# **Boronia & The Basin**

September 2021 Issue 303

## **COMMUNITY NEWS**

Est. 1994

Delivering to Boronia, The Basin and surrounding areas

PUBLISHED ON THE FIRST NATIONS LAND OF THE WURUNDJERI PEOPLE



pp.10,11

The Basin's own Tokyo Olympian

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Free printed circulation to 13,000 households and businesses in Boronia and The Basin, also online and on Facebook.

# Editorial Covid Caring



Throughout history there have been plagues and pestilences, the plague threatened our very existence as a species - today we have Covid.

As diseases go it's far from the deadliest disease, but it's the speed with which it spreads, the sudden evolution of more contagious variants that can quickly overcome our defences.

This much most people can accept and, so long as it doesn't overly inconvenience them, the vast majority of the skeptics will accept the lockdowns as necessary for our long term survival. However, the dark side of this unhappiness continues to undermine everyone else's best efforts.

We see the selfishness of the lockdown objectors and anti vaxxers, led by the nose by the ranting shock jocks with their denials of expert opinion and the chants demanding freedom.

Well, freedom is a good thing, so long as it doesn't harm others, but interfering with the implementation of anti-viral measures is exactly what the demonstrators and proactive anti vaxxers are doing. Just one contagious individual can morph into dozens in a few short days.

Where is the 'freedom' for all these new patients that result? It has long been understood by most people that freedoms don't come cheap.

Thousands of our predecessors fought for our freedoms and thousands of them died. It is only through the efforts of the determined fighters against this invisible enemy that gives us the hope that it will be beaten. We all need to be part of the struggle to make this a safe world where we all can enjoy the pleasure of hard won freedoms.

So let's all take a deep breath (behind our face masks) and accept the necessity of sacrifice to pay for our free future.

And while we're talking about Covid, let's not forget our local businesses, many of whom are suffering badly, and do our bit to support them against the big businesses because small business is the economic heartbeat of our local community.

We can make sure they'll still be here when this epidemic is over.

by John Mortimore, ed.

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#### https://bbcn.org.au/

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This is a community newspaper run by volunteers. If you would like to help in any way 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.

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the voice of the community

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#### THE NEW GIRL

Enthusiastic, that's the best word to describe a new girl who moved here more than 25 years ago. Determined to overcome the onerous challenge of becoming a local, she embarked on a simple strategy - "Just go into the homes and businesses of as many people as you can and start sharing your story."

A Gold Medal performance certainly, because the people whom she visited just couldn't wait for her to come back and see them again.

How did all this happen? Well the new girl was not alone. She had a supportive family in the background encouraging her every move. This family had many talents, and they used them with great effect as their new girl began to add a fresh dimension into the lives of so many people.

What's this all about? This paper, of course, and most of that family are no longer around, and this is where we're inviting you to respond. We use many skills to keep our stories coming - social media, online expertise, interviewing, advertising, writing, financing, distributing such a wide variety. This may appeal to you, particularly if you are interested in making a contribution to our community.

Give this a bit of serious thought. We'll be more than pleased to hear from you if you'd like to find out more.

#### **GOOD READ**

Bev Morse

If you like good crime books, you will love these!!

DCI Hawksworth series by Fiona McIntosh.

Start with Bye Bye Baby. I discovered these books during lockdown 2020!!

There are 3 books in the series. Must be read in sequence. As both 2nd & 3rd books relate to the 1st book. Last one out June 2021.

Fiona McIntosh normally writes beautiful historical fiction, so these books are totally different.

PLUS: Come & join us in the Boronia library for morning tea on Friday at 11am. For a cup of tea or coffee, a biscuit, and a chat. Cost 50cents!! Everyone welcome. Very friendly group

#### Page 3 Bird Red-necked Avocet (Recurvirostra novaehollandiae)

Photos courtesy of Kim Wormald

I have mentioned to you before that I have a thing, I'm not going to call it a fetish, that sounds a bit weird, especially in this instance, but yes, I definitely do have a thing about birds with upturned bills. Terek Sandpiper, Bartailed Godwit, Common Greenshank, just to name a few. The Red-necked Avocet takes upturned bills to the next level though. Check out Kim's photo and you'll get what I mean.

September

The casual birdwatcher would struggle to nail this bird, whilst they do congregate in large numbers, it is always in the same spots. Western Treatment Plant and Cheetham saltworks Avalon Beach are two pretty reliable places to get them, other than that, I'm racking my brains to think of another, oh hang on, yep seen them at Jawbone sanctuary at Williamstown too. What I'm getting at here is you could go to a lot of wetlands in Victoria and draw a blank, so if you're chasing one for your life-list, go to one of those places. You haven't started your life list? C'mon, get with the program.

Normally seen in large numbers at the aforementioned destinations, thev often associate with Stilts, both Banded and Blackwinged, which are similar long -legged waders which have straight needle like bills. Graceful and elegant are two adjectives which spring to mind to describe Avocets, as well as colourful, the head being a rusty chestnut which is a very appealing to the eye colour. With sweeping scythe like turns of the head they hunt insects, fish and in particular, Brine shrimp, which explains their presence on shallow salty wetlands.

Often silent but sometimes vocal when disturbed, Pizzey and Knight describe it as a 'musical, fluty 'toot toot'. And no, they don't drive trains, that's just being ridiculous. So why did I just write it? Dunno.

A very good friend of mine Pete and his partner Sue, and Emily and Jack, their two quickly growing up children live down near Avalon Beach outside Lara. A couple of years ago Jack sent me a photo of an Avocet standing on their kitchen floor, he and Pete had found it walking around near their property, very



unsteady on its feet and easily caught and picked up. To see the close- up photo (Jack lost it off his phone somehow, doh!) was great but to have held that bird would have been such a privilege, to see that bill up close would have spun me out. Pete and Jack took it to nearby Serendip Sanctuary where it was rehabilitated and subsequently released two weeks later. Hooray!

Pete is an interesting character, not being a birdwatcher per se, but knows 99% of the birds he sees. He doesn't own a pair of binoculars but is so eagle eyed and observant he gets by quite well without them! He shot Foxes in the 80's out on the Nullarbor, when the pelts were worth money for fur coats, and learnt a lot about tracks, I've yet to be out in the bush with him and him not knowing what a certain track belonged to.

The recent report on climate change makes for chilling reading, while our government still promotes coal and gas, it beggars belief. I read a comment recently that most of us think climate change is something which will happen in the future and will affect other people and somehow not us. Incorrect, it will affect all of us and is affecting all of us right now. Dutton's joke about hoping the Pacific Islanders can swim, well Pete, people in glass houses shouldn't throw stones, the damage to our coastlines alone will cost billions of dollars, that alone could sink our entire economy. We need some politicians with a backbone to run this country, I'm just not too sure who they are.

Des Palmer



#### A Special Influence in my Life ~

I have been spending lockdown continuing family history begun by my parents - and writing my memoirs. It's been an eventful enough ride, so better get it down in print while I can. I grew up in Mitcham, overlooking the Dandenongs and now, in retirement, live in Boronia. My parents married, started a family (firstly with me) and built their own house, in quick succession on a subdivided orchard, formerly owned by the Bullen family. There was still bush interspersed with development everywhere around us. Settling in Boronia in 2007 was like coming home, except for the landscaping done by developers of our unit, full of plants now considered weeds. Much work and growth later I am satisfied that the garden is welcoming to our beautiful birds.

I became interested in birds as a child, fortunate to grow up in a little street where neighbours became good friends. The family who lived next door but one to us was the McCullochs. Ellen was an avid birdwatcher, actively belonging to Nunawading Bird Observers' Club, and a writer. Ellen was the author of "Your Garden Birds", 1987, and "Birds in Your Garden", 2000. I have copies of these and its quite possible there were other books. She was also a contributor to my well-loved, tattered Simpson & Day "Field Guide to the Birds of Australia", 1984, along with other local identities some of whom I knew.

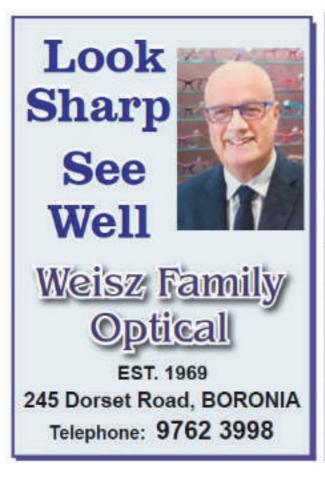
Ellen was keen to share her love of birds and the bush with children and was happy to encourage me. I was 10 years old and in Grade 6 at Vermont State School, when a visitor was introduced to our class. It was 1964. The Visitor turned out to be Ellen McCulloch and I felt so proud that I knew her. She had a suggestion to make – could she take a number of the children who might be interested to Sherbrooke Forest early one morning to find and observe a lyrebird there? My hand shot up and she chose me, along with two or more of the boys. I remember Max and Greg coming along. I can't recall whether it was a school day and she then delivered us to school, or a weekend and she then delivered us home. After my own schooling and forty years of teaching I still look back with awe at an opportunity that would not be afforded to children nowadays, not so randomly anyway.

We set off before dawn, drove to Sherbrooke Forest and walked, with Ellen as our guide, to where she knew of a lyrebird mound. It was courting time. Sure enough there was Mr. Lyrebird and we were privileged to quietly wait and watch his remarkable performance. I trust he was successful. This experience left an indelible impression on me, far greater than the class trips to Healesville Sanctuary and the Eastern Hill Fire Station that same year. I have continued to grow my interest in birds and, among my friends, can usually name for them the birds we see in our travels. As I became better at this, I remember becoming frustrated that I could identify birds that I saw, but not birds that I heard. So, this became a challenge for me – hear the bird, see the bird, identify the bird, match it to its call. Or hear the bird and search my field guide for matching information. For example, walking one day beside the Yarra

River at Warrandyte, I heard a strange call that sounded a bit like the mooing of a cow — only backwards! I thought it must be an owl, but during the day? Surely not. Searching for information I found that it was the gorgeous Tawny Frogmouth, ooming its discontent at trespassers. Since then I have always been happy to hear a Tawny, thrilled to see one, and was overjoyed to watch a pair of chicks develop one year. Looking down from their nest at us this baby pair was hilarious — Mum and Dad being perfect stick-like figures while chicks leaned over as if to say "look, Mum, what are those animals called?"

I have quite a lot to thank Ellen for. Later the same year at Primary School she again chose a group to take to the Opera, to experience that culture, too. Again I was chosen. I must admit, though, that Opera didn't develop into an interest for me, but I had the chance. When I was in Form 6 (Year12, 1970) and had saved to go to Central Australia on the school trip, she came to me and said "Here is \$6.00 to pay for a scenic flight over Ayres Rock, you owe me three babysits, but you must have a flight". It was magic. I'm sure it costs much more than \$6.00 now to fly over Uluru. I wish that I could tell Ellen what an influence she had on me and that I did and still do appreciate her. Ellen passed away. The last time I saw her, with husband Peter, was at my parents' 50th Wedding Anniversary, 2003. Peter played golf with my Dad for many years. So, to Peter, to their daughters Kathy and Janet - with happy memories of babysitting - I fondly dedicate this story to your wife and mother, Ellen.

Cheryl Duncan







#### An indomitable Spirit of Courage and Commitment-Graeme Hamilton

Graeme Hamilton was born in 1945 during one of the times in history when courage and commitment were essential for victory. In his own life Graeme has also shown great courage and determination to make his mark in this world with his many qualities including more than a touch of tenderness.

When I first met Graeme, I sat beside him and sensed a quiet and unassuming man with a warm smile and a passion for life. His childhood also gave no real hint of the life he would lead. As a child he remembers very well attending in the country, Tatura Primary School, loving swimming and earning his Herald Swim Certificate. Later they moved back to the "city" and attended Glenferrie State School, humble beginnings indeed.

As a young man his parents decided he would do a Diploma of Civil Engineering which opened many doors for him to use his many talents. He worked for Victorian Railways (1966 -1974) as an assistant engineer and his

role was level crossing design and surveying sites of fatal accidents and preparing plans for the coroner's court. He tells me, "many of the level crossing replacements now being done and over the years were a direct result of my work in the late 1960's," a great achievement. His work life was impacted

when he was called up for two years of National Service training at Puckapunyal with 6 weeks of training at the School of Military Engineering. Looking back he is grateful for a knee injury that prevented him being sent to Vietnam as many years later he was to find out he had a weakness in his blood vessels which could have caused a cerebral hemorrhage in Vietnam which he would not have survived. After National Service Graeme worked for Metropolitan Transport Committee developing future transport options for Melbourne and after a few years he worked for a Consultant connected with MTC. He ended up flying to Sydney each week with this company and returning to his wife in Melbourne for the



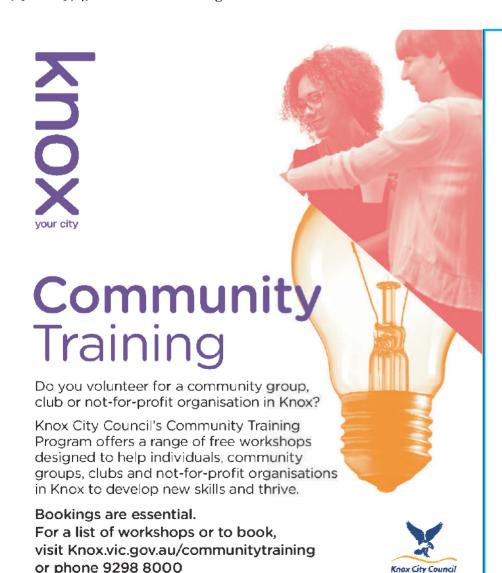
weekend. He and his young wife Rhonda decided to travel up to Sydney living in a caravan so they could be together and to fulfill his work

responsibilities.

Later Graeme gained a position in 1976 with

Australia Post (1976-1990) as Assistant Manager Network Planning, responsible for decentralising mail processing around Australia and monitoring the postcodes. Later he was in a project team to mechanise mail sorting throughout the network which was a pretty impressive impact on our mailing system. It was during this period of employment and great achievements that his whole world changed.

During his time in the army Graeme developed a lifelong love for badminton and in 1997 he was out playing badminton and he stopped playing with a terrible headache. *Cont. p.8* 



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#### **CAT CURFEW** Letters in response to our **August Issue** article

#### **Current Law**

Domestic Animals Act 1994 PART 3-CONTROL OF DOGS AND CATS

- 23 Dogs and cats on private property without permission
- (1) If a dog or cat has been present on private property on more than one occasion without the permission of the owner or occupier of the property, the owner or occupier of private property or an authorised officer may seize the dog or cat while it is present on the property.
- (2) The owner or occupier of the private property or the authorised officer who has seized a dog or cat under subsection (1) must immediately so notify the Council of the municipal district in which the property is situated.

#### **READER RESPONSE 1**

I have just finished reading this month's issue of BBCN and once again very much enjoyed Des Palmer's article on Page 3. He is a very talented writer who is not afraid to step outside the bounds of his chosen topic to entertain as well as inform. Please pass on my appreciation of his work. And I totally agree with his closing paragraph regarding the shooting of game - that, providing care is taken with selection of targets, this can be considered no worse than recreationally hauling fish out of fresh and salt water, or the factory slaughtering of cattle, pigs and chickens, in order to feed us omnivores.

Another article that caught my eye was the letter from Anne Francis to Councillor Dwight regarding Knox's new 24 hour cat curfew. She has raised quite a number of valid points. My own cat is a rescue who is very timid and will not step down from the porch where she loves to lie to enjoy a

rare bit of sunshine. I have to leave the door open for her to flee inside at the slightest threat to her personal wellbeing, like someone walking past the property with a dog! Heaven forbid! However, my old cat Morty who died at the ripe of age of 18 would not have tolerated being kept inside all day - inside was solely where he ate and slept. He was a very athletic, energetic and vocal cat in his day, and I hate to think how he might have reacted to being confined to the house. Morty loved climbing trees, greeting passers-by in the street, warring with the neighbours' cats and playing with and teasing my dogs. I would not have been in a position to build a cat run of any useful size, and locked in a small 'cage', he would have ended up a totally frustrated and depressed little fellow. I agree with Anne Francis that an overnight curfew is acceptable and necessary for the protection of our wildlife (what's left of it around here), but it is unrealisitic to expect older cats who have been free to roam their neighbourhood all their lives to be confined 24/7. I agree with Anne that this ill-considered law should be repealed.

Marion Tremlett

#### **READER RESPONSE 2**

I have just read the letter from Anne Francis in latest BBCN.

I am in full agreement with her and fully support her point. I have submitted submissions on the online Knox review, however, as Anne I am highly doubtful our views will be considered.

Well done Anne for this well thought and argumentés letter.

I wish councillors would listen to the community.

Jacques Morin

#### **READER RESPONSE 3**

After reading Anne Francis' excellent and letter detailed to Chandler Ward representative Jude Dwight (cc'd BBCN) in the August edition, I am more convinced of the importance of the Boronia & Basin Community News' role in keeping our Councillors in check.

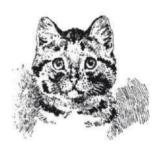
The ability to slip draconian laws like this

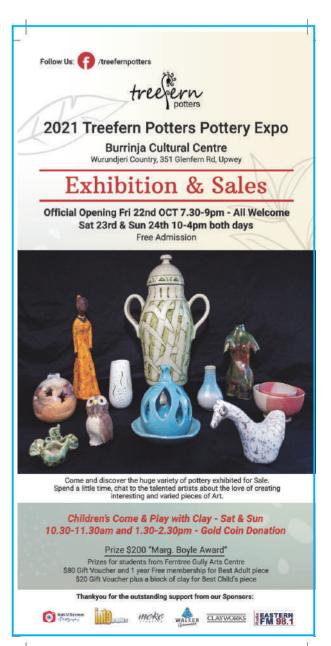
through without any debate or notice to the wider population of the council (especially registered cat owners) staggering. If it wasn't for the letter of concerned and active people like Anne, I would have no idea that this law was to be implemented.

This can only come to no good and I can already see a flaw that will be exploited, when revenue for cat registration fall dramatically as renewals are sent out and people report their cat's are no longer housed at the current address or have passed.

What's the Council going to do? Door to door inspections? Good luck with that.

Danny Nolan





For the past two weeks, the Olympics have inspired the nation. Young, old, swimmers, athletes and the next generation of Olympians have done the country proud.

For most of the country, we have had to watch from the comfort of our living rooms, lockdown and for some, channel surfing has almost become a sport in itself.

For the Basin community, far from Tokyo, we have our own inspiring athletes. Cricketers, footballers and netballers who each week compete and attempt to deliver a smile to parents, siblings and spectators. It may not be a gold medal on the line, but the satisfaction from competing and winning delivers the same sense of pride to a very proud sporting community.

The last 12 months has seen many ups and downs, but the best part is as a community we have been there supporting, cheering and riding the final tense moments of each match, much like we were when Arianne Titmus chased down Katie Ledecky or when

Jessica Fox finally claimed that elusive gold medal.

In November last year, the cricket season kicked off under a cloud of uncertainty but we ended up getting through the season without too much disruption. For many of us, just getting out there and competing once again was a sense of relief. It gave us a sense of purpose and being around our mates once again was fantastic.

For our juniors, I couldn't have been prouder of the way they handled the season. They more than any demographic do it tougher during lockdowns; home schooling, not being able to see friends face to face and being stretched to their limits.

U/12's In March, our competed in finals and were outstanding. Just as many of us have been on the edge of seats watching our Olympics, parents, siblings and spectators were on the edge of theirs watching our next generation win a grand final with only 2 balls to spare. It may not have been a gold medal on the line, but a premiership medal delivered them the same feeling.

footballers netballers, they have had so many challenges thrown at them. Three lockdowns in the space of 2 months puts pressure on committee members who, like at the Olympics, aim to do everything possible to allow the athletes to shine.

However we are a resilient bunch who will continue to support each other and ensure no one is left behind.

Our Olympians have to deal with the greatest pressure on the world stage. For those that play at The Basin, we don't have the same pressure or eyes watching us but like anyone that plays sport, the same principles apply; Joy of Effort, Fair Play, Respect for Others; pursuit of excellence; and balance between body, will and mind.

To anyone out there that has struggled with this pandemic, you are not alone in your struggles. But know that there are communities out there who will take you in and put an arm around you. If you want a community to belong to, The Basin sporting community is one to be a part of.



#### Winter desserts recipes

Catherine Steggink

#### **Baked Citrus Pears (Can also make** using apples)

- -30 g Butter
- =1/2 cup caster sugar
- -4 firm Corello Pears, peeled, halved and cored
- -1/2 cup orange juice
- -Thick strip of orange rind
- -1 tbsp lemon juice
- -1/4 cup water
- -Mascarpone cream, to serve
- -8 amaretti biscuits, crushed, to serve

- Preheat oven to 200 degrees conventional oven or 180 degrees fan forced
- Melt butter in oven proof casserole dish, add sugar and stir over medium heat for 2 mins or until golden brown. Add pears and cook until lightly browned.
- Add orange rind, orange juice, lemon juice and water and bring to the boil.
- Cover dish with lid and bake in oven 4. for 30 mins or until pears are tender.
- Serving suggestion: Can serve with crushed amaretti biscuits and mascarpone cream or Custard

contd. from p.5

He says, "I remember no more, but I apparently had suffered a cerebral hemorrhage as a result of being born with a thin walled vein leading into the cerebellum." He spent 4 long months in rehabilitation. He was never to return to work again and his much loved wife became he fulltime carer, which he says, "worked out well for me so I could have some quality of life."

He tells me a funny story about his time in rehab when one day he was doing some strenuous physical exercise, he ran out of steam and sat down. The OT pressed him to continue once more but Graeme felt he was beyond doing it.

He asked her, "Do you want a loan of Rhonda's cat of two tails? The OT said 'I think you made a mistake before, I think it is a cat of nine tails." My reply was "Yes, but Rhonda has worn the rest off with her pushing, by the time I finished rehab it became "a cat of no tails."

Graeme over the years before his hemorrhage and even to this day has continued to serve the community in spite of his memory problems and other health issues. He has been and continues to be an active member of the Masonic Lodge since the 1970's and recently the Masons helped with the bushfires, building fences on farms and clearing the land, he also was the Master twice and they are the spearhead for the Masonic Lodge. Graeme was a member of Boronia Badminton Club from 1972-1997 and president a number of times and active in the Scouts too

(1981-2005). Also, working with his wife for over 10 years at Glenallan School as volunteers in the 1990's and volunteering together with Rhonda at White Road Adult Centre for nearly 27 years (since 1997 to the present) which is an adult respite centre. Finally, a founding member of the Knox Angling Club for around 10 years, acting as president as well.

Graeme tells me some of the changes he has seen over the years including seeing the first black and white television, the first sputnik

satellites, manned space flight, landing on the moon, decimal currency and metrication. His life philosophy is, "to remain self-sufficient as long as possible and not be too big a burden on others." His goals in life are to be kind and helpful to others. He lists his main achievements as hiking over 1000 km in 10 years when he was involved in scouting, setting a good example for our sons and volunteering for many years to help make life better for others.

When I ask him about his passions, they revolve around his dear wife and family. They have lived in their home in Ferntree Gully since 1972. He says, the person he most admires is his wife Rhonda "as

she has been a marvelous partner for more than 52 years and his official carer for 24 years. "I would



be willing to die to protect my wife from any person attempting to cause her harm." He tells me all this with great warmth about his wife. One of his first gifts to Rhonda was loquats from his tree and to this day every December 10th he gives her pink rose, very touching. They are a delightful couple who continue to serve and give in their community. Finally he tells me, "We have been married for over 52 years and I still have very high feelings for her. She has always

motivated me when I needed it. Rhonda has been my motivating force all that time. In 1997, I spent four months in rehabilitation, Rhonda used to come in every day, and help push me through whenever needed. Since I came home, we have done so many things together and my love for her has just continued to grow."

It has been a delight to share with you the life, successes, achievements, passions and challenges of a man with an indomitable spirit and life of courage and commitment.

Lynette Hayhurst

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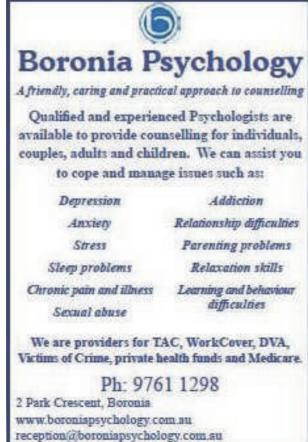


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#### Your Local MP Report Sponsored by Jackson Taylor



2021 as we know is proving to be another test of every Australian, Victorian and local. We're staying home when we need to, we're getting vaccinated as supply from the Commonwealth becomes more available and as always, our community continues to do incredible work. Lockdowns and restrictions are tough, and we know that most of the country have been dealing with them for some time, but that doesn't make them any easier. So please, be kind to yourselves and one another and if you need help, please ask for it. And remember, if you can – go and get vaccinated.

Boronia, it's a beautiful part of the world, but there some work to do. You'll know that I've announced nearly \$3 million in funding to get things done in the CBD - but I know we've got to do something about the Station.

Since day one, I've heard you - the station simply isn't up to scratch and doesn't stack up in a modern and growing Boronia.

So, I've asked the Minister to come down and check it out for himself and understand what needs to be done and why. Watch this space... And you may've heard the news we're removing 10 more dangerous level crossings including Bedford Road, Ringwood on the Belgrave line which means no more level crossings from Ferntree Gully to the city. That'll mean more trains can run more often and you'll get home sooner! Adding to the removals at Scoresby Road and Mountain Hwy back in 2016!

As always, a few quick updates on what's happening locals to bring you up to speed:

• We're now one step closer to





construction on the North East Link beginning with the preferred bidder for the tunnelling project selected

- Works progressing on the \$496,000 at Fairhills Primary School for the new basketball court shade structure and on the \$67,000 for Knox Central Primary's new street facing front fence
- \$43,000 in grants to support local multicultural community groups like the Sri Vakrathunda Vinayagar Temple, the Shree Swaminarayan Temple and Chinese Association of Victoria, Tabulam & Templer Homes to support upcoming events and festivals
- Construction on new public aged care facility in Wantirna on track and set to open in 2022

\$1,000 rebates now available to replace old heaters for 250,000 low income households. For more info and to see if you're eligible go here - https://www.solar.vic.gov.au/heaters

This edition's local shout out goes to our local sporting clubs which are about so much more than sport. They're a community hub.

They're a place where people of all ages and abilities come to connect, see their mates and grow as people.

The last 18 months have been incredibly difficult on our grassroots sporting clubs as we've navigated this pandemic and our local clubs have not been immune to the ever changing nature of it.

So, I wanted to give massive shout-out and thanks to every local club that have gone above and beyond to support their communities and bounce back each time to get people back to doing what they love when they can.

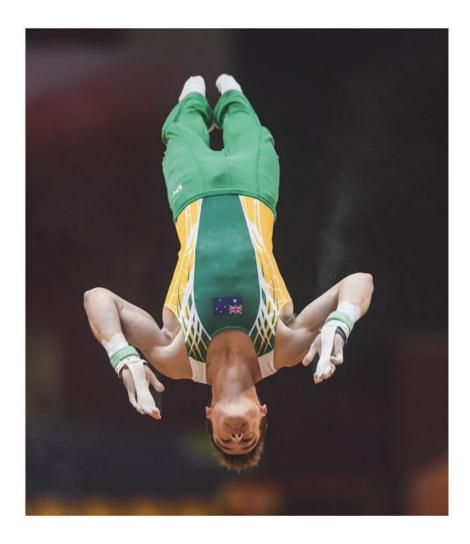
Please continue to support them in any way that you can.

That's all for now, until next time – stay well.

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.



# THE BASIN'S OWN HORIZONTAL BAR OLYMPIAN



Tyson, the youngest of 3 boys was always trying to keep up with his older siblings. For coordination and balance, their mum started all of them at gym when they were young.

Before winning a scholarship to attend college and training at the University of Illinois, Tyson demonstrated his all-round abilities, winning four High Bar titles consecutively from 2008-12, as well as taking a hat-trick of All-Around titles from 2009 to 2012. Following graduation in Illinois, he relocated to the Australian Institute of Sport.

"In order to qualify to Tokyo I knew I needed to place top 8 at the 2019 World Championships early on. Steadily plans became action, action brought success and failure, failures taught lessons and lessons bred experience. I began to gradually climb up the ranks year by year, culminating in one chance to achieve my dream or let it slip!"

He competed at the World Artisitic Gymnastics World Championships in Doha in 2018, and the following year finished 7th in the Championship finals at Stuttgart. That career best performance earned him his Horizontal Bar spot at the 2020 Tokyo Olympics.

"Even though making the Stuttgart final was absolutely crazy," Tyson said, "it is still probably the 2018 Worlds that stands out. In terms of significance, that was where I realised I could make it, that the Olympics were in reach and not just some distant dream".

In Tokyo, Tyson finished in 5th place which made Australian history as the first ever Australian men's artistic gymnast to qualify for an Olympic Apparatus Final.

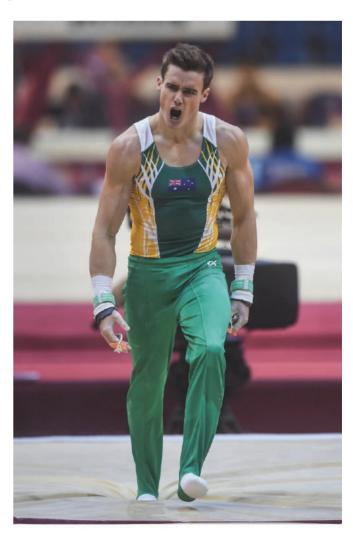
Tyson was supported by many locals, family and friends. The Basin Bakery even made cupcakes emblazoned with his picture.

He is now back in Australia, and after quarantine can't wait for a wonderful reunion with both family and friends.

Congratulations Tyson, you've made us all proud.

Check out this link:

https://twitter.com/10newsfirstmelb/status/1422464183438880785?s=21









#### **Life Activities Club Knox**

WELL, blow me down, we're again in Lockdown, so it is Masks

Some of the planned outings for August needed to be cancelled, but there will be better times and we can plan for them again. Last month I mentioned the bus trip to Newcastle, well, can you guess how we are feeling now. But as I said about other activities, if it's to be cancelled, we will find an alternative date.

So here is the plan for September: -We're meeting for Lunch at the Lilydale International Hotel. For Live theatre at the 1812 in Upper Ferntree Gully, they have a comedy production called "A FLEA IN HER EAR", so book with Lyn, on 9762 7760, for a Sunday Afternoon Matinee.

If you are interested in joining us for the visit to the Hosome Gingerbread Factory, in Keysborough, the fee is \$9:00 for the tour and also, fun decorating our very own gingerbread man, to take home, in your own container.

Friday Walkers are doing it local, with walks planned for Ringwood, and Ferntree Gully. The Wednesday Evening Dine-Out will be held at Billy's Kitchen in Knox Ozone, meeting at 7:

And if you are interested in learning to play cards, the deal is, Bolivia, Canasta, and "500", and these are evening activities. Most of the other activities are held during the day, either monthly, twice per month and others are held weekly. You might like to join the Badminton, (playing for fun), Cards "500", (maybe some fun, with supper), also Water Aerobics, Bushwalking, and these 4 activities are held weekly.

Carol is our Membership Secretary, and she is happy to send a current newsletter, and provide more information and details.

Call CAROL: 0419 870 639

At Knox Over50s we are a very friendly and sociable group who normally meet monthly from January to November and provide guest speakers, day and overnight trips, a book club, visits to Boronia Cinema, coffee mornings, regular lunches at different locations around Knox and morning melodies.

Subject to Covid rules, we hope to hold our next monthly General Meeting at 10.30 am on Tuesday 28th September, 2021, at Club Kilsyth. If you will be attending the meeting and would like to stay for lunch in the Club's Bistro, please telephone Bronwyn King on 9762 2015 to book. (Bookings are not required for the meeting.)

As we are finally seeing an improvement in our weather with the arrival of Spring, we are hoping for a similar improvement in the social situation. Each and every one of us has been missing our get-togethers with family and friends and it would be wonderful to freely enjoy the company of others.

Following the ups and downs of recent months, we hope to return to our regular activities as listed above. Weather permitting, we may also be able to continue with walks around Lewis Park on the third Monday of each month.

We have a monthly newsletter (Knox Natters Matter) which will keep you up to date with the many fun social activities available.

If you feel you may be interested in joining our group, please contact Jill (on 9801 4363) for further information.

We look forward to hearing from you or, more importantly, seeing you in the near future.

# Locals Continue to Support Each Other through Lockdowns

These are difficult times for everyone, but for the vulnerable and isolated in our community it is as difficult as it gets.

The recent lockdowns, with their economic and psychological pressures, have created a huge need for support. In response, the Knox community has put its best foot forward to assist our most vulnerable, even when we cannot visit each other or be near each other.

At the forefront of this assistance has been our local community groups and churches who have continued to help those in need.

Denise and her team at Knoy Infolink in

Denise and her team at Knox Infolink in Boronia are one such organisation. Since the pandemic began, they have worked hard to continue to help their clients with referrals for services, food parcels, fruit and vegetables, meat trays, toiletries, Myki cards, phone cards, vouchers for emergency prescriptions and much more.

Their kindness and hard work has assisted many individuals, especially those who are experiencing unemployment and financial distress for the first time, find help and receive support.

It was because of this work that I was particularly pleased to recently help them secure a \$12,000 federal grant to upgrade



their computer server so more of their volunteers can work from home.

To Denise, Infolink and the many others providing support at this time, thank you. This is what the Australian spirit is all about.

While we are strong as a community, the economic impact is continuing to affect the livelihoods of many. Businesses are closing and many people have lost their jobs or are seeing their hours reduced.

If you have been financially affected by the lockdowns, there is support.

For those that lose hours of work during a lockdown we have increased the maximum payment from \$600 per week to \$750 per week. If you who lose between eight and twenty hours of work, you can apply for a payment of \$450 and for twenty hours or more you can make a

claim the full \$750.

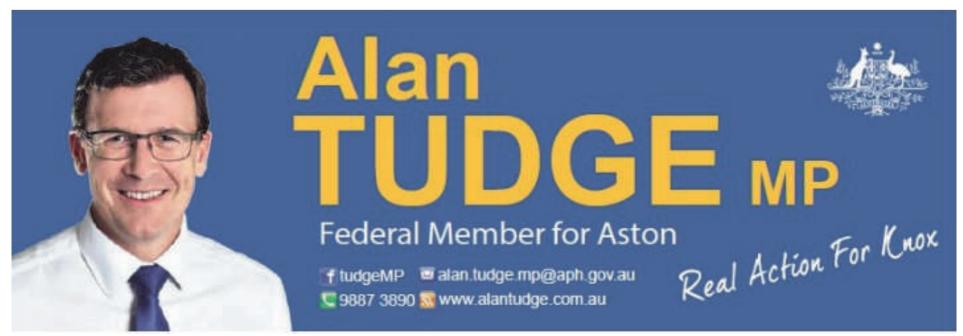
For businesses and sole traders, we have also announced additional support. A \$400 million joint package with the state government is now being distributed to businesses through several schemes. You can find more information on these at: https://business.vic.gov.au/grants-and-programs.

If your mental health is affected by the lockdowns, there are many fantastic organisations ready to answer your call:

- Headspace Knox 9801 6088
- Lifeline 13 11 14
- Kids Helpline 1800 55 1800
- Beyond Blue 1300 22 4636

As always if you have any question or concerns please contact my office.

We are in this together and together we will make it through.







#### The pain is real but so is the cause for hope

For a year and a half, Victoria has been gripped by the COVID-19 pandemic and various public health restrictions implemented in response.

For many in our community, these restrictions have had a truly devastating

I am particularly concerned by the mental health challenges faced by many local residents.

I implore anyone who needs mental health support to reach out to their loved ones, their friends, their neighbours and our fantastic mental health support services to get the help and support they need. Help is here for you:

Crisis Contact Details - if you are in immediate danger, please call ooo

Lifeline – 13 11 14 Beyond Blue - 1300 224 636 EACH - Generalist Counselling - 1300

Headspace Knox - 9801 6088 Outer East Phone Chat - 1800 984 825 MensLine Australia – 1300 789 978 Kids Helpline - 1800 551 800 Relationships Australia – 1300 364 277 Red Cross - COVID CONNECT - 1800

Over the course of the pandemic, I have received countless calls for assistance from local residents. While I have been able to advocate on their behalf and to bring Government attention to their plight, these residents have often been in need of more immediate help.

Into this breach our many remarkable local community groups organisations have stepped.

Throughout this period, these organisations have provided all manner of vital assistance to those in need. This assistance includes food relief, financial counselling, housing assistance, family violence support, mental health support and drug and alcohol support.

The range of services that have been provided by these organisations truly reflects the complexity of the challenges we face as a local community amid this pandemic.

Whether these organisations belong to a religious denomination or none, they have welcomed all equally and have truly served and continue to serve the entire community.

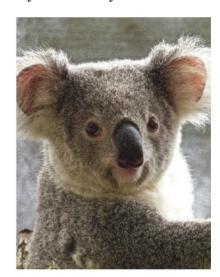
While these organisations may be too

numerous to list here, I sincerely thank, on behalf of all Knox residents, each one of these groups and all of the many volunteers and workers who have committed themselves to this important

I know I am personally indebted to these groups as the local State Member for Ferntree Gully for having a place to refer local residents for immediate assistance. A place where I know these residents will not only receive the support they need, but where they will be treated with compassion and dignity.

It is truly a privilege to be afforded the opportunity to witness so much of the good that goes on in our community. In such times as these, it is a cause for great hope and optimism, and it is one which I hope to continue to share with the community.

As always, please do not hesitate to contact me by phone on (03) 9758 6011 or email nick.wakeling@parliament.vic.gov.au should you need my assistance.





#### SPINOCEREBELLAR ATAXIA (SCA) - do you know much about this?

Ataxia is a movement disorder caused by problems in the brain. When you have ataxia, you have trouble moving parts of your body the way you want. Or the muscles in your arms and legs might move when you don't want them to. Ataxia comes from the Greek word "a taxis" meaning "without order, or incoordination".

Doctors have discovered anywhere from 50 to 100 different ataxias. They are grouped into categories based on what causes them, or on which part of the body they affect. Diagnosis is based on a

person's medical history, family history, and a complete neurological evaluation including an MRI. Approximately 6 Australians in every 100,000 are affected.

Symptoms of Ataxia are often mistaken as signs of drunkenness; such misjudgement can cause great distress. Treatment is multidisciplinary, with the goal improving Quality of Life, and it may include Neurologists, Rehabilitation Physicians, Speech Therapists, Counsellors, Physiotherapists for critical exercise, Occupational Therapists for walking aids and home improvements, Dieticians in conjunction with a General Practitioner.

#### CEREBELLAR ATAXIA AUSTRALIA Inc.



is an organisation committed to supporting people diagnosed with an ataxia, their families and their carers. It has raised funds for both hospital equipment

and research, and is part of a worldwide community, sharing in the quest for knowledge, diagnosis, treatment and prevention of spinocerebellar ataxia.

To find out more, visit the website: www.scars.org.au. To receive an information brochure or talk with Roger Thompson, the Victorian Support Group President, please contact us through contact@bbcn.org.au.

#### The Uniting Church, Boronia

Every Sunday Morning at 10am...

We have a user-friendly worship service with kids' activities, adult input encouraged, and lots of singing – all followed by morning tea and interaction with others. Covid lockdown restrictions apply. Our Facebook page, www.facebook.com/BoroniaRdUnitingChurch for further information.

CLOTHING SHOP: Our 'nearly-new' Clothing Shop provides a friendly and warm environment where everyone is welcome to call in for company, a chat and have the opportunity to buy good quality, second-hand clothes at very reasonable prices. The shop is open every Tuesday, Thursday and Friday morning between 10am and 12noon (lockdown restrictions are always adhered to).

MAKERS & GROWERS MARKET: Early notice about our NEXT Makers and Growers Market.... to be held at the church on Saturday, 6th November. Please note that beyond our control is the fact that COVID lock-down restrictions may change at any time and should this affect our ability to host a market we may have to postpone.

To book a stall or make enquiries contact irenesmith2@bigpond.com.

#### I CAN'T!

There are two words we hear more frequently than any other recently. They are "I can't"! I can't wear a mask – I can't breathe properly! I can't isolate – I need my friends! I can't stay

home – I have to buy my cappuccino! I can't NOT work – I'll lose my job! These seem really genuine statements right now, but how will they look in another few year's time, or even less?

There was once an old man named Percy (Percy Vere). He lived in a town in a valley surrounded by hills. In fact, where he lived the streets went uphill and down dale. Percy found that as he aged, he was finding it harder and harder to walk uphill. He really felt his age, puffing and panting all the way home again. He stopped walking, shutting himself He became very sad and depressed because he loved to walk and especially to walk to the top of the rise and look across to the beautiful hills surrounding the town. When asked why he didn't still walk on his favourite path, he replied - "I can't"! When his friend volunteered to walk with him and help him to fulfil his dream, he reluctantly agreed. He made it all the way up and back home with the help and encouragement of his friend. After that occasion, Percy Vere walked that route regularly!

Aren't we a bit like Percy! "I can't" is such an easy way out! We need to believe - "I CAN do it!" We need to give it a go! Support is helpful, but it needs our willingness to try – especially at this time!

In the New Testament in Philippians 4:13 it says: "I can do everything with the help of Christ who gives me the strength I need." Why not try it – believe me, it works! Beth Butler





#### Boronia Veterinary Clinic & Animal Hospital

181 Boronia Road, Boronia (Cnr Langwith Ave)

Phone: 9762 3177

\*Serving the community for over 45 years\*
181 Boronia Road, Boronia (Cnr Langwirth Ave)

www.boroniavet.com.au

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

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

We continue to work at providing the broadest range of options possible for our clients. Our philosophy is firmly rooted in the principle of providing as many options for a client as possible but understanding that the "right" option in any situation is not always the most advanced option.

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

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#### THINKING OF SELLING?



Craig Kelly Director 0411 866 316



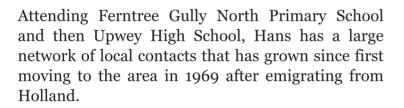
Hans Brenkman 0427 371 886



Annie Brenkman 9762 0008

#### **Meet Hans Brenkman**

Coming from a long line of family involved in the building industry, Hans has a passion for property and spent the first 10 years of his working life on the tools.



Hans is married with three adult children and is still a resident of Ferntree Gully and has over 30 years of sales experience including 15 years in the real estate industry and 15 years in the automotive trade as a salesman with award winning Ford and Toyota dealerships in the eastern suburbs. Hans has a reputation as a straight shooter with the motto "I say what I do and I do what I say".

Fully aware of the importance of getting it right first time every time and keeping the hype and fluff to a minimum, rest assured when it comes to selling your property Hans is here to exceed your expectations and not just to meet them.

If a good mix of ability, experience, local knowledge and enthusiasm is what you are looking for, Hans is the right agent for you!

### EXPERIENCE THE DIFFERENCE



Craig is easy to deal with, honest and realistic. Most agents have a bias to price, strategy, marketing, but Craig was able to balance what has been a taxing time during COVID creating a good result. I have no hesitation in recommending Craig to future vendors and buyers alike.

2/27 Owen Street, Boronia Donna Mc Couid

