



EMERALD MESSENGER

HILLS COMMUNITY JOURNAL

FEBRUARY 2022

STORIES ACROSS THE DANDENONG RANGES • SUSTAINABILITY • TRAINING
ENVIRONMENT • FINANCE • HEALTH • WELLBEING • FOOD • COMMUNITY NEWS • GARDENING
HISTORY • EVENTS • EDUCATION • NATURE • COMMENTARY

UP TO SPEED WITH EVs



One of the biggest sources of greenhouse gas emissions is transport. Vehicles using clean, renewable energy can help to achieve significant reductions in greenhouse gases, reduce air pollution and make our environment more liveable.

With the market for zero emission vehicles expected to mature over the next decade, the Victorian Government is preparing a Zero Emission Vehicle Roadmap to manage the transition. Electric Vehicles (EVs) will have an effect on our electricity grid and will provide an additional way of storing and distributing energy. The Yarra Valley Community Power Hub will be hosting an information event in February in partnership with Yarra Ranges Council and Healesville

CoRE about electric vehicles.

There is a lot to learn about EVs - the types of electric vehicles, the effect they have on the environment, the cost of buying and maintaining them, distances between recharges, charging stations and more. The event will showcase six electric vehicles with their owners available for further information. Learn about the community EV bulk buy which will be launched at this event and the latest developments in the renewable energy transport field here and overseas.

Keynote Speaker, Bryce Gatton, is an EV writer and consultant who has been working in the EV sector for over 12 years. Amongst the many EV hats he wears, Bryce writes for the Australian EV website, The Driven, and

Continue page 3

COMMUNITY

Kids Book Launch

4

HISTORY

Elvery Hills History

8

EVENTS

Emerald Aspires
Chalkboard

15

EDUCATION

What's New at ECH

18

COMMENTARY

Gender Fluidity

26

Emerald Community House Promotes



CONTENT

Up to Speed with EVs	1-3	What's on Cardinia Festival	13
Nils to the Rescue	3	Wellness Journey	14
Book Launch for Children	4	Emerald Aspires Chalkboard	15
No Place like a Nest Box	5	No Dig Gardening	16-17
Back to School in Covid	6-7	What's New at ECH	18
Elvery Influence in Hills	8-9	The life of Albert Legge	20-21
Noses Know No Boundaries	10	Achieve Your Financial Goals	23
A lifetime of Service	11	The Morning Breakfast Show	24
Healthy Lunch Boxes	12	The Versatile Jackfruit	25
Dandenong Ranges Music	13	Retail & Gender Fluidity	26-27

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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 second week of the month

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

SUSTAINABILITY

works for the University of Melbourne as the EV safety trainer and supervisor for their Formula SAE race team.

Bryce has been working on and writing about EVs since 2008. His interest in EVs comes in part from his desire to lead a low environmental impact lifestyle. His latest EV is a Hyundai Kona in which he has already covered over 30,000km, much of which has been interstate travel. Bryce's life is all about EVs. He runs an EV adoption support consultancy (EVchoice.com.au). In his spare time he also writes on EV topics for Renew magazine and presents on EV issues and opportunities at Renew community forums and SDSE (Speed Date a Sustainability Expert) events. As a driver of EVs, qualified science/environmental education teacher and electrician, Bryce is well positioned to discuss the personal environmental and technical aspects of moving with e-motion.

Speakers joining Bryce on the day are:

Guest speaker Kimjan Achilles, employed by Yarra Valley Water, will talk about his decision to buy a new electric vehicle (MG ZS EV) and how good it is to own an EV. Kimjan will bring his MG.

Trent Evans, a member of Yarra Glen Energy is involved in bringing a fast charger for electric cars to Yarra Glen. Trent

will bring his Tesla series 3.

Kym Saunders, Sustainability Coordinator at Yarra Ranges Council, will talk about the Council's plan to change their fleet to EVs. Kym will bring one of the Council's EVs.

The Yarra Valley Community Power Hub will be hosting this event in partnership with Yarra Ranges Council and Healesville CoRE.

Event Details:

Date: February 19, 2022 - 10:30am - 12:30pm

Location: Memorial Hall, 235 Maroondah Highway Healesville Vic.

FREE light refreshments will be available.

To Register go to:

<https://www.yvcommunitypowerhub.org.au/civicism/event/register/?reset=1&id=4>

ZARINA BORLAND

Yarra Valley Community Power Hub

www.yvcommunitypowerhub.org.au

EDUCATION

NILS TO THE RESCUE

Are the cost of back-to-school essentials stretching your budget?

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EVENTS

BOOK LAUNCH FOR CHILDREN

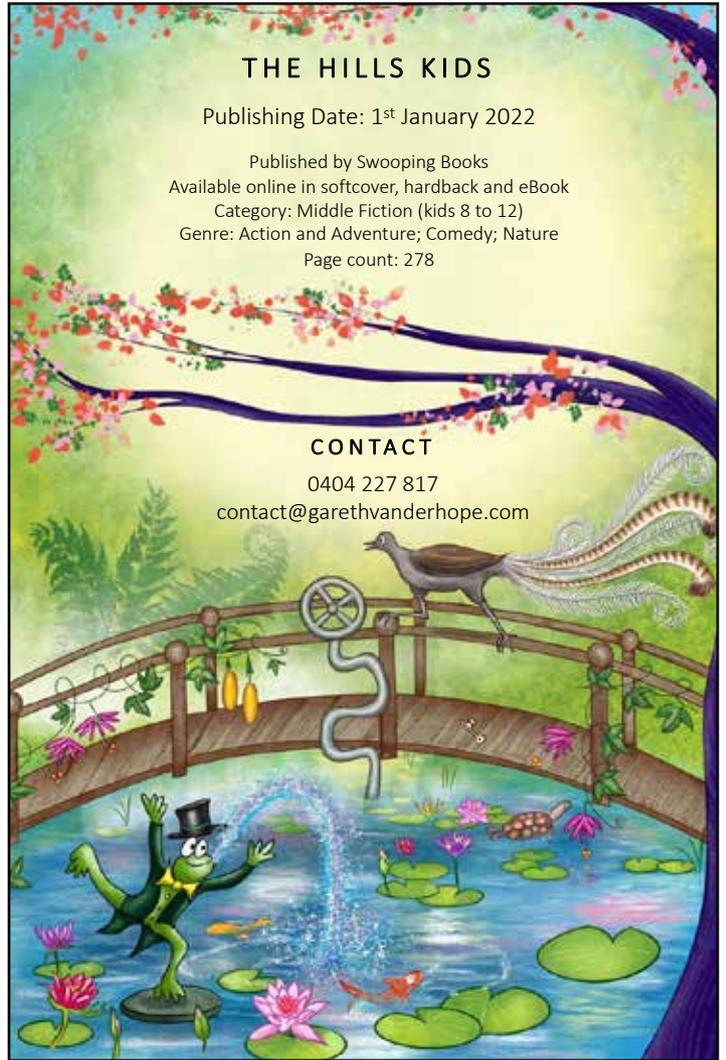
Gareth Vanderhope grew up in the Dandenong Ranges during the 1970s and 80s. His free-spirited childhood, coupled with an eclectic community and forest environment, inspire the wacky and exciting themes in his new middle fiction adventure novel, called “The Hills Kids”.

This book is inspired by his free-spirited childhood, running wild in the forest and his experiences as a parent. It reflects a unique perspective of Australian culture, incorporating humour, environmental and foodie themes, multiculturalism as well as elements of sound design.

As a writer, Gareth uses his sound design experience to harness the sonic qualities of words as storytelling devices and to create atmospheric worlds within the imagination. Also, as a health educator Gareth’s writing explores the environmental and cultural influences of kids’ food choices, behaviour and development.

Gareth is a British Academy Award-winning film sound designer and holistic health educator. With film credits including Shine, Babe 1 and 2, Dark City, Baz Luhrmann’s Romeo and Juliet, Moulin Rouge and the Quiet American, Gareth has immense experience shaping stories with sound.

For Book Orders go to: <https://garethvanderhope.com/> or the Belgrave Book Barn contact Gareth @contact@garethvanderhope. Tel: 0404 227 817



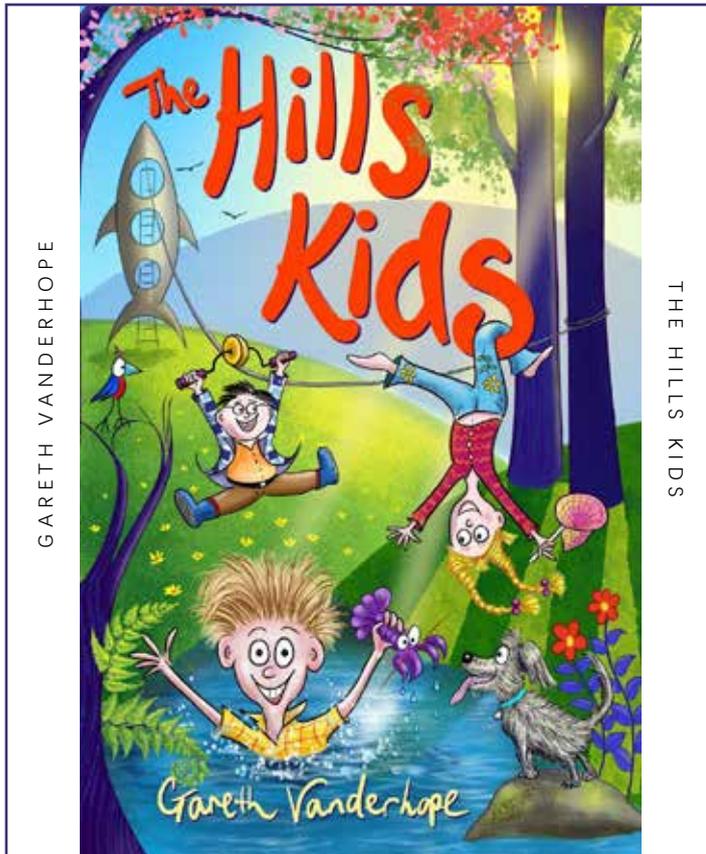
THE HILLS KIDS

Publishing Date: 1st January 2022

Published by Swooping Books
Available online in softcover, hardback and eBook
Category: Middle Fiction (kids 8 to 12)
Genre: Action and Adventure; Comedy; Nature
Page count: 278

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NO PLACE LIKE A NEST BOX

Nest boxes for Cardinia Shire's native fauna have been installed at Mt Cannibal Reserve and private properties as part of an initiative led by the Community Recovery Committee.

Following the Bunyip Complex Bushfires, many native fauna lost their homes. Mt Cannibal suffered particularly intense fire causing substantial damage to its infrastructure and devastation to the flora and fauna. It was a similar situation for bush areas on private properties and for Bunyip State Park.

Many species of birds and mammals are dependent on the hollows of old trees as breeding or shelter sites. The Community Recovery Committee (CRC) and Friends of Mt Cannibal (FOMC) used grants from Gippsland Bendigo Community Banks with donations from the Maserati Owners Club of Australia to fund the Nest Box Project and create new homes for the native animals.

Men's Sheds from throughout the Shire and beyond attended a meeting at Deep Creek Eco Centre to start working on the project. At the meeting, designs were drawn up for nest boxes targeting a range of species. Exterior grade plywood and other materials were purchased. Before works could begin Covid-19 and lockdowns put a pause on the project.

Nearly a year later a window of opportunity allowed the sheets of plywood to be distributed. Due to Covid-19 restrictions many Men's Sheds were no longer able to be involved. However, Berwick Woodworkers Club, Labertouche Men's Shed and Upper Beaconsfield Men's Sheds came together to cut all the sheets into kits according to the designs. Some of the boxes were assembled by Berwick Woodworkers and a majority of the boxes were assembled by students at both of the Beaconhills College campuses.



Arborists from the Victorian Tree Industry Organisation (VTIO) were engaged to install the nest boxes. Delays and rescheduling were caused by lockdowns but the installations finally happened at the end of November 2021 with 540 nest boxes installed at Mt Cannibal Reserve and on private property.

This project is truly a community effort, with help provided from several groups across Cardinia Shire to design, create and install the nest boxes. This important project has given homes to kookaburras, pardalotes, owlet nightjars, crimson rosellas, eastern rosellas, sugar gliders and ringtail possums.

This project also provides an opportunity to collect meaningful data on the usage of the boxes. Monitoring will occur once a year for three to four years and a report will be made publicly available.

Further information:

https://www.cardinia.vic.gov.au/news/article/828/nest-boxes_for_native_fauna_installed_after_the_bunyip_bushfires

Everybody is invited to
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BACK TO SCHOOL IN THE COVID ERA

Transitioning back to school in the COVID-19 era can present many challenges for parents and children. Many parents have reported that learning from home has given their child the opportunity to work at their own pace. Many children have also benefitted from the 1:1 support which has helped with learning.

The shorter school day and flexibility for rest breaks has also meant that fatigue has been less of an issue. In addition, anxiety has improved for some children as a result of these factors. Given this, it is no wonder that returning to school comes with a mix of relief and excitement along with a new set of stresses for children and parents.

Reassure your child that it is safe to go to school. Many parents had conversations with their children about the importance of learning from home to keep them healthy and safe. Some children may now worry about the safety of returning to school.

To help your child feel safe, have a conversation with them explaining that the decision to return to school is based on medical advice. Children do not usually get sick from COVID-19. Everyone at school is working hard to make sure that children are safe. Anyone who is unwell will stay at home.

The government is keeping an eye on things – if it starts to be unsafe, decisions about what to do will be made. Reassure your child that it is normal to have mixed emotions such as excitement, relief, worry and anger. Discuss what they are looking forward to and what they are worrying about. Reinforce good hygiene practices.

After school, it will be important to talk to your child about their day, including what they enjoyed, what they felt worried about and what they are looking forward to tomorrow. Schedule extra family time as your child is likely to have missed being at home with you. Your child may feel more fatigued and will benefit from quiet activities to recharge.

Prepare your child for changes to usual school processes. School may have made changes to their normal processes. Your school will communicate these changes with you (these may vary across schools).

To help prepare your child, talk to your child about upcoming changes. The more they understand the changes, the more comfortable they are likely to feel about them. Write social stories with your child about changes to routine. Ask to have an extra online 1:1 session between the teacher and/or learning support worker and your child before going back to school. See if there are any strategies that home learning enabled that you might be able to take to the classroom.

Ask your child what will make their transition back to school easier and see if this can be accommodated by your child's teacher, for example, knowing the class seating plan or the first activity of the day may help. Some schools may not



allow parents to walk children to their classroom. This may make it harder for some children to separate from parents.

Prepare your child for this by discussing what might be different about the drop off and pick up procedures and how you will manage it as a family. Talk through the new procedure and role play or write social stories. Reassure your child that there will be plenty of staff to help take them to their classrooms. Ask your child if there is anything that will make this easier for them, such as arriving to school with a buddy or taking a special item that helps them feel 'brave'. Younger children returning to school earlier than other family members may feel disappointed that their siblings are continuing with home learning or may feel disconnected from the family.

Allow your child to pick a fun activity to complete when they get home from school so that they have something to look forward to. Avoid scheduling any 'fun' activities with other family members or friends whilst your child is at school.

As children adjust to the new routine, cognitive and/or behavioural difficulties may seem more challenging. The following strategies can help children with an acquired brain injury (ABI) or other neurodevelopmental difficulties to avoid these issues as they transition back to school. Fatigue may be more problematic for these children either as a direct consequence of their difficulties or due to the extra effort it takes for them to readjust to change. Consider slowly increasing your child's attendance at school to help combat fatigue, you may consider shorter days or rest days.

Speak to the school about incorporating more rest breaks throughout the day for your child and reducing or eliminating homework until your child has settled back into a routine. Ensure that your child is linked in with the learning support and wellbeing team. Educate staff who are either new or unfamiliar with your child about their brain injury or neurodevelopmental disorder. For example, ABI is often the 'invisible' injury and those working with your child should be made aware of their needs, as well as strengths and weaknesses.

As children readjust to the pleasures and challenges associated with school, they may show greater difficulties with emotional regulation and challenging behaviour - remember, this is likely to be part of the readjustment phase and should

WELLBEING

improve with time. Your child may need your help to regulate. You may find it helpful to create a calm corner with a 'tool box' of calming and distracting items, as well as adding some relaxation strategies into the daily routine. Exercise can also assist.

Re-establish normal routines in the lead up to school. Return children to their usual wake up and bedtime routines, as well as breakfast and morning snack/lunch. Involve your child in packing their bag and preparing their uniform, this leaves you plenty of time to notice if anything is forgotten. Allow more

time than usual to get ready in the morning.

Finding Extra Support:

Go to: findapsychologist.org.au

Ask your GP or another health professional to refer you.

Resource prepared by:

The Australian Psychological Society

<https://psychology.org.au/>

Telephone: (03) 8662 3300 or 1800 333 497

EVENTS



UNITED AFRICAN FARM
LAUNCH EVENT

JOIN US TO CELEBRATE THE LAUNCH OF OUR NEW COMMUNITY FARM!

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ELVERY INFLUENCE IN HILLS' HISTORY

In the early twentieth century, Belgrave Heights and Belgrave South were fledging districts in the Dandenong Ranges, filled with lush vegetation and few houses. Among the key pioneers who would help shape the suburb as we know it were the Elvery family and its hard-working mother and wife, Hannah.

Hannah Mary Ord was born around 1869 in England and migrated to Australia at the age of three. She grew up in Geelong. Her Father was evangelist Reverend Harrison Ord, and her brother, Harrison Ord Jr., went on to be the Chief Inspector of Factories. After passing her studies, Hannah was appointed as Governess at Cornelia College, Toorak.

On March 15, 1894, Hannah married Alstonville-based Arthur Elvery. They moved to the Richmond River in New South Wales later that year, where she opened the all-ladies school, Lismore College. An advertisement for its opening in *The Northern Star* (June 23, 1894) introduced her as an experienced educator of six years, holding certificates in many subjects from Melbourne University. Another advertisement from 1896 promoted the school as teaching young ladies' subjects such as Math, English, Painting, Singing and "Fancy Work of every description." She was a renowned figure with an 1898 article (*Sydney Mail and New South Wales Advertiser*, March 12) crediting her with passing numerous pupils during her time as Principal. She and Arthur had three children, Harrison, Gwendolyn and Dorothy. However, in 1906, Hannah left the school and moved to Tamworth as Arthur was assigned the role of Inspector of the District for his insurance company.

By 1911, *The Herald* reported that she and her family had moved to an orchard in Panton Hills, Victoria. She'd initially moved to Warwick, until news of her brother's death from after a fall from his horse prompted her to look after his estate. She and Arthur were passionate about fruit-growing. Arthur wrote a letter to *The Argus* (February 8, 1911) arguing that the fruit industry needed more cooperation from the State and Commonwealth. Hannah would be a founder of the Victorian Orchardists Association, and was described by *The Herald* as having "a rare store of energy, keen business instincts and a wide tolerance that will make her an influence where organization is desired." (May 16, 1911). These were attributes that would continue to follow her into the next phase of her life.

In 1912, the Elverys bought the Lockwood Estate in Lockwood, now known as Belgrave Heights. The estate had been a weekender for a distant relative, Sir Mathew Davies (1850-1912), a former member of the Victorian Legislative Assembly for the seats of Toorak and St. Kilda from 1883 to 1892. When the Elverys moved in, they subdivided the land. Advertisements from *The Age* on January 10, 1914 promoted to eager buyers 1/2 to 10 acres of land, including a 20-acre orchard and creek frontages, and promised "Free coaches and refreshments on



Circa 1920. This studio portrait is the only known photo of Hannah Elvery. She's wearing her 'Queen Mary' coat with an astrakhan collar.

day of sale".

During the 13 years Hannah lived in Lockwood, she was involved in some of its current institutions. She was a founder and the first secretary of the local Progress Association when it formed in 1918.

The Progress Hall (which for a time was the local Mechanics Institute) would be built on land donated by Arthur. Hannah organized the district's first store in 1918, which was later used for the region's first mail service.

The building was replaced in the 1930s, and is now the site of the daycare centre in Colby Drive. She successfully lobbied for Mount Morton to be reserved as a park site, and was the first president and secretary of the Belgrave Branch's Union Church, which in her final days was rallying funds for a new building. Long-time inhabitant Edna Bastian remembered Hannah as always wearing "a brown two-piece suit and a very nice coat like Queen Mary used to wear" and that she was "forceful and intelligent". Her Lockwood Estate home (now the site of the Convention Lodge) was always welcome to visitors, including a particular visit by fifty petty officers and men of the British Squadron in March 1924. The men enjoyed an afternoon tea and dinner in a "beautifully decorated" dining room, and also played cricket (*The Age* - March 24, 1924).

Her strong opinions are evident in various letters that appeared in newspapers through the years. After re-visiting Lismore later in life, she wrote to the *Northern Star* (August

HISTORY

11, 1923) on the new recreation centre, her staunch Christian views made apparent when she called the park “a stigma upon the people and the council that they are permitted to be used for Sunday sport, of which no right-minded Christian community can approve”. A letter to *The Argus* (September 19, 1923) highlighted her support for children’s farm schools, stating that children must adapt to country life and “learn that money made out of the land is valuable, and is not controlled by any man-made union, but by the union of industry, good health and business capacity.”

However, she wasn’t immune to failure, especially when it came to moving the Belgrave South Primary School to Lockwood. The school was initially held in the Heather Grove home of Mrs. Sophie Giles from 1907, but by the mid-1910s, Hannah was the Chairman of the School Committee and two of her children, Harrison and Dorothy, were pupils. Her overzealous determination to change the school to her vision reared its head in 1916 when, claiming to represent the Committee, she asked the Education Department to change the school’s name to Upper Belgrave. This was an unpopular decision, especially as the rest of the committee weren’t aware of her actions until they received notice on the name change. She later apologized, believing it was to “benefit” the district, but the name change was reversed with a committee vote.

Whilst she had stepped down from the committee by the early 1920s, she would soon be in a tug-of-war with Sophie Giles over the school’s future. Around this time, two sites were considered for a new school building - three acres of land located near the current roundabout site and the Elvery-owned land at Lockwood, located across the road from the Progress Hall. Whilst the Committee initially went with the roundabout site, an inspection in April 1920 put things in the Elverys’ favour. Feeling a school was a business opportunity for Lockwood, Hannah’s passion and business savvy is visible in her correspondence. In an April 14, 1920 letter she argued to the Director of Education that Lockwood would be “the most central site beside being charmingly situated with a

beautiful view”, and that the roundabout site was too distant from the township to house a school. By October 1920 the land was reserved and it looked like Hannah had won.

However, by 1922 there was still no progress on the building, and the final location was still not set in stone. In the months that followed she did everything she could to sway opinion, confronting various politicians on the issue (including the Minister of Education, Sir Alexander Peacock), and continuing to argue her case through dozens of letters. In one of her letters dated July 7, 1922, she argued that Lockwood was suitable as it had 132 landowners, and its holiday resorts could attract “permanent residents to attend to their wants”.

In an August 31 letter to Peacock, she believed the school would “draw some of the overcrowded population from Melbourne into the country”. However, several factors made a strong case for the roundabout site. The Department of Public Lands on July 22, claimed that clearing the roundabout site would make it cheap land to use. Another strong factor was that almost half of the twenty or so pupils lived closer to either site, which meant Hannah’s argument on Lockwood being closer didn’t matter. Adding to the pressure were protests from Mrs. Giles and her supporters, who believed the Elverys were using their “political influence” to decide the location and that the general population were being ignored.

It reached a head on September 15, 1922 as Assistant Chief Inspector Mr. McRae visited the sites one last time. Hannah offered to drive McRae to her house for dinner (likely for a strategic chat), but was refused. On September 26, a report by McRae announced that the roundabout site would be picked instead. As you may have surmised from her reputation, Hannah did not receive the news lightly, accusing them bias against her (despite previously praising the inspectors for their “impartial conduct”). Among the accusations she would write after the decision, was that Giles supporters had gained support from civilians who lived outside the region, and that she and her supporters were allowed little time to argue their case. Despite her desperate protests, the final decision remained, and the main school building opened in December 1924.

Alas, her life came to an end unexpectedly on July 11, 1925. At the time she was not only working hard for a new Union Church building, but in two weeks was to entertain thirty warrant officers from the U.S. Fleet that were visiting Victoria. According to the *Box Hill Reporter* (July, 25) she was placing a bulletin board onto a tree when she had a suspected apoplectic seizure and collapsed. She couldn’t be revived, and passed away at 56.

After her passing, the Elverys continued to mark their influence on Belgrave Heights. Arthur would form the first fire brigade after the 1926 bushfires, and the family would clear the trees at Mount Morton to allow visitors to see the panoramic view. Ultimately, Hannah’s final wish would be granted, as the Union Church, located across the road from the Progress Hall, would be built in her memory.

ASHLEY SMITH

Southern Sherbrooke Historical Society



Circa 1912. Lockwood House, still standing in Lockwood Road, Belgrave Heights.

NOSES KNOW NO BOUNDARIES

We all know that dogs have an incredible sense of smell that is far superior to ours. Did you know that your dog sniffs with each nostril individually and that is how they orientate towards a scent?

The lumps and bumps on their noses are designed so they can take in scent particles even as they breathe out? Sniffing also has some interesting effects on their brain as well. When sniffing, the brain releases dopamine which is relaxing and feels good. This release also suppresses cortisol production, the stress hormone. Lastly, the olfactory bulb in the brain that processes scent, as well as the tissue and structure of the nasal cavities, are 'way' larger and more complex than ours, which means they use more brain power. So dogs that sniff are more relaxed, less anxious and more tired.

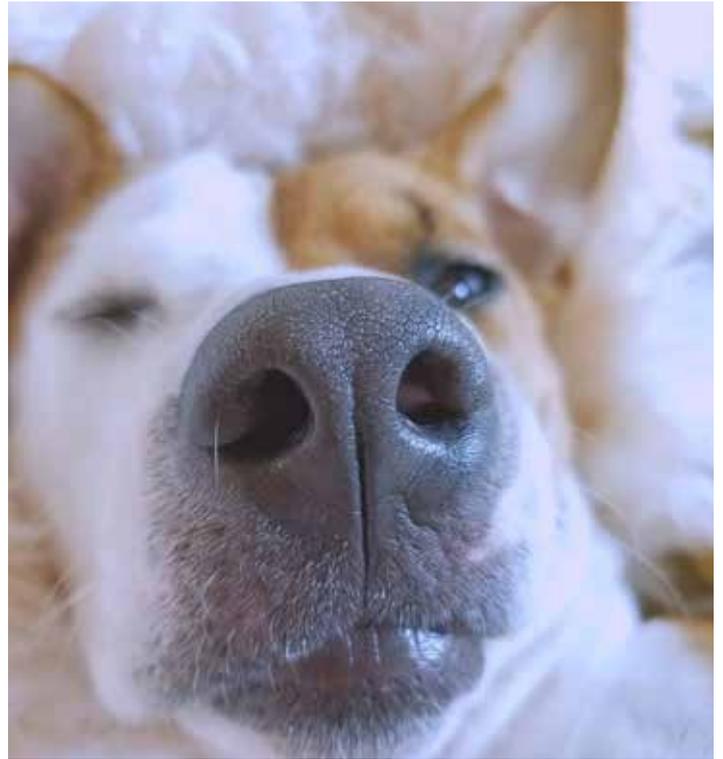
Playing nose-games with your dog is lots of fun for them and an easy way to tire your dog when it isn't possible to take them out. Here are my favourite three nose-games that will make your dog's life better today.

Scatter feed: The easiest of them all! Instead of dropping their kibble in a bowl, drop it on the floor or toss it on the pavers or grass. They will spend ages sniffing out every little piece.

Recycling bin raid: Find an empty egg carton or cereal box and put the kibble inside. You can now either give it to your dog open or close it up for a little extra challenge for them. This game is great for destructive puppies who are going to destroy something anyway. For all dogs I do recommend giving it to them open the first few times, so they do not get frustrated and give up too quickly. Once your dog is a pro at getting into closed boxes you can make it harder by putting boxes inside, hiding the boxes or even wrapping the box in a towel.

Easter hunt: For this game you need to secure your dog somewhere such as behind a door, in a crate, or tethered with a leash. With your dog out of the way, take five pieces of kibble and hide them somewhere your dog can find them. On the floor is best, or low shelves. Take another five pieces and hide them somewhere else and keep going until you are out of food. Release your dog to sniff them all out. This is another game to start with very obvious "hiding" spots and build up to harder ones. If your dog is really struggling to figure out the game, you can secure them in the room with you so they watch you "hiding" their food.

With all of these games it can be tempting to help our dogs when they get stuck, or look like they do not understand the game. Try to avoid pointing out where the food is specifically. You will end up in a cycle of the dog looking to you, you showing them where the food is, your dog eating and then looking to you again. The part of these games that tires them out is the problem solving, just like humans can be tired after



a big day of learning or doing something new.

For the wet food feeders, toys like Kongs can be stuffed and hidden for your dog to find. The wet food can be smeared onto a rubber mat for licking off or fed in a muffin tin as a DIY puzzle feeder bowl. Have fun with these games and I hope your dog loves them.

I would love some positive reinforcement for this article by sending me photos or videos of your sniffy games to @jaricastletraining on Facebook or Instagram or email me on: hello@jaricastle.com.au. Happy sniffing!

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A LIFETIME OF SERVICE

Local resident Norm Smith, now retired, used work as the local bus driver. At the age of 15, he joined U.S. Bus Motors in January 1949 as an apprentice motor mechanic working at the Belgrave depot. With the exception of a short break for National Service, Norm worked with U.S. Bus Lines continuously for over 47 years.

The U.S. Motors depot of 1949 occupied the site of the U.S. Bus Lines in Monbulk Road, Belgrave. However, the site was very vulnerable to the elements as there was no roof on the workshop area and the walls were made of tarpaulin. Once Norm had to work on a gearbox while standing in a layer of snow. During lunchtimes and in better weather amongst all the hustle and bustle of work there was still time for the staff to engage in a game of cricket in the workshop entrance.

Norm learned an early lesson in work safety when a brick disintegrated under a jack holding up a bus causing the bus to fall and nearly crushing a mechanic's leg. A potential accident was averted because of the U bolts under the bus which kept it above the mechanic's leg.

When Norm got his licence at the age of 18 he was given the task of driving the morning bus from Gembrook to Belgrave. After completing National Service, Norm returned to the business and started work at the Upper Ferntree Gully depot which operated out of two tin sheds in the railway yards. In 1954, he started full time driving using Fords and Bedfords.

At that time, the job involved more than just driving. Most drivers carried newspapers, parcels, car parts and mail. During



the 1956 Olympic Games, Norm along with other drivers lived in a caravan at the Olympic Village in Heidelberg. Norm ferried children away from the 1983 Ash Wednesday fires and then returned them to school when the danger had passed.

Norm enjoys his retirement these days and reflects on the many wonderful people he met during his bus runs who have all grown up and now have children of their own. Norm is one of many locals who had a life of serving the community

NORM SMITH

Courtesy of Monbulk Historical Society



0413 768 620

All aspects of Carpentry
Jarryd Peterson
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 avonsleigh_carpentry

What's your story?

Everyone has a story to tell and the communities of the Dandenong Ranges want to hear about it.

Send your stories and pictures to:

stories@emeraldmessage.com.au

Emerald Messenger will help you get the word out!

HEALTH

HEALTHY LUNCH BOXES FOR KIDS

Children use up so much energy at school, both by learning and playing. Therefore, it is so important to fuel them with the right foods to help them be on top of their game, without sugar crashing and zoning out.

Growing bodies and brains need protein, it's an easy one to accidentally leave out of the lunchbox. A lot of children simply don't get enough. Major protein sources are eggs, tuna, seafood, meat, tofu, nuts, seeds and dairy products. Ideally you should be giving your child two foods that contain protein in their lunchboxes. Protein helps children with concentration and prevents the afternoon slump that is so common in kids. Protein will help curb their hunger and keep their blood sugar levels nice and even.

Carbohydrates are still a hugely important food source for little beings and lunch boxes. However, it's the type of carbohydrate that is most important. Some carbs like white bread and flours are so refined that they literally burn through children within an hour, not to mention the sugar high and low that is associated with refined carbs and sugars. The carbs that we "do" want in our children's lunchboxes are complex carbs. The slow releasing carbs that give their little bodies the proper fuel it needs to keep them going for a few hours. Complex carbs are wholemeal and seeded breads, oats, brown rice and wholemeal pasta.

Omega 3 Fatty acids are a good fat that is essential for children's brain development, plus they also help with concentration and memory. Omega 3 and 6's should be consumed every day, both by children and adults. Omega fats are in foods like salmon, tuna, barramundi, walnuts, flaxseed, and chia seeds. These are hard foods to get into lunchboxes, unless your kids are good eaters and will eat a tin of tuna. Your best bet is putting chia seeds and flaxseeds into healthy baking.

Sandwiches obviously are a great option. Yes, they're boring but they're practical. Sometimes parents might feel the need to be providing something fancier, but most of the time kids will be happy with a sandwich or even a wrap. Make it a rule that their sandwich has to contain protein and the bread has to be wholemeal. Eggs, tins of tuna and rice, fried rice, pasta salad, sushi, rice paper rolls and frittatas or zucchini slice are all awesome protein rich options.

Yogurt and muesli bars are good sources calcium and protein, but they also can be loaded with sugar. Try and keep the grams of sugar under 7 if possible. Fruit and raw vegetables are obviously great for energy and fibre for children. Bananas are especially good in the afternoon when children go through an energy 'slump.'

It's hard work teaching children that treats are not for every day. Treats are inevitably full of sugar and one of the reasons why we have a diabetes epidemic on our hands in Australia, with both adults and sadly kids. Try and teach them that a snack every second day is ok, or to go for healthy swaps like

bliss balls, and healthy muffins and biscuits. Even better if these are made with non-refined sugars, such as honey and maple syrup.

Food can completely change how we feel as adults. Imagine the change in children's behaviour and concentration when we are fuelling them with the right things. Good luck with the daily chore and huge responsibility of the kid's lunchbox!

Healthy Muesli Bars

Ingredients:

- 250g (2 1/2 cups) rolled oats
- 35g (1/2 cup) shredded coconut
- 40g (1/4 cup) pepitas
- 2 tablespoons chia seeds
- 1 1/2 teaspoons ground cinnamon
- 110g (2/3 cup) dried pitted dates, chopped
- 80g (1/2 cup) raw cashews, roughly chopped
- 60ml (1/4 cup) olive oil or coconut oil
- 175g (1/2 cup) honey
- 1 teaspoon vanilla extract
- 1 egg, lightly beaten

Method:

Preheat oven to 140°C or 120°C fan forced. Lightly grease and line a 20 x 30cm (base measurement) rectangular baking tin with baking paper.

Place the rolled oats, coconut, pepitas, chia seeds, cinnamon, dates and cashews in a large bowl.

Place the oil, sugar honey and vanilla in a medium saucepan, cook stirring over a medium heat until ingredients are well combined.

Add the honey mixture to the dry ingredients and stir to combine. Add the lightly beaten egg and mix until all ingredients are well combined. Using slightly wet hands, press mixture firmly into prepared tin. Press mixture with the back of a spoon to get a smooth even surface.

Bake in preheated oven for 35 minutes, or until an even golden brown. Set aside to cool completely in the tin before removing and cutting into bars.

MEGAN BOURKE

Nutritional Balance

NUTRITIONAL
balance

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EVENTS

DANDENONG RANGES MUSIC COUNCIL GIGS

Something for Everyone

Community Music takes off in 2022 with opportunities for people of all ages and abilities to learn and or play music at the Dandenong Ranges Music Council in the grounds of Upwey High School.

All ensembles will be resuming rehearsals in February 2022.

Ranges Young Strings

Primary and secondary students who have been learning for a minimum of 18 months and can read music:

Mondays 4.30pm – 6.00pm.

Dandenong Ranges Orchestra

For strings, woodwind, brass and percussion. All ages, all abilities: Mondays 7.30pm - 9.45pm.

New Horizons Band

Lessons and band rehearsal for adult beginners or lapsed players. Thursday's afternoons at Tecoma Uniting Church.

Dandenong Ranges Big Band

Rehearsals on Thursdays 8.00pm -10.00pm.

Happy Wanderers

Singing group who perform each week at Nursing Homes.

Dandenong Ranges Hot Jazz Orchestra

1920s Jazz Orchestra, rehearses fortnightly.



Looking for new members.

The Timesteppers

Singing and Tap Dance Group

Instrument Tuition

Piano and Strings

Venue and Instrument Hire is available

New Members Welcome for 2022 Projects:

- Forgotten Heroes Film Launch
- Music For Covid Recovery
- Spring Sessions @ DRMC
- Charity Recession Concerts
- Youth Music Awards Concert
- Youth Week
- Education Week
- Children's Week

For more information: www.drmc.org.au

Facebook: Dandenong Ranges Music Council

Email: drmc@drmc.org.au

Office Phone: 0424 910 282

WHAT'S ON CARDINIA FESTIVAL

The Festival runs from 1 February until 28 February, 2022.

The 'What's On Cardinia Festival' will be a month long event series celebrating great local artists, pop up events, attractions, and businesses in a variety of venues across Cardinia Shire.

Artists, musicians, dancers, creatives and performers will be showcasing their talents in many different venues like cafes, restaurants, main streets, library's, pubs and halls across Cardinia for our residents and visitors to enjoy! There will be something for everyone to come together, have fun and enjoy.



Festival Event information: date, times locations go to:

<https://whatsoncardinia.com.au/events/whats-on-cardinia-festival>

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

WELLNESS JOURNEY IN BODY AND MIND

We are on our own path towards a greater and more satisfying life. Personal growth becomes exciting and it can feel productive and inspiring. It can also feel elusive at times. We can feel stuck, or like we are going in circles so we are at risk of giving up, and going back to what feels convenient, rather than step out of our comfort zone. Don't give up! This is a journey that does not have a final destination. Like the saying "enjoy the journey," enjoy your continuous endeavour to become the best version of yourself.

What can we do to get on the path towards a more satisfying life?

Move and exercise every day:

There are many opportunities and many professional people around the hills area that can help you. Try walking, gardening, Pilates, join a group, swimming, running, tennis, golf or contact your local gym. Don't be nervous, be bold! Be excited! It does not matter what you do, just enjoy the journey and don't give up. Keep going until you discover what makes you feel good, nurtured, cared for, inspired and leaves you enthusiastic with anticipation for the next time you partake. Find something that you can do at a set time, like making an appointment. This way, you are more likely to follow through and not let something else take priority.

Become Introspective:

Be willing to do some work to achieve internal balance. This can help you feel calm, grounded and in control of your life, and it is not running you. Take some time out each day to put your phone away and look up. Realize how significant and important you are seriously - what are the chances of you being here in this very moment?

Develop a great wind-down habit:

Sleep is so important for us to function properly, have great relationships, and bring the fun back to into our lives! A good idea is to set an alarm for a wind-down routine before bed. This can include the following habits: Drink a big glass of water or herbal tea (yes, you will need to get up to the toilet, or go before you settle in for the night). Take a warm/hot bath or shower, clean your teeth, get into bed with a journal, or a self-development book, then have another alarm to turn the light off to go to sleep. Once you do this on repeat, it will become a habit that you will love.

Nurture self-respect:

The previous three points are not easy. They were easy for me to write about but harder for me to actually do. Things that are worth doing are never easy. However, when you do things that are challenging and hard, you send yourself a very powerful message of self-worth/self-respect. Respect is earned



and never just handed to us and self-respect works the same way. Like a diamond which forms from tons of pressure over a long period of time before it becomes uniquely brilliant, so does your self-respect.

Practice compassion:

Consideration for others and having a nurturing nature are two things to consider helping us on our journey towards personal growth. We all know about paying it forward, but the act of compassion takes that concept to the next level. Practicing compassion is a good way to achieve healthy personal growth. It leads to self-fulfilment and improves the quality of our relationships which can make everyone in your realm happier, and ultimately makes the world a better place.

What to do from here?

- Look up. Allow the feeling of humility and gratitude land in your heart.
- Breathe deeply. Move your ribs simply by breathing deep – find this fascinating.
- Eat lots of fresh fruit and vegetables, drink lots of water.
- Move every day.
- Find something you enjoy.
- Sleep well, go to bed early, rise early.
- Take charge of your day and take charge of your life.

Your life is a blessing. Go live your best life.

For more information or inspiration please reach out:

DI DALL'OGGIO

Emerald Pilates

Tel: 0407 049 478

EMERALD ASPIRES CHALKBOARD

Spending most of my artist life on the Central Coast of NSW I was very involved in many local community projects where I was able to engage art as an awareness factor when campaigning for local issues such as saving sacred Aboriginal land that was under threat from urban development.

I have been painting for over 40 years and was part of the local arts community where I lived. I curated many exhibitions as well as regularly exhibited elsewhere with a highlight of becoming a finalist in the prestigious Gosford Art Prize in 2018.

I have also written a book on 38 Central Coast artists based in NSW called "Artists of the Central Coast in Their Own words" which was a four year project and will be released in April this year.

One very successful project I did was The Gosford Aspires chalkboard community project in NSW in the Imperial Shopping Centre. "I was inspired by a New Orleans woman, by the name of Candy Chang who lost a close friend to cancer," says Glenn. "Before her friend died, she painted on an old boarded up building with the message, "Before I Die".... Within a week it was full of messages!"

Since then, the concept had gone global with more than 1000 messages on walls all around the world. For the Gosford project, along with Gosford Council and the Imperial Shopping Centre management we decided to write two positive phrases. "I'm thankful" and "I love". Within a few hours, the boards were filled with positive messages from the community. The project ran for two months, and the community really embraced the concept.

Due to this overwhelming success and now that I live in the beautiful Dandenong ranges in Clematis, I will be creating a community wall space as part of the Cardinia Arts Festival where positive messages and thoughts can be written on three large chalk boards located at The Hills Hub and the Emerald Library in Emerald. It's going to be called "Emerald Aspires". One board will be "I'm Thankful", the second will be "I Love" and the Third will be "I Wish".

Using coloured chalk creates a very vibrant visual display and to read everyone's comments engages the community to think more positively and carry these messages into the community.

This event will commence on:

Tuesday February 1, 10.00 am - 1.00 pm and will be open to the public every weekday for the month of February.

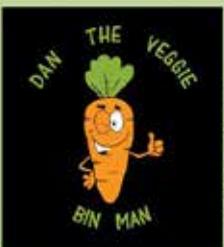
Location: At Hills Hub, Belgrave-Gembrook Road, Emerald Vic.

GLENN HAMBLETON



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NO-DIG GARDENING

The concept of no-dig gardening has been around since the 1800's. However, Masanobu Fukuoka of Japan is said to be the modern-day pioneer of this trend through his 1953 book entitled "The One-Straw Revolution". Australian gardener and author, Esther Dean, is recognised as his counterpart with the publishing of her 1977 book "No-Dig Gardening and Leaves of Life". This method is sometimes called Lasagne Gardening due to the technique of building alternate layers of different materials such as straw, manure and green garden waste, to form a garden bed. Over time, these layers decompose to make new soil-ideal in Australia which is known to have nutrient poor or deficient soils.

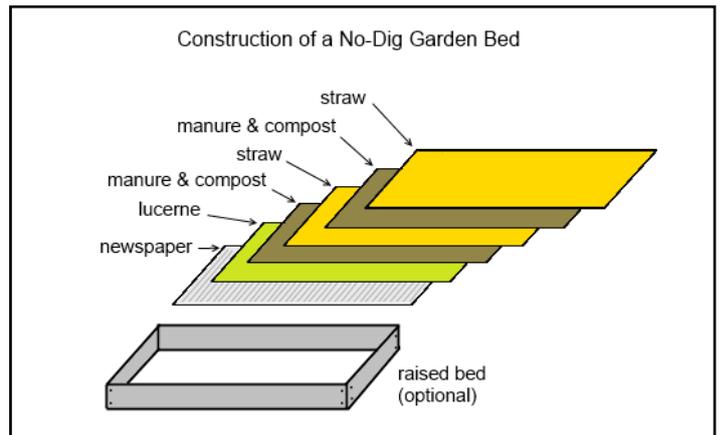
Regardless of the name, the underlying principle is soil building, and is similar in nature to composting with its alternating layers of carbon-rich and nitrogen-rich materials. As this new soil is made above the ground, no digging is required, hence the name. No-dig garden beds are ideal to use in a variety of situations such as on compacted soils, over lawn, existing garden beds, or even concrete found in courtyards, on balconies and on rooftops. The technique can also be used with large planter pots or containers.

It is recommended to have a suitable frame around the garden bed to prevent it from collapsing. The framework or walls can be made from old rocks, sleepers, bricks, blocks, pavers etc. However, do not use old tyres as they can leach chemicals and heavy metals into your soil, making it unsuitable for growing edibles in. Treated timber should not be used for the same reason, due to the possibility of copper and arsenic leaching into soil. Try and choose sustainable products such as recycled products including recycled and reclaimed timber. Avoid rainforest timber by using plantation grown timber instead, and try and use local products where possible. Having a frame will deter dogs, rabbits and even children from disturbing the soil and, depending on the height, can be ideal for those with mobility issues and back problems as less bending is required.

No-dig garden beds can be built to any size, shape or height including square or rectangular raised beds, and those that are round with a keyhole access path through the middle to make picking vegies and herbs easy.

How to build a no-dig garden bed:

Choose a flat surface, preferably in full sun and sheltered from the wind. If on a soil base or existing garden bed, gently fork over area (not dig) to loosen soil and improve drainage. Dust the surface with gypsum for heavy clay soils. If building over lawn or grass, mow the grass very low or just leave it. Then use a nitrogen-rich fertiliser, such as blood & bone or manure, which will help the grass to rot down. Add some lime, then water in well. When building over concrete, paving, rocky ground or other hard surfaces, place a 7-10cm layer of coarse screenings, scoria, small sticks, twigs, branches, and old dry leaves or broken bricks in the bottom of the bed to improve drainage. This is important so that water doesn't



pool on the hard surface and create a waterlogged soil. For this reason, do not use plastic as a base, which will also cut off air and moisture to the soil below. Beds with built-in bases will require drainage holes.

Mark out and make walls (at least 30cm high). Keep in mind that the layers of compostable materials will settle to roughly half the height of the no-dig bed over the course of a couple of weeks, so it is recommended to build walls to a height of between 50-60cm.

Use the technique of sheet mulching to suppress and kill weeds and grass where needed. This method involves laying down at least 6 layers of overlapping newspaper and or cardboard (not waxed) over soil or grass to exclude light. Make sure these materials extend over the edge of your garden bed by at least 15cm until the weeds underneath have died, which may take up to 2-6 months. Do not use glossy printed paper or office paper as they contain toxic inks and bleaches. Soak this layer thoroughly. The rotten weeds and roots under the sheet mulch create compost as well as tunnels for air and water, and an ideal environment for worms, microorganisms and other creature to thrive.

Cover with mulch, such as woodchips, but preferably a mix of compost and manure to weigh down the cardboard and newspaper. Wood mulch takes longer to decompose. Water again to aid decomposition and rotting and to further weigh down the materials below. This layer should be at least 8cm deep and consist of things such as manure, hay, lucerne, straw, garden waste (lawn clippings or fine prunings), compost or good soil.

Then alternate layers rich in nitrogen (green), carbon (brown) and manures and/or composts. Green materials include finely chopped grass clippings, garden waste, non-invasive garden weeds, comfrey, borage leaves, spent annuals, and finished green manure crops. For brown materials use dry deciduous leaves, dead plant material (disease free), pea straws, lucerne, and shredded newspapers. Manures and composts include aged animal manures and garden compost.

The final top layer should consist of a growing medium such as soil or compost. However, do not use actively composting materials as these can burn plant roots and stems. Planting can be done in this layer by digging a small hole or making a

GARDENING

ground for the seedlings. Mulch well with pea straw for example, to a depth of about 6cm. Remember to keep the mulch away from the stem of the plants. If growing from seed, do not apply mulch until seedlings have emerged. Again, water thoroughly. If you are otherwise prepared to wait, vegetables can be grown after the layers have decomposed and turned into soil, which takes about 4-6 months. Another option is to plant a cover crop or green manure crop in the top layer, such as legumes (peas and beans) or Warrigal greens and sweet potatoes.

Top up beds at the end of each growing season, using the layering sequence outlined, to keep beds at the ideal height of 30-40cm. Lightly fork in new layers before planting without digging. Use drip line irrigation or hand water, preferably first thing in the morning.

No-dig garden beds are ideal for growing edibles such as herbs and vegetables because of the amount of organic matter and nutrients they contain, due to the composting process. As this method uses no poison, the food grown is healthier to eat, and worms, microorganisms and other beneficial garden creatures are not harmed in the process. The lack of digging protects and improves the soil structure, increasing the activity of worms and microbes and ultimately, the health of plants. The beds also have excellent moisture retention and do not require a lot of maintenance. Mulching helps to prevent soil erosion and water runoff, as well as aiding moisture retention. If using kitchen scraps, only use in lower layers to keep it well buried to deter vermin such as rats and mice digging it up. Otherwise enjoy this relatively simple and productive method of growing nutrient-rich, healthy herbs and vegetables.

References:

- www.sgaonline.org.au
- www.abc.net.au
- www.localfoodconnect.org.au
- www.deepgreenpermaculture.com

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WHAT'S NEW FOR 2022

We have two brand new courses for 2022. If you are interested or would like more information please call 5968 3881 or email: emhouse@iinet.net.au. The full program with dates, times and cost will be out at a later date.



Intro to Fire Arts

Build confidence to return to employment and release your creative self by joining our new Fire Arts Courses. Intro to ceramics and pottery, glass fusion and enamelling can be therapeutic, empowering and relaxing. It can help your creative mind expand which will help you focus in other areas of life as well. Starts in Term 2 with taster classes. Taking expressions of interest now.



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Fill in your knowledge gaps with our renewable energy course. A large proportion of new jobs gained in the electricity supply sector by 2030 will stem from construction and installation activities related to renewable energy infrastructure. Go where the jobs are going to be!

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HISTORY

THE LIFE AND TIMES OF ALBERT EDWARD LEGGE

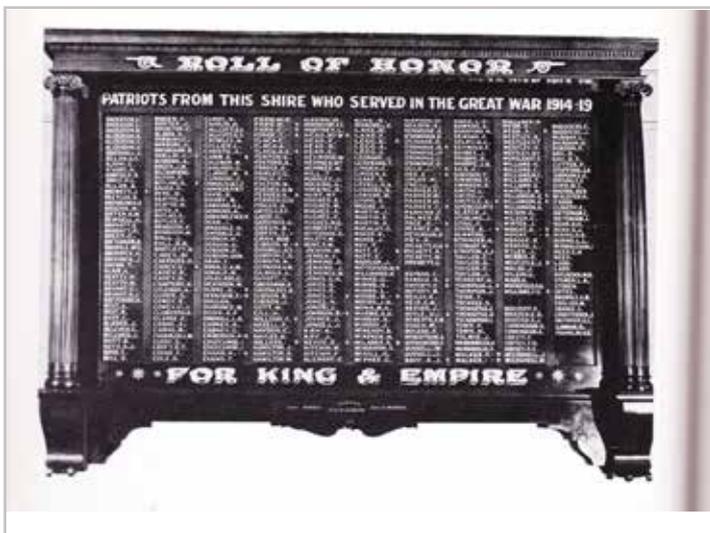
Continued from January 2022

Attending to the family washing, it only took a mere half-day and it was done. Fill the copper from the rainwater tank. Set and light a fire underneath the copper so as to boil the water. Bucket out some hot water into each of two concrete troughs. Add cold water to hand-wash woollen and delicate items before rinsing them. Remember to stoke the fire with extra wood and maintain it burning. Then refill the copper before adding bedsheets and other cotton items like grocer's aprons, to be boiled. Lift these hot items carefully out with the wooden, copper-stick into a trough to be scrubbed as required.

Ironing was a separate task. Solid irons were heated on the top of the wood-fired kitchen stove. Three heated irons enabled each one being used in turn to be exchanged when it cooled. The ironing-blanket on the kitchen table (hinged to the wall on its long-side) was a challenging base upon which to iron shirts, let alone sheets.

Saturday night was bath night when use was made again of the copper. Hot water was baled from it into a kerosene-tin bucket to be carried carefully to the bath. Cold-water was added to reach the right temperature.

The time came when 'Athlone' became 'modernised' with the provision of a shower. A galvanised-iron bucket with a shower-rose plumbed into its base was attached to a rope which passed through a small pulley in the ceiling above and the loop tied in its end reached a hook in the wall. The fire was lit on the kitchen stove to boil water in the iron kettle.



Boiling water was poured into the bucket before adding cold water to right temperature. Then the bucket was pulled up before securing the loop on the hook. You stood in the bath beneath the bucket before turning on the shower rose. Wet the body, turn-off the water and lather up. Turn on the water again and quickly rinse off the soapy water. The shower ends when bucket is empty.

The wash house was constructed in 1925 by local builder Nils Muth who built his home next to Church of Christ, now Emerald Community House hall. It also was the home of Jim and Mrs Madigan before becoming "Mandala Clinic".

'Athlone' Road name changes included Beaconsfield-Emerald Road becoming Old Beaconsfield Road, then later Legg Road, before reverting to Old Beaconsfield Road. In the 1930s, some twenty years after Albert bought 'Athlone', a road deviation was constructed with more gradual rises and fewer bends, apparently better suited to the new motor cars. This newer section became part of Beaconsfield-Emerald Road. Thus, this original, but hillier section better suited to bullock teams, the section upon which 'Athlone' lay, was re-named Old Beaconsfield Road.

In 1950s and due to Albert then being a long-standing resident, Old Beaconsfield Road was named Legg Road. Even the Supreme Court used this address in a communication. Alas, the name-change lasted for but a short time with Berwick Shire Council. Berwick Shire came to realise there was already an existing 'Legge Road' in Emerald (between Boundary Road East to Kilvington Drive) and only a short distance away. Hence the reversion to Old Beaconsfield Road.

Albert (aged 27 years) married Florence (aged 33 years) on 7 July, 1914. A document listed Florence's 'occupation' as 'Bdghse'. Perhaps that's an abbreviation for 'boarding house' where Florence may have been employed.

Albert Legge enlisted in World War I in the Australian Imperial Force (AIF) on 6th March, 1916 as 7051 Private Albert Edgar Legge. With the risks of War, Albert thoughtfully transferred ownership of his Athlone property (now Oak Tree Farm) into his wife's name, Florence Legge. He embarked at Melbourne on HMAT 'Hororata' on November 18th or 28th, 1916 at age 30 years. Upon enlistment his 'occupation' was 'Driver'. He served in England and France from November 23rd, 1916 to May 16, 1919. He was wounded with mustard gas on Sept 3rd, 1918. Albert was gassed again on August 28th, 1918 at Peronne Front. It was recorded, "Eyes inflamed, voice lost for 7 months - 'aphonic'".

Despite being severely gassed, Albert survived the war and benefitted by being hospitalised in England for weeks. Albert was discharged in 1919. Albert's brother, Valentine (Val) Legg also enlisted and served in World War I. He had come to Emerald where he worked at Nobelius Nursery.

Albert's name (LEGGE A) and brother Val's name (LEGG V) were among around 130 others on the original Honour Board in Emerald Mechanics' Institute and the 'Roll of Honor' created by Shire of Ferntree Gully, for the First World War. Their names also stand on the Honour Board at Emerald RSL Clubrooms and on the bronze plaque at 'Emerald Square'. Albert was awarded the British War Medal, the Victory Medal

HISTORY

and the Returned from Active Service Badge. Valentine Legg received the same medals.

In 1917, a new shop, Anderson's General Store, was built in Emerald near Puffing Billy Railway Station at the corner of Beaconsfield Road (now Kilvington Drive) and Heroes Avenue. Opposite the General Store stood the "Coffee Palace" previously having been the site of a blacksmith, but converted in 1909 to first known as Emerald Wine Hall. Even the very existence of a Wine Hall/Saloon let alone its activity was frowned upon by some. Occasionally there were drunken men lying on the footpath or gutter. But the Coffee Palace offered much more. Accommodation, meals, rooms for hire (doctor's consulting rooms, piano lessons). The bar was directly opposite and opened onto Kilvington Drive. Although electricity came to Emerald in 1934 there were street-lights at least outside the 'Coffee Palace', burning acetylene gas which had to be lit and extinguished each night.

Albert now was a returned serviceman who picked up employment in a general store, thus maintaining the existence of at least two general stores in the township. The first was located where Woolworth's now stands. The second was

Moffat's opposite Emerald Hall. And this was the 'older' part of Emerald township remembering that a Government surveyor in 1859 was sent to locate Emerald gold diggings and position them on a map. But he also concluded that where Emerald is now located was an ideal place for a township and marked out a 'one-mile square' now represented by Boundary Road (East and West), Clematis Park Road, Telopea Road, Prince Street and Sherriff Road.

In 1927 sadly, Albert's wife, Florence, died just eight years after Albert's return from military service. Unfortunately, Florence died without a will, so according to the law of the day, half her property ('Athlone') would go to her family and the remaining fifty percent to Albert. Some of Florence's family recognised that although legally entitled to shares in the property, morally they chose not to accept. But, apparently, not all agreed with that sentiment and Albert actually had to buy back some of his previously owned property.

GRAEME LEGGE

COMMUNITY



CLEAN UP AUSTRALIA DAY 2022

"Step up to Clean up" on Sunday March 6th, come and join the Emerald Clean Team at Worrell Reserve, in Emerald at this 18th Clean Up Australia Day event.

The community is invited to meet in the car park below the Library at 9:00 am. We will finish at 11:00 am with a well-earned morning tea.

Bring your own gloves. Bags will be provided. Families with children are welcome to participate. Register on line at cleanupaustaliaday.org.au or on the day.

This will be the last event that the Emerald Clean Team will organise cleaning up litter, not only on Clean Up Australia Day, but prior to Covid-19, bimonthly. It is time to hang up our bags and gloves.

Unfortunately, the litter will still persist, so if another group would like to organize an event for 2023 and beyond, let us know on Sunday March 6th.

SHEILA HAMPSON
Emerald Clean Team



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NOBELIUS HERITAGE PARK

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www.emeraldmuseum.org.au

Phone: 5968 2152

5 Crichton Rd, Emerald

(Wednesdays 10am-3pm and Sundays 1.30pm - 4pm only)

BUSINESS RECOVERY WORKSHOPS

Was your business impacted by the bushfires, storms, or COVID-19?



Join us for a free business recovery workshop facilitated by Jan Barned, one of the country's leading small business experts and author of 'Disaster Recovery Tool Kit'.

The workshop will provide you with the tools to:

- Plan for future disaster events
- Address key issues following disaster events to ensure your business recovers successfully
- Use proven methods to reset your business to benefit from future opportunities
- Implement simple business improvement ideas to ensure that your business is prepared to respond to future disasters

Participants will be provided with resources including a workbook, templates, checklists, and Jan's award-winning book 'Disaster Recovery Toolkit' and the publication 'Improving Business Performance for Small Business'.

Date: Wednesday 16 March
Time: 10am-2pm
Venue: Emerald Hills Hub
 Belgrave-Emerald Rd, Emerald

Date: Tuesday 15 March
 Time: 10am-2pm
 Venue: Walhalla Mechanics' Institute
 98-108 Main Rd, Walhalla

RSVP: Contact Susie Wickes, Economic Recovery Officer at s.wickes@cardinia.vic.gov.au or 0435 173 746. Lunch provided. Registration is essential for catering purposes. The workshops will be subject to COVID19 restrictions and may be moved to online if required.

In line with the Victorian Government Directions, this is a COVID Safe event, capacity limits apply and attendees must be fully vaccinated and able to show their vaccination certificate (or medical exemption) prior to attendance. This event will follow any Victorian Government Directions in place at the time.



FINANCE

ACHIEVE YOUR FINANCIAL GOALS

Ben Smith is on a mission to make the process of understanding finance more simplified, efficient and stress-free. As a Liberty Adviser, Ben helps Emerald locals to achieve their financial goals and help people to be more financially literate.

Whether you're buying your first home, a new car, investing in property, refinancing, or consolidating debt to improve your cash flow – Ben can help you find a free-thinking solution. He can also support you to access personal, business, commercial and SMSF loans, as well as a range of insurance options.

Passionate about getting to know his customers, Ben provides a highly personalised experience with a range of options tailored to your circumstances. Having lived in Emerald for more than 10 years with his wife and two daughters, Ben understands the local community and their unique needs.

Known for his friendly down-to-earth nature and strong problem-solving skills, Ben's services are highly regarded and he is eager to connect with more locals looking for lending support.

With access to a diverse panel of home loan lenders, Ben can offer greater convenience and choice, along with extensive expertise and professional advice. Plus, he can help coordinate a customer's loan from application to settlement and support them to connect with other professionals including solicitors and conveyancers.

Ben provides obligation-free consultations so you can explore a range of free-thinking loan solutions. He has access



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Ben Smith 0424 153 236
liberty.com.au/ben-smith

Approved applicants only. Lending criteria apply. Liberty Network Services Pty Ltd ABN 65 151 158 628. Australian Credit Licence 408042.

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BEN SMITH

LOCAL

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THE MORNING BREAKFAST SHOW

As usual, it starts with a quick move, a breaking of the patterns of the leaves and branches high up in the trees, enough to alert one's attention. What's that? Then another quick move. It's a bird for sure. Then a flurry of feathers as two white cockies break out, wheel around and move in on an indistinguishable object in the eucalypt branches.

Then stillness.

I rummage for my scope. Where is it? The scope is on a heavy tripod and each time I have to relearn which knob, stick, twist and turn I need to get it out of the locked-in position currently pointing to the clouds. While fiddling randomly I can see the birds playing out their attacks or, I wonder, are they just playing?

That indistinguishable object being hassled may be one of the resident goshawks, I think. But surely a goshawk wouldn't attack a sulphur-crested cockatoo with its vivid yellow crest splayed out to the sky, wings spread wide and a puffed-up white chest like a wall of whiteness. But then the goshawk probably knows the cocky is all bluff, mostly feathers. On the other hand, a cocky's beak is ferocious, destroying window sills as it does. The birds are quiet now and I eventually find the right knob.

The scope is my eyes into the world of birds that hang around in the tops of our mountain ash trees 70 metres above the ground. But it's a challenge to find the birds and impossible to follow them as the flit from branch to leaf to branch.

I twist a ring that enables a wide view. A wide view for a scope is a narrow view for me. I can find the tops of the trees easily enough with their thick bunches of yellow-green leaves against the cerulean sky. I move my 'scope eyes' down the dead sticks of the mountain ash that is being slowly killed by mistletoe and down the narrow trunk. The bark is starting to split and that means the tree is expanding so it must still be trying to grow, so I'm pleased.

Each year in summer the bark of the mountain ash splits revealing long slits of clean white flesh, the new bark for the coming year. The old bark can be tens of metres long, hanging from the high up branches, jostling with its neighbours, swinging like long braids in the wind. There is a low percussion 'whoosh' like the wire brush on drum skin punctuated by crackles that rise to a pitch in strong winds. First Nations people would have had a word for this bark, its sounds and behaviour. Maybe they have it still. I must ask.

In that final dance the bark whirls out from the tree like pieces of a long skirt. Still metres long, it breaks away and sails to the forest floor. Here it will move into its next phase of life and become home to invertebrates and small mammals and food for minute critters that will turn it into soil.

Returning to the birds and my scope eyes move down the

trunk watching carefully in the few metres either side, trying to pick up the pattern of white and reddy-brown tightly spaced stripes across the goshawk chest or catch a twist of its head. Without moving its body, it can rotate its head 180 degrees to look directly behind to check for what's available for breakfast, or look for that cocky so it can disturb it again.

Before I find it in the scope, the goshawk bursts out of the leaves chasing the cockatoo, then a second cocky comes in. There is a tangle of flying through the tree tops then stillness. I've seen where the goshawk has gone and find it in the scope again. A female I think, after checking in the bird book as it has stronger colouring than the male. There is a determination in that yellow eye with the dark centre and the steel grey smooth-feathered head and hooked beak.

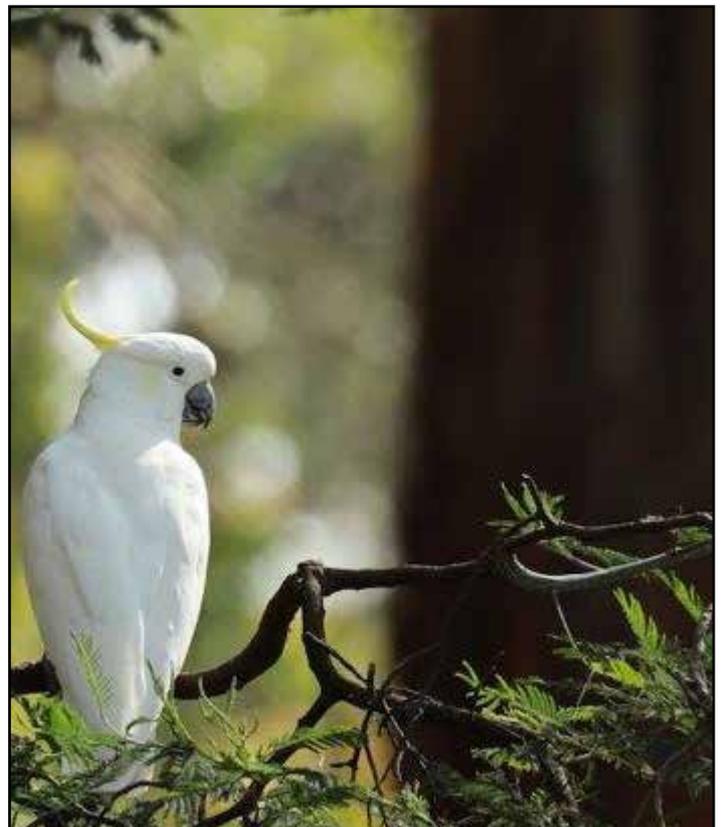
She's facing into the breeze and individual front feathers are being lifted changing the bird's shape, a bit like a tent with a head, powerful beak and yellow legs. Now that's an image.

The cockies are nearby. Whose turn is it in this game?

Suddenly, they all break away and disperse. Game over. What's happened? I stand back from the scope, put my own glasses back on and see it - a wedge tailed eagle is drifting across. It's bigger and bolder than all of them. A young one I notice with its dark feathers and white linear patches. Usually they are in pairs but if it's young it will not have found a partner yet.

So ends the breakfast show for today. My coffee is cold but who cares.

KAREN ALEXANDER



Sulphur-Crested Cockatoo by Freya McGregor

THE VERSATILE JACKFRUIT

The Jackfruit plant originated in southwest India, where it grows in abundance. It then spread to other parts of India, southeast Asia, the East Indies, the Philippines, Thailand, Malaysia, and Indonesia.

These huge trees produce massive, green, oblong fruits with a bumpy, fleshy exterior. On the inside, it contains many pale-yellow, plump bulbs, which are edible and joined at the core. The seeds can also be cooked, eaten on their own, or ground into flour. Eaten ripe and raw, the taste of jackfruit is sweet and similar to pineapple, mango, and banana. When unripe, it has more of a neutral flavour like potato and works well in savory dishes. This versatile fruit can be made into plant-based versions of shredded chicken, pulled pork or used in other meat-based meals.

Jackfruit can be made into a wide variety of dishes, both sweet and savory. The seeds are often boiled or roasted and eaten as snacks and taste very similar to chestnuts or macadamias. Both the fruit and seeds are rich in nutrients, including fibre and antioxidants as well as the seeds which are high in protein, potassium, calcium and iron.

The growing season in Australia depends on whether you're in the Northern or Southern territory. If you're in the north, then the growing season starts from early June to late September. If you are further south, jackfruit harvest is between February and May.

During the growing season, try one of the fresh produce markets or Big Watermelon Food Market/Store, Wantirna South which stocks fresh fruit when in season and frozen Jackfruit from Malaysia all year round. Also, Woolworths and Coles sell a variety of canned Jackfruits.



JACKFRUIT PULLED PORK RECIPE

Ingredients:

- 2 cans jackfruit (in water)
- 3/4 cup barbeque sauce
- 1/2 cup water
- 1/2 onion
- 4 cloves garlic
- 2 tbsp extra virgin olive oil
- 1 tsp paprika
- 1/2 tsp chili powder
- Salt, pepper to taste

Method:

- Drain and rinse the jackfruit. (If chunks are large, cut into smaller pieces).
- Peel and mince garlic and dice onion.
- In a bowl, toss the jackfruit with the chili powder, paprika and a generous sprinkle of salt and pepper.
- Heat 2 tbsp olive oil in a large skillet on medium-high heat.
- Add the onion and stir occasionally about 3-4 minutes.
- Add in the garlic and stir for another 1-2 minutes or until fragrant.
- Add the seasoned jackfruit, barbeque sauce and 1/2 cup water to the skillet.
- Stir, cover, and turn down the heat to medium-low. Simmer for 15 minutes.
- Remove the cover, stir again and add more water if necessary.
- Continue to simmer uncovered for 10-20 minutes or until the sauce has reduced.
- Shred the jackfruit in the pan using forks.
- Serve with rice, salad or a creamy coleslaw.

CHRISTINA SUTTON

RETAIL STORES AND GENDER FLUIDITY

As I browse through the stores of my local Australian shopping centre, I begin to notice a pattern within each clothing shop. Warm-toned pinks and purples displayed on skirts, dresses and crop-tops tend to stay on one side of a store, while cool-toned blue, green, and brown variants of shorts, t-shirts and suit pants are pushed to the opposite side. I sometimes notice a grey area found in the centre of the store, yet this so-called “unisex” clothing was often bland grey or black, baggy and lifeless. However, grey area or not, both sides of these stores practically scream “CLOTHING FOR BOYS” and “CLOTHING FOR GIRLS”.

What if your way of expressing yourself through fashion did not fall under these two categories? What if you felt as if you were being pushed into a certain gender classification due to the clothing you bought? Gender fluidity refers to how a person’s gender identity and/or expression is not fixed and can change over time. Gender identity is the gender one identifies most with, whereas expression is how one chooses to present themselves in association with gender. As the fashion industry is seen to be struggling to keep up with this developing topic, how can retail stores be inclusive of gender fluidity?

There is no single definition of gender-fluid clothing, as it is not defined through the style of clothing, but rather who it is worn by. Any clothing can be considered gender-fluid, but it is how clothing stores and brands present their clothing that categorises it to specific genders. With the main goal of ending gender stereotypes and representing all of their consumers, there are numerous ways retailers can upgrade their stores to normalise the concept of gender fluid clothing and overall promote inclusiveness.

Clothing outlets can achieve a gender fluid supportive environment by eliminating gender-specific clothing stores or sections within those shops. Current apparel stores, divide their clothing into two areas of “male” and “female”. This may be done in an inconspicuous way, where clothing is divided on either end of a store depending on its masculinity or femininity, a concept that is usually spotted in smaller stores. However, department stores typically use bold signs that read “mens” and “womens” to distribute their apparel, and depending on the size of the store, may even have levels dedicated to that one gender. These measures are not comprehensive as they suggest that all clothing is either designed for men or women, without acknowledging those who prefer to dress how they feel with no influence of gender.

I interviewed an employee at Myer, who explained the clothing distribution of the high-end department store to me. “We have two levels for women and one level that is half for men”, the employee described. Her reasoning for the unbalanced ratio was because Myer “has more female shoppers than men shoppers”. Myer’s idea to appeal to their



predominant consumer population by supplying more “womens” clothes can be seen as old-fashioned in this developing age. In 2019, 56 percent of Gen Z consumers stated they shopped “outside their assigned gendered area”. This implies that the complete clearance of these gender labelled areas will help those, particularly gender fluid people, ease into the clothing that makes them comfortable without feeling what they wear defines them, but rather they define what they wear.

A key factor in supporting gender fluidity within the fashion industry involves representation, which most importantly is achieved through non-exclusion. Apparel stores must adapt to gender-neutral imagery, which means to present their clothing through models that are fully inclusive and disregarding of gender stereotypes. Current clothing brands are exposing their buyer persona through their models displayed on posters, advertisements and online stores. Along with mannequins found instore with obvious gender-specific body types, fashion brands are promoting the view that their apparel is assigned to certain genders based on what the strictly male and female models wear. “We are given a directory every month by our store owner who tells us how to set up the store and dress the mannequins,” an employee from the clothing store General Pants Co. described to me. I asked whether they are told to dress the mannequins in gender-specific clothing, and the employee replied “yes, it is all a part of the directory.”

However, in a store where multiple clothing brands are showcased, the worker introduced me to Ksubi, a clothing brand she believed to be “genderless”. Ksubi’s apparel was found in both gendered sections of the store, yet the General Pants employee admitted to rebelling against the directory and sneaking the “womens” clothing items onto the “men’s wall”. She claimed that “nobody noticed the difference and bought the womenswear too”, despite that clothing being displayed on the female mannequin at the other side of the store. This is one example proving that the use of gender-specific models wearing their assigned clothing is not as effective as storeowners may believe in this developing society. Alternatively, people on all ends of the gender spectrum

COMMENTARY

can feel represented within the apparel stores they purchase from and it starts with dismissing gender-specific models that advertise clothing and further amplify the stigma of “menswear” and “womenswear”.

Regarding how apparel stores can put an end to the neglect and underrepresentation of gender fluidity, what would a fully genderfluid-inclusive clothing shop look like? Rather than a store’s layout being influenced by gendered clothing binaries, retailers can focus on the fit of their garments and distribute their clothing around the shop accordingly. Extinguishing the theory that all people will fit into either the defined feminine or masculine body shapes current clothing stores present, customers will buy clothes that they feel reflects their identity and fits how they would like it to. Everyone is shaped differently notwithstanding gender.

A fashion brand that demonstrates this developed way of designing and marketing is TomboyX. Fran Dunaway, the founder of TomboyX, explained how her sizing system deemphasises gender and represents a true gender fluid clothing company. “A lot of times, companies start with Zero or Size Two, and then they use an algorithm to grade. Dunaway illustrates what is done in the majority of clothing stores at any shopping centre. Rather than just using an algorithm, we brought real customers in and real fit models and measured on different body types. This approach to gender-neutral clothing and an overall gender fluid company means that garments fit the bodies of “cis-female, cis-male and all

of the different genders and a spectrum of identities”.

In terms of inclusive representation, Wildfang, Kirrin Finch, Yazi Clothing, and GWF are some examples of brands that do so. As complete gender fluid clothing brands, each of these companies use models of all ages, abilities, shapes and sizes, and gender identities to present their items. These characteristics can be simulated into a physical clothing store setting, where models, including mannequins, consider all people and their differences, to better represent gender fluidity, and improve their customer diversity and business overall.

Gender fluidity is a developing concept, and with expression playing a major role, the fashion industry must develop alongside the changing generation it aims to appeal to. The way to a genderfluid inclusive clothing store is through the total extinguishment of gendered categorisations within the shop, and by putting an end to the fashion stereotype of skirts for girls and pants for boys. With a fully inclusive store that sorts its clothing by fit rather than gender and displays its apparel through fully inclusive representors such as models of all backgrounds and identities, the fashion industry of today can normalise these adjustments to society and will further become a welcoming place for everyone to express themselves.

PHOENIX TOWNSEND

(Age 16, Year 10)

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Harriet Shing MP

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