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# COMMUNITY NEWS

Est. 1994

*Delivering to Boronia, The Basin and surrounding areas*

PUBLISHED ON THE FIRST NATIONS LAND OF THE WURUNDJERI PEOPLE



11<sup>th</sup> November

## REMEMBRANCE DAY

# *Lest we forget*

*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.*

— Ode of Remembrance

Artwork: Nicole Zhang

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Alfie,  
page 13



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## FOR THE FALLEN

LAURENCE BINYON (1869-1943)

With proud thanksgiving, a mother for her children,  
Our country mourns for her dead across the sea.  
Flesh of her flesh they were, spirit of her spirit,  
Fallen in the cause of the free.

Solemn the drums thrill; Death august and royal  
Sings sorrow up into immortal spheres,  
There is music in the midst of desolation  
And a glory that shines upon our tears.

They went with songs to the battle, they were  
young,  
Straight of limb, true of eye, steady and aglow.  
They were staunch to the end against odds  
uncounted;  
They fell with their faces to the foe.

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.

They mingle not with their laughing comrades  
again;  
They sit no more at familiar tables of home;  
They have no lot in our labour of the day-time;  
They sleep beyond our country's foam.

But where our desires are and our hopes profound,  
Felt as a well-spring that is hidden from sight,  
To the innermost heart of their own land they are  
known  
As the stars are known to the Night;

As the stars that shall be bright when we are dust,  
Moving in marches upon the heavenly plain;  
As the stars that are starry in the time of our  
darkness,  
To the end, to the end, they remain.

## Boronia & The Basin Community News

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**The Basin  
Community House**

We welcome all contributions from our community but can not guarantee publication. Articles published elsewhere should be acknowledged. 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 Articles or letters that have no contact details, are abusive in nature, or contain racial or other vilification will not be published.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 400 to 600 words, Georgia font, single spacing preferred. All photos should be submitted as separate jpg, png, heic 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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To view index to previous articles,  
back to the 1990s, search  
[localhistory.yourlibrary.com.au/local](http://localhistory.yourlibrary.com.au/local)  
Bound editions at Boronia Library

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## Page 3 Bird SACRED KINGFISHER

(*Todiramphus sanctus*)

How do some people get all the luck and others miss out. As far as good gets go, this one takes the cake! You remember my good friend Sandra, from Knox Toastmasters, you may (or that should read you should) recall she gave us the shot of Three Tawny Frogmouths cuddling up together (July BBCN).

This is next level stuff here though; check out the young Sacred Kingfisher that her pupils from a primary school in Highett found. Cute as a button!

That little bill open like that really ices the cake in the cuteness stakes, doesn't it? Big time! When the children found her, we ascertained it's a female. The females are much whiter on the collar and underparts. She was unable to fly, but by the time the wildlife carer got to the school, she was up and running, or should I say flying, so the kids released her. Win-win situation, ya gotta love that type of story.

Sacred Kingfishers are a spring/summer breeding migrant to Victoria, coming from as far afield as Northern Queensland or possibly Papua New Guinea/Indonesia. Similar in hunting style to the iconic Kookaburra, they hunt from a still perch, a tree, fence post or stump, swooping on large insects or small reptiles. Anecdotally this is a cracking year for Sacred, with many reports of high numbers here in Victoria.

Extremely noisy in the breeding season, the 'high pitched dek dek dek dek' a dead giveaway of their presence. They are a bird of open forests, watercourses and treed parks in urban areas. And here's a thought, if you want to personally twitch your very own Sacred Kingfisher, try Doongalla Picnic ground or some such similar place, and keep your ears skinned for that call. Pretty specky little bird alright! I have heard them at Wicks, so give that a crack too. Even when you hear the call though, they are still difficult to nail. All the best of British luck there! Let me know how you get on, if you're keen I can try to twitch one for you.

Some species of Kingfisher dive into water for their prey, ie. Azure and Little, but the remainder of our Kingfishers prey on dry land, (that doesn't mean they eat soil), think Kookaburra (to which they are closely related), and you're on the money.

It's all happening in nature at the moment, well, what do you expect, it is spring, duhh. A few of my highlights are as follows:

My neighbour Sandra, not the above Sandra, (what is this Sandra month or something?) informs me the Powerful Owl is back in our neighbourhood (near Piggy Hill). And how does she know this? She has found possum entrails in her garden, twice. Powerful Owls will



Photo - Sandra

occasionally disembowel their victims, presumably to make them lighter to carry. Tails are often nipped off also. Sandra was the person who taught me about the disembowel trick, I did not know that. And her husband Ray actually saw a Powerful take a possum off their side fence a couple of years ago. Urban wildlife, can't beat it!

Check out the cool bracket fungi we found at Koolunga reserve recently too. I think it's called Breadfruit Bracket Fungi, could be wrong but, could any Bracket Fungi expert tell us, am prepared to share some of my exorbitant salary from said literary venture to the first respondent.

Ponds brimming with tadpoles at Doongalla, monster yabbies the size of footballs (by hell I can exaggerate), a visit at my Grand-daughter Wren's school in Mt Evelyn by a puggle (baby Echidna), Shining-bronze Cuckoos in Kilsyth, I could go on, but I bet you've all got your own stories about urban wildlife, give us the mail, let us know what you've seen, I'm sure our editor would love to be swamped with yarns about what has been going on in your neck of the woods. Noisy Miners and Wattlebirds don't cut it but!

Nearly forgot, if you venture down to a small reserve between Patrick Court and Wells Avenue, Boronia, you will find a small patch of Large Bird Orchids, when the wind blows (no, not then the cradle will rock) they look like baby birds begging for food, really cool thing to see.

I am trying to organise my monthly field trips by whatsapp, so if you are keen to get on the list email me. Some people don't have whatsapp so I will continue to communicate with them by email, let me know.

Des Palmer

*I would like to pay my respects to David Doughty, who sadly passed away recently. David's father fought with my Great Uncle, David Stephens, who was a very important man in my life, in the 2/5th Battalion, and they were good mates. The 2/5th Battalion fought in the Middle East, then returned to serve another theatre of war in New Guinea. RIP two Davids.*



Will you help us fill the following vacancies?

### Walking Rounds

Dixon Court area, Boronia 110 papers  
Kanooka Road area, Boronia 103 papers  
Army Rd area Boronia, 100 papers  
Mitchell Ave area Boronia, 100 papers

### Driving Round

Boronia area, 11 drop offs to Walkers. Collect papers any time from 0800 at The Progress Hall in The Basin.

All of these Rounds are carried out near the end of each month (except December as there is no January paper).

Contact us (contact@bbc.org.au), and we will send you all the information that you will need to know.

## Boronia & The Basin Community News

### Annual Financial Review

This is the motion of thanks that we passed at our recent Annual General Meeting:

***That we express our appreciation for the professional services of SR Perks, Chartered Accountants and Business Advisors, in the Review of our 2023 2024 Financial Reports, provided to us on a pro-bono basis.***

Our Annual Reports can all be found on our website under the "About" link.

### insert brain here



by woodsy

**At 11am on the 11th day of the 11th month, on Remembrance Day, we pause for 1 minute of silence. That minute is a special time to remember those Australians who died in wars, conflicts and peace operations.**



# Have your say on what matters to you



In coming months we'll be seeking feedback on:

- The Basin Triangle parking management plan
- Sale of land in Station Street, Bayswater
- Dorset Square container deposit machine
- Introducing dirt jumps in Llewellyn Reserve and more

Sign up to get updates when new projects go live

[knox.vic.gov.au/HaveYourSay](https://knox.vic.gov.au/HaveYourSay)

## What's on in Knox



### Knox Op Shop Trail

Make the 'shift to thrift' this November.

- Discover bargains
- Receive shopping discounts
- Win op shop gift vouchers

#### Register today

Scan the code or visit  
[stickytickets.com.au/VBJCA](https://stickytickets.com.au/VBJCA)



### Seeking children's allied health providers

Knox City Council are seeking applications from allied health providers to deliver services in our Children and Family Centres at Bayswater and Wantirna South.  
[knox.vic.gov.au/Tenders](https://knox.vic.gov.au/Tenders)



### All electric homes webinar

Access affordable, high-quality solar panels, battery systems, heat pump hot water systems, and split system heating and cooling.

Wednesday 13 November  
12.30pm-1.30pm or 7pm-8pm

[knox.vic.gov.au/solar-savers-event](https://knox.vic.gov.au/solar-savers-event)



**BORONIA & THE BASIN COMMUNITY NEWS AGM**

Through many years involved in committees and organisations I have learned to avoid the dreaded Annual General Meeting when possible. However, on Wednesday 16 October, at the BBCN 30th Year AGM, I was pleased to reassess this opinion.

The usual business of the meeting was dispatched quickly and competently under the guidance of President and Chair John Pernu. Minutes of the last AGM were passed and all annual reports were accepted. These are all available on the BBCN website. Interim chairperson, Arthur Shelley, stepped up to run the election of official positions and committee members. The last bit of business was a Motion of Thanks to SR Perks, Chartered Accountants and Business Advisors, for their professional services and review of financial reports provided to the paper.

We were then treated to the musical musings of regular paper contributor Rob Fairbairn on guitar and vocals ably supported by Kev O'Mara, vocals, ukulele and more. After giving us a chorus of Welcome, Wominjika, they took us on a tour of Victoria. The Rob Fairburn written and John Williamson recorded This is Australia Calling started us off. (Who else remembers the Telstra commercial this was used for?) We had a beer with Rob's teacher friends in Ellenbank with the catchy chorus of Beer in the Fridge, enjoyed The Western Suburbs and reminisced about Ted Whitten.



In Boronia, which was a commissioned song for Knox's 2001 Centenary, brought us home but we then took a brief flight to Scotland with Auld Wullie. The talented duo finished the performance reflecting on the use of a certain Four Letter Word which deserves a special shout out to Kev for his masterful management of the slide whistle, bike bell, train whistle, kazoo and I lost count after that.



Business and pleasure were topped off with supper and a deliciously large carrot cake. The talented Joy Shelley not only made the scrumptious cake but also managed to make it a replica of the BBCN 30th Anniversary logo.

Thanks to everyone who came, it is always wonderful to see the other Volunteers, and learn about the people who give of themselves for this community paper. Looking forward to seeing you at the 31st AGM in 2025.

*Kimberley Hanson, Editing Team*

**REMEMBRANCE DAY COMMEMORATION  
SUNDAY 10 NOVEMBER, AT 10AM  
AT THE KNOX WAR MEMORIAL**

Located at the Tim Neville Arboretum, corner Dorset Road and Francis Crescent, Ferntree Gully.

Remembrance Day in Australia commemorates the noble sacrifices of armed forces and civilians during times of war.

At the 11th hour of the 11th day of the 11th month, one minute of silence is observed across the country. This is to mark the cessation of hostilities on the Western Front during WWI after over four years of gruesome warfare.

Participants in the march are encouraged to wear their medals and/or medals of their relatives who have served in the armed forces.

The ceremony in Knox is unique in that it is almost entirely conducted by students from local primary and secondary schools. School choirs and school children will participate in the readings and many more will assist in the wreath laying ceremony, as flag bearers and in the march and the flag raising and lowering ceremony.

Everyone is welcome and encouraged to attend the commemorative service on this very important day.

*Boronia RSL Sub-Branch*



**The Basin**  
Community House

Hi from the Community House. It has been wonderful to welcome some young families to Basin Bookworms, which is a free reading, song and dance activity for pre schoolers on Wednesday mornings. By the time this article is published we will have celebrated Children's Week with the theme: "Children have the right to a clean and safe environment". Thank you to the Victorian State Government for providing the resources to hold this event.

We have a lot of fun with the children's activities, but as important, is the feedback we are getting

from parents when they come into the House for the first time. The Community House has many great indoor and outdoor spaces. We are so lucky in to have our outdoor space with a large undercover area, indigenous totem trail, veggie garden and a big old tree with lots of crunchy leaves and big rocks for sitting or playing on. Our garden has lots of great spaces for big and small people and a variety of activities.

Many people tell us they drive past all the time but have never been inside. We want to keep working with community members and groups, to ensure the House is a responsive and integral part of The Basin and Boronia. We are working to expand

opportunities to cater for a range of ages, stages of life and interests and continue to grow the House as a place where community members can come to meet others, learn, volunteer, be creative, have fun, feel welcome and inspired. More info at:

[thebasincommunityhouse.org.au](http://thebasincommunityhouse.org.au)

If you have ideas and suggestions or would like to come and have a look around to see how you might get involved, you can call the House on 9761 0209 or email [reception@tbch.org.au](mailto:reception@tbch.org.au).

We look forward to seeing you at the Community House.

*Maureen and the Community House Team.*

**Boronia Bowls Club**

5 Marie St.,  
Boronia

**TWILIGHT BOWLS IS BACK AGAIN FOR 2024/25**

Bring the family and friends down to one of our Twilight Bowls sessions.  
**Held every Friday night from 6-9pm from October 2024 to April 2025.**  
All equipment and coaching supplied - full bar, sausage sizzle and dim sims available.  
**Just turn up or phone the Club on 9761 1996 to make a booking.**

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Boronia Bowls Club - Marie St, Boronia  
**MUSIC ON THE GREEN**  
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Mary Doyle Federal MP Aston  
Cr. Jude Dwight Chandler Ward

**No fees for new bowlers for the first year - Call Wayne for Membership on 0430 451 250**



## MY CABINET OF CURIOSITIES

Danny Nolan

If you are a collector these days, regardless of your occupation, hobby, or obsession, there are many resources and avenues for you to pursue your passion to add, enhance, or complete items for it. The popularity of Antique Malls, Collector Fairs, and of course, the Internet & eBay have made access to hard-to-find items of collectors a lot easier than ever before.

Now think back to an earlier time when collecting meant not remembering but revealing things never seen before. A trophy case of a different kind.

Imagine a world without mobile phones, computers, or smart TVs. Nary a book to be found either, unless you were wealthy. How would you entertain your guests after dinner without the aid of any of these devices? Cabinets of Curiosity were the aristocrat's answer for those who sought to make more exciting the opulent but dimly lit parties of pre-Industrial ages.

The guests would be shown and told fascinating stories about items such as occult manuscripts, skulls of strange animals from parts unknown, pieces from some ancient ruin, death masks of criminals, and ancient bones from creatures only whispered about in fairy tales.

Cabinets of Curiosities or Curios started in the sixteenth century but gained immense popularity in the 18th Century all over Europe and were still popular up until Victorian times. Travelers and explorers brought back oddities from their journeys, many that had never been seen before. Some were small and literally kept in ornate cabinets and shelves. Others had large pieces that filled rooms and halls. These could include elephant skulls and whale ribs.

To be clear, these collections were a status symbol, a testament to their intellectual curiosity and knowledge.

It was also a safe bet to say that some of the cabinets weren't always built on truth. For example, some items, like the famous Fiji mermaids were made by stitching together the torso of a monkey to the tail of a fish. But a spectacle just the same. Our very own platypus was considered a hoax when it was first brought back to England as a newly discovered animal.

In time, some of these collections were considered vulgar and were often disposed of on the death of the collector, while others were absorbed into established institutions that remain today such as the London Museum, Saint Petersburg Museum, Russia, the Louvre in Paris, and the Smithsonian Institute.

I've been fascinated with these collections for years and about a decade ago decided to make my own. Not with 'found objects' from my many travels abroad or weird scientific oddities I discovered (mainly because neither of those things have ever happened) I just wanted a shelf with an eclectic collection of weird things that looked cool and



would catch people's attention when they walked past it. I wanted to base it on one of the paintings that has always inspired me. The 1690 painting by Domenico Remps, Cabinet of Curiosities.

Over the years I collected old maps and ephemera, mainly from chemist and hardware shops, little bottles, odd keychains, small weathered mechanical instruments, statues, ancient little books, barber's tools, and spectacles. Anything that looked like it was found in a dark, dingy shop owned by an old Gypsy selling potions.

To house this collection, I found an old medicine cabinet at a flea market which I wethered and stained to age it appropriately and then added some extra nooks and brass ornaments.

I was happy with the end result and continued to add when on the occasion I picked up something fitting.

Is it all real? No. But everything needs to have a story.



Are the stories real? Does it matter? No. Like all true Cabinets of Curiosity, never let the truth get in the way of a good story.

As a writer, I find it a great inspiration to build a story.

This was often the basis of the original

collections. Guests would gather after dinner whilst their host regaled them with the compelling tale behind each object, usually enhanced, and most probably about an item they got from some merchant or traveler and had no idea of its true provenance.

One thing about the Curiosity Cabinet, not just mine but all, is that they have no labels. This is to ensure the knowledge that the keeper of the curios is the owner of the story. This is one of the reasons why museums became popular, replacing many privately owned Curiosity Cabinets and having detailed descriptions so that the mystery was shared.

The need for some to collect and show off inspired Curiosity Cabinets, which in turn established the modern museum as we know it today. Everyone who collects has their own potential museum. Something they enjoy personally or are willing to share their gained knowledge with. Either way that can never be a bad thing.



## KNOX TOASTMASTERS

Des Palmer

Some people fear public speaking more than they do death, it is said. Is that you? Well, it was me before I started at Knox Toastmasters five years ago. And look at me now, everyone at Knox Toastmasters realises now that I am speaking English, and not fluent Martian like they did when I started!

On a serious note, I can see how much I have benefitted from my Toastmasters experience.

We focus on overcoming nervousness and anxiety in a supportive and friendly setting. Some people come to help with their English skills whilst others like the skills that will help them climb the corporate ladder!

The meetings are, look, I'm not going to say laid back, that's not the nature of the beast, but a more nurturing environment you would not find. Everyone is so pleasant and encouraging, criticism is not levelled at anyone, methods of improvement are suggested, "Praise, Improvement and Praise" is the catchcry.

New members are assigned a mentor, a senior person in the club who guides you through the steps on your way to becoming a confident speaker. There are lots of experienced Toastmasters at the club who are always happy to help.

The meetings are run on the second and fourth Monday of every month at St Paul's Church in Dorset Road, Boronia, and run from 7.30pm until about 9.45pm. Camaraderie is overflowing and to be quite honest with you, I find it quite addictive. If I happen to miss a meeting, which is a rare occurrence, I somehow feel out of sorts, until the next one!

Visitors are always welcome. Preethi is our membership person so why not send her an email (kpreethi.au@gmail.com) or give her a call on 0405 697 031. Preethi can help you with any questions you have in regards to the running of the meetings and costs.

If you lot thought birds were my only vice, Toastmasters runs a close second! Come along and meet me and the team. You won't regret it, believe me.

### Piston Steel Shakedown Car Show and Shine and Family Fun Day

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Pin-up Competition  
Jumping Castle  
Trophies  
Sports Clinics

Giveaways  
Face Painting  
Raffle  
Roving Performer



## Kindness is Catching

Thank you for all the news and information published in your newspaper! Always interesting to see what is happening in our community.

My husband had a lovely experience at the Guy Turner Reserve on the 28 September '24. We went to the reserve with friends - children and grandchildren. My husband decided to 'investigate' the AFL grand final match played on a big screen which apparently belongs to the Bayswater Cricket Club. Instead of just having a look he became totally involved and stood watching for quite a while. I must add he is in his 90th year! The next thing he knew was a chap turning up with chairs and a beer! Ray from the cricket club decided to join my hubby! What a delight to experience such care and interest - not knowing each other from a bar of soap! Later on Robin and Steve from the club turned up too. We thought it was worth mentioning the names of the club and Ray initiating the 'hospitality'. Kindness goes a long way! What a nice gesture. Hope you all have a happy day and that you enjoyed the happy little story.

Kind regards and well wishes!

Mariana

## KNOX SAFE PL8 DAY (Safe Number Plate Day)

**Boronia and Knox police will tackle crime before it happens on November 9, running two events to supply anti-theft screws to secure number plates.**



Noticing a need to combat the theft of number plates, police at Boronia's uniform and Knox's Proactive Police Unit will combine to deliver 'Safe PL8 Day' at Bayswater Railway Station and Bunnings Scoresby.

Police said theft of number plates leads to further offending in the community.

"Stolen number plates are used by offenders to commit a multitude of crimes, from thefts to more serious offending like armed robberies and home invasions," Acting Sergeant Jake Jones said.

"Having different number plates on vehicles aide's offenders in avoiding apprehension as well. We would like the help of the community to limit the ability of offenders to steal plates, making the community safer."

The event at Bayswater Railway Station will be run with the assistance of the State Emergency Service, who will be at the event offering to assist in fitting screws to plates for a gold coin donation.

The proceeds will go directly to Knox SES, further aiding the local community.

At Scoresby Bunnings, the Safe PL8 Day will couple with an opening of Bunnings car park with kids crafts and a BBQ fundraiser.

Having two destinations to get anti-theft screws from is a plan by police to reach as much of the local community as possible.

"All members of Victoria Police do the job primarily to make Victoria a great place to live, and a Safe PL8 day is a way of us saying to the people where we work they matter to us," Acting Sergeant Jones said.

"Being able to deliver further safety for people and to do so alongside one of our other emergency services makes us very proud."

"We hope we can give away all our screws. If the day is as successful as what we hope, we will certainly look at holding another one."

Safe PL8 Day will run at Bayswater Railway Station from 9am-1pm, in the car park at the southern end of the car park.

At Scoresby Bunnings, it will be held from 10am-2pm.

Anti-theft screws are screws designed to not be removed with a normal screwdriver.

*Jake Jones, Acting Sergeant,  
Boronia Police Station*

Boronia Road Uniting Church  
209 Boronia Road, BORONIA

Enquiries:  
0421 769 067

**Makers & Growers MARKET**

Saturday  
9th November  
10am - 2pm

**Christmas in the Mall BORONIA**  
11-2. pm

**SATURDAY 30th Nov**

- Covers in the Corner
- Live Band
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## Knox Baseball Club

Our 2024 season may be over but what a season for the club! Seven (7) sides took the field in both senior and junior grades - our best numbers for some time. The Under 17, Under 15 and Under 13 (Major) teams appeared in finals with the under 17 team just missing playing the grand final, the under 15 team going down narrowly in their grand final and the under 13 Majors ultimately triumphant



A3 Winners

in their grand final. The E, B3, and B4 teams missed finals action in the senior grades. The A4 team staged an almighty comeback but fell 2 runs short of winning their semi-final, the A3 team were magnificent in going all the way and



Under 13 Major Winners

winning their grand final, the B Reserve team lost narrowly in their grand final. The B grade side played well in their grand final but did not get the chocolates.

The season began in April with the State Little League championships for two (2) age groups and ended with all but one junior side and 4 of 7 senior sides in finals action. The winning of the A3 and Under 13 Major grand finals took the club to almost 90 flags since its inception in

1977. Along the way the club participated in 2 busy sausage sizzles at BUNNINGS, our regular PINK DAY in May to support breast cancer research and ran a number of social functions. The club also expanded its merchandise range which directed work to a number of local businesses.

The Knox Baseball Club is looking forward to season 2025 when we again host the State Little League championships for Major, Minor, Development and Intermediate levels over two (2) age groups. This will run 11 – 13 April 2025, it will be the 7th time the club has hosted this event and will see approximately 1000 people per day at Gilbert Park to watch these games.

We also look forward to the challenge of earning promotion to A grade in 2026 while continuing to grow as a club by focussing on attracting and developing junior players in a family orientated and welcoming environment.

*Peter Williams, Secretary, Knox Baseball Club*



Pink Day 2024



## My Murky Murder Experience

*Danny Nolan*

I was eager to see what this new writing group Murky Melbourne was about since its inception in March this year, but days and times to date made it difficult to attend, somehow, all the stars aligned in early October and I was able to attend a meeting, to make it more palatable there would also be a special speaker I was looking forward to catching.

Arriving at Millers Homestead, (I have to make a note here, that Millers is a brilliant community venue, a true gift to the area.) I parked and started to follow a tide of women heading inside. This didn't seem out of place to me as my wife and some of her friends are keen crime fiction readers.

On entry, I followed the crowd into a room filled with rows of chairs, a lectern, and a microphone up the front, Since the room was starting to fill. I, in turn, took a seat at the back, I didn't want to advertise the fact I was writing a review. It was then a young lady appeared next to me and asked if I'd like to recite some of my poetry?

It dawned on me that I may be in the wrong room.

So I asked, "Isn't this the Murky Murder meeting?"

She looked at me as if I'd farted, but luckily someone behind me said, "It was in the room across the hall." Giving my thanks, I up and left.

Across the hall, a solitary lady was sitting at a large oval table. Suspiciously like one that you'd see all the characters in an Agatha Christie novel having dinner around just before the lights went out and someone ended up murdered. I was followed in by

another lady and then our host Mark Glazebrook, who walked in and informed us that the guest speaker for the night had made a late cancellation due to an unfortunate family matter.

He asked me if I still wanted to stay and it was decided we would continue anyways.

And I'm so glad I did.

Murky Melbourne Writers Group gathers on the first Wednesday of the month.

It's a very inclusive group that talks about the darker side of writing, whether it be crime, mystery, suspense, or horror, and the many genres that are offshoots of those styles. Be it fiction or fact.

On the night there were only four of us. Previous meetings have had more, but like me, others have problems with scheduling. Even with this limited number, I was amazed at how much we had to talk about.

I had envisioned people taking turns reading manuscripts of unfinished works, or discussing their favourite authors. Maybe they do that, but not tonight.

Mark Glazebrook, the creator of this local library-endorsed group, is enthusiastic and generous to let the conversation find its own way.

We talked about writing prompts & styles, influences, how popular fiction had changed over the decades, and even local murders.

The time flew by, and it had me thinking a few more people and this could go on for ages. It made me wonder what the time frame would be if the guest speakers had fronted.

Group creator Mark Glazebrook, ingeniously has

organized people of varying professions that may be of interest, if not influence and inspire any creator. These in the past have included a Private Detective and a member of the Police Forensics lab.

For the future, he has lined up the curator of a Cemetery, an embalmer, and a money expert.

We did an exercise on what one may suggest as an important idea before starting a story. Both in execution and style.

I think I learned more from that little 15-minute round table than I did at school, just simple ideas that make things work better. I was impressed.

There was an incident that happened during this exercise. Outside, raised voices and loud shouting seemed to be coming from across the way. With the door shut I actually thought maybe we were inadvertently hosting our own murder in the other room. It was discovered the meeting where I mistakenly entered earlier was having a Poetry Slam. A kind of poetry battle that can get a bit lively and encourage audience participation and in turn can get a bit rowdy.

It was all good.

I think we could have got our own back. If someone was passing our door at the right time they may have heard: "I don't like killing children," or "Burying the body is easy, it's the dismembering of it that I find hard."

Take away the writing context and things get murky.

Murky Melbourne Writing Group 6-8 PM. First Wednesday of the month at Millers Homestead. All welcome. Book a seat. [murkymelbourne@gmail.com](mailto:murkymelbourne@gmail.com)



# The Gully Market

Operating from the upper gully station carpark is pleased to announce two other recipients of our donations since the end of August 2024F

Firstly, to celebrate Fathers Day and to help launch prostate cancer awareness month, the gully market donated \$3000 to the Prostate Cancer Foundation Australia. This donation is to be dedicated to the specialist prostate cancer nurses program. Anyone who has had prostate cancer, and has had a nurse assigned as a contact will know how invaluable they are. I know firsthand. At Boxhill Hospital they have Melissa and Amelia. Everyone knows someone with prostate cancer. 1 in 5 men have it by age 85.

Secondly, on the 26 October, we donated \$2,500 to Upper Ferntree Gully CFA . This money will go towards retraining all their volunteers on first aid, which has changed a lot since most had done it. As with most things that the CFA need, they have to rely on fundraising and donations to meet their end requirements. Not only are these VOLUNTEERS out there attending fires, accidents and other emergencies. They also spend hours and hours fundraising.



Other donation events in the pipeline are the Angliss Hospital, the Foothills Community Care Org., and a couple of others. Last but not least, I ask the community to not only directly support these organizations( every dollar counts), but also support our friendly little market, so that we can continue to support these wonderful organizations.

*Ian Rice, President Gully Market*  
*Tracy Pate, Treasurer/Secretary*  
*Dianne Cree, PA/ Social Media.*



## BEN'S PLACE

Operating 6 days a week from the Seniors Hall at The Basin triangle, Ben's Place is a free food pantry offering fresh produce and pantry staples to locals in need and serves as a hub of care and support.

To promote self-sufficiency and encourage home gardening, Ben's Place recently distributed free vegetable seeds and seedlings which were generously provided by "The Basin



Food is Free Project and Community Garden." We hope these plants will bring joy and abundance to those who took them home to grow.

Another successful event was made possible by a grant from BUPA, enabling Ben's Place to offer free haircuts to the community. A big "thanks" to local hairdressers Sammi and Alyssa who barely stopped all day, managing to cut the hair of 27 very grateful locals.

In addition to these services, Ben's Place is committed to supporting local pet owners. Thanks to ongoing support from Pets of the Homeless, Ben's Place continues to distribute dog and cat food to families who may be struggling to feed their furry friends.



This program has been well-received by community members who value the opportunity to keep their pets healthy and happy, even during difficult times.

Ben's Place is always in need of more sponsors. If you or your business is in a position to provide us with sponsorship or donations, please reach out to Liz and the team via email:

**group.cskyr@gmail.com**

*Rebecca Redfern*



## DEMENTIA AUSTRALIA

**Dementia Australia** is the national peak body supporting people living with dementia, their families and carers.

- Dementia can happen to anybody, but it is much more common after the age of 65.
- There's currently no known cure for dementia, but there are treatments for many of the symptoms, and support is available.

The National Dementia Helpline

**Freecall 1800 100 500**

**Email: [helpline@dementia.org.au](mailto:helpline@dementia.org.au)**

**Website: [dementia.org.au](http://dementia.org.au)**

### Personal referral:

If you have dementia or mild cognitive impairment, or you're concerned about someone close to you who does, you can submit a referral form found on the Dementia Australia website. A staff member will get in touch to discuss services and support.

**Great new resource – "Community Education Toolkit" at [dementia.org.au](http://dementia.org.au)**

More than 421,000 Australians live with dementia, and more than 1.6 million people are involved in their care. Dementia is the second leading cause of death in Australia and will likely soon become the first, yet it remains a challenging and often misunderstood condition.

Dementia Australia responds to this challenge with trusted information, education and support services.

### Key points

- Dementia is a brain condition. It's not a normal part of ageing.
- The effects of dementia vary, but generally, dementia affects your mood, memory, thinking and behaviour.

### NATURE, MAKE US HAPPY

Got up early morn, peeped through the door.  
 Ferocious winds' blowing through the bough.  
 Helpless trees swaying, to and fro.  
 White petals spread hugging the floor.  
 Tiny white drops, falling like bubbles.  
 Birds on the trees, flutter their wings.  
 Turn their beaks, pecking at twigs.  
 Melodies and rhymes, hidden in their throats.

Dark gloomy skies, watching sad scenes.  
 Rain and the winds, hands in hands.  
 White soft clouds, flown far and vanished.  
 Tears falling down, and filling the low lawns.  
 Helpless I say, "Come again Rain.  
 Trees get fresh and dance in the rain  
 Change your moods, wind, send soft whirls.  
 Make all happy NATURE, wish of the beings.

*Dayangani Silva*



Remembered still those souls who tried  
 To save the world, but many died.  
 A moment stolen for a tear,  
 As we recall those unlied years.  
 The camaraderie that flew those souls back home to those they knew,  
 And loved them dear and held them close  
 But for our sakes released to foes  
 The silence that they leave behind  
 Is space to calm the troubled minds of those they loved -  
 And can't rewind.  
 Again this day we give our thanks  
 For those returned from serving ranks  
 And them 'as gave it all away  
 Forever in our minds will stay.

**"Remembered Still Those Souls"**  
*Ernie Rowe*



## Keeping your children's teeth healthy

*Joy Shelley*



As a child in the 60's I grew up with a fear of going to the dentist as this generally meant getting another filling. My children grew up in the 90's and had no fillings as children. Recently whilst on bath duty for our two-and-a-half year old grandson, I was asked to make sure he brushed his teeth. "Really?" I asked, "Isn't he a bit young? I don't remember starting the teeth cleaning routine so early."

Whether or not you get dental decay can be a mixture of genetics as well as good health behaviours. The 1960's saw the introduction of fluoride to the water as well as toothpaste containing fluoride. Fluoride replaces the minerals in tooth enamel which are lost when acid attacks them. Who remembers the famous Colgate ad from the 1970's, "Ooh it does get in," with Mrs Marsh, who snapped a stick of chalk that had been dipped into a glass of dyed water, to imitate how the toothpaste would penetrate the enamel to protect teeth. Teeth cleaning also physically removes food particles left in the mouth and prevents bacteria breaking them down to acid.

So how far have we come in protecting our teeth and general dental health since the 1960's? Are we getting better or worse. Studies in NSW compared the dental health of 12 year olds in 1963 to those in 1982. The average number of decayed, missing, and filled permanent teeth (DMFT) per child declined from 8.49 in 1963 to 1.37 in 1982, a reduction of 84%. By the mid 1990s, the average DMFT for 12 year olds had decreased to <1 but by 2012 it was back to 1.3 again. The rates for baby teeth (dfmt) for 5-10 year olds is generally a bit higher with the most recent survey (2012) showing the average being

1.5 in Australia. This is because the enamel (hard outer layer) is much thinner and softer on baby teeth, making them at greater risk of decay.

Whilst these statistics sound pretty good, this still means that over 40% of primary school children have a least one cavity and from 12 – 15 it starts to get worse. It's not hard to figure out what the main culprit is. A recent study found more than seven in ten Australian children aged 4-8 exceeded World Health Organisation guidelines of less than 12 teaspoons of sugar a day.

It isn't just sugar itself which can cause problems in young children. Fruit juice drinks and fruit juice contain acid which can breakdown the tooth enamel. Milk contains the sugar lactose which can be broken down to acid if left in the mouth during sleep. During sleep there is little saliva produced to wash it away and it is therefore best to remove breast or bottle milk before sleep.

So given that we are not going to avoid sugar, acid or milk in our children's diets, it is best to start cleaning teeth as early as possible. From about 18 months is a good time to start when they are getting a range of different foods and brushing is needed to remove them. At this stage they need help but by 3 years old they can probably start themselves and between 6 and 9 they should be able to do it effectively. It is recommended that up to six years of age you use a small pea-sized amount of children's low-

fluoride toothpaste as they are inclined to swallow it rather than spit it out. Use a small, soft toothbrush to brush teeth and along the gum line. Children of course are notoriously stubborn and it isn't always easy to get them to clean their own teeth or even to let you do it. There are lots of fun ways to introduce teeth cleaning and keep children involved. Here are a few.

- Let your child pick a toothbrush that he or she loves – with a favourite colour or character on it. Trying a fun flavour of toothpaste can help, too although not if they wanting to swallow it!
- Make it part of the routine so that they expect it.
- Brush your teeth at the same time so they feel like it's important for you too.
- Sing any one of the numerous teeth brushing songs.
- Make it a fun game of trains or planes or have them or have them "chase the sugar bugs away" as you help them brush their teeth.

## International Sandwich Day – November 3rd

*Joy Shelley*

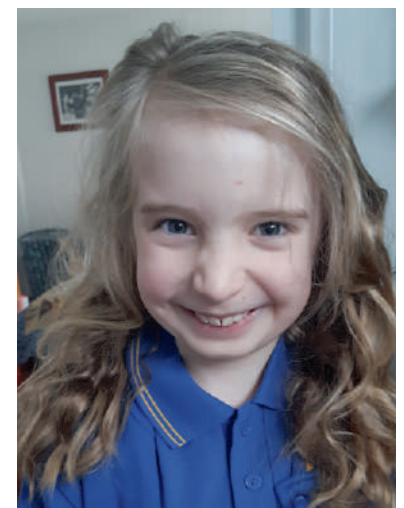


In 1762, John Montagu, the fourth Earl of Sandwich, asked his cook to make him a snack that he could eat while gambling at cards. The cook decided to place some meat between two slices of toast so that the Earl could continue to play with one hand free. However, neither the Earl nor his cook were the actual inventors of the sandwich. The Earl and his staff had visited the Eastern Mediterranean and had seen them prepare sandwiches which the Earl asked his cook to copy due to its convenience. After a few years, the sandwich was well-established in English culinary traditions and by 1815

had made its way into an American cookbook.

There has been some debate over the years as to what can be called a sandwich. It is generally accepted to be a dish consisting of any food used as a filling between two slices of bread or placed on a slice of bread, or any dish in which bread serves as a container or wrapper for another food type. Hence anything from our humble vegemite sandwich to our iconic sausage sizzle and everything in between can be called a sandwich. Some examples from other countries include: Croque monsieur (France), Smørrebrød (Denmark), Falafel (Egypt), Gyro (Greece) and Bánh Mì (Vietnam) just to name a few.

**November 3rd can be a great day to try a sandwich which you haven't had before.**



**Young Writers Award winner for October, Sophie Hautot** was pleased to receive her award certificate and \$50 voucher.



# Summer camps for children in our Community

Cath Shelley

KIDS  
ZONE

As the end of school approaches, so does a big dilemma for many working parents.

What will my kids do whilst I'm working?

As the push to be 'back in the office' only increases, most working parents face the daunting task of securing care for their children. With schools closed for weeks, balancing work commitments and childcare can be overwhelming. The local Facebook Mum's groups are filled with parents scrambling to arrange activities that are not only engaging for their kids but also fit their work schedules. The lack of accessible and affordable programs exacerbates the stress, leaving many feeling anxious or guilty about their children's options.

Local community centers and organizations can play an important role in offering holiday programs that provide structured activities for children. However, spots can fill quickly, and parents may struggle to find options that align



Image: <https://ilukaretreat.com.au/school-camps/>

with their needs, timing and budget.

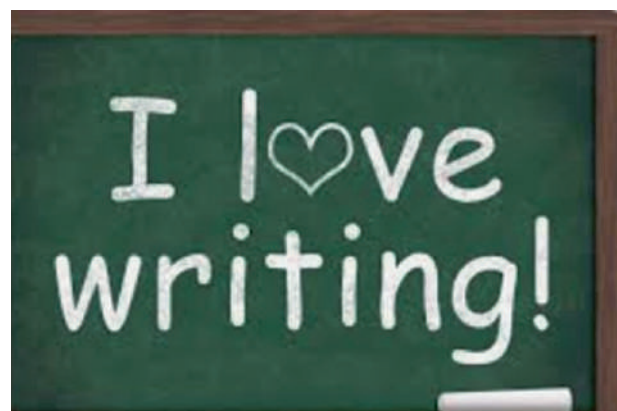
One such program run by a local Community organisation in Bayswater, the Temple Society, offers a week-long Summer Camp where children socialise and participate in enriching and fun experiences. Children aged 10-17 can

enjoy exciting experiences that build new and old friendships, increases resilience and personal growth in addition to skill development.

The key to keeping it affordable for parents (only \$600, all inclusive!) is the team of highly skilled volunteers who run this program open to all, who are truly interested in fostering a fun and safe environment for kids to

build a community.

**For more information on  
Summertime please email  
youth@templesociety.org.au**



**Young Writers Awards for November, 2024** are shared here for your enjoyment. All submissions are published as submitted, without editing. We apologise that not all submissions can be published, but those which are, receive a \$50 voucher and a certificate. Submissions should be checked for compliance with the submission guidelines detailed on the website (especially the 400-word limit). Please upload your submissions here and confirm permissions in the online form.



## Nature

Gaia Geddes, Year 5

Boronia Heights Primary School

All around are animals and trees,  
Flowers are always covered in bees.  
My favorite flower must be daisy,  
If you agree you're not crazy.  
In nature there are birds,  
Lots of animals live in herds.  
There are apples, bananas, carrots too,  
I like eating them how about you?  
Imagine what it will turn into if people keep  
making houses,  
There won't be horses, pigs, sheep or cows.  
It will just be man made,  
All nature will just fade.  
So plant some seeds,  
In the ground beneath  
Us standing here,  
And having fear,  
Of what will happen to plants,  
And what will happen to the ants,  
If nothing grows,  
You can't pick a rose.  
So help if you can,  
and finish this plan.

## The Day My Heart Got Broken

Alirah Miller, Year 5, Boronia K-12

Once upon a time, there was a girl named Lily. She was just like any other kid in her school, except she had a best friend named Emma. They were super close, like two peas in a pod. They'd play at recess, trade snacks at lunch, and tell each other secrets no one else knew. Lily thought Emma would be her best friend forever. One day, everything changed. It was a sunny Tuesday when Emma started hanging out with another girl named Sophie. At first, Lily didn't think much of it. But then, Emma stopped sitting with her at lunch. She wouldn't play with her at recess, and worst of all, she didn't want to talk as much. Lily's stomach hurt every time she saw Emma laughing with Sophie, like the laughter used to belong to them but now it didn't. Lily tried talking to Emma about it, but Emma just shrugged and said, "You're being too dramatic. Friends can have other friends." That sentence was like a big rock hitting Lily's heart, and she felt a tear come to her eye. She wasn't

trying to be dramatic, she was just really, really sad. One day, at recess, she went up to Emma and Sophie. "Can I play too?" she asked. Sophie looked at Emma and said, "No, we're already a pair." Emma didn't say anything, just kind of looked away. Lily felt her heart break in that moment. It was like losing something really important, but you couldn't do anything to get it back. That night, Lily cried into her pillow. She wondered if she had done something wrong, or if she wasn't good enough to be Emma's friend anymore. The next day at school, she tried to act normal, but her heart still hurt. She realized that sometimes people change, and maybe Emma wasn't going to be her best friend anymore. And that was the hardest part of all.

But slowly, Lily started to feel a little better. She talked to other kids and found out that some of them liked playing the same games she did. She made new friends. Even though her heart was still a bit cracked, she learned that it's okay to feel sad sometimes, and it's okay to make new friends too. But she would always remember the day her heart got broken for the first time.

KIDS  
ZONE



# Postural Orthostatic Tachycardia Syndrome

Matthew Payne,

Year 8 student at Boronia K-12 College.

In my last article about POTS (Postural Orthostatic Tachycardia Syndrome), I briefly discussed the challenges faced by people suffering from this horrid condition. POTS is a form of Dysautonomia - nervous system malfunction - which affects over 200,000 people in Australia, including me.

Whilst there is a dismal prognosis, there is some hope for those with POTS, and Dysautonomia in general. That comes in the form of Zebras Australia. They are a small, trailblazing company based about an hour away, in Richmond; who offer a whole range of services in order to help people with Dysautonomia. They also operate online, so that people who can't easily get to Richmond, don't have to miss out. Their work in increasing awareness about Dysautonomia and offering helpful care has led to them being finalists in the Telstra Best of Business Awards.

Zebras Australia have helped me by teaching me about my condition, and also new ways of treating it. I was surprised to learn that I don't eat nearly as much salt as I should. People with POTS are supposed to eat 250% more salt than the general population, or about 8 grams per day - varying per person. For me, this was a stark finding, considering that as a society we are so anti-salt. It is important to remember that whilst salt is bad for most people, it isn't bad for everyone.

What exactly does POTS do to you?

POTS affects the cardiovascular system, which has a whole heap of repercussions. Tachycardia is a fast heart rate. Orthostatic means to change your posture from laying to sitting, or from sitting to standing. Syndrome just means that it isn't a disease. It isn't contagious. Therefore, Postural Orthostatic Tachycardia Syndrome means that when you sit or stand up, your heart rate increases.

Sometimes my blood pressure will drop simultaneously, other times it won't. If your blood pressure drops by 20 or more when you stand or sit up, the advice is to rush to hospital immediately, as you are at risk of fainting. This is a greater concern if your blood pressure is low to begin with. That advice applies to anyone, not just those with POTS.

I like to think of it as when I stand up, my blood stays at the same point, whilst the rest of my body moves. Sort of like that sinking feeling when you're on a carnival ride. This means that if I raise my hand too quickly in class, sometimes it gets painful pins and needles. It also means that I can't tolerate elevators. They move much too quickly. Because your legs are sort of like natural pumps that pump the blood back up to your heart, it is easier for me to take the stairs than the lift.

Unfortunately, I once got stuck in the stairwell of Box Hill Hospital, on the 9th floor. This emphasises the point that we must have the staircases unlocked so that those who need to use

them can. I am terrified of accidentally setting off the fire alarm by opening the door to a fire escape stairwell. Our area is low built, so it isn't much of a concern, however, with density rising, it is definitely something that needs to be considered.

We also need to ensure that there are seats and shade at every bus stop in our state. For me, temperatures above 27 make me collapse. Recently, I had a fall at my closest bus stop - which doesn't have either. Much to my dismay, when I grabbed the sign to steady myself, it almost came down with me. Seats are desperately needed, and they are something that everyone can benefit from.

I hope that by telling you about my condition, society can start to shift its perceptions of people with POTS. Hopefully, treatments for us will become common knowledge, and our cities can be built to accommodate everyone. Services such as Zebras Australia are incredibly important, so I hope that they become more well known, so that they can help as many people as possible.



Matthew Payne is a recent winner of the BBCN Young Writers Award. He has extended his passion for writing through continuing to contribute reflections on his personal experiences. We are very pleased to share his insights with the

BBCN community, especially as they are well researched and help to increase community awareness of unusual conditions. If you have something you would like to share as well, please send it into us (see page 2 for contact details).

# KNOX OP SHOP TRAIL

Make the 'shift to thrift' this November

Calling all treasure hunters, bargain seekers, and sustainable shoppers! The Knox Op Shop Trail is back and ready to help you shop savvy, give items a new home, and do your bit for the environment.

Did you know that the average Australian throws out 23kg of textile waste into landfill each year and then replaces it with another 27kg of new products? Australians are also the second largest consumer of textiles per person in the world after the United States. Textiles are also the most carbon-intensive materials per tonne to be produced. Op shops can help us change this trend by providing long-term social, economic, and environmental benefits. They are great places to donate quality items you no longer need, which reduces waste in landfills. Op shops also encourage us to buy quality second-hand clothing and household items, helping us recycle instead of buying new products. This reduces greenhouse gas emissions from making new textiles. Plus, the money made from sales at op shops supports community relief services.

This November, join us for the Knox Op Shop Trail to explore the 20 op shops in Knox. Support our community and make a difference by reducing, reusing, and recycling all while finding great bargains!

How does the trail work? *Info from Knox City Council News*

- Register for free to participate
- Print out a Competition Trail Form
- Visit participating stores from 1 – 30 November and get your form stamped. No purchase is necessary
- If you decide to buy something, enjoy special shopping discounts as part of the trail
- Donate goods to a store to receive an extra stamp
- Send your complete form into us by 6 December

Make the 'shift to thrift' this November and kickstart your sustainable shopping journey!

To register, go to [stickytickets.com.au](http://stickytickets.com.au) and search "Knox Op Shop."

For more information contact Anouk, Waste Education Officer on 9298 8000.

## SCAMWATCH.GOV.AU

Criminals are emailing people and falsely claiming they have hacked into their computers or webcams and have access to compromising images and videos of them. These criminals are threatening people by saying they will release the images and videos unless they're paid. They include personal details such as birth dates and addresses in the emails to intimidate people into sending them money.

These personal details are most likely from previous public data breaches. Anyone receiving this scam email should know that there is no evidence that the criminals sending these emails really do have access to people's webcam or computer.

There have been hundreds of reports recently of people who have been targeted in this way.





**PET'S PIECE**  
**ALFIE**

Alfie is a 9-year old mini Groodle that was seen by us for the sudden onset of vomiting. He was acutely unwell and became quite lethargic.

An abdominal ultrasound was performed on Alfie, which confirmed a foreign body present. This was seen as a big black shadow on ultrasound, as the material could not penetrate the sound waves. On bloods, Alfie also had a low potassium which is occasionally indicative of an upper gastrointestinal tract obstruction.

The decision was made to operate on Alfie and remove this foreign object.

During surgery, an abdominal incision was made to allow us to explore his stomach and intestines to find the obstruction. A large, linear object of combined rubbish including grass and material, formed a trichobezoar. This then caused the foreign object to anchor in the stomach, and hence could not pass through to the small intestines completely as it was stuck. As a result, Alfie required two incisions - one in the stomach to help release the anchor, and another in the intestines to help remove the remainder of this material. The more incisions we make in these types of surgeries, the greater the risk of wound break down. Additionally, incisions in the stomach carry a lower risk for wound break down compared to those in the intestines due to the lower amount of bacteria in this area.

Intestinal incisions are at risk of break-down, with the highest risk period being the first 3-5 days post-operatively. As a result, we need to keep a very close eye on these guys to ensure they are eating well, defecating normally and no longer vomiting. It is also important to monitor their abdominal incision wound to ensure it stays clean and dry. When things are not going as well, the biggest report from owners that we have is that their dog is no longer improving each day, but rather has shown signs of deterioration.

Unfortunately for Alfie, there were complications post-operatively and his abdominal incision started to have purulent material dripping from it. This made us concerned for possible infection and septic peritonitis. Alfie also became progressively lethargic and flat, and hence the decision was made to go back into surgery urgently and explore the abdomen. Often this decision can be difficult to make, but it is certainly better to explore the abdomen, then to leave it as it can be potentially fatal if left unattended. Alfie's intestinal incisions had broken down and he had developed a septic peritonitis.

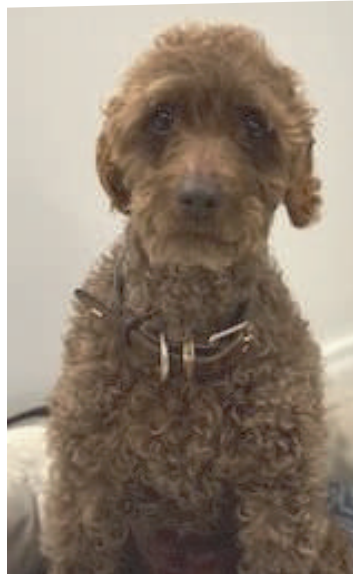
Our next step was to debride and re-stitch the wound as well as ensure we flushed the

abdomen copiously with warm fluids to try and clean out the abdomen as best as we can.

Alfie then stayed with us in hospital for 3 days on intravenous antibiotics, pain relief and fluids.

He continued to show miraculous improvements and started loving his food again. We monitored Alfie for any vomiting and lethargy or reduced appetite. His owner, continued to monitor him over the next 7-10 days to ensure there was no decline in Alfie's demeanour. She was told very strictly that if there were any changes to him or she was concerned to promptly revisit, as we are still at risk of wound break down.

Alfie was strictly rested for 2 weeks and he continued to thrive. We are proud to say that after his revisit appointment, his stitches have been removed and he is back to his naughty self. He even tried to eat another object at home, which thankfully he did not manage to get to.



We are so proud of how strong Alfie is - where he continued to fight, despite being very unwell. We hope he one day learns, in his ripe old age, not to eat any more of these objects. We are going to miss having him come in so regularly, but are grateful that he can continue to cause amuck at home.

We can't wait to share with you a story next month on another boy named Alfie who also stole our hearts with his story.

*Dr Gianne Ficatas, Veterinarian, Boronia Vet Clinic*

**Boronia Veterinary Clinic & Animal Hospital**  
 181 Boronia Road, Boronia  
 (cnr Langwith Ave)  
**Phone: 9762 3177**  
 www.boroniavets.com.au  
 \*Serving the community for over 45 years\*

With over 20 veterinarians, we are one of the largest, privately owned, single site, general practice veterinary hospitals in Melbourne.

Our commitment is to provide diverse options to the entire community.

The clinic offers extended consulting hours, and our hospital provides round-the-clock care 24 hours a day, 365 days a year. Our existing clients enjoy a 24 hour service.

**REAL HONEY MATTERS**

*Michael and Meredith Johnson*

The kids are back school and you are looking for a healthy snack for their lunch boxes and here is one for you to try.

**Honey Walnut Bars:**

**For shortbread base:**

- 1 cup all-purpose flour
- ½ cup icing sugar
- ½ cup unsalted butter, at room temp.

**For the filling:**

- 6 tablespoons unsalted butter
- ½ cup light brown sugar
- ½ cup Basin Backyard honey
- 1 cup walnuts, very coarsely chopped, or in halves
- ¼ cup heavy cream
- pinch salt
- 1 teaspoon vanilla extract
- ½ teaspoon lemon zest, (about ½ a lemon)



**Instructions**

**For the shortbread base:**

- Preheat oven to 180°C.
- Butter or spray an 8-inch square pan and line with a wide strip of parchment paper, covering the bottom and two sides. The other two will be greased but not lined.
- Mix soft ½ cup unsalted butter with ½ cup icing sugar in a large bowl. It should be creamy.
- Add 1 cup all-purpose flour and patiently incorporate it all until you have a soft dough. I use a spatula or a wooden spoon.
- Place small mounds of this dough in the bottom of the prepared pan. With your fingers, press until it covers the whole surface.
- Prick with a fork and bake for 15-20 minutes, until starting to dry and barely color. Reserve on a wire rack while making the filling.
- Leave the oven on.

**For the filling:**

- Put 6 tablespoons unsalted butter, ½ cup light brown sugar and ½ cup Basin Backyard honey in a medium saucepan.
- Cook on medium heat until it boils, stirring occasionally. It will foam, so you may want to lower the heat a bit.
- Remove from heat and immediately add 1 cup walnuts, ¼ cup heavy cream, pinch salt, 1 teaspoon vanilla extract, and ½ teaspoon lemon zest.
- Pour into the pre-baked crust and return to the oven for 20 minutes. It will be bubbling and still look wet and somewhat runny, but not as much as before baking. The filling hardens a lot when it cools down, and if you bake it too much it will become so hard it will be almost impossible to eat.
- Remove from the oven and let stand for 5-10 minutes on a wire rack.
- Carefully run a smooth-bladed knife around the edges so that they don't stick when you remove them.
- Let the pan cool completely on a wire rack and refrigerate for 30 minutes.
- Lift the paper to remove the whole block from the pan. Cut into squares and serve. The squares will hold better if they're chilled first.



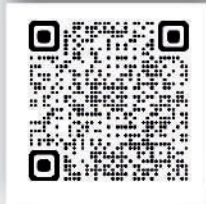


# I'M HERE TO HELP!

My Aston Electorate Office can assist you with information about Federal Government services, including:

- Services Australia
- National Disability Insurance Scheme (NDIS)
- Medicare
- Australian Taxation Office (ATO)
- Immigration, citizenship and customs
- Passports
- Pensions, and My Aged Care
- Child support
- Veterans' Affairs

Scan to keep up to date



## Get in touch

- ✉ [mary.doyle.mp@aph.gov.au](mailto:mary.doyle.mp@aph.gov.au)
- 📍 Suite 4, Level 1, 420 Burwood Hwy, Wantirna South, VIC 3152
- ☎ (03) 9887 3890
- 🌐 [www.marydoyle.com.au](http://www.marydoyle.com.au)
- 📱 @marydoylemp

**Mary Doyle MP**  
Federal Member for Aston



## In Aston we are delivering:

- ✓ A Medicare Urgent Care Clinic in Bayswater
- ✓ Increased funding to Knox City Council for local roads and services
- ✓ Fee-Free TAFE
- ✓ Giving every Aston household a \$300 energy rebate
- ✓ A tax cut for every taxpayer
- ✓ Extra funding for the State Government to build more homes
- ✓ Wiping \$3 billion in student debt and fixing indexation
- ✓ Paid Parental Leave

## I've already delivered:

- ➔ \$66,000 in the 2023/24 Volunteer grants
- ➔ \$150,000 in Stronger Communities Programme grants
- ➔ \$35,000 in local sponsorships and community donations
- ➔ \$5,000,000 for Tormore Reserve Pavilion upgrade
- ✓ Cheaper child care
- ✓ The biggest investment ever in expanding bulk-billing
- ✓ A freeze on the cost of PBS medicines for every Australian
- ✓ A pay rise for minimum wage workers, aged care workers & child care workers

The Albanese Labor Government is helping all Australians with the cost of living.



"I'm working with our community each and every single day to get things done, delivering for Knox and to build a better future for all constituents of Aston."

☎ (03) 9887 3890

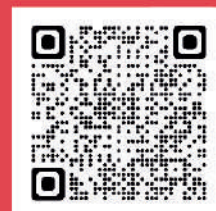
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📱 @marydoyleMP

Labor



**Mary Doyle MP**  
Federal Member for Aston



SCAN ME!  
GO TO MY WEBSITE



## BREACH OF MEDICARE BULK BILLING RULES

Recently it was brought to my attention that some of my constituents in Aston were charged an upfront 'co-payment' by a medical practice to guarantee subsequent bulk billed consultations for the remainder of the year.

I want to reassure my constituents that this practice is unlawful, and if anyone hears of this happening, whether in this electorate or elsewhere, please let me or your local Federal Member know.

A medical practice cannot charge an annual membership, administration/registration fee or co-payment to guarantee a patient bulk billed services.

This would be a breach of the Health Insurance Act.

The Health Minister, the Hon. Mark Butler, has asked his Department to investigate this urgently and take action to protect patients from overcharging.

Our Government has made the biggest investments in bulk billing in the history of Medicare, and I don't want it to be eroded by practices using illegal subscription services.

When a patient is bulk billed by their medical practitioner, they should have no further out of pocket costs.

**MARY DOYLE MP**  
Federal Member for Aston



### MAKING A DIFFERENCE FOR ONE

I've been volunteering with the Adult Migrant English Program (AMEP) for a few months now.

Following the orientation, I was assigned my first student. We have met weekly for an hour or so in a library, and it has been really encouraging to see the progress that he is making.

AMEP has heaps of useful resources available for volunteers. I have found that our local paper has been of great value. My student takes the paper home, picks out specific words and phrases, and we discuss these at our next meeting. One week, the Local Services Ads near the back turned out to be bit of a goldmine for learning new words.

One hour a week may be something that you have available to share.

There is an online Zoom session Wednesday 13 November, 6.30-7.15pm.

AMEP would be really pleased to hear from you. Their contact number is 9269 1514. You can look them up on Facebook; visit their website at [www.melbourneamep.com.au](http://www.melbourneamep.com.au)

*John Pernu*



**Jackson Tyalor, State MP for Bayswater**

The State Government is continuing to back in Boronia, making our suburb even better with more money delivered through the Boronia Revitalisation Board.

As Chair of the Revitalisation Board, I welcome this additional funding of over \$500,000, which looks to deliver a new series of new community-driven projects, aimed at enhancing Boronia's social, economic, and environmental landscape.

These initiatives, representing a substantial investment in Boronia's future, are designed to foster community connection, boost local accessibility, and provide essential support to residents:

**Food-Connect-Support Boronia** – Delivered by Knox Infolink, \$58,000 has been provided by the State Government for this project which will see significant upgrades to their building and street frontage, which will enhance community awareness of available supports and services, create a more welcoming environment, and pilot an approach for improved access to emergency food assistance outside standard operating hours for the local community.

**Green Spine Corridor** – This multi-year project, supported by \$300,000 from the State Government and delivered by Knox Council, will establish an east-west pedestrian and cycling link and a green spine corridor through the Boronia activity centre. It will connect key destinations, such as Chandler Park, Boronia K-12 College, Boronia Train Station, Boronia Junction, and Tormore Re-serve, providing a safe and direct route for all ages and abilities.

**Boronia Community Breakfast Program - Stage 4** – Run by Knox Infolink and funded with over \$80,000 from the State Government, this funding will assist in delivering the program which offers free breakfasts four mornings a week. It provides a supportive space for disadvantaged community members to connect with others, engage in social activities, and access further support services at Knox Infolink and other local services.

**Boronia Voices** – This project, led by Eastern Community Legal Centre with \$49,594 in State Government funding, will connect community members through a shared love of food. Participants will share their favourite recipes and stories, culminating in the creation of a community recipe book, "Tastes of Boronia."

### BORONIA LAWYER AWARD

The Family Lawyer, led by Partner Kristdel Bolog, was awarded Best Child Custody & Support Practice 2024 - South East Australia and Family Law Advocate of the Year 2024 (South East Australia) at the prestigious APAC Legal Awards 2024. Whether assisting clients



**Jackson Taylor and Daniela De Martino, with Penny Robinson (centre), Manager of Knox Infolink**

**Pathways to Employment** – Supported by \$39,820 from the State Government, and run by Swinburne University, this project aims to develop pathways from non-accredited to accredited training for locals in the Boronia community, specifically targeting employment in the care sector.

**Community and Economic Development Booklet** – Funded with \$19,209 from the State Government, and run by Your Library, this initiative will produce booklets for Boronia residents, detailing local service providers and businesses. This project aims to strengthen community connections, support isolated residents, and reduce barriers to accessing services. This funding builds on previous rounds of investment through the Revitalisation Board totalling over \$5 million to date and with plans to upgrade the Boronia Station, the State Labor Government is committed to ensuring Boronia's brightest days are in its future.

These further investments from the (State) Government are another step towards a vibrant, active and inclusive Boronia. I'm stoked to have secured millions of dollars of funding to revitalise our CBD to ensure Boronia lives up to the aspirations all locals have for it - to be a thriving and connected community. This significant investment is on top of my commitment to upgrade Boronia Station, and I'm stoked that plans are underway to do just that. It's all happening in Boronia!

Daniela De Martino MP, Member for Monbulk added; "I'm very proud to be a part of the (State) Government support for Boronia with funding for worthy projects and programs. These will make a real difference to residents' lives."

with child custody arrangements, property settlements, or spousal maintenance, Kristdel and her team provide a holistic approach to family law, combining empathy with expert legal advice to achieve the best outcomes for families.

Visit [thefamilylawyer.com.au](http://thefamilylawyer.com.au) to find out more.



**RENEE OLIVE SAMMONS**

What struck me the most when I first met Renee was her direct gaze. Here was a woman who looked straight at you; with eyes that had not dimmed even though they were 103 years old. Intelligent; very elegant with a noticeable European style and presence about her.

Renee was born in South Africa in 1921 which at that time was a British Colony. When I asked Renee what her ethnicity was she replied without hesitation and with some pride "French Mauritian." Her family story is a story of immigration while still retaining a strong sense of identity and of family history. Renee's maiden name was Gillot, her father being Ferdinand Gillot. He had emigrated from Mauritius to South Africa to take up a position as Chief Engineer at a sugar cane mill thirty kilometers outside of Durban. I asked Renee whether she was close to her father and was he an affectionate man. Renee looked at me rather surprised by the question and replied matter of factly, "No, children were to be seen and not heard." She did recount that at dinner time all the eight children were given a small glass of claret with their meal and that they were expected to wait at the table for her father to finish eating his meal. They were to sit up straight, in silence and with their hands closed and thumbs up in front of them. They would sometimes have to wait for up to an hour as her father was a very slow eater.

It was a time and a life of simple pleasures and pastimes. Renee described herself as a bit of a tomboy, fishing with her brothers for crayfish using a bent wire and line off the rocks. She was also given the task of filling the bottles of claret from the barrel that her father had delivered from a winery in Cape Town. Renee would siphon the claret from the barrel into the bottles making sure she had a good swig in the process. Renee laughed, a mischievous twinkle lit up her eyes while recounting this story.

At school she played both basketball and tennis, and in the process had caught the eye of her future husband. Christopher, who was known as Eddie, would ride the thirty miles from Durban where he lived, to visit her on the weekends. This was before he went to sea as a galley boy. He joined a ship called the Uniwaleco, which in 1937 became the first whaling factory ship to work out of Durban. He would write to Renee telling her of the wild southern ocean and his near death experiences aboard the ship. "Faint heart never won fair lady," and this was to be true in this case, as they were to be married not long after in 1942. Renee was working as a lab assistant at the sugar mill and her husband, Christopher, aka "Eddie" Edmundson Sammons, enlisted in the South African Army and was deployed to North Africa in 1944, four days



*Renee Sammons with daughter Lorna*

after the birth of his second daughter Lorna. He was not to return home until 1946. Unfortunately their first daughter Lorraine was to die that same year. Five more children were to follow, in total their union was to produce four sons and three daughters, the last being Loretta who was born in Yorkshire England in 1961. South Africa was to become a republic in 1961 and had started to institute racial segregation. Christopher [Eddie] was deemed to be white and the rest of the family were deemed to be coloured. How the government thought this ludicrous situation would work is beyond belief. Well how it worked was that they left South Africa in 1960. Their British Citizenship enabled them to emigrate once again; this time to Australia. Lorna, the oldest daughter, took the lead, establishing herself in Melbourne; this time without any extended family in Australia to help ease the transition. The family arrived in Australia in 1967, one year after Lorna, and bought a home in East Brighton on Nepean Highway. Eddie secured work as a carpenter on various construction sites around Melbourne. The family and Renee adapted to life in Australia without too many problems, or so it would seem talking to Renee.

Talking to Renee about her life, the feeling I got was that of a person who expected things to be good, and in her own words they were. She had good parents, a good husband and good children. Simple really, she enjoyed gardening throughout her life and still does as much as she can around Nazareth House where she has lived for the last seventeen years, moving there shortly after her husband died in 2000.

Renee's one hundred and third birthday was celebrated by her six surviving children, her seventeen grandchildren and twenty eight great grandchildren. Beloved by all and remembered warmly by many more, truly a grand lady.

*Jim Smith*

**1812 Theatre*****The Laramie Project***

The Bakery @1812 Theatre was the venue for The Laramie Project.

A story of real life. In 1008 a gay man, Matthew Sheppard was tied to a fence and savagely beaten. Eventually he died of this attack.

The play is where a theatre company went to Laramie and interviewed the residents, media releases and trial judgements.

1812 Theatre's production had eight actors who handled many roles of the townspeople, judge, police, reporters and TV crews.

Basic sets, three background paintings showing the country around Wyoming, four chairs each side of the stage plus a table brought in when required.

The actors, Daniel Parton, Pia Magonov, Jennifer Rose, Tony Clayton, Josh Hayes, Nathan Williams, Donna Cleverley, and Emily Beggs.

A challenging choice of roles for each actor, playing many parts and giving the feelings of the characters they were portraying.

There was some difficulty in the various voices, some were loud and clear, others were rather hard to hear. Accents ranged from genuine to Australian. But it's difficult to keep an accent up for a long play. There were two intervals, making a long evening. But the overall standard is what one would expect from the 1812. And the players certainly did not let the standard drop. All in all a good production and I reiterate not an easy task to play so many characters.

***Noises Off***

Called the "the funniest show ever written," Noises Off presents a manic menagerie of itinerant actors rehearsing a flop called Nothings On. Doors slamming, on and offstage, love triangles, and plates and plates of sardines all feature in the plot of this hilarious and classically comic play.

Season November 14 – December 7. Bookings: 9758 394.

**DID YOU PLAY TENNIS AT BORONIA OR FERNTREE GULLY?**

The Ferntree Gully Tennis Club is celebrating its 60th anniversary and welcomes all past, current and prospective members to a celebration of this milestone on Sunday, November 24 from 11am to 3pm. This includes all past members of the old Boronia Tennis Club, which merged with Ferntree Gully in the 2013-2014 season.

The celebration will kick off at 11am with a welcome to the club by local dignitaries, followed by a brief presentation on the history of the club and a ribbon-cutting ceremony to officially open the newly refurbished clubrooms. Then join us for a barbeque lunch, explore memorabilia from both the Ferntree Gully and Boronia clubs, and enjoy our beautiful courts for

some social tennis and fun on-court activities for the kids.

Ferntree Gully Tennis Club is a fun, active, inclusive club where everyone is welcome. Please come along and enjoy the celebrations. For more information please contact Secretary Rebecca on 0413 374 388 or email secretary.ftgct@gmail.com



## ONE PERSON'S JUNK IS ANOTHER PERSON'S JOY



What do you get when you combine an old vacuum, parts from a wine barrel, discarded wheels and an orphaned tent pole?

A time machine that doubles as a boom box light show. That's what!

Local artist Mark Glazebrook created all this in his latest sculpture, "Breaking the Time Barrier," which recently earned him a prestigious art award at the Royal Melbourne Show, and First Place at the Royal Geelong Show.

This stunning piece, inspired by the steampunk aesthetic, is a testament to Mark's innovative approach to art, showcasing his talent for transforming discarded scrap metal into vibrant thought provoking works of art that are also fun to use.

The judges at the Royal Show praised Mark's work, congratulating him saying, "It's a beautiful and well-executed piece. 'Breaking the Time Barrier' is a unique steampunk masterpiece."

Mark, a proud Knox local, emphasizes the importance of community in his work. He sources his materials from local scrap yards and local community, reinforcing his commitment to sustainability and local engagement. In addition to his sculpting, Mark is dedicated to sharing his passion for metal art through teaching. He offers classes that encourage others to explore their creativity and learn the intricacies of working with metal. His commitment to fostering artistic expression in the community reflects his belief that art can inspire and connect people. His commitment to rescuing resources extends to repairing having founded the Knox Repair Cafe, a free repair service by local volunteers who meet twice each month across Knox.



To Mark, "Breaking the Time Barrier" is more than a sculpture. 'It started off as one piece of scrap metal but over several weeks I could see the potential for it to become something entirely different. Once I knew what it would become, I found the missing pieces and was thrilled as they all came together as a finished piece.' In the pipeline, Mark is building an alien made in part from an old household iron and a chainsaw motor, as well as a robot made from a fire extinguisher and broken garden equipment.

As Mark continues to push the boundaries of what's possible, he draws strength from the commitment Knox has for sustainability, and hopes more people will find new ways to reuse and repurpose our precious resources.

Steve Brooks

## KNOX HISTORICAL SOCIETY is having a Christmas Fair & Craft Market

at 'Ambleside' homestead & museum, 3 Olivebank Rd, Ferntree Gully, on Saturday, 14 December from 1 – 4pm.

The market, now in its third year, drew hundreds of visitors to the homestead last year despite unfavourable weather. "It basically poured all day," says KHS president, Ray Peace. "We're hoping for more suitable weather this time."

The open day at the museum also includes guided tours of the historic homestead, for a small \$5 fee. 'Ambleside' has been home to the Society since 1977. KHS was formed in 1965, with the mission of preserving the heritage of the City of Knox. This includes documents and items related to the former Shire of Ferntree Gully, formed in 1889. Prior to that, what's now the City of Knox formed the Scoresby Parish of the Shire of Berwick, formed in 1872.

Visitors to 'Ambleside' on 14 December can enjoy the beautiful gardens of this historic homestead, built in 1889, and stalls for crafts and Christmas gifts, sausage sizzle, and other hot food and drinks. There are free games and activities for the kids, and a special visitor arrives at 2.30pm. Entry is by gold coin donation. Details: ph. 9758 6722, email, khs@relics.com

## GOOD READ

### Infinite Learning: Your Life, Your Choice

Alex Bennet and Robert Turner

Our personal experience of life and understanding of what it means to be human are a complex mix of mind, body, heart, soul and spirit. How we choose to engage each of these influencing intelligences (via our choices and actions), determines the life we achieve for our SELF (and others).

Achieving excellent outcomes for oneself, is a direct outcome of how well we facilitate the interactions between these intelligences. It requires deeply reflective SELF leadership, openness to new knowledge, and inclusive interactions to collaborate with, and influence, others.

Infinite Learning; Your Life, Your Choice highlights the potential value we can contribute to society and how this flows from the way we lead ourself into creative collaboration with others. This is the only book that has ever made these connections this clearly. As a bonus, it explains the interdependencies in a way you can understand them, it highlights how you can also develop your capacities to act on these growing knowledges to realise the benefits.

Infinite Learning is the fourth and final volume of the Whole Thought series of books. Collectively these books provide deep insights on how to live (and be a proactive role model for) the best possible life, in the best possible society.

Dr Arthur Shelley. Founder, Intelligent Answers. Author, Becoming Adaptable, KNOWledge SUCCESSION and The Organizational Zoo.



Toby and crew make for the Fraser Island ahead of the Dragon

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

TO BE CONTINUED...





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 last General Meeting for 2024 will be held at 10.30 am on Tuesday the 26th of November, at Club Kilsyth, 1-15 Canterbury Road, Bayswater North, followed by lunch for those who wish to stay on.

We provide guest speakers, many day trips and an annual trip, visits to Boronia Cinema, coffee mornings, regular lunches at different locations around Knox and morning melodies.

For this year's annual trip we visited Adelaide and surrounds during October. Hopefully, many interesting photos to come. Also, during October some of our members attended "Dear Doris" at The Round Theatre in Nunawading – and thoroughly enjoyed Doris Day's most iconic and treasured songs

Our photo shows our group preparing to enter the NGV and one of the exhibits we saw during our visit to the "Pharoah" Exhibition in September.



This month we have visited Robyn's Soap House at Knoxfield, where some lucky members managed to buy products which will become Christmas gifts for their loved ones. Always great to get ahead of the game!



**Boronia Road Uniting Church**  
209 Boronia Road

OUR CHURCH IS A BUSY PLACE:  
COME AND JOIN US

**OUR MAKERS AND GROWERS MARKET** is on Saturday, 9th November from 10am – 2pm. All stalls will be indoors or under-cover. Come along and start your Christmas Shopping – there will be a big variety of stalls to choose from! All proceeds from the Market will go to stocking our Emergency Food Pantry. Help US to help YOUR local community who are struggling at this time.

Enquiries or to book a stall - contact 0421 769 067 or irenesmith2@bigpond.com

**EVERY SUNDAY MORNING** at 10am we hold a 'user-friendly' service at our church – including kids' activities, lots of singing – all followed by morning tea and fellowship.

Come along! You will be made very welcome.

**EMERGENCY FOOD RELIEF** is available each Tuesday and Friday morning from 10am till 12 noon when non-perishable foods are given to those who need help at this time.

EVERYONE can be assured of non-judgmental and friendly support. We are a member of the Knox



**THE FERNTREE GULLY ARTS SOCIETY**

AT THE HUT GALLERY

157 Underwood Rd, FTG

Friday 1-4, Weekends 11-4

**NOVEMBER EXHIBITION**

**'SYNERGY'**

3 Nov to the 14 December

We are excited to be sharing this exhibition with

**THE RINGWOOD ARTS SOCIETY**

The display of some 90 artworks will be independently judged and awarded.

Running for an extended time, this is a great opportunity to purchase a wonderful piece of artwork

Official opening and award presentation 2pm Sunday 10 Nov

Beautiful gifts created by our members for sale in the Foyer

A great opportunity to purchase that special gift

**FREE ENTRY, ALL WELCOME**

December of course will bring a few Christmas celebrations, including the "Buble Christmas Special" (featuring Glenn Starr) at the Knox Arts Centre in Bayswater. Members are also looking forward to our Annual Christmas Dinner. The Social Committee have never let us down with this one. Always a wonderful event!!

If you are looking to enhance your social life, come along and join us.

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.

Emergency Relief Network.

**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.

**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.

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

www.facebook.com/BoroniaRdUnitingChurch  
Website : <https://boroniaroad.ucavictas.org.au>

PLEASE NOTE...

All our appointed leaders, employees and volunteers have completed the required Safe Church Training and have current Working With Children Checks.



Boronia VIEW Club will be meeting Friday 15 November at 11.30am at Eastwood Golf Club, Liverpool Rd, Kilsyth with a 2 course lunch costing \$30. This will be followed by Bev moss speaking about her time working at Buckingham Palace. Interesting storeies, I'm sure! There will be a trading table, book stall and raffle with all monies raised going to The Smith Family Learning for Life Program. The club sponsors 8 needy Australian children through this program which helps 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 are small groups within the club eg. coffee and film mornings, etc. and occasional outings.

Enquiries to Judith on 9764-8602



Prospective members, where are you??? We have so many members for you to get to know and activities from which to choose. Even though you may still work, some activities are held during the weekend and there is a Dine-out meeting at 6:30pm every

month on the 4th Wednesday evening.

On Sunday 17 November Walkers are starting at Eley Park Burwood East reaching the Wurundjeri Trail. Bring lunch and water bottle, it's a friendly group, well - we all are. The internet will have details of this Wurundjeri trail.

Our timetable lists Board games on the first Friday, also the first Tuesday the Ladies meet for coffee and chat at Brontos Café in Boronia.

On Friday 8 November walkers will be on the way to Williamstown, then on Tuesday 12 November a Men's coffee and chat.

Believe it or not, on the same day there is Live Theatre at Knox Community Arts Centre. Beginning at 11am we'll be entertained with a Golden years Tribute, music to our ears.

Join the Golfers on 5 November, just for fun and friendship. Maybe a coffee after.

Friday walkers will carpool to Warburton (lots of fresh air?). Then if you are free on Thursdays, the bushwalkers are trekking and this one is on every week!

Dine-out this month will be held at the Stamford Homestead on Wednesday 27 November, meet at 6:30pm.

For more information, you are invited to our quarterly meeting on Monday 25 November at 2:00pm. Questions are welcome and more details about activities from committee and conveners can be answered, in fact you will be very welcome.

Lorraine, our Membership Secretary is standing by ready to post a copy of our current newsletter and to answer any questions (0438 068 334).





Advertise here - annual cost \$225 small, \$450 large (Inc. GST) - full details on our website at the "Place an AD" link.



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