



# EMERALD MESSENGER

HILLS COMMUNITY JOURNAL

JANUARY 2022

**STORIES ACROSS THE DANDENONG RANGES • SUSTAINABILITY • TRAINING  
ENVIRONMENT • ARTS • HEALTH • WELLBEING • FOOD • COMMUNITY NEWS • GARDENING  
PROPERTY • NURSERY • HISTORY • EVENTS • POETRY • TOURISM**

## TAKE A BREAK AT THE LAKE



Are you staying local these holidays? Visit one of Cardinia Shire's treasures, enjoy a variety of attractions and have a great day out.

Emerald Lake Precinct is within walking distance from town or just a short drive in the car. The Precinct is made up of Emerald Lake Park, Nobelius Heritage Park and Emerald Museum.

Emerald Lake Park provides many grassy picnic plots and free BBQ's, as well as trails for walking, two man-made lakes and playgrounds. The arboretums provide large trees to walk and picnic amongst the alternating rays of sun and shade. For large gatherings, shelters and amphitheatres are available for hire. Enjoy the many waterbirds as you stroll around the lakes.

Dogs are welcome, but must be on a leash.

If the weather is hot, Emerald Lake Park Wading Pool will open and everyone can cool off. Life guards are in attendance daily. No swimming is allowed in the lakes. Check with Cardinia Shire for any current Covid restrictions or closures.

The walking tracks will take visitors all over the Park, around the lakes, through the Western Forest to the Wishing Well and to Nobelius Heritage Park before looping back to the car park. Listen for the birds and keep your eyes open for an echidna or a wallaby. Eastern Dandenong Ranges Trail starts at Clematis and passes through Emerald Lake Precinct on the way to Cockatoo and Gembrook. Enjoy the

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## ABOUT THIS JOURNAL

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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](mailto: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](mailto: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

*Continues from page 1*

views and sights as you walk or cycle along.

The Emerald Lake Model Railway, the largest model railway in the Southern Hemisphere, is a miniature world with trains, towns, cities and interesting country sides. Follow the signs and manoeuvre your way around the construction site.

Feeling energetic? Enjoy a ride with the Lakeside Paddleboats and pedal your way around Lake Treganowan aboard the colourful boats. Or if you are hungry, thirsty or fancy an ice-cream, visit the Emerald Lake Cafe and enjoy the hospitality amongst the ferns, listening to the trickling creek as you eat.

Puffing Billy Railway makes its journey from Belgrave to Lakeside, Emerald Lake Park daily. Enjoy a visit to the new Lakeside Visitor Centre to see the displays in the Great Hall or enjoy some food at the new Railway Café. You can buy some local products at the retail outlet and then continue the train journey to Gembrook from Lakeside.

Access by care to the Nobelius Heritage Park is from Crichton Road. You can walk from Emerald town centre or from the adjacent Emerald Lake Park. It is the only significant nursery collection in Australia that is still on the same nursery grounds on which it was developed. It is a lovely quiet place to walk among the large trees, picnic with family and friends and enjoy the historic displays.

Emerald Museum provides an opportunity to learn about the Nobelius Nursery story, the history of Emerald and surrounds. Check the website for opening times - [www.emeraldmuseum.org.au](http://www.emeraldmuseum.org.au).

Volunteers play a large role in the Emerald Lake Precinct both at the Emerald Museum and Emerald Lake Park. At the Emerald Museum volunteers assist with the cataloguing and sorting of the large collection of historical photographs and documents, preparing items for display and serving on the Committee of Management. Volunteers also assist visitors when they visit the Museum. If you are interested in becoming involved, contact - [enquiries@emeraldmuseum.org.au](mailto:enquiries@emeraldmuseum.org.au).

Friends of Emerald Lake Park are celebrating their twenty-first

year in 2022. It's a small active group and new members would be most welcome. Three working bees are held each month (first Saturday, second Sunday, third Thursday), 9-11 am, finishing with a cuppa and a chat.

Working with Cardinia Shire Park Services a variety of tasks is undertaken in the garden beds – pruning, weeding, planting and mulching. The Friends also work with Cardinia's Natural Reserves Team on the Emerald Lake Park Vegetation Management Project in the Western Forest which has seen the removal of woody weeds, weed trees and blackberries. Revegetation works have also occurred. This is an on-going project, managed in a staged approach. Successful grant applications have allowed extensive works to be undertaken over the last ten years.

COVID 19 cancelled the usual community activities in 2020-21, including Weedbuster Week, Trees for Weed Swap and Sycamore-Maple Blitz. We hope to run these activities in 2022. In past years, Emerald Primary and Emerald Secondary School students have joined us in weeding and revegetation works. Emerald Scouts, Emerald Guides, Emerald Rotary and Emerald Lions Clubs have participated in our working bee activities. Through successful grant applications we have been able to provide ten Virtual Ranger Trail podiums along the walking trails to enhance the visitor experience and provide information about the history of the park, the plants and wildlife.

To mark the thirtieth anniversary of the historic Murals in the Gus Ryberg Arboretum we provided two information podiums to explain the significance of each mural. Follow the asphalt path into the arboretum to the murals and amphitheatre. This path was the first project undertaken by Friends of Emerald Lake Park and connects to Emerald Lake Road.

From successful Cardinia Shire Beautification grants, we have been able to provide beautiful grasses and reeds which were planted along the edge of Lake Treganowan, providing habitat for waterbirds and protecting the soil. Large trees were planted in the arboretum and plants in the garden beds. The latest project underway is to install Tree Identification signage for the large trees in the arboretums. Visitors can learn the names of these large and magnificent trees as they wander through them.

Come and visit for a great day out with family and friends. Enjoy all the activities available within Emerald Lake Precinct, Emerald Lake Road, Emerald this summer. To find out more about Friends of Emerald Lake Park, join us at a "Meet and Greet" on Thursday 20th January, 10:30am-11:30am followed by a cuppa and some cake. Meet near the Paddleboats and follow the signs.

For more information - [felpmail99@gmail.com](mailto:felpmail99@gmail.com). All businesses and groups volunteering in the Emerald Lake Precinct have a COVID 19 Safe Management Plan.

SHEILA HAMPSON

Friends of Emerald Lake Park





# A NEW SHOPPING APPROACH

Grocery stores were not always streamlined expressways designed to move you in and out, efficiently punctuated at the checkout by the obligatory inquiry, "How's your day been?" In our more cynical moments, we might imagine closing the checkout line and relating to the poor unsuspecting cashier just exactly how our day has or has not been. But in days gone, grocery stores in small towns used to be places where you might meet your neighbour or would willingly take time to chat with the store clerk who actually knew you.

Taking time in an unhurried fashion, having a coffee courtesy of the shop, meeting up with a friend in the garden courtyard or buying local produce in a heritage building are not typical experiences associated with modern grocery shopping. Spending time in a place that is unhurried and just makes you feel good inside is rare, unusual and a valued experience these days. We can still find these places if we just know where to look.

The Dig In Community Grocery, located in a century old bakehouse opened in Emerald on Sunday, December 19 to a steady flow of customers from near and far. While the



Emerald Market was unfortunately cancelled due to severe weather warnings, the 'Dig In' launched regardless, providing shelter from the eventual squall that rolled through the hills, toppling trees and taking out power lines once again. Lucky, forward-thinking stall holders had arranged ahead of time to display a selection of their wares in the National Trust listed bakehouse that has been re-created into a small community grocery. Fresh produce, honey, plants, sweet treats, wax wraps, candles, house wares and hand-crafted merchandise sit patiently and comfortably on the shelves, waiting to be





## SHOP LOCAL



discovered and whisked away.

The totally off grid bakehouse, which is part of the market grounds and typically accessed from Murphys Lane, operates without mains power and has sufficient solar generation with battery storage to stave off power interruptions. It features a pedal bike-blender where patrons can whip up a smoothie with fresh ingredients under their own steam. Free drip coffee, ethical of course, and tea are available for the asking. Non-perishable food like tinned tomatoes, beets, tuna, rice, pasta, flour, cereals and sauces are provided for those interested in reducing landfill waste or just topping up their staples. Emerald Community House (ECH), the shop's benefactor, has been busy for most of 2021 re-imagining the grocery as a community enterprise, thanks to a recent grant from the Victorian government.

Over the last 10 years, funds from ECH, local, state, federal government grants, business donations and the Commonwealth Bank have saved the old historic bakehouse from eventual collapse and ending up in landfill. The grounds have been restored as a social enterprise by ECH and made available to the community which is a recurring condition of government funding.

The courtyard garden hosts waist high sustainable wicking beds growing 'help-yourself' seasonal vegetables. Currently, spinach, lettuce, herbs and edible flowers spill out of the black box boundaries of these water wise planters made by Dan the Veggie Bin Man from Yarra Valley.

Inside the shop, the centre table is laden with brimming baskets of potatoes, carrots, parsnips, corn, onions and pump-

pkins ready for the shopping basket and a trip home. The glass fronted fridge, powered by solar panels, keeps all of the organic greens cool and fresh. Try the fresh beets with their abundant green tops still attached. These are truly the prince of all greens with their tender, velvety finish. Toss quickly in a hot frying pan with a few dashes of truffle oil or sauté with onions and a squeeze of lemon, served on toast with a poached egg, adding bacon if you are so inclined. Now that is a good breakfast.

Open days are from Wednesdays to Saturday from 12.00pm-5.00pm reflecting that this is a targeted experience and that you have other things to do besides endless grocery shopping. The grocery is also open 10-3 on Emerald Market days which is the third Sunday of the month. It is a great spot to step out of the sun, wind or rain, peruse the stock or just enjoy your fresh market lunch from Hacer's gozleme wraps of spinach and fetta or Geoff's Big Little Kitchen burgers.

Connecting with each other and taking time are precious elements of a healthy lifestyle. So take the reins and slow the pace down. It's time to enjoy life again, immersing ourselves in intrinsic pleasures with our favourite people, places and things. Shopping locally and supporting micro-merchants who deliver quality experiences make our lives more liveable when the going gets tough. This is how we build stronger, more resilient communities with our own hands.

MARY FARROW

## ENVIRONMENT

# LOCAL PARKS AND RECREATION RESERVES TO ENJOY

## Baynes Park

Baynes Park Road, Monbulk

Bushland reserve with trails, picnic and grassed areas in Monbulk. Sassafras creek flows through the reserve.

## Belgrave Lake Park

35 Park Drive, Belgrave

A short drive from Belgrave with picnic and BBQ areas. Recently updated Playground area. The Belgrave lake cottage nestled within Belgrave Lake park is the perfect venue for children's parties and playgroups.

## Belgrave Outdoor Pool

69 Best Street, Belgrave

The Belgrave Outdoor Pool is located in Borthwick Park and has a 33-metre heated pool.

## Belgrave Rail Trail

Ringwood - Belgrave Rail Trail

The Ringwood-Belgrave Rail Trail is a path for cyclists and pedestrians which follows the Belgrave railway line from Mullum Creek Train in Ringwood to Belgrave railway Station.

## Belgrave Recreation Reserve

1 A Reserve Road Belgrave

Recreation and sports reserve. Home to local football, netball and cricket club.



*Glenfern Valley Bushlands*



*Birdsland-Reserve*

## Belgrave South Recreation Reserve

10-12 Gilmore Court, Belgrave South

Sports ground and recreation reserve in Belgrave South. Home to Belgrave South Football Club, Selby Netball Club and South Belgrave Cricket Club.

## Birdsland Reserve

271 Mt Morton Road, Belgrave Heights

Bushland reserve in the Dandenong Ranges. Walking, bike riding and horse trails. Open space and BBQ areas. Park opens at 7.30am daily. Closing times vary seasonally (generally 5-6pm).

## Borthwick Park

39 Benson Street, Belgrave

Large playground in the same reserve as Belgrave Pool. Suited to younger children with shaded areas. There are also tennis and netball courts.

## Butterfield Reserve

Emerald-Monbulk Road Emerald

Conservation Reserve home to many amazing plants, and animals including wombats, wallabies, birds and other small marsupials.

## Glenfern Valley Bushlands

175-191 Glenfern Road, Upwey

You can walk the 100 acres in a large loop, or a figure eight. There are several interlinking trails, although some trails are steep. Some of the wildlife onsite include koala's, many species of bird and butterflies.

## Kalorama Memorial Reserve

1196 Mount Dandenong Tourist Rd, Kalorama

Complete with playground, skate park, basketball courts, Tennis Courts, BBQ facilities, Kalorama Recreation Reserve, complete picnic tables, tables, with playground, skate park and open space is also home to the Karwarra Australian Plant Garden.



## ENVIRONMENT

**Lovers Walk (Belgrave to Lysterfield Lake)**

Main Street and Belgrave Gembrook Road Belgrave, Lovers walk is a sealed 650m Trail that runs from Belgrave Station to Koala Street, passing the Belgrave pool along the way. The trail links up to the popular reserves like Belgrave Lake Park and Birdland Reserve and passes through Borthwick Park.

**Monbulk Recreation Reserve - Skate/BMX Park**

Moore's Road, Monbulk Reserve offers a large sports oval for football and cricket. Opposite the reserve entrance is a synthetic soccer pitch and further down Moore's Road there are netball and tennis courts.

**O'Shannassy's Aqueduct trail**

Yuonga Road Carpark, Warburton

The trail is a 34.5km long, gravel shared path. It passes through the Yarra Ranges National Park from Don Valley to West Warburton. The trail follows the maintenance track for O'Shannassy's Aqueduct and winds through native bushland.

**Olinda Recreation Reserve**

71-73 Olinda-Monbulk Road, Olinda

This large reserve offers a large sports oval for football, cricket and a large community sports pavilion and netball court.

**Upwey Skate Park**

6 Mahony Street Upwey

Located in the Upwey Township Reserve, next to the playground and open space. Includes a quarter pipe, grind rail, fun box, wall and flat bank. Access the skate park from the main car park, behind the shops.

**Upwey South Recreation Reserve**

Morris Road, Upwey

This reserve is a 5-hectare open space and bushland reserve. It has a tennis court, netball court, a public toilet and small play space.

**For further information:**

<https://www.yarraranges.vic.gov.au/Experience/Parks-Recreation>



*Glenfern Valley Bushlands*



*Oshannassy Aqueduct+Trail*

## Automotive service & repairs

4WD - CARS - PETROL - DIESEL  
297 Belgrave-Gembrook Road, Emerald

**5968 6031**

**EmCar  
Automotive**

## EVENTS



**FREE  
EVENT**

BELGRAVE SURVIVAL DAY  
presents

# Survive and Thrive

## PERFORMANCES INCLUDE:

- DAVE ARDEN AND BAND
- PIRRITU
- YENG GALI MULLUM CHOIR
- DENIECE HUDSON

AND MORE!

**An afternoon of Indigenous  
art, music and culture**

**BORTHWICK PARK  
26th January 2022  
12-5pm**

## FOOD TRUCKS, INCLUDING BUSH TUCKER

*We acknowledge the Traditional Owners of Country throughout Victoria. We meet, reconcile and collaborate on the lands of the Wurundjeri People of the Kulin Nation and pay our respects to their elders past, present and emerging.*

In partnership with:





## GARDENING

# CHOOSE NATIVE PLANTS

Green Circle Plant Nursery is a community nursery, growing plants for revegetating small and large farmland properties, for public parks, for Melbourne Water's Stream Frontage program as well as for private gardens. All seeds and cutting stock are from local provenance.

We can assist with all your plant requirements. We provide free advice on plant selection and plant health along with stocking sustainable and indigenous plants.

Bush foods are native to Australia that are used as sustenance by the indigenous people. Planting of indigenous vegetation in public and private gardens is encouraged as these plants are naturally suited to our environment and require no fertilisers, pesticides and minimal watering. They also provide habitat for local birds and wildlife and preserve our natural



heritage. Work at the nursery is done by volunteers who assist in all aspects of nursery production including seed collecting and plant propagation.

If you would like to become involved as a volunteer, please contact:

Sue Simmons @ <https://greencircleplantnursery.net.au/>

Nursery Address: 1 Halford Street, Beaconsfield Upper

Hours: Fridays - 10.00am - 1.00pm / Saturdays - 10.00am - 1.00pm

## POETRY

## HOPE IN THE HUMAN HEART

I see a precious pair of Helmeted Honeyeaters,  
like so many species,  
on the brink of extinction,  
only a few hundred left in the wild.  
One fire or disease could destroy them all  
and yet and yet they survive,  
as does hope in the human heart.  
We rejoice in seeing their number increase.  
We toil to heal their habitat.  
And in so doing we heal ourselves  
from our sorrow for this land.  
For what did Rumi say?  
There are countless ways to kneel and kiss the earth.  
There are countless ways to find your way home again.

DOROTHY SCOTT



# SUE JARVIS - ARTIST AND THINKER

'Every painting tells a story'

Sue Jarvis was born and raised in the industrial and now multi-cultural city of Greater Dandenong in Melbourne's southeast. In 1980 she moved to a 10-acre property in Gembrook where she could indulge her love of gardening and pursue her passion for painting and photography.

The Sue Jarvis Gallery and Botanical Garden is home to a wonderful collection of her art work as well as featuring a diverse range of exotic and native plants. Sue is a trained artist, art tutor, photographer, art judge and author. She has won countless awards throughout her career. Many of her works feature in public and private collections and two of her works are hung in the State Library of Victoria.

Sue has held many exhibitions throughout Australia and overseas and is constantly sought for commissions. Sue is a member of the 'Melbourne Society of Women Painters' and winner of the Annie Davison Oliver Award in 2019. In Sue's own words, "Today as a painter my focus is on colour, shape and simplicity. I use the camera and computer as design tools to showcase my work and capture the present."

With a keen eye, Sue takes photos of people walking in a city street, snapshots of everyday life and captures it in a way that has an immediate impact on the viewer. In between her landscapes, portraits and still life you will find buildings sites, city streets and various references to social and political injustices. Her arrangement of separate paintings on one canvas provide several viewpoints related to the same subject matter. In doing so, the artwork engages more with the viewer and delivers multiple interpretations.

This is most evident in her 'Art that makes you think' exhibition at the Cardinia Cultural Centre in July. Here she pushes the barriers, asks difficult questions regarding society and its values and



*Sue Jarvis Artist*

is very responsive to everyday issues.

The state of the environment has been a major factor in Sue's paintings in particular, looking at how people are impacted by change. This can be urban development encroaching on once rural communities or even natural disasters such as bushfires. In this case she played a major role in The Creative Recovery Project, one of nine major artists who highlighted the plight of those affected by the aftermath of bushfires and how art can facilitate the healing process for those affected.

One of Sue's most recent paintings features Pakistani protestors on the steps of Parliament House in Melbourne. We are asked to recognise the plight of those people in their homeland. Colours are reduced and we see a stark and very powerful image. The work is about the right to peacefully protest pre-Covid and is painted in tones similar to a newspaper photograph.

If you are interested in finding out more about Sue Jarvis, her artwork, gallery and garden just follow the links:

[www.suejarvisartist.com](http://www.suejarvisartist.com) or [www.facebook.com/suejarvisgallerygarden/](https://www.facebook.com/suejarvisgallerygarden/)

Email: [sue.jarvis.artist@hotmail.com](mailto:sue.jarvis.artist@hotmail.com)

WENDY LINDREA Emerald Arts Society



*Lion Dance Lunar - New-Year*



*The Freedom to Protest on the Steps of Parliament House*



## HEALTH

# 2022 - A YEAR OF HOPE AND GOOD HEALTH

After the last two years of crazy twists and turns, most of us are learning how to relive in a different but still amazing world. Priorities have changed, careers have changed for some and maybe our perspective on life is slightly different. With a New Year, comes hope that this year has to be better than the last two, and maybe people will be more motivated to change what they can control in life, such as diet and lifestyle.

It's good to write a list or mind map about what you want to change in your life. Allow yourself half an hour to sit down and really work out on paper what is going on in your head, and what you want to change. From there ideas usually flow on how to change these things, and a plan is made.

New Year's Resolutions for most people are generally health related. It might be to exercise more, lose weight or even just make better choices with food. All three of these things can be done together with one easy healthy meal plan. Being organised is half the battle. It's important though to make your goals achievable. For example, if you need to lose 20 kilos, break the kilos down so it is only 10 that you're re focusing on to begin with. This makes the goal more achievable and also helps with motivation.

Try the same principle with exercise - if you want to start running, just focus on 1-2 kms to begin with, then build up gradually as your fitness increases. Before you know it, you'll be signing yourself up to the Puffing Billy Run! Committing yourself to an event that is slightly out of your comfort zone, also helps with motivation.

Work out what you want to change about your eating habits, your weaknesses and strengths and look at putting strategies in place for both. You might want to try fasting in the morning, or the 5:2 diet where its low calories 2 days a week and normal eating the other 5. Cutting carbohydrates out at night is another good place to start, or even cutting out take away food completely. It's amazing how something as simple as taking sugar out of your coffee or increasing water, can make a big difference too. Cutting the booze back is another common New Year's Resolution, and with all the great zero beers and non-alcoholic wines and drinks that are available now, it's much easier to do. The most important thing is to just try and change one thing at a time, then keep pushing yourself to build up to bigger changes.

You might want to include the whole family in some of your health goals and the best way to do this is to set the example. Try to get them to change one small thing each week if possible. Sugar is generally one of the best ones to start with, especially with kids and teenagers. An easy rule to apply, is that foods high in sugar are not something we should eat every day.

Lifestyle is also another big one we will all try to tackle and



balance out. Whether it's getting more sleep, being more organised, learning to say no to things or all of the above! It's amazing how all these little changes can make a huge difference overall.

Being restricted with so many things over the last two years and the fear of Covid constantly hanging over our heads, 2022 is about regaining our lives back, maybe just in a slightly different form. And sometimes, different is better!

## MORNING JUICE (serves 2)

This juice is great for the morning - it contains good fats from the avocado and almonds, plus the coconut water hydrates the body quickly. It's good as an afternoon pick me up too, or a post work out drink.

### Ingredients:

- 375ml coconut water
- 1/2 cup baby spinach
- 1/4 small avocado
- 1 apple, cored and pips removed
- 7 almonds (or 1 x tbsp almond or peanut butter)
- Handful of ice

### Method:

Place all ingredients into a blender or Nutribullet and process until smooth.

MEGAN BOURKE Nutritional Balance

NUTRITIONAL  
*balance*

Megan Bourke | M.0400 590 613  
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Nutritional Balance  
[nutritionalbalance.com.au](https://nutritionalbalance.com.au)

# RECONCILIATION AND OUR FIRST NATIONS' PEOPLE

Encouraging collaboration for reconciliation: Yarra Ranges Council, Tecoma Uniting Church and the Upwey Treasure shop provide generous support for a local initiative working for truth and justice for Australia's First Nations peoples.

The Hills Reconciliation Action Collective was recently established by a local group of second peoples interested in taking responsible action towards reconciliation with First Nations peoples, inspired by Reconciliation Week 2021. This included the formation of the Yoo-rrook Justice Commission in Victoria and a strong invitation from the Uniting Church First Nations Assembly to support justice and truth telling through creating relationships, deep listening, and respecting the voices of First Nations People.

The funding received from Yarra Ranges Council, the Treasure shop in Upwey and Tecoma Uniting Church, will be used to raise cultural awareness in five hills villages throughout the Dandenong Ranges, including Monbulk, Kallista, Belgrave, Tecoma and Upwey. The 'Walking Together' project will use creative, compassionate activities to support and challenge participants towards developing a deeper sensitivity to, and understanding of, First Nations peoples of Australia. The group is hopeful that the project model will be adopted more broadly by others in the future to multiply the learning and positive impacts throughout the Dandenong Ranges.

The co-ordinator of the Walking Together project, Shakti McLaren, shared, 'I always thought I was supportive and open to First Nations people's culture, but it was not until I began Indigenous Studies that I realised how racist I still was. I used to hold opinions that were based on what I was and wasn't told in my younger years. It's been a revelation to realise how embedded and hidden racism still is within white Australian culture.'

Research from a 2020 study by the ANU shows that 3 out of 4 non-Indigenous Australians hold an unconscious bias towards First Nations peoples. Shakti said, "We clearly still have a long way to go towards truth telling in Australia. Until we take this process seriously, we won't see the meaningful change we need in social justice issues such as black deaths in custody, youth suicide and the removal of children from their families, despite a number of Royal Commissions."

By taking part in this project, local leaders, influencers, and other community members keen to learn more, will have the opportunity to experience and understand a little more about some exceptional First Nations people's cultures, and the incredible efforts that have enabled their survival despite the devastation of colonisation.

Shakti explained that the Walking Together project acknowledges the invitation from First Nations peoples to 'walk together'. The hope is that it will help create the spaces needed for the important first step of sitting down together to yarn, learn and listen to the stories, knowledges, and histories of the First Nations peoples. "Learning more about this ancient culture has changed my life and ways of seeing the world," Shakti said, "I hope this project can do the same for other non-Indigenous people in our community, and in the process contribute to our national journey towards truth, justice and reconciliation".

Shakti had a consultation with Elders at the Wurundjeri Land Council about the Walking Together project and amongst the requests they made were that they want white people to have a better understanding of the First Nations people's history and culture. They want racism to end, and they want us to know what they went through and are still going through. They want attitudes to change, they say we do not understand enough. They specifically do not want to be judged if they don't look 'Aboriginal enough'.

## SHAKTI MCLAREN

If you are interested in volunteering or attending future events and activities contact us: @shaktiji@outlook.com

Follow us on Facebook @ Hills Walking Together <https://www.facebook.com/groups/hillsreconciliationactioncollective>





## GARDENING

# CARDINIA INDIGENOUS NURSERIES

## Cardinia Environment Coalition Nursery

Deep Creek Reserve, end of Cameron Way, Pakenham

Open Friday 9am-12pm (for additional opening times check out CEC Facebook page)

E: [nursery@cecinc.net.au](mailto:nursery@cecinc.net.au)

P: 5947 7871

## Green Circle Plant Nursery

1 Halford Street, Upper Beaconsfield

E: [info@greencircleplantnursery.net.au](mailto:info@greencircleplantnursery.net.au)

P: 0407 304 061

## Koo Wee Rup Trees and Shrubs

10 Bethunes Road, Koo Wee Rup

P: 5997 1839

## Indigenous Nurseries in Surrounding Shires:

### Bushwalk Native Nursery

640 Cranbourne-Frankston Road, Cranbourne South

P: 9782 2986

### Cardinia View

81-83 Buchanan Road, Berwick

P: 9769 9887

### Conservation Collective

52 Westernport Highway, Somerville

E: [admin@conservationcollective.com.au](mailto:admin@conservationcollective.com.au)

P: 0457 001 784

### Friends of Cranbourne Botanic Gardens

1000 Ballarto Road, Cranbourne

P: 5974 1750

### Friends of the Helmeted Honeyeater Indigenous Plant Nursery

1217 Macclesfield Road, Yellingbo

P: 0438038702

E: [plantnursery@helmetedhoneyeater.org.au](mailto:plantnursery@helmetedhoneyeater.org.au)

### Southern Dandenong Community Nursery Inc.

### Birdsland Reserve

271 Mt Morton Road, Belgrave Heights

P: 9754 6962



*Crimson Bottlebrush Callistemon citrinus*



*Banksia Menziesii Banksia or Firewood Banksia*



*Golden Penda Xanthostemon Chrysanthus*

# REFRESH YOUR HOME AND YOUR LIFE

There's something totally rejuvenating about sprucing up your home, whether you're preparing to sell or simply welcoming the new season. Refreshing your home and your life can be utterly gratifying.

The process doesn't need to be costly or overwhelming. Think of it as a therapeutic journey, taking one room at a time, peeling back the layers and revealing a fresh, clean space. And yes, it will feel as amazing as it sounds!

To kick-start your journey, I have some super-easy tips for you below. And if you're planning on selling, check out our blog at: [www.kayecharles.com.au/getting-your-home-presentation-ready](http://www.kayecharles.com.au/getting-your-home-presentation-ready) for pointers on how to master the art of presentation on inspection day.

## Hello Sunshine

Open curtains and blinds and clean windows to let the sunshine pour in.

## Open the Windows

A great way to freshen up your home is by opening the windows. Open them in every room, even for just an hour, to allow circulation and kick out the recycled air of the cooler months. Your house will smell extraordinarily fresh and hopefully your neighbours won't mind seeing a bit more of you.

## A Simple Declutter

Before you do any cleaning or styling, declutter and put any heavy winter items away. This doesn't need to be overwhelming, simply take it one room at a time and remove excess items or give them away if they no longer bring you joy.

## Squeaky Clean

Again, this doesn't need to be overwhelming. Arm yourself with



your best cleaning products and air pods and take it one space at a time. Dust, polish and wipe your way to a fresh, clean house. The satisfaction is worth it.

## Rearrange Furniture

A great way to re-energise a room is to rearrange the furniture. Place the bed against a different wall or rotate the living room's seating for a fresh, new take.

## Bring the Outside In

Buy fully grown plants in gorgeous pots, arrange vases of fresh garden flowers or, if you're in the mood, grow some herbs by the kitchen window.

## Go Faux

If you don't have the time or inclination to take care of plants, then faux is the way to go! The quality of faux plants and flowers these days is amazing. Many look so real they give off the same fresh vibe as living plants.

## Style your Surfaces

Update your look by re-styling the coffee table, side tables, shelves, countertops or consoles. You don't have to do anything major, just swap out or add a few things here and there. Light and bright vessels and trinkets, beads or photo frames can make a huge difference. A stack of books and a green plant can add a lovely freshness.

## Breezy Bedding

Pack away the flannels and dress your bed with light fabrics. Contrasting accent pillows and light weight throws will complete the look.

## Scents

Bring the garden inside with floral or citrus scented candles and room sprays or pop lavender water in your iron to get your linens smelling really lovely. Splash out on a botanical scented laundry liquid, there's nothing like the scent of an amazing detergent in your house.

## Music

Boost your mood by popping on some lively music while you throw the windows wide open. Try Spotify's "Mood Booster" playlist to put a spring in your step.





## PROPERTY

**The Power of Cushions**

Cushions are a super easy way to change the feeling of a room. They can be swapped out seasonally for a big impact without breaking the bank. Choose pretty colours and patterns that you love, that way you'll know they are going to work. Add a linen throw to complete the vibe.

**Wall Deco**

Show your personality by swapping a piece of wall art for something new and punchy. There are some great, inexpensive seasonal pieces available at local department stores. (Hot Tip: "Kmart").

**Try a New Doormat**

Want to smile every time you come home? Swap your well-worn doormat for a bright, cheerful one that says "Our Happy Place" or "Wine is always Welcome". Sweep, de-cobweb and add a potted plant to the front entrance to complete your sprucing-up!

Wishing my fellow Hills residents a festive summer season filled with light and laughter. Stay safe and catch you in the 2022 Messenger!



AMANDA CHARLES

Director Kaye Charles Real Estate

12a Kilvington Drive, Emerald

## SHOP LOCAL

# NEW PANTRY OPENS

Lockdown was tough for many of us, particularly small businesses and locals who were unable to sell their goods through markets. It was also difficult for those who would shop off the mountain for specialty products. That's when the idea of 'Your Local Pantry' came to me. With this vision, I have now recently opened my shop in Emerald on the Belgrave-Gembrook Road.

The idea behind 'Your Local Pantry' is to stock primarily local products and stock what the locals want in their town. So far, there are 16 local suppliers we are working with. All but two products in the store are Australian owned and made. About 70% of stock comes from within Victoria. Over 90% of our products come from small businesses and we're aiming for 100%. We have amazing produce on our doorstep so we're just joining the dots to make it easily available. The added advantage is the reduction of food miles, which in turn reduces the environmental impact that is created by transporting huge amounts of food.

Ethical packaging is also important to us. Although we can't choose packaging for our suppliers, we can choose what we supply. All bags, containers, even cellophane that comes from our store is 100% compostable in your home compost.

Some of our local suppliers that you might be familiar with include Cockatoo Bakery, Sally McNally, Dirty Doug's, Mamaji's, The Basin Backyard, Koru Pantry and Yarra Valley Produce. We have new products arriving every week as we continue to try to hit our 100% Australian small business target. We also stock many products that people want easier access to and are continually looking for ethical small businesses to supply us.

After two weeks, we have already doubled the area of the shop and doubled our stock with it. This week we're welcoming



Khushee Indian foods as a regular meal option and we'll be offering sweet, savoury or mixed grazing platters from December 1st. In January, we will be working on opening up our juice and smoothie bar which will also offer salads, deli sandwiches and basic, healthy options.

The Emerald and surrounding communities have made our first weeks a huge success and we look forward to a long relationship with our customers.

SARAH COLE

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

[yourlocalpantryranges@gmail.com](mailto:yourlocalpantryranges@gmail.com)

4/329 Belgrave-Gembrook Road Emerald



Term 1 2022

31st January – 8th April



## 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](mailto:emhouse@iinet.net.au). The full program with dates, times and cost will be out in late January 2022.



### Intro to Ceramics and Pottery

Build confidence to return to employment by immersing yourself in our ceramics course. The art of ceramics and pottery is often times described as therapeutic and relaxing. It can help the mind relax and expand, which will help you focus in other areas of life as well.



### Kickstart a Career in Community Renewable Energy

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.

### *Course's returning by popular demand for 2022*

Permaculture Design Course

Developing your Writing Skills

Adult Literacy for Adults with a Disability

Computers – Beginners to Intermediate

Learn Literacy &amp; Numeracy through Cooking

Other practical workshops

Emerald Community House Inc.

356 - 358 Belgrave-Gembrook Rd, Emerald VIC 3782

Telephone: 03 5968 3881 Email: [emhouse@iinet.net.au](mailto:emhouse@iinet.net.au)[www.emeraldcommunityhouse.org.au](http://www.emeraldcommunityhouse.org.au)'Find us' on Facebook - [www.facebook.com/emeraldcommunityhouse](https://www.facebook.com/emeraldcommunityhouse)





***Work in the Hills and beat the commute!***



## **Emerald Community House Out of School Hours Care**



Our images say it all. Kids just want to have fun! So can you.

ECH is looking for 2 qualified childcare staff (with diplomas) to join our OOSH team. We are eager to employ the right people for the start of the new year. If this sounds good to you, please send an email and CV immediately to [emhouse@iinet.net.au](mailto:emhouse@iinet.net.au).

# **DELIVERING FOR LOCAL COMMUNITIES & FAMILIES AS WE GROW.**



## **Harriet Shing MP**

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# INCLUSIVE RESOLUTIONS

**Happy new year! What will 2022 bring to you? What will you choose?**

A major obstacle for many people wanting to take up exercising is the thought that they need to already be fit, flexible, strong or, they need to possess a certain “look”, or worse, be young. The fitness industry has a lot to answer for. Why does this industry seem insistent on marketing towards the “shiny, happy, already fit and thin” people?

I recently travelled to Manly, NSW and visited many wellness and fitness facilities. I went for a holiday, which was completely awesome and so great to be “out”, but I love to travel for the purpose of checking how my business Emerald Pilates compares to others.

There are many new and fancy places including franchised cycling studio's, Barre, Yoga, Pilates and gyms. They were all great in many ways, however, they were frequented by the young, fit, shiny already thin people. They were all high tech, and there seemed to be barriers to speak to an actual person.

How does someone who is injured, a senior, someone who has a disability, or is nervous about starting an exercise program possibly feel safe and comfortable about attending a health/wellness facility? Where do we fit in? From my past experience, these demographics have been more drawn towards water-based activities. However, this also can be limiting to many groups - there is not a pool on every corner like there is a gym or a wellness facility these days.

I think it is time the health and wellness industry has a re-think about how exclusive it is to many people. It possibly starts at the top - the person who owns the business, and the way he, she or they consider their target market.

When opening a wellness and fitness business, there are various coaches and business planning models that encourage the creation of an “ideal client” or an “avatar”. What a load of nonsense! All clients are ideal! To me, anything else is a form of discrimination.

Prior to opening my own Pilates studio in 2016, I worked in the fitness industry. I still do and teach some mainstream group fitness classes. I did not give much thought to the marketing campaigns that occurred every September, and every January around “getting into shape before summer” or “work on your body - keep your new year resolution” campaigns. I also did not give much thought to the images that were used along with these and other marketing campaigns.

The images were typically of shiny, happy, already fit and thin people. Further, they were often of white women aged in their 20's, or young men with muscles - all had perfect teeth and wide smiles. They had perfect hair and looked like they had no cares in the world. Everything is easy for them. Are these facilities deliberately and intentionally trying to attract the same as members? It certainly seems that way. No wonder we are worried about going to the gym or participating in mainstream



exercise. No wonder some are put off starting exercise in a health club/fitness facility. Recently, however, some gyms and fitness centres have started to use plus sized models for their images. But it feels like that is too little, too late.

I have been working in the fitness industry since 1993, and I have seen it every single year - an influx of new members in September, October and again in January. New faces in class, and on the gym floor. Then after some time, many of these faces are unfortunately not seen again. As a worker in this facility, even as a youngster, this made me think something was going wrong and we all needed to do better.

It was however incredibly rewarding and satisfying work when a member decided to stick to their goals and achieve them. It was also incredibly rewarding when small life changing breakthroughs were made. For example, I remember the day an older lady told me she no longer needed her frame and so could get on the tram as well as get around again.

I believe the facilities in Emerald and surrounds are the exception to what I have written above - we are lucky here as residents of the hills - the wellness and health facilities are inclusive, welcoming and make everyone feel like a VIP.

The Gym at Vibes is a good example, with its owners Tiffany and Brendon are inclusive, real and everyone feels welcome. We all know Tiffany's laugh and we have seen carers with clients who have disabilities, kids, the active adults and the exercise physiologists take great care of their clients at this facility.

At Emerald Pilates, we know your name, the name of your kids and quite possibly your dog, cat and horse. We have group Reformer, Barre and Yoga as well as a clinical-rehabilitation studio, so we can look after anyone and the grandfather.

There are many other awesome people, business owners, wellness facilities around who will look after you and welcome you into their community.

Happy New Year, you amazing person! Be yourself and be happy!

For more information or any help with any wellness needs, do not hesitate to reach out to me.

DI DALL'OGGIO

Emerald Pilates [www.emeraldpilates.com.au](http://www.emeraldpilates.com.au)

Tel: 0407 049 478



## PETS

# PUPPY TRAINING

## CHEAT SHEET

Who got a new furry family member these holidays? Congratulations! The summer holidays can be a great time to settle a new puppy into your family. Here is a cheat sheet for the first few months of having your new dog.

### **Socialisation - not just dogs**

During 6-16 weeks of age your puppy is a sponge, learning all about what is safe, fun, scary and dangerous in the world. Your most important job is to set up many positive experiences for your puppy during this period. This includes traffic, people, noises like thunder and Puffing Billy and sensations like wet grass and rain/sprinklers. Google Puppy Socialisation Checklist for more ideas. Contrary to popular belief you can take your puppy out of your house before they finish all their vaccinations and it will be more behaviourally healthy if you do. Check out the AVSAB Puppy Socialisation statement on the socialisation vs vaccination issue.

### **Training:**

Book your puppy preschool now - right now, at 8 weeks! Positive reinforcement-based classes fill up quickly and the sooner you start the better. As long as the pups have had one vaccination (usually at 6-8 weeks old, before you get them) they will be safe to attend an indoor force-free puppy preschool. Check my website for some local recommendations.

### **Toilet training:**

It is an intense 2-4 weeks but short-term focus and attention to toilet training saves longer term frustration! In a nutshell, take them out every 30-60 mins. When you see accidents that are happening, say "outside!" and carry them out immediately. Accidents you don't see, clean up and resolve to keep a closer eye on them. Puppy pens and baby gates will prevent many puppy related headaches for new owners. In my opinion, you should ditch the puppy pads - you do not want a dog that thinks they can toilet inside at all.

### **Teaching "Give/Drop It":**

Puppies love stealing stuff - either to see what it tastes like or to instigate a fun chase game with you. Teach them to "Give" on cue by playing tug with a toy, then holding a treat on their nose so they open their mouth. As they do, say "give", take the toy and feed them the treat. You just traded the toy for something better. You can do this with stolen socks and chip packets too. This method creates a dog that will bring you stuff they steal and significantly reduce the risk of any resource guarding aggression as they grow.

### **What to Avoid:**

Skip the dog park until your pup is at least six months old. Smile and ignore any advice telling you to take steps to show your dog you are the alpha boss leader. Your dog literally relies on you for access to every single thing in their life - how could they ever be dominant over you? There are many reasons for your

dog's behaviour but being dominant is not one of them. Avoid training plans that focus on punishing or ignoring unwanted behaviour or using physical touch/sensations/force to teach or change behaviour.

### **Shopping:**

Harness - grab a well-fitting harness for your pup to take the pressure off his neck as they explore, and opt for a front-attach option if pulling is an issue. Avoid head collars or harnesses that tighten to reduce pulling. Stock up on enrichment toys - grab a KONG Wobbler, snuffle mat and Licki Mat to help keep your pup occupied and out of trouble.

### **Crate:**

It should be big enough to lay down in comfortably but not so big the dog can toilet in there and then lay elsewhere. For rapid growing puppies, a large crate with a divider or cardboard box in one end to make it smaller works to limit space while your baby grows.

### **Resources:**

YouTube - check out my channel for a puppy training playlist. Other good channels to watch are Kikopup, Zak George and Absolute Dogs. Pet Professional Guild Australia - visit the website for training resources and handouts, and to find a force free professional trainer who can visit your home and help with training, house set up, etc.

Me! - I am always happy to chat about puppy training, give advice on harnesses or send you my extensive toilet training guide and puppy socialisation checklists for free. If you have a lot of questions or very specific issues, I can visit your home or do a more budget-friendly video call to support you and your new family member.

Find me on Facebook and send me a message or email: [hello@jaricastle.com.au](mailto:hello@jaricastle.com.au)

JARI CASTLE KPA-CTP



# THE LIFE AND TIMES OF ALBERT EDWARD LEGGE

Albert's grandparents, Edward Valentine Legge, though born in London and Katherine, (Kate) emigrated from Ireland to the Colony of Victoria in 1852 with their five children James, Anne, Charles, Edward and Thomas. Their sixth child, William, was born in Australia. Edward's occupation was a cooper who made barrels. Their new home in Sandridge (now South Melbourne) having burned down, led the family to the gold-mining area at Taradale and Malmsbury. Albert's parents, James and Mary Legg had children Henrietta, Albert, Walter, Leonard, Percival and Valentine. Albert was born on January 11, 1887, in Taradale, Victoria.

It's been around 110 years since Albert, in his early twenties, came to Emerald (from Taradale). As a young adult in 1911 he was soon working at Moffat's General Store then located at the corner of now Belgrave-Gembrook Road and Beaconsfield-Emerald Road. Albert was employed as a grocer with Moffat Brothers where his duties included delivering grocery orders for customers by using a horse and cart.

Roads in the area then were often poor in quality, especially in winter, so a back-up plan existed. If the grocery cart, pulled by one horse failed to complete the delivery-round because of the mud, there was an understanding with Doug Hunt, the butcher's delivery man, who would then come to his assistance with two more horses.

Albert bought the 10-acre property "Athlone" originally located on then Beaconsfield (Emerald) Road. The title "Athlone" is marked on a contour map<sup>1</sup> of the district titled "Commonwealth Department of Defence 1915". Curiously, it is the only named property in the whole area of Emerald. I have never discovered its significance to have been so included.

Albert's property "Athlone" came with a three-bedroom weatherboard house plus, an outside 'pan toilet', a chook shed and feed-shed. A separate 'wash-house custom-built garage was added in 1925 plus, in 1928 a garage was built, reputedly to accommodate a car owned by a member of the local Nobelius family - Cliff Nobelius.<sup>2</sup> Its weatherboard cladding had an earthen floor. Interestingly, although Albert drove horse-drawn carts, never did he drive a car. In later years shelving was added upon which to store ripened pumpkins and fruit.

The land was sloping and generally cleared with a creek

1 Contours at 50 foot intervals (15.24metres) so there are a lot of them in this hilly terrain

2 A receipt signed by CL Nobelius for "the Sum of Fifteen Pounds for material etc contained in erecting Motor Shed" was received from Mr A.E. Legge on 10th Feb, 1925



*Property of Albert Edward Legge - "Athlone"*

flowing through the bottom, offering grazing and cultivation. A stable to house a couple of horses was added later. Down the paddocks Albert slashed blackberries and bracken fern and cleaned up fallen branches by way of burning heaps. Vegetables were grown on some moist, flat land down near the creek and its fresh-water spring. Grazing land later benefitted horses used to pull the grocer's cart to deliver groceries and farm fodder to customers in and around Emerald.

Albert maintained the house-block by scything the 'lawn' under the clothes' line, digging and working the extensive vegetable garden (although someone else pruned the eight fruit trees), fed the chooks, maintained the household firewood supply and fed the horse which pulled the grocer's delivery cart. Albert ensured the household water supply was maintained with cleaned spouting and water-tanks. A couple of old water tanks with their tops removed were turned on their sides and used to store dry bark and kindling wood for the house fires. Working hours as a grocer with Saturdays open all day but with half-day Wednesdays gave limited time for other responsibilities.

The chook pen accommodated 15-20 hens and a rooster. The chook yard was surrounded by a high wire-netting fence to keep out foxes. Sometimes a sheet of corrugated iron was suspended from the fence with a cow-bell attached. When wind swung the sheet of iron the bell rang, ostensibly to scare away foxes.

A later chook pen with a concrete floor enabled easier cleaning. Sometimes home laid eggs were sold at the general store, otherwise they supplied the home kitchen. During World War II there were 'egg appeals' and often egg shortages. The life of eggs was extended by preserving them by smearing a wax over the shells to keep out air before storing them in a large urn packed in sawdust which kept a steady temperature.

Hens were also kept at the Emerald State School during WW II. Grade 6 children fed and watered the birds in the morning. Eggs were collected in the afternoon and were sold from time to time. Arithmetic lessons were used to manage the



## HISTORY

total cost to feed and look after the poultry (including shell grit). This extended to subtraction to determine whether the whole exercise was profitable. When the birds ceased laying, the head teacher of the day wrung the birds' necks and school children plucked and cleaned them. Actually, with most homes having chooks the whole exercise was common and extremely practical.

A number of fruit trees located throughout the house garden produced a range of seasonal fruits. Persimmons, pears, three kinds of apple, nectarines, lemons and figs supplied the family over several months. In autumn the beautiful persimmon produced colourful, shiny leaves before featuring its suspended fruit long after the leaves had dropped.

The lower portion of the vegetable garden was for growing bags of potatoes while carrots and parsnips, pumpkins, lettuce, silver-beet, sweet-corn, maize (for the chooks),



*Andersons Store Circa Early 1900's Courtesy of Emerald Museum*

tomatoes, beautifully flowered scarlet runner climbing beans, peas and pumpkins were regular favourites.

The asphalted path from the front gate to both the front and back doors, was swept weekly except it didn't extend down to the 'dunny' where it became a dirt-path with tussocky grass under the clothes lines on either side of it. The grass was kept short with a scythe. In winter, wet, washed-clothes were hung by someone in gumboots.

Albert dug a hole nearby into which he emptied the contents of the 'pan' for 'burial'. The pan was rinsed with water before a small quantity of creosote was added and the next cycle was underway. Telephone pages or newspapers were cut, strung on a loop of string for use as toilet paper.

To be continued, next edition....

GRAEME LEGGE



*Moffats Store Circa Early 1900's Courtesy of Emerald Museum*

## LOCAL

**AVONSLEIGH VETERINARY CLINIC**  
**24 Hour Emergency Care**  
**Grooming Services with Jodie Jones**  
 441 Belgrave-Gembrook Road Avonsleigh Vic 3782  
**Phone 5968 3957**  
 Dr J. Hamilton and Associates

## The Food Store at St. Luke's

The Food Store at St. Luke's provides free food for people in need

Every Monday 10am-2pm (no appointment necessary)

Or by arrangement 0422 737 818

1 McBride Street Cockatoo

## SUSTAINABILITY

# WONDERFUL WORLD OF WORMS

Few people would realise or appreciate that worms have been around for millions of years - most likely over 209 million years which makes them as old as mammals and dinosaurs. They have played a major role in the world's history, assisting farmers and gardeners by turning over and aerating soil, and composting food waste and animal manure. They are vital for healthy soil, particularly topsoil, and for the food and plants we grow.

There are over 6000 known species of earthworms found on all continents except Antarctica. They are divided into three major groups: deep soil dwellers, medium depth soil dwellers and top layer dwellers (compost worms). Though technically an earthworm, compost worms are not the same as garden earthworms - they not only look different, but also have a different role to play. Both earthworms and compost worms come from the same species of annelids in the class Oligochaeta. Each species improves the quality of soil by breaking down organic waste, but it is where they do this work that makes the difference.

Earthworms bring their food deeper into the soil by burrowing, and their main function is aerating and draining soil by making tunnels. However, this means they are generally not good composters as they are usually found in the bottom of the compost bin and this would require you to turn the compost continuously as they do not work near the surface. Earthworms are therefore better suited to the garden.

On the other hand, compost worms are adapted to live in decaying organic material such as rotting vegetation, compost, and manure, because of their surface-dwelling nature. Therefore, compost worms will only survive in your garden if there's a lot of organic material for them and are not found in heavy clay or light sandy soils. The three most common

varieties of compost worms are Tiger worms, Red worms and Indian Blues. These make up over 90% of all worms sold and used for composting. Earthworms and compost worms also look different - earthworms are greyish brown and can grow up to 30 cm long, whereas compost worms are reddish purple and normally grow up to around 60mm long.

Compost worms are living creatures. They need basic necessities for life, namely shelter, bedding, food, and water. Worm shelters can range from pre-fabricated worm farms like the 'Worm Café', 'Can O Worms' or 'Worm Swag', which are available from Bunnings Hardware, some nurseries or online. They can also be made from old discarded bathtubs, fridges, buckets, recycled plastic, wheelie bins, polystyrene boxes or wood. All of these worm shelters need good drainage with holes in the bottom to catch the worm juice, or a tap, as well as good aeration so they don't suffocate.

Worm bedding consists of well-aged and rotted down organic material such as horse or cow manure, peat moss, old grass clippings and coconut. Wetted down shredded cardboard or newspaper can also be used. Worm bedding should be moist but not soaking wet, as worms breathe air through their skin.

To start your worm farm, add a 2-3 cm layer of mixed bedding materials such as from those above. Then add your worms, which normally come mixed with a good amount of compost. It is recommended to start with 1,000 compost worms multiplied by the number of people in your house. Worms can double in numbers every two months or so, and may breed up to as many as 20,000 in a small commercial worm farm. It is this high rate of reproduction that makes them ideal for composting. These worms will never overpopulate your wormery, as they will only breed to match the food supply they are given. Depending on the species, the average life expectancy of a compost worm is up to three years.

Next provide worm food such as fruit and vegetable kitchen scraps, soft weeds, tea bags, pumpkin, coffee grounds, manures and wet cardboard. Worms generally don't like citrus, onion, oil, meat or dairy, unless they are already rotting. As they don't have teeth, compost worms can't handle anything



*Compost Worms*



*Earthworm*



## SUSTAINABILITY



### Worm Farm

woody or hard such as twigs, bones or nuts, but can eat nearly half their body weight each day. Worms can survive at least a month on the last scraps you have given them. Excess nitrogen in the form of too much bird poo or fresh grass can kill worms, so it's important to add plenty of carbon such as shredded cardboard, brown leaves or brown dried grass. Be careful not to overfeed worms as this is the most common way to kill them. Only feed them the amount they can eat in 2-3 days to avoid this.

Cover with a thick layer of damp newspaper, a wet doormat, hessian or coconut fibre-mats/blankets which can be bought as an accessory with your worm farm. This will help protect the worms from predators, as well as maintain a moist and dark environment for them to work in. Lastly, place the wormery somewhere out of direct sunlight in summer and

in an area that won't be too cold in winter. Worms prefer to live in a bedding temperature between 10- and 30-degrees C.

Worm farms do not emit a lot of odours compared to other forms of composting, as the compost material is digested by worms instead of bacteria, which causes the material to smell. If there is a sour smell and lots of tiny vinegar flies in your worm farm, add wet shredded newspaper or straw. A healthy wormery should also be brown in colour, not black.

Worm farms produce two types of fertiliser - solid worm castings or worm cast tea/wee, which is made by mixing a handful of worm casting in a bucket of water and then using the diluted worm tea as a liquid fertiliser for pot plants and small garden beds. These fertilisers are considered to be one of the best and richest compost for the vegie garden and plants in general.

It's normal to have slaters, mites, vinegar flies, earwigs and other creatures in the worm farm so don't worry about these, as they can all help with the breakdown process. If ants are present, there is likely to be something sweet in the compost or it is too dry. If so, remove the sweet materials or add water.

Worm farms are a great low maintenance option for composting your kitchen scraps and reducing the space that you need for a compost bin.

### References:

<https://www.kookaburrawormfarms.com.au>

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# WOORILLA POETRY REFLECTIONS

The question is sometimes asked: Is poetry relevant in the 21st century? The answer is a resounding yes. No subjects are out of bounds or deemed non-poetic. Indeed, today's poetry increasingly reflects modern concerns, hopes, fears and addresses human problems.

This year the Woorilla Prize saw a marked increase in the number of entries received, not just from every state and territory but also from seven other countries: UK, Germany, Romania, India, Sri Lanka, Indonesia and USA. Perhaps this increase in entries reflects the concerns many of us are feeling, and poetry with its conciseness of form and immediacy is often the best means of voicing and sharing these concerns whether personal, social or environmental.

The Woorilla Poetry Prize this year held under the auspices of EDRA has evolved from its inception in 1989 as a local poetry competition to now being an international one. It is pleasing to see it is based in Emerald, bringing to mind the literary heritage of the area.

The prize now has two categories: The Judith Rodriguez Open Prize and The Louise Rockne Youth Prize (up to 18). In addition, there is a sub category for those whose first language is one other than English, (CALD).

## The Prizes are named in honour of two past judges:

Louise Rockne was a librarian and publisher of poetry who joined shortly after the Woorilla Prize was founded and stayed until her death in 2019. And too our inaugural judge, acclaimed poet and academic, Judith Rodriguez who remained our chief judge till her death in 2018.

Our Judges this year were Nathan Curnow (Open) and Emilie Zoey Baker (Youth): Emilie is an award-winning poet, educator and spoken-word performer who has toured the world as a guest at international festivals. Nathan is an award-winning poet, performer and past editor of *Going Down Swinging*.

The 2020 Prize Awards had to be held solely online but thankfully this year's lifting of restrictions allowed us on 28, November to welcome lovers of poetry from far and wide to the Hills Hub in Emerald to hear judges Nathan Curnow and Emily Zoey Baker announce the winners and speak about the poetry. The event was simultaneously streamed and if you missed attending this event you can still enjoy on the Woorilla Facebook page: @www.facebook.com/woorillapoetry.

This year's winning poem in the Open Section is an ekphrastic poem, where the poet engages or responds to another existing piece of art. This can be a painting, sculpture or any other form of visual art, but in the case of the Woorilla Prize Open winning poem, *Joining Planet City*, Melbourne poet, Simone King draws on the short film, *Planet City* by Liam Young which imagines a mega city created in response to the climate crisis - a city of 10 billion people while the rest of the world is handed back to Traditional Owners for rewilding. The runner up was NSW poet,



*Maria Millers Founder at Woorilla Poetry Prize 2021 with Pauline McNamara*

Alisha Brown for *An Ontology of Morning*, a beautiful celebration of nature's healing power.

But it is the Youth Category that consoles us that the future is in good hands. Our youth are sensitive to the world around them, both natural and social and are prepared to voice their beliefs and to question some of society's accepted norms. And these concerns can sometimes be best articulated in the form of poetry.

Sophie Szew from the United States won the main Youth Section with her poem titled *Prompts For My Next Poem* and the runner up was Anna Meister with her poem *Months Until I Turn Sixteen (October-December-January-October)* is also from the United States.

The CALD Youth subsection, for those whose first language is other than English, went to Ayushi Jain from India for *He's Dead. P.S. I'm Grieving with J Allman* from Queensland receiving a Highly Commended for *Mandarin Trees*.

Two booklets with the winning and commended poems of 2020 and 2021 will be available to buy shortly. Please visit our website [www.woorilla.org.au](http://www.woorilla.org.au). And remember, that even though poetry of course, doesn't give answers, it poses questions and helps us understand that life may involve living with complexities.

## Prompts for my Next Poem:

- Write a poem about how you would love to write a poem, but you can't help but waste your time thinking about ripping off your 8th-grade flowery purple stripy wallpaper. Maybe you'd replace it with yellow. It'd be cool to be in the middle of a short story that will forever change the face of feminism. Maybe if you had a face to change, you'd stop picking at yours.
- Write a poem about how you were just distracted by the stiffness of the calluses on your feet. It reminds you of when you used to screw the balls of your feet into the carpet until your feet were nice and crunchy and the indent on the



## ARTS

carpet looked like it tasted, so good!

- Write a poem about how staring at this computer screen gives you a migraine, but you've had writer's block for far too long to risk getting inspiration from the gel inside the Advil capsules and writing about how it's "richer than the sky."
- Write a poem about how the sweatshirt you are wearing is the only one you didn't donate when you turned 18 and decided that clothes were a social construct, and that you'd rather be Eve before God shattered her shell and all that was left of it were fingernails.
- Write a poem about how you haven't had long nails in over two weeks. You still have hot pink streaks of Kiss Beauty Nail Glue on your left ring finger to remind you of when you were married to adulthood.
- Write a poem about how you smudge pink lip liner under your waterline every day around 2.00 pm to bring out the green in your eyes. Your mom hates it because she thinks it makes you look sick. At fourteen you would've taken that as a compliment and then flushed your vocal cords down the toilet because that meant that you didn't look sick all this time despite having snot dripping from the cracks in the corners of your lips.
- Write a poem about how your messy room makes the air in your chest compress into the shape of microphone feedback. You'd let it out through your mouth, but your lips are still tender.

It's been an honour over the last three years to be associated with the Woorilla. While the place of prizes, and prize culture in poetry, has always been contentious what sets the Woorilla apart is the community behind it. It's a prize that's not just about winners, it's about everyone with a shared love for the art form, about people who want to elevate and foster poetry as well as each other.



*Slmone King Open Section Winner Poem - Joining Planet City*

Nathan Curnow December, 2021.

The dates for the Woorilla Prize for 2022 will be announced in the New Year.

MARIA MILLERS

FOUNDER WOORILLA POETRY

# BEACHES, SAND AND SORENESS

Summer is here and Australians all across the country head to the beach in droves, soaking up the sun, getting sand in all sorts of places, and generally enjoying the crashing of the waves and splashing in the water. It gives us a place to cool off in the blistering heat of the summer sun, and soothes our soul with the beauty of mother nature.

However, many people find they return from a day at the beach with significantly more pain than they had when they arrived and started slapping on sunscreen. Why is this? Surely walking and playing on soft surfaces should be easier? Let's examine some of the different reasons this might occur.

Firstly, let's talk about sand. It has the appearance of being soft, since as you walk across it the grains all spread under the pressure of your foot. It squishes between your toes and you sink in deep as you walk. However, it's not actually that soft. Sand is made up of mostly rocks that have been broken down by waves and time, and so it is largely fairly non-compressible, as anyone who has taken a dive to catch a beach cricket ball inevitably finds out! It is due to the tiny grain size that the individual particles move around each other and your foot as you walk, making it feel soft and squishy. The result of this is that you're walking on a surface that's actually pretty hard and unforgiving, and also unstable and shifting at the same time.

For people who suffer from injuries or conditions that involve inflammation or pain in the feet, ankles, knees or hips, this shifting surface causes your foot and knee to twist in and out as you walk, increasing the amount of shear force in your joints. This often results in much greater irritation of joint surfaces, grumpy tendons, and muscles working much harder than they have to on firm, flat, predictable surfaces.

If you have osteoarthritis in your knee, ankle or foot, plantar fascia pain, knee cap pain, Achilles or gluteal tendon issues, you're likely to end up aggravating these a bit if you do much walking on the soft, dry sand. The solution to this is to keep



the bulk of your walking to the firm sand near the water's edge, meaning the sand won't shift as much, and you'll have less of this shear type movement experience in the lower limb.

We all love the feeling of the sun beating down on our backs while we lay on our stomach on a towel on the sand. But why does this make my lower back so sore and stiff when we try to get up? Usually, when you're lying on a towel your hips sink in to the sand a bit, and you often prop yourself up on your elbows for a drink, or to read or chat. This puts the lower back in a position of end range extension, which causes compression. By itself, this is not a dangerous thing, but if you do it for prolonged periods, or already have a sensitive lower back condition, this compression will cause additional irritation and then protective guarding from the lower back muscles. This can leave you feeling very stiff and sore. The solution? Pile up a mound of sand under your hips/belly button so your waist is higher than your shoulders. This keeps the lower back out of extension and means you'll be able to get up and help pack up the "easy-fold" tent.

Whether it's beach cricket, skim boarding, throwing a frisbee or body-surfing, often these are not activities that we're doing every day. When you are carefree and happy on the beach you may continue throwing a frisbee or ball for hours, or bowl a cricket ball harder than usual because you want to get your daughter out, or take a dive onto the sand to catch a ball thinking that sand is soft. This means that many of these activities are "unaccustomed" and will cause delayed onset muscle soreness (DOMS). This can be really disabling and concerning if you're not sure what you've done, making people think they've damaged their shoulder, legs, arms etc., when really, it's just their body complaining and recovering from muscle micro-trauma. It normally settles in 2-5 days, and there's absolutely nothing you can do to make it go away faster. Stretching gives temporary relief, as may massage but ultimately, it's a case of "suck it up". Solution? Set a timer on your phone for 15-20 mins, and stop for rests or drink breaks, and consider whether 3-4 hours of sport is normal for your body at that point in time.

Whatever it is, some forethought can keep you happy and pain free, ready to go back again on the next summer stinker. Enjoy the summer and stay active!

BEN KEWISH, Hills Physiotherapy Clinic





POETRY



TRUE BLUE

The Space Age confirmed it. Earth ..... the *Blue Planet*. Humanity ever Knew it  
An inventory soon proves it. The fabric of our world is blue. A bespoke suit  
made to fit, fashioned from those braids of breath (our very words). Take the  
celestial canopy - **azure** by day, then, steeped in deeper shades, come **navy** night.  
Girt by vast seas( ever so **ultramarine** ) lands below, so mineral-rich, yield **slate**,  
**cobalt**, & at a remove, that glint of **steel blue**. Then those sought for gemstones too -  
**sapphire**, **turquoise** & **lapis-lazuli** befitting rank & royalty (like humble plumbers  
who opt for boilersuits in **royal blue** ). Add-in the dandy peacock & blue-arsed baboon.  
The iconic *water of life* sustains us all (ever so **aqua profundus** ). See bees abuzz  
for blooms blue - rosemary, rue & forget-me-nots (in **baby blue**). Methane burns  
with **cyan** flame, but when incombustible remains the bane for Global warming.  
So let's invest. Keep our planet dressed (so *à la mode*) in those **ice-blue** polar caps.

John Sheills

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