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Boronia & The Basin

May 2024 Issue 332

COMMUNITY NEWS



Est. 1994

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PUBLISHED ON THE FIRST NATIONS LAND OF THE WURUNDJERI PEOPLE



Happy Mother's Day

SUNDAY, MAY 12TH

Cover Image: Nicole Zhang

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MOTHER'S DAY

My son, when he worked in hospitality at one of the larger hotels, would get phone calls late in the week leading up to Mother's Day Sunday with people who would try and book a table. This would always be met with a "Sorry, we were booked out weeks ago." And the inevitable reply would be along the lines of: "Really? Nothing? What am I going to do for my Mum now?" or "Damn, it's like only two times we can get together every year," and often the conversation would end: "Thanks for ruining Mother's Day/ my day." He said it was like reading off a script. But what most annoyed him was the fact that they had so little time or respect for their mother in their daily lives. "Why do they have to see her on Mother's Day only? There must be plenty of opportunities on the other 364 days of the year."

Now, this does not apply to the majority, but as someone who recently lost their mum, I remember her wise words: "Hug your children every chance you get. You may never know when you won't be able to again." In the last year of my mum's life, I had the opportunity to do the same with her up to her passing. I got to celebrate Mother's Day countless times in a short time. Which made me a very lucky and happy man.

Danny Nolan

LET'S MAKE A PEACEFUL WORLD

God made the world for all living beings,

Be good friends and help everyone,

Unite, peaceful and live with love.

All be friends, help everyone fire and water,
trees and hills.

We exist on Air and Winds, Sun, Moon, Stars
shine in the sky,

But light and darkness never meet thy.

Thickets for rabbits and forests for lions,

Feathered friends fly together in the blue sky.

Humans pollute the nice blue sky,

Don't shed tear drops from painful eyes.

Rivers flow to the sea and get friendly soon,

Use the water to put off the flames.

Stop! conflicts human beings,

Life is precious so console the minds.

Every night be thankful to the God,

Life is short but think of your soul.

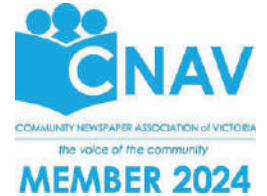
"You grow wheat, Harvest is wheat."

Root out the weeds and clear the minds.

Dayangani Silva

Boronia & The Basin Community News

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We welcome all contributions from our community but can not guarantee publication. We reserve the right to edit material. Email is preferred but not essential. Articles or letters that have no contact details, are abusive in nature, or contain racial or other vilification will not be published. Submissions preferably should be 500 to 800 words. All photos should be submitted as separate jpg, png or pdf files.

This community newspaper is run totally 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. We welcome your response to published articles, and request that such responses be courteous and objective.

If you would like to help, please get in touch, we use many skills.

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Printing by Newsprinters, Wodonga

Eastern Spinebill

(*Acanthorhynchus tenuirostris*)

I think to myself that those scientific names may be a bit superfluous, I mean I'm the crazy birdo and they mean nothing to me, and probably a lot less to you, but look, let's stick with protocol, shall we? I mean it's not as if I'm going to set a three-hour exam for you lot to sit and expect you to rattle them all off. Crikey and Christmas, there probably are people out there who could, but let's not take ourselves that seriously.

Let's get down to tin tacks, you can thank Ros (of Boronia I think, apologies Ros if you live somewhere else, for the life of me I couldn't find the email from you) who sent in some photos to id and she was on the money suggesting it was a small honeyeater but couldn't quite get over the line, so here it is, this month's bird the Eastern Spinebill.

Go on, say it, I say it just about every other month but yes, that is a beautiful little bird. Many people would hear this bird in their garden, a gorgeous 'long, tinkling, staccato piping' (thank you Pizzey and Knight) and often not be able to see this little gem as they can be very cryptic, (I'd like an oxford scholar for every time I've written that) but now and again will give a cameo, but just be on your toes, here one moment gone the next! A diagnostic method of identification is if you see these birds disappearing and only get to see the back of them, is a white flash on the outer tail feathers. They can fly extremely fast though, so yeah, good luck with that!

Over to Pizzey and Knight again, think I must be getting lazy or something, Male: Crown and 'wishbone' black: rufous/black patch on white throat, wings gunmetal: upperparts rufous-buff: tail black, prominently edged white. Female: exactly the same except crown grey. I did not know that.

The closest thing we have to a Hummingbird, these birds have the ability to hover at a flower and poke that decurved bill of theirs down inside a flower for a feed of nectar. The nest is hung by the rim between a forked branch and is an engineering masterpiece, 'a small neat cup of grass and fibres lined with feathers and soft plant fibre,' thank you Mr Morcombe.

A memory of yours truly is, as a young child, camping at Zumsteins in the Grampians, of an Eastern Spinebill suddenly appearing right beside me, it fluttered on the ground obviously

Page 3 Bird

in distress and as I knelt down to pick it up an Australian Magpie flew past and in one motion grabbed the hapless Spinebill, disappearing into a tall Eucalypt and began to tear it to pieces. It took me a long time to forgive not only that Magpie but indeed every Magpie I subsequently encountered!

I have just begun a 10 week course called 'Nature Stewards' at the FTG library, ok call me a renegade if you like, but it promises to be a great course, dealing with all aspects of nature. It is run by the Victorian National Parks Association, of which my father was a lifelong member. Suzanne, one of the girls from our field trip group is also doing it, and Nikky, on finding out I write these articles, expressed her appreciation of them, always good to get positive feedback.



© Kim Wormald lirrallirra.com

I meant to tell you guys this last month but in my rush and nervous haste I forgot. A couple of months ago I was driving down Forest road from The Basin towards Boronia (somewhere around Nyora Avenue) when I saw two cars pulled over and a man and a young lady were looking at something under a bush, so thought I should investigate too. It turns out an Echidna had crossed Forest Road in front of the lady, and she was concerned for his welfare. We all stayed for several minutes watching him (ok, or her) slowly go up the embankment into someone's front garden, the young lady adamant that she would not leave until she was certain he wasn't going to go back and cross Forest Road again. The message from this story? Be careful driving anywhere, even in suburbia!

That's enough. Des. Oh, hang about, thanks Kim, again, amazing photo!

Des Palmer:

arc_up_welding@live.com.au

(Image from Kim Wormald lirrallirra.com)

Walking the News



Image: Nathan Dumlao, Unsplash.

A sincere thanks to Fay who has retired from her walking rounds after very many years, she's done a great job.

We welcome Linda, Peter, Michelle and Harry to our Volunteer walking team, and so now we have zero permanent vacancies, but we always welcome casual Walkers and Drivers, because for most monthly deliveries, one or more regular Walkers are away.

You can get in touch (contact@bbcn.org.au). We keep our vacancy information updated on our website (bbcn.org.au).

Volunteering Opportunity Right Now

Many opportunities exist to make a personal contribution to the local community. One of those is volunteering with this newspaper, the only printed paper freely delivered to homes in our area every month. We have some 100 active Volunteers, many of whom walk the streets delivering. We can always use more.

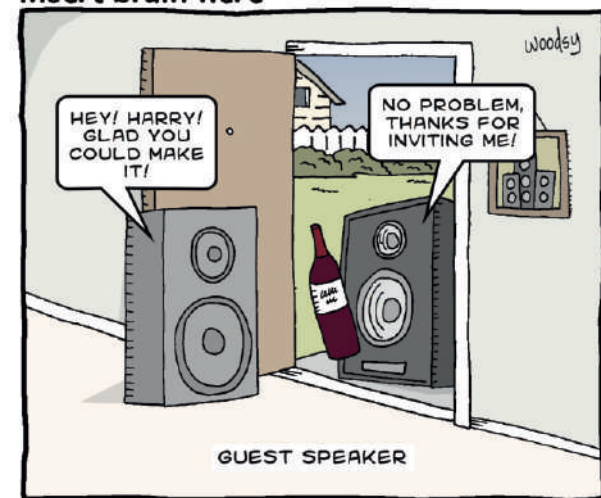
Right now though, what we REALLY need is someone to be our Distribution Manager. There is quite a bit involved with this position

What you would be getting into? The duties are:

- i) Maintain an up to date list of Walkers and Drivers, and the number of papers required.
- ii) Liaise with Volunteer Walkers to arrange coverage for any absentees.
- iii) Prepare distribution lists for the delivery Drivers.
- iv) Attend the delivery of the papers each month (except January) and organise their collection by our Drivers.
- v) Report to the monthly Committee Meeting (7-8.30pm on the second Tuesday).

For more info: contact@bbcn.org.au

insert brain here



by woodsy

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knox.vic.gov.au/EYAC

0338

Pommies on Pushbikes - Des Palmer

My Dad worked at APM in Fairfield for 35 odd years as a maintenance painter. It was his dream job, he bloody loved it. I occasionally worked for him down there a few times, it was hot, dusty, dirty work, I never worked out the fun bit, huh, each to their own I guess.

He landed the job in about '66 I reckon, and he only took the job on because it meant my mother could go back to work teaching. She taught remedial English to migrant children, and he could ride his pushbike to work and back. We only had one car, so there, problem solved.

It was about a 5km ride to the 'mill' as he always called it, from our house, with a pretty steep hill called Harry St. just near our place. On a warm day he would get a bit of a sweat up by the time he got home, his customary whistle his signal as he walked in the back door.

He had ridden pushbikes his whole life and when he arrived in Brisbane in 1950 he promptly bought a good quality bike, a racer with the old Brooks saddle which I always likened to sitting on a broom handle; don't give that too much thought, but he always maintained once you got used to them they were as comfortable as all get out. Yes Dad, I'll take your word for it. From Brisbane he would go to all sorts of places on that bike, and when on shore leave, would get as far as Bundaberg or Rockhampton. Later on, with some train travel too, he went as far as Townsville, then picked up work on a ship from there.

Oh yeah, he loved that mill, worshipped everything about it and went on to become a shop steward for the building trades, implementing a 35-hour week for the boys, his boys. This did not detract from the esteem in which the management held him, evident by his being put onto contract work some years later when things were streamlined and a lot of the jobs were put out to tender by private contractors.

Dad was also very active on the social committee, implementing various family activities with employees and their families. He never big-noted himself but I got the impression, in later years, that a lot of the activities were instigated by him, such as the Children's Christmas party, where Santa would give toys out to the kids. I loved the mill Christmas party - lollies, drinks, rides and then a toy, hooray!

I vividly remember one night he got home from work and proudly announced we would all be going on a mill social day to, wait for it, Bullen's Lion Park up near Bacchus Marsh. Dad you bloody legend I thought to myself, I've always wanted to go there! You got to drive your car slowly through the paddocks where there were real lions; just keep your windows wound up though, and no, you weren't allowed to get out of your car!

Real lions and real lionesses just there through the glass. I was pumped, big time! It was 4 weeks away and how that time dragged. I used to daydream during Sr Josephine's classes; I could see it in my mind, a big lioness would come up to our car and stare at me through the window, literally a foot from my face, unbelievable!

On the Wednesday before the big day though Dad broke the news to the whole family, my Grandma Dolly had got sick and had a stroke and we wouldn't be going. Uh oh, how do I deal with this? I was devastated Grandma was crook, but going to the Lion Park would have made me feel much better. Double whammy, no winners here.

A week or so later Grandma was on the mend again, yay, but we missed the trip of a life-time, oh well, maybe another time Dad said, but we never got to go to Bullen's Lion Park.

That night at dinner, all was quiet, a lull in the conversation, rarified air that, when sud-denly Dad was in hysterics. This was a regular thing with Dad, it was often a joke my brother Vin would tell him, or some witty comment someone made and off he would go. You knew it was a good one when he got down on his knees and held onto the table for support, this made everyone else laugh, even if you hadn't heard the joke. This night however, no one had said a word. We were all curious as to what was going on, he was fighting for oxygen, he was laughing so hard, it took a good ten minutes or more before we finally got it out of him... what was so funny?

He apologised for not telling it earlier, he informed us. It wasn't appropriate to tell when Grandma got sick, but it suddenly came back to him between the lamb chops and the mash. On the flyer which was posted in the canteen on the information for the big day, read something like this:

APM Social Committee invites you to attend Bullen's Lion Park on Saturday April 15th at 1:00 pm.

Cost \$2.00 per car

But some wag, my Dad said it was his mate Jimmy Hodgins, bloody witty bastard he always referred to him as, had written underneath:

"Pommies on pushbikes admitted free"



To Mother's Day or not to Mother's Day...

On Sunday 12th May in many parts of the world – Mother's Day will be celebrated. In Australia, as with countries such as India, Sri Lanka, and New Zealand we follow the US by honouring our mothers on the second Sunday in May.

With the endless promotions, advertisements, sales, and pressure to get some extravagant gift for our mothers, the origins of the day seem to have been lost amongst all that noise. The media or promoters will never talk about the reality that Mother's Day is not a joyful occasion for everyone because that doesn't sell cards or jewellery or any other Mother's Day related item.

The reality is that for a portion of humanity, Mother's Day isn't a day of celebration for a myriad of reasons and sometimes very complicated reasons. The commercial aspect of Mother's Day tends to sweep it under the rug.

Joining the Boronia & Basin Community News was always about being able to contribute to an organisation that was doing positive things for the local community and by extension to other organisations within that community. I have only started writing for the paper recently and through the written word it has given me the ability to open the conversation on difficult topics that are not always freely discussed or even welcome in day-to-day conversations.

Mother's Day is certainly one of those topics. Until the loss of my own mother over a decade ago, I never really gave a thought to all the sons and daughters out there who were devoid of their own mothers; it was just something that was never on my radar. Life suddenly and unfortunately thrust me into a world completely unfamiliar to me quite prematurely and without any sort of emotional preparation. Suddenly, I was asking myself, "How on earth am I going to survive this day?"

In an effort to provide me with comfort in the lead up to Mother's Day, someone forwarded me an article on the origins of the day and while it didn't cure me of my anger and grief immediately, it did give me a sense of comfort and a reason to find meaning in it all. Mother's Day originated in USA as a result of Anna Jarvis wishing to honour her own late mother, who had been an active organiser of women's groups that promoted friendship and health. She campaigned for a national holiday which was granted by President Wilson in 1914, making Mother's Day the second Sunday in May.

Every year, I take a leaf out of Anna's book by drowning out all the unnecessary "commercial" noise in the lead up to Mother's Day and choosing to honour my mum in the way that feels right to me. These days however, I let people share their story with me rather than actively questioning them about how they are going to celebrate Mother's Day because under the mask of a smile they may be simply just wanting to survive it.

Ella Szlegier

MARTIN LUTHER HOMES



Are you aware that nestled between The Basin and Boronia lies our beautiful retirement village and residential aged care facility?

If not, it's time you paid us a visit to discover our caring and compassionate team at Martin Luther Homes.

With over 100 beds in our residential aged care facility and charming independent living units ranging from one to three bedrooms, there's something to suit everyone. We even provide a rental option for independent living.

INDEPENDENT LIVING

In addition to our one to three bedroom units, we provide a community hall and church right on the premises, along with a lovely park perfect for leisurely strolls after a service or on a beautiful sunny day.

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If you're eager to get to know us better, why not pay us a visit and indulge in a delightful coffee and cake? Our cafe is primarily open on Thursdays and once a month on Saturdays. For specific dates, please refer to our Facebook page.

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THE BASIN COMMUNITY HOUSE FAREWELLS HEATHER MCTAGGART, THEIR MUCH LOVED MANAGER

Much warmth and appreciation embraced the room from the many well-wishers who came to farewell Heather as she retired from The Basin Community House after some 16 years. Some had travelled many hours for the occasion.

Tributes were paid by the Committee of Management, current State MPs, the incoming Manager Maureen McLaughlin, as well as tributes from Heather's time as the Evelyn District State MP prior to coming to the House.



Heather has offered that true leadership, the kind which enables others to shine and excel. Major legacies of her work are surely the

enthusiastic, confident and positive organisation which now fills the House, and countless unseen benefits in the lives of ordinary people.

Heather began her words of response by acknowledging the Wurundjeri People, the traditional owners of the land on which the The Basin Community House operates. Under her

leadership and example, the House has grown into a wonderful centre connected to a myriad of major indigenous and non-indigenous community organisations, with a team of dedicated volunteers who form the backbone of all that has been and is being achieved.

Heather was generous in her praise not only of the volunteers, but also of her highly committed staff, all of whom together make the House what it is. She expressed her gratitude for her lovely and supportive family, and she singled out her mum for particular mention. It was her mum, she said, who instilled into her those quiet, kind and caring dimensions, in contrast to her other "loud and centre of everything" presence.

She will certainly be missed. From all of us here at the paper, we send our very good wishes as she embarks on her next chapter.



For more information about The Basin Community House, please call in, or visit their website. (thebasincommunityhouse.org.au)

John Pernu

*There must be something to reincarnation... ?
It is hard to believe I could get this far behind in only one lifetime!
Anonymous*

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Walking the News



Thirty years in the delivery

One of the most important roles of the BBCN since its inception has been those volunteers who deliver the paper, affectionately referred to as Walkers. The first edition carried a plea for volunteers to be “bringers of the news,” and that issue count of 8,000 papers was predominantly delivered by the committee and their families. By the second issue, the call had been heeded, and by the third issue forty-one Walkers which still included all committee members were walking the streets, with a good half a dozen delivering up to 350 papers each. In 1999, 84 Walkers were doing 91 rounds with six Drivers delivering to pick up points for the collection (after sorting out the quota for each round) for those delivering. The paper print was now up to 10,500 copies per month. The man responsible for putting this all together was Graham Billing. Graham had been the Distribution Manager since the beginning (though he didn't appear on the Committee of Management credit on page two until issue nine). Graham organised all Walkers, Drivers, and distribution points. A demanding role that includes replacing those unavailable for a multitude of reasons. Graham was the Distribution Manager for 21 years, retiring in October 2015 and passing away in 2020. If there was an honour board in the committee room Graham would be up near the top.

A Strummer's Journey

Do you enjoy reading Rob Fairbairn's musical memoirs “A Strummer's Story?”

Though only a new regular feature starting back in Issue No. 314 Sept 2022, Rob is no stranger to the paper, as Rob and his wife Judy are long-time Walkers delivering the news. But, did you know Rob made his first appearance in issue No. 5 back in 1999, when Pauline Brown featured him in an interview. In that article we learned of Rob's stellar career and his three daughters. Recently when introducing Rob for his Strummer Story, it was his three granddaughters who got a mention.

Rob's recollection stories of his travels and performances have proved to be a popular feature, and having written songs for Slim Dusty and John Williamson is no short effort, the latter used on a national advertising campaign for Telecom (now Telstra) So after 30 years we'd like to say: “Thanks Rob for your community spirit and your entertaining stories.”

Danny Nolan

By 2004 with more growth and development in the distribution area, the paper count had reached 11,000, rising to 12,500 by 2014 and 13,000 copies as of today. These days distribution is ably handled by Irene Smith who traffic controls the same 91 rounds with 97 Walkers (including “emergencies”) and twelve Drivers.

The people who deliver the paper, some of whom have been doing so for over 15-20 years, are rarely mentioned by name; it is a true volunteer task that follows the creed “giving back to the community” almost always anonymously. Along with Graham, we would love to say: Thank you for your service, because after 30 years, we could not have succeeded without you.

Danny Nolan



Graham busy sorting through his lists of walkers.
Boronia & The Basin Community News November 1999

An Important Discovery

Community Spirit IS NOT DEAD. It may have been misplaced for a while, but no longer.

About 20 volunteers delivered the first issue and 41 delivered the June edition. Your copy MAY have been delivered by a neighbour, by an elderly gent on roller-blades, or by one of a half-dozen who delivered more than 350.

A fifteen minute walk one weekend a month MAY improve your health. It MAY enhance your neighbourhood friendships. It WILL assist the recovery of our Spirit. Response since the last delivery is most encouraging.

Our gratitude to all who assisted. A special mention to our local members of Council and Parliament who are already busy people, but found the time to help out.

Ken McDowell
Distribution Co-Ordinator

Hail the Bringer of The News!



This paper is delivered by volunteers. They letterbox bravely and endure all the hazards encountered such as intimidating dogs, bikes that fly and the overhanging trap for humans. They also suffer exhausting temperatures and letter boxes that are hard to find, some full, some small, some not even there at all.

But, they deliver and no-one could blame them if at times they fantasise about the power of the editor's desk, the smart quick-sell of the marketing manager, or the treasurer's challenge to balance the books.

Fortunately they know the world is held together by the Indians and not the Chiefs. They are cheerful and reconciled to foot slogging, because they know that the paper can't be read until its delivered; and that is their job.

Historical Content acknowledgement:

'Hail Bringer of the News' was published in BBCN Issue 1, 1994. 'An Important Discovery' was published in BBCN Issue 3, 1994.

Honouring prior BBCN Committee Members:

Keith Cree

Keith joined BBCN committee in 1999 and was an active member for over 20 years. He was in charge of advertising for 17 years, supported by Russell Fyfe and current office holder John Edgley. Keith was also president for an overlapping period from 2008 to 2019. After that he took on the role as Public Officer/Secretary for a year.

As well as his work with BBCN, Keith did a lot of volunteer work throughout his life. In total in excess of 60 effective years Volunteering in the Community. For over 20 years, from the mid 60's, he was a member of the Boronia West Primary School Council and later Knox Technical School. For a period was on both Councils at the same time holding various positions, such as Treasurer, Co-operative Director, and President. He was Zone Leader in Neighbourhood Watch for 15 years, a member of The Rotary Club of Boronia for five and volunteered for Puffing Billy railway for seven.



AMEP Volunteer Tutoring

BUILD CONNECTIONS IN OUR COMMUNITY

The Melbourne AMEP Volunteer Tutor Scheme matches volunteers with people from migrant and refugee backgrounds learning English. With 1 hour weekly sessions, volunteers support learners to:

- gain confidence with conversational English.
- learn more about Australian culture.
- find employment or access local services.

Importantly, volunteers connect people to community.

No teaching experience needed – training provided!

Sign up to volunteer:

www.melbourneamep.com.au/volunteer/

April YWI Award Presentation

Dominic Alfred Tina was very happy to receive his YWI Award for his article published in April BBCN. He said he wanted to use the \$50 voucher to buy a new mouse for his computer. No doubt it will be a useful tool to support his future writing activities.

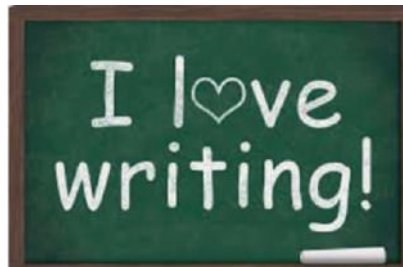


Congratulations Dominic and thank you for sharing your story about The King of Havertown.

The Young Writers Initiative is open to all primary and high school students who attended a school or live in Boronia and The Basin.

We would love to receive your submissions.

Who knows, you may get a \$50 award (or even the \$200 annual prize) for your effort and creativity. Read guidelines and submit your articles by scanning this QR code:



May Young Writers Award

Succumbing to Winter

Audrey Carlill

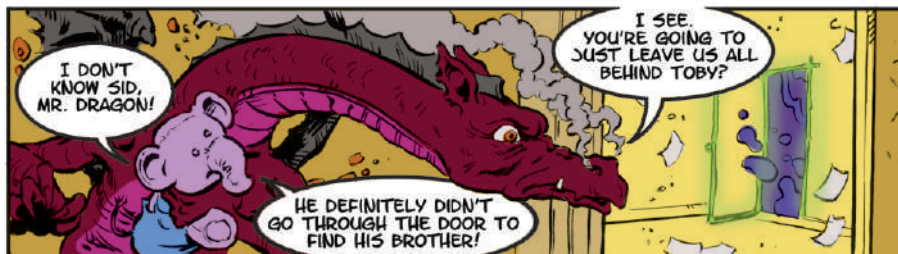
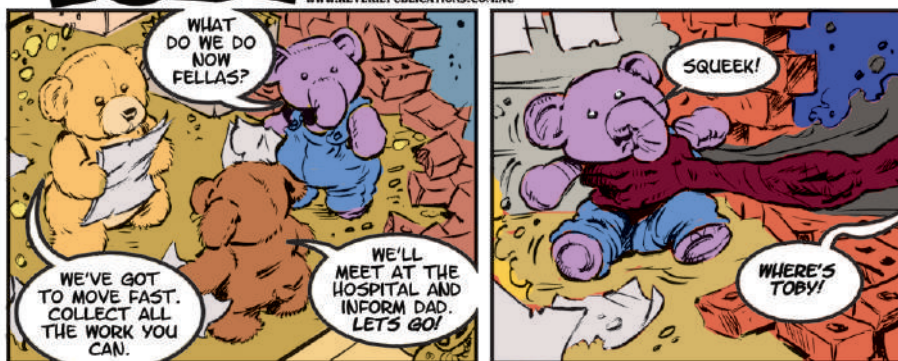
Year 6 St. Bernadette's Primary School.

A sunset of leaves sparkled gleefully as they rustled in the gentle wind. Beautiful oak trees sprouted jewels that ranged from rubies to gold. Bees emerged from flowers doing pirouettes in the air as they skimmed through the lawn trimmed to perfection.

As the sun set lower each passing day a cold and bitter wind yanked the leaves off the beautiful trees and made them tumble along into the distance. A hardness enveloped the ground in an icy hug. Grass that once buzzed with life stood rigid against their will. Thousands of jewels were forced into the chilly air, wrestling with a strong southerly wind. All beauty was covered in a thick snow that would penetrate even the strongest of hearts.

A single leaf hung on watching as his future was unravelling before him. A cloud passed over the moon making the stars begin to shine more brightly, the pure white snow twinkled in a way that reminded him of how he used to twinkle in the sun. There was beauty left, he looked up into the stars and imagined flying around them. The leaf watched as the moon appeared, soaking everything in a bright embrace. He let go and tumbled into the unknown.

TOBY and the MAGIC PENCIL Toby and Top Hat enter the unknown



TOBY AND THE MAGIC PENCIL CREATED BY GARY DELLAR. ART BY BEN SULLIVAN. LETTERS BY DARREN CLOSE.

TO BE CONTINUED...

Toby & The Magic Pencil competition is still open. To be in the running for a chance to win one of the prizes, tell us in writing if and/or why you enjoy the serialized comic.

Email us at contact@bbcن.οrg.au

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Fun activities to do with mum

Simple, Creative and Fun

Here are three things you can do for or with mum to celebrate Mother's Day together. You can of course make up your own creative activities – just imagine what will make her smile using simple household things. The main thing is to celebrate together.



Fingerprint Hearts.

Place a finger into coloured paint or inkpad and press fingerprints into a heart shape on paper.



Rock Art.

Create any character that mum will love by painting a rock for her garden or desk. Ladybug is a good simple example, but it could be whatever will make her smile and think of your love for her.

Painted Pasta Flower Bouquets.

Colour some pasta shapes with paint or food colour and to make a flower bouquet. Add a vase made from any leftover material pieces and string or ribbon.



Honey Sponge Recipe

Ingredients

- 3 large eggs (room temperature)
- 1/2 cup Basin Backyard honey
- 1 cup self-raising flour
- 1 cup cream

Method

Grease and line the base of a swiss roll tin.

Pre-heat oven to 170C.

Beat eggs separately on high until thick and creamy, for approximately 5 minutes.

Add honey in a thin stream while beating, and continue to do so for another 3 minutes after all the honey has been added.

Sift flour over the mixture and fold into the mixture.

Spread the mixture evenly into the swiss roll tin.

Bake for 15-20 minutes or until golden brown.

Whilst cake cooks beat the cream until thickened.

Once cooled, cut in half lengthways, smother cream on one side and top with the other side of the sponge.

Enjoy !



Michael & Meredith Johnson

The Indigenous Literacy Foundation wins international award

The Australian not-for-profit group, The Indigenous Literacy Foundation (ILF) won the annual Astrid Lindgren Memorial Award, the world's richest children's literary prize, worth \$725,000, at an event in Stockholm, Sweden, on April 9. It is a testament to the organization's dedication that a staff of only 30 has been able to win this global award over 245 international organisations or authors from 68 countries or regions.



ILF was founded in 2011 to provide book packs to kids and families to remote Aboriginal and Torres Strait Islander communities across Australia where there was often no other way to access books. Since 2011, the Indigenous Literacy Foundation has worked with over 400 remote Communities, gifted 752,866 books, supplied 100 playgroups with early literacy resources, and published 109 books reflecting 31 Aboriginal and Torres Strait Islander languages. Now over 50% of books in the Book Supply packs feature Indigenous authors and illustrators. This is important as it allows kids to see themselves and their culture reflected in the stories, helping to build a sense of connection, belonging and pride. The Indigenous Literacy Foundation also provides funding to

translate books into Indigenous languages. The \$725,000 prize is a fantastic achievement and means they can now plan and extend their work well into the future.

www.indigenousliteracyfoundation.org.au



D	X	Y	Z	P	S	J	C	K	O
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Find the following words in this Writing Wordsearch:

- Author Book Chapter Character Creative Draft
- Edit Novel Page Plot Setting Story

Words can go in any direction.
Words can share letters as they cross over each other.

Reflections on motherhood across generations

KIDS
ZONE

This story shares experiences of motherhood from different times. We spoke with women who first became mothers in the 1950's (Barb), 1980's (Joy), and 2020's (Cath). Each mother was asked the same few questions about their expectations of motherhood and what actually happened for them.

The times and personal life situations were very different for these three mothers. The first (Barb) was living in the outback in an area with no TV reception, before home computing and when it was common for women to be at home during child raising. She was the first born of 7 children in a rural setting and had 4 children of her own. The second mother's (Joy) experiences were just before the internet and mobile phones were in general use. She was the second born in a major city and had 2 children of her own. The third (Cath) is the first of two children and gave birth to her first baby during COVID pandemic and had a second in April this year. Each mother has been challenged in different ways and had to make her way through what was available at the time to find the best answers possible for her children.

Q1. What was the source of your information about motherhood at the time of your first birth?

Barb: From my mother and hands on experience being the oldest of 7. I used to help my mum as she was not very well. I was 10 and 13 when the last two were born and helped change nappies, bath and feed them.

Joy: Books, booklets and information from friends.

Cath: Mixture of handouts and pamphlets given by the hospital and internet and social media and online birthing class. To a lesser extent some information from friends.

Q2. Thinking about motherhood in general, what did you most expect would happen, and has that matched your experienced so far?

Barb: It was pretty well as I expected as nothing much had changed since my youngest brother was born when I was 13 and I had my first at the age of 19. However, I had no back up help as I was living in the Queensland outback. I visited the Maternal Health centres in town once a month and got some advice from them, but generally I knew what to do as I had helped Mum.

Joy: I expected to enjoy being with my children

and watching them grow and learn. I also expected the teenage years to be a challenge based on personal experience. It mostly turned out as expected, but it was hard at times to know how to cope with each stage. I had my children 19 months apart and had not expected to be so tired for the first few years.

Cath: I mostly expected there to be a lack of sleep, difficulty feeding and a tough first month. I did not expect it to be so intense around the clock. Looking back, now that I



have a toddler, the toddler stage is harder overall but when you are in the first year, everything feels like the hardest thing in the world. I also expected to have an instant connection with my child and that holding him for the first time to be magical. In reality, this connection took some time to develop.

Q3. What was the biggest delight that you did not anticipate?

Barb: When they are born they just look up at you with their trusting eyes. They have so much faith and trust in you. That was a beautiful feeling.

Joy: Seeing the happiness on their faces as small children when I sang and did the actions of the songs I enjoyed as a child. Laughing with them as I failed miserably at Play station games. Reading the first Harry Potter books aloud with them as young teenagers.

Cath: Seeing the pure elation that your toddler shows when you have been away from them for even a short time. The knowledge that you are their whole world and being able to give that love back to them.

Q4. What piece of advice would you give to new mothers now?

Barb: Trust in your gut feeling because it is there if you look for it. We were taught to let them have a little cry because that's a form of exercise for them.

Joy: Sometimes babies do cry for no reason other than they need some comfort. This is perfectly normal, all newborns do this, on average for a couple of hours a day. Trust yourself to know when the cry is for no particular reason and when in doubt to get help.

Cath: Everything that you go through in the first two years is a phase. If things feel hard, rest in the knowledge that it won't last forever.

Q5. What is one thing that you wished you knew earlier?

Barb: I was not expecting that everything you did would be questioned by your children, with the word why. Even when you gave them a satisfactory answer it would still be why. (Your husband, Arthur, was the most questioning child of all.)

Joy: Children actually like boundaries. Even though they push them all the time, they do this to establish where they are and use this as their comfort zone.

Cath: Everyone's journey is completely different, and people tell you not to compare but you do it anyway. Try to give yourself some credit.

There is no doubt that motherhood has evolved along with the world. So much more is available now, and this brings both benefits and challenges. Although we cannot predict what mothers of the future will need to know to make the best decisions, we can always learn from the past experiences.

What would you add to this? Please add your comments to the BBCN Facebook motherhood conversation.

Joy Shelley

We would be very happy to hear your own reflections at:

<https://www.facebook.com/BoroniaTheBasinNews>

KIDS
ZONE

Ambulance Museum Open Day



On 14 April the Ambulance Victoria Museum held one of its rare Open Days. Situated in Unit 1, 55 Barry St, Bayswater, it was an anticipated event judging by the number of people who squeezed into the warehouse-turned-exhibition centre. To say this is a fascinating exhibit is selling it short. The Museum is jam-packed full of historical items and memorabilia.

Inside were fifteen vehicles representing



ambulances throughout history. All of them lovingly restored. Two dating from the First World War, the others showcasing the evolution of ambulances up to current times. Whilst outside in the car park were another ten or more including a ten-metre-long disaster response bus and a red 1964 Pontiac which was brought in for the event as a showpiece that could be mistaken for the Ghostbusters mobile. Not included in the fifteen ambulances mentioned above were also two motorbikes and a snowmobile skidoo for Alpine work. All of these vehicles were sourced and purchased from all over the country, many from regional areas. This explained why there was a selection of large 4-wheel drives; two fitted out and badged Troop Carriers and two Ford F350, one fitted with an external roll cage for expected dangerous and rough terrain. Some of the museum's vehicles have appeared in period movies such as Gallipoli, My Brother Jack and The White Mouse.

I got into a conversation with Phil, a 30+ year veteran and still working as a paramedic. Phil was passionate about the service and was a



regular volunteer at the museum. He had seen the Ambulance service grow in size and technical and professional standards over the years and said what they do now would have been unimaginable when he began.

Displays in the museum are a testament to this with various incarnations of humidicribs, gurneys, CPR equipment, and even bedpans through the ages. I mentioned to Phil how comprehensive the collection was and I was expecting to see a helicopter here. He said it was kept at the Moorabbin Air Museum and did I see the bus outside? That of course was also kept off-site.

Hanging on the walls are honour boards from many rural district stations that were closed, or amalgamated with other stations. There is one poignant display that involves an Ashfield trolley, the first mobile patient carrier introduced in 1887 with a mannequin dress in air rescue gear for a helicopter.

While the museum isn't open on a daily basis, it does cater to groups, schools, clubs and individuals by appointment.

So, if you can't wait for the next Open Day, you can contact the Museum at ambulance.historical@outlook.com

Danny Nolan

THE SOUNDS OF THE SEASONS/EATING CROW

A Strummer's Story by Rob Fairbairn

I love AFL footy. There is so much that is unique about our indigenous game: the high marking, the long kicking, the high scoring, it's a spectacle like no other. But with fitter, faster, fully professional, sports science assisted players competing on pristine playing surfaces, the modern game is almost unrecognisable from the one which was played on inner suburban mud heaps in days of yore. There's one aspect of our game, however, which in some cases, has remained stubbornly unchanged for over a century. The team song.

There's something strangely endearing about twenty-three sweaty men, arm in arm in a circle singing in twenty three different keys a version of an old song, composed in the late nineteenth century. Collingwood's team song, "Good Old Collingwood Forever," is one example. It first appeared in 1906 and uses the tune of "Goodbye Dolly Gray," a song adopted by British soldiers in the Boer and First World Wars.

Of our eighteen AFL teams only four have songs which are completely original. The rest have been adapted from such widely diverse sources as Opera, Music Hall, Show Tunes, National Anthems, Negro Spirituals, Patriotic Songs, even a Russian Folk Song. And while we are not known to be a nation of singers, when the final siren sounds and our footy team is victorious we can all find our voices and sing the team song.

But when my team, The Western Bulldogs, loses and the opposition's song comes blaring through

the PA system it can only add insult to injury. I absolutely hate it! And there are three team songs, which for various reasons I cannot stand. The first is Carlton's. In Round 2, 2022 when The Navy Blues defeated my team at Marvel Stadium their fans began singing the song long before the final siren sounded. Sorry Blues fans but that was just outright, entitled, arrogant behaviour! The second is St Kilda's. In Round 2, 2023 after a bad loss to The Saints I was on a packed train leaving Southern Cross Station when what can only be described as "aggressive singing" was directed at Doggies fans by some obnoxious Saints supporters, almost resulting in a punch up. Sorry Saints fans but that was just outright, offensive, oafish behaviour! The third, the most galling and detestable, was played at the conclusion of the Preliminary Final in 1997.

For two seasons in the mid nineteen nineties I was writing and singing songs about AFL football on radio 3LO. The show, "The Great Southern Grandstand" replaced The Coodabeen Champions who had moved to 3AW. While the two shows were ostensibly in competition I was quite friendly with Coodabeen and famed footy parodist Greg "Champs" Champion. Having spent much of his early years in Adelaide, Greg was a fanatical Crows supporter. Despite this we found common ground in country music and would often meet at songwriters' nights, catch up at festivals and he'd sometimes recruit me to sing backing vocals on his recordings.

Champs was an expert vocal arranger. His backing groups seldom exceeded four singers but with the use of multi-track recording and technical wizardry he was able to create the big, "Yobbo" choruses for which his recordings were renowned. The recordings he made weren't exclusively football songs and I never knew what I was singing until I arrived at the studio but one time in 1997 the lyric sheet on the music stand left me in no doubt, I was going to sing the Adelaide Crows team song. Greg was making a pitch to the Crows to play his recording of their team song on game days. The session went well, the song sounded great on playback and that was the last time I heard it until...

September 20th, 1997 and the Doggie Brothers, me and my good mate Zig are at the 'G to watch our team take on Adelaide in the Preliminary Final. The 'Dogs are favourites and are in control for most of the game. We are twenty two points up at the final change and Zig and I are already planning our Grand Final Day celebrations when the unthinkable happens. In the last quarter, Libba kicks a goal which is controversially disallowed, the Crows find their mojo, kicking four goals to our six behinds and we end up losing by two points. We are agonisingly close to playing in our first Grand Final in thirty six years and we are totally devastated. This could be the worst day of our lives. Then, to further rub salt into our wounds, the Adelaide song comes bursting out of the speakers and I can clearly hear myself singing, "We're the pride of South Australia, we're the mighty Adelaide Crows." And I feel like a traitor, thanks Champs. Football songs, who needs 'em?

PET'S PIECE

Dr Gianne Fricatas - veterinarian

I'd love to take you all on the pregnancy journey of a very special patient of mine named Allie, a 2-year old Border Collie. The pregnancy journey is incredible in a dog, as there is a lot of knowledge and expertise that goes into ensuring all the pups are growing healthily. She came in one day as her owner, Renee, was suspicious she was pregnant, after attempting to breed her.

Dogs go on heat every 6 months which means they can only get pregnant twice a year. On the other hand, cats will constantly cycle and can fall pregnant every few weeks.

The first thing we do as vets, is a proper physical exam. It is important to check the weight of your dog to see if there has been any weight gain. A thorough abdominal palpation may help determine whether any foetuses can be felt, depending how far along the pregnancy they are. The teats can be examined to see if any milk development has occurred. Interestingly, dogs can have a "false pregnancy" where they clinically present with mammary development, nesting and mothering behaviour, milk production and a distended abdomen, but they are not truly pregnant.

The total gestation period in a dog from the day of breeding is approximately 65 days, give or take a few days on either side. It is important to make note of the breeding day to allow basic calculations for expected due dates. This is a relatively short gestation period compared to humans for example. This is why it is important to diagnose pregnancy properly and then supplement with appropriate nutrition during this period.

On a physical exam, Allie's abdomen was quite distended and she had gained weight. We then proceeded to ultrasound her abdomen which is a useful tool to detect foetus' from as early as 28 days, including the foetal heart beats to check for viability. We were able to measure the skull diameter and determine roughly when the puppies would be due based on this measurement. The photo of Allie attached shows the day we found out she was pregnant.

Unfortunately, an ultrasound does not give you an accurate number of puppies due and hence Allie had to come back and have an X ray after day 45 of her pregnancy, to determine how many puppies she was expecting. The reason for this delay is because it takes 45 days for the skeleton to mature and mineralise, in order to be detected on X rays. Allie's X rays revealed 6 beautiful puppies which we have circled for you in the photo.

It can be important to know how many puppies



your dog is expecting, because if there are any problems that occur during the birthing process, we know how many puppies may be compromised or stuck.

Allie was so brave throughout all her testing and her owner was incredibly knowledgeable and committed.

She was fed good quality balanced food throughout her pregnancy and then switched to a high nutrition puppy food during the last trimester (20 days) of her pregnancy once her energy demands increased. She was also treated with parasite medication (de-worming) during her pregnancy to prevent the spread of worms to her

offspring via the placenta and milk.

Allie successfully gave birth to 6 gorgeous puppies without any assistance and no complications (see photos)! Each of them was extremely healthy in size and weight. We recommended that Renee weigh the puppies regularly to ensure they are all growing consistently and are of similar size to each other. The puppies were suckling milk from their mother until about 4-5 weeks old, when we started to wean them off & onto their solids.



This allows mum to gain her condition back and use her energy on repairing herself post pregnancy. If the mother does not have appropriate nutrition, she can develop postpartum diseases including low calcium which can cause signs such as tremoring. It is also important to monitor their teats closely to detect any possible development of mastitis. If the mum is at all unwell or lethargic, please contact your local veterinarian.

It is important to remember that if your dog is giving birth, some of the following situations require an emergency vet visit: abdominal contractions for a prolonged period of time 1-2 hours with no pup produced, a green-coloured or malodorous vaginal discharge produced, or if the interval between delivering puppies is more than 30 minutes with active contractions.

We wish Allie and her 6 puppies a 'happily ever after' and we are so proud of how incredible she was as a mum! She absolutely shone throughout her pregnancy. Continue to read our piece next month, where we will talk about the importance of desexing if not breeding."

[Want to read about a particular topic from Dr Gianne? Then please just contact us on contact@bbc.org.au]



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Federal Member for Aston



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Delivering for Knox



Authorised by Mary Doyle, ALP, Suite 4, Level 1, 420 Burwood Highway, Wantirna South, VIC, 3152

MODERNISED KNOX LIBRARY NOW OPEN

Story times and school holiday programs are now available in the heart of Knox's shopping and dining district, with the opening of the redeveloped Knox Library, with support from the Victorian Government.

Jackson Taylor MP, Member for Bayswater representing the Minister for Local Government Melissa Horne today announced the reopening of the \$5.4 million library, featuring 2,000 square metres of new spaces including a children's 'discovery' space, an acoustic sound studio and digital hub, and the Youth Hive – a dedicated space for young people, managed by Knox City Council's Youth Services.

Included in the library's design is the artwork, Connection to Country, by Kamara Morgan, a proud Yorta-Yorta, Gunai-Kurnai, Dja Dja Wurrung, Boonwurrung, Taungurung, and Baraparapa Aboriginal artist.

Knox Library has been supported by \$450,000 from the Victorian Government's 2019-20 Living Libraries Infrastructure Program. The project has been delivered by Knox City Council, which also invested \$4.9 million into the redevelopment.



The Living Libraries Infrastructure Program supports local councils to continue to provide high-quality library infrastructure that meets their communities' changing needs.

Through the program, the Victorian Government has invested more than \$47.1 million dollars over the last seven years into 120 library infrastructure projects with a total project cost of \$345.8 million.

Applications for the Living Libraries Infrastructure Program for 2023-24 are open until 2pm on 28 March 2024. For more

information on the program visit www.localgovernment.vic.gov.au/grants

"The Victorian Government is proud to invest in libraries because we understand how important they are to communities." Minister for Local Government, Melissa Horne highlighted.

"Libraries are about so much more than books. By delivering high-quality library facilities, the Living Libraries program is ensuring communities all over Victoria have access to the technology, life-long learning and connection that public libraries provide."

Jackson Taylor MP, Member for Bayswater said, "The new library combines much-loved traditions like story times and school holiday programs, along with access to youth services and creative spaces like the digital hub."



Jackson Taylor, State MP for Bayswater

75. That is how many level crossings have now been removed with the removal of Bedford Road Level crossing in late March which meant the Belgrave Line was back up and about. It now means that there are no level crossings on the line from Ferntree Gully to the City – a huge change and means it's now safer and there's less congestion on our roads.

Virtual ED

Something I wanted to discuss was the Victorian Virtual Emergency Department (VVED), which is a public health service for non-life-threatening emergencies. It's Victoria's busiest ED. With Victoria's Virtual Emergency Department, we're making it easier for patients to access the right care, without the stress of rushing to hospital and the good news is we've recently added more capacity to the program to help more people when they need it most. For more information visit - www.vved.org.au/patients/

Eastern Freeway Upgrades Begin

Upgrades to the Eastern have begun creating a modern Eastern Freeway (and 45kms of new lanes), keeping traffic moving, while building new bike and walking paths and Melbourne's first dedicated busway. Starting this year we'll watch this mega makeover unfold. Works will kick off from Burke to Tram Roads and by 2028 we'll slash travel times from Hoddle to Springvale Roads and join the freeway to the new North East Link tunnels. When complete, we'll enjoy travel time savings of up to 35 minutes.

Revitalising Boronia

The work of building a better Boronia is continuing to deliver. Recently the new façade to EACH on Boronia Road was officially opened - transforming an old blank wall into a bright and open façade. The works on Erica Ave are nearly finished as well and of



course the very popular community breakfast program is continuing to run four days a week. The State Government has provided significant funding for new streetscape renewals, events, façade improvements and so much more – but there's more to do. I'm excited that very soon I'll be announcing our next round of projects funded via the Suburban Revitalisation Board and of course planning continues on the major upgrade at Boronia Station. Stay tuned.

In other news

- An absolute pleasure to attend the 40th birthday celebrations of the Polish House and to open the new alfresco deck which was supported by the State Government

- Announced we're resurfacing a 2.2km section of Napoleon Road between Kelletts and Glenfern Roads.

- Helped officially open the new Fairpark Reserve pavilion, which the State Government provided \$50,000 to help fit-out.

- Visited the construction of the new regional athletics facility which the State Government provided \$250,000 to help deliver.



National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

Choirs 2024

Reconciliation Australia is calling on all singers to join us in song for National Reconciliation Week. The song we will all be singing is Blackfella/Whitefella by Warumpi band. This track urges us to work together, to stand up and be counted, and reminds us it doesn't matter what your colour, as long as you a true fella.

<https://www.reconciliation.org.au/our-work/national-reconciliation-week/voices-for-reconciliation-2024/>

About the theme

The National Reconciliation Week theme for 2024, Now More Than Ever, is a reminder to all of us that no matter what, the fight for justice and the rights of Aboriginal and Torres Strait Islander people will – and must – continue.

There have been many moments in Australia's reconciliation journey that make us want to turn away. But when things are divisive, the worst thing we can do is disengage or disconnect.

Now more than ever, we need to tackle the unfinished business of reconciliation. We know that the 6.2 million Australians who voted YES are

committed to better outcomes for First Nations people, and are with us.

Reconciliation supporters must stand up to defend and uphold the rights of First Nations peoples. To call out racism wherever we encounter it, and to actively reinforce the voices of Aboriginal and Torres Strait Islander peoples across this continent.

Now more than ever, the work continues. In treaty making, in truth-telling, in understanding our history, in education, and in tackling racism. We need connection. We need respect. We need action. And we need change.

Now more than ever, we need reconciliation.

About the artwork

The National Reconciliation Week 2024 design and artwork represent the momentum of the theme Now More Than Ever. The chevron, a universal symbol for pointing the way, signifies advancing as one as we look towards a reconciled future; and the vibrant artwork of Gubbi Gubbi artist Maggie Douglas encourages connecting with one another, understanding and continuing to move forward.

The 2024 theme design incorporating the artwork is by Carbon Creative.

What is National Reconciliation Week?

The dates for NRW remain the same each year; 27 May to 3 June. These dates commemorate two

significant milestones in the reconciliation journey – the successful 1967 referendum, and the High Court Mabo decision respectively.

Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures.

A brief history

National Reconciliation Week (NRW) started as the Week of Prayer for Reconciliation in 1993 (the International Year of the World's Indigenous Peoples) and was supported by Australia's major faith communities.

In 1996, the Council for Aboriginal Reconciliation launched Australia's first National Reconciliation Week.

In 2001, Reconciliation Australia was established to continue to provide national leadership on reconciliation.

In the same year, approximately 300,000 people walked across Sydney Harbour Bridge as part of National Reconciliation Week – and subsequently across bridges in cities and towns – to show their support for reconciliation.

Today, National Reconciliation Week is celebrated in workplaces, schools and early learning services, community organisations and groups, and by individuals Australia-wide.

Reconciliation Australia Acknowledges Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders past and present.

From Friday 22 to Sunday 24 March, 37 Cubs from 7 Cub Units and many leaders from the City of Knox descended on GWS Anderson Scout Park in Officer, for a 10+ year old weekend of fun. The weather was just perfect.

The Cubs over the weekend were involved in some amazing activities. They got to build a reflector oven out of foil and a cardboard box, and then cooked honey joys inside. They learnt how to use a flint and steel to start a fire. They screen printed on a dilly bag, made Kub Kars (Lego cars) and raced them down a fantastic racetrack, and made a bee badge. They identified Australian flora and fauna and looked at the risks and benefits. They made a rope bridge during the day which they used to enter the campfire circle in the evening.

The Cubs also got to have a unique experience that no other Scout Camp in Victoria offers – first they listened to a bee talk, and then they got to put on a bee suit and visit one of three apiaries. A beehive



was opened and one of the panels was taken out and shown to the Cubs. It was a brilliant experience for them. They all got a small pot of honey to take home and they signed a pledge to look after bees and the environment.

On the Sunday, we had a Scouts Own in the morning (a quiet time of reflection). Afterwards, the Cubs got to make bee hotels in coffee mugs, which they really enjoyed doing. They also went on a walk in small groups and each group stumbled upon a leader who was lying injured on the path. They had to work out what was wrong and apply first aid. Tomato sauce always makes great fake

blood! The final activity was bush shelters, which went down a hit.

The Cubs helped erect and disassemble the tents, they assisted with the cooking and cleaning up and showed great teamwork.

When we reviewed the day at our final parade, lots of Cubs said that their favourite activity was all the activities, which made us smile. Every activity from over the weekend got a mention, which shows us the program was meeting the needs and interests of everyone.

If you are interested in trying Scouting go to: <https://scoutsvictoria.com.au/locations/all-groups/>

8th Knox and 1st The Basin are the local Scout Groups. You can try three nights for free! So come along and join in the fun. Scouting is for youth from age 5 to 26 years and after 26 lots of fun is to be had by becoming a leader!

Nicole Klep, District Leader of Cub Scouts

SUICIDE LOSS

You Don't Need to Feel So Alone

Brian Levey

When we experience a loss to Suicide, it can be extremely difficult to navigate all the emotions and thoughts that we now find ourselves facing. And the loneliness can be crushing and extremely isolating.

We at Beyond the Mist Suicide Loss Support Group believe that although we cannot take away your feelings or your thoughts, as the grief journey is something that we each need to go through individually, we can offer a safe space where you can learn how to ease those difficulties. We can all experience the feelings of guilt, shame, abandonment, anger, blame, failure and many others. We have legitimate questions such as: "Why did this happen?" "Why did they leave me?" "Why didn't I see the signs?" "What could I, or should I, have done?"

If we have lost someone significant to us – a child, sibling, spouse or best friend – we can feel truly alone, especially if we live alone and have no spouse or children to turn to. Navigating our grief and loss can be one of the hardest things we have to face. Doing this alone is so isolating and can be hugely difficult. This is where a Support Group can be of great help to not only

assist those who have experienced a loss to suicide, but possibly to prevent a suicide.

Our program has been designed with the aim of helping you to understand your emotions, your thoughts and some of the physical reactions caused by your grief. But its overall potential is the gift of supporting you in easing your loneliness and its isolating effects. You can listen to others, share what is happening for you and take away skills that can support you, making this journey called Grief a little less difficult.

At Beyond the Mist Suicide Loss Support Group we explore 12 topics ranging from: The Different Types of Grief, Being Alone, Honouring Anniversaries, How to Continue a Bond with our Loved One, Dealing with Difficult People, and Returning back to Society. The program will run for 12 Sessions, meeting once a fortnight. If you are 21 years or over,

and feel that such a group could be of help to you, please contact us for a brochure to explain more about what this group has to offer, or call about joining our next Program beginning late June 2024. The group is limited to 8 participants.

Please feel free to phone Heathclyff on 0434 533671 or Brian on 0419 722 293 or contact us via BMGriefGroup@mail.com Any contact made will be treated in strict confidence.

ANZAC Service for KNOX Primary Schools Tim Neville arboretum, 19 April, 2024

650 Students, from Yrs 5-6 and Teachers, from 15 schools in the Knox Council area, assembled at the Tim Neville Arboretum and Cenotaph in Boronia for the now annual ANZAC Service on Friday 19th April. Hosted by the Rotary Club of Boronia, this annual



service has grown over the past 9 years from an initial 100 students to this year's Service hosting 605 students plus staff. The Theme this year was focused on ret Australian Navy Captain, Kylie McDonald and her service in the Navy both in Australia and Overseas. Kylie, a local girl who grew up in Boronia, but is now Harbour Master in Geelong, spoke about her years in the Navy as a navigation officer on active Navy ships in Australia and overseas, then Harbour Master for the Navy facility in Darwin. She also related to the students what ANZAC, and the ANZAC spirit, meant to her as a service woman in the Navy.

The Service was enhanced by music from the St Joseph's College Concert, Ferntree Gully directed by Bronwyn Dean and Choral Items by the School Choir from St Joseph's Primary school, Boronia, conducted by Gayle Ashdowne. During the Sacred part of the Service, after the Ode to the Fallen was recited, St Joseph's College Yr 10 Trumpeter, Zsolt Szabo played the

Timmers-Leitch, representing KNOX Council who also delivered a welcome from the Council, Jackson Taylor MLA, member for Bayswater, Daniella De Martino MLA, Member for Monbulk, Steve and Marie Everett, representing Boronia RSL, Incoming Rotary District 9815 District Governor Colin Byron, Boronia Rotary President Greg Mossop and Michelle Post, mother of guest speaker Kylie and wife of the late Rotary Club member Eddie Post. During the solemn part of the Service, Marie Everett, herself a retired Navy officer, recited the Ode to the fallen.

Over 20 members of the Rotary Club attended the Service undertaking a variety of activities such as School and VIP hosts, Sound Technician, Flag bearers, and Traffic Control. This all contributed to a wonderful service for the Children.

Lance Deveson

ALLANAH HONOURED WITH QUEEN SCOUT AWARD

The 1st The Basin Scout Group proudly announces that Allannah Major received the prestigious Queen Scout Award at a ceremony held at Government House Victoria.

Venturer Leader Linda Gesthuizen said, "We are incredibly proud of Allannah's achievement. Her hard work and dedication have paid off, and we wish her all the best with her continuing



scouting adventures. This Pinnacle Award is the highest achievement for Venturer members in Scouting Australia. It recognises personal achievement, leadership, and community service in the Venturer Section from 15 to 18 years of age."

Allannah is now an active member of the Aruma Rover Crew (18+), which meets at the 1st The Basin Scout Group Hall every Friday. She is training to be a Scout Leader and has volunteered to be part of AJ 2025, the 26th Australian Jamboree contingent.

For more information, email GL.1stTheBasin@scoutsvictoria.com.au or visit <https://scoutsvictoria.com.au/location/1ST-THE-BASIN/>

The Basin Theatre Review - Berlin

Tom is an Australian abroad, Charlotte is a Berliner through and through. After meeting in a bar, Sparks fly between them, and she invites him to spend the night at her place.

The Basin set was - audience left, a kitchen, and audience right, the lounge room with a central sofa. There were stairs up to the bedroom and on the wall of the staircase was hanging a painting.

A two-hander with Charlotte played by Anatasia Sidorova and Tom played by Aaron Wilson.

Both actors gave credible performances but sometimes it was a little hard to hear.

Tom was stabbed in the arm but unfortunately, he carried on the rest of the play as if nothing had happened. A little disappointing as it appeared to be a severe wound but there was no blood (which could have been added) and he did not appear to suffer greatly.

Overall it was an interesting play and was enjoyed by the Friday night audience.

Peter Kemp

THE BASIN HISTORY

CELEBRATED IN THE NEW TIME CAPSULE

This idyllic and historic town of The Basin has more of its history preserved in a newly created time capsule. On Sunday 21 January a Community Picnic was held at The Basin Triangle with an excited and enthusiastic group coming together to celebrate and view all the contents of the new The Basin Time Capsule 2018-2042. The original The Basin Time Capsule was buried in 1967 in a cairn in The Basin. In 2017 it should have been opened but was forgotten until in 202.

This amazing new time capsule came about at the request of, and in honour of, John Mortimore, a long time member of BBCN and The Basin Music Festival, previous Mayor of Knox and local resident. He was the inspiration for it as he asked me a few months ago if we could have a new time capsule; so we set about to make that happen. As many are aware John has been suffering from a serious health condition but continues to serve the local community as he is able. He has been recently nominated for Knox Local Hero award.

At the community picnic the crowd of all ages were excited and fascinated with the contents of the new time capsule. We were all entertained by a fantastic music group called FEX. Contributions were from a wide range of groups and individuals with over 21 contributors including The Basin Fire Brigade, The Basin



Primary School, St Bernadette's Primary School, The Basin Scouts, The Basin Theatre and Mayor of Knox Jude Dwight. Other contributors were local teenagers who wrote about life in 2024 and the future, Lois Dobson, BBCN and biographies by Lynette Hayhurst about local identities including John Mortimore, Merryl Williams, Tony Eastwood and more. There were many more contributors. Lois Dobson, a talented watercolor painter and longtime resident of The Basin, was the designer and painter of The Basin Time Capsule otherwise known as a PVC Pipe. Allan Small was our wonderful unofficial Mayor of The Basin and MC for this event.

Peter Dobson had this to say, "The Dobson family has been part of the community at the Basin since its earliest years and throughout those 150 years there have been many changes. The diary of Janet Dobson from the period of 1903-1920, gives a glimpse into life in those

early years. The time capsule provides a similar historical picture of life at a point in time. When the time capsule is opened in 18 years' time it will give the next generation a window into life in The Basin in 2024."

Recently, the time capsule was handed over to Allan Small from The Basin CFA for their safekeeping until it is officially opened in 2042 which is the 175th anniversary of The Basin. Alan says, "It has been my honour and pleasure to have been involved in the Time Capsule rebirth. Lynette Hayhurst and her team have done an incredible job in saving the history element contained therein; history lost is history no-more." Some locals at the community picnic we held recently said to one another, "Not sure if I am going to be alive when the time capsule is re-opened," so we hope they make it.

This new time capsule's success was in no small part due to the working together of so many threads of the tapestry of our community, historic families, local historians, community groups, local businesses, organisations, local council and leading locals. Lastly, but importantly, especially at this time in our country's history, it reminded us of the value and importance of connecting with one another in a positive way through these opportunities which we need to grab with both hands to celebrate together all that is good and precious in our towns.

Lynette Hayhurst

RED EARTH SLIP

THIS WAS the time of year, as the nights drew longer and colder, and morning mists patched the valleys of the foothills, that the Indigenous residents returned from their summer hunting grounds to the lowlands of what's now the City of Knox.

How did they return unerringly to exactly the same location year after year? A natural feature still visible today gives a clue. The Indigenous peoples knew a different landscape to that which we now see. There were no fences or roads. This meant they knew every rock, tree and creek. They also lived in a perfect symbiotic relationship with their environment. The First Peoples cultivated seasonal crops, and built elaborate traps on the waterways for fish and eels.

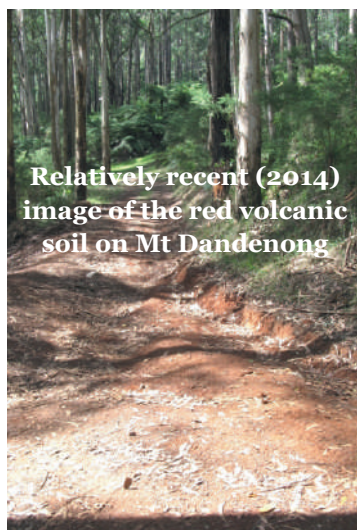
The forest provided all they needed for firewood, and food sources such as wallabies, possums and bandicoots, as well as clothing. They only needed to spend about four hours a day hunting and collecting food, having plenty of time for family and tribal activities. They followed 'song-lines' made by their creator-spirit, Bunjil, between seasonal hunting areas much as we follow modern highways.

In summer weather, the Wurundjeri people made their way to the heights of Mt Donna Buang in pursuit of an elusive delicacy, the

Bogong Moth. As autumn set in (the Indigenous peoples had ten seasons rather than our four) they returned to the wetland areas along Dandenong Creek to pass the winter months.

This required recognisable navigational references, and one survives today. The massive volcanic eruptions of 600 million years ago left behind rich red soils. On the steep upper slopes of Mt Dandenong, this created 'slips,' where the soil became unstable and slid downslope.

Most of these have been overwhelmed by regrowth. But on Dandenong Track, off the Basin-Olinda Road, modern earthworks have exposed the distinctive red soil that guided the people of the First Nations during The Dreaming.



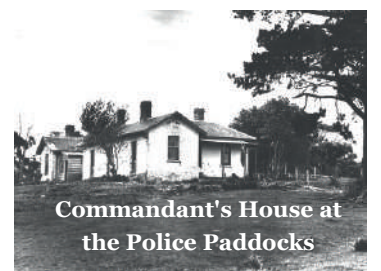
Relatively recent (2014) image of the red volcanic soil on Mt Dandenong

Several 'slips' are recorded at or near this location in modern times. Such events were noted by early settlers on the upper slopes of the mountain in 1863 during abnormally wet weather. A larger 'slip' was documented in similar conditions in July 1891.

The way of life of the First Peoples failed to survive the incursions of the European settlers in the 19th century. But traces of their habitation can be found if one knows where to look. Stone tools have been found at The Basin; identifiable 'scar trees,' where a section of the bark was removed to create bark shields, carry baskets, and canoes, may be seen in Ferntree Gully and Wantirna. The Police Paddocks, home of the Native Police Corps in today's Rowville, are an important location, where the Indigenous and European communities first worked together successfully.

The landscape of Knox today is covered with suburban homes. But many of our roads, such as part of Burwood Highway near Woolworths, and also Melbourne's freeways, are close to, if not on, the paths where thousands of generations of Indigenous people followed trails raked by the claws of their creator-spirit, the giant eagle, Bunjil. Close your eyes for a moment, look away, and perhaps the spirit of our ancient land and peoples is still there if you look at our beloved hills the right way.

*Ray Peace,
Knox Historical Society
KHS@Relics.com*



Commandant's House at the Police Paddocks



Boronia VIEW (Voice, Interests, education of Women) Club will meet on Friday 17 May at 11.30am at Eastwood Golf Club, Liverpool Rd, Kilsyth with a 2 course lunch costing \$30. This will be followed by a talk from Jackson Taylor about what it's like

being the Local Member of Victorian Parliament. There will be a trading table, book stall and raffle with all monies raised going to 8 needy Australian children the club sponsors through The Smith Family learning For Life program to help with their educational needs.

The Club is looking for new members so ladies of all ages and backgrounds come along and you will be warmly welcomed. There is opportunity within the Club for small groups eg coffee, film and card mornings etc and outings.

Enquiries to Judith on 9764-8602

Jazz lovers, hear this, we're being treated to a tour and afternoon tea at The Jazz Museum, 15 Mountain Highway, Wantirna!! There will be a cost for this, but what a day. Carol has been busy searching social outings and you're welcome to ring 0419 870 639.



Remember our "Picnic in the Park," at 5pm on March 7th. We'll meet at the Rotunda in the Tim Neville Arboretum. It's totally byo, food, drinks, chair too, also we're undercover and we'll be home before dark. This is such a friendly, relaxed get together and welcoming. Hope you will join us. There is a bbq to cook your own, bring fish and chips, hamburger whatever we're just simply socialising.

Herring Island is the destination on March 13th. This island was formed in 1928 when they cut a new path for the Yarra River through an old Basalt Quarry. This was part of a plan to control flooding. We'll take a short trip by boat to this lovely spot. It is an Environmental Sculpture Park, with walking tracks and even a bbq for picnics!

Every Tuesday some members meet at Knox Leisureworks for a 45min. class of water aerobics fun activity and at the same time improving your fitness. The instructors have been well trained and the group is really friendly.

THEN on March 15th. this year 48 members will be on their way to Murray Bridge, where they'll tour the sites of South Aust. Included is a lunch served on the river boat the "Proud Mary" while paddling along the Mighty Murray, it's gonna be good.

Lyn and Irene have booked tickets for Chicago on 8th. May matinee, and Wicked at the Regent theatre on June 19th. These tickets need to be paid for by April.

More details about our activities are listed in our quarterly newsletter and we'll happily send one to you. Our Membership Secretary, Lorraine, is awaiting your call and feel free to ask questions on 0438 068 334

At **Knox & District Over50s** we are a very friendly and sociable group who normally meet on the 4th Tuesday of each month from January to November.



Our next meeting will be our Annual General Meeting which will be held at 10.30 am on Tuesday the 28th May, at Club Kilsyth, 1-15 Canterbury Road, Bayswater North, followed by lunch in the bistro for those who wish to stay on.

We provide guest speakers, day and overnight trips, visits to Boronia Cinema, coffee mornings, regular lunches at different locations around Knox and Morning Melodies. If you are looking to enhance your social life, come along and join us.

April brought our annual trip to the Yarra Glen Harness Racing. Always an enjoyable outing for our group. Not sure if anybody came away a winner in the betting!

During May, some of our members will be doing a tour of the Ferntree Gully Cemetery, followed by a visit to Ambleside Homestead. June will see a lucky group visit the TAA Museum at Airport West.

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

If you are 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.

Boronia Ladies Probus Club



We had a fabulous day out at Cruden Farm in Langwarrin. This property has been donated to the Community by the Murdoch Family, it's a truly wonderful place to visit.



Coming up next is another Movie with a Boxed Lunch at Boronia Cinemas.

We would love to have anybody looking for a friendly active social club come visit.

Our next meeting is May 15 at the Knox Club starting at 10.00. Contact no. 0435136472

Boronia Rd Uniting Church

209 Boronia Road



OUR NEXT MAKERS AND GROWERS MARKET is THIS WEEKEND - Saturday, 4th May from 10am - 2pm. All stalls will be indoors or under-cover. Come along and browse / buy or just enjoy a Devonshire Tea in our Pop-up CAFÉ! Contact 0421 769 067 or irenesmith2@bigpond.com

JOIN US ON A SUNDAY MORNING AT 10AM FOR A USER-FRIENDLY WORSHIP SERVICE... YOU WILL BE MADE VERY WELCOME.

The message may be challenging, affirming or JUST what you need to hear at that time. There are kids activities, lots of singing - all followed by morning tea and fellowship. Check out our website for ALL church activities <https://boroniaroad.ucavictas.org.au>.

COME ALONG TO OUR CRAFT GROUP...

We meet from 11.30am each Friday at the church. Bring your lunch and your own craft project - although working on ANY craft is optional! You are welcome to drop in for a cuppa and a chat. The kettle is always on.

EMERGENCY FOOD RELIEF is available each Tuesday and Friday morning from 10am till 12 noon. EVERYONE can be assured of non-judgmental and friendly support.

MUSIC GROUP FOR PRE-SCHOOLERS AND THEIR CARERS...

Is held each Friday from 9.30am during school terms.

The 45minute session is followed by a BYO morning tea when the carers get the opportunity to get to know each other. Leaders of this program are always on hand to offer support and encouragement. Please call Sue on 0402 079 432 for more information.

YOU ARE CORDIALLY INVITED TO JOIN US FOR A PSA ON SUNDAY, 26TH MAY

@ 1.30PM when 'Free Spirit' from Glen Waverley Uniting Church will entertain us. The program will be followed by a delicious afternoon tea and warm fellowship.

Enquiries - contact 0421 769 067 or irenesmith2@bigpond.com

For more information about us check out our Facebook page and Website or phone the church office on 9762 6732,

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Dr Arthur Shelley
 (Becoming Adaptable, 2021).

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Rotary Club of Boronia

The Rotary Club of Boronia is an active group of men and women that come together to undertake projects and conduct events in support of our local and international communities.

We meet every Tuesday evening at the Knox Club in Wantirna. Interested members of the community and visiting Rotarians are always welcome to join us.

Thank you to everyone who donated items for the auction also more importantly those who bought items.

A special thanks to our Auctioneer Hans Brenkman from Kelly Real Estate Group.

For all your Real Estate needs call Hans Brenkman on 0427 371 886



Rotary
Club of Boronia



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Greg Mossop
PRESIDENT

