

# STAGE 4 RESTRICTIONS ARE NOW IN PLACE FOR MELBOURNE



Exercise is limited to once a day for 1 hour



Shopping is limited to 1 person once a day



You must stay within 5kms of your home when exercising or shopping



Stay home between 8pm and 5am



# For all current restrictions go to vic.gov.au/CORONAVIRUS

Authorised by the Victorian Government, 1 Treasury Place, Melbourne





# LOCKDOWN EASING SOON?

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Free circulation

Published by Boronia and The Basin Community News Inc.,

### 2 Spring 2020 From the Editor...

### Lockdown and Life

It is not a way many would choose to live - except perhaps a hermit.

Cooped up in our homes, forbidden to leave except in special circumstances and then only for short distances, limited times and alone.

No other disease has had such an impact on our lives as Covid-19. Here, in the lucky country, we have been transformed from lovers of the big outdoors to prisoners of the little indoors.

Sure, there have been circumstances that permitted us to temporarily leave our homes, just enough to bring home what we had lost.

But then there's the upside. for a start, we were reminded of what we treasured in our usual freedoms, in the beauty of nature that surrounds us, of the fragility of our lives and the ones we love.

Thank goodness for big screen televisions!

Who needs our bushland when we take a visual tour up the Amazon or into Kakadu at the press of a button?

Well, we all do.

We all rely on the growing world for far more than the vegetables and drumsticks for tonight's dinner. Most of the lifegiving oxygen we breathe comes as by-broduct of the living world beyond our walls and indepenent of life online or on the couch.

We need the natural world for our physical and mental health. Our children need exposure and contact to prepare them for life as adults.

It is still a pleasure to go for our short allowed walks with family and friends - at a safe distance of course. When we do the air is a little cleaner than what we are accustomed to because of the lack of cars on our roads. Perhaps we can learn a lesson from that.

While some succumb to the influence of self imposed (government ordered) changes to our lives, absorbing endless conspiracy theories and inventing new forms of government, or non-government, others adjust to the new reality, spend more time with their children, learn new skills or remember old ones, and plan for a life returned.

This dread disease has given us a aharsh lessson in the meaning of our lives, let's hope we can hold it.

Stay safe and care for those we can.

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. Proudly supported by The Basin Community House &

Ferntree Gully Community Bank® Branch

🕑 Bendigo Bank

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

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

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COMMUNITY NEWSPAPER ASSOCIATION of VICTORIA

the voice of the community

**MEMBER 2020** 

Boronia & The Basin Community News

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### Knox City Council election

A general election will be held by post this October for Knox City Council.

The Victorian Electoral Commission is preparing to deliver a safe election during the extraordinary circumstances of the coronavirus (COVID-19) pandemic.

The Knox City Council election will be conducted by post – a safe and completely secret method of voting.

Electoral Commissioner Warwick Gately issued a call to the City of Knox residents and ratepayers to be ready to have their say. 'Voting in local council elections is compulsory if you're a State-enrolled voter, and we encourage Council-enrolled voters to vote.

'Your local council makes important decisions about your community facilities, services and local business community, so it's important to have your say by voting in this election,' Mr Gately added.

Voters who will be away during the election period can have their ballot pack redirected to an address of their choice by making a request in writing by Thursday 17 September.

More information is available by calling 131 832 or at vec.vic.gov.au, where State-enrolled voters can also sign up to the free VoterAlert service to receive important election reminders by SMS and email.





"Tilly" is a pastel by Glenda Guy.

A valued member of our arts society, Glenda runs the weekly life drawing workshop, helps with kids afterschool and holiday classes, caters for many of our events and looks after advertising. She is also a very good artist. Shirley Dougan



### Letter to the Editor

#### Dear John Mortimore

Good morning John. I enjoy reading your very interesting newspaper. This Community news is even more important due to other community papers being no longer in print. With Covid-19 people need to keep in touch, especially for we seniors. News at the moment is quite scary and very in your face constantly. It's nice to hear what's happening in our lovely community.

The Bird page is informative and a good read. We abut Bungalook Forest so have visits from many species of

#### Everyone PLEASE be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my coffee, and we all agreed that things are getting bad. I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!!

Certainly couldn't share with the fridge, cause he's been acting cold and distant! In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic... told me to just suck it up buttercup! But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!! You can just about guess what the curtains told me: they told me to "pull myself together!"

We will survive!! #alonetogether2020

#### Photo: Jay Leslie

birds. I must admit, when a large mob of sulphur crested cockies come to play and destroy our garden we are not amused. On the other hand, it melts my heart when I see a very old fellow with a worn out and badly damaged beak, so he can no longer feed himself, being fed by a couple of his younger mates regurgitating their food.

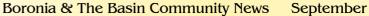
This surprised me somewhat as I tend to think of cockatoos as a greedy lot, but surely this is done in a caring and respectful way, not unlike our mob in many respects.

Yours truly Judith Whitehead



**BBCN MEMORIES** Share with us all your memories of Boronia and The Basin's past





# Great Moments in Cinema History

2020

#### Danny Nolan

Of all the things that have been shut down during this pandemic, I think the one I miss the most is going to the local cinema to see a movie. Netflix and the other thousand streaming services are handy and serve a purpose but sitting in a comfy seat, eyes fixed on a massive screen and surround sound so that your only focus is on what's in front of you. No other distractions, no phones, no interruptions or talking. ( that is if the other patrons are functioning humans) It's no secret that all the blockbuster films have been delayed and there has even been talk of the death of cinema, which I highly doubt. If it survived TV, video and YouTube, a pandemic caused closure for six months isn't going to even bruise it. I look forward to cinemas opening again. It figures that one of my favourite places in Boronia is the Metro Cinema. We are lucky in Boronia to have our own picture theatre and did you know that it has been operating off and on in the same location for nearly 80 years?

So, if I couldn't go there, I decided to delve into the fascinating history of our local picture show joint.

It all started with The Electra Theatre which was built on the site sometime in the late 1930s, it was a fibro and brick building constructed on land owned by Charles Spalding who had recently built the Loyalty theatre in Ferntree Gully next to his Bakery. I can't confirm if this is intentional as he is not listed as the owner or operator in any early documents. The theatre stood out on the main drag that was Dorset road in a prime position opposite the railway station.

In the area, the same time as the Electra originally operated were the *Glen Theatre* in *Sassafras*, the *Upwey Theatre*, Belgrave's *Cameo Cinemas* and the aforementioned *Loyalty Theatre* in Ferntree Gully. Going to the flicks was popular in this part of town. Did you know that in January 1952 Olinda had its own Film Festival that attracted 600 people?

Trying to pinpoint when the cinema first operated is a bit tricky. According to the *Cinema and Theatre Historical Society of Australia* (CATHS), the Electra theatre was opened on 14<sup>th</sup> October 1939, then contradicts itself by saying it operated from 1943. Whether the 1939 date was the commencement of construction as the Architect and Builder are listed with dates 1939+40 respectively, isn't made clear.. While the *Cinema and Audience Research Project* (CAARP) lists its first opening as 1<sup>st</sup> January 1946. In his history of the **Boronia Church of** 



VillageTwin1981

**Christ** David S Allen wrote: "At the Board meeting in mid-August, Mr Graham reported the arrangements being made for a combined Churches Thanksgiving Service in the Electra Picture Theatre, Boronia, on "V. P. (Victory in the Pacific) Day." World War Two was over!" - VP day being held on the 15 August 1945.

LATE ADDITION: this of course was all shot down when a poster for a November 1942 Austerity Meeting was found after I wrote this. Refer picture.

The theatre was definitely up and running post-war as there are many adverts in the local newspaper the *Mountain District Free Press* also many stories of events held there, one notable one being the June 1952 public meetings over the outrage following the railway crossing accident where 9 people died earlier that month, demanding action on installing warning lights. Something that after nearly four years of toand-froing between the council and the Victorian Railways over responsibility saw the installation of warning lights within months. The Electra being an auditorium was also the venue for plays and concerts as well as film.

Ken Barret, who grew up locally during the 1950-60s and now lives in Kilsyth recalls some of the physical and technological changes the theatre went through: "The original entrance had double doors with a large foyer .there was display boards which featured coming attractions advertised on them, there was also a ticket box. The theatre was open on Saturday mornings so you could book your seats for the evenings showing. Whenever there was a Dean Martin and Jerry Lewis movie on Saturday night the place was booked out. The Saturday matinee was always full of kids. Mum



Electra theatre prior to demolition1970s



Creative workshops available for Adults & Kids



would give me one shilling each week 9 pence to get in and 3 pence for an icy pole. we got a newsreel a cartoon a trailer and a main feature. Great memories"

"The Farmers (owner-operators during the 1960s) introduced cinemascope movies when they managed the theatre"

"I can remember when they had an entrance down the sideway. When TV started the theatre closed for a period of time. The theatre opened up again and that when the entrance was up the side alley". What is now the Chandler Arcade.

With the success of the Boronia Mall when it opened three years earlier Village Cinemas demolished the Electra in 1976 and constructed a more modern brick building consisting of two cinemas. This operated as the Village Twin from 1979. It ran until 1989 when in closed, along with a similar sized Twin cinema in Knoxfield due to the major redevelopment at Knox Shopping Centre. It was then taken over by Century Cinemas and expanded into 4-screens in around 1990, then Village Cinemas took over again as the Knox cinemas were going through even larger expansions. It closed for a while in 2002 when the redevelopment was complete, it then re-opened in 2004 as the Regent Cinemas. This was short-lived as it was closed by Knox council in October the same year, for breaching safety regulations.

This was taken over almost immediately by current owner-operators the Schouten family in June 2005. Tom Schouten has theatre in his blood and has been associated with it since he was seven years old. He parents were also involved, working in some form or another either as an administration or a musician in his hometown of Geelong.

Tom has long time links to Boronia, working as manager of the then Village Twin back in 1985, the same year he married his wife Cynthia, who also had a long working history in the cinema industry.

#### Boronia Veterinary Clinic & Animal Hospital

181 Boronia Rd, Boronia (Cnr Langwith Ave) Phone: 9762 3177

\*Serving the community for over 45 years\*

181 Boronia Road, Boronia (Cnr Langwirth Ave) 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.

#### Boronia & The Basin Community News

Tom, Cynthia and daughter Ellie are passionate about the property bringing back up to code when previous owners had neglected it. Immediately improving safety and comfort. This included new fire safety equipment, upgrades to exits and a new boiler for heating. Tom has also overseen the replacement of the old film projectors to digital projectors, new air-conditioning and cut the carbon footprint of the premises with the installation of solar panels on the roof. This last action you may think is not so impressive, but have a look on Google maps of the Boronia shops: Dorset Square, Junction and Village and see how many other buildings are fitted with solar panels and you see how innovative the Schouten's have been. The family's dedication to the community has meant the ticket and candy

bar prices are considerably cheaper in comparison to the large shopping centre multiplex, which always seems to be verging on the ridiculous when it comes to ticket pricing. These initiatives as well as free tea and coffee for Seniors as well as the best membership club anywhere. I know because I've been a member for the last five years.

I talked to Tom recently regarding the lockdown and he said it was a shame that they wouldn't be able to celebrate their 15<sup>th</sup> year with the community but it is what it is. Public safety is paramount and if the State government cancelled the football in Victoria it must be serious. Due to the speed and unpredictable nature of the pandemic and the lockdown that ensured when the cinema was forced to close, the business put out a social media call for anyone who wanted ice-cream's since they would not keep over the duration of the closure. They were gone in hours. When the lockdown continued other stock that would run out of its use by dates such as lollies and chips

September



were donated to Police stations in the area. When the lockdown ended and limited numbers were introduced, the family took the hard decision to wait. This proved to be the right decision as to the limited seating due to social distancing only last twelve days before compulsory closedown was reintroduced. Tom is optimistic that things will return to normal and with it some long-delayed blockbuster films.

I share Tom's outlook and when things do return to normal, or what will be considered normal, I look forward to sitting down with a Choc Top in one of the four Metro's theatres because I'm going to be spending my money locally, just to help everyone get back on track

As an endpiece I cannot recommend the Metro Cinema membership club highly enough. For value for money it is unbeatable. \$20 a year for \$8 adult entry (that's TWO adults) for every session as well as two free passes. If you love going to the flicks as much as I do, it pays for itself in a couple of months and nothing can beat \$4 choc tops.



for VICTORY

Tom Schouten and Family

#### LOOK AROUND

We are a vubrant, attractive and dynamic part of Knox, one of Melbourne's finest suburbs. Crime is low, violence rare, over-development contained, parks and recreation reserves in top condition - this doesn't happen by accident. Careful planning, policy debate and responsible budget development and community input all play their part, as does the ability to work closely with a team of colleagues

#### ASK SOMEONE WHO KNOWS

Talk to the locals who run the pre-schools, sporting clubs, community organisations such as the Scouts and Community House ... etc ... ask how they have fared on my watch.

#### NO POLITICAL AFFILIATION

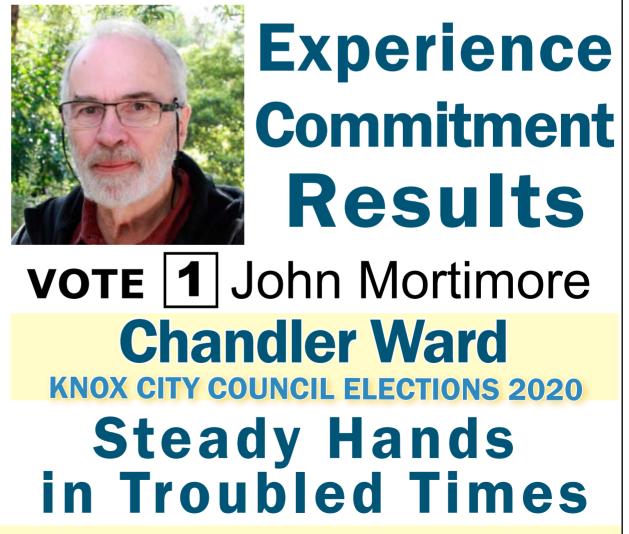
I answer to YOU, not to a political party. I have established good relationships with all local politicians That allows me to be an effective advocate for you when needed.

#### **MY COMMITMENT TO YOU**

I will continue to work to enhance and protect our natural and built environment

I will defend your rights

I will continue to fight for a fair go for residents who are elderly, disabled or disadvantaged.



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



Knox**Inf@**link

An Information Resource Centre for the Community

### COVID 19 RESPONSE

For Knox residents and those that are homeless who are struggling in these challenging times: We can offer the following Free Services based on assessment:

#### Food parcels

Fresh Fruit & Vegetable parcels Frozen meat trays **Snack Packs** Bread Toi letries **Re-usable** 

### Information, Referral & Advocacy

**Information & referral to Household Relief** Loans for Rent & Utilities **Telstra Assist & Phone Cards Energy Mentors Homeless Tailored Packages Shower Program Chemist Vouchers MYKI Cards** Home Delivery Service for those in isolation, with serious health conditions, those outside the 5 km radius of our office and other extenuating circumstances And More.....

Simply give us a call on :

#### 9761 1325

lking the

N01176

Hours of Service: Monday – Thursday 10 a.m. – 3 p.m.

# Payment assistance extended

Payment assistance measures for those experiencing financial hardship as a result of COVID-19 have been extended, to provide continued relief for households and businesses in Knox.

Interest will not be charged on overdue fees and charges - including rates - until March 2021, a sixmonth extension on the original end date.

New allowances for zero-payment plans, extended payment plans for rates and deferral of debt collection on overdue rates and charges have also been introduced to provide further relief. In addition, interest free periods will continue to be made available for all categories of rate payers, including commercial and industrial rates which were previously ineligible.

Knox City Council Mayor, Cr Nicole Seymour said Council remained focused on providing thoughtful, flexible and timely support measures to the Knox community.

"The COVID-19 pandemic continues to significantly

#### 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



# Cr Peter Lockwood Knox City Council, Baird Ward



disrupt our society and economy, and create great financial and social uncertainty," said Cr Seymour.

"Particularly given the impacts of Stage 4 restrictions, we unfortunately expect the demand for hardship arrangements to increase in the final months of 2020."

"We recognise the extraordinary challenge many in our community face and continue to prioritise programs and services that provide support where it is needed most. It is our goal that extending these provisions will reduce some pressure on those households and businesses that are experiencing true hardship as a result of the pandemic."

The Payment Assistance Policy introduced in March 2020 extended eligibility to encompass individuals and businesses, in an effort to address emerging consequences of the COVID-19 pandemic and its impact on the livelihoods of the Knox community. Rates notices for 2020-21 are expected to be mailed from Monday 7 September.

Further information on rates assistance are available on Council's website at www.knox.vic. gov.au/ratesassistance and those seeking help with other payments are encouraged to contact Customer Service on 9290 8000.



#### September

### Spring 2020 7

#### Your Local MP Report Sponsored by Jackson Taylor MP



You are all doing an amazing job, I'm in awe of all of you dealing with everything COVID throws up. I know there's a lot of uncertainty. I know. I get your frustration, I understand it. I hear you. So, I want you to know, I'm of course still here if you need any assistance. My heart goes out to our amazing community. Amazing. And you are that, amazing and nothing short of that. I am so proud.

As always, I also wanted to give you some local updates on what's happening and things that are getting done.

I'm stoked to tell you that the Victorian Government is committing \$5,000,000 to deliver a new-state-ofthe-art Knox Regional Netball Centre which helps to lock this project in, get it done and create local jobs!

The \$15 million project is going to be massive, there's no doubt about that.

Our local sporting community have been doing it really tough lately and I know this will be something they can look forward to, when we get to the other side and can do things like play netball again, which is an extremely popular sport across the country. Cheers also to the Federal Government for a \$4 million contribution and to Knox Council for theirs and delivering the project.

Excitingly, I announced \$500,000 to help kick-start

#### change in Boronia and begin the process of working towards revitalising our proud community in Boronia which is home to over 20,000 people.

This \$500,000 will deliver a shovel ready project which will create jobs, support local business and work has already begun with Knox Council on this and they're ready to deliver a great project to kick-start change in this community.

I'll have plenty more to say on what the exciting project will look like as we move along. And I'll keep you informed at every step and use your voices for this and further change.

#### 'Getting On With it'

#### Project Updates

- The \$2.6 million 'Reimagining' of Blind Creek near Fairpark now complete and it's a beauty.

- Around \$20,000 in small grants to help get local clubs, these include: The Basin Football, Boronia Hawks Football, Fairpark Footy, Boronia Cricket, Boronia Bowls, 1<sup>st</sup> The Basin Scouts, Miller Park Tennis among others.

- Expanding Free TAFE by creating 10,000 new spots. Go to FreeTafe.vic.gov.au for more

This edition's shout out is to all of you. Together, we

### **Regional Freight Hub** for Local Benefit

The Victorian and Federal governments have announced the construction of the South East Freight Hub at Dandenong South.

This is a terrific victory for greater South East Melbourne of which Knox is a key member.

Over the past four years SEM has advocated for this project to Ministers in Canberra, we've provided regular briefings to the Treasurer, Minister Horne and her predecessor Minister Allan, we've urged governments to commit to the project in our budget submissions, and we've even recommended that the Victorian Government include the construction of the rail spur as part of the procurement process for the duplication of the Cranbourne line.

This project will reduce congestion, lower the cost of getting goods to and from the Port of Melbourne, it will cut carbon emissions and create hundreds of jobs across the south east.

It's a regional project that will deliver regional benefits. Congratulations to all who have been involved in this project. It demonstrates SEM's capacity to deliver outcomes for the greater south east, and we've still got a lot more to achieve!



will get through this. We will see the other side. We will conquer this thing and we will see each other once again.

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.

# Firefighters call for action after tragic spate of house fires

Victoria's fire and rescue services are calling for action after six Victorians lost their lives in house fires in the three months from April through to June this year. "If you don't have working smoke alarms throughout your home you're putting yourself and your loved ones in danger," said Deputy Commissioner Young. "Don't think it can't happen to you – having a fire escape plan in place and working smoke alarms is what will save your life," said Deputy Commissioner Young.

# Jackson Taylor MP State Member for Bayswater

Suite 2, Mountain High Centre, 7–13 High Street, Bayswater Vic 3153

Son Taylor MP I ackson Taylor MP I ackson Taylor MP I jackson.taylor@parliament.vic.gov.au w jacksontaylor.com.au

ilication is funded from Parliamentary Budget. Authorised by Jackson Taylor, Suite 2, Mountain High Centre,7-13 High Street, Bayswater 3153



# Aged Care Homes...

#### A Balanced Perspective - Lessons To Learn allowed staff to work in one facility.

It is too simplistic to label all aged care homes in Melbourne as incompetent or derelict in duty during this Covid-19 Pandemic. Clearly there have been serious breaches in a number of aged care homes that have led to serious outbreaks and many deaths of our elderly. However, on the other hand the majority of aged care homes have provided a safe haven for their residents.

**Spring** 2020

I will briefly look at the figures as of 19<sup>th</sup> August 2020 as given by the Premier Daniel Andrews. He stated that there were 363 deaths that were linked to outbreaks in aged care facilities. Also, that there had been 3,387 cases in aged care of which there were currently 2050 active cases. Of those 2050 cases, 5 were in the Victorian Public sector aged care and 2045 cases are linked to private sector facilities. In the media we have heard around 140 aged care facilities with Covid-19 cases, which is a small percentage of the number of aged care homes in Melbourne. I was unable to find out how many aged care homes in Melbourne or the breakdown of public and private facilities. I believe there are so many more in both the public and private sector who have had no cases

or a single case and have immediately acted to prevent any further cases in their homes, they must have done something good. These, the majority of aged care homes have worked tirelessly, professionally

and passionately to keep it that way. I believe that it is no accident or matter of good luck that has led to these places being successful. There are I believe real reasons for these success stories that we need to consider and implement in aged care homes.

So, let's consider the principles and strategies that I believe many of those successful aged care facilities have implemented and learn from their excellent work. On a personal level my mother is in an aged care home and I have seen these strategies work in my mother's public not for profit, aged care home locally.

I believe that aged care homes that have immediately implemented all government health guidelines will have placed themselves in the best position to handle any outbreaks. I can only say firsthand, that my Mum's aged care place have done a sterling job (no cases at all in their facility) on so many levels. They promptly implemented all the Health department's directives immediately and informed all of the families by email promptly, so we were fully informed. My mother's age care facility immediately implemented staff and visitor temperature checks and questionnaires and only



Come in & try our new summer Mediterranean dinner menu. Tapas starts from 5pm on Friday & Saturday nights.

Dinner bookings available! Call 9720 7770

719 Mountain Highway, Bayswater

Connect with us @montanospatisserie



**To Learn** allowed staff to work in one facility. Staff at Mum's home, and I am sure

many others, have been fully trained in the use of PPEs and have continually been reminded of hygiene practices. Also, they purchased enough PPEs before any serious outbreaks so they were fully ready.

Most importantly, as a family member of a resident, I found the openness, kindness and willingness of staff members to take the time to talk on the phone and explain their decisions and listen to my concerns refreshing and warming because they really genuinely care for our loved ones. Even if an outbreak occurred at my mother's aged care facility I believe she will continue to be in safe hands.

I believe it has been a combination of careful planning, implementation of Health Department directives and keeping on top of everything which has led to being ahead of the situation before outbreaks occur, that sets these aged care facilities apart. Even with the best of plans cases have happened even at other of my mum's aged care homes but they manned up, informed the Health authorities, responded immediately to these single outbreaks with swift



action and therefore prevented the spread.

I say well done to the majority of aged care facilities in both public and private sector who have worked hard with commitment and real care for residents and families. They have worked hard to follow good practices to keep our treasured family and friends in aged care safe. Well done and keep up the good work. Lynette Hayhurst

# William Matthews Funerals

### 45 Cave Hill Rd, Lilydale

24 HOUR SERVICE - ALL AREAS

Despite the current COVID-19 outbreak and restrictions we can still hold funerals within the Government Guidelines

Live streaming of funerals is available to accommodate those unable to attend.



Before you decide call Bill, Narelle or Melanie Matthews or Micah

# 9739 6868

www.williammatthewsfunerals.com.au FAMILY OWNED AND OPERATED N.F.D.A. Member

# Knox Regional Netball Centre

# A triumph for three levels of goverment working together.

Thankfully, even during these difficult times, we are still seeing progress on important projects in the community.

Recently, the official plans and concept designs for the new Knox Regional Netball Centre were released and they look great.

As many of you would be aware, this was an election commitment of mine and it's great to see it progressing.

\$4 million of federal funding has been secured for these much-needed upgrades and Knox Council has agreed to provide the rest and manage the construction.

This was possible, in no small part, to the many people that signed my petition, wrote letters, made phone calls, and sent emails in support of this project. Thank you to each and every one of you.

In ordinary times, the centre hosts over 6,000 people every week and is a huge part of our community's life. The facilities are way too small for this level of attendance and games are often washed-out due the lack of indoor courts. In 2019 alone, 180 games at the centre were cancelled due to weather.

When complete, the centre will have twice as many indoor courts, seating for 300 spectators, 180 extra car parks and, as you can see from the designs, a considerable facelift.

The upgrades will especially help the netball association to expand its programs, including for players with a disability, allow larger tournaments to be held and transform the complex into a true regional centre for netball, right here in Knox.

Construction is scheduled to commence late next year and be completed in late 2022. It's frustrating how long these projects take, but it will certainly be worth the wait.

This just one of many projects I am working to deliver in Knox. I will always fight for better local sports facilities, because I believe they benefit the entire community. They help keep people active and engaged and keep kids off the street and mentored by older people.

As usual I will keep you updated on all our local projects through Facebook, email and letterbox.



# Churches and charities support those in need

are difficult times for These evervone. but for the vulnerable and isolated in our community, it is as difficult as it gets. help them, our local churches То and groups community have adjusted their services to continue to provide support. Nema and his team at ADRA in Rowville is one such organisation. They are running a Free Food Corner to provide groceries and fresh produce to those in need and currently give away dozens of care packages every week. More importantly, though, they provide a personal connection for each and every person that walks though their door. City Life Church in Wantirna South, Foothills Community Care in Ferntree Gully and Knox Infolink in Boronia are all providing similar support. To these and the many others providing support at this time, thank you. This is what the Australian spirit is all about.

#### We will get through this

2020

9

Melbourne is facing the toughest restrictions in our city's history. The Premier has called a "State of Disaster" meaning additional powers are available to police. It is all in an effort to get control of the virus which, as you know, is still growing too rapidly in our city. It is devastating that Victoria has come to this. The restrictions themselves will have a huge impact on people's jobs, businesses and mental health.

I am particularly concerned about those who live alone and can't see their loved ones. The Federal Government is offering every support to the Victorian Government, including additional Defence Force personnel.

Additional funds have been provided for mental health and economic support has been extended. In our local area in Knox, there are only 45 active cases. Hopefully it does not increase. These are very tough days, but we will get through this. We all have to stay positive and reach out to those people who are alone and offer whatever care and support we can.

I thank all those churches and community groups who have done such great work helping others. My office is here to support you as always. While not open to the public during this time, we are available by phone and email. For information on the restrictions visit dhhs.vic.gov.au/ victorias-restriction-levels-covid-19



# Radio Eastern 98.1 Serving our Local Communities

This amazing group of hardworking, dedicated and passionate volunteers provides an inestimable service to the local communities of Knox, Maroondah, and parts of Whitehorse, Manningham, Monash and the Yarra Ranges. Radio Eastern is made up of a tapestry of quality men and women who really care about the individuals and organizations in their community

Spring 2020

10

With a potential listening audience of 500,000 and approximately 21,000 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.

Radio Eastern also serves the community in a wide variety of ways with a broad range of musical styles including rock, jazz, show tunes, easy listening, classical and country. Outside broadcasts are also on air to promote local community events including Mooroolbark Miniature Rail and Steam bushfire fundraiser this year and all the local community festivals like the Maroondah and Knox 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. They are also an official emergency broadcaster for local bushfires, floods and other emergencies like Covid-19. One listener sums it up with "Thank you for the radio service. Well done to all who contribute to make it happen."

Over the last few months it has been my delight to work on air with Rick Robison reading my profiles

on members of our local community and I could not help but be impressed with the professionalism, warmth, passion and enthusiasm of all those whom I have met that have made me so welcome.

Radio Eastern has become a treasured part of the local communities that it serves. Well done and keep up the excellent work in strengthening and connecting our local communities especially during this unprecedented time in our nation's history.

Radio Eastern 98.1 FM station is live streaming its broadcasts and can be found at www.radioeasternfm.com.au or Facebook at: facebook.com/radioeasternfm98.1

Lynette Hayhurst





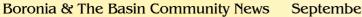
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Chris Maunders

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# Harmonica Haven

With a highly interrupted school curriculum due to the effects of COVID 19, students from St Joseph's Primary School, Boronia decided to embark on learning a new skill, how to play the harmonica!

As the initial restrictions were tightened across Victoria, 188 students from St Joseph's went into their first ever attempt of remote learning, and the outcome was

outstanding. Participants received new harmonicas via Australia Post, along with access to online tutorials and learning materials from Harp's a Breeze Harmonica Workshops. This encouraged many students to learn a new musical instrument in a time of educational crisis.

Throughout a period of social isolation, the primary school students refined their skills as they learnt the fundamentals of instrumental music making, explored new techniques on the harmonica such as chords, vibrato and trills, learnt how to keep their instrument clean and strived to learn familiar melodies.

The most unique part of this story lies within the pandemic itself. As the entire world suffers through respiratory problems, the students at St Joseph's have methodically engaged in deep-breathing exercises. This has, in turn, built their lung power and improved well-being throughout a stressful period. Congratulations to St Joseph's Primary School for their extraordinary achievements!

"The students and staff at St Joseph's have loved playing their harmonicas during their Remote Learning Program. This instrumental program provided a much needed break from screens, developed a new skill

#### Volunteer Drivers Needed. Make a difference in the community.

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set and most importantly added the joy of music to learning. Our students loved sharing newly learnt tunes when they connected with their peers in their daily Google Meets. Chris' Online Harmonica Tutorials extended a sweet-sounding silver lining to us during the Pandemic." Leonie Sheehy, Principal – St Joseph's Primary School, Boronia.



Hot and Cold Sandwiches Vegetables and Salads Fresh Fruit Juice

We Cater for All Occasions Mon-Fri: 10am-8pm | Sat: 10am-5pm



# 340,000 Melburnians have little or no parkland within 5km of their home

Griffith and Latrobe Universities

Under the stage 4 restrictions enforced throughout metropolitan Melbourne, residents can exercise for one hour each day, within five kilometres of their home.

While such restrictions are necessary to reduce the spread of COVID-19, they can potentially harm people's physical and mental well-being.

Parks are great for exercising, getting fresh air, and getting close to nature, all of which boost our physical and mental health.

Unfortunately, some Melburnians have little or no access to parkland within their permitted 5km radius, meaning they are likely to miss out on these benefits.

#### Space to breathe

On average, residents in Cardinia, Mornington Peninsula and Melton have the least parkland within a 5km radius, whereas those in Knox, Yarra and Banyule have the most.



Peter Maria & cows - Dandenong Creek Trail



# FREE ZOO

Hi all, obviously we will not be able to do this in the near future, however it would be great if schools and pre-schools would consider this as part of their curriculum.

Yarra valley nocturnal zoo in Mt.t Evelyn are offering guided tours for school size class groups with our wonderful enthusiastic zoo keepers.

The tour lasts 1.5 hrs and you get to see over 450 native animals many very rare including kangaroos, koala, wombats, dingoes, emus, quolls, eagles, owls, crocodiles, snakes and three reptile rooms.

Highlights include - Pat a koala; meet our dingoes; pat a kangaroo; wedge rail eagle feeding; touch a crocodile; and snakes. The tour is very interactive.

Please note the entry and tour is free. We also have a free courtesy 20 seater bus for schools within ten kms. Please consider us for a free excursion. Thanks. Steve





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# Naturopathic Case Study: **Dyslexia**

M. is 6 years old and had been diagnosed with dyslexia at the age of 5.

M. is improving with the help of much specialised skilled teachers. Dyslexia causes difficulties in learning to read, write and spell. Short-term memory, mathematics, concentration, personal organisation and sequencing may also be affected.

#### **Key nutrients:**

- Vitamin B1, B3, B6 and B12 will improve nerve conduction and transmission. Deficiencies in any one of these nutrients may impair cognitive learning.
- Acetyl-l-carnitive to increase the delayed motor nerve conduction velocity.

It activates the production and synthesis of acetylcholine, a very important neurotransmitter involved in learning and memory.

- Essential Fatty Acids are crucial for feeding the brain, supplementation with essential fatty acids has been found to be helping with reading speed as well as general schoolwork in children with dyslexia. A high concentration of essential fats is needed in the eyes before children can manage the very rapid movements associated with vision.
- Zinc, Vit E and Vit. C: all contribute in lessening the problem as strong anti-oxidants.
- Lecithin and phosphatidyl serine to improve the brain receptors fluidity

#### **Diet and Specific exercises:**

- To increase the amount of oily fish such as wild salmon, sardines, trout and herring in the family diet.
- To increase water intake and reduce cordial drinks progressively
- To restrict refined carbohydrates like sweets, biscuits and chocolates
- To increase fresh fruit and vegetables intake at lunch and dinner time
- To introduce fun activities and exercises that improve coordination, including hand-eye and cross-cranial exercises. Repetition is the key here.

M. is responding very well to the protocol and all her teachers are very happy with her progress.

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







#### **Christine Gozlan** A Woman of Compassion, Intelligence and a Thirst for Knowledge

This week is an exciting biography about an amazing woman who left her place of birth on the island of Madagascar (off the Eastcoast of Africa in the Indian Ocean) with all her talents and dreams and came to the shores of Australia in the 1970s. A kind compassionate woman with an insatiable thirst for knowledge, she is a pioneer in her passion of homeopathy and her chosen profession as a naturopath.

Christine recalls with fondness her childhood in Madagascar, a colony of France. Her father was a French officer in the army and he was sent there to quell a rebellion. They were very happy memories especially of her indigenous nanna called "Mado" who was like a mother to her and took her everywhere on her back. As a child all her friends were locals. She was devastated when they had to move to Metz in France and leave Mado behind, she was one of the family. Metz was their next destination which was just at the border of France and Germany. Christine earned money as a teen teaching children to ski. A striking memory she has of Metz was at Xmas time they were being told that St Nicholas comes to schools with his mate and whips the naughty children, she says, "I was terrified." The same year she saw Santa Claus for the first time in her life in the street and she had never seen or heard of him in Madagascar. She believed he was real and was mortified when her friend said, "Who believes in Santa Claus?" Christine thought, "What's wrong with them?" She decided to ask her mum who told her he was not real.

As a 14 year old she remembers her youthful desire to eliminate hunger in the world, so she along with friends knocked on many doors to raise funds for the starving in Biafra. She was so committed that she ended up with many blisters on her feet but she says she experienced the greatest pain and sadness from the adults who tried to crush her zeal with mean words. She says, "I realized then that I was well intentioned but that I didn't make a real difference and that you needed knowledge and power to make real changes in the lives of others." Many decades later Christine experienced the same narrow minded people with their demeaning words in a group of women who closed their minds to fresh ideas and common sense. The issue was a discussion with professional women about Australia and why it is a big desert. Christine explained to the women that in Israel they had used technology to transform the town of Jaffa from a desert to an oasis producing the famous Jaffa oranges. Christine suggested that the Mission Beach flood water could be diverted South, resulting in the desert producing abundantly. Their words were cutting, they said to her, "You don't know , you don't understand, you are inflexible and rigid." Common sense too often isn't so common and fell on deaf ears.

In the 1970s she met Michael, the love of her life, who was an accountant with Peugeot. Like her father, he was posted all around the world. They arrived in Melbourne in 1972 and Christine was so surprised to find the shops all closed by 5 p.m. weeknights and closed over the weekend. She thought to herself, "Where am I?" In Paris shops were always open at



all hours of the day. Although she was happy to be with Michael she experienced years of isolation from her much loved family in France. During the 1970s they moved with Michael's work to Adelaide, Brisbane and a posting over in the U.S. However, in 1991 they returned to Melbourne when Michael lost his job. It was during these years that Christine had her beautiful boys Eric and Laurens. She tells me with great joy and pride that her children are, "my life and it breaks my heart that during this Covid-19 pandemic that I cannot see my sons and my grandchildren." Eric lives in Queensland and has a Masters in Geophysics and runs his own company with 15-16 geologists working for him. Laurens is highly successful in the Stock market field with his company called Scientia. His team at Scientia responds to health crisis around the world and coordinate to provide the essential needs to deal with the crisis.

Christine is so very proud of both her boys but says, "Raising children was the most challenging thing, as no-one teaches you how to do it, but I just used common sense."

Christine has always wanted to be a homeopath. Her interest in this field arose when she was a child with malaria and was very sick and a homeopathic doctor worked with her and greatly improved her condition. In the early 1990s she completed a Bachelor of Health Sciences in Melbourne. She opened "Essential Health" in 1991 in Boronia and has been there for 28 years and is a highly regarded in this her chosen field and in her local community. Christine says Boronia has been very kind to me with beautiful people,

community and family oriented. She says, "I am very lucky" and that she has met very nice people and customers. One German customer at Xmas time brings her home made goodies. One of Christine's goals in life was to make a difference in "everything." She has certainly made her mark in the health field with her knowledge, common sense and kindness. She has an amazing thirst for knowledge and has continued to study over the last 15 years doing thousands of webinars and even learning more recently about DNA testing in 2019 in a course and is using this valuable data to inform and help her clients about their genetic foundation. She has also given presentations on health topics to the police. Christine is a kind and generous woman and strongly believes, "If I had been alone and without

Michaels looking after the financial side of the business, I would've been bankrupt." Michael is generous, but he would say, "money is money." She also tells me, "I have a full life and I would be happy to die now as I am satisfied with no regrets except she says she plays the piano badly and would have loved to have learnt it as a young person.

Christine tells me about those she most admires including her grandparents and Charles De Gaulle. Her grandfather (a policeman) and grandmother hid Jews during World War 2 and he was arrested by the Gestapo, interrogated and tortured. They were part of the Resistance against the Nazis. She also tells me about General Charles De Gaulle and says he is one of the people she most admires. During World War 2, De Gaulle escaped to England as France had surrendered to the

Nazis and Paris was occupied. He organized the French Resistance with Winston Churchill dismissing him and not wanting to help at all. De Gaulle became the President and was elected in 1945 and 1956. Christine remembers well a friend who rejoiced in 1945 at his election and made a cake to celebrate.

Christine's family is the joy of her life and her husband is very precious and special to her. She tells me of a humorous incident in Melbourne in the early days with Michael, who is Jewish. He wanted to go to the synagogue and she was 22 years old and never been before as she was a Catholic and was rejected by her family as the black sheep for marrying him. Anyway, they arrived at the synagogue and she did not realize it was segregated (women were upstairs) and wasn't sure where to go when he left her, so she decided to lock herself in the toilet and was not to be found, until she heard one noise and finally came out to the amusement of Michael who asked, "Where have you been?" Her love for Michael continues to grow. , She says, "I still love him because when I go out of my room from a patient in my shop, to collect some herbs, I hear my husband's voice and my heart jumps and you know you still feel something special and that makes me so happy." We complement each other." Christine has looked at both his and her irises and I can see if someone is matched with someone else's constitution and I am complementary to his iris, his which is "open" and mine is "silken." She says, "I won the lottery." She says it has not been rosy all the times, like every couple, but she has experienced an endless love for him saying, "I am lucky to have found the love of my life with my husband Michael."



With Michael and their two sons two years ago







#### NO NEWS, IS GOOD NEWS???

Maybe sometimes, but this club would like to have some good news to share with you.

I suppose what is more important, the hope is, that our community avoided the virus, and is as well as can be expected. NOW, let's plan for better times. We do have plans for a Bus trip to Echuca. This beautiful town has so much to see, and we'll also visit the surrounding areas. 5 Days / 4 Nights, in April, it should be lovely weather, most meals included, motel accommodation, tours, entry fees, a cheerful, entertaining bus driver, and fun people, all included. Sailing on the mighty Murray, aboard the Paddle Steamer, with a real steam engine, The "EMMY LOU", (Shovel more coal and timber).

So many of our activities needed to be cancelled of course, Safety First. But you can rely on our Conveners, there, at home, planning, planning, for the future good times.

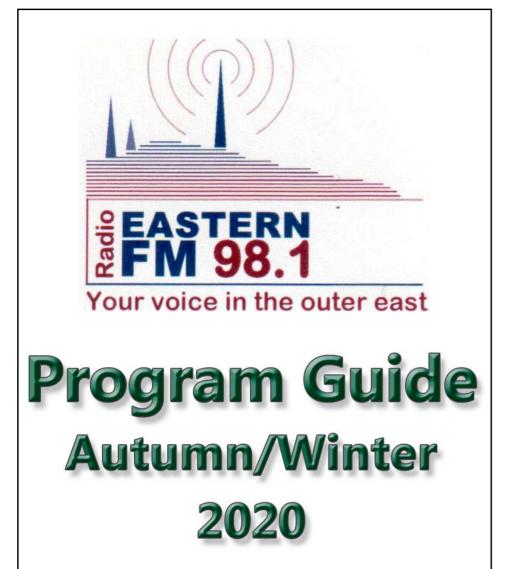
To learn more about our friendly club, i.e. Life Activities Club Knox Inc., and /or for a copy of our current newsletter, please ring:

Carol on 9727 2726

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

Pictured right: Rochester - Painted Silos, and we'll see them up close.







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For the very latest program information go to: www.radioeasternfm.com.au

#### Sunday

8:00-10:00 Sunday Breakfast (Team) High quality entertainment to rouse our listeners in the best Sunday tradition. Peter O'Brien/Julia Zammit/Sandra Liew

10:00-11:00 Talent Search Murray Smith

11:00-12:00 Australian Made Australian music collection Murray Smith

12:00-2:00 Stage and Screen Carol Van Opstal

2:00-3:00 Non-professional Theatre Music and local theatre productions Brian Amos

3:00-5:00 **Sunday Sound** Standards over the years. *Ray Lawrence* 

5:00-7:00 Sunday Musical Variety Various presenters

7:00-9:00 A Touch Of Class Classical Music. Peter Lee Quinn

9:00-11:00 Jazz From New York\* Tom Parker

11:00-12:00 Let The Bands Play\* Australia's top band parade Len Power

12-00-5:55 From Wireless To Radio Overnight

#### **Religious Programs**

#### Monday to Friday

5:55-6:25 Grace To You

6:25-6:30 Christian Science

6:30-7:00 Insight For Living Chuck Swindoll

#### Saturday

7:30-8:00 Lamplighter Theatre

#### Sunday

5:30-6:00 Back to The Bible

6:00-6:30 Grace To You

6:30-7:30 Gospel In The Country Chris Boer

7:30-8:00 Amazing Grace Classsic hymns Graeme Hulls

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