Boronia & The Basin



Issue 295 Dec. 2021





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SUMMER 2020

From the Editor...

Caring It's a life...

When I worked for the Australian Bureau of statistics I was given an official invitation into the very personal life of many, many people. The power of the nation sat

behind my right to ask the questions and their duty to answer. Doing an in depth interview was far more revealing than just reading and studying the data derived from the interviews. This was particularly true of the ageing, disability and carers survey. I still remember some of those people I questioned almost a decade ago. Sometimes the carers were welcoming, relishing the opportunity to speak their mind, to share their grief, their quiet despair.

Family member carers, mostly spouses, seemed the most troubled, clinging on to dreams once shared, now fading as the fate, or bad luck that beset them slowly robbed them of

But it was not all doom and gloom. For those who had faced their situation openly there was still room for simple pleasures, for shared struggles and little victories. These interviews were often a pleasure, sometimes with a cup of tea.

I never imagined that I would suddenly become an official primary carer of my beautiful Rosamund. She was the one who looked after herself, ate healthy and slept early, who gave up a much higher paid job to work in a psychiatric hospital helping others. But motor neurone disease is no respecter of healthy living or good character.

Suddenly I was thrust into the difficult role of primary carer; the best and worst job I ever had. It is not one I would recommend, but then it's not a disease of choice.

Nor is it, of necessity, all gloom and sorrow. There is grief at the loss of life years we expected to share, but we now share life more closely than ever. Much of that is because we are forced to recognise our mortality, the fragility of life and the inevitable end for us all.

Time has a new meaning, there is no planned destination. Our small losses are soon ignored and their importance thus diminished. And then there are our adult children and the realisation that love is family and we're all in this. Life is precious and no longer ignored but shared. In the final reality we can only live one day at a time... so smile! And to all our friends, thank you.

John Mortimore

Email:

contact@bbcn.org.au

Share your neighbourhood.

This is a community newspaper run by unpaid volunteers.

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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the voice of the community

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Pilotbird

There are three men close to me who suffer from the terrible affliction Tinnitus, which is a constant ringing sound in the ears. My two brothers-in-law, Michael and Ronny (who lives in Boronia) and my very good friend Dom, all suffer from this insidious ailment. Now you're probably thinking to yourself, this is an odd way to start a bird article. In fact, I'm starting to agree with you, where was I going with all this? Oh yes, now I remember, the Pilotbird. I have this theory that if science could somehow substitute that awful ringing sound and replace it with the call of the Pilotbird, constantly playing in your head, the suffering of all those people would be alleviated, and a smile would replace the grimace. Yeah I know, it sounds far -fetched, but so does all the stuff that is reality now did 25 years ago.

Alright, enough pie in the sky theories, have you ever heard the Pilotbird call? You haven't? What, are you kidding me? Get in your vehicle straight away and drive up to Warburton (you actually are allowed to do that nowhooray!) and go for a walk in the rainforest, it won't be long before you will hear it. And no, I don't have to tell you what it sounds like, you will instantly know what birdcall it is because it is the most beautiful sound you will ever hear. Sweet, crystal clear and so pleasant to the ear, the exact opposite of that rotten tinnitus sound.

After the horrendous fires of Black Saturday, Adrienne and I did some Leadbeater's Possum surveys, run by the Friends of Leadbeater's Possum (they need all the friends they can get their hands on). One of these was at Dom -Dom saddle, and the plan was that you sat on the ground in the forest on dusk to see if any Leadbeater's emerged from tree hollows. We were sitting quietly gazing up into the tree line when one of these little birds came and perched right beside us then started a full rendition of its song. It was an amazing experience, like being at an opera up in the gods, the sound from so close enhancing its richness.

And on that note, no pun intended, if you hear a Pilotbird calling and sit quietly and patiently, they will sometimes do what I described above, they are real little stickybeaks, try it one day vourself. The Eastern Whipbird is another species who are also stickybeaks, I have done that on several occasions, sit down near one calling and within 5 minutes he will come in fairly close to check you out. They are real characters, did you know that the Whipbird call is a duet, it being the male who gives the whipcrack call which is answered immediately by the female's finale. My cousin Martin O'Brien tells of a pair he heard down at Tarra-Bulga National Park who gave the call in- reverse, it sounded very odd he said. I'm not adding any sexist remarks there, I'll be in all sorts... keep my head below the parapet!.

If you can't be fagged driving up to Warburton but are more of a beach goer, say Anglesea or Torquay, drive out to a cracking little spot called Point Addis and right in the carpark and the immediate vicinity you should pick up a bird called the Rufous Bristlebird. The call of this bird is almost a dead ringer of the Pilotbird, it's a wonder they haven't taken each other to court and filed a lawsuit. Who was the first to give this amazing call, don't know how either party could prove that.

Beside the one I mentioned seeing in 2009, I very rarely see these birds. That would probably be my only sighting in the last 25 years, very difficult to spot but I hear them constantly on my walks up around Donna-Buang and Cambarville, this summer I will make a point of stopping and hope one may check me out. In fact the most reliable spot for Pilotbirds I've found is Wirrawilla just outside Toolangi.

To look at, the Pilotbird is quite drab really, a buff breast and brown back and wings. They mostly forage on the ground and can run very fast, only occasionally flying up to a branch. They get the name Pilotbird because they often are associated with Lyrebirds, picking up tasty



morsels that get overlooked by the Lyrebird. Similar to the Pilotfish and the shark. My field guides say that happens particularly in Sherbrooke forest, but sadly their numbers there are dwindling, for an unknown reason I believe. I personally have not seen or heard Pilotbirds in Sherbrooke Forest, but I think there are some parts of it where they can still be seen, must be the places I don't go to, I do tend to go to the same spots in Sherbrooke forest, which is another under rated little gem in our back yard. (Keep it to yourself

I won't be banging on about climate change this month, but will just add that if the clowns in charge of every country in the world thinks covid has hit the world's economy bad, you ain't seen nothin' yet. Can't help myself, I know.

The next field trip will be in January and I haven't thought that far in advance yet, so if people are interested email me for info and you can get put on the email list. It would possibly be up to Warburton, so if you wanted to hear that Pilotbird singing.....

Des Palmer arc up welding@live.com.au

S Virtual Carols by Candlelight

Saturday 12 December

Christmas Entertainment from 6.30pm **Knox Factor Grand Final from 7.00pm** Main Carols Show from 8.00pm to 10.00pm



VIRTUAL EVENT streamed live from Facebook.com/KnoxArtsandEvents





Boronia: borders, billabongs, abattoirs, and billy carts...



View across the old clay pit

Danny Nolan

I have always marvelled at the boundaries that make up the suburb of Boronia. Where I grew up the suburb's boundaries were made up of four main roads, basically a square, whereas Boronia tends to duck in and out of streets, alongside creeks and in some cases in and out between people's backyards. If you don't believe me type Boronia into Google maps and check out the Devenish and Millers Roads boundary. It kind of explains Knox Council's urban and rural zones, but that is something for another time. Things that I assumed were in Boronia due to their proximity to the railway station has always thrown off my locality radar, for example, the Arboretum - which is in Ferntree Gully, the old Boronia Marine site which is in Bayswater and by comparison, our daughter who lived near Knox City at the south end of Lewis road which I thought was Knoxfield but is still Boronia. It looks like a very drunk man was given a pencil and was told to draw a picture of a cat on a large map.

Because of this, I keep getting confused and forget where Ferntree Gully starts and Boronia ends. (Bayswater too, for that matter) Not, just me either, as I found out and this led me down another local history rabbit hole.

I was looking at a new local history Facebook page a while back (the amazing *Boronia*, "The good old days" A fantastic source of old photos and memories) and I saw mention of a Boronia Abattoir. This was corrected by another post as I scrolled down the comments. It was actually the Ferntree Gully Abattoir and was situated smack on the border of both suburbs that is divided by Blind creek. Prior to the late 1960s and early 1970s, there were no roads that crossed Blind creek between Dorset and Scoresby roads. The demarcation line was firmly set. These days Blind creek has a lovely walking and bike path and the roads once separated are all continuous. Which means that you have a novel situation where things like houses with the progressive numbers 59 and 61 Rankin road are in different postcodes.

Now, Rankin road heading south is quite a steep hill and is known by the locals as Piggy Hill, why?

There seems to be a few theories.

In 2013 the *Herald Sun* in its *Black & White* section requests were made if anyone knew why it was so called. I don't know how serious it was but here's a couple of the

answers received.

One man says he lived at the bottom of Rankin Rd and recalls one early morning when a stolen car came speeding down the hill, failed to take the slight right-hand kink at the bottom and ploughed into the large tree. It then glanced off the tree and levelled the boot of his sister's car. Stating; "We didn't know it was called Piggy Hill. We just thought it was a pig of a hill."

Another one is that in the early 1960s there were two piggeries in the area, and one farmer wished to buy the other out, but he would

not sell. The first farmer moved all his pigsties along the neighbouring farmers' fence and said "I will smell him out" and it became known as Piggy Hill because of a farmer's feud.

I doubt this one. I don't think an owner of a piggery would be upset by the smell of more pigs. My wife, who has lived in the area for over 35 years, told me she thought it was from all the squeals from the kids when they rode their billy-carts and later skateboards down the steep incline. But I still think the fact the road terminated at a creek that looked straight onto a slaughterhouse sounds a good enough reason for such a name.

Long before the Rankin Road literally crossed postcodes or the Blind Creek walking trail existed. Back before Boronia existed (in name only, that was done in 1915) a slaughterhouse existed on the south side of Blind creek. From earliest records approximately 1896 and an abattoir from the early 1900s. The originally allotted land was owned by a J. McMahon and his lot (54A) ran from Burwood highway all the way down to Blind Creek and who's eastern boundary is where the road named after him, McMahons Road, now runs.

Archived reports from the *Box Hill Reporter* in 1903 wherein an article reporting the sites upgrade to an abattoir by its owners, the Pegler Brothers, so upset and divided the then Ferntree Gully Shire that three councillors resigned, including one A.E Chandler, the one who named Boronia - after a fragrant flower! Could there be a link?

This small animal slaughter yard operated in the southwest corner of the site from about 1896 to 1954. The site was then purchased by the Castricum family in 1954 and a slaughterhouse, a sheepskin drying shed and a pigsty were developed on the southern third of the site - For reference, picture the end opposite Norvel Reserve. The remainder of the site was used to hold sheep and for wastewater disposal. Then, in 1978, the Castricum family under the business *Castricum Bros. Pty Ltd* built the Ferntree Gully Abattoirs (I have also seen it referred to as the Rankin road meatworks) to complement their works in Dandenong and comprised (on the southern third of the site) an office building, abattoirs (slaughtering building); concrete paved holding yards, holding pens, water

ABATIOIRS AT BAYSWATER. Licence Granted by Council. Three Councillors Resign. At a meeting of the Fern Tree Gully council held two months ago an application was made by Messre Pegler Bros., of Bayswater, for a slaughtering license. A very numerous

storage tanks, wastewater treatment facility (including chemical storage tanks) and an underground petrol tank. Other infrastructure included stormwater drains, sewer pipes, and electrical power lines.

BoxHillReporter8-5-1903

Old-time residents recall awful smells in the summer and others have talked of being allowed onto the killing floor to watch the animals being put down. Yes, they were different times, obviously long before WorkSafe.

The Castricum family business continued to expand, and the business ventured into export, eventually building new export processing facilities at Dandenong in 1987 making the Ferntree Gully site redundant and were eventually sold by the start of the 1990s.

The abattoirs were demolished in late 1993 to early 1994 in preparation for the residential subdivision. At roughly the same time the Castricums' were establishing their site in the mid-1950s, Robertson Industries had started operation of the clay pit quarry next door. Whilst all traces of the abattoir are long gone and a well-kept housing estate occupies its place. The clay pit property remains, though empty, cleared and the approximately seven-hectare site is surrounded by a rusty cyclone fence. Running down the middle of both areas is a five-metre green belt that runs down to the creek and a pleasant short cut on a sunny day from Norvel Road. At the back of the clay pit site is an area being developed by the Knox Council as a nature preserve and is where the Blind Creek Billabong is situated. The front section of the site was sold by Robertson Industries in 2016 for 30 million dollars and is yet to be developed.

Sadly, I couldn't find any pictures of the abattoir from any era or even the clay pit when it was in operation When the Knox Historical Society and local library opens again I can have a good dig through their archives. Hopefully, this article will shake a few memories loose and they might end up on social media. Local history is wonderful and you never know what you'll find in your backyard, even if you're not sure where you are.



Your Local MP Report

Sponsored by Jackson Taylor MP



Upgrading Bayswater Sec. College Brick By Brick

This year, local families have done an incredible job in supporting students to learn from home. As kids get back into the classroom, we want to make sure they have the learning spaces they deserve.

The Victorian Government has built and upgraded

more schools than any government in our state's history, and the *Victorian Budget 2020/21* continues that record of investment.

Minister for Education James Merlino and Member for Bayswater Jackson Taylor announced that Bayswater Secondary College will receive a \$12.433 million upgrade, following the \$500,000 announced through the Infrastructure Planning and Acceleration Fund.

The Victorian Government is providing \$12.433 million to Bayswater Secondary College to upgrade and modernise the school, including the Main Classroom Wing, as part of the Bayswater Education Plan. "This is an investment in our kids and their future," said Minister James Merlino, "because every child, no matter where they go to school, deserves access to state-of-the-art facilities."

Across Victoria, the Government is delivering 1,460 school upgrades – investing in new classrooms, fixing

old buildings and delivering the learning spaces our kids deserve. Jackson Taylor said, "Families in Bayswater have done a phenomenal job in supporting students to learn from home. As kids return to their classrooms, we want to make Bayswater Secondary College better than before—for students now and for generations to come."

The Victorian Government's unprecedented \$7.2 billion investment in local school infrastructure is not only creating 7,500 jobs – it is ensuring that every child has a great local school where they can achieve their best.

Minister Merlino added, "Schools are the heart of our communities, so it makes sense that we're investing in upgrades to support local jobs to drive our economic recovery."



2020 - a year

It would be remiss of me to not start by thanking all of you for everything you've done this year. 2020 has been a hard-fought year and our successes and where we are today belongs to you!

As mentioned and by the time you read this, the State Budget would've been delivered. I wanted to share a couple early announcements which'll help us recover from this pandemic and create local jobs. One I'm particularly proud of, is that we've announced we'll be delivering free kinder in 2021 as part of a \$169.6 million package to save parents around \$2,000 per year. And for those families that have kids attending unfunded three-year-old programs in sessional kindergartens, there'll also be reduced fees.

The investment will make it easier for parents – particularly women – to return to the workforce as we recover from this pandemic and put money back in family's pockets

The budget will also include a record breaking \$868.6 million to ensure Victorians have the mental health support they need as we get on with fixing a broken system. This includes an extra 120 beds to support

people when they need it and investment across the sector. And there'll be more to come as we await the final recommendations from the Royal Commission we promised to deliver and acquit in full.

I can't wait to share the further details of it with you



and some of the big local wins in the pipeline.

- 'Getting on with it' Some Quick Project Updates:
- \$22,000 for a new shade sail for Fairhills High School to help keep kids sun smart
- Construction started on a brand-new building for the Knox SES Unit to continue to back them.

Supporting the Shree Swaminarayan Temple in Boronia with a grant to provide crisis food relief to locals and funding also announced to provide a needed upgrade of their temple to support the wider community

And of course we continue to deliver big projects like the North East Link, which'll create 10,000 jobs and get us into the City and across Melbourne sooner and safer and we're well on our way to removing 75 dangerous level crossings with two gone locally.

We're also keeping our promise to rollout free 3 year old kinder across the state, to continue to provide over 40 free TAFE courses to get people the skills they need for the jobs of tomorrow and putting half price solar panels on over 700,000 roofs to bring your power bills down

We've done a lot together, but I know there is much more to do, and I'm committed to getting on with it, creating jobs and delivering for our great community. You deserve nothing less.

To finish, as this is the last edition beforehand, I want to wish you all a very Merry Christmas and a very big thank you from me to all of you, I have now proudly served this community for on 2 years and I am so grateful to be able to do so. Keep safe and be well.

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

Mountain High Centre, Bayswater. And for any further you can search 'Jackson Taylor MP' for more and to follow me on Facebook.





boho

A wonderful new business commenced in The Basin on 14th December 2019 opening only a few months before the Covid 19 pandemic and the beginning of many months of lockdown. Louise told me that coming to work looking after her plants and business during the lockdown was a major help for her to get through the months of lockdown.

Louise Barthelson is the owner/manager of this delightful nursery. She has transformed the "little house," a wooden small house used over many years for a wide variety of businesses including for art lessons, a nursery, a timber business and it was even a residence many years ago. Louise has worked hard and shown her determination and creativity in this virtual oasis in The Basin. Her garden has flourished with a wide variety of plants, many of which are in full bloom during Spring. Her boutique nursery is filled with a stunning array of flowers for sale.

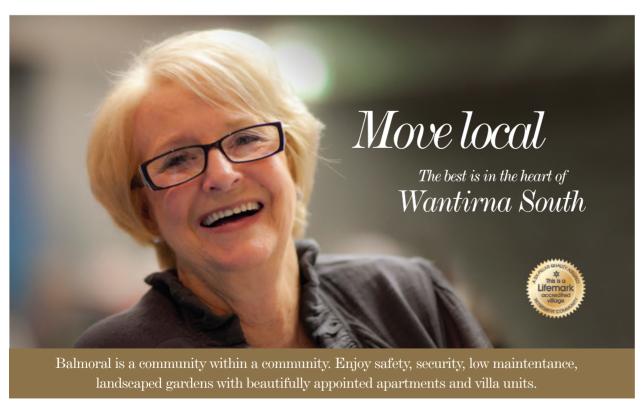
The name of the business is Boho, short for Bohemian, and she has a variety of clothes from this style. Originally the French gave the term Bohemian to Roma gypsies who they believed were from Bohemia (which is in Central Europe) who had travelled across France. Later, artists, writers and actors who were poor embraced this name for themselves in France. Nowadays, the term indicates a person who chooses an



unorthodox, non-traditional lifestyle. Louise promotes quality products in her shop by local artisans who live in the area with artworks by Amber Mellow and Anne King, sculptures by Vagabond Art (Michael Ferrier) and works by Michael O'Leary to name a few of the many locals

who have their work on display for sale in the shop.

So, we welcome Louise and her delightful nursery to the local village shops in The Basin. Come along and visit and she will welcome you with her warmth and friendly service.







1st The Basin Cub Pack

1st The Basin Cub Pack enjoyed their first face to face meeting after many months of Zoom meeting with a campfire (and marshmallows) at 1St The Basin Scout Hall on Tuesday 10th November. It has been a long haul for both the youth members and the leaders, however, all remained positive during Covid#19. Due to social distancing rules, we had to meet in two groups but saw every one of our youth members attend one-hour sessions. For children at this age (Cubs are 7½ - 11) the wait has been a long one! There were lots of stories to be told and smiles to be shared.

Although it is difficult to plan for the future at the moment, while we are still recovering from Covid and have some social distancing rules to follow, we are hoping to be able to book some camps soon and have some *real* adventures. Late this year (or early 2021) we are hoping to take the Cub Pack on our Harry Potter themed camp and we have much excitement growing! We sleep in converted train carriages, eat our meals in the dining car and have an amazing dress up night as well as adventurous activities such as a flying fox, archery and a challenge valley. We are also wanting to plan our Beach Camp before Melbourne weather takes over again.

Scouts Australia has recently announced some major changes to their programming and procedures, modernising and adapting to a changing world and this



campfire meeting gave the leaders the opportunity to share what they know about the new system. The youth

will be learning to participate, assist to lead and eventually lead activities for the Pack, learning and growing along the way. Scouting has always been about personal growth,

learning new skills, fostering a love of the outdoors, challenging ourselves, meeting new people and respect for one another.

1st The Basin Scout Group provides fun youth development activities, building resilient and confident boys and girls aged 5-25 in Joey Scout, Cub Scout, Scout, Venturer Scout and neighbouring Rover Scout Sections. Each has their own age-appropriate activities and colour coded uniforms. We also welcome adult volunteer Scout Leaders. Scouts has opportunities for the whole family to be involved. Everyone is welcome and we value the diversity of our members. For enquiries or to join as a new member, please contact our Group Leader,



Roland. gl.1stthebasin@scoutsvictoria.com.au

Chris Woodroffe & Lorraine Bird-Chettle

1st The Basin Cubs Leaders



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Montivideo Maru



Uncle Bill Gault

For those who didn't read my article about my Great- Uncle, Bill

Gault, in the November BBCN, it was about the sinking of the Japanese troop ship, the "Montivideo Maru" by the American submarine, the USS "Sturgeon". 1054 Australian lives were lost, making, it Australia's worst maritime disaster. It occurred off the Phillipine island of Luzon, on July 1st, 1942.

Ummer 2020

Australia's population is currently approximately 25.5 million people, so I didn't anticipate anyone reading that article to have had a relative who also went down with that ship. Can you imagine my amazement when just after the BBCN was delivered, my neighbour Bryan came over to see me and tell me that his uncle also perished in that disaster. We spoke at length about the story and swapped anecdotes about both our uncles, both of whom neither



of us had met.

I thought that was an incredible coincidence, that two men who live opposite each other had such a similar experience. It wasn't to end there though. John, our

eminent President, contacted me to let me know about a lady in Boronia who also had an Uncle on that ship. Chris also lost an uncle on that eventful morning so many years ago. Another coincidence was that I had met Chris, as she lives in my area that I deliver the BBCN, and has a cracking native garden, which got us chatting. I might

just buy that Tattslotto ticket next Saturday. Des Palmer

(Below) USS Sturgeon





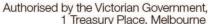
There's no questioning the facts. During summer, you should check Fire Danger Ratings daily via local radio, the VicEmergency website and app. The higher the rating, the more uncontrollable a fire would be if one started.

Ratings can be different across the state, so know your fire district. Decide what rating is your trigger to take action.

emergency.vic.gov.au Download the VicEmergency app



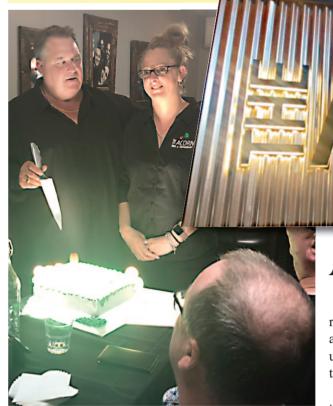






置ACORN

Seel Dalden





Owner, Tony Eastwood, was very excited to be reopening The Acorn Bar and Restaurant's doors after being closed for eight long months during this unprecedented pandemic that we have all been living through.

Tony with Lisa Clark, the new venue manager, and their team have been working hard behind the scenes to fully renovate this much loved local venue. All their hard work and inspiration is paying off as a brand new and exciting venue emerges with a completely new theme that they are sure you will all love. Tony and Lisa and the staff, could hardly wait to reveal all the hard work to you on Wednesday 18th November 2020.

They are also excited to be opening a brand new beer garden at the rear of the venue, with many local craft beers available for you to sample alongside their brand new menu for the spring/summer period. Their back deck will not be initially opening due to some final and exciting changes that are currently still under way.

They will be open 4pm till 10.30pm Wednesday to Sunday nights and opening for lunch on Friday, Saturday and Sunday from 12pm.

For further information on how to make a booking please go to their facebook page and click on book now or alternatively search for The Acorn Bar and Restaurant on Opentable, www.opentable.com.au, call 9762 8668 or email Lisa at bookings@theacorn.com.au please also note that they are currently adhering to all government mandated guidelines so at this point in time bookings are essential and walk ins, unfortunately, may not be able to be accommodated.

Tony, Lisa and their team can't wait to see your











Ummer 2020



The Importance of Sport

COVID-19. The words that hit us in the face like a Brett Lee bouncer and change our lives without warning.

2020 has been a year like no other and for many, routines have changed and what was once normal is now

As someone heavily involved in a local sporting club,

2020 has emphasised just how important local sporting organisations are to many people. For some, it is a 12 month routine; cricket in the summer, football in the winter. Others, six months of the year and for some, one day a week but a very important day of the week. It may be watching friends or family play, catching up with old teammates or just having a chat about past glories.

The one demographic that has been hardest hit by COVID-19 are junior athletes. If I remember when I was 10 years old, it was sport all week long; basketball, cricket, football and athletics. That doesn't include lunchtimes at school and after school in the park.

As the junior coordinator of The Basin Cricket Club, I have been lucky enough to see the positive impact sport has on children of all ages and the impact it has had it not being able to participate in sport over winter. The pure joy of being able to get back to batting and bowling and seeing friends was just as enjoyable as hitting a four or taking a wicket to win a match.

Children's sport is important for many reasons. It is the first step for many athletes on their chosen path and the breeding ground for the next generation. It is where we form some of our longest lasting friendships. It is where Mum and Dad go to watch their son or daughter do something they love. It is where children learn the harsh reality of winning and losing.

For much of the year, this was taken from us all. However there is now light at the end of the tunnel and sporting clubs are starting to feel like they were pre



COVID-19. There are still unique challenges and routines like checking into grounds and sanitising on a regular basis, but what has been regained are the friendships, mateships, competition between two teams wanting to win and the chance to give people a bit of normality in what has been a very un-normal year. We even get to hear about past glories once again despite it being the 100th

Despite the challenges that we have faced, we have come out of it with a better skill set. We have learnt to be adaptable and go along with the challenges that are presented to us without warning. Children have learnt new skills that can be transferred to the sporting field or their chosen careers and Mum and Dad have had to master the art of coaching.

Sporting clubs are the best place to be and will continue to play an active role in the mental health of many during the COVID-19 recovery. If you are not involved in a sporting club, then I encourage you to be. It is the best thing you will ever do and may just save your life.



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Naturopathic **Case Study**

STRESS

D., 40 year old, owns and operates his own business. With the recent change in the financial climate, he is facing considerable stress with both the viability of his business and also with staff issues. His energy was being affected from lack of sleep and his ability to concentrate at work due to fatigue and stress.

The therapeutic goal is to provide adrenal adaptogens and nervines to help with this new work situation.

NUTRIENTS AND HERBAL PRESCRIPTION:

- Withania: increases resistance to stress and improves brain and memory performance.
- Bacopa: boosts brain function and reduces
- Passionflower: soothes the mind and calms the stomach
- Hypericum: helping with nervousness and tiredness
- L-Theanine, this unique amino acid found in green tea, is helping by promoting relaxation without drowsiness and support a heathy nervous system.
- Magnesium and a good B vitamin together to nourish his nervous system

DIET AND LIFESTYLE:

Hi diet was satisfactory on the whole, though he was skipping meals at times and not consuming enough balanced meals with proteins and quality good fats to sustain his demands. I recommended

- to avoid sugary treats like muffins and donoughts
- to reduce the coffee intake to one a day only
- to park his car 20 minutes away from his office to make him walk the distance before starting the day.

D. returned after 3 weeks in the shop and reporting feeling much better. He was calmer and sleeping better somewhat surprised that it had "really worked". He had been eating more balanced and regular meals. He was much more positive and felt he was coping

Christine Gozlan, Naturopath at Essential Health Foods 246 Dorset Road – Boronia



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The plan for recovery...

Having restrictions lift is such a relief for all Victorians, including locals in Knox. Although many are still in place, we can finally after 100+ days of lock down, get back to some form of normality.

Knox City Shopping Centre is bustling again, the Burwood Highway congestion is back, businesses are opening, people are getting back to work, and the recovery is beginning.

Due to programs like JobKeeper we have avoided the worst of the economic and jobs crisis here, but it has still had a terrible impact on many in our community.

In Knox, 6,200 local businesses have had to be supported by JobKeeper which meant that had very considerable declines in their revenue. I have had people in tears having lost their job or seen their business destroyed.

Equally, the mental health impact has been extraordinary. Beyond Blue had a 77% increase in presentations compared to the previous year. Eating disorder presentations are up 40%.

This is the damage from which it will take time to recover. It may take years. For those who lost loved ones, the damage is irreparable.

Recovering from these restrictions, while maintaining a Covid safety, is now our urgent mission.

We have massively boosted our mental health funding to support people. In particular, every person can now get 20 Medicare funded counselling sessions, double what it previously was. There is more money for Beyond Blue, Headspace and Lifeline.

But we can all have a role here in reaching out to those who we might know are struggling; connecting with your neighbour and assisting where we can.

At the federal government level, we have also put in place assistance to get the jobs back. Please look out for these if you think they might be relevant to you. It includes:

* Incentives to hire young people who are out of week. Up to \$200 per week is available. This complements the existing schemes to hire mature workers.

* Encouraging businesses to invest and hire by allowing them to write-off any asset immediately. This can really boost cashflow. There is also

a scheme to allow a loss to be offset against profits in previous years.

* Tax relief for 74,000 taxpayers in Knox, backdated to 1 July this year. This is designed to put more money into your pocket, which will then support further consumption, particularly in the retail sector.

* More funding for infrastructure, including for small projects that Knox Council will manage.



For older Australians, please look out for the extra payments if you are on a pension.

We will see these challenges out like Australians have done many times before and on the other side we will be stronger. But it will take time.

My office is here to support you as always. My office has received thousands of calls and emails in recent months from people seeking assistance. Please do not hesitate to call.



CoVid lockdown and a better understanding of our pets?

Danny Nolan

A few years ago I wrote a piece about the passing of our old family member and friend Tiddles the cat (BBCN June 2018). The hole he left in our lives and that of our puppy Gracie was quite large and we felt as a family we needed another cat to help fill the gap he had left in our home. Our daughter is an official cat adopter, that means she helps rear kittens until they are at the age to find them forever homes. Sadly at the time none were of age, so my wife and daughters took a trip down to the RSPCA and my wife was instantly smitten by a small piece of black and ginger fur with eyes that seemed to demand it be taken home. Having had a lot of luck only a few weeks before when our son, who had moved into a house by himself, successfully had adopted a young male kitten from the RSPCA and was happy with how friendly, content and well behaved it was.

We were stooged.

Marlie -as our small soft fluffy kitten was named- was home for an hour before she showed her true nature. Climbing up every vertical surface and biting anything that ventured within a metre of her mouth. As I wrote in the previous article Marlie had the amazing ability to leap like a flea (ten times her natural length) and land on bare thighs, shoulder and arms and clinging there with small but razor-sharp talons. not unlike an eagle. Her ability to unplug the antenna lead to the television was funny the first five times and leaving surprises in slippers grew thin very fast.

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The only thing that saved Marlie being returned to the cat home was her ability to melt hearts she was that cute. Of course, the women in the house were more tolerant than me and were blind to the signs we had invited a devil cat into our home

By three months of age, she was already dominating the dog and little gifts kept appearing inside the back door near the kitchen. Things like cicadas, small mice and lizards which were usually in pieces after being tormented on the floor for ages.

The most disturbing was when I got a text whilst at work with a picture of the proud new prize she dragged inside. A bird nearly the same size as herself. (refer photo) As she grew older the pictures became more frequent.

Her total control of our home was cemented when female members of the house would sit on the floor rather than move Marlie from the couch and craft projects were abandoned when Marlie would plonk herself in the middle of a table full of card, material or puzzle was being worked on.

This has now become my problem, whereas the women accept it as normal I still seem to be the only one who has a problem with the cat meowing whilst smacking the curtains at first light as a way to communicate: "It's morning open the door and let me out, then feed me or I will destroy your curtains, your couch and then your

I don't know if anybody else has this experience. Often if I'm working in the garden I'll look up and the cat will be staring at me from the roof, I'll then move to the side of the house and I'll catch a glimpse of the cat lying in the bushes. I then move out to the front and somehow the cat got there before me and is lying asleep on the front porch. It's like the cat has nine bodies to go with its nine lives.

I hope this long period of CoVid isolation hasn't affected me too much but I'm writing this on the deck. The girls have all gone shopping now that they are allowed to spend all the money they haven't been able to and I am locked outside. The cat is staring at me through the glass of the back door with Gracie our dog in a headlock. Does anybody want a new cat?



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Sammer 2020



David Green with James Mark-June winner

TALENT SEARCH is a REAL WINNER with RADIO EASTERN TEAMING with BENDIGO BANK

Talent Search is a wonderful initiative which provides an exciting opportunity to give airplay on radio 98.1 for local musicians, singers and songwriters. It started in 2018 and is a very popular program in its third successful season.

David Green who is the head of the Yarra Ranges marketing group of the Bendigo Bank worked alongside Brian Amos, renowned as a top radio presenter in the 1980's, and together they came up with a plan to promote Australian talent. The Yarra Ranges group of Bendigo Bank allocates funding to various voluntary community projects worthy of promotion and they decided to fully support the Talent Search idea. At the outset Murray Smith, a 98.1 presenter got involved and on Sundays from 10 to 11 am he presents this exciting Talent Search. He explained to me that he got involved because he wanted to play new Australian music so he decided to "give it a go" and has done a great job doing just that.

The season runs from June this year until February 2021. Entrants come from all over Australia with both city and country musicians. It is open to all age groups, however teens need parental permission to participate. Some entrants are hobbyists, other want to make a career out of it as semi-professionals. Entrants can submit online an MP3 version of either their own compositions or cover versions and more than one song can be submitted. It is open to a wide range of musical styles and it can be either vocal or instrumental.

Bendigo Bank generously provides \$6000 a year sponsorship for the program. Each month there is a monthly prize of \$500 voted online by listeners. Online each month the current performances/songs (15-20 a month) are available for listeners to enjoy and review for voting. Entrants are offered a phone interview on 98.1 fm for five minutes which is followed by their song for the competition. The monthly winner is invited to 98.1 fm to accept the monthly prize on air and they can perform their song live on air if they choose to do that. In the final month of the competition in March next year, all the monthly winner's performances are aired on 98.1 along with several other popular entries with twenty in the final competition. The grand final prize is \$1500 for the winner and \$500 for the runner up. In the first season of the Talent Search the winner was Jamie McLennan who currently performs annually in The Basin Music Festival. In the month of June this year the winner was James Mark with his original song, "Staring at her." I spoke to James recently and he shared with me his experience with the Talent Search. He tells me that with this song he says, "I made it exactly the way I wanted it to be." He

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did a lot of advertising himself to promote it and found the most effective way to promote it was from the support of his fans and friends who shared his song and he said to me, "they were a real big part of it." He believes that the Talent Search really gets your name out there and is one of the steps to an end goal. He says, "It puts you in a level up to win the song competition and that the track got more attention than if I had not won." He also explained that due to Covid-19 restrictions he was not able build on the momentum of the win and was not able to do a live performance to launch the song as he had planned. He is studying a degree in security and international relations but he tells me, "my passion is music for sure, it make you feel you are achieving something and connects you with people."

So, I would encourage musicians, singers and songwriters of all ages in our community to seriously consider this wonderful opportunity to display and promote your talents and entertain the 98.1 fm listeners. Well done 98.1 fm and Bendigo Bank for this excellent program showcasing Australian musical talent.

Lynette Hayhurst

Walking the



December

A big thank you to all walkers and drivers for your patience and continue support over the last few months. We hope you are all well.

Please let me know if your circumstances have changed or if you intend to take a break now that restrictions have eased.

Our grateful thanks to Sharyn Dimattina, who has resigned from her round. We are grateful

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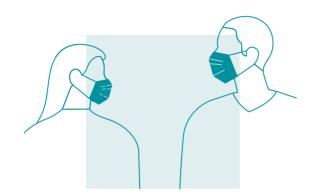
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