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Issue 297
Mar. 2021

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From the Editor...

TRIAL by SOCIAL MEDIA



Mostly rumour and innuendo, the almost organised gossip that is social media is seen as beneficial by some (freedom of speech, community justice etc etc...)

Through this still new medium, be it Facebook, Twitter or any of the other popular mediums, we are presented with myriad doses of slightly hysterical 'news' designed to entrap us in their webs of commercial trade. And what 'news' much of it is, how chilling to learn that an actor I've never met was seen not holding the hand of a woman I've never heard of which apparently heralds the demise of their relationship. And do I care?

We have entered the age of the voyeur and most of us are complicit. How naked we feel if we discover that we've left out mobile phone at home. How worried our family and friends if we don't reply at once. So we take photos or videos of our private lives, and the private lives of our children and our friends, then remove the moral private tag and send it out on the 'web' to mingle for a moment with a billion other friends' latest photos or videos. If it's cute enough, or scandalous enough, it may be passed around by a few hundreds or thousands of fascinated strangers and a much smaller number of actual friends.

So, what's wrong with all that? It's clogging up the system and teaching our children to value information, any information, no matter how unreliable or transient, as more important and interesting than knowledge.

I'm not such a Luddite as I might sound; I respect and appreciate the great wealth of information and understanding that can be found on the web. At the same time I am appalled at the ease with which the rants of the ratbag fringe are accepted as the new Gospel, be they anti vaxxers or climate change deniers or race supremacists.

That so many can be swayed to positions of certainty, beyond the reach of critical analysis, to blind adherence to the doctrine of slogans over research.

We all need scepticism which is founded in the doubts that arise from informed contemplation, and that's also out there in the Web for those with the patience to look.

Shortly, I will receive a photo or video of my latest grand-daughter's research of her new world. I'm looking forward to that

John Mortimore

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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!

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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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Sulphur-crested Cockatoo

(*Cacatua galerita*)

This bird would easily be the most recognisable bird in Eastern Australia. Noisy, mischievous, intelligent, destructive (they can't help it), common, there are many adjectives to describe them. Oh, and add long lived to that list too. In captivity some birds have been recorded to live over 120 years of age wild birds somewhat less than that, perhaps 65. Which is a long time for a bird to live.

I remember some years ago working up at Silvan dam and looking at a flock of Sulphur-crested Cockies flying off in the distance with one old timer a fair way behind, struggling big time. To my amazement, 3 birds broke off from the main flock and doubled back to fly with him, staying beside him as if to encourage him, "Come on, keep going you can do it", they may have been whispering in his ear. The other angle to take on it was they may have been trying to shield him somehow from raptors, Peregrine Falcons in particular, who would easily pick off a slow coach like that. Whatever their motive, it appeared to me to be very caring and compassionate, not traits I would expect to find in a bird.

Many people reading this may have seen Sulphur-crested Cockatoos suffering from the terrible 'beak and



feather disease', a naturally occurring virus found in wild populations. This disease, which causes feather loss and beak deformities affects parrots and cockatoos only and is transmitted most often in nest hollows, with the virus surviving up to 7 years without a host. Its correct name is Psittacine circoviral disease (PCD) and is often fatal.

Some years ago my daughter Freya excitedly told me she had found a cocky's crest feather

and asked if I'd ever seen one to which I replied in the negative. As she fished around in her handbag to find it I remember thinking to myself, big deal, a yellow feather. What she showed me took me by complete surprise, wow, an engineering masterpiece, a curved tapering tube like feather which was so delicate I couldn't believe my eyes. See attached photo taken by yours truly on my blower. It was one of those things I was talking about last month, taking things for granted. I had often looked at a Cockatoo with its crest up and marvelled at its colour and not even thought about its shape. *Look at things very closely before moving on to the next* (memo to self).

Next time you see a paddock full of White Cockies or see some flying overhead, take a closer look as they may easily be Long-billed or Little Corellas, two very similar birds that from a distance fit the 'same man different haircut' scenario. In fact they are often found as mixed flocks together and to the untrained eye appear to all be 'White Cockies'.

I can't finish this article without telling you about an amazing encounter I had with a Chinese lady recently. I was walking home from a pilates class and heard Rainbow Lorikeets feeding chicks within a tree hollow and stopped to listen to the racket going on, muffled somewhat due to being in the hollow which was quite low to the ground, perhaps three metres. As I walked on a well-dressed middle-aged Chinese lady was walking towards me and I casually told her the hollow had Rainbow Lorikeets with young uns in it. I thought that would have been the end of the conversation, but she stood in my way and communicated to me she spoke no English. Fair enough I said to her, but she also somehow made me understand she wanted to know what I was trying to tell her, and I was at a loss to figure out a way to do it. In her hand was a very new mobile phone, but suddenly she started searching in her handbag for something, what I had no idea. After what seemed an eternity she produced another mobile phone, an older version of the current one. She then started to type things into it, I was thinking maybe she'd lost interest or I was starting to bug her so politely tried to say goodbye, which found her becoming a bit agitated, but I once again got the impression she wanted to understand what I was talking about.

Anyhow to cut a long story short she finally got her old phone working and presto, I became fluent in Mandarin and her English was impeccable. She suddenly understood what I was on about and was quite chuffed to know there were little birds in the tree hollow. Her last comment to me was very poignant "To be observant and to love all life". "Exactly," I smiled at her as we parted company.

Des Palmer



TBMF 2021 will be postponed...!!! Music festival 2021 postponed to later in the year.

Last year in mid-March, as we were poised to launch TBMF 2020, the pandemic hit Australia about one week before the festival, and we made the difficult decision to cancel the event.

Since then we have been working on ways to present a festival in 2021, considering these factors we have to balance:

Providing an entertaining, fun and inclusive music festival experience for all participants

Helping the musicians, volunteers, and community to stay safe

Supporting and coordinating with local traders in The Basin

Compliance with government guidelines and rules

Planning and preparing for all significant risks

Achieve these within a feasible budget, which is challenging under these high-risk circumstances.

We have had many meetings, emails, phone calls and Zoom sessions, and have been consulting closely with Knox City Council and experts. Unfortunately at this stage we are not able to provide a cost-effective and compliant event for all involved. The result is that we have come to a logical decision to postpone the 2021 festival to a weekend later in the year. This will allow more time for planning, permits, and fundraising. We also have some hopeful anticipation that some of the risk factors may be lower.

We are now projecting the festival weekend to happen in October or November 2021.

Check here or Facebook occasionally to learn the dates as plans develop!

If you have any questions, feedback, suggestions, or want us to send you news updates, please contact us.

Stay safe and rock on,
The Basin Music Festival (TBMF) Association organising committee

The "Boronia and The Basin Community News" acknowledges with sadness the death of Robert James on 18 February. Robert had been one of our very reliable Drivers for the last 17 years. He was always most willing to help and to go the extra mile. We will miss this very happy and amiable man, and we extend our sincere condolences to his family and his many friends.

John Pernu, President

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Some Boronia Fire Brigade History

The Boronia Fire Brigade has been around for 78 years. We have a very proud history. Formed in 1942 to protect the town from a possible Japanese invasion, we are currently in our 3rd fire station. We were a fully volunteer brigade until 1972 when paid staff were introduced, and Volunteers were retained.

This continued until July 2020 when the integrated stations across Victoria were put into a completely separate fire service. CFA volunteers in one, still retaining the name CFA, and paid members along with Melbourne Metropolitan Fire Brigade members became Fire Rescue Victoria or FRV. The Melbourne Metropolitan Fire Brigade has been disbanded.

The Boronia CFA and FRV co-exist at the Boronia Fire Station in Boronia Road with the FRV owning the station and the volunteers as tenants.

The volunteers at Boronia have just taken possession of a brand new state of the art water Tanker (see right). Vehicles in the station in are not shared and each service has its own vehicles only the CFA has large water tankers to fight grass and forest fires.

The City of Knox has seven volunteer Brigades within its boundaries. They are Bayswater, The Basin, Boronia, Ferntree Gully, Upper Ferntree Gully, Scoresby, and Rowville. Rowville has a similar setup to Boronia with volunteers and FRV in the same station.



The volunteers at Boronia are highly trained personnel having standards exactly the same as paid fire fighter's and are ready to handle anything that comes their way.

We have 45 members at Boronia includes active and non-active. We are always looking for new members

active or non-active if you think you are up for the challenge please contact our Captain Ramon Relph at: captain@boroniacfa.com.

Bill Ireland

Boronia Fire Brigade Historian

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Your Local MP Report

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New CFA Station for The Basin

The Basin Country Fire Authority (CFA) volunteer fire station in the City of Knox will be replaced with a \$3.2 million funding boost as part of the Victorian Government’s Fire Services Reform.

Member for Bayswater Jackson Taylor said the facilities in The Basin CFA would be modernised to provide better spaces for volunteers and adequate space to accommodate their vehicles and emergency appliances.

The search for land for the new station is already underway, which will house a building area between 490m2 and 530m2.

The new station at The Basin will replace a building which is more than 37 years old. Although the existing building is in fair condition, it is inadequate to accommodate changes areas for volunteers and meet the operational support needs for the brigade. Local Member



Jackson Taylor said, “I’m so proud of the work that each and every one of our local CFA volunteers do to keep us all safe – and I’m stoked that over \$3 million has been locked into this year’s Budget to rebuild The Basin CFA.” “The new station will see them get the first-class facilities they not only need to train and attract further recruits, but also the facilities they deserve as mainstays of our hills community.”

The new building will include improved amenities for volunteers of all genders and provide greater access and facilities for members with disabilities, and include areas for meetings, training and other relevant needs.

The Basin CFA Station is one of 16 being replaced under the \$126 million CFA capability funding to meet the demands of growing townships and emerging weather

threats well into the future.

The package was announced as part of the government’s Fire Services Reform in June 2020 to provide the CFA with greater capability in critical areas, such as funding for new volunteer training programs in health and safety and leadership and 50 new dual cab appliances with burn over defensive systems.

It also includes funding for a trial of respiratory equipment to protect volunteer firefighters from the harmful effects of bushfire smoke, new personal protective clothing for every active operational volunteer firefighter, as well as a range of brigade support measures.

This builds on the \$100 million in additional funding the CFA has already received in the last four years to modernise its fleet and infrastructure.

NEW \$250 POWER SAVING BONUS TO SUPPORT VULNERABLE VICTORIANS

Victorians from low-income households can now access a one-off \$250 payment to help with their energy bills, thanks to the Victorian Government’s new Power Saving Bonus.

Local Member for Bayswater, Jackson Taylor, today announced the new \$250 Power Saving Bonus will be available to eligible concession cardholders in the eastern suburbs between 1 February 2021 and 31 January 2022,

providing immediate energy bill relief to those who need it most.

The bonus is available to all pensioner concession cardholders and some health care cardholders who visit the Victorian Energy Compare website.

This website is designed to help consumers take charge of their energy costs by finding the best energy deal available. Seven out of ten people save money by using the website, with typical annual household savings of \$330 on energy bills in the first year alone.

Electricity bills are the top cost of living issue for consumers and about 20 per cent of Victorian households re-requested financial assistance with their energy bills last year due to the impacts of coronavirus (COVID-19).

The bonus is available to anyone with a gas or electricity account who holds a pensioner concession card or receives JobSeeker, Austudy, Abstudy or Youth Allowance.

To ensure the bonus is accessible to those who need it most, including those from marginalised communities and families from culturally and linguistically diverse

backgrounds, the Victorian Government has enlisted the support of the Brotherhood of St. Laurence and the Consumer Policy Research Centre.

The Power Saving Bonus is part of an unprecedented \$797 million household energy affordability package that was announced in the recent State Budget.

Local Member for Bayswater, Jackson Taylor said “I’m proud to be a part of a Government that’s not just serious about bringing down bills – but also helping those that need it most - the Power Saving Bonus is the Government’s latest initiative to do just that.”

“Victorian Energy Compare is saving households hundreds of dollars on energy bills every year, and I encourage each and every local to look into this latest saving measure.”

Eligible cardholders can access the Power Saving Bonus at compare.energy.vic.gov.au or, if assistance is required, by calling 1800 000 832.



Jackson Taylor MP

State Member for Bayswater

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Proudly Local

What do you know about pet rabbits?

Written by Jacqueline Leung

With Easter holidays around the corner, many families may consider getting a pet rabbit for extra company. Though the thought of it seems appealing, unfortunately, the period after Easter is when the highest number of rabbits are surrendered to rescues. Despite our improved knowledge on the specific needs of rabbits, they are still often mistaken as easy first-time family pets as up to 80% of rabbits surrendered were purchased for children.

With a life span of 6-12 years, rabbits require high maintenance and are costlier than most people think. Rabbits constantly need accessible fresh hay and a portion of leafy greens every day. They have a restrictive diet and can become ill if they eat harmful foods such as iceberg lettuce or cabbage. Rabbits are also prone to health issues such as dental and digestive issues. When a pet rabbit stops eating for more than 12 hours, it is life-threatening and requires a trip to the emergency vet. Vaccinations and health checks are also recommended every 6 months. The general estimated cost including food and vet trips for a healthy rabbit is \$820 each year and can be an additional several thousand dollars for emergency vet trips and major surgeries.

Although these adorable and fluffy rabbits are irresistible, the interaction between pet rabbits and children is limited in comparison to pets such as cats or dogs. Rabbits are prey animals and do not like to be chased around. Some do not enjoy being held or cuddled. When rabbits feel threatened, they may become aggressive and may bite or scratch as an instinct to protect themselves. Because of this, pet rabbits are more suitable for older



children as they are more likely to be able to respect a rabbit's space and understand the limited interaction between them.

That being said, rabbits can still bring a lot of joy and fun when they are well taken care of. They can be litter-trained and respond when their name is called. They are also very clean animals that rarely require baths. When a rabbit feels safe and happy, they jump up in the air and twist their bodies which is called a 'binky'. Rabbits can be wonderful pets with a knowledgeable and responsible owner.

When considering getting a pet rabbit, adopting from a rescue would be ideal compared to purchasing from

a breeder. Not only a surrendered rabbit gets a second chance to be loved, but also the cost is often lowered as rescued rabbits are desexed and vaccinated. If interested, The Rabbit Runaway Orphanage (19 Stanley Street, Olinda 3788) is a rabbit rescue where many rabbits are looking for a second home. The rescue centre is also looking for volunteers and accepts donations for those who wish to contribute in alternative ways.

Being an early childhood teacher, I believe in the importance of educating our new generation from a young age on care and responsibilities towards animals. My passion in education has inspired me to write and illustrate my first picture book titled 'The Rabbit Who Ate Too Many Carrots'. It is an engaging story about a mischievous rabbit, Eddie, who steals carrots from the garden and was taught an invaluable lesson on what it means to have a healthy rabbit diet. The book

brings up important conversations about responsible pet ownership and healthy eating. It is suitable for children aged between 3 to 8 years old.

As the Easter bunny begins its way into the spotlight, this holiday is a wonderful opportunity for children to learn about what it means to be a responsible pet owner. 'The Rabbit Who Ate Too Many Carrots' is available for purchase in Here & There Makers at 139 Boronia Road, Boronia 3155 or via my online website at www.betterlifeforbunnies.com.

When it comes to getting a pet, don't forget to think from their perspective and how to best provide them with a well-loved home!

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Coffee with a Passion- Ascent Coffee in Boronia

A new coffee shop opened in April 2019 in the midst of the COVID -19 pandemic. At first only take-aways were allowed, but finally the coffee shop opened its doors for sit down meals and drinks in December 2019. The owners are Alex and Anastasia Alexeenko who are originally from Uzbekistan which was formerly part of the Soviet Union. However, this is where he first met his wife as a teenager in the Baptist Church. Anastasia had left Uzbekistan with her mother first in the late 90s and they settled in their first home in Forest Road. Anastasia went to Boronia Heights Secondary College. Alex's mother-in-law, Vera Astretskaya, was a Master of Sport coach in diving for the Soviet Union. When she

arrived, the Ringwood Diving Club offered her employment so she could stay in Australia. Later she worked at Knox Leisure Centre and local child care centres. Alex says with great affection that, "The best memories we have of our new life in Australia are all in our hearts, we have found the Australian people to be very kind, polite, approachable and friendly."

Alex tells me excitedly that, "When I found an advert about a coffee shop in Boronia I was very excited because I have a passion for coffee and love serving people. I love learning from the people I serve about Australia. I can offer good quality coffee, delicious cakes and Russian desserts.

One is called, "Drunken Sour Cherry." You have to try it to believe it. Our Russian pies with raspberries and other assorted berries including sour cherries are here for you to try."

So, come and enjoy our coffee. We are looking forward to meeting you and learning more from you about Australia.

Article by Anastasia Alexeenko and Lynette Hayhurst

Ascent Coffee-Business Address 2/163 Boronia Rd, Boronia, Phone 8201 7223 also on Facebook and Instagram



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d'Arcy Doyle. Iconic Australian painter

Danny Nolan

I was watching a documentary recently on the great American commercial painter Norman Rockwell. He was a genius at portraying everyday people in common everyday scenes, sometimes with a touch of humour but always with sense of warmth and affection. His portraits of American scenes and situations have become the standard of what people perceive as "everyday" American life from the 1930s to 60s. This whole episode got me reminiscing about my formative years, mainly the mid-1970s and 1980s, and the Australian artist d'Arcy W Doyle whose works had a similar effect to that Rockwell had on his country and why Doyle rates as one of my favourite local artists.

It is no surprise that Doyle's work would leave an impression on those from that era as Doyle was a canny businessman and like Ken Done who followed him marketed his work into countless prints and advertising paraphernalia such as biscuit tins, dinner trays and

calendars. At one time it was estimated that one in ten Australian homes had one of his works in some form or another. This was fortunate for me, because at the time growing up surrounded by these images though I had no real interest in art or illustration at that time, the familiarity of it left its mark on my memory. When I was a young lad my brothers and I were often packed up during school holidays and sent by bus up to Yea, the township from where my Mum's family originated and where many still lived along with our countless cousins. It wasn't until later that looking closer at some of these d'Arcy Doyle pictures and his depiction of country life that I started to experience a major feeling of *déjà vu*. Though Doyle based many of these paintings around his own home in South East Queensland, they echoed my summers in Yea. The wide dusty dirt roads, playing cricket in the late afternoon-early evening in baggy shorts and shoeless. A mixed group of both boys and girls of varying ages with nary a parent to be seen. Even the houses resembled my Aunty and Uncle's. Some sitting high with trestles and other close to the street behind unkempt hedges. It was like a snapshot was taken of our time on those holidays away from home while Mum and Dad worked.

d'Arcy Doyle was more than a capturer of streetscapes. His deep affinity with the bush produced many landscapes, once again predominantly Queensland, and his portrait of Sir Donald Bradman is considered a classic. He also became renowned as a mural painter, receiving commissions to do similar types of work in many Sydney RSLs, an organisation close to his heart



as he had served in the Australian Navy for seven years including a stint in Korea.

Doyle died of bone cancer in 2001, something he battled for over a decade, but his legacy continues with the d'Arcy Doyle Art Awards now in their 16th year contributing to the success of artists from across the country. The main landscape category boasts a \$10,000 first prize with further categories in Portraiture and Still Life. The awards and exhibition showcase the best of Australian art from professionals and up and coming emerging artists with The d'Arcy Doyle Schools Challenge section dedicated to 'for children attending junior, middle and high schools'.

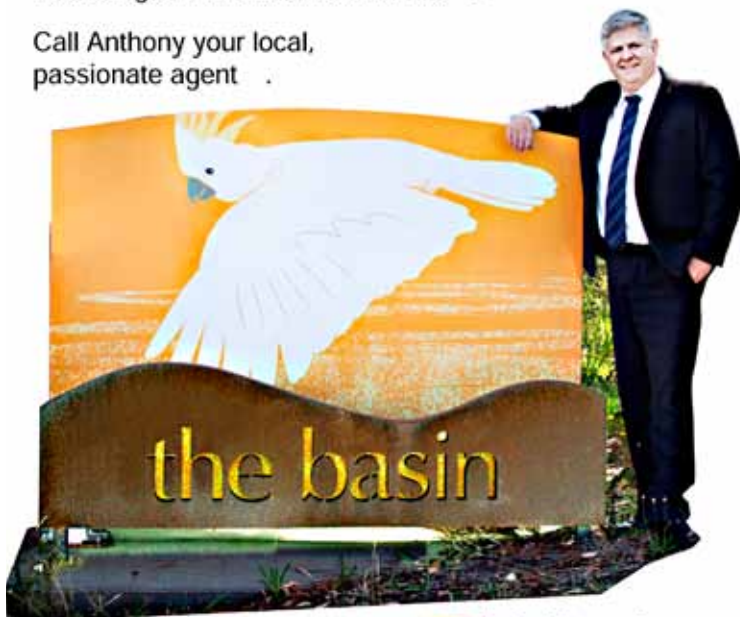
So, while Doyle's prints and ephemera are not as prevalent as they once were, he still has a big stake in the future of other artists and he has left his mark on my memories even though it was only three or four works it's probably influenced me more than most artists in my life.



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Snake



Before anyone reads this story I would like to say it's a bit of a fairy tale. I mean it could easily happen but I think you'd be more likely to win Tattsлото. I know of three men who have stood on snakes and not been bitten. My good mate Dom stood on a Copperhead at Phillip Island as a young man and wasn't bitten. My Dad Keithy tripped and landed right next to a snake, a big Black snake and was unharmed. A man I met at South West Rocks in New South Wales only realised he was standing on a snake when he felt something wriggling under his foot. The old snake doesn't want to bite anybody, he needs that venom for his prey. The much maligned snake doesn't need any more bad press.

I would like to dedicate this story to my daughter Sophie, who saw her life flash before her eyes on a family bush walk on Richards Tramline, above the Mississippi Creek outside Warburton, near Big Pats creek. She was in the lead and nearly stood on a massive Tiger Snake who was straddling the track and simply refused to budge. We jumped up and down and yelled out at him but he just wouldn't move. I don't think he could have mustered the energy to bite anyone. I picked him up with the aid a long stick, putting him off the track before he slowly disappeared into the scrub.

The Tiger

Complacency is not a good thing. It creeps into our lives in one form or another, in all facets of what we do. That was the man's problem; he had become complacent. He saw everything in the bush as his friend. But there were no friends, and conversely no enemies either. The only real enemy he had was complacency, and becoming distracted.

He had walked the narrow track dozens of times, and had occasionally seen snakes, mostly Highland Copperheads. Small beautiful creatures, extremely docile. You would most likely be bitten by a Copperhead if you tried to bite him first. He had a close encounter with a Copperhead one day 12 months previous. It was a cool day, maybe 18C, and steady rain fell. The last thing he expected was to see a snake, and yet there it was crossing the path right

in front of him. Beads of moisture clung to the dark scales on its back, like a prize fighter's face after the third round. It was as if black polish had just been applied, almost shining. The reptile did not slow down or speed up it simply crossed the man's path, seemingly at leisure. No harm done, but as much as the man loved seeing snakes,

close brushes with them like this one scared him as much as the next person.

And then it happened. He took his eyes off the track, distracted by a bird call he didn't recognise. He had done the walk to see the Black-faced Monarch, a rare bird he had often seen on this part of the track, which closely followed Big Pat's creek for several hundred metres. A sharp stabbing pain hit him in the calf, he was wearing shorts, and he quickly looked down to see a striped snake disappear into the grass. He sat down calmly, away from where the snake was heading and examined the two puncture marks on his leg. His first aid kit which he always carried in his backpack contained a pressure bandage for just such an occasion. When it was firmly in place he tried to gather his thoughts. Blind panic hit him abruptly, where did that come from, he thought?

His mind raced, he immediately saw parallels between himself and the man in his favourite short story, "To build a fire" by his favourite author, Jack London. The man who in the brutal climate of The Yukon, met disaster, succumbing to the -75c temperatures after becoming wet to the waist. His breathing returned to normal, don't be ridiculous he scolded himself. Someone will come along the track soon and will raise the alarm. He chuckled at the dramatic way he had thought the worst from the start.

Twelve hours or more he had up his sleeve, he knew that. As long as he remained calm and dead still. It was three kilometres back to his car, walking back to it not an option. His heart rate must not go above the resting rate, if he remained calm, time was on his side. He sat there in the shade for twenty minutes or more, before a strange thought occurred. You idiot, just ring for help, your phone is in your pocket. He took the marvellous invention in his hand but was shocked to read Emergency calls only where the reception bars normally were. Okay I've never been in this position before but I know I can still call 000.

A lady's voice answered, "000", what is your emergency"? The man described his predicament, but the woman repeated herself with less patience this time. It was obvious that the man could quite clearly hear her but she could not hear him. He hung up and tried again. This time a much younger voice greeted him, a man's voice, but the same thing happened. He hung up again, despondent this time. He walked 100 metres and tried again. Same thing. Panic and fear crept into his mind, until he reassured himself everything was going to be fine.

He had been bitten by the big snake at 3.40pm. It was now 4.30, a good four hours of daylight left. In a straight line through the bush it was about 1km to Smythe Creek Road, but the energy needed to bush bash would have been greater than the 3kms along the track. Tantalisingly he heard vehicles, two motorbikes, a 4WD and a logging truck went past. They may as well be in the Kimberley for all the good they were to me, he thought.

Two hours went past, with the man sitting there, wrestling demons inside his head. He held no animosity to the big Tiger snake, I must have stood on him and given him a fright. They don't bite people for no reason. Why had he not told his wife, anyone, where he was going. London's character had been told not to travel in the Yukon without a travel mate; He now felt the same way. With a mate beside him, he would have had an antidote

by now, probably kept in overnight for observation. Why hadn't he simply watched where he was walking, he would have seen the big brute and simply walked around him. He knew snakes often gave dry bites, without injecting venom, but how would he know if that was the case?

By 8 o'clock, the man realised no one would be venturing along the track to save him. The sun had set, and the long summer twilight had begun. He decided to walk to his ute. It seemed odd to him, but even in his state of apprehension, he kept trying to recognise and identify all the sounds of the bush around him. It was hard wired into his brain, but thought he would abandon that practice under such duress. Maybe it was a help, kept his brain focussed, he didn't really understand why.

After walking a kilometre, he knew the big fella had not given him a dry bite. His head began to ache, he felt quite nauseous, an aching pain on each side of his lower back were the start of kidney and liver damage. He stopped to reapply another pressure bandage above the one he was wearing, a useless exercise he knew, but he did it anyhow. His vision was blurring, and his mouth was dry no matter how much water he drank. He toyed with the idea of sprinting to his car but knew if he did that he would not survive.

He continually checked his phone for reception, nothing. He tried 000 again and again, but he didn't even get dial tone. At this stage, the battery on his phone died. His vision got worse, the fading light not helping. All his symptoms were increasing in intensity, and he paused again to rest.

A voice in his head told him this would be his final resting place but it was a thought he quickly dismissed. To prove it wrong, he pressed on, another 100 metres or so. This time he sat down, and didn't allow negative ideas into his head. Keep going, keep going was what the voice said this time and he struggled gamely to his feet. Within metres he propped himself up against a tree to violently empty the contents of his stomach. He felt better momentarily and soldiered on. Suddenly, like a drunken man, his legs gave way beneath him. His breathing became shallow, and his mind hallucinated. He gave up on the idea of getting to his car, realising he could not drive it even if he was behind the wheel now.

A calm feeling overcame him. His mind was as clear as bell, or so he thought. His wife was standing over him looking down and smiling. Wow, what a looker she is, he said to himself. She stroked his face and told him everything was going to be ok and the serenity he felt at that time was the most peaceful feeling he had ever known. She said to him she had to leave him now, but not to worry, she'd see him again soon. He felt very alone and scared all of a sudden, but his wife's soothing words continued to comfort him, long after she had gone.

The sounds of the night slowly relaced the bush birds of the day. The Eastern-yellow Robin gave his repetitive monotonous piping call almost until it got dark. A Kookaburra, like a small child fighting sleep, refused to stop calling even though you would say it was now night time. The yip- yip call of the Sugar Glider could be heard, emerging from a small hollow in a big Candlebark up above the creek line. From high up on the ridge, a Powerful Owl gave its far carrying haunting call from a huge Messmate. A parliament of Southern Boobooks called from a gully further up the creek.

A full moon rose over the ridge where the Powerful Owl had called and the warm night was just a beautiful temperature, a pleasant 23c. Towards dawn, a group of Yellow bellied Gliders gave their whirring gurgling calls and just before sunrise, a Sooty Owl gave his characteristic 'Bomb whistle' call. The inert body of the man lay beside the track. The dawn chorus began, the birds all seemingly in competition to see who could call the loudest. A calm expression on his face belied the pain the man had endured before his heart gave its last beat.

Des Palmer

Boronia Veterinary Clinic & Animal Hospital

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

COVID Vaccine safe, effective and ready to deliver



Since the pandemic began, we've known that our best chance of getting back to normal is if a vaccine can be found and made accessible.

With the Pfizer COVID-19 vaccine now approved by Therapeutic Goods Authority (TGA) and the AstraZeneca vaccine soon to be approved, this chance is now a reality.

Although the development was accelerated for these vaccines, safety has remained the top priority throughout the process.

Australia's effectiveness in suppressing the virus has meant that we have had the time to secure a huge supply of 150 million doses and build our capacity to produce vaccines right here in Melbourne at CSL.

It has also meant that authorities have not had to accelerate their approval process and have had more time than most countries to assess the safety of the vaccines and observe and learn from other countries' vaccination programs.

We should all be assured by the fact that the same safety

standard has been applied to these vaccines as any other vaccine that we use in this country.

Now that the safety and effectiveness of the vaccine has been proven, the next step is rolling it out.

This is expected to start in late February and will occur in three phases:

Phase 1a - Quarantine, border and frontline workers and aged care and disability residents.

Phase 1b - Elderly adults over 70, Aboriginal and Torres Strait Islander people over 55, adults with an underlying medical condition and critical workers.

Phase 2a - Adults aged over 50 and Aboriginal and Torres Strait Islander people over 18.

Phase 2b - Balance of adult population.

Phase 3 - Under 18 (if recommended).

To administer the vaccinations, hubs will be established by the state government across metro and regional locations. The hubs for Pfizer vaccines that have been announced so far are:

Monash Health

Austin Health

Western Health

Latrobe Health

Barwon Health

Ballarat Health

Bendigo Health

Goulburn Valley Health

Albury Wodonga Health

At later phases of the rollout of the AstraZeneca vaccine, vaccinations will also be available at GP clinics and pharmacies.

The vaccine is not a silver bullet and we will still need to ensure we are practising COVIDSafe measures, but it provides us with a great chance of getting back to normal.

If you have any questions about the vaccine, it's important that you seek out official sources of information. For more information and answers to common question you can visit: www.health.gov.au/covid-19-vaccines.







Alan TUDGE MP

Federal Member for Aston

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Real Action For Knox

Now & Then

I live in Boronia, and though I see the foothills of the Dandenong Ranges first thing every morning, they can be hardly there. Sometimes, they are cloud enshrouded and disappeared.

They have been a constant throughout my life - and, for the last two years, a part of the all day (and night) landscape that I view from my kitchen window. Every morning their state of reveal is like a greeting from the mood of the day.

One Tree Hill is one of the higher foothills that I look out on. As many know, in the 1860s it was cleared of all trees except for one solitary tree left behind as a survey marker. Today, though, these hills are fully covered in shrubby, hardy to heat, foothill forest.

I live on the plains at the foot of these hills where creeks still flow and where, in the main, wetlands and forests once were - Blind Creek, Old Joe's Creek, Dandenong Creek, Lower Dobson Creek, Bungalook Creek, Forest Road Drain, Corhanwarrabul Creek, Ferny Creek, Monbulk Creek...

Clouds seem to bump into these foothills, bringing rain to Boronia even when it isn't raining elsewhere. A windward weather effect; warm air travelling up the windward side of the hills thus creating clouds that can be followed by rain.

My back garden is a recipient of this water flow.

On rainy days, water pools in a line along my garden that can just about stream if conditions are wet enough. It's common for many of the residences in my area to have such a stream-line through their garden. It usually runs from the direction of the foothills through to the other end of these gardens. It is annoying. It makes humans want to put in extra drainage to cope with it. Environmental history being hard to come by can mean that understanding the nature of this place and its topographical inclinations isn't a common starting point. But the annoying streaming is the liquid result of living on a land of creeks.

It was only recently that my partner and I had the thought, for the first time, that maybe we should welcome this wetness into our garden by making a bed for the water line, embracing it as it arises, rather than fretting. And planting it out with **endemic** plant species, plants that can tolerate wet and dry feet. And this could be an alternative to a draining solution to alleviate the wet feet of our citrus trees and the sinking stumps of our house! Water erodes hills.

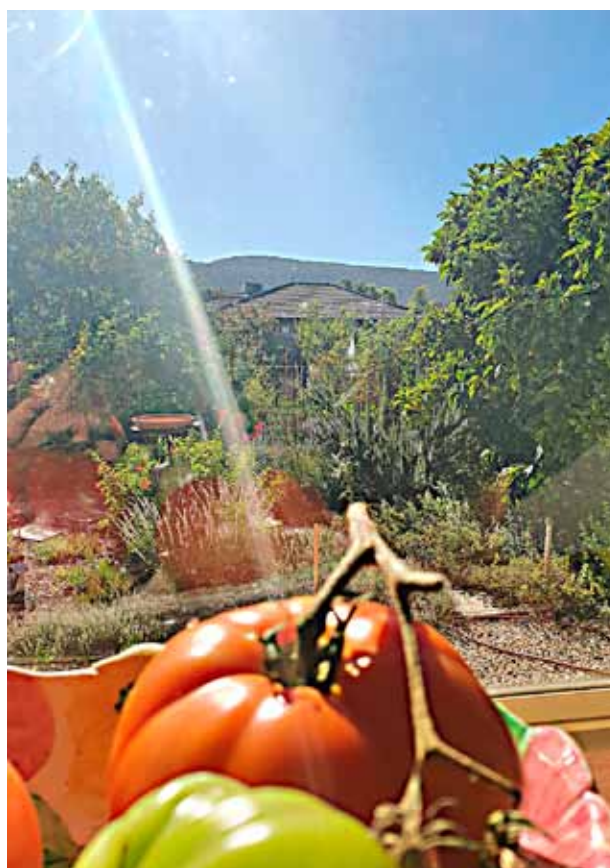
The creeks here will continue to erode for millions of years into the future until the Dandenong Ranges are wholly razed, leaving a view (from my long-gone kitchen window) of flat and undulating plains*, swamps, and woodlands, perhaps not unlike the topography upon which I now live.

* <https://museums victoria.com.au/melbournmuseum/resources/forest-secrets/>

QUOTES to Live By:

Carl Sagan:

"It pays to keep an open mind, but not so open your brains fall out."



Garden Paradise

Moving in to Boronia – a fresh start

After 20 years living in Knoxfield, moving to Boronia didn't seem like it was going to be much of a change. But the unique 'small town' feel has drawn us in and made us feel like proud 'Boronians' quite quickly.

Abundant in a variety of small and large businesses, Boronia has all the hallmarks of a self-sufficient town, not just a suburb. From the iconic Australian flag on the hill, to the old school Cinemas, the family friendly parks and the modern eateries and many places to get support and help in times of need – Boronia has a bit of everything for everyone.

After downsizing to a smaller more manageable place, we started looking for ways to settle in and contribute.

I grew up in Melbourne after migrating to Australia with my family from Cuba in 1972. My parents told us we were very lucky to be here and I have always thought they were right. Giving back and celebrating cultural diversity, human kindness, courage and generosity are some of my passions.

I look forward to being your eyes and ears on the streets bringing you stories that are unique to our area and that celebrate what makes Boronia and The Basin places not just to live, but to grow and celebrate.

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PROFILE

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 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



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Community Training

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Bookings are essential.

For a list of workshops or to book, visit Knox.vic.gov.au/communitytraining or phone 9298 8000





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 Michael's 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."

Lynette Hayhurst

Naturopathic Case Study

Heart Palpitations

M. a 55-year-old personal assistant is presenting with heart palpitations. Her doctor is saying it is caused by stress. After a good consultation in my clinic, my conclusions were the following:

- Excessive alcohol, caffeine and sugary treats intake
- Electrolyte imbalances (particularly deficiencies of potassium and magnesium)
- Relative deficiency of Ubiquinol: the sparkplug of every cell in our body.
- Hypoglycaemia: Hypoglycaemia is resulting from an imbalance of normal blood sugar levels. Hypoglycaemia presents with symptoms of hunger, palpitations, tremor and sweating.

Nutritional Consideration on and Diet Recommendations

- Reduce tea, coffee, alcohol and sugary treats
- Increase consumption of vitamin B1, B12, folate, potassium, magnesium and calcium rich foods such as

- green leafy vegetables and nuts and seeds
 - Increase the intake of essential fatty acids, with fish oil supplements or by increasing fish in the diet
 - Taurine, potassium and magnesium supplementation to stabilise cell membranes and cardiac muscle contractility.
 - Ubiquinol : It increase tissue oxygenation. The heart and the liver have the highest level of Ubiquinol of any other organ.
 - Hawthorn tea: it modulates blood pressure and is a calming cardiogenic.
 - Pancreatic support with chromium, vanadium, inositol and lipoic acid. It will help stabilise the blood sugar levels and reduce the sugar cravings. Three months of the above protocol has helped M. to regain her well-being feeling.
- Christine Gozlan, Naturopath at Essential Health Foods, 246 Dorset Rd. Boronia
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An Amazing Woman with a Pioneering Spirit

by Lynette Hayhurst

A little girl from Merlynston, Melbourne, called Norma Joyce, had a humble beginning and ended up marrying an American GI (soldier), left all she knew to make a pioneering move to the U.S.A. She knew no-one, it was a new life and a good one until she fell critically ill. The family returned with their children to Melbourne, destitute, but she rebuilt her life from the ashes. This life story has everything, love, faith, courage, adventure, mystery, broken trust, hope and endurance.

Norma's childhood was filled with adventure. She had three brothers and one day in 1933 they decided to head to Essendon Airport on foot. "We all decided to see Kingsford Smith land his aeroplane, so my cousin and I pushed our prams across the paddocks following my brothers who were on bikes. (Sir Charles Kingsford Smith was the first aviator to do the Trans Pacific flight from the U.S.A. to Australia in 1928 and, in the same year, the first flight across Australia from Point Cook in Melbourne to Western Australia.) After seeing him land, my brothers all rode off toward home. My cousin and I were so scared that we would lose sight of the boys that we left our prams in the paddock and ran after them." Norma tells me, "I loved tennis but I was a Protestant and my friend was Catholic, so on Sunday we would go to our own church but first we hid our tennis racquets and after services we met and played tennis. It was the day of rest, so we ought not play on Sundays."

In 1939, Norma tells me with excitement, "My parents

and us children went visiting in Gippsland and fires started (Black Friday). We were all trapped. Then my father did back-burning and showed the other men how to do it, as the fire raged around them. We were expected to perish but were saved by the back burning." Our rescuers said, "Oh! You're alive."

As a teenager Norma had a passion for music and she was accepted into the Conservatorium of Music as she loved playing the violin. One wet day, she slipped in the street, breaking her nose and arm, never to perform in public on her much loved violin. This same violin is now in the U.S.A. as her granddaughter has it and performs with it.

Norma had a number of jobs including as a bookkeeper, and a wages clerk until in 1944 when she married John Wunsch, an American GI. They met in Melbourne during WW2 as he was posted to PNG and her brother brought him home while John was on leave. When Pearl Harbor was hit by the Japanese, he was recalled into the army. He loved Australia but decided to return with his family to the U.S.A. They travelled around the U.S.A. with his work and one of their neighbour's was a Klu Klux Klan farmer and she told me they were mostly lovely people. However, Norma's health deteriorated so they had to return to Melbourne so she could recuperate and receive help from her family and with her children. Upon suddenly leaving the U.S.A., her husband decided to make his mother power of attorney so she could sell their house for them. His mother sold the house for them but kept the entirety of the money so they were left destitute, having to live in a bungalow owned by her parents. The toll on John of this devastating loss and betrayal along with his war illnesses of malaria and PTS destroyed his health so he was unable to work. Norma with her indomitable spirit went off to work as a waitress at night with low wages because office work was not allowed for married women. Sadly John died in 1980, so finally Norma moved to her lovely little granny flat in Kilsyth behind her much loved daughter Barbara's home.

In 1988 her son John who lived in the U.S. had his six year old daughter diagnosed with nasal cancer, so his wife

had to be at the hospital to be with her daughter. So, Norma headed off to the U.S. by herself to care for him and his other children. She is a woman with a great capacity for love, compassion and courage. Norma tells me on more than one occasion that the greatest influence and passion in her life is her family- "they always come first." Her family is her legacy and she tells me, "I always make sure my family are well and looked after." She had five children, Margaret, Alice, John, Paul and Barbara along with 19 grandchildren and 39 great grandchildren and two great, great grandchildren. Norma says her achievements in life have been to work hard all her life, treat people fairly and without prejudice or judgement. When I ask her who she most admires, without hesitation she says with pride, "Barbara my daughter, she's thoughtful, always, helps and never thinks of herself, she has looked after me forever and a day."

Norma is a quietly spoken lady and she sits opposite me dressed in a stunning royal blue outfit as she tells me of her faith. Her great grandparents broke tradition because as couple they were Protestant and Catholic but chose to follow the Protestant religion instead of converting to Catholicism which was the expected way to go. Norma and her husband John made themselves a momentous decision which shocked their family. She tells me quietly, "My husband and I decided to join the Church of Jesus Christ and Latter Day Saints in 1959, definitely breaking tradition." She says, "Our family thought we were nuts but I am still happy after all these years, they are lovely people. We are just normal people, if you believe in God and the commandments, that's it." When I ask her what she would be willing to die for she says, "I would refuse if someone tried to force me to lie, I would say tough if you put me in jail or put me to death."

So, with Norma at the grand old age of 96, I ask her about the changes she has seen over all those years. Well she says, "The way the traffic goes- they speed along, not following the speed limits. Also, as a child we would catch a tram, train, walk or go by horse and cart. I remember catching trains years ago as an adult and school children would always let us (adults) in first and give us a seat but nowadays that doesn't exist. They all don't look around, I feel they don't care."

She remembers that her family was the first in town to get gas and electricity.

Norma also remembers as a child that all her family would stand around her mother's piano, it was an 1865 Schwetchten piano and sing along together. So much has changed over the past years of Norma's life but her love for her family and God have remained steadfast. Her name means rule and like the Proverbs 31 woman she rules her family well. In the photo in this article Norma sits in front of her mother's piano with her daughter Barbara with the four generations of her much loved family. Truly an amazing woman with a fascinating story that had to be told.

Lynette Hayhurst



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March issue Distribution

The following walking rounds are available, if you can assist or would like more information, please contact me on details below: Permanent Walking rounds currently available are:

The Basin:

Doongalla Rd, Simpsons Rd, Milleara Rd &; part Sheffield Rd (inc) Salvation Army Farm: 60 papers

Boronia:

Boronia Mall: Approx. 125 papers

Temporary round currently available is (1 year min):

Rathmullen Road, Dixon Ct, Gerton Rd (part): 118 papers

Please let me know if your circumstances

have changed or if you intend to take a break.

Temporary / Casual walkers or drivers: For further information on the above rounds, or if you can assist with any deliveries on a casual or temporary basis, we would love to hear from you. There are always people away on holidays or temporary sick, so if you have any time to assist just once a month for 11 months of the year, please phone Veronica on 0403 522 308.

WE NEED YOU

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Phone John Pernu to discuss it on: 0416 154 839





Photo: Jay L



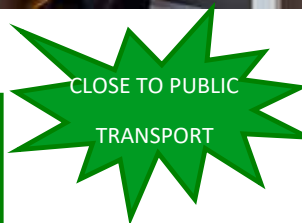
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