issue of historical forced adoptions in Victoria. Ms Hennessy advised that "Danielle Green MP - Member for Yan Yean and Mary-Anne Thomas MP came to me earlier this year and shared their constituents' powerful stories of forced adoption." Reporting by December 2020, the committee will provide women and their children the opportunity to tell their stories."

This article is to provide information about this Inquiry and propose some things to consider and what you might need to prepare if you want to make a submission. Details of this Inquiry can be found at <https://www.parliament.vic.gov.au>

It is estimated that 250,000 Australians were affected by the policies and practices of forced adoption, with most adoptions occurring between 1950 and 1975: The policies saw unmarried mothers forced, pressured or coerced to give up their children rather than bear the shame and social stigma of pregnancy and birth outside marriage. Such pregnancies were shrouded in secrecy and the mothers hidden away until the post-partum period, when they were expected to return home, forget about their babies and get on with their lives.

But they did not forget.

The history of forced adoption is a dark one, punctuated by lies, manipulation, secrecy, cruel words and illegal actions. If there is any woman who was forced to give up their babies during this time, now you can have your say. If you need help please don't hesitate to contact Jo Fraser on 0409 442 701 or [jofraser@tpg.com.au](mailto:jofraser@tpg.com.au)

If you need help or have any questions, it really helps to talk.

## Nancy's story.

I feel like I gave birth to a faceless baby, on the 13th May 1972, at the Women's hospital in Carlton, Victoria.

I was sent to a home for unmarried mothers, I was not given a choice. To me it was like a prison, a little room with a single bed, wardrobe and a small window. A big shower and toilet, one day room where we could sit, read, watch tv or do our own thing. We lined up in the dining room to be served our meals. We worked like slaves, my job was working in the kitchen preparing meals, making sandwiches and handing them to the homeless through a square hole in the locked gate. This was frightening because they were dirty, unshaven, teeth missing, smelt terrible.

We were given a ring to wear on our wedding finger to hide the shame, "Face the voice of shame". Told to ask God's forgiveness for the terrible sin I committed, no man would marry a second hand woman if he knew I had a child outside marriage. I would not make a good mother, this hurts me now.

When I gave birth to my son I did not see him, cuddle him or hear him cry, he was taken straight away into another room, to a crib probably with BFA, Born for Adoption.

My son was intended for adoption. I faintly remember seeing white in front of me just before he was born, so I could not see him. Maybe a white sheet, I have learned

this happened. I was drugged up with Valium and other sedatives at 36 weeks of pregnancy to block it all out.

I do not remember signing adoption papers.

I did when he was 10 days old, which was illegal at the time because I was under 21 at the time, you had to be over 21 to sign legal documents, vote, or get married without parents' permission. The adoption papers were already completed I only had to sign. The birth certificate I had to name the baby. For original birth certificate I did not see or fill or give details. It was all done by doctors, nurses and social workers.

The option of keeping him was never discussed the decision was made before he was born, we had no say in the matter.

We were told to start a new life as if nothing had happened.

Feeling guilty and sedated with Valium, I felt a failure. I lived a lie, not sharing with anyone. My dark secret I kept buried - we got no support.

Now I understand. Later, I had experienced emotional trauma, suffering a huge loss. My feelings were a natural reaction to what I had experienced - it is a silent grief.

Yes, forced adoption is painful. I lived my life not knowing whether my son was alive or dead, what he has done with life. If he had a happy and good childhood. I remember his birthday every year, especially Mother's Day as his birthday is on Mother's Day some years, 13 May. Relinquishing mums suffer grief for years, you never get over it.

When I came home nothing was said or talked about. My brother and sisters knew and were told not to say anything. I did not know one of my sisters had married until I got home; I missed her wedding.

I had no feelings for the pregnancy or my son. I knew he would be 'taken'.

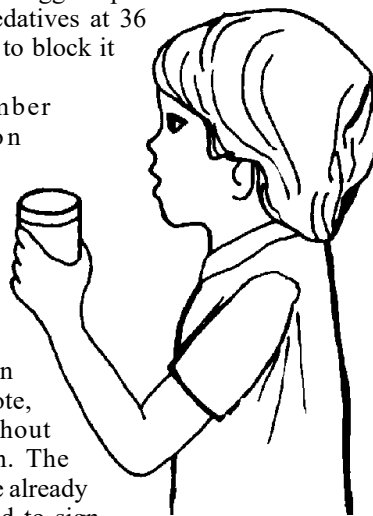
My son was not welcomed into the world as part of me, with joy and love.

Unless you experience relinquishing a baby you do not know what we go through.

I have to carry the stigma until the day I die. It is amazing how many memories have been suppressed.

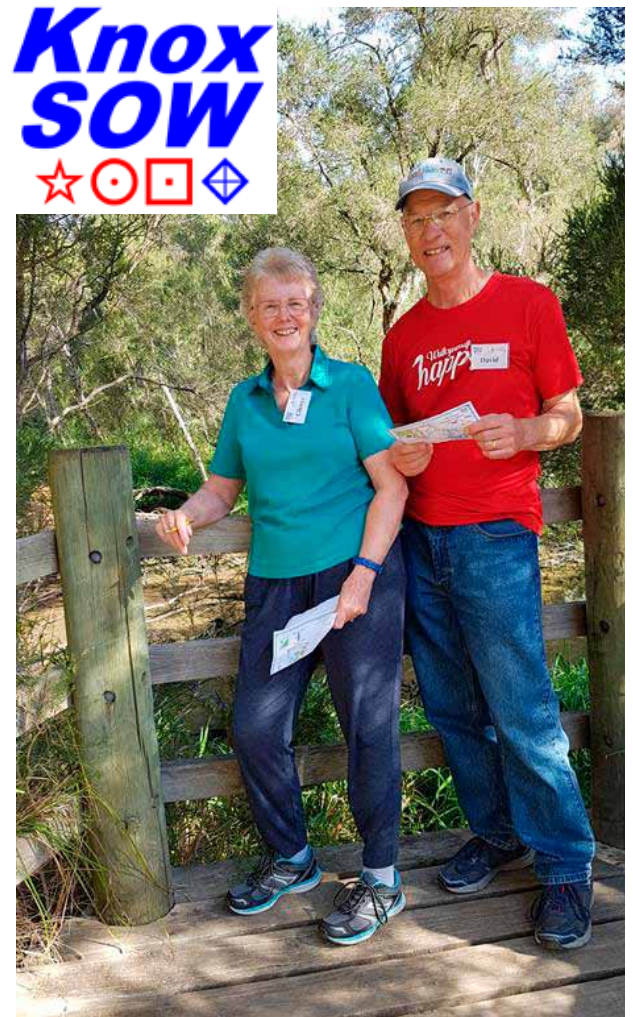
We did not forget.

Nancy Johnson



**Knox  
SOW**

☆ ○ □ ◆



## Lucky Find by Knox Walker

David Mallen and his wife, Glenys, run the monthly Heart Foundation Walking Group, **Knox Street Orienteering Walkers**. David came across the 'The Widomaker Movie' on YouTube at the beginning of 2019. He asked his doctor to organise a Calcium Score Xray that was recommended in the movie. The average score for a 70 year old male is 400. David's was "off the scale" at 1474 !! He has serious atherosclerosis. Next was an angiogram that discovered a 90% narrowing of his main LAD heart artery (the 'Widomaker' artery). A stent was inserted a few weeks later. The frightening thing is that he had no symptoms before or after the operations. He is reasonably fit but there is no link between fitness and Calcium Score. David's Cardiologist said he was "a heart attack waiting to happen".

When David mentioned his heart surgery to the members of his walking group, not one had heard of the Calcium Score test. He has added a couple of pages to the walking group's website that summarise his research into heart disease and its prevention.

### More Information:

Irish Heart Disease Awareness – [www.ihda.ie/](http://www.ihda.ie/) videos

What is a Calcium Score? – [www.ditchthecarbs.com/what-is-a-calcium-score](http://www.ditchthecarbs.com/what-is-a-calcium-score)

Heart Healthy Meal Plan – [www.knoxsow.org.au/HealthyFood.html](http://www.knoxsow.org.au/HealthyFood.html)

Calcium Score Scan – [www.knoxsow.org.au/CalciumScore.html](http://www.knoxsow.org.au/CalciumScore.html)

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## What Is Your Coronary Calcium Score?

**A simple test can discover your heart health**

Is your doctor still relying on family history, blood tests, blood pressure measurements and ECGs to assess your risk factors and estimate your heart health? There is a non-invasive test that finds out exactly how much calcium and plaque you have in and around your heart. It is a Coronary Calcium Score CT Xray and can be organised by your doctor. "It's the best predictive test for heart disease risk." You lie in a CT scanner for 10 minutes and hold your breath for a few seconds when told to. It costs about \$175 and Pensioners and Health Care Card holders get a 50% discount. There is no Medicare rebate.

Your test result is a number that is your 'Calcium Score'. It is a measure of the area and intensity of white calcium in the xray image. The score can range from 0 to more than 400. The higher your score, the greater your chance of having a heart attack. The build-up of plaque is called Atherosclerosis Disease. You may not have any symptoms!

If your score is above 100 you will be referred to a Cardiologist. They can organise a further test to check for narrowing of your coronary arteries. This is a Coronary Angiogram CT Xray. It is similar to the first test but this time you are injected with dye that shows an image of your heart and arteries and reveals if there is any narrowing of the blood vessels.

This test is recommended for men over 45 and women over 55. More details are available on the Knox Private Hospital and Monash Heart websites:

[www.knoxprivatehospital.com.au](http://www.knoxprivatehospital.com.au)

[www.monashheart.org.au](http://www.monashheart.org.au)

On average 50 people (30 male & 20 female) die from heart disease every day.

That is one person every 30 minutes. It is the leading cause of death in Australia.

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## Favourite Recipes from our house Keep it Simple – Pikelets (and a bit of fruit loaf)

My brother learnt to make this recipe at school, many moons ago, for Shrove Tuesday, I have been making them since.

### Pikelets Ingredients

½ cup of Plain Flour

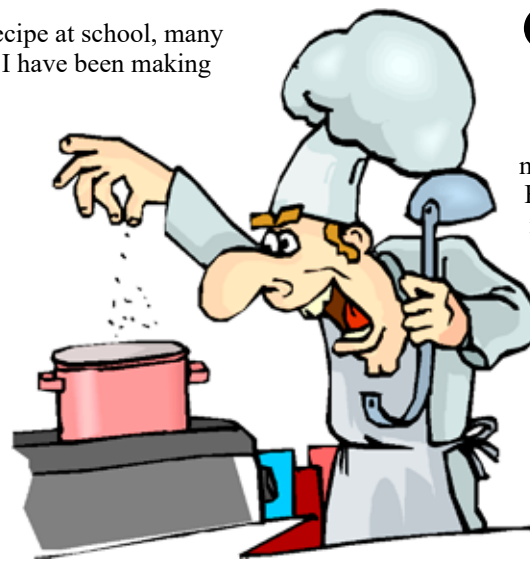
½ cup of SRFlour

¼ - ½ cup of sugar

Pinch of salt

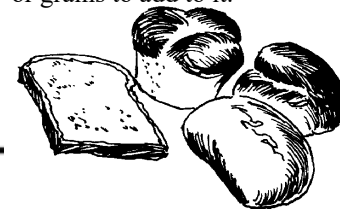
1 egg

1 cup of milk



### Crusty Bread – Fruit Loaf

Not sure if anyone had time to make the Simply So Good Crusty Bread recipe (REALLY good bread recipe, look it up online if you can't find the recipe in the BBCN). Well I modify this recipe to make a fruit loaf, which is very tasty you can choose your favourite dried fruit or grains to add to it.



### Method

Combine and mix ingredients. I use a hand blender / bamix to mix it together but you could do it by hand with a whisk. If you have time let mix stand for a while then cook. The trick to cooking pikelets is to get the fry pan nice and hot before starting to cook your pancakes. Our stovetop is induction so I put it up to 6 or 7. I use olive oil sparingly but you could use butter or another substitute. Once pan is hot, pour mixture into frypan, wait until pikelets begin to bubble then flip. Adjust stove temperature if necessary. Serve with your choice of topping, my favourites lemon and jam, apple and rhubarb or if I am being very decadant bananas, maple syrup and ice cream. Simply So Good

## Naturopathic Case Study:

### Headaches & Nausea

P. a 35-year-old male, business owner, presented with headaches, poor sleep and sensitivity to strong smells and occasional unexplained nausea. He had been experiencing these symptoms for the last 5-6 years with increasing severity over time. His sensitivity to strong smells was severe enough that he had asked his partner not to wear perfume around him. He had recently reduced fatty foods, as he had ascertained that high-fat meals seemed to exacerbate his nausea. P. also consumed 2-4 beers every night for relaxation. All his blood test was all clear.

#### Treatment

Liver herbs and nutrients are indicated because of his inability to efficiently breakdown and eliminate chemical compounds from the environment.

- Taurine is a well-established nutrient for enhancing bile production, to emulsify fat and increase digestive capacity, especially of dietary fats, supporting detoxification by reducing the oxidative damage caused by various harmful compounds and chemicals.
- A liver herbal formula with St. Mary thistle is prescribed, the queen herb to restore a tired liver.
- Magnesium compound with all the B vitamins

to nourish his nervous system will help by improving his sleep. It works by increasing arterial brain flow to the various regions of the brain. Furthermore, the presence of Taurine will increase intracellular availability of Magnesium, due to effects of Taurine on transportation of electrolyte minerals.

#### Diet and Lifestyle:

- To reduce his alcohol intake, with at least 4 'beer-free' days a week
- To increase green leafy vegetables and raw vegetables intake
- To start reducing stress with a short evening walk to unwind

After 4 weeks of treatment, P. noticed a complete alleviation of sensitivity to smells and nausea, and his headaches had reduced significantly, although were still present.

Although he had reduced the amount of alcohol consumed overall, he was still drinking beer every night, due to difficulty in breaking the habit.

Christine Gozlan – Naturopath at Essential Health foods -246 Dorset Road – Boronia  
Tel: 9762 6093

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Telephone: 9762 6093 [www.essentialhealthfoods.com.au](http://www.essentialhealthfoods.com.au)







**The Uniting  
Church in  
Australia**  
Cnr Boronia Rd &  
Zeising Crt, Boronia  
Phone 9762 6732



The word Musalaha is an Arabic word meaning reconciliation. But in the Holy Land it is also an organisation which brings together Christians, Jews and Muslims, Palestinians and Israelis. They do this through social events, camps in the desert, music and cultural events. They cut through the fear and disconnection and distraction of all that is going on in this divided Land and they talk and act out hope and love and dreams. Their actions transfigure their world. I am in awe of them. If more of us followed in their footsteps, lots of the world's divisions would disappear. You can visit their site at <https://musalaha.org> and watch some of their excellent videos.

We have a couple of events which should bring people together:



1. On 6<sup>th</sup> March the World Day of Prayer, featuring the country of Zimbabwe, will be held at Boronia Rd Uniting. All the different churches in Boronia takes turns hosting this, so it is good fun.
2. On Saturday, 4<sup>th</sup> April we will be hosting our first Makers and Growers Market for the year where you can see and buy an absolutely gob-smacking array of skills and handcrafts and food. Ring 0421 769 067 if you want a stall.

Even if you cannot make it to the Makers and Growers Market or the World Day of Prayer, you are very welcome to join in with us anytime. There is lots of other regular stuff which goes on each month:



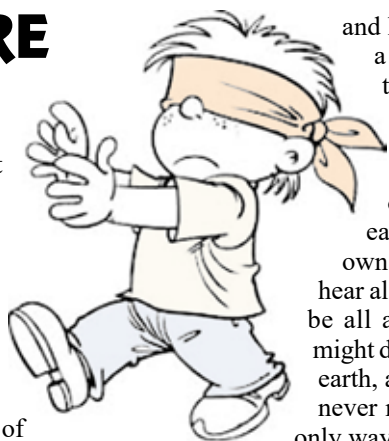
- worship each Sunday morning at 10 – we aim to be user friendly
  - craft every second Friday from 11-1 – being crafty is not a pre-requisite; you can just turn up for a cuppa and a chat
  - Music Together for toddlers every Friday
  - An op shop and food bank every Tuesday, Thursday and Friday from 10-12.
  - Morning tea at the church every Tuesday from 10am -12 or down the street at the Mt Village Coffee Lounge on Wednesday mornings at 10am
  - A little free library in our foyer
- Drop in sometime and say g'day! For more information about us, check out our web page, [www.bruc.com.au](http://www.bruc.com.au) or like our facebook page, [www.facebook.com/BoroniaRdUnitingChurch](http://www.facebook.com/BoroniaRdUnitingChurch) or phone the church on 9762 6732 or ring Ann on 0408 596 814.

## WHAT IS THERE TO FEAR?

Often times we live in fear of what might be – our imaginations run wild with our fear of the unknown! The media often prompts our fears with all the sensational stories they throw at us day after day! But what is the truth? Can we look back in hindsight and ask “Why did I worry about that – it never happened!”

An old Cherokee Indian legend talks of such fear -

“A father takes his son into the forest, blindfolds him



and leaves him alone. He is required to sit on a stump the whole night and not remove the blindfold until the rays of the morning sun shine through it. He cannot cry out for help to anyone. Once he survives the night, he is a MAN. He cannot tell the other boys of this experience, because each lad must come into manhood on his own. The boy is naturally terrified. He can hear all kinds of noises. Wild beasts must surely be all around him. Maybe even some human might do him harm. The wind blew the grass and earth, and shook his stump, but he sat stoically, never removing the blindfold. It would be the only way he could become a man!

Finally, after a horrific night, the sun appeared and he removed his blindfold. It was then that he discovered

his father sitting on the stump next to him. He had been at watch the entire night, protecting his son from harm.”

*In Hebrews 13: verse 5-6 it says: “...for God has said: I will never leave you; I will never abandon you.” Let us be bold then, and say, “The Lord is my helper; I will not be afraid. What can anyone do to me?”* In other words, there is always someone there, God, who has His eye on us, and will see us through all those tough times, just as the father was there for his son!

Beth B.



**Hot Rod @ Tattoo Show, The Basin**



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## LIVING HOPE

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4 Sundew Ave (CWA Hall), Boronia  
www.livinghopechurch.org.au  
Ph. 0448 505 627  
10am SUNDAYS







## The Basin Music Festival March 20 - 21 - 22 Friday March 20 from 6 pm Saturday and Sunday from 10 am

Now in its 15th year, be a part of the best community based grass roots music festival in Melbourne. Eight venues, most free, including the central stage in the park, corner of Mountain Highway and Forest Road.

Along with great new acts making their festival debut, returning to the festival are favourites including singer/songwriters (and past winners of the festival's songwriting competition) Khristian Mizzi and Cathy Dobson. Country music fans will welcome the return of Sandie Dodd to The Basin's stages, as well as the Upwey Country Music Club. Young talent Charlie Bedford is back from his series of gigs in Nashville and Memphis, and even younger talent guitar phenom Jenna Campbell (winner of the Youth Stage competition last year) will return. There are reports of an expected appearance by former Stylus guitarist extraordinaire Ronnie Peers.

With six venues in and around The Basin Triangle park, there's a full schedule of live music. Sunday in the park will feature performances on the main stage from three local schools. The festival has something for everyone, with the large playground, lawns for picnics, local cafes, take-away and pubs. The Basin Music Festival returns on 20, 21, and 22 March with four free venues and two paid venues.

Tickets are \$25 for the weekend or \$15 for a day pass.

The Basin Music Festival - 20, 21, & 22 March.

[www.TheBasinMusicFestival.org.au](http://www.TheBasinMusicFestival.org.au)

[Facebook.com/BasinMusicFestival](https://Facebook.com/BasinMusicFestival)

**Like all community not-for-profit organisations,  
the Music Festival Association is on the lookout  
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No specific skills are necessary for most tasks.  
Register your interest online.**

**KNOX**  
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# Autism & Teens Conference



Free event  
for parents,  
carers and  
educators

Communication and  
social skills for teens

Friday 20 March 2020  
9.15am - 2.45pm, Knox Civic Centre

**Keynote speakers:**

- Stephanie Crawford, Speech Pathologist - keeping the communication lines open
- Dr Louise Ford, Psychologist - Social skill building in the teenage years

Morning tea and light lunch included

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