

Boronia & The Basin COMMUNITY NEWS



Issue 290
July 2020



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From the Editor...

Love in a time of pandemic



Throughout history there have been plagues and epidemics, which can transform rapidly into pandemics in these modern times of mass transit shrinking this big wide world into a close knit mass of interacting hordes. Fertile fields for viral contact and contagion. Person to person close contact, direct and indirect, was clearly the medium by which the viral invader was able to infect millions in a very short time.

The answer? Cut out the contact.

Sounds simple, and it works,

The lucky country lived up to its title.

Lucky because we were isolated and it was relatively easy to close down the mass transit from overseas.

Lucky because we had, love them or hate them, political leaders of all ilks who saw the threat as more important than their own ambitions.

Lucky because our leaders were willing to trust the science and make the hard decisions to match.

And very lucky because we had a big majority of our diverse people willing to set aside their own inclinations in favour of fighting for the common good.

Not nearly so lucky in many other countries.

Nor so lucky in the proposed aftermath, given that this was just one virus amongst many with some certainty that defeating covid-19 will not stop the next pandemic. That will be a new (or old) menace to be dealt with as it presents. But perhaps the most difficult to bear will be, as it has been for many this time, the social distancing – no kissing, no cuddling... not even a hand shake! In an age when most intimacy, or so it seems, is engaged in at an electronically borne safe distance.

The only 'condoned' public embrace is the celebration of sporting victories or goals kicked.

Not a great outlook for romance.

Where are the poems and lovesongs about the untouchable, online world of digitised reality?

I apologise to those who have read this or other articles previously in our website while we were not printing our paper on paper. We highly value the hundreds of you who read us online, but we also value the thousands of locals who read our printed issues.

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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August	21 JULY	1 AUG
Sept	16 AUG	29 AUG

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 okay only if you do it intelligently and use facts.

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the voice of the community

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The death of a Pied Cormorant (Phalacrocorax varius)

She was hatched on a bed of seaweed on Mud Island, in the southern part of Port Phillip Bay. It was probably about 10 years ago, though she had no understanding of time, surely it was about that many summers ago. Time was of no interest to her, only the constant struggle for survival, that search for food, which began at first light and finished at dusk. Some days were just a bit too easy, a belly full of fish before mid-morning, ah, they were good times. Plenty of bad days in between though, when fish were hard to find.

Fishing in the bait balls were her favourite thing in her life. The teeming swarms of bait fish, Southern Anchovy and Pilchards, swirling churning waters, boiling with fish, mustered tightly together by the Dolphins and Seals and their assistant henchmen, the Couta, Snapper, Australian Salmon and Snook. The aerial bombardment from the Gannets and Terns began next, then it was the Cormorants turn, feasting had never been so easy.

Steve had fished under the bridge often over the years. He lived in Yarraville, 10 minutes away. It was either feast or famine with him too. Some nights it was on; big mullock and flathead, once he even caught a kingfish. He never forgot the look on his mates faces when he came in to work the next morning. "You caught a kingy under the West Gate? No way". The photo on his phone didn't lie, a 5kg Kingfish, the most sought after fish in southern Victoria. Steve didn't keep any of the fish he caught, for him it was just the thrill of the chase, the battle between man and beast. He would never admit it but deep down Steve was an environmentalist. He was repulsed by the litter he always saw there, filthy bastards he thought to himself, haven't they heard of a bin? Discarded fishing line was his pet hate, the thought of fishing line in the waterways didn't bear thinking about.

He glanced at his watch, 11.52pm. He'd had enough, it was a cold, 9 degrees his weather app told him. The constant drone of traffic above him had slowly subsided, the number of cars diminishing, mainly big trucks now taking advantage of quieter roads, where speed limits were actually attainable. That was it, he thought to himself, home to bed. He picked up his rod and to his dismay, the reel had no resistance

and freely raced as he wound it in. A snap off had somehow occurred, he had no idea how, but he realised then he'd lost the lot, the proverbial hook line and sinker. While he was annoyed about losing some gear, the thought of the line in the water troubled him. Nothing I can do about it now, he mused. Within 20 minutes he was fast asleep, the warmth of his wife's sleeping body slowly generating into his.

She woke at first light, having roosted on a pylon off Williamstown. Hunger, the eternal companion, drove her away from the pylon and in closer to shore. Three tiny King George whiting were a nice snack, but not enough. The Yarra might be a better option, and she was soon busy plying her trade just upstream of the West Gate.

Why did she take the lump of squid sitting on the riverbed, when Cormorants normally only take live prey? Hunger was probably the answer. A sharp shooting pain shot through her body, as the piece of bait and size 4 hook entered her mouth and got stuck in her throat. She raced up to the surface and tried to disgorge this thing in her throat but to no avail. She swam to the riverbank, but something was following her. Something heavy was definitely chasing her, connected somehow to her by a thing like spider's web, but infinitely stronger. On the 15th October 1970, at 11.50 am, a section of the West Gate Bridge collapsed, killing 35 men. I studied the memorial plaque in awe, slowly reading the names and trades of each of the men who died that terrible day so long ago. Most of the men were steelworkers like myself; boilermakers, welders, ironworkers and riggers. Men whom that morning would have had no idea what was about to happen. After this sobering experience, I walked down a path to the bank of the Yarra, to search for birds, to lift my mood.

I quickly scanned the waterfront, a pair of Black Swans gracefully swam upstream, and a multitude of Silver Gulls squabbled over surface titbits. A juvenile crested tern flew past, its head changing direction occasionally, scanning for surface fish. What I took to be a white plastic bag was caught in a ringlock fence which led from mangroves up on higher ground to down below the waterline, three strands of rusted barbed wire above the cyclone mesh.

The white plastic bag, on closer inspection turned out to be a pied cormorant. The body had begun to decompose, I guessed she had been there about a week. The fishing line twisted around her body, and the line from her beak fixed tight around the top strand of barbed wire. Such a grotesque sight, such



Our Page 3 Bird



Photo courtesy Kim Wormald

suffering, needless suffering to end the life of one of our precious birds.

Her eyes closed for the last time. No need to struggle anymore. She knew death was not far away, but memories came to her involuntarily. She saw the huge jaws of a Great White coming towards her, missing her by millimetres, its rough skin brushing against her body as its teeth missed their mark. The strange one-eyed alien with constant bubbles coming from its mouth, clumsily moving towards her which she quickly swam away from. The adrenaline rush of feeding in the bait balls, the orcas and sperm whales out off Portsea, the time she found herself surrounded by a school of couta before somehow making it to the surface and flying away. 22 chicks successfully raised. Contented feelings of a belly full of fish.

She was flying in a tight vee formation now with 30 other Pied Cormorants. The feeding grounds off Cheetham Saltworks was the destination. Suddenly, without glancing back at her mates, she banked off to the right away from the flock. In wide sweeping arcs she gained elevation, higher and higher, the bay could be seen in its entirety. All her feeding, roosting and breeding places were below her in 360 degrees of panoramic splendour. The river flowing into the bay, Jawbone off Williamstown, Altona and Point Cook, Mud Island far off to the south, where her life began and where she nested and raised a brood of chicks every year. Effortlessly she kept ascending higher and higher, higher than she had ever flown before, until the huge expanse of water below her was just a blue blur.

Des Palmer

Back to Paper

With the easing of restrictions we are back to being a paper based paper. That doesn't mean we won't be building our online presence with a website and Facebook. One lesson we learned with our hasty rolling over to digital when Covid 19 stopped our hand delivery is that websites need to be fully setup, tested and running before they are launched. Good lessons learned and we are grateful to Peng for the work he did to get it moving.

Repeated Articles

During our digital only period we had some very good articles that deserved a bigger audience than the few hundred online so we are re-running some of those articles. My apologies to anyone suffering an oversized dose of deja vu as they read this issue.

Our Cover

These very clever and entertaining diaramas, telling the story of lockdown for Covid-19, are the shop window creations of the staff at Ralf Fisch Fine Jewellery in the heart of The Basin.

Involved in the creations were Jane Bulmer, Ralf, Mitchell and Francine. If you haven't seen them, there's still time so come and take a look.



Our Apology

On our June cover, we incorrectly misnamed The Acorn Bar and Restaurant, Forest Rd., The Basin.



Concerns for those residents who are socially isolated and alone,

It is likely that you know of socially isolated, alone or lonely people, in your community who are living with the elevated risks of isolation. They might even be a family member, a friend or a neighbour.

We are encouraging you to consider how these people could be linked to existing supports and services, to enhance their quality of life and to reduce the risks to their health and safety.

What can you do to help?

- Be informed of what supports and services are available, including yourself,
- Be willing to refer people in need, to the services available,

Knox says 'no' to family violence

Knox City Council has adopted a Family Violence Statement of Commitment, sending a strong message of its ongoing focus on reducing family violence in the community.

The statement outlines Council's role in addressing the complex drivers of family violence, to reduce the wide ranging and damaging impact it has on the lives of those affected and on the community as a whole.

Under this commitment, Council will develop initiatives and activities ranging from advocacy and leadership to community partnerships and direct service provision.

Knox City Council Mayor, Cr Nicole Seymour said the Statement of Commitment reiterates Council's dedication to drive a whole of community approach to the prevention of family violence in Knox.

"We have long recognised that family violence is a serious and preventable issue," said Cr Seymour. "Family violence is one of the leading causes of illness, injury and death for women, and it has life altering consequences for many children, young people, seniors and men in our community. We all have to be part of the solution if we are going to end violence."

"It is crucial to us as a Council and a community

Knox Police News

- Or, be willing to refer the service providers to the people in need.
- In an emergency, call 000 for ambulance or Police

Some Local Service providers

- "Bridges" Ph 9763 9700 with programs including; community transport, community shopping bus, pet companion, phone a friend, a pen pal program, social support activities and outings. Bridges can also provide referral advise.
- "Knox Senior Safety Register" is a joint initiative between Bridges Connecting Communities and Victoria Police, helping

people feel safe and confident. Phone 9763 9700

- "Knox Infolink", phone 9761 1325, provide food relief and material aid to those in need

during these difficult times. A free service, available to those living in Knox, or those who are homeless.

(Please note, services are subject to assessment)

- Beyond Blue 1800 512348, Corona Virus Mental Wellbeing Support Service.
- Life Line 1311 14
- Seniors Rights Victoria 1300 368 821, Helpline, Support and Assistance.

Together we can make a safer community

that every person in Knox has the right to safe and respectful relationships and to live free from violence."

"Every member of our community has a responsibility to prevent family violence and develop a culture of respect and equality, and Council is in a critical position to be a leader in driving and supporting this change."

This reaffirmation of Council's commitment is particularly important during the COVID-19 pandemic, with concerns that self-isolation and lockdown measures may create high-risk situations for those experiencing family violence. Council continues to work in partnership with Victoria Police and local service providers to address immediate needs.

Knox has consistently recorded a higher rate of family incidents than the average of the Eastern Metropolitan Region and the prevention of family violence has been identified by Council as a key priority.

Council has a long-standing history of working with Government and community agencies to prevent family violence in our community through advocacy, capacity building and leadership. In adopting the Statement of Commitment, Council also approved the inclusion of new and continuing family violence prevention initiatives in the new Council Plan and Community Plan (2021 – 2025).

These activities include strategies such as leading and partnering with community groups to deliver prevention initiatives; advocating to other levels of government on issues such as awareness raising, behavioural change programs, and planning controls; and working with direct service providers to stay informed of the local situation.

"It is particularly significant that this Family Violence Statement of Commitment has moved away from the past simple, one dimensional view of Family Violence causes."

Cr John Mortimore

Chair of Community Safety, Health and Wellbeing Advisory Committee

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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



exciting announcements coming soon regarding Boronia CBD.

I'd also like to give a quick shout out to Knox Infolink, too, and their manager Denise Budge. The Knox Infolink team has been working effectively around the clock to help provide support and assistance to those doing it tough with free meals delivered to their door, vouchers for emergency prescriptions as well as a whole host of emergency referral services. Keep up the great work team.

Don't forget, I'm here to help you and your family with state government matters. However, as my team and I are currently working from home, my office is closed to walk-ins. That said, you can call my office on 9738 0577 or email me at Jackson.Taylor@parliament.vic.gov.au and I'll get back to you. And for any further you can search 'Jackson Taylor MP' for more and to follow me on Facebook.

As we now move to safe, sensible and cautious easing of restrictions, I'm very pleased to see the BBCN move back to paper copies again with this bumper July edition! The response from not just the Victorian people, but our local community, to come together and support one another through these tough times has been phenomenal. I've said it before, but I'll say it again – great job to everybody whose leant a helping hand to people in need.

One of the things I was stoked to do recently was call several local sports clubs to let them know that the Andrews Government will be providing them with a \$1,000 grant to help get them through this tough time. In fact, \$57,000 has been provided to sports clubs across both Maroondah and Knox, to clubs like the Boronia Hawks, Boronia Netball, Eastern Raptors Rugby League Club, Knox Churches Cricket, Johnson Park Cricket and Fairpark Football Clubs. I'm very proud to be backing them in when they need help most.

On top of that, the Boronia Hawks Footy and Netball Club was the recipient of close to \$3,000 which will see the Hawks be able to offer more local women and girls the opportunity to participate and lead through the sport they love. A great program, and a great club.

I mentioned in my last column that the works at The Basin Primary were getting underway – well, now they're full steam ahead! Lots of mud, tradies and action going on onsite when I popped past recently to say g'day to principal, Graeme Russell. The works on the oval, carpark and new playground projects will mean that local kids are getting the best chance to get active, stay fit and enjoy time with their mates. This comes as works are set to begin on the new oval and landscaping project at Boronia Heights Primary; another project I was very proud to champion.

We've done a lot together and now we know we're going to need to do more especially in the face of COVID-19. That is exactly why we announced a \$2.7 bil recovery package on top of previous announcements which will create thousands of jobs and help Victorians get back on their feet. Locally, that means more investment into local schools, a significant upgrade at Heathmont Station, an upgrade recently to Mountain Hwy in The Basin and



Jackson Taylor MP

State Member for Bayswater

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Proudly Local

Dying with dignity...

“I’m not as brave as I thought I was.”

John (Moz)

Coming to the end of life, when disease had stripped his love of life, when pain and discomfort ruled his daily existence, the best mate of my youth made the decision to end it while he could under Victoria’s new Voluntary Assisted Dying legislation.

A former resident of Boronia and an avid member of the Society for Growing Native Plants, drought had retired to country life in Strathfeldsay, near Bendigo, with his wife Margy, one of my favourite people and a country girl through and through. There, they lived close to nature and the inevitable battles with the elements, particularly the droughts. Yet they prevailed.

Unfortunately, John contracted a nerve degeneration disease that slowly ate away his ability to do the many things that made up his life and community involvement. Eventually he was confined to a wheelchair to get about and slowly lost his ability to perform most of the basic actions that we take

for granted. To have to rely on others to care for himself was anathema to John. Eventually, life became a burden.

That was when John, supported as always by Margy, decided to take advantage of Victoria’s new Voluntary Assisted Dying legislation. At first it was just

a possibility, a path that could be chosen later if he wished.

When Margy phoned me in March to tell me that John had decided to go ahead and that he wanted me there when he departed this world, she stressed, “You don’t have to do it.”

“Yes I do,” I replied -.he was my mate.

So, on Saturday 21st of March I drove up to Strathfeldsay, arriving late morning as John was being taken for a final inspection of their property in his wheelchair. We retired to the covered patio behind the house. Soon we were joined by local friends and then by Bob, a friend to us both for over 65 years. Old mates.

Then the yarning began, tall tales and usually true, as is the tradition of old friends coming back together. John had difficulty talking but joined in when he could and we competed with each other to make him smile. No-one mentioned why we were there until John said, “I’m not as brave as I thought I was.” Still, no fuss.

When the first of the three stages began there was barely a pause in the blokey conversation. Then came the second stage with little change. No fuss. After the third stage he faded, then raised himself in his seat, looked around at us all and said loud and clear; “I love you all.” Then he settled back and slept, so we took him off to bed and held him as he slipped quietly away in the loving company of his devoted wife, his family and his life-long mates.

This is not an end for everyone; but it is a choice for everyone. A sad occasion to be sure, but one filled with love and dignity and the chance to say farewell.

I hope that when my time comes I can be as brave.

John Mortimore



Do you know a senior or a person living with a disability who is socially isolated in the City Of Knox? Family, Friend or Neighbour? Did you know they can receive free monthly telephone support?

Contact Bridges on 9763 9700 to get a Brochure or download a registration form from our website: www.bridgescc.com.au

Knox Seniors Safety Register

Would You Like To Help Improve Bereavement Support For Older People?

The Melbourne Ageing Research Collaboration, led by the National Ageing Research Institute, is conducting a research project on grief and its effects on quality of life and health care use in older people.

To participate, you need to be:

- Aged 65 years or older.
- Currently living in Australia.
- Able to read and write in English.
- Have experienced the death of a significant person in your life at least six months ago or longer.

We are looking for people who are:

- Aged 65 years or older.
- Currently living in Australia.
- Able to read and write in English.
- Have experienced the death of a significant person in their life at least 6 months ago or longer.

We are looking for people to complete a 25-minute survey, which is available online and as a paper-based version that can be posted to interested participants. The survey addresses questions related to grief, wellbeing, health and the use of healthcare services.

Everyone who completes a survey can enter into a draw to win one of five \$200 Coles Myer gift cards.

To participate in this study, we invite you to Complete a 25-Minute Survey

The survey can be accessed online via this link:

<https://bit.ly/grief-survey>

If you prefer a paper-based version, please leave us a message with your name and address and we will post a survey to you:

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Budget drives local recovery

Construction projects funded in Council's 2020-21 budget will create almost 700 jobs and deliver \$254 million in benefit for an investment of \$114 million.

Adopting the budget last night, Mayor Cr Nicole Seymour said Council's capital program will provide a critical stimulus for the local economy to recover from the impacts of the pandemic.

"This budget needed to strike a careful balance between maintaining our core services, supporting the people in most need and setting us up to recover from the pandemic.

For every dollar we invest there are flow-on effects to the supply chain that provide a direct

boost to the economy. Economic modelling has assessed the benefits from Council's capital program to be more than double our investment.

"This underlines the importance of Council maintaining its long term focus on community aspirations and continuing to invest for the future of our city," Cr Seymour said.

Highlights of the \$114 million capital works program include:

- \$20.55 million on sporting upgrades including \$12.5 million towards new basketball courts at Knox Regional Sports Park.
- \$16.4 million on transport infrastructure including \$10 million on road and footpath renewals (such as completing the Mountain Highway footpath to Claremont Avenue).
- \$19 million to improve parks and reserves including playground and public toilet upgrades
- \$9.78 million to refurbish community buildings including senior citizen and early years facilities.
- \$4.61 million for flood mitigation works including creating wetlands within Egan Lee Reserve and the Koolunga Reserve catchment

Recognising the unprecedented impact of COVID-19, the budget also includes \$3 million for a range of relief measures and resources to support recovery of the local community and economy. This will fund new initiatives to support people in need, stimulate local industry and economy, and boost business and community-led recovery activities.

"As we begin to plan for life after the pandemic, this budget acknowledges the need to shift our focus towards implementing stimulus projects and driving community recovery," said Cr Seymour.

"Our strong record of responsible financial management sees Council well-positioned to respond where support is needed most while still being able to deliver on our community's aspirations for the future."

The budget includes a 2% rate increase in order to fund relief and recovery measures, continue delivering essential services and complete long term projects. Payment assistance arrangements have been broadened to support households and businesses experiencing financial hardship.



Beetle by Wendy Steenwinkel - watercolour

Ferntree Gully Arts Society Picture of the Month.

Walking the News...



Distribution report

July Issue

Welcome back to you all and thank you all for your patience at this difficult time. We hope you are all well.

Our grateful thanks to Leslie & Miro Krsevan who have resigned from their walking rounds. Many thanks for all your help, we wish you well. We also welcome Rose Hellyer and Donna Bowker who have started this month.

Permanent Walking rounds:

The following permanent 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)

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 once a month, please phone Veronica on 0403 522 308.

Strawberry Plants: I have an excess of Strawberry plants and will be happy to give some to any walker, past or present who would like some. Please ring me on the contact details above.

KNOX CITY COUNCIL ELECTIONS 2020



Experience Commitment Results

VOTE 1 John Mortimore

Authorised and paid for by Cr John Mortimore, Chandler Ward, Knox City Council

Turn the page

Adventures in finding a good read

by Danny Nolan

I love books, I grew up in a house with a library. My dad was an avid reader and collector and it is something that every one of his six children inherited. I treasure my reading material whether it be fiction, non-fiction, hardcover, softcover, magazines, old brochures or comics. I have a huge reference library of all things that interest me from music and personal history to my collections and hobbies and about a thousand things in between. I have nothing against e-books or kindles, I just like the tactile experience of holding a book and the joy of exploring bookshelves.

When I first moved to Boronia some 15 years ago I knew I had moved into the right place. Within walking distance, I had the regional library. A large book store in the Mall, a second hand comic book shop in Dorset square and a brilliant second hand book shop on Boronia rd. While just a little further along we had the Ferntree Gully Second Hand book shop opposite the cemetery and in the other direction the *Rainy Day Book* shop at the Basin. Unfortunately, with the exception of the Library and *Rainy Day Books*, everyone no longer exists.

Even the Library, these days - though still an amazing resource - tends to lean towards more electronic media. Who remembers about a decade ago when the huge bookseller Borders went down, taking Angus & Robertson with it? People started to predict that along with the paperless office the advent of the paperless book was dawning. Huge online shops such as Amazon as well as many publishers were offsetting big author book releases with digital downloads, many at the same price as a paperback. I, myself have used *Fishpond* online booksellers to find many books out of print and not locatable locally.



All of a sudden there seemed to be a massive book shop shortage but luckily smaller independent shops started popping up to fill the void. For a brilliant but far too short period, we had the massive book barns, clearance warehouses that sold a huge range of titles and styles at ridiculously cheap prices. Closing one week and opening again not far away in another empty shop. Sadly this type of business wasn't very sustainable and they too disappeared.

Digital sales and availability of reading material are still a huge industry and have killed off magazines and newspapers. There is however still a large audience for printed material when it comes to popular and nonfiction and of course the ever popular art/coffee table book.

And we can never forget the collector.

Old books have always had an appeal, just have a check of antique booksellers in Melbourne alone. Recorded history and books are intertwined not just as a matter of record but also a personal one. To say they will cease to be a thing is a bold statement, as long as people feel nostalgic, seek knowledge or skills past or present or just want to read a good story, books will be hard to remove from society.

Local book opportunities have gone, at least those within walking distance but there are still some great shops locally to explore. I have put together a list of places I've discovered as my thirst for new and exciting finds continues.

Of course, the Boronia Library is a treat, a place to go for local history resources but sadly you have to give the books back. *Rainy Day Books* also has some great local history books, a good range of collector's items, as well as second hand popular titles. It also has some lovely themed displays in the window that change regularly. Up the road, a bit in Olinda, just opposite the Pie Shop is the relatively new *The Faraway Tree Bookshop*. Featuring all new titles, with a huge range of Young Adult and children's titles as well as all the classics. Many reissues and collections of classic authors. Good prices too.

Next we zoom over to the other side of the mountain to Belgrave, just next door to the Cameo theatre is the *Belgrave Book Barn*, this is a regular haunt for me because every now and again they decide \$70-\$100 titles need to be sold for \$9.99. The shop has a great range of new novels and reference/coffee table books and is

always updating stock. I have spent too much money in this place. Across the road is a quaint little second hand book shop *Through The Looking Glass* and like all great stores selling second hand items it is packed with goodies and has tight aisles and stock stacked precariously everywhere. A small space with lots to discover.

A bit further up the road in Kallista just passed Grants Park opposite the Kallista Public Hall is *Kallista Books*. Usually, only open on weekends, you need to keep an eye out for the sandwich board saying they're open. Distinguishable by its blue door and a sign saying NO Bingo. It is easy to miss. Climbing up the stairs on what use to be an old car mechanics or Dairy (I can't remember, it may have been neither) a small OLD BOOKS painted on the window that has books stacked behind it. Venturing through the blue door is a bibliophile dream. On entering you can smell the paper, creaky floorboards sound under your shoes as stacks of old books, magazines, comics and ephemera collected in crates, table and shelves surround you. Owner "Willie" Williams has assembled a lovely little shop here in an idyllic location. The shop looks and feels like it belongs in Diagon Alley from the Harry Potter series. I highly recommend a visit if you are in the area.

Lastly and probably the best place for unexpected finds is the great opportunity shops in the area. The local Salvation Army always has a great selection and now with the "Big Three": Salvos, Vinnys and the Brotherhood of St Laurence all having co joining shops on the corner of Colchester and Canterbury Road cheap books and surprise reads are readily available, plus it's a great shopping trip and helps multiple charities. And if you like comics and graphic novels there's always the old reliable *Alternate Worlds* in Bayswater

Yes, books are great, and you can have a lot of fun finding them as well as reading. Bring out the bibliophile in yourself, on the other hand, you may discover you are a Tsundoku, a person who buys books with the intention of reading them and lets them build up but never touches them. If you do happen to fall in this category, just take your stacks to the local Op shop. I'll be waiting.





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Sulphur-crested cockatoo *Cacatua galerita*

Probably the most recognised local birds, the sulphur-crested cockatoo is a rather large white cockatoo with a bright yellow (sulphur) crest usually folded back on its head. They can be locally very numerous, leading to them sometimes being considered pests.

A highly intelligent bird, the sulphur-crested cockatoo is a seasonal breeder from August to January. The nest is a bed of wood chips in a hollow in a tree. Like many other parrots it competes with others of its species and with other species for nesting sites. Two to three eggs are laid and incubation lasts between 25-27 days. Both parents incubate the eggs and raise the nestlings. The nestling period is between 9 and 12 weeks, and the young fledglings remain with their parents for a number of months after fledging.

Sulphur-crested cockatoos' distinctive raucous calls can be very loud, which is a result of an adaptation in order to travel through the forests. These birds are naturally curious, as well as very intelligent. They have adapted very well to European settlement in Australia and live in many urban areas.

Anzac Day

Our family tradition

My father, William David Doughty died too young at the age of fifty eight. After his death in 1976 my mother wore his medals, and took part in the Melbourne Anzac Day march. In 1983 I took over, and put my father's old World War Two slouch hat and the medals on my four year old son Tim, and I carried him on my shoulders in the march. In those days the march began at Elizabeth street and it finished at the Shrine of Remembrance.

That was the beginning of a family tradition that would continue for the next thirty seven years. With the support of my lovely wife Suzanne we got the children ready each Anzac Day, very early in the morning to attend the Melbourne Dawn service and then the Anzac Day march.

In the next few years our eldest son Tim wore my father's World War uniform, hat and medals. I purchased

another World War Two uniform and I made 2/5th Battalion colour patches, and my other son Chris marched with his big brother Tim. My daughter Jackie then had her turn and wore her Pop's uniform. Finally our youngest son Michael had his turn and marched.

My father was a jockey before the war. He rode for Mr Ernest Underwood, who owned the 1942 Melbourne Cup winner. Every September you will see the Underwood Stakes.

Over the years I purchased another eight original Australian World War Two uniforms. Our grandchildren have carried on the family tradition. We have had up to six of our eight grandchildren marching together and wearing all of our family's medals. I had many uncles and great uncles in both wars. My great uncle Henry Richard Doughty was in both World War One and he died in World War Two. My uncle Albert Percy Doughty died in Gallipoli, in the Second Battle of Krithia. My wife's grandfather William James Marshall Fought in both wars. He was wounded in Fromelles, France and he later fought the Japanese on the Kokoda Track in World War Two.

My father would have been so proud of his grandchildren and his great grandchildren.

Lest We Forget.

David Doughty - ddoughty.com



KNOX OVER 50s

A shout-out to all you Over50s out there in the Knox District. You are probably a little "over" the lockdown all Victorians have been enduring in recent times. Thankfully, at the time of writing, restrictions are slowly being relaxed and we can start to look forward to some socialising. Hooray!!

With the current relaxation of these restrictions, I'm sure you have all been enjoying more personal contact with family and friends. Or, you may have actually been able to travel to somewhere in the Victorian country-side and even go to a restaurant/café to eat in. What a treat for everyone.

Usually, Knox Over50s 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.

Although all our meetings and other activities have been cancelled or postponed for some time now, it is very likely that within weeks we will be able to resume our usual activities – slowly, but surely. As soon as we have any inkling of when that will be, we will let you know.

In the meantime, if you would like to check with us regarding any changes to the situation, please contact Jill on 9801 4363.

Best wishes from all of us to all you over-50s. Take care of yourselves and those around you.

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Welcome Back!!! St Bernadettes

Joy, excitement and relief were some of the emotions on display on the first day back for Foundation to Grade two students on Tuesday 26th May, 2020.

I was taking my morning walk on that day and I saw parents and their children waiting in family groups a distance from the school, with excitement for the time when they could finally drop off their children at the local primary school. Parents were telling me that they were looking forward to getting back to work.

As I continued my walk I passed by St Bernadette's Catholic Primary School in The Basin and I was delighted to see the Principal Peter Steward and fellow staff also beaming with joy at the return of their much loved students. Peter had a sign he had made in bold letter saying, "Welcome back," and he wore a colourful party top hat in bright colours. So, I took some photographs that tell the story and capture the wonderful moment as teachers and students reunited. I have worked at this school in the past and it has a



With a lot of excitement and joy the final group of Primary and

Secondary students returned to school on Tuesday 9th June for face to face teaching in the classroom and be reunited with their friends.

It was a beautiful sunny morning with a real chill in the air. I saw firsthand at Boronia West Primary School the same joy and excitement experienced two weeks earlier by the Foundation to Grade 2 students who returned to school after the isolation period. On this occasion I visited this picturesque school nestled in a suburb at the foot of the Dandenongs. The children simply radiated joy with huge smiles when the staff greeted them at the gate with warmth and enthusiasm. One student summing it up with, "I love school," and another simply skipping in the gate.

Boronia West Primary School along with many others has a very passionate and enthusiastic staff including the principal Jennie Brown. As Jennie calls them "the Covid weeks" she tells me of the extra support provided by her school with hard copy packs created each week by the teachers and collected by the parents. This initiative was implemented as well as the online platform SeeSaw which they used during this challenging time. She feels much has been learnt by all during this period including appreciation by the parents and students of what teachers normally do on a daily basis and the importance of face to face teaching. WebEx online was used by many schools as a means of communication and especially for staff meetings. This initiative will continue to be used for communication in this school.

It is a lovely school and has been in operation for nearly 60 years and since there are only 57 children attending there is a high staff to student ratio, it really has the feel of a rural school. It has had many changes especially over the past three years with Jennie Brown at the

very dedicated and enthusiastic team of teachers and leaders. It has been an enormous challenge for both primary and secondary teachers to provide an unprecedented online learning program.

After six weeks of lockdown and online learning in both primary and secondary schools throughout the state, I saw the students were beaming with joy and bursting to head back to their teachers and school friends. Parents were also radiating joy and relief as their online home bound children were returned to the classroom and their job completed, soon to be followed by the Grade 3-6 students in a couple of weeks.

A week or two before school opened up I saw firsthand the amazing work on line as I worked in a classroom for two days as an emergency teacher with students who needed to attend school during the lockdown at Mullum Primary School in Ringwood. The children were amazing showing the typical flexibility of children to adjust to online learning and I also saw the challenge they faced in this new environment with all the restrictions needed at that time in the school. It hasn't been easy for them as learning and teaching are best done face to face in the classroom. Well done and a big thank you to the teachers for all their hard work and commitment. In all this the unsung heroes have been the education support teachers who have also worked tirelessly in the online and in the schools assisting those children who needed their help. Also, much credit to the parents who have stood in the gap to help their children with the online program at home. A delight for everyone to see school is back!!

Boronia West Primary School



helm. Initiatives including teaching practice informed by current data, learning walks, Auslan and indigenous language. Also, they have a group of schools in the area called Boutique Schools Network. A group of six small schools in the area share expertise, ideas and resources with excellent results across the curriculum. A real feature of this school is the wellbeing focus, which I have seen firsthand when I have done emergency teaching in the school over the past year. The principal and the staff really show a great understanding and empathy for all the students in their care.

Well done to all the schools and teachers in both Primary and Secondary who have worked tirelessly during these unprecedented times to provide ongoing education for our children, our future.



A Big Man with a Big Heart

Allan Small

PROFILE

by Lynette Hayhurst



Allan sits opposite me, a tall man with a strong jaw, a warm smile and a quiet but strong voice. As his story unfolds, each layer reveals a man of principle, commitment and passion to serve his country, his community and most of all his family. Allan is a Celtic name meaning harmony, stone or noble and he has reflected these fine qualities during his life. He was born in 1947 and in that year the first mobile phone was invented, the average cost of a new house was \$6,600, the average annual wage was \$2,850 and a leg of lamb was \$1.16 a kilo. Indeed, times have changed. Allan tells me that there have been a myriad of changes saying, "As an adolescent I would have had no concept of what's available today, with the modern mobiles, technological changes in motor vehicles and planes. I imagine in the future, we will not have phones, but somehow you get connected to someone by something inside your head communicating with the other person."

One of his greatest disappointments he has observed is the change from small community villages and towns, being overcome by progress. He says fondly, "There was a time when you could walk the streets and know everyone and talk to them by name but now he says, if you are walking the streets and you start to strike up a conversation, they look at you as if to say, "Why do you want to say good morning to me?" Even opening doors for anyone is just good manners, but a majority of people he says won't even say a thankyou or a nod of appreciation. He feels something is amiss in the mindset of some people nowadays.

Allan reflects on his childhood with his three sisters and two brothers and he has very good memories, including attending 20 plus schools because his father was a foreman for Vic Railways and he tells me he was ahead not behind the other students in spite of the moves. He remembers blackberry picking, swimming in the rivers and dams and "just being free and not called until 6 o'clock at night as we were left to roam free."

In the 1960s he went to Croydon High School then to Ferntree Gully Technical School, followed by an apprenticeship in carpentry. Allan worked as a builder and employed apprentices but prices were skyrocketing so the alternative was working for others but he didn't do so because, he tells me, he is a perfectionist.

The Vietnam War (1955-1975) was a time when men were conscripted into the army and in 1962 Australia became involved in the war. Allan decided to enter the army as he had a family with military history of all the males serving in both World Wars 1 and 2, and Korea. So in his words, "My country called me up and I had belief



system that I had a responsibility to go." Australia sent approximately 60,000 troops of whom 521 died and over 3,000 were wounded. He is the President of the Outer Eastern Vietnam Melbourne Association with over 300 members.

Allan made a career change around 1979 and entered the Prison Service for nearly twenty years. His first training experience was in the infamous "H Division" of Pentridge Prison in Coburg. "It was a pretty brutal place; the worst of the worst were in there." He progressed quickly up the ranks and finally became the Governor/Operations Manager of Pentridge Prison for around 10 years. One of the attributes he was noted for was being able to work out problems and dealing with chaos which he said is a lot like firefighting. He was able to make good decisions in tough times. He successfully achieved one of his many goals in life, which was having the satisfaction of doing the job properly and appropriately without being condescending to either staff or prisoners.

During his early years working in the Prison Service he observed that, in his view at that time, there was far too much physical treatment by staff in dealing with inmates. His rule was not to argue, swear at, or belittle anyone and he expected to be treated the same way, which fits his life's philosophy, "doing unto others as you would have done unto you." The main duty he expected of himself and his staff was to keep both control and the inmates safe whether they were a molester or drunk and disorderly. He spent time visiting schools and community groups like Probus communicating with them about the Prison System.

Another layer unfolds as we talk about his 53 years in the CFA (1967-2020). His legacy over the years has inspired one of his sons to follow in his footsteps, as his youngest son Adam is a Senior Station Officer at the Boronia Fire Brigade. His sons were all in the Junior Fire Brigade, and they are also in leadership roles, his eldest Troy is a Production Manager with a bread company and his middle son Jason is an officer with the Immigration Department in Detention Services. On reflecting over his 53 years in the CFA including 20 plus years as Captain, Allan says he gained a deeper feeling of belonging to the community, a real sense of giving and assisting in our community and being a part of the wider CFA family. He also explains that it gave him new and different work skills and attributes,



Allan (left) with son Adam and (above) with wife Joyce

teaching him the difference between work mates and volunteers, good ethics and work values.

Allan tells me about his much loved wife and says she is almost an original Basin person having moved to The Basin as a 10 year old, attending The Basin Primary School and Boronia High School. He tells me warmly that "She is the reason I am here in The Basin today and the number one reason is because she's cared for myself and my family for more than 50 years. Joyce is the glue in the family especially during the 12-14 hour shifts in the Prison Service and at times not being home for 2-3 days with the fire brigade." Joyce and the children were often left alone at times at breakfast, lunch and holidays and Allan tells me, affectionately, "but never once did I hear a complaint from her or the boys and I am very appreciative of her."

Allan tells me his most important achievements in his life have been "bringing my family up, being successful in the Prison Service and the CFA Service." He tells me, "It's all about doing; I'm not a great receiver." One of his attributes is to stand up for the lame dog, the vulnerable and those in need, and standing up for what's right. The ones he most admires are some of our politicians, like John Howard and Robert Menzies because he says they were leaders who led, managed properly, had a vision to deliver for Australia, and he tells me that we've lost that now. Allan has the view that if you deal with someone in power they should, "talk to me true and straight and don't tell me rubbish."

Allan certainly is a big man with a big and generous heart, his experiences in the Prison Service, Vietnam and the CFA enabled him to touch the lives of so many with his desire to serve his country, his community and his family with respect, kindness, strength, honesty and courage.



Bunyip 2019



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uncertain times. Your donation was delivered to our mother's on Mother's Day morning and was a welcomed and a joyful surprise. We so thank you for your generous donation and answering our call for assistance.

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Thank you again for your contribution!

Tabulam & Templer Homes



Centenarian ~ Alex Doherty

Local resident, Alex Doherty turned 100 years of age on 29th June. Alex has been a fixture in Boronia and surrounds for over 30 years.

Born in Glasgow he served as a radio operator and gunner in WWI, in India. He arrived in Australia over 60 years ago with his wife Ella and two children, Alex Jnr and Elizabeth.

His love of music led him to teaching. He was the Head Music Teacher at Carey Grammar for over 15 years, and introduced the first 18 piece Jazz orchestra with the young students.

He soon became well established as a jazz saxophone and flute player and accompanied such artists as Frank Sinatra, Sammy Davis Jnr. and Eartha Kitt. He also "appeared" in the world wide movie hit, set in

Melbourne, "On the Beach", prompting Ava Gardner to say the immortal lines "Melbourne is the best place to film a movie about the end of the world".

Moving on from teaching, he joined World Book Encyclopaedia, where Sir Edmond Hilary was on The Board. They became close friends and toured the world together. Another encounter at St. Andrews Golf Course in Fife, Scotland, resulted in meeting Sean Connery.

Until recently Alex had been playing with the Nunawading U3A band also the New Horizons Band in Tecoma.

Alex will be moving to a new home near his daughter down in the Yarra Valley, where he will enjoy grandchildren and great grandchildren.



Knox City Council boosts local small business supports

Knox City Council has furthered its response to COVID-19 by pledging to become a **Small Business Friendly Council**, committing to boost local business supports.

This Victorian Small Business Commission (VSBC) initiative is about working together to make it easier to run a small business locally.

Knox City Council has committed to a range of measures that will help small businesses at this time. Over 13,600 local

businesses in Knox stand to benefit from today's pledge across manufacturing, retail, healthcare and construction. The VSBC encourages councils to help create a level playing field for their local small businesses.

Knox City Council Mayor Nicole Seymour said, "Small businesses are the backbone of the Knox community. Becoming small business friendly is an important way for us to build on our supports for local businesses."



Knoxfield Ladies Probus Club

The

Knoxfield Ladies Probus Club managed to squeeze in their Annual General Meeting just before the new rules of not congregating together were brought in. About one third of our members appeared at the door and managed to space themselves out in the strangely quiet and airy room in the Wantirna Club. After the Minutes of the last Annual General Meeting were read and accepted, Certificates were awarded and presented.

Valerie Poll and Elizabeth Tainton received certificates for 5 years valuable service on the Committee, Fay Ryan received a certificate for

10 years service as a Library Book Lady. It's hard work bringing the bags of books to each meeting, then taking them home again. These

days Fay has two helpers Gwen White and Denise Lund

who also heft bags of books for us to borrow.

Fay was also presented with a certificate for 20 years membership of our Club. Quite an achievement as she lives in the Dandenongs and therefore has quite a way to drive to meetings and outings. We enjoy Fay's memories of earlier times in the Club. Our Chairperson Barbara Watson, a member for 26 years, inducted our new President Jan Waters, and also presented the new Committee with their badges.

Unfortunately we have had to cancel all our meetings, and postpone all the interesting and

enjoyable outings which our Social Secretary Elizabeth had worked so hard to organize, at very reasonable costs to us. We were to visit the Country Fire Association branch in Bayswater for a tour and demonstration with lunch to follow; another of our leisurely Sunday brunches; an all day bus ride to view the beautifully painted Silos in Tungamah, St. James, Devenish and Goorambat; a visit to the Healesville Glass Blowing Studio, and so much more. Hopefully it will not be too long before we can re-book these outings.

Usually, 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. When this sad and worrying Coronavirus time is past and it is safe to meet together once again, we would be happy to meet you. When that time arrives, for further details, please ring Jan 0407 577 921 or Jo on 0414 914 091.





Alan TUDGE MP

Federal Member for Aston

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

Real Action For Knox

Tales from the bunker (so far)

Boronia & The Basin Community News July

by Danny Nolan

I guess I have been lucky so far during this pandemic. I have had no one I know succumb to the virus or indirectly affected. The closet my family has come is through my son whose friend -a paramedic- worked briefly with a colleague after they were in contact with an infected person in Geelong. She was pulled from duty, tested and self-isolated at home until she received the all clear. The reaction time of this process was impressively quick and goes a bit of the way of showcasing how well the authorities have handled this crisis.

Meanwhile, life goes on. My wife and I and our remaining children at home were lucky enough to work in industries where we could not work from home or were considered non-essential but important enough to continue. I work in a large building with two other people each of us separated by at least 3 rooms, doors, or corridors each. So, life continued as normal.

Noticing changes to our lives in other ways is worth pointing out. We have a small house dog that we like to walk as a family unit most days or evenings depending on the weather, something that is a bit of ritual as we have been doing it for a couple of years now. Many times, we would pass the occasional person on a run, coming or going to the shops/work/friends. Now there seems to be people discovering the gentle act of a stroll with the kin en masse. Parents with pushers, people walking the dog, joggers in pairs. The only difference being the (now) almost unconsciously walking wider

onto the nature strip as you pass. There is still the usual greeting, a quick "Hi" but no one stops to pat the dog or admire the new baby. I will admit, the local kids have made it a bit more fun with their chalk drawings and teddy bears in the windows. At least one house in any given street will have a few little hand painted signs reminding us to keep smiling or that "we'll get through this together" It's a great attitude.

Having a large family, the noticeable absence of children popping in is a big change. It is almost like they have all moved to the other side of town or interstate as they all observe their own self-isolation. Easter and the recent Mother's Day were a strange quiet time in our household this year. On the upside, we are saving a fortune as we don't have nearly any of the usual large family meals. My mother who lives in a retirement village hasn't had a hug from any of her family in over 6 weeks due to restrictions, something we all look forward to doing but her safety and health are paramount.

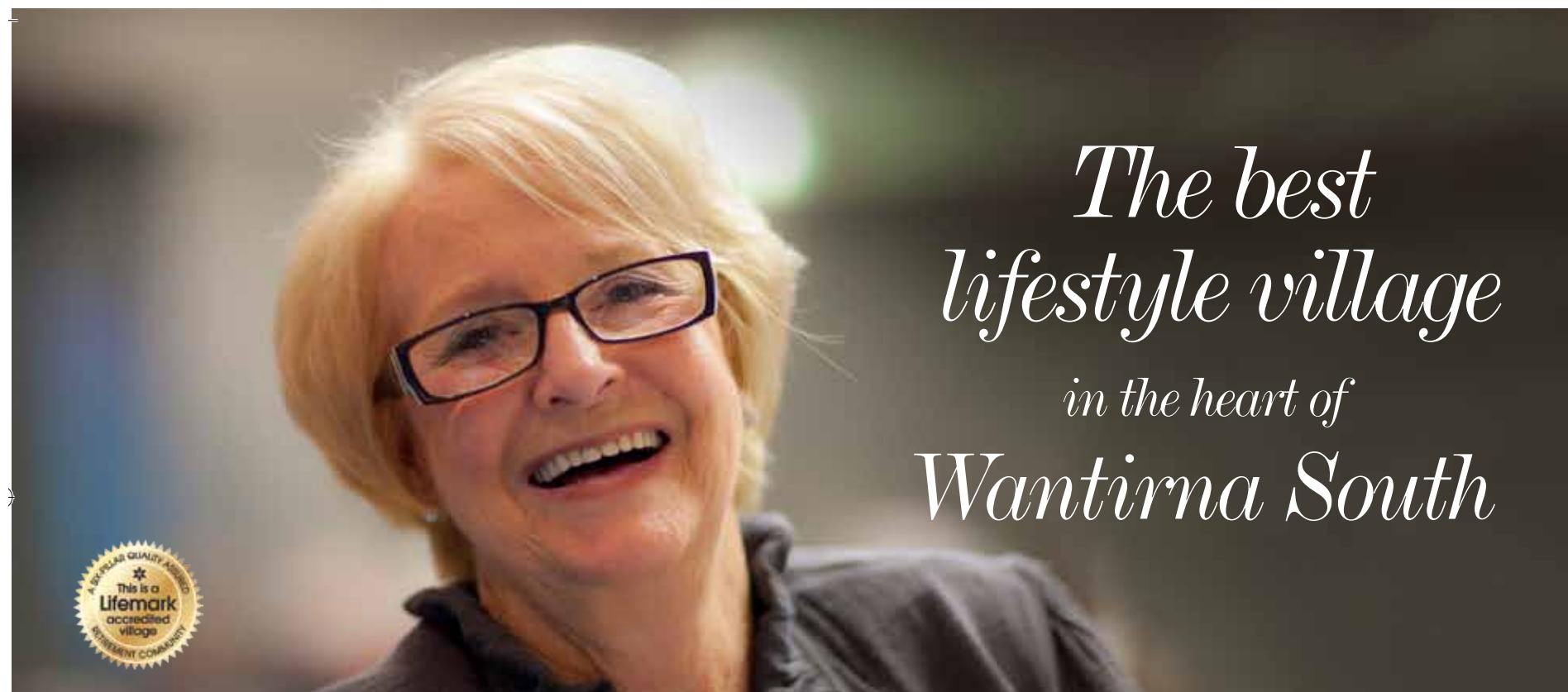
If I must name one thing that has changed and really surprised me, because I never saw it coming is my wife surrendering herself to technology. Early in the piece, she realised she wouldn't be able to do her Pilates class or have her regular Friday morning coffee catch up with her friends. Next thing I know she's asking about installing apps. (a word I have never heard her utter before) on her Ipad so she can have a class at home. I walk into the lounge room thinking she's watching something very funny on the TV but instead she's part of a six way video chat on her phone.

It really is a different world from what we are used to, I miss visiting the Dandenongs this time of year,

the gardens in Autumn are always beautiful and the weather perfect for walks. I miss the physical social contact with my family but we live in such an amazing time that with computers, phones and apps like zoom, skype and all the social media platforms visual contact and communications has never been a problem. I have never been a fan of the weekly food shop at the local supermarket, which has become totally unbearable during these restrictions and I try to avoid at all costs. That is one thing I can't wait until things get back to normal.

I guess so far we are lucky, instead of going for a drive on the weekends, we have our garden, a bit of house renovating that had been put off and of course, we are lucky to have our hobbies to give a lot more attention too. My wife even going as far as to make decorative face masks for palliative care nurses. I know this is going to pass and things are going back to how they were before, sometimes I think, "Do I really want it too?" So, in closing, I hope everyone is coping and following the simple rules of social distancing and good hygiene and look forward to a more normal Springtime.

Anyways, who's with me in saying I'm just really glad Netflix is a thing these days.



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OVER 55 LIFESTYLE VILLAGE

The National Vietnam Veterans Museum: the return visit

by Danny Nolan

It's been a good five years since I last visited the National Vietnam Veterans Museum (NVVM) on Phillip Island. A long enough time to appreciate what fascinated me on my first visit there and to see how the museum had evolved in that passage of time. Though now well established in its new position on the main road between San Remo and Cowes, it's a long way from its humble beginnings.

The roots of the museum began when John Methven and his wife Krishna drove a Land Rover and Trailer full of personal memorabilia around Australia as part of a travelling show. Department of Veterans Affairs covered the cost of petrol as part of an effort to reach many veterans who had decided city living was not for them or gone to ground and hopefully bring attention to them that a group had formed (Vietnam Veterans Association of Australia) to lobby for recognition and better services. As the collection grew both during and following this tour the need for space arose when the Methven's returned to San Remo. A garage was arranged, and this became the first Museum open to the public. The garage became crowded as more items were donated and again, space became an issue. In 1999 the collection was moved to a site on the San Remo main drag that was once five shops.

From that point, the museum started to flourish and take on greater significance. This is when I first became aware of the museum on my trips down to the island in the early 2000s. The Museum has been open to the public seven days per week since then. The museum moved to its current and immensely larger location on the Island next to the airfield in December 2006.

It is run and manned by a dedicated group of volunteers, many who were out in force when I visited recently. They were in the gardens, helping answer questions and working out the back setting up tables for displays or conferences. You get a real feel of why this museum has flourished.

The Museum is easily identified from the road with the two large aircraft flanking either side of the building. At \$15 I found the entry price a reasonable cost for the return of information and quality displays on offer, for



an extra \$3 you can have a hand held device that reads bar codes on a selected display and offers more detailed stories and information on that particular item on show.

I've said this before in an earlier piece but it's worth mentioning. The small entry foyer complete with Café belies what opens before you when you walk through the relatively small door that leads to the larger museum area. It's almost Willie-Wonka-like as you step through to the vast open hanger that houses the collection. Without going into too much detail, the exhibitions still impress. Running around the perimeter of the main floor is a corridor breaking down the history of the Vietnam war and Australia's (and New Zealand's) participation in it. Ranging from a comprehensive list of those who gave their lives, timelines of the war, uniforms of the different services and the original ballot marbles and tumbler that were used to determine the birthdays of those to be conscripted. The larger centre area has several collections and some wonderful dioramas depicting scenes from the conflict as well as some serious weaponry, including a Centurion tank and



Howitzer field gun.

There are also three helicopters. The Cobra airship, a formidable piece of machinery which has been restored since my last visit and has been equipped with its payload of missiles and protruding front guns. Another, The Sioux light weight helicopter an almost toy like vehicle that reminds me of the choppers from MASH.

At one stage I heard the increasing buildup of thud! thud! thud! of a helicopter approaching and thought how impressive these sound effects were, that was until I realized we were next to an airstrip that also hosted helicopter joyrides. For a moment there the unintentional effect enhanced the experience.

The unique Sound and Light show- which on my last visit -had been moved from the rear to the front of the museum and is still stands out as a riveting experience. Told via a hologram narrator, videos and live props it tells a compact but comprehensive history of the Vietnam conflict from French Colonialism to the US withdrawal.

Behind the main exhibits is the area dedicated to rebuilding and restoring donated pieces. The two major works being carried out the Canberra bomber and Wessex helicopter have been restored substantially since my last visit and don't look like they are that far from being put on permanent display. Which makes me think whether they'll need to build another hanger because these craft are huge. Beyond the workshop is the Garden of Reflection which contains a replica of the Long Tan Cross and memorial plaques.

I grew up during the 1960s with the Vietnam war on the news every night. By the time I was a teenager it was all over and all involvement by both Australia and the United States had ceased. Back then Anzac Day marches were huge affairs. In Melbourne alone, the sheer weight of numbers of continuing marchers in the parade stretched from the top of Swanston street to The Shrine of Remembrance for hours. There were large numbers of World War Two veterans and still many from World War One. I believe there may have even been one or two Boer War veterans.

These days no WW1 veterans remain, and the youngest WW2 veterans are all in their 90s. The Vietnam vets are now our largest group of surviving returned servicemen and while back in the day their participation was not held in the same esteem as the former wars. Fortunately these days their sacrifice has been fully acknowledged. Though the War Museum in Canberra is the pinnacle of all Australian Armed service history and remembrance. The NVVM is a remarkable niche museum dedicated to a single period in our history and is important for its comprehensive recording of a turbulent time in our nation and deserves a visit.

Buy Australian for Mental Health

The Mental Health Foundation Australia (MHFA) encourages the Australian public to support and buy Australian made products. Local manufacturing is key to getting the Australian economy back on track. Especially with the current Covid-19 situation having drastically affected the Australian economy, buying Australian made products is an important way to assist our nation to recover from this crisis situation.

Buying Australian products equals supporting Australian jobs. At this time, when almost 1 million Australians have become unemployed, it is more important than ever. The link between unemployment and mental health struggles is one that is well established. Unemployed individuals have reported experiencing more anxiety and depression than in the general population. This is something that can be lessened by deliberately buying Australian made products, so more Australians can become employed once again. By buying Australian products, we are supporting the mental health wellness of our farmers, manufacturers, fishermen and processors who work so hard to provide strength to our economy.

Besides this, if consumers pump money into buying Australian manufactured goods, our nation's economy can be strengthened tremendously at the tail end of this pandemic. It is the duty of each member of the Australian society to support the smooth trajectory of recovery that



we would all like to see, which can be facilitated by consciously seeking Australian made products.

Additionally, Australia has high quality and safety standards. This means that by buying Australian products and produce, we can rest assured that what we are purchasing meets the high standards set by the Australian Government.

The MHFA asks Australians to look for the green triangle Australian Made logo on the items they buy to support the economy, to support the mental health of Australian manufacturers and to ensure spending on quality products/produce.

Working towards a world without MND

Their Mission

To provide and promote the best possible care and support for people living with MND.

- The objectives of MND Victoria include: To provide the best possible care and support for people living with MND.
- To collect and share the best available advice on living with MND.
- To raise awareness of MND and the needs it creates.
- To encourage and support research initiatives and disseminate knowledge of research progress.
- To achieve our mission through innovation and influence.

MND Victoria came into existence on October 13, 1981 at a meeting attended by a small group of people with MND and their families, staff of health and welfare groups and other concerned people.

In the last financial year, MND Victoria delivered care and support services to 597 Victorians living with MND. These services included 8,200 individual contacts with people with MND, as well as delivery of 2,875 pieces of assistive technology devices to 392 clients. During the year, 209 new clients registered with the Association.

We have been told by many of our clients that “without MND Victoria we don’t think we could have coped”. Just recently the mother of one of our clients said that “thanks to the wheelchairs provided by the MND Victoria we can go out as a family and know that our son is safe. We have control over where we take him”. Having access to all the equipment needed throughout the disease progression, at no cost to the person with MND, means that they can maintain as “normal” a life as possible, for as long as possible and this is so important with this disease.

For over 20 years the Association has also been supporting the best of the best Australian researchers in the bid to find the cause, treatment and potential cure.



“Let there be no panic”

No more library fines for children’s and teenagers’ overdue items

A lot of us have been there. You have just received a reminder from your local library that the kids’ books, games or DVDs are either due back, or are already overdue – and fines to be paid!

Then it begins – the great book hunt – under the bed, under the cushions, in the Lego box, maybe even the sand pit. Or, did we accidentally return it to the school library.

From now on families can relax!

At its recent Board Meeting, Eastern Regional Libraries (ERL) decided to remove fines for overdue children’s and teenage books, games and DVDs in order to encourage more families and teenagers to borrow library items without worrying about fines for late returns.

Fines can have a major impact on low-income families, their children and on teenagers, and can exclude the very community members who rely the most on library services.

For families with children, or our teenage members, with outstanding fines, ERL is wiping the slate clean. Overdue items still have to be returned - but there will be no fines for being late.

ERL Chair, Cr John Mortimore said “overdue fines were not particularly effective as a compliance tool. ERL believes that the majority of families and teenagers will continue to return their books on time, even without the fear of fines.

Library fines can contribute to significant financial hardship. ERL wants to ensure that every child and teenager in our community is free to read, learn and create”.

According to Cr Peter Lockwood, ERL Board Member, “reading and storytelling with your child, particularly from 0 to 5 years, promotes brain development and imagination, teaches your child about language and emotions, improves literacy and strengthens your relationship. Children who are read to, and read a lot, are more likely to be ahead of other children when they go to preschool.

The ERL Board hopes to reduce the barriers to library usage and encourage more families and teenagers to explore our exceptional children and teenage collections without worrying about fines.



A Treasure for Local Communities - Radio Eastern 98.1

This amazing group of dedicated volunteers provides an inestimable service to the local communities of Knox, Maroondah, and parts of Whitehorse, Manningham, Monash and the Yarra Ranges. With a potential listening audience of 500,000 and approximately 23,000 tuning in to Radio Eastern daily, it has a huge impact for a local radio station. Each year over 1,200 community groups avail themselves of the free promotions for their programs and activities on Radio Eastern. In 2019 there were 82 volunteers serving in a variety of roles including presenters, administrative staff, technicians, editorial staff, sales, sponsor administrators and community engagement workers with the station actively recruiting volunteers.

Its beginnings were like a grain of mustard seed and 98.1 has grown to provide broad ranging services to many communities and individuals. Russ Read (a current presenter and lifetime member) is one of the longest serving volunteers and presenters. He recalls the early days with local community members who were the founding people in the 1970s including Stan Bannan, Ruth Chapman, Carmen Crowley, Herb Lilburn, Peter MacArthur, Gerald Smart and Peter James. Russ tells me Peter "... had a common desire to get a radio station serving our local area." Over a couple of years in the late 1980s and early 1990s test transmissions were performed to prove to the Federal Broadcasting Authority the station's ability to run a successful broadcast, so that they could gain a broadcasting license. On a humorous side Russ tells me that during early test transmissions a caravan was borrowed and set up on top of Cheong's Hill at East Ringwood for broadcasting with an antenna attached to the top of the water tank. At times the broadcast was interrupted whilst the presenter ran up the hill and climbed up the tank to adjust the antenna then run down the hill somewhat out of breath to continue the broadcast. Finally, in 1990 a license to operate was approved and the station commenced full time broadcasting in early 1991.

Radio Eastern serves the community in a



Pheona Smoczynska

wide variety of ways and a broad range of musical styles including rock, jazz, show tunes, easy listening, classical and country. Outside broadcasts also promote local community events such as Mooroolbark Miniature Rail and Steam bushfire fundraiser and all the local community festivals. Presenters also have regular interviews with individuals and community groups and a monthly interview with one of the local mayors. Over the last five years there have been around 2,500 interviews in many fields including sport, history, health, gardening, consumer affairs, religion, real estate and craft to name a few. A very popular program is the live streaming of the local EFL matches and also the Eastern Community Sports program with Colin Huggins. They are also an official emergency broadcaster for local bushfires, floods and other emergencies like Covid-19.

A wonderful initiative over the last two years has been a monthly talent program called Talent Search, a competition presented by Murray Smith and generously sponsored by Bendigo Bank. Locals compete for cash prizes and listeners participate in voting. Recently, I was sitting with Rick Robison, one of the presenters, for a coffee in Wyreena café and an elderly woman came over to our table and gave Rick a card of appreciation. He remembered her by name calling into the program as a listener. She seemed to talk for a long time but he continued to warmly listen. As the listener was about to leave she said, "I only have my little dog to talk to."

One of the most severe challenges faced by Radio Eastern was in July 2003 when a devastating fire consumed two studios which resulted in more than \$200,000 damage. It

was well insured with lots of local listeners generously donating to help rebuild the station from the ruins. One of the current presenters Russ Read commented in the local Maroondah Leader at the time, "To see it being built up, then destroyed-it's disappointing. We put so much work into it.... it's like a home away from home-it's part of your life." Clearly the local community felt the same and with their support the station was rebuilt but it took a year for the broadcast to resume. A major source of income is promoting local business.. Organizations and individuals in the local community can also pay a low membership fee. Over the last five years there have been 1,200 organizations using this service with 70,000 announcements going to air on a large number of topics including music, sport and local festivals. Each year over 300 community groups and many individuals providing community services avail themselves of free promotions for their services on Radio Eastern.

The station is serious about improving its service to the community and responding to community feedback as reflected in its McNair CBAA Survey Analysis in 2018 and 2019. In response to the input from the listeners they are improving their communication, national news coverage and need for younger presenters. Overall, responses were very positive especially about the musical content, the presenters and community engagement. One listener sums it up with "Thank you for the radio service. Well done to all who contribute to make it happen."

Radio Eastern's goal is to expand their listening base with initiatives to include the local immigrant groups like the local Burmese population which in 2020 has increased to over 20,000. So, the station is currently training some young Burmese to potentially become presenters. Currently the station is live streaming on the internet on digital which takes the station all around the world.

Recently, I was interviewed by Rick Robison on Radio Eastern and I could not help but be impressed with the professionalism, warmth, passion and enthusiasm of all those who made me so welcome. Radio Eastern has become a treasured part of the communities that it serves. Well done and keep up the excellent work.

Radio Eastern 98.1 broadcasts can be found at www.radioeasternfm.com.au



Lyn



Russ Read



Colin Huggins

Life Activities Club Knox

This is being written during LOCK-DOWN. Hopefully, by the time this newspaper is circulated, we will be out and about, free to come, or go, and be social again. HOWEVER, our diligent/optimistic committee members, and conveners, have prepared plans for the coming months.

The Friday walkers intend walking and chatting, and at 1.5metres apart. The Bushwalkers would like you to join them. Water Aerobics can continue?? Better check. Lunch is also on the plan, meeting at Ringwood Club. The Badminton group are ready, and of course, The Card players will get on with their dealing. By now, we can again, meet at the Boronia Cinema for a film, and social evening afterwards. The best way to learn more is to call the convener of the activity that interests you.

As this goes to press, we are still under lock-down. BUT, there is also a plan

for October:-4 night / 5 day bus trip to Echuca, and surrounding areas. Including most meals and accommodation. We'll visit Painted Silos in Rochester, Sculptures, visiting Boort, Olive farms and much more. We'll also take a cruise on the Paddle Steamer "Emmy Lou", with her timber fed boiler and real steam engine.

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



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- Olives and extra virgin olive oil: rich in oleuropein
- Unrefined virgin coconut oil: rich in lauric acid
- Ginger, garlic, turmeric and rosemary: herb and spices with anti-viral qualities.
- To increase unprocessed whole foods like vegetables, fruit, fish, meat, eggs, tofu, seeds, nuts, legumes and whole grains.
- No sugar and refined carbohydrates: they suppress immunity and worsen viral infections
- Restrict alcohol: it also suppresses immunity and depletes key nutrients.

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Gut Bacteria: Boost Your Microbiome

60% of the immune system is in the gut, so it's critical to support the gut health.

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- Probiotic foods like yoghurt, coconut yoghurt, kefir, sauerkraut, tempeh, miso, natto, kamabiko and pickles.

Supplements and Herbs:

- A good multivitamin and mineral
- Vitamin C, 2000 mg /day
- Zinc, 20 mg/day
- Echinacea, Andrographis, Mushroom Extracts, Elderberry or Elder flowers, sweet wormwood, liquorice, Baical Skullcap, Olive Leaf.

Lifestyle

- Regular exercise like walking everyday for 1/2 hour at least
- Relaxation like a hobby
- Good sleep which can be improved with deep breathing exercises or meditation
- Staying connected with family and friends with Face time or any other Apps available.

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 Email: christine@essentialhealthfoods.com.au

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It's up to all of us to keep our friends and families safe.

- No more than 5 visitors at your home.
- Outside the home, families and friends can meet in groups of up to 10.
- If you do have to see people, keep your distance. No handshakes or hugs. Maintain good hygiene. Don't share food or drinks.
- If you're feeling unwell - you must stay home. Don't visit friends and family. Don't go on holiday. Don't go to work. Stay home.

And if you have symptoms - get tested.

This is a wake up call. We cannot be complacent.

The only thing between us and a second wave is what we do next.

STAYING

APART

KEEPS

US

TOGETHER

For details go to vic.gov.au/CORONAVIRUS

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