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Editorial

GOOD GRIEF!



Grief is a universal heartache that affects us all over our lifetimes. It is as diverse as life itself yet as common as the nature from which it springs, and it is not only humans who feel intense grief. The same animal grief is a common response to canine death by a surviving dog. Most dog lovers will have observed the grieving of a surviving dog when one of a pair dies. This is common throughout the animal world, and is found in us all when the occasion presents, yet we rarely discuss or consider grief until circumstances compel us.

With the approach of the warmer months and the end (we hope) of Covid lockdown, it is easy to forget that some in our community won't make it through. That's life, a part of living.

With each death there are survivors who grieve; who lament the loss of a loved one, who bemoan a death and feel the aching void that had once been a friend, relative or lover. As summer and Christmas approach; this is not a good time for grief. Depression is a common outcome. The more community celebrating there is, the more those grieving feel the absence.

What can we do to help? My own recent experience showed that practical help, such as providing meals or helping with chores like gardening or even doing the dishes, all helped immeasurably in reducing the sense of loss, loneliness and heartache. Just the offer of help or a message or card made a significant and lasting difference.

There are also professional and volunteer counselling and practical support services available, many free or discounted. Some run through organisations like Eastern Palliative Care (EPC 1300 130 813), or some through local psychology services. Using skilled, qualified and experienced counsellors can make a big difference on the bumpy path back to a normal life.

The bereavement that leads to grief may also lead to the reuniting of old friends and relatives, the healing of old wounds and a renewal of family bonds. Although it is hard to see any good in the loss of a loved one, beyond an end to suffering, it is this common experience that helps to bind family and community as one.

John Mortimore

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We welcome all contributions from our community but can not guarantee publication. Email is preferred. Articles or letters that have no contact details, are abusive in nature, or contain racial or other vilification will not be published. Submissions preferably should be kept to 800 to 1000 words maximum.

This community newspaper is run by Volunteers. 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.

If you would like to help, do get in touch, we will be very pleased to hear from you.

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about
this?



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20 YEARS OF WIKIPEDIA

Wikipedia is the free content, multilingual online encyclopedia written and maintained by a community of volunteers. Individual contributors, also called editors, are known as Wikipedians.

It is the largest and most-read reference work in history, and is consistently one of the 15 most popular websites; as of 2021, Wikipedia was ranked the 13th most popular site. A visitor spends an average time on Wikipedia of 3 minutes and 45 seconds each day. It carries no advertisements and is hosted by the Wikimedia Foundation, an American non-profit organisation funded mainly through small donations.



PAGE 3 BIRD Square-tailed Kite

*Photo courtesy of
Dean Ingwersen,
BirdLife Australia*

Eleanor Roosevelt once said 'If life was predictable, it would cease being life.' This covid business is taking it to the next level though, isn't it? Just like our lives, birds can be very unpredictable, some turning up in places where they probably shouldn't be, or at least where we think they shouldn't be. This was the case recently when a local birdwatcher (I won't name him but he will know it's him if he reads this) saw a Square-tailed Kite at Koomba park, Wantirna. And just for the record I'm not jealous. Much!

I don't know about you but I reckon all birds of prey are pretty cool, but these guys are as cool as ice. Flying just above the canopy, soaring effortlessly and very rarely flapping their wings, constantly searching for their main source of food, eggs and nestlings. Listed as rare in Victoria I have a confession to make to you, I have only seen this raptor once, in the Box-Ironbark country at Lurg, near Benalla. From anecdotal evidence, Chiltern - Mt Pilot National Park is the place to go if you want to nail one. You can youtube an incredible video of this raptor by typing in 'Square-tailed Kite-raptor of the forest canopy'. It shows the ease at which these birds fly and the long 'fingers' on the wing tips which assists in getting uplift from the slightest updraft or thermal.

Raptor identification is not easy but one way to try and nail what species you are observing is to study the wing shape and silhouette whilst gliding or soaring. Each species has a characteristic trait in this regard which aids greatly in identification, for example, the Square-tailed Kite has a very broad upswept

wing shape in a deep vee whilst soaring, in stark contrast to the Black Kite, a very similar species which has drooped wing shape.

Much more common in the Box-Ironbark forests of Northern Victoria, Square-tailed Kites are seasonally observed in Victoria from approximately September to April, migrating to Northern Australia during our winter months. It is most common in SW of WA, where it is listed as uncommon. Estimates for Victoria are somewhere between 20-50 breeding pairs in Victoria so that will give you an appreciation of their scarcity.

Normally observed singly but sometimes in small family groups in the breeding season, they are a medium sized raptor with a wingspan of between 131-145cm, and as in most raptors and Owls, the female is larger. Square-tailed Kites can be confused with both Black and Whistling Kites, as well as Little Eagle and immature Black-breasted Buzzard, so keep on your toes out there in the field, it isn't easy.

With the end of lockdown and more freedom to move about, our field trips will start up again, so if you want to join in feel free to get in touch via email. This lockdown has affected so many people in so many ways, I just hope that however it has affected you, you will soon be able to put it behind you, maybe make a fresh start in life. An interest in the natural environment around you might just be the kickstart you need!

Des Palmer

arc_up_welding@live.com.au

Jimmy Wales founded Wikipedia 20 years ago, and today, perhaps more than ever, it's serving its true purpose – helping millions of people study, discover, explore, research. Each day, Wikipedia gives readers a new chance to acquire knowledge, no matter what their circumstances might be.

Any person can edit almost every page;

millions already have. The site has a tutorial to assist you with the "how". Editing changes are all noted, and can be researched.

As well as editing, readers are invited to make small financial donations. These help support this very valuable worldwide resource, enabling it to operate ad-free and to continually expand.

Jackson Taylor Local State MP



By the time you read this lockdown will have ended after hitting 70% double dose – and it's highly likely we're at 80% double dose as well. Which means we've all collectively breathed a sigh of relief well earned by each of you. I'm so proud of our local community. We turned up in huge numbers leading the way on vaccines and staying safe.

As we safely reopen, please continue to take care and remember to get behind our local businesses who've been waiting for us to return and back them in. So, if you can, get out and support local. I know I will be, and I know we all have been wherever we can.

Together, you've helped to get us through this difficult part of the pandemic. I'm over the moon we're now able to get back to doing the things we missed so much.

I wanted to touch on a significant project which has just kicked off. Knox will soon be



the home of basketball in Australia, with construction underway on the redeveloped basketball centre in Wantirna South. Works will include 12 new indoor courts for local competition (2 more than we promised), high performance facilities, a new regional gymnastics facility, a town square and more.

Once complete in 2023, it'll host up to 2 million visitors a year and importantly it'll support more than 500 jobs. Proud we're delivering this with \$105 million and supported by Knox Council with \$27 million. Can't wait till it opens!



I'm extremely excited that Boronia Heights Primary's new ovals and outdoor spaces are complete. This was one of the first things I said I'd do when elected and proud to see it come up looking amazing. Stoked to be providing first class facilities for local kids to enjoy.

Quick Updates

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

- Over \$100,000 in COVID support grants to over 70 local clubs like, Boronia Hawks, The Basin Footy and Cricket Clubs, Eastern Raptors Rugby League, Miller Park Tennis and many more;
- \$35,820 for Alice Johnson Kindergarten to improve learning and play spaces and over \$90,000 for IT and equipment grants for a number of local kinders
- \$25,000 to support the food relief efforts of

Champion in Bayswater and the Shree Swaminarayan Temple in Boronia

- New Shade Sails now complete at Fairhills High and work continues on the \$8.07 million upgrade

- Proud to support The Basin Food is Free Project, delivering a \$2,050 grant to support their community garden initiative

- Round 2 of the Business Façade Grant Program in Boronia's CBD is now open

Supporting our Students

I also wanted to share with you that the Tutor Program we've run this year, where more than 6,400 teachers have helped students who've struggled with remote learning, that we are going to continue this into 2022 given the impact of the pandemic this year. We won't leave one Victorian student behind as we emerge from this pandemic.

Local Shout-Out

50 years ago Graeme Russell was beginning his work in education and has taught countless kids since and made a huge impact on the lives of so many.

Of course, we know Graeme (Mr Russell) as the dedicated Principal of The Basin Primary and I'd like to congratulate him on 50 YEARS in education.

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 into the office at Mountain High Centre, Bayswater. And for anything further you can search 'Jackson Taylor MP' for more and to follow me on Facebook.

Jackson Taylor MP
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A MATTER OF THE HEART

Danny Nolan

Back in 1996 just months after his wedding and the imminent arrival of his second daughter my friend Andrew contracted viral cardiomyopathy (or chronic heart failure), where his heart swelled to over twice its natural size. Thanks to modern medicine he recovered and though he had a few recurring minor ailments and incidents over the next twenty years he led a full happy life. Although he no longer did the more physical work he enjoyed, he still worked as an active participant as a store person, all the while knowing at some time in the future a heart transplant couldn't be ruled out as a part of his life moving forward.

Then in early 2019 Andrew suffered a debilitating heart attack and actually died in his sleep. Thanks to the quick thinking of his wife Leanne and daughter Renee and their knowledge of CPR he was kept stable enough to get to the Alfred and have major surgery. This time his heart was too damaged, and Andrew had to resign himself to having a portable heart pump to keep him going. A box in a bag that he needed to be connected at all times. Because it pumped his blood for him, Andrew now had the weird phenomenon of having no pulse.

This meant a whole lifestyle change where Andrew could no longer work ever again. Andrew would need to go on the heart donor list.

Come August 2021 and Andrew received the call that a heart donor had been found.

A match for Andrew's physical requirements, this heart was being shipped a long distance, which meant the donor's heart was out of the body for 7 hours and 18 minutes. Unheard of up to recently.



Andrew, 3 days after his major op.

This time frame was possible due to a remarkable piece of machinery, a Swedish invention, called the hypothermic ex-vivo perfusion, that cools the heart down to 8 degrees Celsius during transport and keeps it protected. More affectionately known as the

Heart In A Box, it made Andrew a successful heart recipient but also the world record holder for the distance between donor and patient. In the past, organs such as the heart were transported in basically an ice cooler (Eskie) but the problem with this was the time spent in transit, known as ischemic time, which meant deterioration of the organ was a constant problem. The marvelous Heart In A Box machine doubles the time the organ can survive outside the body and reduces the complications after surgery. This was evident in Andrew's case where he was up and about within two days and home again in twelve.

Now as of October, over two months after the operation, Andrew is leading a relatively normal life (of course with conditions) and is working out to achieve a physical goal of going on a fun run with his family. Something the doctors say is more than achievable.

We wish Andrew all the best in reaching this future achievement, though he's still chuffed that he may be in the Guinness Book of Records as the recipient of a heart that was out of the body for the longest time ever.

As an end note those considering organ donation can easily apply through their MyGov account. I am an organ donor and it's good knowing I have a gift that keeps giving.



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Letters from our Readers

The Uluru Statement A Response

Caring is ok, but understanding is better. Understanding comes from listening; listening means responding. Responding needs empathy, I share your feelings: your hopes are my hopes. I'm not sure if I can comprehend sixty millennia of heritage, but I would like to try.

"This sovereignty is a spiritual notion: the ancestral tie between the land, or 'mother nature'."

When I was growing up in London I was surrounded by concrete buildings and thought this was not what I wanted to look at the rest of my life. Often I went into the countryside and found I wanted to be a part of nature and not apart from it.

When I went to live in different places in Sherbrooke Forest, I thought I had found my dream, but my food still came from shops and supermarkets.

I remember once, being taken in a group by a local tribal elder, who showed us where food grew in the forest. Sometime later, I started a project, with a friend of mine, where we would look at the forest as if we knew nothing. One thing we found was the black wattle (mudgerabah) could be used for food, medicine and making dye. I wonder if a Makarrata Commission could include a teaching agreement. Respect comes from understanding.

I still live in a society where the sun and moon and stars are like strangers to us, or as I see it,

"Neon burns away the night, and takes a thousand stars from a baby's eyes."

We live in a time of what the ancient Greeks called "Hubris", it is sometimes defined as "pride" or "walking away from the gods". What it really means is that nature has us on a piece of elastic and when it stretches to its limit, it will snap and pull us back to itself and there will be an end to the destruction and pollution. We need to find our way back the easy way before the elastic snaps on us.

"It (sovereignty) has never been ceded or extinguished"

I am glad we have this consciousness in Australia. It can help us as we try to go forward.

Summary

I have not said all I want to say, but hope to do so soon, but in conclusion of this part, would like to look at the following.

I have lived in The Basin for 50 years.

We have several people that think it's ok to feed wildlife, in particular cockatoos and possums, with little regard to how it affects others and also how it affects the birds and animals.

The cockatoos in particular are damaging houses and outdoor furniture while waiting for these people to feed them. They wait in the surrounding trees, stripping off small branches negatively affecting the health of the trees.

People who feed possums don't realise that they encourage them out of the forest for an easy feed into harms way from dogs, foxes and disgruntled gardeners.

I contacted the Department of Environment, Land, Water and Planning (DELWP) for information regarding this issue.

They have a very good and informative information sheet called FEEDING WILDLIFE. I have passed this on to some of those involved to no avail.

How do we get through to people that their well meaning intention is harmful to the animals and birds they love.

We have been long time supporters of BirdLife Australia and the Australian Wildlife Conservancy and are fully aware of the importance of protecting our wildlife and environment.

To see well meaning people do the wrong thing is frustrating for us.

Name and address supplied.

Human is a non-comparative adjective. Some adjectives like green have degrees: green, greener, greenest, or, good, better, best. Unique can have no degrees; something is either unique or it is not and the same can be said of "human". What does this mean? It means we may have different ideas, but we all have the same conscience and awareness of each other, we know what harms and hurts as well as what helps and heals. We are not born hating each other and our children can inherit a future of love, trust, and openness. All it takes is the will to do it.

People who hate are always finding excuses for what they do. Love justifies itself. I hope the path to Makarrata will be one that justifies itself.

Dave Smith

I read with wry amusement recently a comment by one of our councillors that the Knox recycle and garbage truck drivers are having difficulty picking up bins, with so many cars being parked on the street.

This is a problem that is shared by everyone, not just the truck drivers. Lately I find it almost impossible to drive from one end to the other of any residential street in Boronia and Bayswater without having to pull over behind parked cars to allow oncoming traffic to pass.

My amusement comes from the fact that this problem has been caused by the council itself – because of its lack of foresight in allowing the development of multi-dwelling housing that lacks sufficient parking for the residents' cars. I suspect most of the apartments and units only provide one parking space per dwelling, which is fine if they share a car or can catch the train to work, but this is obviously not the case. Even if the multi-dwelling blocks are conveniently located near the station, the residents there quite possibly work nowhere near a station or on a totally different rail line. For example, say one partner works in Waverley and the other works in Doncaster - if this were the case, neither would even consider using public transport, and each of them would need a car, and therefore each would need somewhere to park it. So, of course, with only one parking space per unit, the only alternative is to park in the street.

In a city development survey I was invited to complete, I pointed out the increasing difficulty of our streets clogging up with cars, and my opinion of why it was happening, but I saw no reference to this in any of the follow-up literature. I don't see an immediate solution to the problem, but I consider in future more thought should be put into the issuing of planning permits for multi-dwelling blocks. It should be a requirement that each dwelling be provided with parking spaces for more than one car, otherwise in my opinion the situation can only get worse.

Name and Address supplied



Seen many of these posters around the traps?

POST WAR REMEMBERANCE 2021 'En route to the trenches, 1916'

My grandfather, Edward George Pawley, served in France and Belgium with the 15th Brigade and survived the Great War (WWI). He returned to Australia from Europe and married Agnes Byrne. Their one child, Ted, was my father. Toward the end of WWII, Ted turned 18 and enlisted with the RAAF, serving as a signalman in Australia and New Guinea. Ted passed away in March 2020, aged 93. In his retirement, Ted volunteered with Yarra Valley Legacy. He also kept in touch with the group identified as Friends of the 15th Brigade, comprised of descendants and friends of the original soldiers that served during the Great War.

One holiday during my father's later life, I accompanied him to Canberra and the War Memorial. This was an intense experience. There was much more to take in than could be absorbed in a single visit. The War Memorial does not gloss over the complexities of war and the intricate circumstances of people touched by war. Unable to absorb it all, Ted bought a photographic book as a memento.

On returning to Melbourne, Ted took his time to read the book carefully. Among the documentary photographs was 'En route to the trenches, 1916'.

My father held the open book.

'Grandpa's photo's on this page.'

Dad pointed as I took a look.

'Grandpa's second from the left.'

I nodded, slowly with respect.

I'd sighted that photo some time before,

In Canberra and at the Shrine,

With documents of war.

But hadn't really seen it,

In true fullness till that day,

My father held it up for me,

And in his humble way,

Announced, 'Grandpa's photo's on this page:'

The second from the left.'

I saw the face of a younger man,

Resembling my son,

On that day, en route to fight,

Scarce more than twenty-one.

I was born when he'd turned sixty,

And I'd not much thought at all,

Of the early life of this young man

Who once stood straight and tall.

Ted wrote to the War Memorial and raised the matter with Friends of the 15th Brigade. He wondered whether relatives of the soldiers pictured might wish to identify family members. Nothing much came of the information he raised.

A century after that photo was taken, the world commemorated The Great War, stirring memories and triggering deep emotions. Commemorative items were distributed for sale throughout Australia and around the world. **I was in The Basin Post Office** when the commemoration struck home to me.

Across the counter,

I glance, I gaze, I gape.

Till Postie's prompt,

Gives my thoughts some shape.

'Can I help you?', he asks.

'Yes, truly you can.

See that photo behind you,

I'm a grandson of that man.'

So Grandpa you still smile on us,

From 1916,

With comrades who adorn a stamp;

A commemorative scene.

The Post Office display of a first-day covers and the commemorative stamps stunned me. I shared my amazement with our local 'Postie' and bought copies of the commemorative issue for my family.

Later, after I discussed this event with them, my brother happened on a jigsaw puzzle in an op shop featuring that same photo. Someone else said that the photo had been on an Anzac's biscuit tin. I felt that one significant reason the photo image had been used in commemoration was that those pictured were anonymous, unknown and unidentifiable, and yet Edward George Pawley, had been clearly identified to Ted, his son.

It is extremely doubtful that my grandfather himself ever saw the particular photograph.



AUSTRALIAN WAR MEMORIAL

ED0013

If he had seen it, he surely would have told his son and family about it.

Today's attitudes and ethics about photographs differ from those of the past. We experience photos as inexpensive, instant, plentiful, electronically transmissible and reproducible; barely private at all. Yet protocols are observed with photos of children, police matters and medical procedures. We expect that photos are taken only with consent and are not to be used beyond the agreed context, and we have come to respect the protocols on First Nations people's images and voices. Whilst I know for a fact that 'En route to the trenches, 1916' was not the final photo to be taken of my Grandpa, I cannot say the same of the men beside him. Considering the casualties suffered in this theatre of war, the photo may well be the last in the lives of these men. What's more, the existence of this photo may be as yet unknown to the families and loved ones of those young men of 1916, far from home and in harm's way.

Drew Pawley, The Basin, 2021.



"They shall grow not old, as we that are left grow old;

Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning

We will remember them."

(The Ode comes from For the Fallen, a poem by the English poet and writer Laurence Binyon and was published in London in the *Winnowing Fan*; Poems of the Great War in 1914.)



KIDS ZONE

Child and carer friendly pages of fun, interviews and useful things

ELEVEN YEAR OLD EMI sent in one of her many stories to us, so Kim Hanson went along to ask her 11 QUESTIONS.

1. *What is your name?*

E: Emi M

2. *How old are you?*

E: 11

3. *Where do you live?*

E: Boronia with Mum and Dad. A neighbour of Page 3 Bird's Des Palmer.

4. *Do you have any pets?*

E: Three chickens. Flarey, my favourite, Brownny and Snowy. We wanted something like a pet and something like a responsibility for me. I can earn money by taking care of the pets; cleaning the coop. I have a half pet. It's Sam, our dog/half family dog. He's a Samoyed. Super fluffy. I guess that counts as a pet.

Crystal (Emi's Mum): It's my sister's dog. Because my sister goes to work every day, (and) Sam is getting old, she brings him here. Sam is scared of the chickens

E: Super scared.

5. *You sent a message through the BBCN website introducing yourself and telling us about your blog where you share your stories. Why did you write to BBCN?*

E: My dream is to become locally famous. (Note: Emi is still figuring out what she wants to be famous for but we think she's made a good start.)

6. *Why did you start your blog?*

E: During lockdown I was kinda bored doing remote learning work and I started writing stories. I wanted to share them with people.

7. *Where do you get your ideas for your stories?*

E: I like to read books and I like to make some of my own ideas. My imagination.

8. *If you were stuck on a deserted island and you only had one book with you to read until you got rescued, what book would it be?*

E: Book 5 of Wings of Fire. I love it. It's about dragons... prophecies and... trying to save the world. The next book's coming out soon, which I'm so excited about.

9. *You said that your family is a Zero Waste House. Can you tell me what that means?*

E: It just means that we're living with no waste.

C: Because climate change is a big topic right now and I guess we just want to do whatever we can.

E: Another fun fact is that I love going Op shopping.

C: All the books she has are from Op Shops.

E: So cheap!

10. *What is the best thing about being a Zero Waste House?*

E: At school I'm kinda very unique in the classroom. Normally Mum doesn't really buy me treats but when we got bulk stuff I can buy millions of lollies and it's amazing!

11. *What is the yummiest vegetarian meal that you can recommend to others?*

E: I've got a lot! First of all is my pasta, my own vegetarian pasta I make. I like curry. We make our noodles ourselves too. That's super fun.

C: We try to make things from scratch too. And then we reckon it tastes better as well.

E: Fresh!



Emi has her own really cool blog!

You can read some of her creative stories, find out about a group of rebel women, and discover lots of important facts.

<https://sites.google.com/view/storybloggerblog/home>

Being COVID-Wise with our Kids



As we emerge from a long winter's hibernation, we want to be able to speak to our kids about our Covid world in age-appropriate ways. The news will be full of dire predictions and statistics, so how can we shield our kids from the doom and gloom, but also prepare them for living with Covid and staying safe?

Here are some helpful ideas:

- ☺ Turn the news off. Be selective about what and when the news is on in the car or at home in background. Even if kids seem busy, they are listening and internalising the news and maybe getting anxious about it.
- ☺ Talk often about fears, worries, and what they are thinking about it all in a friendly setting; do it while you're busy building with blocks, or on a swing or in the car listening to music. Hear the worry and address it or get advice.
- ☺ If mask wearing is your thing, get some fun masks to lighten the mood. Australia Zoo has some terrific animal masks online for kids as a fundraiser for the wonderful work they do and will kids have fun while staying safe.
- ☺ Give your kids a bit of a script. No matter where you are at with vax or no vax, prepare you kids with a few words to say that are kind, respectful but informative, to get them out of tricky disputes. Kids will carry the debate into school, so having something to say will be helpful eg. 'we don't worry about what other people are doing, we are doing what's right for us'.
- ☺ Get good info from a trusted practitioner. Letting kids ask questions of their favourite doctor, naturopath, child-care facilitator or teacher etc can be helpful and takes the pressure off your family to do it alone.

We have plenty more to share, however we'd like to hear from you too.

Please email us your thoughts and ideas about this new section.

We have an email address all ready:

kidszone@bbcn.org.au

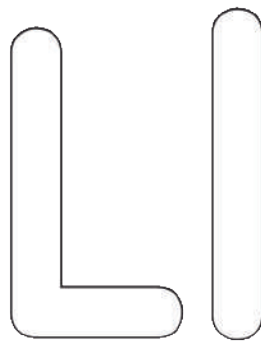
*A mouse in her room woke
Miss Doud*

*Who was frightened and
screamed very loud*

Then a happy thought hit her

To scare off the critter

*She sat up in bed and just
'Meowed' !!!*



is for
Leatherback
Sea Turtle



Photo by James Lee on Unsplash



Child-friendly Cafés

As we begin meeting in cafés again, children will have missed some of the routine of being in public...we all know that feeling when things head south in an eating place. So here's a few local cafés that are kid friendly for you to plan your visits:

Rapture Café has a kids play area and great menu

41 Forest Rd FTG

Lorna Café great kids menu and high chairs

1053 Burwood Hwy FTG

Forage Food Store high chairs, upbeat vibe (noise won't be noticed)

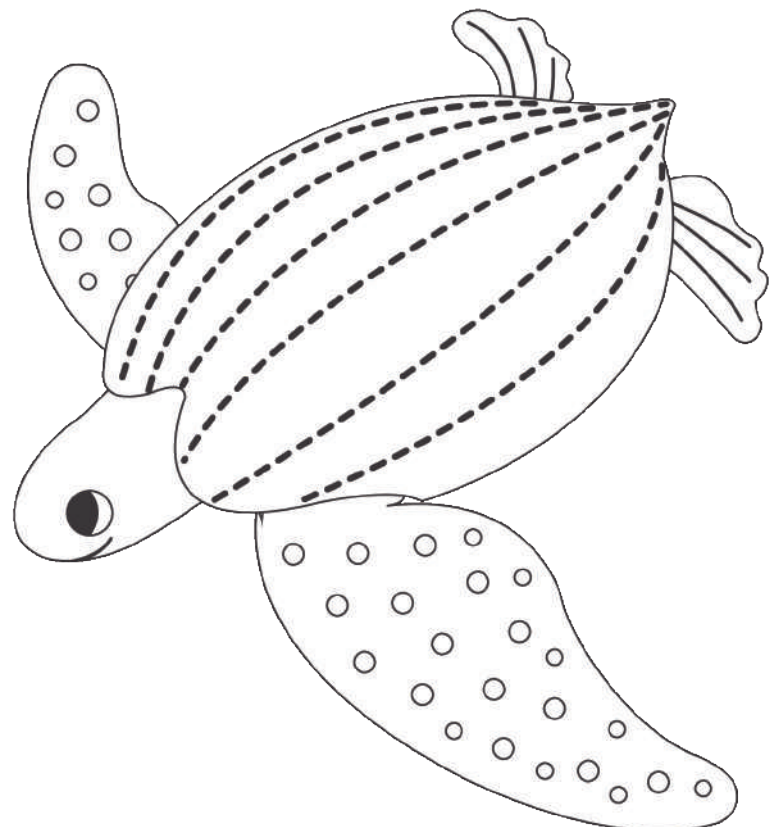
157 Boronia Rd Boronia

Svaks Café good menu, baked goods, friendly to kids, high chairs and playground across the road

1325 Mountain Hwy The Basin

If you have positive things to say about a local business, send us an email at

kidszone@bbcn.org.au



Alan Tudge Local Federal MP



As you read this, restrictions will be beginning to ease.

It's been a long time coming.

Lockdown has been tough, but it's brought the best out in our community.

By the time restrictions are scheduled to finish, our community will have endured almost 270 days under lockdown.

These restrictions have slowed the spread of the virus, they've saved lives, but they have also put immense pressure on our community.

Despite this, the resilience and generosity of our community has never ceased to surprise me.

I've seen Boronia and The Basin locals support each other in so many ways. You have



Photo taken before restrictions

reached out to the isolated, cared for the vulnerable and protected your families and friends by getting vaccinated at an amazing rate.

Volunteers at organisations like Knox Infolink, The Basin Community House and Sri Vakrathunda Vinayagar Temple, along with those at many other churches and community organisations have made a particular impact by providing that personal connection that is so often needed by members of our community.

To these and the many others who have made a contribution, thank you. This is what the Australian spirit is all about.

On the vaccination front, the efforts of locals have been equally impressive. Throughout the national rollout, our vaccination rate has been higher than much of the state and one of the highest in Melbourne.

As I write this, Knox residents are receiving an amazing 2,000 doses every single day.

The rate at which the rollout has occurred locally is thanks in a big part to the many local GPs and pharmacies who signed up as commonwealth vaccination facilities.

Around twenty pharmacies and over thirty GP clinics, have worked day in and day out to deliver the vaccinations and provide personalised care for locals. Thank you for all your efforts.

To each one of you that has stepped up and done your part to protect yourselves, your families, friends and community, thank you.

We may not be out of the woods yet but we're beginning to see the light at the end of the tunnel, and we couldn't have done it without the extraordinary efforts of our community.

Your efforts have meant that we are now able to open, stop the lockdowns, and keep the vulnerable in our community safe.

My office is here to support you as always. We have helped with thousands of enquiries over the course of the pandemic and are always available by phone and email.

St Bernadette's Community Camp Out

Claire Shannon, Junior Classroom Teacher



Dunne family enjoying marshmallows on the fire & Poppy sitting outside next to the campfire.



The Community has remained determined to be connected and supportive of each other through the current lockdown. The last weekend in August, families and staff were invited to 'camp out' at home. Families found a 'camp out' spot in backyards and lounge room floors, decorating spaces with fairy lights and the comforts of glamping. Families were provided with different menu ideas, with s'mores and roasted marshmallows being a very popular option. Photos of the experience were shared via an online photo gallery, allowing time to disconnect from screens and enjoy quality time together.



Alan TUDGE MP

Federal Member for Aston

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Real Action For Knox

Common Garden Skink and Southern Marbled Gecko

Sari Cuce



Harmony Lawrence, Pixabay

Have you ever come across either the Common Garden Skink or Southern

Marbled Gecko when weeding your garden? These reptiles are common throughout Victoria and they are a gardener's friend.

The Garden Skink consumes snails, slugs, earwigs, cockroaches and many other insects, they like to live under rocks or

branches; our colony of skinks likes our wood pile where we have laid down branches along the fence line so skinks can travel safely under cover. Their main predators are birds but also cats can prey on them.

Skinks like all cold blooded reptiles need to bask in the sun to raise their temperatures so they can hunt for food. They move around mainly on warm sunny days; they are shy and elusive and can be hard to spot.

The Southern Marbled Gecko is endemic to Victoria, but only recently have they been seen in the Knox area. These geckos are arboreal and live under the bark of



Verdian Chua, Unsplash

trees. During the day they absorb the heat from being under the bark and

come out at sundown to forage for insects. They are even harder to spot than the skinks. It was only recently that we found out where they were living. When we went to take down a storm damaged tree in our front yard, we discovered the colony at about the two metre height, so now we have a large stump in our front yard so as not to displace our gecko neighbours.



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.

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.

Due to proposed gathering restrictions, we do not know if we will be holding a meeting during the month of November. It has been impressed on us how important it is to be fully vaccinated, as indoor venues will only accept double-vaccinated patrons.

As soon as the rules permit, we will resume our monthly meetings, with our first meeting most likely to

be an outdoors one (subject to weather conditions).

In the meantime, we are going ahead with bookings for bus trips during late November and December. And also, maybe even a Christmas Party Picnic! We are cautiously optimistic that our planned Club trip to Bright during March 2022 will go ahead.

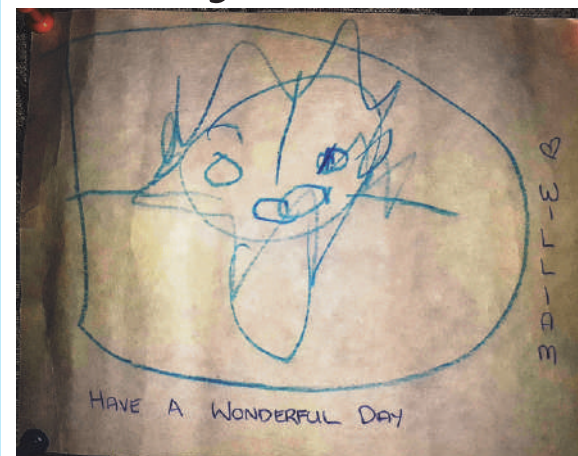
Following the ups and downs of recent months, we hope to also return to our other regular activities as listed above. Weather permitting, we may also be able to continue with walks around Lewis Park on the third Monday of each month.

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.

Message from William



This was put into the letterbox of Lisa, one of our many Walkers. What's so special about it is that Lisa doesn't know who William is.

Lisa's reply: "Thank you William, I hope you have a wonderful day too."

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Life Activities Club Knox

Today is the 9th. October, and there is good news on the horizon.

We may still have the A.G.M on the 25th, but the 5 day / 4 night bus trip to Newcastle was postponed to May 2022.

But you can count on our committee and conveners, they would have begun planning future activities, with the light shining in the tunnel.

So, what will we do this month, November? Full steam ahead, with weekly bush walks, badminton, playing 500, (a card game), and water aerobics.

Helen is planning a visit to the Berwick Cheese factory on the 18th and do they have a beautiful garden! Lunch, Dinner and morning coffees include Banksia Nursery on the 2nd. Crave on the 9th. Mulgrave Country Club on the 17th. and on the 24th. Billy's Kitchen, in Knox Ozone.

Join us for walks in Emerald, Churinga in Kilsyth, or on the 26th. when we'll be exploring Malvern.

If you would prefer to sit, we have armchair travel, music appreciation, cuppa and craft, social board games, and painting. Then for card enthusiasts, join in on Bolivia, and Canasta. Then on the 13th. you're invited to join us at the Metro Cinema in Boronia at 3:30pm. Choose a film and we will meet up again for coffee, snacks, or even a meal together somewhere.

For more information and also a copy of our current newsletter about our friendly club, i.e., Life Activities Club Knox Inc., please ring: Carol 0419 870 639. Website: www.life.org.au/knox

Nick Wakeling Local FTG State MP



Supporting our local cafés

For the better part of two years, many of our local small businesses have struggled under the weight of lockdowns and other COVID-19 restrictions.

Even when some small businesses, such as our local cafés, have been able to operate in a limited capacity, this struggle continues.

The truth is that even though these businesses have been able to operate, they have often not been able to do this in a financially sustainable manner.

In fact, many of these local cafés have continued to operate even though their operating costs loom large, often necessitating financial sacrifices few of us would countenance.

They do this not only in the interest of keeping their businesses alive, but to offer their community and us all some outlet, some place to go and interact with others in the midst of these crippling restrictions.

Nick Wakeling MP with Koko Lime Café owner, Irene. Koko Lime Cafe, which is located in Alchester Village, Boronia, has received enormous support from locals in the Best Local Café competition.

I, like many, know how important a friendly face and chat with my local barista has been during these challenging times.

For these reasons I want to celebrate these local businesses and to offer some means for us, as a community, to show our thanks and appreciation.

Beyond this, I also want to shine a light on the fantastic coffee and food that is on offer locally.

This is the genesis of the Best Local Café Competition which is now in full swing across Knox.

It has been heartening to see how supportive locals have been of their local cafés.

Each vote is inscribed with not only praise of the quality of the food, coffee and service on offer, but also of the care and concern of café owners and staff.



I encourage everyone to look around in their local cafés for the competition flyer and to show their support by using the QR code to vote for their local café.

Locals can otherwise vote for their favourite local café by visiting:

<https://www.surveymonkey.com/r/ZG38VMJ>

Nick WAKELING MP

STATE MEMBER FOR FERNTREE GULLY



Unit 4, 91 Dorset Road, Ferntree Gully 3156 nick.wakeling@parliament.vic.gov.au
03 9758 6011 nickwakeling.com.au /NickWakeling

Motor Neurone Disease (MND)

(Source: MND Victoria Website: mnd.org.au)

MND is an uncommon disease and often people may not have heard of the condition prior to being diagnosed. It is a progressive, degenerative, neurological condition with no known cure.

Motor neurone disease (MND) is the name given to a group of diseases in which the nerve cells - neurones - controlling the muscles that enable us to move around, speak, breathe and swallow, fail to work normally. Motor function is controlled by uppermotor neurones (UMN) in the brain that descend to the spinal cord; these neurones activate anterior horn cells - lower motor neurones (LMN). The LMN exit the spinal cord and directly activate muscles. With no nerves to activate them, muscles gradually weaken and waste. The patterns of weakness vary from person to person.

The different types of MND are often categorised as:

- *Amyotrophic Lateral Sclerosis (ALS)* - 65% of all cases
- *Progressive Bulbar Palsy (PBP)* - 25% of all cases
- *Flail Limb (including the variant Progressive Muscular Atrophy)* - 9% of all cases

• *Primary Lateral Sclerosis* - 1% of all cases

• *MND/FTD*

A small proportion (5-15%) of people with MND will receive a diagnosis of 'motor neurone disease with frontotemporal dementia' or MND/ FTD. Often the symptoms of dementia precede the motor symptoms, sometimes by a number of years.

In Victoria approximately 440 people are living with the condition at any given time.

What can be done?

Support people include family, friends, general practitioners, neurologists, occupational therapists, physiotherapists, speech pathologists, psychologists, dietitians, home care nurses, social workers, palliative care workers, community care services and MND Associations in each state and territory.

Most MND Associations employ professional staff. They work with people living with MND and their carers. They provide information about resources, equipment and support based on a wide understanding of the issues associated with each stage of the disease. Find out the range of MND Support Services available from MND Victoria (mnd.org.au). You can download MND Fact Sheets in many languages.

FRIED EGG WITH A DIFFERENCE!

Place a little oil in the pan.

Place a capsicum ring in the pan.

Crack an egg in the centre of the capsicum ring.

Place a lid over and cook the egg to desired consistency.

Enjoy!

Bev Morse

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- Dandenong Creek Valley & Tirhatuan Wetland
- Lysterfield Valley & Hills
- Healesville Freeway Reservation & Surrounds
- Lysterfield Quarries & Surrounds

Feedback for the draft Green Areas & Rural Strategy closes on 12 December 2021

knox.vic.gov.au/haveyoursay



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GOOD READS

Daughters of War by Dinah Jefferies

When I started reading this book I wasn't sure - the dialogue felt a little stilted and exposition-heavy "When our mother left us to return to England, as you know" and it took me a long time to differentiate the three girls. But once I got over that hurdle, I was hooked. The characters became believable, unique and very real.

All the research that Dinah Jefferies has done really paid off. There's a ton of minutiae which really give the story some immediacy and reality and never over- or undersells the discomfort and unpleasantness of living in occupied WWII France. The natural beauty and bucolic nature of their ordinary lives is quite captivating and it would be entertaining enough without the Nazi menace which only adds drama and high stakes.

As I neared the end of the book I was worried

that it was all wrapping up a bit too fast and there was plenty of storyline that I still wanted to hear more about! I was very glad that I realised it was the first part of a trilogy and that I could relax and wait for book two.

Richard Harrison

Boronia Uniting Church
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A MINI COMMUNITY PANTRY & MINI FREE LIBRARY are operating out of plastic tubs at the front door of the church. The Pantry on Tuesdays, Thursdays and Fridays between 10am and 12noon and the Library each day. Please ONLY take what food you need and replace what you can when you can. If you are passing the church and have some grocery items for the pantry, please feel free to put them into the tub. You might like to change your library book too! Books are for your enjoyment. For further information, phone the church office on 9762 6732, or use our Facebook page which is : www.facebook.com/BoroniaRdUnitingChurch

STAYING THE COURSE!

In a beautiful village, there was a family of four - a husband, a wife, a son, and a daughter. They moved to the city to start a business. With little savings and some financial help from his close circle, he opened a shop. On the first day of opening, there were no customers, and for the first

week, there were no customers. Even after a month, there were still no customers.

During these difficult times, the family didn't lose hope. Every day the man woke up early, his wife prepared food early, he opened his shop early and closed his shop late. They were having one meal per day. But they never gave up. After close on two months, they had their first customer. With quality service to the first customer and through word of mouth, he started receiving more customers. There was no looking back for him after his first customer! Now, it's been twenty-six years since he started. His business has grown big and now has multiple branches across the city. His son and daughter also started managing his business. Still, every day, the shop-owner wakes up early. The lady now cooks for both her children and her husband. They open their shop early and close their shop late. They never give up!

Patience is a hard thing to hold onto at the moment. We have seen demonstrations about vaccination or not, lockdown or not, and anger driving resistance to these and other things. "The end of something is better than its beginning. Patience is better than arrogance." (Ecclesiastes 7:8, GNB) While the beginning of something may be exciting or positive, it's truly the journey to the end that is the most fulfilling. God leads us down the path we need to take in all aspects of our lives, we just need to sit back and be content and enjoy the ride! Time can test your patience but you should never let yourself down. Have that 'never-give-up' attitude for all the right reasons, have patience, and you will finally succeed.

Beth Butler

Gardening Tip

Sari Cuce

Spring is on its way and with it comes vegetable gardening. Time to plant seeds for the coming season.

Seeds can be purchased quite cheaply and will give you many plants for the upcoming season, all you need is some good quality seed raising mix, some small plant pots and a sunny north/west facing window ledge, water and a spray bottle to keep soil nice and moist. This is an activity that children find rewarding, watching the seeds germinate into life.

What vegetable seeds to plant in September, October and November?

This is the time for beans, beetroot, cabbage, capsicum, carrot, cucumber lettuce, pumpkin, radish, silverbeet, sweetcorn, tomato and zucchini.

Once seeds have germinated allow to grow in the small pots until they are starting to outgrow their pot and they are now ready to move to a vegetable plot.

Happy picking



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Steve Kruger