# Boronia & The Basin COMMUNITY NEWS Est. 194

Delivering to Boronia. The Basin and surrounding areas

PUBLISHED ON THE FIRST NATIONS LAND OF THE WURUNDJERI PEOPLE

Local artist, Christian Veins giving The Basin historical mural a welcome facelift. Work commissioned by Knox City Council. See the full story on page 5. Image credits: Brian White.

Why Why

#### Feature stories in this issue

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<image>

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#### **Editorial:** Arthur Shelley

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The often-uttered statement "The only thing we learn from history is that we don't learn from history" may often be correct, but not always. Lifestyle learners (those who embed learning into their busy lives throughout their entire lives) do learn from history.

Our history is FULL of insights and knowledge that can be reused, if we adapt it well to new situations. Sometimes, if we are not open to ongoing learning, our knowledge needs to be updated. In a world that changes so quickly, it is possible that what we know to be true, is no longer true, and this can hold us back if we do not update our knowledge.

In this issue of BBCN, we have a history theme in order to look back a little. When we reflect back and learn, we can look forward more optimistically and make better informed decisions. Proactively doing a "facelift on history" (see the cover and the associated story on page 5 ) is worthwhile. In reality, we cannot simply paint over history; we need to address the various cracks and issues, so that we can create a more solid foundation for the new impressions we create as we move forward into our evolving life and relationships.

As you read the articles in this edition, consider how they relate to you and your history. How are you tracking on your dreams? Is your history enabling you to achieve some of those dreams, by prioritising the actions that will bring your desires to reality? Depending on what philosophy you believe, we only get one life to do what makes ourself and others happy, so invest your time well!



#### **CAN YOU HELP?**

Thank you to Leigh for filling the vacant driving round.

Due to one of our long-term Walkers moving out of the area, we now have a permanent walking round to be filled. The area is Army Road and Lucas Close, Harewood Close & Hillside Avenue, 80 papers.

As we familiarise ourselves with the distribution processes previously handled by John Pernu there may be a few changes in the months ahead. An email was sent to all the Walkers last week with an updated list of Do's and 'Don'ts. If you didn't receive the email, it could be that we have an incorrect email address for you. Please be in touch.

If you are interested in joining our volunteer crew or for more information, please contact us here at the BBCN via contact@bbcn.org.au

#### **Boronia & The Basin Community News**

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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 and not be subject to copyright restrictions.

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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Scan the QR code, or visit bbcn.org.au/young-writers/





To view index to previous articles, back to 2019, search Trove: https://nla.gov.au/nla.obj-2943856901

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JULY

#### Winter 2025

#### Page 3 Bird Des Palmer

#### Collared Sparrowhawk (Tachyspiza cirrocephalus) *Life and death in the suburbs*

Some time ago, I read that the most horrifying experience a person can have is to know that somewhere 'out there' there is someone whose prime objective is to kill you. To experience that, for even 5 minutes, can lead to lifelong scars. Soldiers in a theatre of war are people who experience that, all day, every day, and I thankfully have never had to endure that. My great-uncle, David Stephens, who fought against the Japanese Imperial Army in the jungles of New Guinea, certainly experienced it. Men and women fighting in Ukraine are going through it as we speak. A most horrible thing is war.

Now what on earth has all that got to do with birds? Some readers may feel I'm drawing a long bow with this analogy, but it is true. If you are a small to medium-sized bird, this is the reality of life: somewhere, lurking around every corner, is a predator who would like to have you as their next meal.

This job I have of writing on birds each month has its perks, believe me. Apart from the 'exorbitant salary', I get all sorts of correspondence on all things feathered. A recent email and accompanying photos of a Collared Sparrowhawk consuming a Spotted Dove (an introduced species) sent to me from Neville, who lives in Wantirna South, really brought home the bacon.

With the glare of the window meaning the Sparrowhawk was unaware of Neville's presence, he was able to leisurely set up his camera and take these exquisite photos of this amazing raptor going about its business in his backyard. Ahh, life throws up unexpected pleasures at such random times for us to enjoy, though, umm, not for the poor old Spotted Dove.



Neville has also managed to correctly identify this bird, as the Sparrowhawk and another raptor, the Brown Goshawk are like two peas in a pod. In the field, these birds can be distinguished by size. The Sparrowhawk is a smaller version of the Goshawk, but that isn't always as easy as it sounds either. As is the case in most birds of prey, the female is larger than the male, so a dilemma occurs here. Is that a male Goshawk or a female Sparrowhawk that I am looking at? Neville's photo, after carefully reading my Pizzey and Knight field guide, shows his identification is spot on! Neville Goldsmith is from the Knox Photographic Society.

A 'slightly forked tail when folded' shows in the photos and a 'wide-eyed expression' contrasting to the Goshawk's 'heavy, beetle brow' (Google beetle browed, you'll get it).

Ten out of ten to Neville, in fact, why didn't I get him to write this article, yeah, I could have had this month off!

While the bigger Goshawk hunts by stealth, quietly slipping through foliage to get close to its victims, the smaller Sparrowhawk has faster flight and pursues its prey with a rapid burst of speed. I witnessed one of these amazing birds catch a White-fronted Chat one day at the Western Treatment Plant. This small finch-sized bird was no match for the Sparrowhawk and appeared to give up quite easily, seized in a fit of terror.

> The two queens of 'good gets', Sandra and her BFF Marie-Anne have been at it again recently, nailing no less than Spotless Crake and Buffbanded Rail and, more recently, sending in a photo of not one but two male Bluebilled Ducks. Ho hum, all in a day's work. Two local girls made good. I feel if I was on a stage I'd be being booed by now, shoes thrown at me, so, as the cool cats back in the 70's used to say, see you on the flip side bro. And sis.

#### TEARS OF THE JOEY Dayangani Silva

Gloomy morning, mum crossed the road. I, little me,kept in her pouch. Suddenly, I heard a sound of crash. I was thrown to a near by bush.

I saw my Mum lying by the road. I felt she would whining in pain. Bearing a big pain,she thought of me. I prayed the GOD then, to help me.

Suddenly,l saw a little boy coming with Mum.

When they saw me they got shocked. Then they called the rescue team. The Rescue Team came to save us soon.

.

My Mum has gone to the Heaven. You have forgotten to take me mum. Finally ,I said goodbye to mum I saw the boy looking so sad.

Little Boy, named me, " Rolie" the joey. Now I' m with friends,not alone. I offer my Blessings who save me all. But, How I forget my Loving MUM and all.

#### insert brain here





#### Boronia & The Basin Community News

JULY

#### Knox Volunteer of the Year *Irene Smith*

Irene is a very deserving recipient of the Knox volunteer of the Year. She has a seemingly endless level of energy and is always generating ideas for community engagement. Some of our committee members were at Irene's Biggest morning tea event, at the Uniting Church in Boronia, the day after she received her award. This was the 25th year she has held this event and the place was buzzing with pride and happiness for her.

Irene has been a committee member for the BBCN for the past 5 years and has the huge task of Distribution manager which involves coordinating the paper drop off to drivers every month and keeping track of the 100 walkers who deliver the 13000 papers to households and businesses in The Basin and Boronia.

Irene has been a member of Boronia Road Uniting Church for 40 years, volunteering across many roles. As a Parish Council member, providing administrative assistance and making pastoral visits, as an Elder on Church Council for over 20 years and has also taken on executive roles at various times such as secretary, chairperson and vice chair.

She is key to the fundraising for the Uniting Church's mission (emergency food relief for people who live in the area) and for other charities such as the Cancer Council, Act for Peace, and the Uniting Church's Share Appeal.



She also helps support the Scoresby Drop-in Centre and the Knox Emergency Relief Network. This involves providing emergency food relief, filling the roster, maintaining Coles and Woolworths vouchers, and keeping up the food supplies. As a fundraising coordinator, Irene arranges Bunnings barbecues to raise money for the emergency food relief program, afternoon teas for disadvantaged/lonely community members, activities such as fashion parades, concerts, and the twice-yearly Makers and Growers Market.

Eastern Palliative Care Network, and the community also benefit from her talents.

BBCN asked Irene what attracted her to volunteering, what keeps her going and what advice she has for people volunteering today. Irene replied, saying;

"My parents always volunteered (though it was just called 'helping others' in that time and place!) and I guess I just followed their example. I genuinely enjoy helping other folk in whatever way they may need help.

I've volunteered most of the time since arriving in Australia 50 years ago. It's a good way to get to know people! Organising fetes at church, lamington drives at Play Group, running Mothers Day stalls at Kinder, being a member of Parents Committees at both primary and secondary schools. I was working part-time while my children were at primary school and full-time once they were older.

If you have a few spare hours a week.... or a month .... contact a local organisation you have an interest in and you won't regret it! It's a great way to connect with new people and help your local community. Generally there are no specific skills needed in volunteering - just time and a willingness to help."

Thanks so much Irene, we are very grateful for all that you do as well as for your friendship.

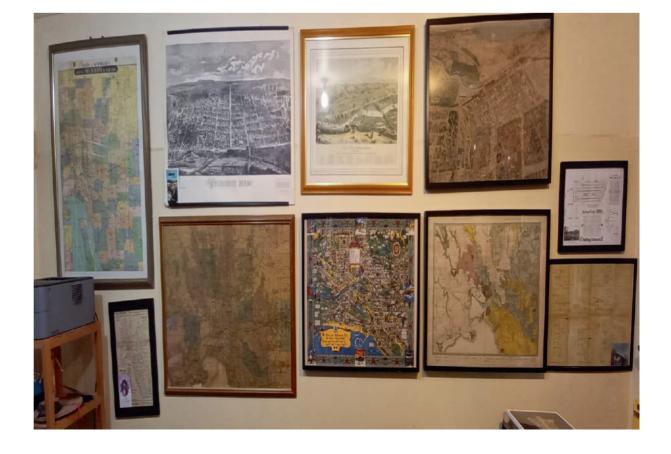
#### Collectors Corner Danny Nolan

#### Maps of Melbourne.

Our collector this month has a thing for maps. But his real passion is reserved for maps of the city of Melbourne and its developing suburbs.

These maps cover the wall of his study and are progressive from the earliest dated to 1856; a painting of Melbourne's pre-Goldrush boom up to the mid-20th century, prior to the urban sprawl. The collection includes a copy of the iconic 1880 map showing boomtime Melbourne at the time of the World Exhibition. There is also a colourful 1936 map celebrating our city's centenary, as well as a 1960 taxi zone map. But the jewel in the crown is a framed 1946 map that shows Melbourne and its suburbs, including plans for developments in the outer southeast that never eventuated or were changed substantially. Asked what feature he admires most, our collector replied:

'The growth and disappearance over time of the metropolitan rail systems. Seeing where lines used to run and thinking how different our city would be if they had remained.' When questioned about what special item he would like to add to his collection, he answered: *'More wall space.'* 



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### **COVER STORY:** The Basin historical mural gets a Facelift

BBCN was contacted by Brian White, who, after a cuppa in The Basin, wandered past Rainy Day Books and saw Christian Veins repainting the tree mural that was old, fading and flaky.

Christian Veins is a local artist who practices near the Dandenongs and travels around Australia creating nature-themed murals. We contacted Christian who provided the story of how he came to be repainting the mural.

The Basin renewal project was initiated by the Knox Council, on the corner of Mountain Highway and Basin-Olinda Road. It was a famous mural that'd been there for over 20 years. Unsigned by the original artist, the mural had started to weather and chip away over time. The frame that surrounded the big oak tree had rotted at each corner, while the tops and bottoms of the painted artwork peeled away from the brick. As the location was an area I visited almost every weekend for my morning coffee with the family at 1 in 20 Cafe, I constantly thought about the potential this spot had to offer. Knox Council Arts Team and I worked together to create something that still held the original substance from the original mural, as the community was still very much in love with the big oak mural.

I wanted to bring light and colour into a dreary and weathered scene, with the permission from the locals through a voting system, and the go-ahead from Council I re-imagined the artwork within my own style. A warmth was something the corner seemed to lack, so I imagined a sunrise beaming over the Dandenong mountains while some dramatic clouds travelled atop the warm gradient of colours rising behind the hills. Standing in front on a rendered canvas was the oak. But hit with dynamic lighting from the sun, backing into a drop of open sky, the tree stands tall and strong. Stretching out its limblike branches as it greets the sun, shaking away the cold and wet from the night before.

Christian has painted murals and canvas for over 15 years inside studios, galleries and concrete jungles. With a background in Street and Fine Art his work expresses what he's learned, a focus on the calming effect of nature where less says more. Each scene he thoughtfully creates focuses on what's important, then cuts the fat. Soft gradients against acute shapes layer into each other, his proficient colour palette combines the two aesthetics as a symbiosis of elements for display.



A note from your councillors Peter Lockwood and Paige Kennett

Peter will continue to write articles for BBCN to update you on what's happening in our area. Paige has said that she is eager to ensure that the articles she writes are actually what the community wants.

# Here is your opportunity to let them know what you would like to hear about.

Send BBCN your questions or feedback for them on Contact@BBCN.org.au

Or contact the councillors directly through their websites.



# Wish Upon A Star

The Disney Songbook featuring Danielle Mathews

Fancy listening to a Tale as Old as Time and Wishing on a Star? When you've Got No Strings and a Spoonful of Sugar, have you discovered The Bare Necessities of life! Let's Let it Go and find out!

Danielle Matthews takes you through the last century of some of her favourite Disney songs. Remember sitting around the television on Sunday evenings to watch The Wonderful World of Disney? Or taking your whole family to see The Lady and The Tramp at the drive-in movies? Disney songs have been written by some of the world's most beloved songwriters, from some of our most treasured movie memories: from Pinocchio, Dumbo and Mickey Mouse to Beauty and the Beast and all the way to Frozen.

Along with her three-piece band, Danielle will gently guide you through the years of Walt Disney's most memorable tunes.

#### Saturday 30 August 2pm-3.15pm (no interval)

Knox Community Arts Centre corner Mountain Highway and Scoresby Road, Bayswater

#### Tickets

\$17 children, \$20 adult or \$60 family (four people)

Book now 9729 7287 knox.vic.gov.au/kcac





JULY

#### Smart councils turn to proven technology as budget pressures mount.

#### (Advertorial)

Nothing ignites community backlash quite like a proposed council rate rise. North Sydney Council learned this in April, when its plan to increase rates by 87% made national headlines and was ultimately blocked by furious residents.

Community tolerance is even lower for councils that try to balance budgets by cutting services.

Which puts councils on the horns of a dilemma. Particularly in Victoria, where rate rises are capped at 3%.

Victorian councils must find smarter ways to reduce costs without compromising services.

Technology is at the core of the solution, but it can also take councils from the frying pan into the fire.

Too often, councils that have been sold a technology dream by offshore software providers have encountered the same result: sky-high implementation costs, long delays, poor local support, and underwhelming outcomes. In some cases, most famously Birmingham in the UK, implementation costs for technology bought on the promise of business efficiencies have blown out so dramatically that basic services delivered to the community have been cut.

The smarter approach? Partner with trusted local experts who understand the unique needs of councils and are invested in the success of Australian communities, not just in extracting value from them.

Wyndham City Council, one of Victoria's fastest-growing regions, took this approach. Working with TechnologyOne, Wyndham completed a full system implementation on time and on budget. Within the first six weeks, the council automated nearly 12,000 service requests and generated more than 3,300 automatic work orders. Delivering faster, more efficient services to its residents.

In today's economic climate, every dollar counts. Councils that avoid the hidden costs of offshore tech and invest in proven local solutions not only protect their budgets, but they also deliver better services for the communities they serve.

# technology'

#### About TechnologyOne

TechnologyOne (ASX: TNE) is Australia's largest enterprise Software as a Service (SaaS) company and one of Australia's top 100 ASX-listed companies, with offices across six countries. Our enterprise SaaS solution transforms business and makes life simple for our community by providing powerful, deeply integrated enterprise software that is incredibly easy to use. Over 1,300 leading corporations, government departments and statutory authorities are powered by our software.

Our global SaaS solution provides deep functionality for the markets we serve: local government, government, education, health and community services, asset-intensive industries and financial services. For these markets, we invest significant funds each year in R&D. We also take complete responsibility to market, sell, implement, support and run our solutions for our customers, which reduce time, cost and risk.

# Your best tech partner is homegrown

A SaaS ERP solution made for the community



#### Let's talk about this word: OK!

#### Danny Nolan

Etymology is the study of the origin and evolution of words, including their constituent units of sound and meaning, across time.

OK is allegedly the most popular word in the world. It has been absorbed into countless languages in what scholars argue has been less than 175 years. It is also arguably America's greatest gift to English language expansion and the start of a massive influence of Americanism on the world.

It has been debated that there is no standard spelling. It can be Ok, Okay, or O.K. All are considered legitimate in editing circles as long as the one chosen is consistent with the piece.

The word OK has a disputed origin story with many countries claiming it as their own (as we'll get to), but the first documented instance is recorded in 1839 in a Boston Morning Post piece reporting on a trend of abbreviating misspellings, OK came from oll korrect for all correct. Other examples were KG for know go for no go, OW for orl wright as in all right. The joke is lost on us today but you have to only look at your earlier Facebook posts to see how often you used LOL or OMG. When you see countless social media posts about Gen Z and Alpha slang



explaining words like skibbidy, mid, and delulu, it's not hard to understand how new words or phrases become part of our lexicon.

Allen Walker Read, the linguist who rediscovered OK's first printed use in the 1839 edition of the Boston Morning Post back in 1963, hypothesized that the abbreviation gained popularity (and in turn momentum) when OK reappeared in another Boston Morning Post article three days later, and it very slowly seeped into the American vernacular during 1839. By the end of the year, it had appeared in major papers all over the East Coast of the country. The spotlight of the following year's presidential campaign, however, set OK on the path to linguistic stardom.

OK was used as a campaign slogan by supporters of President Martin Van Buren during the 1840 US election. Van Bruen's nickname was Old Kinderhook, after his hometown, and he used the slogan 'Vote for OK'. This was a perfect storm of syndicated paper stories and national news coverage much like today's social media and memes. OK had entered the wider consciousness. By World War 1 it had spread throughout the globe.

Of course, lots of other variables have been put forward. Many from different parts of the world with similar sounds and meanings. None have been proven to be as influential or documented as the origin of the oll korrect theory. Some of these are, but are not limited to:

- English: Opposite of KO (knockout).
- Scots: och aye ('ah, yes').
- Finnish: oikea ('correct').
- Greek: Initials of Ολα Καλά (Ola Kala, 'everything is fine').

Though the word has been universally acknowledged as a way of expressing a noncommittal affirmative, the word has also proved to be one of the most versatile in the English language by being adaptable as a noun, adverb, and adjective. It can also change its meaning via the volume and length of how it is spoken (not unlike Chinese). The only word that comes close to this versatility is a certain swear word starting with F.

#### Maryville Hostel.

Danny Nolan

A wonderful piece of Boronia's history has recently been demolished owing to it being run down and not fit for purpose.

Maryville Hostel was built in 1940. Back then, it was part of the Good Shepard Sisters. It was used as a convent/guest house for former residents from Rosary Place in Albert Park, which in turn was built to help alleviate overcrowding of the famous Abbotsford Convent. It was sold in 1974 to Mercy Care, which ran it as an aged care facility. It was sold again in 2024 after lying empty for some time.

It was also the closest venue for local Catholics who used the premises' chapel to attend Mass during the 1940s - 60's, when it was also known as Villa Maria Aged Care.





Above: Maryville in the 1960's

This continued until St. Joseph's on Boronia Road and then St. Bernadette's in The Basin were built.

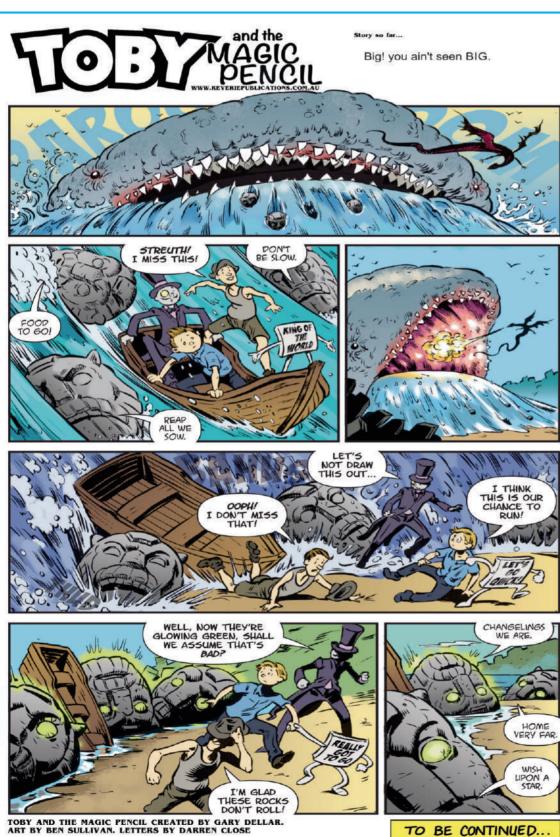
The property is situated directly behind the Boronia Hotel car park. Of course, when it was first built, it was behind the original Boronia Post Office. When the rail crossing was removed, McClean Road was realigned and renamed Maryville Way after the convent.

Left: Maryville during demolition. Image credit: Greg Bain

#### The Broken Branch Roger Alder

There hangs a broken branch On a gum tree small, disfigured, Just outside the window of her room.

It clings to life by slender strands, And will likely fall quite soon. The selfsame tree has other limbs, Dead, grey, stiff, bare, unyielding, Still attached. Yet this small supple branch Bears leaves; green as the tree From which it helpless swings. Birds came and fed on its red blossoms, As bob weights on a pendulum Not so long ago. It bleeds stains of injury, distress. Perhaps a careless ladder swung By someone cleaning gutters Doomed this small branch To never reach another rung.



Aware of its precarious position That it healed may never be, To its former place, restored? No more be lifted skywards on parent limb, No more admired and adored, Or nectar give avians who call Or shelter, giving shade and refuge Before calamity did thrall. It simply hangs on, silently waiting, dependent, For it knows naught else. One day - or in the darkness of the night This failing branch will fall; it must fall. God alone knows when and how. It will drop; be left behind While the tree goes on. It will be forgotten. But not by all, because it spoke Of deep love in uncertain times, while Enduring gradual, agonising, separation, While honouring the gift of life - diminished. Could the final blow be dealt by human hand To spare it from distress? Will this branch drop, green with shrivelled flowers? Thick limbs were sawn to shape this little tree, The trunk bears ugly scars as witness. But this small branch, insignificant, unnoticed, Hangs on to life - unwillingly? And somehow it speaks to me. Perhaps the final separation will be known By signs of natural decline. Splinters failing one by one, As the breath of winter moans. One brown leaf then joined by many, Unsightly, withering change, and then This brave, once lovely little branch, Be finally cast down.

Should this frail bough drop suddenly, Or linger yet a while, Gently gathered it will be, and the memory Of tenacity of will and loving piety Much treasured, Until the universe, standing on tiptoe sees

Our redemption, and no more sea of separation.

JULY

Somehow, it lives on.

JULY



Submit **YWI** entries here:



**BBCN Young Writers Initiative** 



Two BBCN Young Writers Initiative Awards were granted for July, one from The Basin Primary School and one from Boronia Heights Primary School. One a creative story sparking imagination, and the other a research report about our island neighbours. YWI Award winners receive a certificate and \$50 voucher.

*NOTE:* YWI contributions are printed as entered (without editing) to reflect their original content.

#### Tiwi Islands

Mattias Matson

#### The Basin Primary School, Year 4

The Tiwi Islands are located 80 kilometers North of Darwin in the Northern Territory. There are 2 islands, Melville and Bathurst island. Tiwi Islands has a population of 2500 people. Most residents speak Tiwi, their national language.

In 1942 a radio shack detected that Japanese Bombers were coming to invade Darwin. Luckily they were able to detect this 20 minutes prior so they could evacuate!

In the Tiwi Islands they have beautiful art. Art is a part of their culture and they are recognised for their unique style of art.

Footy is an extremely popular sport in the Tiwi Islands. They hold their grand final in March. There are 7 teams despite their population of only 2500 people. Nguilla Football League was formed in 1968. The seven teams are Imalu. Walama, Pumarali, Tapalingo, Tuyu and Ranku Football Club and The Muluwarri Magpies.

#### Fun Fact.

The temperatures are high all year round with 25 to 36 degrees in the wet season and 19 to 30 degrees in the dry season.

The Tiwi Islands are a great place to go if you want some beautiful weather and extravagant beaches. Just be careful of the crocodiles!

#### Maddison and the Earthquake Grace Andrew, Year 1, **Boronia Heights Primary School**

Once upon a time, there was a girl named Maddison and she was 6 years old. She had a dog named Ice Cream, she was a chocolate labrador. One day, Maddison, Ice Cream and their mum were walking along the beach.

Suddenly, the beach started shaking. It was an earthquake! They squeezed each other tight until it stopped. When it stopped, they saw a huge tsunami in the distance. So they ran to the boat shop, got a fast boat and went "weeeeeeeeeeee!" over the tsunami. They were happy to be safe.

Suddenly, Ice Cream started barking. They looked over and saw a dog in a boat, but the boat had a hole in it and was sinking. So they went to rescue the dog. His name was Ron and he gave them big kisses for rescuing him.

The waves were calm now. Maddison said "Hey! Do you guys want to go for another

ride?" The dogs barked "Woof!" to say yes. So they all went exploring and lived happily ever after.



Manny J, Prep at The Basin Primary School assembly, receiving his June Young Writers Award for his article on the Prep Visit to the Melbourne Zoo.



Henrietta Ewing, Year4 at The Basin Primary School assembly, accepting her June Young Writers Award for her article, The Slumber Party.

#### Storytelling in the age of Technology

Humans have always loved to tell stories, some real and others creatively imagined. Writing is a way of extending the reach of our stories when we do not have the opportunity to verbally share them with others. It also offers an opportunity to refine the story, so that it is clearer and better received by the reader or listener or to ensure we capture the whole story.

How we capture and share our stories is always evolving, and the

standard generated by younger writers is improving over time with new technologies guiding their writing. Both the KIDS stories above were originally created as handwritten drafts ZONE

but submitted in typed format. Although the Year 1 student was encouraged to write after seeing the Prep submission in the June edition, we used the typed version as it is easier to read and more compact. We have been assured by the Year 4 teacher that after making handwritten drafts, the students type the articles up themselves.

BBCN YWI desires to encourage students of all ages to enjoy the craft of writing to accelerate their learning. Although technology can help tidy this up a little, the key is for the student to be the creator of the content. We will explore the influence of technology further in the next edition.

JULY

#### Winter 2025

#### Pelvic Floor Matters in Pregnancy, Birth, and Beyond Meg Doyle, Physiotherapist

There's a lot to think about during pregnancy, and pelvic floor health is one many women and birthing people often have a lot of questions about. With pregnancy being a time where these muscles are greatly challenged by the weight of a growing baby, as well as by births that happen through the birth canal, these are very important questions to ask.

#### What Is the Pelvic Floor?

If you've ever sat on a bicycle seat, the part of your body touching the seat is your pelvic floor region. These muscles form a hammock at the base of your pelvis. They help control the bladder and bowel, support internal organs, and play a role in reproductive function.

## Do I Really Need Pelvic Floor Exercises in Pregnancy?

The research is undeniable: doing tailored pelvic floor exercises during pregnancy is a great way to reduce your risk of incontinence (aka. leakage), pelvic pain, and prolapse, improve recovery after birth, and potentially improve birth outcomes.

Whole body strength training has also been shown to improve pelvic floor outcomes both in pregnancy and postpartum.

All of this helps to get the muscles to be strong, be able to relax, be coordinated, and be supported by the larger muscles of the legs, core and back.



HTTPS://HerHolisticPhysio.com

#### How Should I Exercise My Pelvic Floor?

Ideally, you should aim to do pelvic floor exercises 2-3 times per day.

A good program includes a mix of long holds, quick contractions, and relaxation. These may be paired with squats, upper body exercises, or impact movements like jumping.

#### Am I Doing It Right?

You'd be right in thinking that technique matters. Unlike in the arms or legs, these muscles can be tricky to isolate and activate correctly. Many people either overwork tight muscles or engage the wrong ones. A pelvic health physiotherapist can assess your function and design a plan tailored to you.

#### When Should I Start?

The best time to begin is early in pregnancy or even preconception. But it's never too late — many start in the second or third trimester, especially if symptoms appear, such as:

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KIDS

- Having to rush to the bathroom
- Leakage of any amount
- Pelvic pain in this region in any context
- A sensation of heaviness or bulging

#### What About After Birth?

These exercises are just as important after birth. You can typically begin gentle pelvic floor work in the first week or two, taking into account your birth experience, medical recommendations and how you're feeling holistically. This is also another great time to see a pelvic health physiotherapist.

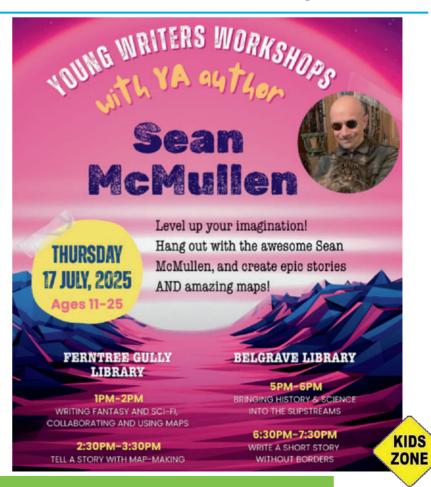
In Summary: Caring for your pelvic floor through a tailored, consistent exercise routine, alongside whole-body strengthening, can set you up for a smoother pregnancy, delivery, and recovery. If symptoms do emerge, know that they are common, so you're not alone, but they're also not normal. There is no shame in seeking care so you can live as confidently as possible.

*Meg Doyle* is a Boronia local who has spent over a decade working with women in the healthcare industry and is a registered physiotherapist. Meg is a lover of learning and holistic health. She is a mother of a toddler. Meg has agreed to write some articles to share some insights.

#### Winter Word Search

rain, winter, snow, cold, hot cocoa, coat, gloves, boots, hat, ice, ski, sled, umbrella, toboggan

Α	L	W	E	Н	R	Α	1	Ν
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JULY

#### Jackson Taylor Update

Major construction on the new Alchester Village intersection is complete! The lights are operational, including the safer pedestrian crossings. A big thanks to all locals for your patience as we got this done. And, of course, to all those who helped make this happen. Please make sure to continue to support our legendary local traders down there.

Power Saving Bonus Back for those who need it most.

Announced in the Budget recently was the \$100 Power Saving Bonus - which is a one-off \$100 payment to provide direct support to Victorian households with an eligible concession card. More details on the program released soon here: https://compare.energy.vic.gov.au/psb-faq. You can also call 1800 000 832 for more information.

#### Free Public Transport

Another big win in the State Budget was free public transport for eligible users. Starting Jan 1, 2026, under 18's with a new youth myki will be able to travel anywhere in Victoria every day for free and it will be free for all Senior Card holders on weekends anywhere in Victoria.

#### **Boronia Improvements**

Stage 2 of 3 of the Green Spine and road resurfacing projects in Boronia are underway along Chandler Road. Knox Council is

#### FOCUSED ON WHAT MATTERS MOST TO FAMILIES IN KNOX

#### Jackson Taylor, MP.

The State Government is focused on what matters most to families in Knox, delivering real help with the cost of living and more investment in frontline services. We want young Victorians to have everything they need to succeed. It's why this Budget invests to build, maintain and upgrade schools across our state, including at Wattle View Primary School.

A \$116,700 investment will deliver an upgrade to the toilets – making sure facilities keep up with needs of this growing school.

Local parents know that every dollar counts. It's why we're making public transport free for Victorians under 18. It'll mean savings of up to \$755 a year – per child. With free PT for under 18s, we're ensuring cheaper school runs, more affordable weekends – and one less thing for families to worry about. It'll make Victoria the first state to introduce free public transport for kids and teens, with the investment beginning 1 January 2026.

Travel costs can also add up for seniors. It's why with this Budget, we're making statewide public transport free for Victorians aged 60 and over on weekends.

From 1 January 2026, this change will help



Tobie, Bloomin' Goodies, Alchester Village.

undertaking major work here to not only resurface part of Chandler Road but make it more welcoming for locals with wider shared paths and more trees among other things. This is partly funded by the State Government through our revitalisation work.

In Other News

- Works start in June on the new Wantirna Reserve Dog Park and are due to be finished by the end of the year.

- Tripling the capacity of the Virtual Emergency Department in the recent Budget to allow more people to get the care they need from the comfort of their home. - From July 1, the SEC will power Victoria once again – for the first time since a former State Government privatised it 30 years ago.

#### Shout-out

Tobie (pictured) is one of the many great traders down at Alchester. She owns Bloomin' Goodies and has been here for over 2 years. She has an incredible selection of flowers, gift ideas (from local creators) and is a lovely person, too! It was great to pop down and see how things are chugging along post construction at the intersection. I've been told her vase classes at night time are very popular, reach out if you're keen. A big thanks to Tobie and all the traders like her at Alchester for your patience during works.

And lastly, a big shout out to all the Boronia locals who participated in the creation of The Flavours of Boronia cookbook which is now officially launched! Proud that the State Government backed this project in a culmination of the Boronia Voices initiative, driven by the Eastern Community Legal Centre, working alongside a heap of organisations like Boronia Library, Each, and Knox Infolink. Filled with gorgeous artwork courtesy of community artist, Alisa, it showcases the very best of our community. Bringing together recipes from locals, and stories for each on why they're special. A great arvo and thanks to Café Brontos for hosting with your delicious food and coffee!



Victorians with a Seniors Card in Knox visit the grandkids or experience even more of our state – without the extra expense.

No one should miss out on the things that make school fun. But the cost of camps, school sports and excursions can be too much for some families in Knox. That's why we're increasing the Camps, Sports and Excursions Fund to help families with a Health Care Card or concession card. Payments will increase from \$154 per year for primary school students and \$256 per year for secondary students to \$400, from 1 January 2026. Playing sport keeps kids in Knox active and healthy. But the cost of uniforms, equipment, memberships and more means some young Victorians are forced to sit on the sidelines. That's why with this Budget, we're delivering more than 65,000 extra Get Active Kids vouchers for families who need it most. These vouchers, worth up to \$200, help with the cost of sport and recreation memberships, registration fees and essential equipment and uniforms.

With more vouchers, we'll help remove the financial barrier for families, and make sure kids in Knox get the chance to play the sport they love. Community spaces in Knox should feel safe and accessible to everyone. That's why this Budget delivers lighting upgrades to improve safety and amenity around the Mountain Gate Shopping Centre in Ferntree Gully and The Basin Triangle Park. It also delivers funding to install tactile ground surface indicators – making the platform edge safer, particularly for people with a disability – at Ferntree Gully and Upper Ferntree Gully stations.

We've helped families in Knox reduce their power bills by switching to solar and making their homes more energy efficient. This Budget delivers more rebates for energy efficient heat pumps and solar hot water systems, so that more families can save up to \$400 on their energy bills each year.

Getting in to see a GP is hard – especially one who bulk bills. That means too many families in Knox put off looking after their health.

This Budget is all about focusing on the things that matter most to families in Knox – whether it's help with the cost of living, improved schools, or cheaper healthcare."

#### **Pet's Piece**

Dr Gianne Ficatas, Veterinarian Boronia Vet Clinic

#### As Sick as a Dog: Hendrix's Fight Against Parvovirus

We've all heard the phrase 'as sick as a dog', but when you witness a puppy battling parvovirus, the meaning truly hits home.

Meet Hendrix. A three-month-old Rhodesian Ridgeback puppy with a sweet and gentle nature. At just eight weeks old, Hendrix was adopted from a breeder and welcomed into his new forever home. While he initially settled in well, within five days his new family became concerned. He was becoming lethargic, refused food, and began vomiting.

Worried, they took him to their local vet. Despite being given probiotics and anti-nausea medication, Hendrix's condition deteriorated rapidly. He was then referred to us at Boronia Veterinary Clinic for further investigation.

When Hendrix arrived, he was critically unwell. He presented with profuse vomiting and diarrhoea, and his stools were blood-tinged. Alarmingly, other puppies from his litter were also falling ill. Testing confirmed our suspicions: Hendrix had contracted canine parvovirus.

Parvovirus is a highly contagious and lifethreatening viral disease, primarily spread through contact with infected faeces. The virus is incredibly hardy, capable of surviving in the environment for extended periods. Clinical signs usually appear 1–2 weeks after infection, which may explain why Hendrix initially seemed fine.

Fortunately, parvovirus is included in the core

vaccinations given to puppies. However, young puppies are particularly vulnerable. Their underdeveloped

JULY

immune systems, combined with lingering maternal antibodies from their mother's milk, can interfere with the effectiveness of early vaccines. This is why puppies require a series of 2-3vaccinations spaced four apart to ensure weeks immunity builds as maternal antibodies wane. In vaccinated adult dogs, the

disease is rarely seen.

Hendrix was immediately admitted for intensive supportive care. Due to the contagious nature of the virus, he was isolated, and our team wore full protective gear, gowns, gloves, and masks during all interactions. He was placed on intravenous fluids to address severe dehydration, given antibiotics, anti-nausea medications, and fed via a naso-oesophageal tube; a thin tube passed through his nose into the oesophagus to allow nutrition while he was too weak to eat.

Sadly, not all of Hendrix's littermates survived. Some succumbed to the disease, while others, like Hendrix, were hospitalised and fought their way back to health. Hendrix spent a gruelling seven days in hospital under 24/7 care. He was one of the lucky ones; a true little fighter.

> This case powerfully underscores the critical importance of vaccination and the incredible progress we've made in veterinary care. Thanks to timely

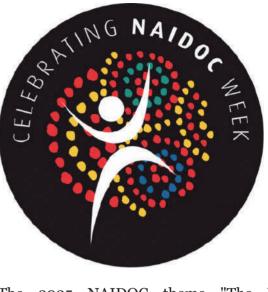
intervention, dedicated care, and a committed family,

Hendrix now has a second chance at life.

His owners, who had only known him for a week before his illness, showed unwavering dedication.

Today, they couldn't imagine life without him.

#### **50 Years of NAIDOC Week**



The 2025 NAIDOC theme "The Next Generation: Strength, Vision & Legacy," recognises the strength of young First Nations leaders and the legacy of ancestors. National NAIDOC Week continues to be Australia's largest celebration of Aboriginal and Torres Strait Islander cultures and this year celebrates the milestone of 50 years of honouring and elevating Indigenous voices, culture and resilience, through a week of activities.

NAIDOC resources can be found at:

https://www.naidoc.org.au/resources/naidocdownloads

#### My special local spot.

Please share a photo of your special local spot with us here, so others can enjoy it with you.



BBCN President, Patrick Kelly loves Koolamara Waters in Ferntree Gully, describing it as a beautiful little piece of paradise in suburbia!

#### Where is YOUR special local spot?

Send your images and we will share them here.

Boronia Veterinary Clinic & Animal Hospital

> **181 Boronia Road, Boronia** (cnr Langwith Ave)

Phone: 9762 3177

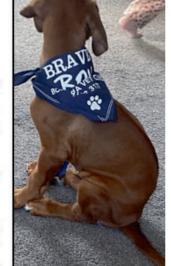
www.boroniavets.com.au

\*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 roundthe-clock care 24 hours a day, 365 days a year. Our existing clients enjoy a 24 hour service.



#### **60th ANNIVERSARY OF BORONIA CALISTHENICS COLLEGE**

In 1965 Marilyn Coady, then Alexander, started the Boronia Calisthenics College in the Chandler Rd Scout Hall. She was assisted by her mother, Mitta Angus, and the college grew quickly.

Winter 2025

Over the years, classes have been held in several different halls around Knox, including St Stephens Bayswater, Scoresby Church of Christ, The Boronia Progress Hall and the Wesleyan Church in Boronia. There have also been feeder recreation classes held in Upwey, Tecoma, Emerald and The Basin.

In 1985, the club had grown in numbers and standard and started going to the Royal South Street Eisteddfod, where it has earned many aggregates and reserve aggregates over the years.

The classes are currently held at Kent Park Primary School in Ferntree Gully with over

120 members ranging in age from 3-year-old tots to Masters over 60. Many past and present members have been enjoying the fitness, fun and friendship at the college for more than 20 years and have been recognised by being made Life Members.

The classes are now run by 12 qualified coaches



#### Vale John Pernu

#### Danny Nolan, for the BBCN committee.

Last month, as the paper was being printed for delivery, John Pernu passed away. The June edition celebrated John's achievements with his retirement as President in a couple of articles expressing how valuable a member of the team he was, little knowing how short a time he had with us.

John's influence as President was huge. John cared for the newspaper, teaching himself just about every role in the paper during a tumultuous period, that included Covid, after running of the college was taken over by Lyn Neely until 2024, when Melanie Smith took on longtime practices were caught out wanting. It was the perfect storm for collapse but John was more than up to the task of setting things right. I can now say without fear of contradiction that if John hadn't taken the reins, you wouldn't be reading this paper today. He not only learned old roles, he improved on them and introduced new innovative practices and methods. He also brought new people to the paper, not by asking but by setting such an example that people wanted to be part of his team. The paper to this day has never been in better shape and I believe its future is assured thanks to JP, as he was affectionately known. John discovered he had an aggressive late-stage cancer late last year and though he resigned back then he would come to our committee meetings to let us know how he was going. He was always positive, though he was often in and out of hospital.

Marilyn moved to Sydney in the 90s, she

regularly flew down to Melbourne to guide the

young coaches until they were qualified. The

John was a doer, but not an aggressive, mustbe-done-my-way person. He was a natural leader who handled things deftly and diplomatically.He was a dedicated family man, a man who felt he owed and gave back to his community, and a really nice guy. John will always be remembered for the two traits that shone through from the first time we met him. His patience and kindness. Farewell JP and condolences to Katrina and your family. A loss we won't ever be able to comprehend. We only knew you for a short time but the impression you left was large. John was farewelled by his family in a private ceremony. Thank you JP.

#### the role of Principal.

On the 14th June, there will be a gala celebration at the Knox Club where memorabilia, videos and memories will be shared. If anyone was a member or knows someone who was, the public Facebook page, Boronia Calisthenics College, is the forum where photos and anecdotes are being shared all year. Go to that for further page any information.

The 60th Anniversary Showcase will be held on the afternoon of 11th October at Billanook College. Members will present their amazing

physical and fancy items before heading up to Ballarat in the following weeks for this year's Royal South Street Eisteddfod, which is returning to the renovated Her Majesty's theatre after many years away. Past members of Boronia and other calisthenics clubs will have fond memories of performing at "Her Maj".

# Two important actions honouring JP have happened since his passing.

John's passion for volunteering has been acknowledged in the annual Victoria Day Volunteer Awards. He was cited for his leadership of BBCN during their digital transformation of the paper This significant change meant that readers can enjoy full editions of BBCN online, with features shared on Facebook and more recently extracts on Instagram, as well as continued hand delivered copies to your letterbox. All Free!

Victorian Member for Bayswater, Jackson Taylor was moved to honour JP in a speech to parliament in June. His wife Katrina and JP's friends were accompanied by BBCN President Patrick Kelly in the parliament gallery. Patrick described the acknowledgement speech as "Really special". Jackson expressed his gratitude for the contributions John had made for the community.

Jackson Taylor's heartfelt speech can be viewed on facebook:

https://www.facebook.com/reel/ 2180971372315164/



#### JULY

#### Winter 2025

**Strummers Story by Rob Fairbairn** 

#### FESTIVAL FUN Part 3 A Slight Hiccup?

It was a Tuesday night. Mark and I were seated beside each other when I turned to him and asked casually, 'Are you happy with the idea of Rob Fairbairn and Friends for our pub show at CresFest?' I was not expecting his response, nor the venom with which it was delivered.

'No, I am not happy!' he replied angrily. 'It's not Rob Fairbairn and Friends, it's Paradiddle Redux!' he hissed. You could have cut the air with a knife. I was completely taken aback.

'Why didn't you say something before?'

'I'm telling you now!' he snapped.

I'd never know such rage from him. I tried to calm him down. 'Don't be angry.'

#### 'I am angry!'

What had started out as the usual friendly Tuesday night get-together was becoming decidedly uncomfortable. I tried to apologise, I offered a conciliatory hug, which he refused. 'I'm so sorry, I'll call Judy tomorrow and tell her.'

'Good,' he growled. As the night wore on, I continued to try to placate him and he seemed to calm down.

#### Noisy Miner Bird "Dennis the Menace" *Brian White*

I've just taken some hilarious photos of The Basin's Noisy Miner "Dennis the Menace" who actually doesn't attack people, only car mirrors and windows at any time of the year when he/she sees his/her reflection. Dennis avoids the mirrors if the passenger window is down and doesn't attack humans. Possibly because local cafe owners regularly shoo him/her away.

For the past four years he/she waits to ambush and then comes to say hello. He/she taps the left side mirror first, then the front window, then the right mirror, then flies up into a tree. Then follows us down to The Basin cafes, looking for crumbs or tapping on more shop windows.

Dennis and his/her mates repeatedly fly back and forth across the Basin Triangle park, though they spend half their time being useful and eating bugs from the local leaves on the trees. The open spaces of the park and tall trees are a perfect habitat for our native Noisy Miner honeyeaters. Luckily, there are no Indian Mynas in this area. I think Dennis' behaviour would Mark and I had known each other for nearly fifty years. In the seven years we played together, we'd had our disagreements, but that goes with the territory of being in a band, especially one that was touring as frequently as Paradiddle in 1983 and 1984. But I had never seen him so angry. My plan had backfired.

The very next day, I rang Judy and told her that the pub show would no longer be Rob Fairbairn and Friends but Paradiddle Redux (her title), the same as the Family Bush Dance. When I had first suggested the concept to her, she straight away came up with the wording of the online blurb. There was no mention of Paradiddle, just me, my 'quirky songwriting' and my two 'famous' songs, G'day, G'day and This is Australia Calling. Ironically, I had originally come up with the idea for our concert spot not from a position of ego but with the intention of taking the pressure off Mark, who already had enough to worry about. And Kev had agreed. The work was half done; he and I had already performed a set of my original songs. We would start the show, Mark, Dave and Judy would progressively join in, leading to a grand finale with the whole band. To my way of thinking, to promote that show as Paradiddle would have been somewhat inaccurate.

Even as I explained to Judy the reason for the change, I realised why Mark was so angry. Had I consulted him from the beginning, this whole ugly situation would not have arisen. As soon as Judy had told me about the concert spot, I had gone into command-and-control mode. Since becoming a tutor for our U3A Musical Jam Group, I was used to choosing songs and compiling set lists for our weekly sessions and gigs as The Pleasant Pluckers. I had forgotten that I was not the leader of Paradiddle but just one of the band, as it was, in 1978.

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But Paradiddle is not just a band; we are a friendship group. Over the years, as members had come and gone, the core of Kev, Mark, Athalie, Greg, Judy, Zig our faithful roadie and sometime manager, and later Helmut, Ron, Dave, and I were regularly in touch. We celebrated the births of our children and grandchildren, wrote songs for each other's birthdays and up until 2021 held annual Paradiddle Christmas Parties. The wives and exwives still get together for lunches and until Helmut, our much loved (second) accordionist passed away last year, we attended regular meetings of 'Winos', The Paradiddle Wine Appreciation Society. I texted Mark and Kev and we arranged a meeting.

To be continued...



indicate he is male, though I don't know enough to tell. Some honeyeater ornithologists might know more.

Local bike riders know Dennis well; he is attracted to his reflection in any mirror or window, though probably not if there is a human within arm's reach.

Local tradies at the park place coats over their side mirrors to deter Dennis. He is attracted to food if he sees the local magpie family eating, but stays a good distance from them because they are bigger in the pecking order. Dennis and his mates enjoy the flowering gums along Mountain Highway, though avoid these trees when the lorikeets arrive. Flocks of screeching white cockatoos regularly fly over The Basin triangle park and shops but prefer surrounding paddocks. There are a lot of iconic Aussie birds in The Basin area adding colour and interest.



JULY

#### Poetry in the Parlour Cathryn E Day

Sinking deeply into the red velvet love seat placed at the back of the parlour, I wonder just how often this amazing room in Miller's Homestead had hosted evenings of poetry during her heyday.

The decor has changed, now lined with plastic stacking chairs, awaiting their word smiths to come and share but it wouldn't be too difficult to imagine this room a hundred years ago, lined with wooden dining chairs, filled with people waiting in anticipation to be transported to another place by evocative words. Leaning forward so not to miss the adventure and excitement or gazing downwards at the polished floor, when words of deep emotion called to them.

The parlour is a reminder when the pace of things was slower, and entertainment was live. The fireplace lit early to warm the room before the guests arrive, by servants in waist coats standing with their backs against the walls, and white aproned maids circulating with trays of sherry in tiny crystal glasses.

I am so delighted the poetry evening of "Words Out Loud" happens today, I see it as a



connection to the past, not only when well read poetry from literary giants brought the world closer to their audiences but also when devices did not exist. It was the time when people knew how to listen, create visual pictures within their minds or develop a strong sense of empathy and connection to the people within the unfolding words. While the poetry and story may have a more contemporary edge now, the atmosphere can be electric as beautifully crafted words transport us to a blue bell forest in England or the angst of living with a person with addiction. It is almost as if the newly formed words are melting into the walls to join with the poets of long ago.

Today, this community forum is an appreciative space where the ethos of Australia rings out of "have a go", it is as much as honouring the person who exhibits great skill as a poet or storyteller as someone who simply dabbles with writing and needs a safe place to share. Michelle and Penny who facilitate these evenings have a knack to keep it moving smoothly enough without making things tense or too formal. The poets themselves are warm and inviting, there is no sense of judgement at all, and many people come every month to share their poetry, listen to others, meet old friends and encourage and welcome newcomers.

I can only imagine that this lovely homestead played host to many community events, including evenings like this one of poetry reading, and it is heartwarming to witness people still coming together to enjoy one another's company and appreciate the gift of the creative spoken word.



# ● STOP. I CHECK. G PROTECT.

Three small steps to keep Australia safe from scammers.

# Scam alert: ACCC phone numbers spoofed by scammers

The National Anti-Scam Centre (NASC) is warning Australians following reports that scammers have been impersonating phone numbers belonging to the ACCC in an attempt to steal personal information.

The ACCC and the NASC (which operates under the ACCC) have become aware of scammers using publicly available ACCC phone numbers, which are listed on the agency's official website.

#### Here are 2 reported cases:

The scammers claimed to be representatives of the ACCC and requested sensitive information over the phone.

Scammers misused the ACCC acronym to impersonate an unrelated organisation and spoke in a language other than English.

The ACCC phone numbers have been spoofed, which means that the scammers have disguised their phone number to make it look like they are calling from a trusted organisation, in this case, the ACCC. They then ask for personal information.

#### The ACCC and NASC will never:

- \* make calls from its reception numbers
- \* charge money for its services

\* cold call or email to ask for your personal information like passwords, bank details or answers to security questions

\* threaten or pressure you to stay on the line.

If you receive a call claiming to be from the ACCC where personal information such as passwords or bank details are requested, do not provide this information and hang up.

Be extremely wary of urgent requests asking you to act immediately, and never provide personal information if unsure. Do not click on any links or download attachments from messages unless you are sure it is from someone you can trust.

#### Stay protected

STOP – Don't give money or personal information to anyone if you're unsure. Scammers will create a sense of urgency. Don't rush to act. Say 'no', hang up, delete.

CHECK – Ask yourself could the call or text be fake? Scammers pretend to be from organisations you know and trust. Contact the organisation using information you source independently, so that you can verify if the call is real or not.

PROTECT – Act quickly if something feels wrong. If you have had money or personal information stolen contact your bank immediately. Help others by reporting scams to Scamwatch.

#### If you've been affected

Don't be embarrassed about being scammed.

If you've had money or personal information stolen contact your bank or card provider immediately.

If you've been scammed or have provided personal information call IDCARE on 1800 595 160.

Help others by reporting scams to Scamwatch. https://www.scamwatch.gov.au/

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#### **Community Activities and Local Calendar**



Knox Community Gardens Society – Where Our Community Can Grow

#### **Rod Felton**

Autumn is a relatively quiet time at the gardens. Many members are cleaning up after summer and leaving Melbourne for the winter. Others are planting winter crops and enjoying the fine weather, but we do need the rain! Since there's not much going on, I wondered what to write about. So I thought I would share some memories of being a KCGS member for 34 years.

Brenda and I moved into the area in 1988 and at the end of our street was a wire fence, complete with barbed wire and a locked gate. Looking through the wire fence, we could see grapevines planted on the side of the hill. What we couldn't see was the large community garden hidden on top of the hill. In 1990, our neighbour Harry rented a plot at the gardens and sometime during the next couple of months he took us for a tour. We thought it was a wonderful community space and were keen to join.

In April 1991, four additional plots were created and we were lucky enough to get plot 79. In those days, the Caretaker's house (now the car park) was occupied so the Kleinert Road entry was not available. The only way in and out was via Scoresby Road, with locked gates adjacent to the end of Rathmullen Road. When we joined, membership was \$5pa and plot rental was \$20pa, although the committee

asked for another \$5pa to partially cover the cost of water. At that time, Knox City Council (KCC) wasn't passing on water bills, which were quite substantial, so the committee was making whatever contribution could be afforded.

Over the next couple of months, we spent time setting up our plot and planting a few veggies. To our surprise, some mysterious person on the committee awarded us 'Top Plot'. We thought it was more of an encouragement award, given how productive some of the other plots were! To be honest, we didn't really know what we were doing; some would argue we still don't! The photo shows me with our daughter in September 1991 (yes, I had hair in those days). We won the award a number of times, but who's counting? We don't really remember much about the next couple of years. I was working, so Brenda and the girls would go to the plots during the day to water.

We attended the Christmas BBQ in 1994, a couple of weeks after our son was born. The Christmas parties were always well attended and we went as often as we could. We have a lovely photo of him being nursed by Nancy Mann at that event. Nancy was the KCGS Treasurer for many years and is KCGS's only life member. Nancy and husband Eddie (who was also

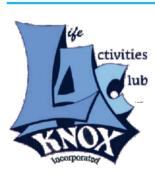


Treasurer for a number of years) joined in October 1984 as foundation members and left in 2014. They did a huge amount of work in the early days and KCGS will always be in their debt. In later years, Eddie had a worm farm shed which was located under the pine trees, down towards the bike path (now outside the fence). Unfortunately for Eddie, some mischievous kids set fire to it and burned it down, along with a number of branches of two large pine trees.

If you would like to drop in for a visit, have a look around, or stop for a cuppa and a chat, the gardens are open on Wednesday mornings from 10am to 12 noon. We are located at 51 Kleinert Road, Boronia.

Further information about KCGS is available on our website knoxcommunitygardens.org.au, Facebook @knoxcommunitygardens,

or email knoxcommunitygardens@gmail.com



Discover Life Activities in Knox Engage, Connect, and Celebrate the

Local Community

As the calendar turns to July

onwards, Knox becomes a thriving hub of activity, offering a variety of opportunities for residents and visitors to connect, learn, and grow. Life Activities Knox is dedicated to fostering a vibrant community spirit through programs that encourage participation, personal development, and shared experiences.

#### Looking Ahead

As July unfolds, it's clear that Knox offers endless opportunities to live life to the fullest. From social events to wellness programs, Life Activities Knox continues to inspire and empower individuals of all ages. Come and be part of the vibrant Knox community, where every day is a new adventure.

This July, let Life Activities Knox be your



gateway to new adventures. We have monthly lunches as part of our Chinwaggers' Group for those who enjoy getting out of the house for lunch. Dine Out with Friends at 6.30 pm for those who like to live life on the wild side at night. Plus a whole swathe of activities, both evening and daytime. If you would like to check for outings or gatherings that interest you, to be involved in can I suggest those who have internet – go to www.lifeknoxorg.au and click on Newsletters. Those not so computer savvy, just phone Lorraine on 0438068334 and she will forward you a copy.

We will begin hosting Movie Day on 30th June, with additional events scheduled periodically. Our First Film will be The King and I a film I'm sure you remember as a beautifully scenic love story. There will be a Footy Day on 20th September, a Shopping trip to DFO, Moorabbin, a Pizza day, plus Line Dancing in November, where attendees will be able to "have a go".

LACK will be taking a bus trip to the Blue Mountains, with stays in Corowa, Albury and Blue Mountains.

One photos from our recent New Zealand trip for you to enjoy, as well as one from our tour and lunch at the Block Arcade. All in all, we plan on having a very busy and active time over the coming months and look forward to meeting any of you would like to join us.

Overall, we anticipate a busy and active period in the coming months and encourage you to take the next step with us in your life's journey.









At Knox & District Over 50s we are a very friendly and sociable group who normally meet on the 4th Tuesday of each month from January to November.

Our next General Meeting will be held at 10.30 am on Tuesday the 22nd of July, 2025, 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.

During May, we toured the old Pentridge Prison. The Pentridge precinct includes a cinema, shopping centre, apartments and some very nice eating places. Included is a photo of some of our members at the front entrance.

During June we attended a performance of My Fair Lady at The Round, Nunawading. A most enjoyable outing.

Some members also toured the Yakult Factory in Dandenong South during June. Very interesting to observe how some of our regular shelf products are manufactured and what they are made from.

Our planned 6-day trip to the West Coast of Tasmania during November 2025 has some very lucky members filled with much anticipation.

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 Kerry (on 0419 995 084) for further information.

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



## Boronia VIEW (Voice, Interests, Education of Women)

Will be meeting on Friday June 20 at 11.30am at Eastwood Golf Club, Liverpool Road, Kilsyth with a 2course lunch costing \$30. This will be followed by Tom Mason speaking about cyber safety and his topic is 'So, now I am you: How I stole your identity'. There will be a raffle, trading table and book stall with all monies raised going to The Smith Family Learning for Life program, helping needy children 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 e.g. book club and coffee mornings etc and the occasional outing.

Enquiries to Judith on 9764-8602

JULY

Winter 2025

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One Sunday recently the message we reflected on was 'Staying Connected'. How do we stay connected with our families, our friends, our neighbours next door, our neighbours in our local community? How do we feel if we are not connected to our families, our friends, our neighbours next door, our neighbours in our local community?

## COME AND CONNECT WITH US! YOU WILL BE MADE VERY WELCOME.

We worship every Sunday morning at 10am.

Meet our minister, Rev Russell Croxford who will be preaching on the 1st Sunday of

each month, as well as at other times.

We have a user-friendly worship service... with children's activities and lots of singing! All followed by morning tea and fellowship.

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

COME ALONG TO OUR CRAFT GROUP -We meet from 11.30am each Friday at the church. Bring your lunch and your own craft project.

MUSIC GROUP FOR PRE-SCHOOLERS AND THEIR CARERS, each Friday from 9.30am during school terms. A 45-minute session is followed by a BYO morning tea. Call Sue on 0402 079 432 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.





9762 0008 5/3 Floriston Road, Boronia

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