



STORIES ACROSS THE DANDENONG RANGES • COMMUNITY ENVIRONMENT • ARTS • HEALTH • WELLBEING • FOOD • EDUCATION GARDENING • MUSIC • EVENTS • HISTORY • NATURE • SUPPORT

SPACING OUT WITH MBO



Image credit: Mount Burnett Observatory Monash Dome

Mount Burnett Observatory (MBO) is one of the hidden treasures of our community - a small observatory nestled in the rolling hills of Mount Burnett, and entirely run by volunteers.

As an organization, MBO has been active since 2010, with the stated goals of preserving the observatory site, buildings and promoting science and astronomy to the community.

Mount Burnett has run events from one on one private bookings to huge public events like the Astrolight Festival at Scienceworks, and participation in the ABC's Stargazing Live event which we held at Emerald Secondary College. Then of course, there are member events

ranging from regular Friday Member Nights to Astrophotography, Radio Astronomy, Young Observer sessions and more.

In the last year, due to COVID, the team at MBO have learnt to share the love of astronomy in a hugely successful set of online live-streaming events at 'A Night at the Observatory' with people from across Australia and beyond watching the talks, videos and excitement.

In the next month we have a few special events on, specifically for our local community. The first of these is a Footy Oval Astronomy session with free stargazing for the hills community at Chandler Reserve in Emerald. Bookings

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www.cnav.org.au
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We respectfully acknowledge the traditional owners, the Wurundjeri people, as the custodians of this land and pay respect to all Aboriginal community elders, past, present and emerging.

CONTRIBUTIONS WELCOMED

The Emerald Messenger is an award winning community-led monthly journal published by Emerald Community House since August 2018 covering stories of local interest on businesses, events, creative writing and commentary. Submissions are welcome by the third week of each month in electronic format with a high resolution email to stories@emeraldmessage.com.au.

To enquire about advertising in the upcoming editions of the Emerald Messenger, please contact Emerald Community House on 03 5968 3881 or send an email to: advertising@emeraldmessage.com.au

Stories and advertising for the next edition are due by the third week of the month

Pass this edition on to a friend when you've finished

Continued from page 1

are essential in these COVID times.

Event details: www.trybooking.com/BSSSX

We are also excited to be participating in the Open House Melbourne event, so if you want to check out the Observatory itself you can book via the link: www.openhousemelbourne.org/event/mount-burnett-observatory/.

Remember, we are your local observatory and we love to have community involvement. If you are interested in knowing more or helping out (and you don't need to be an expert) drop us a line!

We will be keeping you up to date with more news from MBO.

Further information: <https://mbo.org.au/> info@mbo.org.au

[facebook.com/Mt Burnett Observatory](https://facebook.com/MtBurnettObservatory)

You can also follow us on Twitter, or Instagram

HEIKE REICH

Mount Burnett Observatory



Mt Burnett Outreach Team Nov 24th, 2017

Dome by Peter Lieverdink



Community Event Stargazing Night with MBO

FREE

Date: Saturday August 21

Time: 7.00pm - 10.00pm

Where: Chandler Reserve, Emerald

Bookings essential:

<http://www.trybooking.com/book/sessions?eid=786003>

Further Information: <https://mbo.org.au/>

supporting residents affected by the recent storms

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Consolidation of Titles

Subdivision

Our focus is to provide quality, professional, personalised land surveying services throughout Victoria focused on the hills communities north of Beaconsfield.



EVENTS

FREE STORM CONCERT

Lockdown Update:

Jose Garcia Storm Concert

<https://m.facebook.com/events/525233642227456>

Event: Saturday August 14

Following the devastating winter storm that struck Victoria recently, the sound of music could be heard in the hills, in relief centres at Kalorama, Cockatoo and Emerald. It was welcomed and provided a source of comfort and reassurance.

The storm concert is based upon these early efforts and is essentially a creative community response to the impacts of the storm emergency. The musicians in the line-up have either already performed at these relief centres or volunteered early to be part of any music responses when public calls for assistance were made in June.

The concert aims to provide a focal point for the community in dealing with the storm's aftermath which has left a great many traumatised and vulnerable. The scale of the emergency has found local government and emergency services struggling to deal with its immediate effects and the many ongoing consequences. This music concert is free to all and welcomes involvement from the entire community. It's about community building, using music as a power for healing, communicating and bonding.

When and where:

Saturday August 14, 2:00-5:00 pm at the Hills Hub, 402 Belgrave-Gembrook Road, Emerald.

Use of the venue has been graciously donated by the Shire of Cardinia.

Musicians:

The line-up includes: Elise Turnedge (singing her parody "Sound of Generators"), José & The Amigos (bluegrass band, early responder), Jazzarama (jazz band that played at Kalorama), Ellen Kimball (singer at Kalorama Relief Centre), Edward Nass (early responder), The Old Dogs (volunteered to assist at the earliest



stages), Luro (singer/songwriter, local and volunteered early), Ali McDonald (active musician in the hills), Journey Bound (early responder), Luminosity (duo active in the hills), Carol McCoy (active in the hills), Charlee Tjepkema (young musician who lives in the hills), Sarah Baxter (music therapist), Treblettes (trio based in the hills), Dalys & Tom (Cockatoo musicians that responded early) and myself (active hills musician and event organiser who played at three relief centres).

Other appearances:

In addition to the music line-up, we will also include a few speakers. These include testimonies from residents impacted by the storm, emergency services, a psychologist, a poet and those heavily involved with relief efforts. Whilst we will celebrate our community spirit with music, we want to link music with ongoing, practical efforts to support those that need it.

Donations:

Encourage any financial assistance to be directed to local charity Dandenong Ranges Emergency Relief Service (DRERS).

Please label donations with the phrase "storm" to direct donations towards storm relief.

If donations are not labelled "storm", funds can be used more generally. DRERS is able to respond to anyone left vulnerable by the storm at any time, regardless of how long ago the storm event occurred. They can be contacted by:

www.givenow.com.au/dandenongrangesemergencyrelief

Phone: 03 9754 7777

Email: enquire@drers.org.au.

Other organisations:

As well as support from Shire of Cardinia, a number of organisations are supporting the concert including: Emerald Community House, Emerald CFA, Help the Hills (Dandenong Ranges Emergency Taskforce), Emerald Psychology Practice, Dandenong Ranges Emergency Relief Service, Emergency Support Team (Cockatoo and Emerald), the Cockatoo Returned and Services League and the Nine Network.

We will do our best to progress in a manner that protects the safety and welfare of our community. As a fall-back position, we may even hold the event outside on the Emerald Oval. Whatever shape it takes, we encourage you to be part of this afternoon.

JOSÉ GARCIA

Co-Ordinator, Storm Concert



EVENTS

MUSICIANS LEND A HELPING HAND

Lockdown Update:

Concert moved to Sept 25 and 26

Purchased tickets still valid

Contact Jules Vines ph: 0429 650 571

The Reiltin Collective will also be hosting two concerts on August 14th and 15th to raise funds for the local Dandenong Emergency Relief Service (DRERS).

Enjoy an afternoon of fine Celtic musical entertainment with traditional tunes, songs, storytelling and exquisite dancing displays. There will be raffles, door prizes and CD's available for sale. Bar and snacks will also be provided by at the Bowling Club bistro.

Immerse yourself in music and support local musicians who are excited to contribute their talents to support such a worthy local cause.

"We really are looking forward to our music being celebrated especially given what a difficult time it has been for everyone in the music industry over the past year and a half", said Jules Vines, spokesperson for the group. "More importantly,

considering the added hardship caused to local residents with the recent storm damage, it seemed fitting to lend our music to raise funds to support local services and those who are doing it tough - and what better way to do this than to do through music". The 'Celtic group Reiltin Collective' is delighted to be performing live again in the hills and Dandenongs. Comprising of four well-known local Melbourne artists, the collective consists of violin-mandolin virtuoso Greg Hunt, well known Melbourne singer-songwriter Cyril Moran, internationally renowned singer songwriter Maria Forde and local personality 3MDR's broadcast presenter Jules Vines, an accomplished local pianist and vocalist. Local dance school, The Victorian Irish Dance Academy will also be performing along with a stunning performance by local artist and harpist Elizabeth Sutherland.

Reiltin's Celtic Reflections Australia, (Reiltin means Little Star in Irish) celebrates the unique blend of Celtic traditions as they have evolved here in Australia. This show will have you tapping your feet, singing along, smiling and enjoying life the way it's meant to be with music, warmth and joy amongst friends.

Bookings available through trybooking:

Saturday August 14, Highett Bowling Club at 8pm (tabled seating) <https://www.trybooking.com/BSXDA>

Sunday August 15, Ferntree Gully Bowling Club at 2pm (theatre style) <https://www.trybooking.com/BSXWU>

HIGHETT BOWLS CLUB PRESENTS

Celtic Reflections Australia

Réiltín

Collective **BOOK NOW**






GREG HUNT **CYRIL MORAN** **MARIA FORDE** **JULES VINES**

Special Guests

Saoirse & The Victorian Irish Dance Academy

Saturday 14th AUG
8 Highett Grove, Highett.
Doors Open 7.30pm

Tickets \$30.00 Bar Available BYO Nibbles
Table Bookings. Contact Jules 0429650571

FERNTREE GULLY BOWLING CLUB PRESENTS

SUNDAY 15th AUGUST
AN AFTERNOON WITH

Réiltín

Collective **BOOK NOW**






GREG HUNT **CYRIL MORAN** **MARIA FORDE** **JULES VINES**

SPECIAL GUESTS
THE VICTORIAN IRISH DANCE ACADEMY



SHOW COMMENCES 2.00pm
RAFFLE & DOOR PRIZES
PROUDLY SUPPORTING



TICKETS \$30.00
AVAILABLE AT DOOR

BOOKINGS ESSENTIAL LIMITED SEATING
CONTACT Jules: 0429650571

ANNUAL WOORILLA POETRY COMPETITION

The 2021 Woorilla Poetry Prize is now open! Entries close on September 5, 2021.

Be part of a highly recognised poetry competition that has assisted poets for over 30 years and enjoy the opportunity to have your work published in the 2021 Woorilla Poetry Collection of Poems.

The Woorilla Poetry Prize has evolved as a natural progression from the Woorilla literary journal published by Woorilla Writers from 1989 till 2013 and initially drawing its readership from the Dandenong Ranges where it was based. As the journal spread and grew and as submissions, particularly poetry, began to come from far and wide, managing editor, Maria Millers proposed to hold a poetry prize. She was soon joined by Louise Rockne, publisher of Poetry Chapbook Prints, who became poetry editor of Woorilla and co-organiser of the Prize until her death in 2019.

The first Woorilla Poetry Prize was held at The Pirianda Gardens in Olinda and was supported by Parks Victoria. The first judge was acclaimed poet and academic Judith Rodriguez and she remained as the main judge until her death in 2018. Other judges have included Professor Kevin Brophy from Melbourne University. We are very excited to have the judging wisdom of two renowned and established poets Nathan Curnow and Emilie Zoey Baker.

Right from the beginning the Prize attracted entries from far and wide and from both established as well as emerging poets, very quickly becoming recognised as a National Prize. Apart from the main Open Section, in the last few years there has been an emphasis on encouraging young voices. An additional category was established for those whose first language was one other than English. Over the years there have been so many people who have worked tirelessly to get the Woorilla Poetry Prize to where it is today. Prominent among those were stalwarts like Stella Turner, Bert and Wilma Birtles, Kathryn Alexander and Maria Millers's late husband Igor Millers.

In 2016 The Poetry Prize joined the PAVE Festival in Emerald, where it again took on another growth period attracting more and more entrants over the years. The support of Emerald Community House under its manager Mary Farrow was invaluable and more particularly the help and expertise of Phil Byers who eased the Prize into the digital age.

2021 marks the beginning of another exciting new chapter with the Poetry Prize now running under the auspices of the Eastern Dandenong Ranges Business and Tourism Association.

Further Information: <https://www.woorilla.org.au/>



Competition Details:

Entry Fees:

Open Section

\$15 per poem entry

Youth Section:

4 poems for free (12-18 years) - additional entries \$5 per poem

Youth Sub - Category CALD:

4 poems for free (12-18 years) - additional entries \$5 per poem

(For culturally and linguistically diverse youth entrants who have spoken English for 5 years or less)

Prizes:

Open Section: First Prize - \$1,500, Runner Up - \$250

Youth Section: First Prize - \$200, Runner Up - \$50

CALD Youth: sub-category - First Prize - \$200, Runner Up - \$50

Awards Ceremony:

November 28, 2021 - 2:00pm

The Awards Ceremony will be a hybrid event available online and in person in the beautiful Dandenong Ranges on the November 28, 2021 at 2:00pm.

Further details:

<https://www.woorilla.org.au/enter>

<https://woorilla.submittable.com/submit>

Woorilla Poetry Prize is a not for profit poetry competition run by volunteers who are passionate individuals, who believe in the power of poetry and supporting existing, up and coming and especially young emerging poets. Any assistance you can give will help grow and sustain this annual competition.

To Donate:

<https://woorilla.submittable.com/submit/198264/donate-to-woorilla-poetry-prize>

MARIA MILLERS,

Founder, Woorilla

WALK ALONG LYREBIRD LOOP

Relax and enjoy the 'Park Walks Program', through Parks Victoria and stroll through the stunning surroundings of the Dandenong Ranges. This Program is a volunteer-led walk, which will take you along the Lyrebird Loop circuit trail and enter a fantastic rainforest of spectacular Mountain Ash, eucalypts and lush tree ferns. Listen for the call of the lyrebird - you might even be lucky enough to spot one along the way!

This 5.5 km walk occurs every Thursday at 9:30 am. It is of moderate difficulty and includes some hills and uneven terrain. You can join as a one-off to explore somewhere new, or as a regular part of your wellbeing or fitness routine. Walks commence and end at Grants Picnic Ground. Toilet facilities are available.

Trail rider all-terrain wheelchairs can be reserved from Grants Picnic Ground for those with limited mobility. Hire is free and bookings must be made in advance. For further details and to book please visit: parks.vic.gov.au/get-into-nature/all-abilities-access/all-terrain-wheelchairs.

Public Safety:

Dandenong Ranges National Park was heavily impacted by severe storms on June 9, 2021 and some sections of the park will be closed or partially closed. To find out information on current updates, please contact your Dandenong Ranges National Park Ranger or go to: <https://www.parks.vic.gov.au/places-to-see/parks/dandenong-ranges-national-park>.

This event may be cancelled at the last minute due to extreme weather conditions. You will be emailed if the event is cancelled. In the event that your circumstances change and you are no longer able to attend, please cancel your ticket so our guide is aware and does not wait for you to arrive.

Please note: All Parks Victoria activities are managed in alignment with the Department of Health and Human Services guidelines for coronavirus (COVID-19) including the need for physical distancing, personal protective equipment including fitted face masks and good hygiene.



For up-to-date health information visit www.coronavirus.vic.gov.au.

Walks do not proceed during a lockdown period. However, when lockdowns are lifted precautions are taken by not recommencing too soon for the safety of the public and volunteers. We hope to recommence walks starting in August 2021.

When you proceed with your activity booking you agree to comply with all staff and volunteer instructions in order to ensure that these measures are met.

Further Information: <https://www.eventbrite.com.au/o/parks-victoria-park-walks-17090208863>

Please bring a water bottle, closed footwear and appropriate clothing for all weather conditions.

Day/Time: Every Thursdays 9.30am

Cost: Free

Registered Bookings are essential

www.eventbrite.com.au/e/dandenong-ranges-park-walk-tickets-161278094121

Location:

Grants Picnic Ground, 70 Monbulk Road, Kallista, VIC 3791

ALLYSHA AGOSTINELLO

Ranger, Dandenong Ranges National Park and Reserves

Email: allysha.agostinello@parks.vic.gov.au

Sandra Beltran

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OUR SOUNDS OF MUSIC

Brunch on McBride is a small family owned local café. The past 18 months of lockdowns have really hit us hard, as they have for many businesses and many people. The last lockdown in June was particularly tough, and we were so excited when we received notification on June 9 that we were able to re-open our seating areas on Friday the 11th.

After organising all of our wholesale deliveries, meat, fresh fruit and vegetables we excitedly began cooking all day to restock our fresh lunch displays with all of our home made goodies. Everything was full and everything looked great, and then bang! Out went the power and it didn't come back for 6 days. We spent each day running our generator to try and salvage what we could but unfortunately everything we made we lost anyway, due to the length of time we were without power. As locals, we were also without power at home for the majority of this time as well, and there is only so much cold lasagne and quiches you can eat.

On the night of the power outage, my husband Paul (who is a dedicated volunteer with Cockatoo CFA) was out assisting the brigade due to the storms and our daughter Chloe had gone to Monash Uni to study for her exams as she couldn't study in our powerless house.

Home alone, with our house lit up by candlelight, I decided to play my guitar and it wasn't long before the first line of Simon and Garfunkel's 'The Sound of Silence' came into my head and before I knew it I had re-written the words to suit the situation. My parody song was called 'The Sound of Generators' and I shared it on Facebook with my friends who told me that it had to be shared to the wider community. So share it I did and it wasn't long before it had almost 12,000 views. My husband joked that 3AW would be phoning me, and I laughed. But the next day I had a message from one of the producers from 3AW as they wanted to play my song, and Neil Mitchell also wanted to interview me. It was all very surreal. Since then the lovely Jules Vines from 3MDR has had me on her program, and articles have been in most of the local Star Group Newspapers.

At Brunch on McBride, we have live music each month and one of our fabulous musicians is José Garcia. He is the master organiser of all things musical and is also on the committee of The Cockatoo RSL. The RSL also has live music each week, and once a month they run an 'Open Mic' day on a Sunday, so I was asked if I would perform my song. After a couple of weeks of practise, I garnered the courage to get up and perform in public, which is something I have never done before, or thought I had the courage to do. I am so grateful both to José, the Cockatoo RSL and the many guests that were there on that day. I had a great day and, who knows, maybe I will do it again sometime.

José is also the instigator of the upcoming Storm Concert, which is scheduled for the Saturday, August 14th at The Emerald Hills Hub. Hopefully all being well with Covid and lockdowns, this can still go ahead, as I will be making my second ever public performance at this concert.



Owner of Brunch on McBride Elise Turnedge

Although we are currently in another lockdown, we are eternally grateful to our wonderful local community who give our business such support. Without them I don't know if we would have survived the past eighteen months. We are proud Cockatoo residents who support our community through volunteering with the CFA, and the Ash Wednesday Bushfire Education Centre. We collect our tips each month and donate them to many local community groups. We host live local musical artists twice a month.

In mid-August, the wonderful local guitar guru, José Garcia, will be back to entertain us all if Covid restrictions allow of course. We would love to see you so please look us up on Facebook to keep up to date on our events and what we are doing generally.

ELISE TURNEDGE

BRUNCH ON McBRIDE

Address: 44B McBride Street, Cockatoo

Tel: 03 5968 8814

SUPPORT LOCAL BUSINESS. GIFT CERTIFICATES AVAILABLE!

CULTIVATING MUSHROOMS AT HOME

Have you got a real passion for mushrooms? This eight week on-line, self-paced course will get you growing incredible amounts of delicious mushrooms, wherever you live. This course is supported by a crew of experts. It has been designed to teach people sustainable methods, low-cost skills for cultivating mountains of mushrooms using organic, low-waste techniques to eat and share and for people who want to grow fungi for food.

Nick Ritar and Kristen Bradley who both founded Milkwood in 2007 will be your mushroom cultivation teachers. Nick has trained with various world-leading mycologists such as Paul Stamets, and has taught over a thousand students on gourmet mushroom cultivation. Kristen is known for her permaculture advocacy and workshops. She has established many farms and community gardens and has grown many varieties of vegetables. She is the author of best-selling books 'Milkwood Real skills for Down-to-Earth Living' and 'Easy Peasy Gardening for Kids'.

In this course a mix of theory and practical skills will allow you to grow mushrooms step by step that is right, your climate, your budget and space. We will introduce you to the incredible kingdom of fungi, the biology of mushrooms and how they fit into the natural world. We will then take you through the mushroom lifecycle, which is really essential before you start growing mushrooms. Some topics include how mushrooms grow, how they are different to plants and what they need to survive.

We will start with the most basic mushroom growing techniques by using cardboard and gradually build your knowledge up from there. We will then follow a step-by-step process on successful techniques for growing your very own mushrooms at home using grain spawn.



We have developed a method of growing mushrooms that significantly reduces the need for single-use plastics and make use of repurposed materials whenever possible. It's not only a great way to reduce your environmental footprint, but it also cuts down the cost of growing mushrooms at home until the process is (nearly) free. You will also learn some of our favourite ways to cook, store and preserve the harvest that you will be growing.

Once the basics are covered, we will then take your learning journey outside and teach you fool-proof techniques for growing mushrooms on logs, and in gardens. With all that knowledge, you will then be on your way to a lifetime of growing and eating delicious mushrooms.

The next Milkwood Home Mushroom Cultivation course will start on August 30.

To register for this course, join the class waitlist: <https://courses.milkwood.net/mushroomcultivation>

KRISTEN BRADLEY

Milkwood

www.milkwood.net/courses/



Emerald Funerals
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GROWING AVOCADOS

When avocados first hit the supermarket shelves, it was one of the lowest selling fruit. By the 2000s, it was one of the highest selling fruits behind bananas and tomatoes. Back then we only had the black 'Hass' avocados and the green, thin skinned 'Fuerte' available.

Today, there are about 6 different varieties available in the shops that ripen at different times of the year. In our collection of avocados at Telopea Mountain Farm and Nursery, we grow 16 different varieties in Monbulk and Olinda, with at least one snow fall at each site yearly.

The avocado tree will grow across Victoria and Tasmania as long as we observe a few rules that we have learned over the last 20 years:

- Get a grafted known variety. These come in 2 sets- A and B cultivars.
- By planting both A and B trees in your yard, you will more than double your annual yield and have avocados throughout the year.
- Rootstock used in grafted varieties is important. A shortage of supply is expected over the next 10 years and there has been a lot of experimenting. Zutano rootstock is more cold tolerant (from Guatemala).
- Growing from seeds that come from warmer climates will have less tolerance to cold.
- Avocados hate wind, whether hot or cold, as they come from the understory of sub-tropical forests. A wind shield of shade cloth can be erected covering all 4 sides for the first 2 years.
- Avocados hate being flooded or waterlogged, especially in clay soil. We suggest that you build a box above the soil level, adding extra potting mix, mushroom compost or other open moist, organic matter.
- Soil needs to be kept moist but never wet as they only need 48 hours of being waterlogged to start the roots rotting. To test, dig into the soil around the roots and smell it. If it smells sour like wet soil can, then root rot may be occurring.
- Mulch the soil yearly with a full bale of straw as this breaks down into soil.
- Try and buy an older, advance tree to begin with. A 2 year old



tree will take 4-6 years to fruit. Only 4 grafted varieties come ready to flower.

- Common misunderstanding about growing avocados in Victoria is mainly due to the information being written for Queensland and North New South Wales climates. Only my article contains 20 years worth of study for Victorian growing conditions.
- Even online information on fruit ripening can be mis-leading as it usually states Fuerte ripens June to October, (up north) but here in Monbulk it ripens October to March for the last 15 years. Our Fuerte trees have up to 400 fruits per year.

Common Q&A

Will my trees and fruit get attacked by pests?

Possums seem to like new fresh growth late spring. It just keeps the size of tree reduced. You can reduce access from adjacent trees and structures by using strips of needles or nails (buy the plastic ones for this purpose). Rats and possums will try a fruit or two but soon stop eating it. Fruits tend to heal and ripen after attacks anyway. Birds don't attack them.

Can I grow a tree from seed?

Yes, you can but the chances of getting fruit in 10 years that is cold tolerant is minimal. Many of these trees fruit only once, then die in this cool climate. Use them as "protector trees" to cut out later.

Can I graft my own avocado tree?

Your seedling rootstock will usually not be suitable for the Victorian climate. Grafting needs 25C° and 80% humidity in September to graft, but why not try anyway if 1% success rate is acceptable to you? There are other methods to consider like adding another

Emerald Community House Out-of-School-Hours Care

The most affordable community childcare in the hills is still operating!

OOSH Program Operates:
Weekdays 6:30am-8:45am & 3:30pm - 6:30pm

Tracey Shuttleworth
Children's Services Director

www.emeraldcommunityhouse.org.au
Contact Emerald Community House:
Phone: 5968 3881 Email: emhouse@inet.net.au



GARDENING

variety to an existing tree, use an approach graft for this.

Can I get dwarf avocado trees?

Yes, only one available is a Wurtz dwarf variety which grows to about 2 meters (try Diggers Nursery in Olinda). The general industry labels and information on the websites are incorrect for Victoria as they only grow half their height in our climate so most will grow 3-4 meters tall, Fuerte is 5-6 meters. True dwarf rootstocks are on their way but expect them in nurseries in about five years' time.

Can I espalier my avocado tree?

No, this is not a good idea for two reasons. First, by exposing the trunk it will get sunburn (commercial growers paint the trunks with white paint or lime) so keep lower branches to shade the trunk. Secondly, I suggest never prune avocado trees or risk cancer infection.

Avocado varieties available as trees in Victoria all have done well in Monbulk.

New variety yet to be assigned a group is the "Superba" which originates in Monbulk and shows good Guatemalan parentage. All of this and more information is covered in the full day avocado class which we run on the farm at Monbulk. Advanced avocado Hass & Bacon trees were still available in our nursery at time of writing this article. (Due to Covid restrictions, the last avocado class was cancelled.) Please contact Peter directly.

PETE THE PERMIE (ALLEN)

Telopea Mountain Farm and Nursery

www.petethepermie.com.au

ARTS

OUR NATIVE EMBLEMS IN ART

Look what I saw in the window of the White Deer shoe store in Belgrave! Yes, a Helmeted Honeyeater lantern in pride of place overlooking the main road superbly created by local artist Renate Crow with the support of a Yarra Ranges community grant. The Helmeted Honeyeater lantern will be making an appearance at an art exhibition which will open at Burrinja Cultural Centre on October 16.

And guess what I saw in the window of the Cameo Cinema just across the road? It was a Leadbeater's Possum lantern created by Tamara Griffiths, Justine Walsh and Rachel Trudeau. What an amazing coincidence for this is a special year for the Helmeted Honeyeater and the Leadbeater's Possum. Both are critically endangered due to habitat loss. It is the 50th anniversary of both these species being declared emblems of Victoria.

The Friends of the Helmeted Honeyeater and the Friends of the Leadbeater's Possum are working with the Burrinja Cultural Centre

Leadbeater Possum photo by Justin Cally-Wotch



Helmeted Honeyeater lantern

to celebrate this important milestone with an exhibition of art featuring these two iconic species and some of the other species of fauna and flora that share their precious habitat. Come along and see both lanterns on display with a wide host of other wonderful artwork.

There will also be a free symposium at Burrinja on the afternoon of October 16 to which everyone is invited (registration will be necessary). It will explore how people are working to secure the future of these endangered species.

The remaining population of the Helmeted Honeyeater is now found at the Yellingbo Nature Conservation Reserve and the Leadbeater's Possum is found only in Victoria. But, they won't be there for the next generation unless we work together to protect and extend their habitat.

For further information: www.helmetedhoneyeater.org.au/news/latest-news/

DOROTHY SCOTT

On behalf of the Friends of the Helmeted Honeyeater

BALANCING HORMONES

As human beings we are run by hormones throughout the various stages of our lifespan. Hormones can affect everything - our moods, stress levels, growth patterns, reproductive system, metabolism, appetite - the list is endless. There are some stages though, when we need to pay particular attention to our hormones, such as menopause.

In menopause, the hormones estrogen and progesterone drop which results in a whole range of symptoms, particularly hot flushes, mood changes and sleeping issues. Weight is harder to lose as our hormones work against us. Cortisol which is known as the stress hormone generally increases, which also works against the metabolism.

A lot can be managed just through diet and lifestyle. As estrogen levels are reducing, it is important to include in your daily diet phytoestrogen foods such as soy. They have a similar chemical structure to our own body's estrogen, and therefore are able to bind to the same receptor in cells that our natural supply of estrogen does. Soy foods such as tempeh, tofu, miso paste, soy beans and soy milk are all great choices but the trick is they need to be eaten every day.

Silken tofu can be hidden in a smoothie, so by replacing one meal a day with this, it is an easy way to tick that box. Marinated tofu which is in the vegetarian section at the supermarkets can be added to a salad or soup and you don't even need to cook it. Simply slice it up and add it to your meals.

Other foods which fall under the category of phytoestrogen foods are lignans which are basically linseeds, grains and vegetables. Food such as soy and linseed breads - grains such as brown rice, oats, wheat germ and quinoa are particularly high sources of these foods. Other foods which are beneficial but are harder to get into your diet are alfalfa and sprouted legumes such as mung beans and soy sprouts. They are available in the vegetable section at most supermarkets.

Flaxseeds, linseeds and flaxseed oil are a definite super food to include, as not only do these help with estrogen metabolism, it also stimulates the detoxification process in our body and helps increase omegas which can have an impact on mood. Flaxseeds can be added to cereal or porridge by using LSA (linseeds, sunflower seed and almond meal) or they can be bought as an oil and drizzled over veggies or salads.

There are also supplements that can help reduce flushing which contain various herbs that work in conjunction with each other. Magnesium is also essential as so much is lost with hot flushes throughout the day and sweating at night. Lots of menopausal women are actually deficient in magnesium, which then impacts on their sleep cycle and anxiety levels. Muscle twitching or soreness can also occur due to this.

Managing hormones in menopause can be challenging, but it doesn't have to be stressful. There is so much you can manage just through diet, exercise and supplements. If you're finding it



hard to manage, perhaps book an appointment to help with giving your diet and lifestyle an overhaul. Instead of battling through the challenges and changes of menopause, look at it as a chapter in life to be embraced, with new changes to be celebrated.

Hormone Balancing Smoothie

Serves 2

- 2/3 cup silken tofu
- 1.5 litres water
- 1 medium banana
- ½ cup pineapple (fresh or tinned)
- 2 tsp flaxseed oil
- Ice (optional)

Add all ingredients to a blender/nutribullet or thermomix and blend for 10 seconds on a high speed until ingredients are all mixed together. Serve over ice and add a mint sprig for a touch of fancy!

MEGAN BOURKE

Email: meganbourke@nutritionalbalance.com.au

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NUTRITIONAL
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GROWING YOUR OWN FOOD

Launched in late 2020, the 'Food from Home' campaign is here to help communities in Melbourne's South East to experience the benefits of growing your own food. Led by not-for-profit Enliven Victoria, the campaign has already engaged over 80,000 people via social media and distributed over 3,000 packets of free vegetable seeds through nine library services across Greater Dandenong, Casey and Cardinia.

Co-designed with local community members, the campaign aims to highlight the environmental and health co-benefits of growing food and edible gardening, while also addressing the barriers to growing. Following a survey of over 300 community members, Enliven Victoria was also able to identify the four main challenges to growing food: knowledge, time, cost and space. As a result, the campaign has created a series of beginner-friendly resources, informative blog posts, videos showcasing local people and their gardens, seasonal recipes, and more recently have launched a 'South East Melbourne Community Garden Directory'.

The Community Garden Directory was created in response to a community-identified need for better access to current information about how they can get involved, particularly during the Covid-19 pandemic. The first of its kind, this easy-to-read resource details information, interactive maps and downloadable listings of over 15 community gardens within the Cardinia Shire, City of Greater Dandenong and City of Casey.

Over the coming months, Enliven Victoria will be expanding the reach and accessibility of the campaign even further through a number of projects including, the development of edible gardening resources in different languages, community workshops on growing native edibles, supporting the establishment of local seed libraries, and the distribution of 700 'planter kits' to enable young people and families facing food insecurity and hardship to grow their own food.



How 'Food from Home' can support you to grow and prepare fresh, healthy, and sustainable food:

- Access over 15 beginner friendly resources and growing guides
- Head to your local library services and request your free 'Food from Home' seeds
- Join our 'Food from Home Community' group on Facebook to connect with other local gardeners
- Get inspired by other local people and groups growing food by watching and reading our 'Food from Home Stories' and blogs
- Download our free seasonal recipes which show you how to prepare foods you will find in your garden
- Follow @foodfromhome on Facebook and Instagram, or subscribe to the 'Food from Home' newsletter for gardening tips, information on local events, and competitions
- Browse our Community Garden Directory to locate and learn more about your local community gardens

For more information about the campaign, connect online via:
Website: www.foodfromhome.org

Facebook: www.facebook.com/foodfromhome

Instagram: www.instagram.com/foodfromhome/

Community Garden Directory: www.foodfromhome.org/community-gardens/

To get in touch, please contact:

KATE LOWSBY

(Health Promotion Manager, Enliven Victoria)

info@foodfromhome.org



0413 768 620

All aspects of Carpentry
Jarryd Peterson
0413 768 620
avonsleighcarpentry@outlook.com

[@avonsleighcarpentry](https://www.facebook.com/avonsleighcarpentry) [avonsleigh_carpentry](https://www.instagram.com/avonsleigh_carpentry)



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441 Belgrave-Gembrook Road Avonsleigh Vic 3782
Phone 5968 3957
Dr. J. Hamilton and Associates

AN AUSTRALIAN MOTORING PIONEER

One hundred years ago, on February 26, 1897, the first Australian made motor car rolled down Brunswick Street to the Exhibition Buildings. Competing with steam cars being developed at the same time, it became the forerunner of Australia's motor manufacturing industry.

In 1896 Alexander Smith, prizewinning coachbuilder, built a carriage for the Australasian Horseless Carriage Syndicate. It was fitted with a petrol engine made by a dentist, Henry Austin, perhaps as early as 1895 but, owing to its excessive vibration another motor was sought. Its replacement was a rear-mounted motor designed and built by Grayson Engineering, fuelled by kerosene.

On its appearance at the first Melbourne Cycle Exhibition, the "Pioneer" was acclaimed by "The Scientific Australian" of March 20, 1897, as Australia's First Horseless Carriage. Smith's beautifully painted and trimmed vehicle was built at Jackson's Carriage Works in Fitzroy, where he was currently employed. A "stylish bracket fronted buggy with an elliptic spring across the front"; it was variously described as a phaeton, dogcart or mail cart.

The engine was connected directly via a chain and sprocket wheel to the rear wheels. Stopping, starting, and braking were controlled by handles. Another on a small hand wheel controlled the steering via a pivoted axle arm, the main axle of the front wheels remaining stationary.

The Governor Lord Brassey, was driven at ten miles per hour round the Exhibition Buildings by Alexander Smith. A party of ladies and gentlemen from Government House were impressed by its easily managed controls and all enjoyed trying out the vehicle. The Thomson steam car, well known to motoring buffs,



Three original owners, Tarrant Motor Co., Melbourne, Victoria, circa 1901.

Harley Tarrant in driver's seat. W. Stuart Ross and William Howard Lewis (left) in back seat. Museums Victoria Collections

had its first public trials several months later. An even earlier model had been produced in South Australia. The steam car, however, was a dead end in the progress of the Australian car industry, which was to develop from Syndicate member Harley Tarrant's interest in internal combustion engines.

The Australasian Horseless Carriage Syndicate, with about twenty investors, planned a production run for the "Pioneer" and several orders were received. Due to financial difficulties, however, the project came to nothing. The car was dismantled, sold piecemeal and nothing further was heard of the Syndicate.


Tarrant, however, persevered. He had been experimenting with engines since the 1880s. By 1890, when Henry Ford was also beginning to experiment, he had left his business as a civil engineer and surveyor to establish the Harley Tarrant Motor Syndicate, manufacturing small stationary kerosene engines to his own design. Following the collapse of the Australasian Horseless Carriage Syndicate he decided to expand his business.


In 1898 he took as partner a bicycle manufacturer, W. Howard Lewis. From the beginning his carriage builder was Alexander Smith. They obtained the Australian agency for Benz cars. In 1900 they expanded further, becoming the Tarrant Motor and Engineering Company, in Queens Bridge Road, South Melbourne. They quickly added agencies for other makes, including Talbot, Sunbeam and Rugby.

Their first Australian car was sold in 1901, built by Alexander Smith and powered by a Benz engine. Their next car was over 90% Australian made. Designed by Harley Tarrant with the engine mounted in front, it too was built by Alexander Smith.

Tarrant continued to expand. He took in another partner, W. Stuart Ross, who had completed an engineering course in England, and brought back with him the agency for British Argyll. He established a new subsidiary, the Melbourne Motor Body Works, where up to a dozen individual cars were built in the following years.

Alexander Smith spent many night hours at his draught board looking for ways to fashion Australian hardwoods into better bodies.



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Children • Adolescents • Adults • Couples
Group Sessions and Education Seminars also available
Call now to book an appointment T: 0478 125 865

HISTORY

Some of these cars had White and Poppe engines, (high speed petrol engines) but most had two or four cylinders. Tarrant engines won a number of races and reliability trials against competition from various vehicles from overseas.

The business continued to expand. Tarrant built new premises in Russell Street and added agencies for Mercedes, Rover, Fiat and Sunbeam cars. However, he found that manufacturing his own chassis was not profitable.

In 1903, Henry Ford founded the Ford Motor Company, making expensive cars that only people who were well off could afford. Henry Ford looked for a mass market, aiming to produce a cheap, basic vehicle within the reach of everybody. Unable to compete with overseas production, Tarrant acquired in 1907 the agency that was to make the firm outgrow its premises yet again. He began importing Ford chassis.

Tarrant bought out Alexander Smith's South Melbourne business, installing him as manager in his Exhibition Street premises. This then became a Tarrant subsidiary, the Melbourne Motor Body Company. The rest of Tarrant's agencies were transferred to another subsidiary, Auto Car Industries Pty. Ltd.

From that year Alexander Smith took charge of building the bodies onto Ford chassis, which were imported in parts, and assembled by Tarrant. Initially there was a prejudice against Fords because the Ford Company advocated manufacture of the cheapest bodywork possible. Smith, however, produced superior bodywork which helped to overcome initial prejudice against the Fords, enabling the business to grow into the largest in the state, perhaps in the whole country. Ford at this time were moving into standardisation, speeding manufacture with the use of interchangeable parts. By 1913 the Detroit factory had begun mass production via the assembly line.

In 1915 Alexander Smith was in charge of organising another, larger new building to accommodate the Melbourne Motor Body works, which grew from four or five bodies a year in 1907 to 5,000 a year in 1922. On his retirement as manager in 1923, he was supervising well over 300 men. He continued to act in an advisory position in close association with the board of Tarrant's other subsidiary Auto Car Industries, whose premises then spread through various suburbs, even sending some work interstate.

Even after Ford decided in 1925 to take over its own assembly and operate from Geelong, Auto Car Industries expanded further, concentrating all its work on yet another new building in West Melbourne. They continued to use as far as possible the Australian timbers that Smith had found so suitable for car bodies.

Shortly before Alexander Smith's death in 1926, the Argus wrote of some of his work - "The company points with special pride to a closed body designed and constructed in 1907, which has been constantly on the road since then. Its upholstery has not been replaced, and, except for some slight alteration, is as it was built, and has outlasted three chassis."

Note: Alexander Smith's son, Mr. Eric Smith, lived in Monbulk on the property pioneered by his uncle, Steve Burne. He spoke with pride and enthusiasm of his father's contribution to the growth of Australia's motor industry.

DOROTHY WILLIAMS

EDIBLE KALLISTA MONTHLY SHARED DINNERS



Kallista Community House
6.30pm gold coin donation
Tuesday 20th August
Wednesday 18th September
Tuesday 22nd October
Wednesday 20th November
Tuesday 17th December

HILLS LANGUAGE SPECIALIST

Linguists are often erroneously asked “how many languages do you speak?” The answer, put simply and directly, is that linguists explore how language works.

My journey to becoming a specialist English teacher and eventually a linguist began in the early 90’s when I was living in Spain in a small village across the coast from Morocco. When I first went to Spain I had little or no Spanish and in the village I was living in, there was virtually no one who spoke a word of English.

I had always loved and been interested in other languages and was keen to get a good functional level of Spanish as soon as possible and so I immersed myself in the culture. It wasn’t very difficult for me as I loved everything Spanish from Day One—the food, the wine, the people, the music and flamenco dancing which I had already started studying in Sydney before heading to Spain! I started to learn Spanish quite quickly and it felt very comfortable on my tongue so I decided that this was to be my second language.

Upon my return to Australia I embarked on an academic journey to get the formal qualifications to teach English as a second language in Spain and combined this with a major in linguistics, Spanish and sub majors in education, psychology and educational psychology. Parallel to this I was already teaching international students from all over the world, gaining experience and an understanding of the different problems language learners have. During this time, I also worked as a Director of Studies, coordinator of English programs and curriculum developer.

Jump to 2021 and I am now living with my family in the beautiful Dandenong Ranges in the town of Emerald and at the beginning of 2020 when we found ourselves in all this Covid madness I, like many people, had to rethink the plan. I found that with constant lockdowns and school closures there was a growing need in the community for my services.

After more than 15 years in the English language classroom and 10 years studying linguistics, I have an understanding of the deeper and intuitive levels of language acquisition and so I decided to offer my services to parents of school children (primary and secondary) who, for whatever reason, are “slipping through the net”. Whether it has been due to home schooling or just not getting the individual attention they need, I am finding that many students, however bright, still don’t understand some of the basics, let alone complexities of the English language. So it has been very satisfying to see their confidence levels grow with some care and individual attention.

Language is such an important tool in expressing ones’ thoughts, ideas and emotions as well as being an invaluable asset in any field of work or study when handled well. Having taught English to students of all ages and nationality backgrounds, often from scratch, I am well equipped to handle any type of language



problem, whether it be the functions of grammar, spelling, essay writing, pronunciation, accents and dialects, speech impediments etc. I understand that we all learn differently and adapt my lessons accordingly. I have a holistic approach to lesson planning and like to make my lessons interesting and fun as I believe that learning should never be boring!

If you think your child is falling behind at school or that there’s something that “just doesn’t seem right” with their literacy skills then trust your intuition as you are probably right. I’d be happy to do an assessment and we can go from there.

I believe that every child should get the best possible start in life and there is no more important tool than being able to confidently articulate one’s thought and ideas, whatever course of work or study they choose in life.

If you would like to know more, or just have a chat, please get in touch through the contact details below and I’ll get back to you as soon as possible.

CATHERINE PELLEGRINI

Bachelor of Social Sciences (Linguistics, Spanish and Latin American Studies), Cambridge post graduate certificate in TESOL, Certificate in Adult Literacy.

Tel: 0414 970 175

catherinefalconer@hotmail.com

Program Guide



Term 3

July 12 - Sept 17, 2021

Short courses, children's programs, venue hire and community activities

Due to lockdown some of our course dates have changed. Please call the office for more information. 5968 3881

All Welcome - please come in and say hello!

Office open:
Mon, Wed & Friday 10am -3pm
or by appt.

(Closed during school holidays)



Our Vision is to be a place where connections are made and opportunities are realised.

Our Mission is to consistently meet the needs of the community by providing quality community development activities, programs and services.

Supporting local community needs, volunteering opportunities, community connections, support services and training. Pathways to employment.

Emerald Community House Inc.

356 - 358 Belgrave-Gembrook Rd, Emerald VIC 3782

Telephone: 03 5968 3881 Email: emhouse@iinet.net.au

www.emeraldcommunityhouse.org.au

'Find us' on Facebook - www.facebook.com/emeraldcommunityhouse



Membership - Course Enrolment Details & Conditions

Membership Fees

\$10 for individuals and \$15 for families applies to all users accessing any of the services/ programs at Emerald Community House (ECH). The membership fee is an annual fee from January to December and goes towards House facilities and maintenance, community grant support, insurance, free community Wi-Fi and other house expenses.

Further details: www.emeraldcommunityhouse.org.au.

Course Enrolment

Enrolment/membership forms are available at the office or online

www.emeraldcommunityhouse.org.au. Course cancellations may occur if minimum class numbers are not achieved. Terms & Conditions are also online.

Note: Course times and activity details are correct at time of printing, but may be subject to change at the discretion of management.

Course Guide

Permaculture Design (Pete the Permie)

Course Code PDC with Peter Allen



This 120hr Permaculture Design Course (PDC) will suit many levels including those wishing to design their own property, going on to seek employment, or planning to continue with other accredited courses. This is a real chance to learn and gain 2 certificates in this 16 week course (21 sessions). Numerous tutors will cover concepts of a full permaculture design including, zones, sectors and the ethics and principles of permaculture. At the conclusion of this course participants will complete and present a design to the class to complete this certificate course.

Date:	Tuesday July 13th (16 weeks)
Time & Venue:	9:00am - 4:30pm Held at Telopea Mountain Permaculture, Invermay Rd, Monbulk
Course Fee:	\$750.00

Pete's Term 3 Fruit Classes

Growing, Berries +

Sub-Tropicals & Citrus in Cool Climates

How come we can grow 13 avo, 8 macas, 8 sapotes, guavas, banana & many more in Olinda without a glass house, how to grow Berries & Vines, it's all about placement and the essentials for Citrus growing. Please bring your lunch.

Date:	Sunday August 29th
Time & Venue:	10am – 4pm Held at Telopea Mountain Permaculture, 134 Invermay Rd, Monbulk
Course Fee:	\$104.50 (Incl. GST)

Health & Wellbeing

QiGong for Health & Healing

Course Code QG with Maxine Gardner

QIGONG, (*chi gong*), from which Tai Chi originated, uses the same principles of combining breath-work, movement and stillness to improve the quality of life on all levels. The purpose of these ancient exercises is to seek stillness (relaxation) in movement (chaos). Bringing these aspects into balance will help to provide participants with practical tools for coping with the daily stresses of everyday life. QiGong can improve flexibility, balance, and coordination. It can be beneficial for arthritis, recovering from surgery or illness. It can also help those who wish to enjoy the practice of a beautiful and gentle way of being, contributing to their health at the same time. Please bring water & a blanket.

Dates: Thursday July 15th - September 16th (10 weeks)
 Time & Venue: 6.30pm - 8.30pm ECH Hall
 Course Fee: \$165.00 (incl. GST)
 Casual class fee: \$22.00 (incl. GST)

Emerald Wellbeing Group – FREE

Course Code WG

Our popular and innovative program provides a diverse and fun environment for people to engage in various physical and intellectual activities that can improve quality of health and wellbeing. The program takes place in an environment that includes carers to develop friendships, receive support from the group and develops a network with a variety of people and age groups.

We offer a range of structured fun activities to improve general wellbeing directed at people over 50. There is a focus on providing people with an opportunity to get together for social gatherings, informal discussions as well as providing valuable information. Carers who support loved ones, must attend together and are welcome. Our program is coordinated by volunteers & currently funded by ECH.

Dates: Thursday July 15th - September 16th (10 weeks)
 Time & Venue: 10.00am – 12.00pm ECH
 Course Fee: Free

Gentle Yoga Course

Code GY with Lisa Baker

Strengthen your core and improve your flexibility

Monday Evening

Dates: Monday July 12th - September 13th (10 weeks)
 Time & Venue: 5.30pm - 6.45pm, ECH Hall
 Course Fee: \$165.00 (incl. GST)

Beginners Class

Monday Evening same dates as above
 Time & Venue: 7.00pm - 8.15pm, ECH Hall
 Course Fee: \$165.00 (incl. GST)

Friday Morning

Dates: Friday July 16th - September 17th (10 weeks)
 Time & Venue: 10.00am - 11.15am, ECH Hall
 Course Fee: \$165.00 (incl. GST)

Information Technology



Computers (Day Sessions)

Course Code CD with Nardia Lyle

Learn all about the ins and outs of your computer in a supportive environment. Work at your own pace, guided by the tutor to help you learn what you need to know and what you are interested in, such as simple documents, email and communicating through the internet. As your confidence grows learn about spreadsheets, inserting pictures or creating data bases. Participants can choose from Microsoft Windows operating system and Microsoft Office Suite (including Word, PowerPoint, Excel) and more.

Dates: Tuesday July 20th - September 7th (8 weeks)
 Time & Venue: 10am - 12.30pm ECH Meeting Room
 Course Fee: \$70.00 (including material & amenities fees)

Cooking Classes

Cooking Classes for Adults with a Disability

Course Code CCFA with Dianne Edwards

Come and join our cooking class to learn valuable independent living, social and communication skills. These skills promote happiness, wellbeing, inclusion and potential participation in the workforce, as well as providing a pathway to living independently.

Positive outcomes for participants includes: social skills, meeting new people, developing and improving cooking skills, food hygiene, developing and enhancing communication skills and trying new things.

Dates: Monday July 12th - September 13th (10 weeks)
 Time & Venue: 12.00pm - 2.00pm ECH Hall
 Course Fee: \$120.00

Adult Education



Literacy for Adults with a Disability

Course Code ALFA with Dianne Edwards

This course is geared for those who will benefit from basic numeracy and literacy skills in a small friendly group environment. Using fun and interactive methods, students will also increase their confidence and abilities to work in a group.

Dates: Monday July 12th - September 13th (10 weeks)
 Time & Venue: 9.30am - 11.30am ECH Hall
 Course Fee: \$80.00

Adult Education



Developing Your Writing Skills

Course Code DYWS with Maria Millers

Would you like to develop your writing skills further, become an author, a literary critic or write moving editorials? In this course, while exploring different literary works and sharing your creative writing, you will be introduced to a range of creative writing techniques that will help to develop your own personal writing skills. This is a supportive atmosphere headed by a skilled teacher with some students already published or going on to be successful authors. You can too, starting with this course.

Dates: Friday July 23rd - September 10th (8 weeks)
 Time & Venue: 12.30pm – 3.00pm ECH Hall
 Course Fee: \$50.00

First Aid

First Aid Courses

HLTAID009 Provide CPR
 HLTAID011 Provide First Aid
 HLTAID012 Childcare First Aid

Date & Venue: Saturday 11th September at Emerald Community House

Times & Course Fee:		
CPR	9.00am - 10.30am	\$ 70.00
Provide First Aid	9.00am - 1.00pm	\$150.00
Childcare First Aid	9.00am - 2.00pm	\$160.00

Tax Help

Tax Help volunteers help people with simple tax matters and advises clients whether they need to lodge a tax return. Tax Help is a free & confidential service provided by local ATO-trained and accredited volunteers. Low income earners who earn approximately \$60,000 or less per year and have straightforward tax affairs are eligible to use this service.

Available by appointment until 31st October 2021. Phone 5968 3881 to book.

Suggestions

What Kind of new courses or projects would you like to join?

Are you interested in other activities, events or services run in the future? Topics could include craft, photography, cooking, gardening, sewing/alterations, preserving and arts projects. We are able to source tutors and teachers who can deliver a course on a specific subject which could help you access job opportunities, network in the community or kick start new enterprises.

Venue Hire Bookings

Emerald Community House has facilities for hire suitable for parties, weddings, workshops, meetings, consultations, performances and events.

Our church hall was fully restored in 2012, has a white interior throughout, with polished timber floors, air-conditioning and heating, comfortably seating 36 (6 trestle tables each seating 6).

Seats 50 maximum without tables.

Our kitchen caters for 36 people with crockery, cutlery and glassware. The kitchen comprises a large island work bench, fridge/freezer, upright oven, microwave, dishwasher, double sink, hand sink and laundry sink.

Children's playground, climbing equipment, grassed area and secure fencing.

Nearby parking areas are available for hirers.

Enquiries: 5968 3881

Application forms: www.emeraldcommunityhouse.org.au/forms

Children's Programs

Occasional Childcare

Emerald Community House is a registered licensed childcare provider operating affordable community based programs, eligible for the Government Childcare Subsidy. Occasional childcare is available on weekdays.

Monday, Tuesday & Friday

Sessions: 6 months to 5 years 9.30am - 2.30pm @ \$55.00 per child

Childcare Casual Rate: \$15.00 per hour, per child (minimum 2 hrs)

Our play and learning program offers lots of fun, love and social activities. Special experiences are provided each day, taking into account the children's natural interests, and are designed to promote their social, physical, intellectual, language and emotional development.

Out-Of-School Hours (OOSH) Care

Sessions: Monday to Friday

6.30am - 8.45am

3.30pm - 6.30pm

Emerald Community House is a registered licensed childcare provider operating an OOSH program for each weekday and supervises travel between Emerald Primary School to ECH.

A substantial, nutritious breakfast and afternoon tea is provided within the cost of the program. Fun activities include arts & crafts, books, board games, outdoor activities, games and lots more. Laptop computers and internet access are also available to use for homework.

Enrolment enquiries: Tracey Shuttleworth, Children's Services Director, 5968 3881 or 5968 5165

Need Childcare?

choose Emerald Community House, *naturally*

We are passionate about childcare!



- ✓ OOSH from Prep – year 6
- ✓ Childcare from 6 mos—5 yrs
- ✓ Childcare subsidy available
- ✓ Regular temperature monitoring
- ✓ Frequent sanitizing
- ✓ Controlled access to centre
- ✓ Not for profit, community based



During School terms
Occasional Childcare:

Mon, Tues & Fri,
9.30am-2.30pm

Out-of-School-Hours Care:

Mon – Fri,
6.30am – 8.45am, 3.30pm 6.30pm

Enrolment enquiries -

5968 5165

Tracey Shuttleworth

Children's Services Director
Emerald Community House Inc.

356-358 Belgrave – Gembrook Rd
Emerald.

STIMULATE YOUR BRAIN

Until a few decades ago, scientists believed that the different areas of the human brain were predetermined and unchangeable and that the production of neurons ceased after the age of development, except for memory structures. New research shows this not to be the case and that the possible loss of neuron production can be offset by stimulating the brain regularly.

By investing in brain fitness, the improvements in cognitive performance, learning capability and long-term physical and mental health is an investment for now and for the future.

Brain exercise can stimulate brain and body functioning, improving balance, flexibility, reaction time, focus, concentration, vision, memory, and sleep.

Research indicates that specific exercises can positively affect memory and physical coordination. Our brain can continually adapt and rewire itself. Even in old age, it can grow new neurons.

Ageing and the Brain:

With increasing age, a physical, chemical and functional decline of the brain can occur. Cognitive brain function deteriorates and causes a progressive weakening of concentration, memory, and mental flexibility. Voluntary motor movements slow down, flexibility and balance decreases and reflex reaction time increases. Degenerative changes can alter vision, hearing, taste, smell, touch, and balance. The combination of ageing plus sedentary lifestyle impacts negatively on the brain.

Benefits of brain exercises enables people of any age to develop potential in any area they choose, by teaching the brain to activate all its functions and allowing integration to take place.



Brain exercises significantly improve vital functions of the brain:

- attention - perception - accuracy - comprehension
- short-term memory - recall
- gross motor skills - fine motor skills
- reaction response
- hand-eye coordination
- cognition skills
- sleep
- stress
- mental - physical health
- balance - flexibility

It is important to challenge the brain to learn new and novel tasks especially new processes that combine two or more senses, for example learning to play a musical instrument.

Tasks and activities, such as:

- writing longhand
- learning to cook a new cuisine uses senses of smell, touch, sight, and taste, all involving different parts of the brain
- taking up a new hobby, (painting, assembling model aeroplane) which uses fine-motor skills and problem solving skills
- being social, spending time with friends and family. For positive links with mental agility and memory
- breaking routines. Seek the unfamiliar, drive new routes. For planning, spatial awareness, fine motor skills

Five Brain Training ideas you can do while keeping physically healthy:

Improve cardiovascular fitness: Endurance building exercises improve the function of the heart, lungs, and blood vessels. Maintaining fitness is important so the heart can pump blood to nourish billions of body cells. It is also warming and provides a sensation of being aware of your body. When you feel your heart beating and you are mildly out of breath, this is satisfying because you know you are helping your body become healthy.

Agility Training: Important for being able to move in different directions, or change directions quickly, for example, avoiding bumping into something unexpected, getting out of the way of something that is going to run into you. This helps with reaction time and reflexes. Throwing and catching a ball while walking on the spot is great to help with agility.

Balance and sensory integration training: Activities that use

HEALTH

visual, auditory and tactile senses to improve awareness of where we are in space. For example, standing on one foot and moving arms whilst saying the alphabet is great brain training.

Gait Patterns: Practise different ways of walking. Longer strides, shorter strides, sideways walking, backwards walking, walking on toes, landing deliberately on the heels before placing toes on the ground, swinging arms together, clapping in front and the back while walking, jogging, high stepping, skipping - have fun!

Timing and Coordination: Moving in a way that your arms and legs are doing different things, and at different times. For example, doing squats slowly whilst one arm is raising up and down and the other arm is crossing left to right or turning in a circle, - then changing sides. Or running on the spot while clapping a rhythm.

The above five ideas are like taking your brain to the gym. They strengthen brain function and improve sensory processing skills, link up both hemispheres of the brain, 'switch on' the brain, stimulate clear thinking and increase awareness, enhance focus and posture.

Relaxation: mindfulness is also important as it allows the mind and body to rest, refresh, restore and renew. Relaxation provides a tool for maintenance of the mind-body balance. It is important to find the ability to focus and be aware of the body, to be in the moment, manage stress and enhance mental health.

Brain training is life changing!

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COMMUNITY

BELGRAVE EXPRESS LIBRARY EVENTS

With Belgrave's Library's renovations in full swing, we have been able to continue with several of our favourite events at the Belgrave Hub, Covid-19 restrictions pending.

Story times - Bookings are essential for every child over 12 months. Numbers are limited. Social distancing will be observed. Sessions will run for 20 minutes and include stories and rhymes and a take-home craft activity.

Bookings open 5 days before the session. Conditions of entry to the library must be observed.

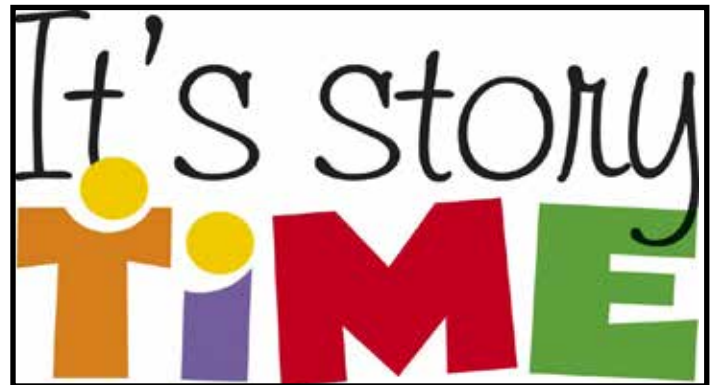
Toddler Storytime: Mondays at 11am

Family Storytime: Tuesdays at 11am

NEW DAY Tiny-Tots: (while at the Hub) Wednesdays 2pm

Reader2Reader - An informal get together to discuss the books we have read and enjoyed. Library staff will share their favourite authors too! Third Wednesday of the month 10:30am

Board games in the hills - Come and join us at the Belgrave Hub for a fun-filled night of board gaming. Meet people, learn how to play new games and celebrate all that tabletop gaming has to offer! Feel free to bring your own games along or play ones



provided. This group meets the first Thursday of the month and is open to all skill levels.

Thursdays at 7:30pm from August 5

Bookings essential as places are limited due to COVID-19 government restrictions.

JASMINE MOLDERS

Customer Services Officer

Eastern Regional Libraries

www.yourlibrary.com.au

Belgrave Community Hub: 1616/1624 Burwood Hwy, Belgrave VIC 3160

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The logo for EmCar Automotive features a stylized car graphic above the text. The car is depicted with a red roof and blue body. Below the graphic, the text 'EmCar' is written in a bold, sans-serif font, and 'Automotive' is written below it in a smaller, sans-serif font.

REBUILDING WELLNESS - FIBROMYALGIA

Have you heard the word 'fibromyalgia' but wondered what it really means? Have you been recently diagnosed with fibromyalgia syndrome? In medical spheres, fibromyalgia is classed as a disorder of pain processing due to abnormalities in how pain signals are processed in the central nervous system.

Fibromyalgia is also often described as a disorder of the musculoskeletal system and connective tissue - a condition characterised primarily by pain across the body, usually described as aching, stiffness and tenderness. The symptoms of fibromyalgia can vary from day to day and can be accompanied by extreme fatigue and sleep abnormalities.

The symptoms of fibromyalgia can vary from mild to severe, not everyone will experience all of these symptoms, each person with fibromyalgia will have their own unique set of symptoms;

- Increased sensitivity to pain due to decreased pain threshold
- Increased responsiveness to sensory stimuli such as heat, cold, light and smell
- Extreme fatigue (tiredness)
- Problems with memory and concentration (fibro fog)
- Irritable Bowel Syndrome
- Irritable or overactive bladder
- Headaches/migraines
- Numbness or tingling in the arms and legs
- Anxiety

Fibromyalgia is diagnosed by studying a specific group of symptoms. Diagnostic guidelines now include widespread pain throughout your body, tender points, for at least three months. Blood tests are often performed to eliminate other conditions. Living with a chronic illness that involves pain impacts our quality of life and our ability to participate fully in our day-to-day activities and our relationships. It's normal to feel sad, helpless, angry and worried about the future, as there may be unexpected challenges that may alternate fluctuating energy levels that also impact on our sense of self.

We can't always change the outcome of any disease, but, we can change the way in which we experience that outcome. There may be ways to improve our wellness and create an environment for profound healing. Rebuilding wellness contributes to a positive healing outcome. There is no known cure for fibromyalgia at the moment, but many people find they are able to ease some of the pain and tenderness with the right approach.



It is important to learn about fibromyalgia and play an active role in your treatment to rebuild your wellness.

Tools for healing:

Regular Exercise - not only reduces pain, tiredness and improves sleep, but also promotes release of happy hormones - endorphins.

Swimming (hydrotherapy), yoga, tai chi, qui gong - any gentle exercise introduced gradually, may help.

Getting enough sleep - setting aside plenty of time for sleep, reducing caffeine intake, setting up a relaxing bedtime routine. When you are sleeping, you are allowing your body to regenerate.

Decrease stress factors - anytime you are dealing with a stress response, your perception of chronic pain increases. Removing aspects from our life that cause anxiety and stress (I know, easier said than done) improve pain tolerance and increase immune system functioning. Find a stress relieving technique that works for you - meditation, journaling, walk in the forest, reiki, good book or gardening. Whatever it is that puts a smile on your face and makes your heart dance.

Keep a pain log - keep track of triggers that precipitate pain. You can share your findings with your practitioners to figure out the plan to deal with those triggers or to avoid them.

Take a long magnesium bath - magnesium deficiency is not uncommon. Taking a warm, soothing bath with magnesium flakes (magnesium chloride) and Epsom salts (magnesium sulphate) may relieve aches and pains in deeper tissues. Use a loofa sponge to massage your body and add a few drops of calming essential oils, such as lavender, ylang ylang, vanilla, chamomile, or any other ones that you prefer.

Massage Therapy - one of the best tools for fibromyalgia is having a massage. The right treatment can alleviate aches and pains and make you feel brand new again. Visit a massage therapist who understands your chronic pain.

WELLBEING

There are many types of massage therapy, some of which are better for chronic pain than others, a professional will know exactly what to do. Think pain relief, stress relief and increase of serotonin levels. Special fibromyalgia massage therapy techniques such as gentle pressure techniques, stretching, kneading, muscle tone strokes, strokes to increase circulation to eliminate toxins within the muscles help the body to reach homeostasis. Following a night of quality rest, your mental and physical energy increases, improving quality of life.

Be open - talk to your friends, family, and professionals. Often, we do not want to burden others and try and cope on our own. We are all connected and being open about challenges in our lives, not only makes us authentic to ourselves but also opens pathways for others to understand us more. Invite your tribe to support you in your healing journey.

Article reference:

Quest for Life Foundation - www.questforlife.org.au

For help with managing fibromyalgia symptoms through massage therapy modalities and other complementary therapies, please feel free to reach out.

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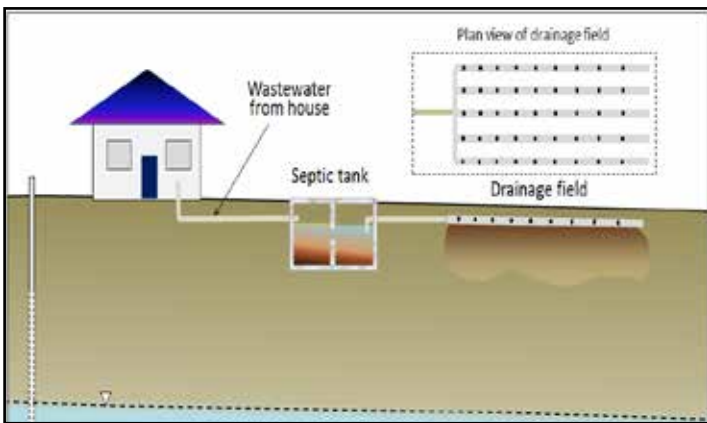
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PLANTS AND SEPTIC GO TOGETHER

If you live in the hills, chances are you have a septic wastewater management system to treat liquid waste or sewage, otherwise known as effluent. This includes wastewater from toilets, bathrooms, kitchens and laundries.

Most septic systems have leach lines or a leach field, also known as a drain field. Leach lines, or pipes, are the last step in the waste water management process, where effluent moves through a filter in the septic tank and into the leach lines, where it drains into the ground through holes in the pipes. The effluent then percolates downward through gravel and sand and then into the soil. This process removes most of the harmful bacteria present before it can reach groundwater. In order to disperse the effluent over the largest possible area, the leach pipes normally fan out in different directions across an open area, usually a backyard.



Having a septic system on your property does not mean you can't grow anything over it. In fact, certain plants can assist with evaporation in the drain field area, preventing erosion, collapse or other problems caused by excess moisture. However, never grow anything edible in this area, due to the possibility of ingesting harmful bacteria.

When choosing what to plant over your septic system, there are a few things to keep in mind.

Generally, avoid planting large, fast-growing trees and shrubs, particularly those with root systems that aggressively seek out sources of water, in this case, the pipes in your septic tank drain field.

For example, avoid planting willows, elms, birch, beech and most maple tree species over the drain field. Discourage root damage by keeping trees at least 30 metres away from the septic system.

Therefore, it's best to plant vegetation with shallow roots and drought-tolerant plants that won't seek sources of water. Grasses (including ornamental) and lawns are ideal as well as perennials, such as salvias, and non-woody ground covers. Annuals such as Impatiens can be planted, but have the drawback that



they need to be planted again every year. Azalea shrubs are generally shallow-rooted and suitable to plant, along with boxwood shrubs.

Another thing to consider is that as septic systems are essentially alkaline or salty, the surrounding drain field will have the same properties. This means the soil will have a pH value greater than 7, so it's important to choose plants that will survive in this environment such as geraniums and lavenders.

You may have to consider if the drain field area is either in a sunny or shady position and choose plants accordingly. For example, choose Delphiniums for sun and hellebores for shade.

It's also important to wear gloves when digging around in your drain field to avoid potential contaminants and harmful bacteria.

Other precautions to take to ensure your septic system is working at its best include the following:

- Do not dig too deeply as you may damage pipes.
- Avoid adding soil to the drain field area, mulching too heavily or overwatering plants as this interferes with the normal evaporation process that removes excess moisture.
- Never flush cat litter, sanitary products, paper towels, facial tissues, coffee grounds, or cigarette butts down the toilet as these items clog septic tanks.
- Do not dispose of excessive grease as this can clog the septic drain field, making it impossible for the soil to absorb liquids.
- Avoid using heavy-duty cleaners and disposing of chemicals as they kill beneficial bacteria in the system and can contaminate groundwater.
- Do not drive over the drain field, build a structure on top of it, cover it with concrete or asphalt, or allow livestock to roam over it.
- Perform regular maintenance to keep the system in good working order.

KAREN NEWMAN



OONAH
HEALTH & COMMUNITY SERVICES
ABORIGINAL CORPORATION

Support after the Victorian 2021 storms and floods:

A recovery support program is now available for Community impacted by the June 2021 Victorian storms and floods, with dedicated Recovery Support Workers that provide a single point of contact for those who need advice or support through the recovery process.

Oonah is the ACCHO working to support Aboriginal Community members impacted by the June 2021 storms and floods in the Shire of Yarra Ranges and Cardinia Shire.

Recovery Support Workers can help you with practical, health and well-being support, as well as:

- Discussing your needs and the next steps you could take.
- Information and support to access health and wellbeing support.
- Accessing financial support to help with immediate needs.
 - Financial counselling and assistance with insurance.
 - Temporary accommodation.
 - Completing paperwork.
 - Advice for business owners.

Please call **1800 560 760** to register and you will be contacted by a Recovery Support Worker from Oonah, who will help you navigate the various support services that may be available to you.

A DOG'S LIFE

A DOG'S LIFE

You talk about the lockdown,
I don't see what's the grouse,
My life is one big lockdown,
Stuck here in the house.
I get out at your whim,
I'm really not abstaining,
You feed me well and love me,
Please, I'm not complaining.

We go for walks and runs,
Each day that it's not raining,
I meet new friends lots of times,
No, I am not complaining.
There's Monty, a Great Dane,
He's so big and bulky,
A lovely friend to find,
Please, don't think I'm being sulky.

Before the virus came here,
You'd leave me on my own,
I'd wait on your bed,
Wishing I was not alone.
You feed me well and love me,
And hug me all the time,
When I really think about it,
My life is so sublime.

"Sascha"

John Wilson © 2.5.2021



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for worship and friendship

Pastor Toni Vaka 5968 2656
Find us at 3-5 Emerald-Monbulk Rd
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The Goodwill Op shop is open Tue-Fri

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Time: 6:30PM - 8PM

Register at:

https://us02web.zoom.us/webinar/register/WN_ml1RVq7oQuSV6h0dT8BU5A



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PARENTZONE

CFC is funded by the Australian Government,
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Children's Services

Communities for Children 0457 825 076

Culturally & Linguistically Diverse

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Carer Support

Alfred Health Carer Services 1800 512 121

Community Health

Monash Health 1300 342 273

Counselling

Windermere 1300 946 337

Disability

Irabina Autism Services 9720 1118

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Family support

Uniting 5945 3900

Family Violence

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Gambling

Gamblers Health Southern 1800 858 858

Housing & Homelessness

WAYSS 9703 0044

Legal advice & support

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Mental Health

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MIND Australia 1300 286 463

Parent/ family support

Anglicare ParentZone Hub 9781 6767

CatholicCare 1800 522 076

Kooweerup Regional Health Service 5997 9679

Sexual Assault

SE Centre Against Sexual Assault and Family Violence 1800 806 292

Youth

Kids Helpline 1800 551 800

Youth Support Program 1800 4 YOUTH

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Communities for Children Plus

Anglicare Victoria