



**STORIES ACROSS THE DANDENONG RANGES • SUSTAINABILITY  
COMMUNITY • ARTS • HEALTH • FOOD • EDUCATION • ENTERTAINMENT  
EMERGENCY RELIEF • EVENTS • HISTORY • MUSIC • GOOD NEWS STORIES**

## AWARDS HIGHLIGHT STELLAR PROJECTS



*Editorial staff of Emerald Messenger, Christina Sutton and Mary Farrow*

It may be surprising to some Victorians to discover the accomplishments of neighbourhood houses in the support of communities around the state. With what would be reasonably considered seed money from the Department of Families, Fairness and Housing (DFFH) and contributions from some (not all) local governments, these centres are doing some heavy lifting to help communities to develop socially and strengthen locally.

From Neighbourhood House Victoria: Each year NHVic hosts an awards program to recognise and celebrate the valuable work of

neighbourhood houses on a state-wide level. The five categories are each linked to several of the United Nations' Sustainable Development Goals to demonstrate the impact of local action in meeting the aims of the global goals. Each winner received a trophy and \$500 to assist them in continuing their important work, while finalists received a framed certificate which they can display proudly on their premises.

The Senator, Hon. Penny Wong addressed the sold out crowd paying tribute to the sector's response during a challenging year.

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Emerald Community House Promotes



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## ABOUT THIS JOURNAL

## THIS PUBLICATION IS AN INITIATIVE OF EMERALD COMMUNITY HOUSE INC.



*A place where connections are made and opportunities are realised*

- Children's Programs - Occasional Childcare & Out of School Hours childcare
- Adult Education
- Venue Hire
- Food support
- Emerald Market

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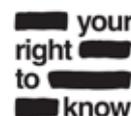
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COMMUNITY NEWSPAPER ASSOCIATION OF VICTORIA  
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**MEMBER 2021**

## SUPPORTING MEDIA FREEDOM

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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 not for profit community journal published monthly by Emerald Community House since August 2018. We cover stories of local interest on businesses, events, creative writing and commentary. Submissions are welcome by the second week of each month in electronic format with a high resolution image.  
**[stories@emeraldmessage.com.au](mailto:stories@emeraldmessage.com.au)**

To enquire about advertising in upcoming editions of the Emerald Messenger, download rates and guidelines and check booking deadlines and technical specifications for artwork. Bookings are due on the 15th of each month.  
**[advertising@emeraldmessage.com.au](mailto:advertising@emeraldmessage.com.au)**

*Stories & Advertising for the July edition due the 3rd week of the month*

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

# BELGRAVE LANTERN FESTIVAL POSTPONED

We are sad to have to announce that this year's lantern festival is postponed. This decision has been made in the interest of public safety. The good news is the event will happen at a later date, yet to be confirmed.

In the meantime, just like last year, we are assembling dozens of lantern-making kits that can be ordered online and picked up from specific sites across the hills.

**Order your lantern kits via Eventbrite @ \$15ea.**

[www.eventbrite.com.au/e/pyramid-lantern-kits-ticket...](http://www.eventbrite.com.au/e/pyramid-lantern-kits-ticket...)

If you would like your lanterns to be exhibited, please drop them off at Two Floors Studio (1662 Burwood Highway Belgrave) in the week starting June 14.

New and old lanterns will soon adorn the window shops of our main street.



# EMERALD LIBRARY EVENTS

## Meditation and Yoga

Starting June 2nd, Wednesdays at 2pm

Join Sharon from Signs of Spirituality for a free weekly relaxing and grounding meditation and yoga class.

## Wonderful World of Salvias

Saturday June 12 at 11am

Join Lyndi from the Victorian Salvia Study Group to learn about the wonderful world of Salvias. Salvia plants, Salvia books and cards will be available to purchase. Bring plants to be identified.

## A Community Spirit Book Talk

Saturday June 19 at 1pm

In her book *A Community Spirit, History of the Emerald Mechanics Institute (1905-2018)*, Chris A'vard Britton traces all the activities and events that for 95 years had made the Emerald Hall the heart of a growing community.

Listen to Chris A'vard Britton in conversation with Maria Millers walking you through its amazing history.



## All Things Reusable Workshop

Saturday July 10 at 10.30am

Reusable items beat compostable, biodegradable and recyclable in so many ways. Elana from Cloth Nappy Workshops Melbourne will show you how to ditch the disposable items that we commonly use around the home which will not only reduce your household waste but will save you money.

Casey Cardinia Library Events and Bookings information: [events.ccl.vic.gov.au](http://events.ccl.vic.gov.au)

SUE WALTERS, Team Leader Emerald Library

# AWARDS HIGHLIGHT STELLAR PROJECTS

Minister for Child Protection, Disability, Ageing and Carers Luke Donnellan and Minister for Environment, Energy and Climate Change, the Hon. Lily D'Ambrosio also spoke, followed by a guest talk by Gender Equity Victoria CEO, Tanja Kovac. In a moving first-hand account, Tanja shared her own experience of when she became a mother several years ago and the amazing support she received from her own local neighbourhood house. Tanja went on to present the Fiona Richardson Award for Gender Equity, having been Chief of Staff to Fiona before she passed away in 2017.

The award finalists and winners are a sample of the innovative and diverse accomplishments of centres as they take on the challenges of this decade. This work is unique to neighbourhood houses and represents a significant social impact for the Victorian community and economic benefit for the state government, particularly during the challenges of Covid-19.

The Emerald Messenger, published by Emerald Community House Inc. was one of three finalists for the Social Enterprise Award. We congratulate Bridge Darebin - Neighbourhood House Moon Rabbit for winning that category and celebrate the achievements of the other winners, finalists and nominations across Victoria.

Other category winners included:

## Reducing Inequalities Award

### Winner: Sydenham Neighbourhood House - Brimbank Live

Brimbank Live is a digital radio platform supporting young people to connect and learn through media production. Participants receive training in writing, hosting and production of radio shows and podcasts. It is aimed at young people experiencing structural disadvantage, to unpack issues important to



Image above Nicole Black (CEO NHVic), Senator Penny Wong and NHVic Board President Angela Stathopoulos

them, on their terms. Conceived during the pandemic as a way of supporting young people to feel connected, the platform provides opportunities to showcase the talents of young people and provides space for learning about mental health, gender and racial diversity, and career pathways.

## Community Resilience Award

### Winner: Bairnsdale Neighbourhood House - Rural Minds

The Rural Minds workshops aim to upskill people in remote rural communities so they are able to identify and support themselves, their family, friends and their neighbours when mental health issues arise, especially suicide. These communities are very isolated with often no infrastructure besides a community hall, and if lucky, may have a neighbourhood house. The facilitator will often travel a five hour round trip to deliver the workshops to some of the most severely affected communities impacted by drought, bushfires and COVID-19, across the East Gippsland and Wellington Shires. The workshops provide a tool box of resources, information and strategies, tailored specifically for agricultural communities, delivered by people working in the agricultural industry.

## Climate Action Award

### Winner: Anglesea Community House - Anglesea Resale Shed

The Resale Shed has played an important role in helping the local community understand the benefits of the circular economy and creates opportunities for the community to participate in climate action. The Resale Shed helps divert an estimated 144 tonnes of non-organic material from landfill each year. Volunteer community groups, including disability support services groups, manage the day to day sales and to date, the Resale Shed has raised over \$200,000 for local community groups.

## Fiona Richardson Award for Gender Equity

### Winner: Alphington Community Centre - Women in the Shed

Alphington's Women in the Shed program is designed by women, for women, and is all about women building the skills they need to pursue their own practical needs and projects - whilst being inspired by each other in a small class environment. Participants explore a wide range of hand and power tools as they work on self-selected projects that utilise timber, tiles or metal. The program is designed to build skills and confidence, encourage community friendships, expand possibilities and create opportunities for women of all ages. It enables women to



COMMUNITY

have the confidence to tackle basic tasks at home, particularly valuable for women who live alone, and gives them the skills to explore alternative micro-business opportunities.

**Social Enterprise Award**

**Winner: Bridge Darebin Neighbourhood Hosue - Moon Rabbit**

Moon Rabbit is an environmentally innovative social enterprise café in Preston. The café is a training site for Bridge Darebin's Tiered Transitional Training (TTT) program, a tailored work-readiness program for young people with additional learning needs. Moon Rabbit serves the community by providing an income stream for Bridge Darebin's underfunded community programs, and by providing affordable, accessible package-free food through our Bulk Foods Collective. When COVID-19 hit the hospitality sector hard, Moon Rabbit launched zero-waste take-away, delivery and a brand new mobile café, staying true to their connection with people and planet.



[www.nhvic.org.au/awards](http://www.nhvic.org.au/awards)  
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# 3 PERSPECTIVES EXHIBITION

## 3 Perspectives Exhibition Starting May 15- July 4th

Drawing from the vivid and lush landscape of the Dandenong Ranges, a place each artist once called home, the works in this exhibition showcase three distinctly different perspectives. Be captured by the unique majesty of the ranges, seen through the eyes of these brilliant Australian landscape painters.

### Mary Tonkin (1973 - )

Contemporary plein air landscape artist whose detailed large scale representations reflect the forest/bush at her family's farm estate at Kalorama.

Landscape painter Mary Tonkin completed a Bachelor of Fine Arts (Honours) in 1995 and a Master of Fine Arts in 2002 at Monash University, where she has also lectured. Tonkin has held solo exhibitions in Melbourne and Sydney since 1999. Her work has been included in group exhibitions at the Art Gallery of New South Wales, Mornington Peninsula Regional Gallery and internationally in New York. A survey exhibition titled 'Home' was held at Burrinja Gallery in the Dandenong's in 2012. Tonkin was awarded the National Gallery of Victoria Trustee award in 1994 and 1995 and Dobell drawing prize in 2002. She was the recipient of the Elizabeth Greenshield foundation grant in 1998 and Australian post-graduate fellowship award in 2000. Tonkin's work is held by the Art Gallery of New South Wales, Sydney, the National Gallery of Victoria, Melbourne, the Mornington

Peninsula Regional Gallery, Vic and several regional and tertiary institutions.

"Like Monet, Tonkin has set out to paint the same motif again and again, in every season and every sort of daylight, she has painted the forest ravaged by bushfires and blooming with new life." John McDonald - The Good Weekend 2019

### Fred Williams (1927 - 1982)

One of Australia's most significant artists who redefined landscape painting during his Upwey years.

Melbourne-born Fred Williams is considered one of Australia's finest landscape painters of the twentieth century. His works mark a great departure from traditional depictions of the Australian landscape.

After winning the 1964 Helena Rubinstein Travelling Scholarship, Fred Williams visited Europe. He returned inspired by the densely painted landscapes of French nineteenth-century painter Gustave Courbet, an influence that can be seen in the generous application of paint in the foliage of this painting. Williams and his family had moved into a small house on 2 acres of land at Upwey, in the Dandenong Ranges outside of Melbourne in 1963. With his studio situated at the base of a valley, the setting became the inspiration for the high horizon line seen in this and many other paintings.

"Upwey landscape reveals Fred Williams' considerable strengths and sensitivities as a painter. This work is part of a series that Williams undertook after he moved to Upwey in the foothills of the Dandenong Ranges in 1963. Williams often liked to work in series as a way of clarifying and distilling what he was aiming for. Characteristically, Upwey landscape combines the artist's feeling for place with his masterly control of pictorial structure



ARTS

that can be traced back to his interest in Paul Cézanne.” Ron Radford (ed), Collection highlights: National Gallery of Australia, National Gallery of Australia, Canberra, 2008.

**Miles Evergood (1871 - 1939)**

An impressionist whose 1930s Kalorama paintings are characterised by strong colours and expressive brushstrokes and use of palette knife.

Words by Charles Nodrum

Born in 1871 in Carlton, Myer Blashki, eleventh child of Hannah and Phillip Blashki, (he was a noted silversmith), grew up in a traditional Jewish migrant family in a rapidly expanding Melbourne.

After studies at the National Gallery School, and exhibiting at the VAS and the RAS in Sydney, he made an unusual move. Whilst virtually all his contemporaries were gravitating to London and Paris in 1898, he moved to San Francisco, and then to New York.

The painterly brushwork that characterised his later work had already evolved by 1900, the year he married Flora Perry whose merchant father, whilst as uneasy about this union as were the Blashkis in Melbourne, nevertheless settled on his daughter a substantial annual income for life. Her health was never the best and they moved to England in 1910, to be closer to her family who felt an English education for their grandson Phillip to be more appropriate. After studies at Eton, Cambridge and the Slade, Phillip went on to become a noted social realist painter in The USA. In 1914, Myer, together with other fellow Australian

artists, enrolled in the RAMC, in the same year he changed his surname to the anglicised form of his mother’s maiden name - Evergood - and his first name to Miles, by which he was known thereafter.

With Phillip’s education complete, they returned to New York in 1922 - yet another move that had been, and would continue to be, a repeating motif throughout his life. Flora’s death in 1927 was both a personal and financial blow and in 1931, with his new partner, Polly, he returned to Australia - Brisbane, till 1933, Sydney, till 1935, and Melbourne, till his death in 1939. Here he renewed contact with his artist friends, exhibited his recent works, and participated in the art scene.

The friends included Longstaff, Bunny, Bell and Quinn, in Melbourne. As for his exhibitions, they attracted positive responses: “ ... he is obsessed with the texture of paint and aims at a jewel-like beauty ...” (Brisbane, 1932); “ ... newer and more arresting than that [note] struck by .. the most advanced of the cubists-classicists or the youngest members of the landscapes - decoration school” (Gavin Young, Art in Australia, April 1933).

“His work is an unremitting search for volume and intensity of colour. In the process he moved a long way from impressionism and not into any new ‘ism’ but into an intensely personal style.” The Argus, May 1939.

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## COMMUNITY NEWSLETTER

### Metro Storm Event June 2021

12 June 2021

#### Key Messages

- The Dandenong Ranges is still experiencing falling trees. Emergency Services are working hard to help residents, please take care.
- Multiple homes have been damaged by trees or have had access blocked due to road closures and blockages.
- Motorists and Cyclists are advised to avoid the Yarra Ranges and Dandenong Ranges, with multiple trees down across roads, road hazards and power lines down.
- Telstra is aware that the residents in Wooli Yallock, Gembrook, Don Valley, Healesville and the Dandenong Ranges could be isolated from telecommunications services and may be unable to contact Triple Zero (000). Telstra is prioritising restoration efforts in these areas.
- Power companies are working to safely assess the extent of the damage and prioritise repairs to critical sites. It may take several days to restore power to everyone. Power companies number one priority is safely restoring your power.
- Keep clear of fallen powerlines and keep others away, these powerlines may still be live. As they are reconnected some grounded wires maybe become live - please call your local electricity distributor if you see lines down.
- If you are using a generator, do not attempt to connect it to the wiring of your home. This is dangerous and illegal. Electrical work can only be carried out by licensed electricians.
- Appliances such as BBQs, generators, grills, camp stoves, or other devices that burn petrol, liquid petroleum gas, natural gas or charcoal should only be operated in a well-ventilated outdoor area away from open windows and vents. Using these items indoors creates a number of safety risks including the potential for carbon monoxide poisoning or fire.
- Please beware of fire hazards when using candles. Try to use torches instead.
- If you need to use candles, make sure to keep them away from curtains and put them out before you go to sleep.
- While crews work to clear fallen trees and branches, you may see a collection of this debris in mounds throughout the area, it is not safe to take items from these piles as it is dangerous and you could get severely injured.



#### Floods

- Do not enter flooded areas. Turn around and find a safe alternative route.
- Floodwater is dangerous – never drive, walk or ride through floodwater.
- Use plugs, sandbags or household items to block toilets, sinks and drains to stop sewerage backflow.
- Manhole covers along the sewer lines have been dislodged by floodwaters. Do not walk through floodwaters – doing so may cause injury or death.
- Please be aware, floodwater is toxic and may contain sewerage.

#### Returning to your home

- If your home has been flooded, have all utilities such as gas and electricity professionally tested before use.
- When cleaning, protect your health and safety; wear strong boots, gloves and protective clothing and wash your hands and clothes regularly.

#### Community Hubs

Local Councils; Yarra Ranges, Cardinia and Manningham have each been setting up local community hubs for people who need to shower or charge devices.

For further information, please contact your local council.

- Yarra Ranges: 1300 368 333
- Manningham: 9840 9333
- Cardinia: 1300 787 624



### Protect your health

Drinking water has **not** been affected by the storm or floods and is safe to continue drinking.

Be aware of building damage and the potential for asbestos exposure.

Nurse-on-Call on 1300 60 60 24 (this is a phone service that allows you to discuss any health related issue with a registered nurse, 24 hours a day, 7 days a week for the cost of a local call from anywhere in Victoria).

### Roads

Be alert to dangerous road conditions when driving, including fallen and damaged trees, debris and powerlines. Make an alternative route or avoid travel if possible.

The following roads are closed allowing local traffic only: (as of 12 June 2021)

- Olinda – Monbulk Road
- Ridge Road
- Mountain Highway
- Mount Dandenong Tourist Road (Emergency services and authorised vehicles only)
- Melba Highway
- Donna Buang Road
- Acheron Way
- Marondah Highway (The Black Spur)

\*Please be aware that further road closures may occur as road clearances continue which may limit road travel by locals.

Information on updated road closures is available via 13 11 70 or the VicTraffic website [traffic.vicroads.vic.gov.au](https://traffic.vicroads.vic.gov.au)

### Animals & Livestock

- You may see injured wildlife following the recent storms and flood waters. Motorists should watch out for displaced animals along roadsides.
- Wildlife that does not appear to be injured, should be left alone as they are likely to be fatigued and stressed.
- Individuals and wildlife carers and rescuers should not enter or go near flood waters to attempt to assist wildlife. This is extremely dangerous. Anyone seeing animals that appear caught, injured or distressed as a result of flooding or caught in flood water should call the DELWP Customer Service Centre on 136 186.

### Sewerage & Animals

- Animal owners should avoid livestock having any contact with sewage contaminated water or areas where sewage contamination has occurred.
- Cattle and pigs that come into contact with untreated sewage can develop parasitic infections caused by the human tapeworms *Taenia solium* and *Taenia saginata* respectively.
- If sewage contamination is suspected on your property notify Agriculture Victoria on 1800 226 226. For further information on notifiable diseases refer to [agriculture.vic.gov.au/biosecurity/animal-diseases/notifiable-diseases#h2-5](https://agriculture.vic.gov.au/biosecurity/animal-diseases/notifiable-diseases#h2-5)

### Mental health

It is normal to have strong emotional or physical reactions following a distressing event. There is always help available through:

Your doctor or mental health professional

[Lifeline](https://www.lifeline.org.au) – 13 11 14

[Beyond Blue](https://www.beyondblue.org.au) – 1300 224 636

[Men's Help Line](https://www.menshelpline.com.au) – 1300 789 078

[Kids' Help Line](https://www.kidsline.org.au) – 1800 65 1800

[Parent Line](https://www.parentline.org.au) – 13 22 69

### Useful information

- For flood and storm emergency assistance from the SES phone: 132 600
- For river heights check: [bom.gov.au](https://www.bom.gov.au) or phone 1300 650 217
- For urgent animal welfare issues phone Agriculture Victoria on 136 186 or your local vet.
- Power Outage Tracker: [outagetracker.com.au](https://www.outagetracker.com.au)
- Relief and Recovery information is available via [emergency.vic.gov.au/relief@relief-and-recovery.information](mailto:emergency.vic.gov.au/relief@relief-and-recovery.information)

More information is provided on your local council's website and social media channels [www.yourcouncil.vic.gov.au](https://www.yourcouncil.vic.gov.au)

Contact VicEmergency Hotline (1800 226 226) to speak to someone about recovering from the recent storm and flood event. They can connect you with people who can help.

### Stay informed

- VicEmergency website: [emergency.vic.gov.au](https://www.emergency.vic.gov.au)
- VicEmergency Hotline (toll-free): 1800 226 226.
- VicEmergency app.
- Facebook or Twitter
- Local radio

To access this information in other languages call the Translating and Interpreting Service on 131 450 (toll-free) and ask them to call VicEmergency Hotline.

If you are deaf, hard of hearing, or have a speech/communication impairment contact National Relay Service on 1800 665 677 and ask them to call the VicEmergency Hotline.

### Leaving your home in an emergency during the COVID-19 pandemic

- If you need to leave your home due to extreme weather, flooding or power outages, please do so. Follow your normal evacuation or relocation plans in a COVIDSafe way.
- If you need to leave your home because of your health and safety, or the health and safety of someone you live with is at risk, please do so. This includes if you are escaping family violence. You can travel to a friend or family member's home, or book into alternative accommodation like a hotel or motel.
- If you are impacted by emergency and need to understand how to comply with the current coronavirus (COVID-19) health measures, visit [coronavirus.vic.gov.au/emergencies](https://www.coronavirus.vic.gov.au/emergencies)

# SUPPORTING LOCAL BANDS

“So Long Summer” bands have been performing Middy Music Live every Sunday starting May 9th, through to the 27th June. The So Long Summer group has developed as a subcommittee thanks to the Gembrook Preschool who have always had the passion to spread the love of music and encourage others to play musical instruments, join bands, and enjoy all the advantages music can bring into our lives.

The Middy Music sessions are a great platform for bands to reconnect with their old fans and help build new audiences. They receive this platform free of charge and in return gift their music to anyone who tunes in. Simply go onto our ‘So Long Summer Facebook page’ and find bands under ‘events’ and click ‘Going’.

Enjoy interacting with bands ‘Live @ Middy’ when they stream or watch their video in your own time. We have encouraged all bands to link their own social media and post links to where you can buy their music, as well as trying a Virtual Busking Hat, linked through Paypal. If you like what you see and hear please send a donation their way or leave a positive comment.

The last Sunday, 27th of June, we will celebrate the love of music along with our auction which will feature music instruments such as electric guitars, an Ed Sheeran signed Acoustic Guitar, music and dance lessons. We have great sponsorship through Glenmac, John Deere in Pakenham, who have donated a chainsaw, kids ride on toys and a blower. Other items include kitchenware, a signed photo of Michael Schumacher, Melbourne experiences, restaurant vouchers and much, much more!

The auction is a collection of all of the items we gathered from our 2020 event, which was forced to close due to the unfortunate timing of Covid into our world. The auction will run from 8am and close at 9pm and is open to all of those who have access to Facebook, so please like our page, follow, share and spread the word.

All profits made from this auction will be split amongst three organisations:



**SO LONG SUMMER**  
**FUNDRAISING AUCTION**  
**Sunday 27th June**  
**Open 8am – 9pm**

Auction items include music lessons, musical instruments, wine and dine packages, beauty packs, John Deere products, kitchenware AND MORE!

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Our volunteers are working extremely hard and are so dedicated in promoting the power of music and the advantages it can bring with raising our children and living a healthy lifestyle.

Let's give our children a future with music and with your support we will make this event a memorable one. Let's bring our community together in celebration and appreciation of our spectacular bush lands, the power of music and for the endless hardworking volunteers/artists in our community, your support means the world to us!

SAMANTHA WILLIS, MELISSA WILLIAMSON AND JANE UPRICHARD

The So Long Summer Group

Email us on: [sam.solongsummer@gmail.com](mailto:sam.solongsummer@gmail.com) or call 0411 504 869

More details on our Facebook page:

<https://www.facebook.com/solongsummer2021>



**KALLISTA Walking Group**

*Wear comfy shoes and BYO-water bottle*  
*Enjoy lovely local walks in our National Parks with others*

Tuesdays 10.30am-12.30pm  
 Starting 16th February from the Community House



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# CONNECTING COMMUNITY THROUGH THE ARTS



In 1969 Emerald was a quiet little community where you knew most of the people in the village if not by name then at least by sight. It was also the place where, if you wanted a social or other type of group activity, you would organise this yourself. Mrs Pam Mathews placed a notice in a shop window suggesting that those with an interest in the arts meet at the old Emerald Mechanics Institute Hall. On May 5th, 1969, over a dozen people attended the meeting and various duties were allotted to some of the participants.

There was strong interest in social activities as well. As the organisation had no permanent premises at the time, meetings and activities were conducted in homes. Gwen and Geoff Mauger from Gembrook very kindly lent Gwens' studio for the painters amongst the group. The Sperrin family provided a B.B.Q. at the beginning of the year and the R.S.L. was used for people interested in pottery.

A draft constitution was drawn up by the interim committee at the General Meeting on February 5th, 1970 and then subsequently accepted at the July A.G.M. In brief, the stated aim of the now official Emerald Arts Society (E.A.S) was to be a non-profit, non-political organisation arranging for suitably qualified instructors to teach subjects as requested by members. Fees were kept at a minimum to allow everybody to participate, including children in a non-elitist way and absolute beginners were welcome.

In 1977 Membership fees were set at \$2.00 per annum, and increased to \$2.50. A family membership was set at \$5.00. By then the Society had a membership of approximately 100 members coming from as far away as Gembrook, Olinda, Belgrave, Cora Lyn, and Pakenham. Early activities included pottery which was held on the billiard tables at the R.S.L. It moved on to Molly Hoare's carport in the arches of "Carramar" until rain seepage melted the unfired works. Later classes were held in the garages of Tom and Grace Walker's home by which time the Society was able to buy an electric pottery wheel and housed in their single garage. (A monster of a wheel, but a joy at the time).

Prior to 1977, other main activities were painting, folk music nights by member musicians, classical music either live or recorded and drama, mainly play reading. To help in keeping fees down, a monthly mixed market was organised which was held in the hall and grounds of the Emerald Community House which provided a venue for members to sell their creative art works

but not too many wanted to part with their creations! This market was so popular and drew in many outside vendors that it eventually had to be transferred to the Emerald Mechanics Institute Hall and continued to subsidise the Society's activities for many years.

By 1977 however, the Society had the sole use of the Emerald Lower Hall (i.e. the area under the stage of the Mechanics Institute Hall). Activities increased to 3 sessions of leadlight, 3 sessions of oil painting, 1 of woodwork, 2 of guitar lessons, and 1 of upholstery and rattan restoration. The main hall was the venue for children's dance and adult aerobics. Bread making and yeast cookery classes were held in the kitchen. The electric urn, which was the first purchase made by the Society now had a permanent home in the Lower Hall.

Until 1978, all pottery had to be fired by commercial firers, but due to a government grant of \$500 and the balance made up by the Society, a small kiln was purchased and over time was installed in three different private homes. Being bottled gas, it had to be regularly attended to. In the early 1980's three modern pottery wheels were purchased and other arrangements for firing were made. In the 1990's, the new wheels were transferred to the Emerald Secondary College where members attended classes by the staff at the school and the firing was done in situ.

It was obvious that the Society needed their own larger premises and to achieve this a major fund raising effort was required. A designated bank account was opened for this project. The first of the annual Art/Craft shows held over Cup weekend at the Emerald Mechanics Hall in 1973 netted more than \$1,000. Such a show was quite unique and continued for many years. In all, these shows raised \$17,000 in sales, commissions and entry fees, plus bank interest. So when the then Sherbrooke Shire suggested the E.A.S. contribute to the erection of custom-built premises on land the shire had purchased (the old St Joseph's church), the Society's own premises had commenced, and officially opened in 1984.

WENDY LINDREA, Emerald Arts Society on behalf of GRACE WALKER (now deceased)

# GUIDE TO WORM FARMING

Starting or renovating a worm farm is a great way to use and value your own renewable resources in the form of food waste. By the time you're done, you will be turning your food scraps into worm castings which are solid and liquid gold for your veggie patch. You don't need a big backyard to run a worm farm.

Worm farms work well on balconies, on back steps or even inside your home. Perfect for any situation, anywhere in the world. Worm farms are permaculture in action. One of the permaculture principles is to encourage us to 'use and value renewable resources and services', making the best use of nature's abundance to reduce our consumption and dependence on non-renewable resources. Creating your very own worm farm is a great way to practice this principle.

## Why should I bother with a worm farm and with processing my household food waste?

If you just throw your food scraps in the bin they will create methane (a greenhouse gas that's contributing to climate change) in your local landfill as they break down. By feeding your worm farm with your food scraps, you are making free fertiliser for your garden, avoiding landfill, reducing household waste, reducing methane emissions and valuing the resources you have around you.

You are converting your kitchen scraps into nutrient-dense, bioavailable plant food of the highest quality with zero waste and zero emissions in the process. Worm farms don't need to be fancy to be efficient. You do not need to spend hundreds of dollars to create a functional, happy and healthy worm farm that will eat all your kitchen scraps.

The most common types of worm farm that you will find (or can make) are a series of boxes stacked on top of one another that the worms can pass in between. There are some really good shop bought worm farm designs but the principle is simple so you don't have to spend a lot of money to get your first worm farm. In essence, a worm farm is a container where compost worms eat your food scraps creating compost in the form of their poo or castings which you can then use as garden fertiliser.

One of our favourites and one of the simplest types is an in garden worm tower. A simple vertical pipe with holes drilled in the side that you sink into your garden bed and put a lid on the top. Add some worms and periodically some kitchen scraps. The castings and juice will leach straight into your garden bed. In six months, pull out the pipe and move it to another part of your garden and start again.

## What type of worms do I need?

Compost worms are the life forms doing all the work here. The compost worm is a slightly different species to the normal earthworm that you will find in your garden soil. They are sometimes called red wigglers, brandling worms or tiger worms.



These worms eat organic material and the microorganisms that live among that material.

Once your worm farm is working well you can expect your worms to eat their own body weight in scraps each day. That means if you start your worm farm with a kilo of worms, they will soon be able to eat up to a kilo of scraps per day. This is seriously awesome food waste processing. You can source compost worms from a hardware store, community garden, council or a generous worm giving friend.

## What do worms eat ?

Feed your worms with veggie scraps of most descriptions. A small amount of bread is okay but not heaps. Veggie scraps are preferable. There are some things that red worms do not like to eat, so avoid putting the following in your worm farm:

- citrus is a big one - skip the orange peels
- alliums - things like garlic or onion ends
- meat scraps, as the worms don't like them but flies do (and a maggoty worm farm is no fun for anyone)
- fats and oils
- dairy products
- spicy food

That being said, don't worry if a tiny bit of this non-ideal stuff ends up in your worm farm. It's not going to immediately poison your worms they just won't be keen to eat it which means that food may rot instead of being turned into castings. Too much rotten food in a worm farm will damage the worm colonies health because no-one likes rotting things right next to their dinner and neither do worms.

## How do I keep my worm farm healthy and avoid smells?

Firstly, a worm farm needs good drainage. As the worms eat through your scraps they produce castings, (their poo). They also produce liquid which needs to be able to drain off so the worms don't drown and your worm farm doesn't begin to smell or become anaerobic (lack of oxygen).

Secondly, your worm farm will need a regular supply of carbon. Include things like leaves or shredded newspaper as well as high-nitrogen kitchen scraps. This is to ensure the worms have a balanced diet and again so your worm farm doesn't become sludgy and stinky. A good balance is to stick to the 50 per cent carbon and 50 per cent food scrap ratio.

## SUSTAINABILITY

Thirdly, remember that worms have small mouths! This means that although they can eventually break down big chunks of scraps like whole cabbage leaves, they much prefer smaller bits. If you're putting big bits of food scraps in your worm farm, chop them up a bit first and your worms will be super happy.

### Where should I put my worm farm?

Placement and temperature is the last big thing to consider for your worm farm. Ideally, keep your worm farm somewhere that won't get too hot or too cold and that you will visit every day. Worms like the same temperature range as humans, so they will be most productive at around 15-30°C. Below that range your worms will slow right down and eat much less food. Above that range, they will abandon the top of your worm farm where the food scraps are for a cooler spot down the bottom, leaving your food scraps to rot.

Placing your worm farm somewhere close to the house that is out of direct sunlight is often ideal, or even on your back porch or inside your laundry. Keeping your worm farm cosy and nearby ensures regular feeding and an even temperature, the two things that will help your worm farm to thrive.

### How do I use worm castings and worm wee?

The idea with worm farms is that the worms slowly continue to travel upward in search of food leaving behind trays and trays of rich worm castings with the worm juice dripping out of the

bottom. Once you have a few trays of castings below your food scraps you can start harvesting from the bottom of your worm farm. Then you can add the castings to your garden or share with your neighbours.

Castings are super fertilisers for your plants but it's very strong so, don't use too much in any one place. We sprinkle the castings lightly around the base of plants throughout the growing seasons, just before watering. Brassica vegetables such as broccoli, cabbage, cauliflower love them. You can also add worm castings to your seed raising mix because the castings provide a rich fertiliser component for the growing seeds.

If you get into worm farming and love it, don't stop there. Your local school or community garden may welcome some help with their worm farming system too.

These are skills to be shared which have real outcomes for the fertility and abundance of your neighbourhood, so don't be shy, get out there and spread the wormy love.

KIRSTEN BRADLEY

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- Updates on health, interactions of medicines with driving and the newer road rules
- The opportunity to ask questions of the Victoria Police Highway Patrol.

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# PUFFING BILLY CELEBRATES ROTARY'S SERVICE

Sporting a Rotary International logo on the front locomotive and carrying a cargo of 100 Rotarians, children and local dignitaries, Puffing Billy steamed into Emerald Station in glorious sunshine on Saturday 22 May, commemorating Rotary's century of service in Australia and New Zealand in 2021.

The special celebration train was organised by the Rotary Club of Emerald & District and Rotary Club of Belgrave, two of 1,100 Rotary clubs operating throughout Australia, with the support of Puffing Billy Railway.

The local community enjoyed music by Emerald Secondary College's two pop bands and a static display showcasing Rotary's proud history of providing humanitarian services, building goodwill and working for peace.

A special baton of service was passed from one Rotary dignitary to another at the Belgrave, Menzies Creek and Emerald stations along the Puffing Billy route, signifying Rotary's commitment to another 100 years of service to the people of Australia.

President of the Rotary Club of Emerald & District Vicki Van Den Bergen said Rotary has a strong record of active service in the Hills area.

"Since our club's establishment in 1980, our passionate members have worked together to create positive change in the wellbeing of our community and beyond," relayed Vicki.

"From supporting victims of the 1983 Ash Wednesday bushfires to our work today assisting those impacted by the COVID-19 pandemic, our club has been at the forefront of helping people of all ages who may be struggling through no fault of their own. We also support many international campaigns such as End Polio Now and run several major community events that raise much-needed funds for worthy causes. Our Kids Fun Run with Thomas event, for example, has raised more than \$670,000 since it began in 2002, with 100 per cent of proceeds donated to local organisations that support children."

## How the Rotary Club of Emerald & District Is Creating Positive Change

While Rotary is famous for its sausage sizzles, Rotarians get involved in a broad array of events, projects and initiatives.

Some of the activities of the Rotary Club of Emerald & District include:

- Organising community events such as the Kids Fun Run with Thomas and All American Car Display which raise thousands of dollars for worthy causes. The Kids Fun Run with Thomas event won Community Event of the Year at the Cardinia Shire Council Australia Day Awards in 2021.



Rotary Club of Emerald & District

- Running the Trash 2 Treasure market on the first Saturday of the month at the Emerald Primary School oval to raise funds for Rotary activities.
- Distributing more than \$14,000 in food and petrol vouchers in 2020/21 to local individuals and families impacted by the COVID-19 pandemic.
- Supporting young people through organisation of the annual Deb Ball and helping out at Emerald Secondary College's weekly Breakfast Club for students.
- Hosting local community awards such as Pride of Workmanship and the McLeod Murphy Memorial Scholarship Fund. In memory of Emerald's first doctor, Dr McLeod Murphy, this scholarship assists students with their medical studies.
- Many international initiatives such as Wheelchairs for Kids, Interplast, End Polio Now, Rotarians Against Malaria, Shelterbox and many others.

Rotary's work to eradicate polio for more than 35 years is particularly remarkable. Rotary has helped to reduce polio cases by more than 99.9 per cent and in 2020, Africa was declared free of the wild poliovirus.

Rotary's polio eradication network, including its people, infrastructure and systems, is now playing a crucial role in the fight against COVID-19. An article published in March this year by the World Health Organisation stated that "The critical role that polio assets have played in tackling multiple health emergencies, in supporting immunization activities and in COVID-19 response, demonstrate that these assets have a clear role to advance future national and global health security."

## Want to Find Out More?

Our vibrant and friendly club meets at 7pm on Tuesdays at the Paradise Hotel, Clematis.

To learn more, visit our website

<https://www.emeraldrotary.org.au/>

Telephone 0408 769 491

ROS WEADMAN, Marketing & Public Image

Rotary Club of Emerald & District

## EVENTS

# BURRINJA CIRCUS FESTIVAL 2021

## 7 days of fabulous fun in the Hills!

This year between Jun 26 - July 3, Burrinja Cultural Centre and Ruccis are bringing you a circus program jam packed with workshops, shows and community events to delight and enthrall the whole family. Everyone can get involved and learn circus tricks during school holidays.

### Workshops with Ruccis

Climb high in an Aerial class, flip and roll in Tumbling, find your balance on the Tightrope or try it all in Circus Mix. With classes for toddlers, kid's and teens, you really can run away to the circus!

The 'Winter Circus Carnival' is a free, family-friendly event and something new for Burrinja.

Enjoy a day of drop-in circus workshops, face-painting, live performances, games and crafts and so much more! All happening in and around Burrinja.

Indulge in a night of lavish entertainment and circus delights with 'Opulence', a decadent circus cabaret featuring 1920s themed performances from Ruccis coaches, senior students and special guests. Don your top hat and feather boa as there's prizes for best-dressed, plus specialty cocktails available on the night.

'Jugg Life' also returns to Burrinja, an explosive fusion of dynamic live percussion and relentless energy with the breathtaking skills of two of Australia's best jugglers. Incorporating competition, danger, music and a Rubik's Cube, Jugg Life is colourful, visual, turbulent and fun for the entire family.

**When:** 26th June - 3 July

**Where:** Burrinja Cultural Centre, corner Glenfern Rd & Matson Drive Upwey

**Entry:** Various

**Contact:** 9754 1509

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

## COMMUNITY

# WARM UP WITH GEMBROOK CRAFT GROUP

The Gembrook Craft Group Inc. have been operating in the Gembrook Community for over 30 years.

In the early days, members of the craft group met at various locations around Gembrook, but for the past 21 years the Craft group have been located at the 'Craft Cottage' in Redwood Road, Gembrook. (formerly the Maternal Health Centre). The Craft Cottage has its own herb and vegetable garden and sits under the shade of the mature oak trees of the Avenue of Honour. Handicrafts, mostly made by members, are for sale at the Cottage. A visitor's treasure, hand spun woollen beanie or scarf as well as the 'lucky dip barrel' which delights all young children. On Mondays, Craft group members get together at 10.30am or in the evening from 7.00pm.

Members enjoy sharing their many skills over 'a cuppa' and chat. Knitting patterns and needles regularly change hands!

From time to time workshops are offered and events such as a Spin-in are held at the Gembrook Community Centre which fosters community involvement and support. The Group has participated in many community projects over the years, one example being the tapestry at the Gembrook Community



Centre. Group members can also enjoy the occasional day trip to other 'crafty events'.

Every month the Gembrook Craft Group has a stall at the Gembrook Market.

From time to time the Group also has a stall at other locations such as Puffing Billy station Gembrook, Cockatoo market, Wesburn Market, Kids Fun Run with Thomas and more.

Check out the Gembrook Craft Group Face book page and for more details contact:

Dawn: 0409 141 243

Hanna: 03 59 681 403

Norma: 0402 440 252

<https://www.facebook.com/pages/category/Nonprofit-Organization/Gembrook-Craft-Group-393612807332698/>

Cottage opening hours are:

Thurs-Monday 10.30am till 3.00pm.

# LOVE MARRIAGE IN KABUL: A MEMOIR

Twelve years ago, on March 25th, I travelled to Afghanistan for the third time, with my then partner Amin Palangi. Our mission was to make a film about the potential marriage of a young couple in an orphanage on the outskirts of Kabul run by the unstoppable Australian-Afghan Mahboba Rawi of Mahboba's Promise. The outcome of this trip became the multi-award winning and highly praised film, 'Love Marriage in Kabul', which debuted in 2015.

Although this trip was for only one month, the ripple effects of it, and the two other previous journeys to Afghanistan, have already impacted three decades of my life - and it will most likely impact the rest of my life, too. I was twenty-five when I first went to Afghanistan, thirty-four when the film was released and now at forty, I have recently published a book about my trips to Afghanistan, called Love Marriage in Kabul A Memoir.

I was forewarned about the impact of a trip to Afghanistan during the first time we were in Kabul where we made a short and moving investigative film about women's self-burning as a form of suicide. Sitting under the shade of sycamore trees in the French-run Aina Media centre in Kabul on a hot July day in 2006, battered by what I had witnessed and trying to grasp what I was feeling, veteran Afghan traveller, Reza Deghati predicted what was to come. Reza is an award winning photojournalist for National Geographic and an advocate and supporter of our projects. He had been in and out of Afghanistan by then for decades and he knew the impact of this country first hand on the soul, the body and the mind. When I told him I was not sure how I was feeling, and that the trip had shifted my sense of self, he said, "It will be decades before you understand the true impact of it. And you will never know the impact of it on other people around you."

He wasn't wrong. It took me over a decade of grappling to publish the book about my trips to Afghanistan where I try to decipher and understand. Even after its publication, there are unravellings that are giving me insight into my own self and the journey. For example, at a very recent event in a bookshop, someone highlighted an interesting perspective which I had never thought about and which gave me an incredibly new way of seeing my own personal journey. In the book, I share about a dream which I had when I was fifteen years old, a dream about saving children and women in a war torn landscape. In Love Marriage in Kabul, Fatemeh, our very young bride to be is fifteen years old. I was asked if I saw a link with my fifteen-year self who had the dream and Fatemeh who was the same age when we saved her from a potentially deadly marriage. I had never thought about this, and yet, one reader had put up another mirror for me to reflect upon.

Why is all this relevant to the readers of the Messenger? As I am on the mission to understand the impact of the trips on myself, I am also on a mission to see the impact reflected on readers. I hope that my work will move the hearts and souls of those who come across it in a way that they will have an insight into the life of Afghan women and children and consequently consider taking some kind of an action that will make a difference in their lives.

This is all speculation, of course, and I may never know how my work moves anyone, if in any way at all. Yet, I do invite you to take that opportunity for yourself, and come along to an event in July in Emerald through Emerald Community House where I will be screening the film Love Marriage in Kabul, talking about the process of writing the memoir and raising money for Mahboba's Promise Charity.

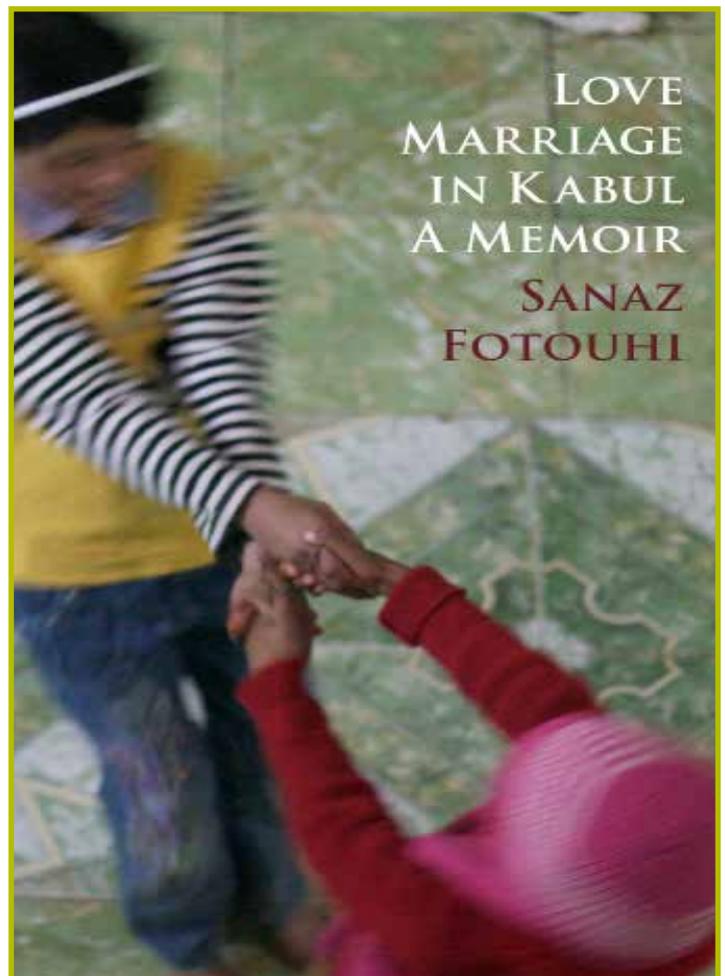
SANAZ FATOUHI

For more information, contact:

Emerald Community House

Phone: 5968 3881

Email: emhouse@inet.net.au



# Program Guide



## Term 2

April 19th - June 25th 2021

Short course programs, children's programs, local events, venue hire, activities & community projects

*All Welcome  
please come in  
& say hello*

Office open  
Monday Wed & Friday  
10am - 3pm



Supporting local community needs, volunteering opportunities, community connections, support services and training

**Our Vision is to be a place where connections are made and opportunities are realised.**  
**Our Mission is to consistently meet the needs of the community by providing quality community development activities, programs and services.**

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356 - 358 Belgrave-Gembrook Rd, Emerald VIC 3782  
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[www.emeraldcommunityhouse.org.au](http://www.emeraldcommunityhouse.org.au)  
'Find us' on Facebook - [www.facebook.com/emeraldcommunityhouse](http://www.facebook.com/emeraldcommunityhouse)



## Membership, Course Enrolment Details & Conditions

### Membership Fees

\$10 for individuals and \$15 for families applies to all users accessing any of the services/programs at Emerald Community House (ECH). The membership fee is an annual fee from January to December and goes towards House facilities and maintenance, community grant support, insurance, free community wifi and other house expenses. Further details [www.emeraldcommunityhouse.org.au](http://www.emeraldcommunityhouse.org.au).

### Course Enrolment

Enrolment/membership forms are available at the office or online [www.emeraldcommunityhouse.org.au](http://www.emeraldcommunityhouse.org.au). Course cancellations may occur if minimum class numbers aren't achieved. Terms/Conditions are also online. NOTE: Course times and activity details are correct at time of printing, but may be subject to change at the discretion of management.

## Pete the Permie

### Permaculture Design Course

Course Code PDC With Peter Allen



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

Dates: Tuesday July 13th 16 weeks)  
 Time & Venue: 9am - 4.30pm Telopea Mtn Permaculture (Pete the Permie) Invermay Rd, Monbulk  
 Course Fee: \$750.00

Held at Telopea Mountain Monbulk. Please bring your lunch, refreshments supplied.

### Design your own orchard

Monday June 14th 10am - 4pm \$104.50 (incl. GST)

Design from a back yard to an orchard & decide what tree goes where, and how to help with best growing for that species of fruit.

Design how you would fill your own netted enclosure.

### Design your own Food Forest or Edible Food Forest

Sunday July 11th 10am - 4pm \$104.50 (incl. GST)

What is the difference here between these, use tools to build guilds within the food forest to help each tree with effects of wind, sun, pollination and reduce detrimental effects as well as fungal issues.

**Term 3 Program will be included in the July edition of the Emerald Messenger**

## Health & Wellbeing

### QiGong for Health & Healing

Course Code QG With Maxine Gardner

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

Dates: Thursday April 22nd - June 24th (10 weeks)  
 Time & Venue: 6.30pm - 8.30pm, ECH Hall  
 Course Fee: \$165.00 (incl. GST) Casual class fee \$22 (incl. GST)

### Emerald Wellbeing Group - FREE

Course Code WP

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

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

Dates: Thursday April 22nd - June 24th (10 weeks)  
 Time & Venue: 10am - 12pm, ECH  
 Course Fee: Free

### Gentle Yoga - Strengthen your core and improve your flexibility

Course Code GY With Lisa Baker

Monday Evening no class on June 14th  
 Dates: Monday April 19th - June 21st (9 weeks)  
 Time & Venue: 5.30pm - 6.45pm, ECH HALL Beginners Class 7.00pm - 8.15pm  
 Course Fee: \$148.50 (incl. GST)  
 Friday Morning  
 Dates: Friday April 23rd - June 25th (10 weeks)  
 Time & Venue: 10.00am - 11.15am ECH HALL  
 Course Fee: \$165.00 (incl. GST)

## Information Technology

### Computers (Day Sessions)

Course Code CD With Nardia Lyle



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

Dates: Tuesday April 27th - June 15th (8 weeks)  
 Time & Venue: 10am - 12.30pm, ECH Meeting Room  
 Course Fee: \$70.00 (including material & amenities fees)

## Cooking Classes

### Cooking Classes for Adults with a Disability

Course Code CCFA With Dianne Edwards

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

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

**Dates:** Monday April 19th - June 21st (9 weeks) no class on June 14th  
**Time & Venue:** 12pm - 2pm ECH Hall  
**Course Fee:** \$120.00

## Adult Education Courses

### Literacy for Adults with a Disability

Course Code ALFA With Dianne Edwards



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

**Dates:** Monday April 19th - June 21st (9 weeks) no class on June 14th  
**Time & Venue:** 9.30 am -11.30am ECH Hall  
**Course Fee:** \$80.00

### Developing Your Writing Skills

Course Code DYWS With Maria Milers



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

**Dates:** Friday April 30th - June 18th (8 weeks)  
**Time & Venue:** 12.30pm -3pm ECH Hall  
**Course Fee:** \$50.00

## Suggestions

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

Are you interested in other activities, events or services run in the future? Topics like: craft, walking group, photography, digital technology, computer coding, equipment repairs, sewing alterations, bread making and arts/performance projects.

We are capable of searching for tutors and teachers who can deliver a course on a specific subject which could help you to access job opportunities, networking or kick start new enterprises.

## Venue Hire Bookings

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

Our church hall was fully restored in 2012, has a white interior with polished timber floors, air-conditioning and heating. Comfortably seats 36, (6 trestle tables each seating 6). Seats 50 maximum without tables.

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

Children's playground with basketball hoop, climbing equipment, grassed area and secure fencing. Nearby parking areas are available for hirers.

Enquiries: 5968 3881

Application forms - [www.emeraldcommunityhouse.org.au/forms](http://www.emeraldcommunityhouse.org.au/forms)

## First Aid Courses

### Courses

HLTAID009 Provide CPR / HLTAID011 Provide First Aid /

HLTAID012 Childcare First Aid

### Times;

CPR 9:00 am - 10:30 am / Provide First Aid 9:00 am - 1:00 pm /

Childcare First Aid 9:00 am - 2:00 pm

### Cost;

CPR \$70.00

Provide First Aid \$150.00

Childcare First Aid \$160.00

### Venue/Date;

Emerald Community House Saturday 11th September

## TAX HELP

Tax Help volunteers help people with simple tax matters and tell clients whether they need to lodge a tax return. Tax Help is a free & confidential service provided by local ATO-trained and accredited volunteers.

Low income earners who earn approx \$60,000 or less per year and have straightforward tax affairs are eligible to use this service. Available by appointment until 31st October 2021. Phone 5968 3881 to book.

## Children's Programs

### Occasional Childcare

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

**Monday, Tuesday & Friday**  
 Sessions for 6mths - 5 year olds  
 9:30am - 2:30pm     \$55 per child

**Childcare Casual rate:**  
 \$15 per hour, per child (minimum 2hrs)

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



### Out-of-School Hours (OOSH) care

Emerald Community House is a registered licensed childcare provider operating an OOSH program for each weekday and supervises travel between Emerald Primary School to ECH. The program is self-funded by ECH as a community enterprise.

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

# Need Childcare?

choose Emerald Community House, *naturally*

## We are passionate about childcare!



- ✓ OOSH from Prep – year 6
- ✓ Childcare from 6 mos—5 yrs
- ✓ Childcare subsidy available
- ✓ Regular temperature monitoring
- ✓ Frequent sanitizing
- ✓ Controlled access to centre



**Occasional Childcare:** M, Tu, F  
930am-230pm

**Out-of-School-Hours Care:** M - F  
630am – 845am  
330pm – 630pm

**Enrolment enquiries - :5968 5165**  
Tracey Shuttleworth  
Children's Services Director

**Emerald Community House**  
356-358 Belgrave – Gerbrook Rd.

Cardinia Shire Council

# COVID-19 Community Relief Services Flyer



This community resource flyer has been compiled by the Cardinia Shire Council Relief and Recovery Committee.

The following providers have indicated they are available to provide support and relief services during the current Covid-19 crisis. The information contained below is accurate as at the date of publishing but may change without notice. It is strongly recommended to call providers to confirm available services.

For more detailed information including the full Cardinia Service COVID-19 Relief Directory please visit

<https://www.cardinia.vic.gov.au/coronavirus>

## FOOD RELIEF

|  |  |  |
|--|--|--|
| <p><b>ADRA – Adult Development &amp; Relief Agency – Pakenham</b><br/>Provision of take away meals and essential care packages with home delivery available.<br/>Ph: 1800 242 372<br/><a href="mailto:adra.info@adra.org.au">adra.info@adra.org.au</a></p> | <p><b>Aspalihin Red Cross</b><br/>Provision of care packages (primarily food) to people in the community who are mandatory isolating via Coronavirus hotline registration.<br/>Ph: 1800 875 398</p>  | <p><b>Shri Guru Nanak Gurbani</b><br/>Providing food relief to people in the community.<br/>Delivering twice a week.<br/>331 Officer Road, Officer<br/>Ph: 0421 081 177<br/><a href="mailto:info@sgnd.com.au">info@sgnd.com.au</a></p>   |
| <p><b>Emerald Community House</b><br/>Free food through foodbank available 24/7.<br/>358 Belgrave-Camberook Road, Emerald 3762<br/>Ph: (03) 5088 3881<br/><a href="mailto:emhouse@inet.net.au">emhouse@inet.net.au</a></p>                                 | <p><b>The Bless Collective (Fellow Church)</b><br/>Provision of Care Packs (non-perishable food &amp; toiletries) available for people experiencing financial crisis. Please call or email<br/><a href="mailto:info@bless.org.au">info@bless.org.au</a><br/>Ph: (03) 59432137 or 0411543817<br/><a href="http://www.bless.org.au">www.bless.org.au</a></p> | <p><b>Bungip &amp; District Community House</b><br/>Provision of FREE food and material aid to those in need.<br/>Mondays and Wednesdays between 9am-12pm.<br/>Besswick Street, Garfield<br/>Ph: 0481 885 509<br/><a href="mailto:manager@bchd.com.au">manager@bchd.com.au</a></p> |
| <p><b>Gurudwara Sahib Gurdia Sahib Ji</b><br/>Providing freshly cooked vegetarian meals for those in need.<br/>Food delivered between 6-8pm daily.<br/>Order before 12pm each day.<br/>Ph: 0489 828 283 or 0433 483 335</p>                                | <p><b>Meals on Wheels</b><br/>Providing meal delivery service to people aged over 65+. For Aboriginal and Torres Strait Islander People this service is available for those over 50+.<br/>Ph: (03) 8573 4800</p>   | <p><b>Planet Shelters</b><br/>Emergency food and toiletry relief. Available Sundays between 10.30am and 3pm.<br/>RCS products<br/>12 Bonnar Drive, Pakenham.<br/>Ph: (03) 8898 7898</p>  |
| <p><b> Salvation Army</b><br/>Essential services still running and care packages are being provided in partnership with ADRA.<br/>51 Bald Hill Rd, Pakenham.<br/>Ph: (03) 5941 4808</p>  | <p><b>St Luke's Coaklees</b><br/>In association with Food Bank Vic are running a food bank service each week.<br/>1 McBride St, Coaklees<br/>Ph: (03) 5986 8459</p>  | <p><b>Turning Point Church – Koo Wee Rup</b><br/>Food service preparation and provision is running.<br/>335 Rossiter Rd, Koo Wee Rup<br/>Ph: (03) 5997 2217</p>  |

## HOUSING SERVICES

**Ways**  
Dandenong branch is open for the following services:  
family violence support,  
homelessness support, youth support,  
tenancies support.  
Ph: (03) 97818111  
[www.wayshd.org.au](http://www.wayshd.org.au)

## DONATIONS

**Salvation Army**  
Non-perishable food items can be left at:  
51 Bald Hill Road, Pakenham 3810  
Ph: (03)5841 4808

## TRANSPORT & DELIVERY

**Tour Local**  
Free transport to and from shops between 7am and 8am.  
(Seniors and people with a disability)  
Ph: (03) 5841 8800

## EMERGENCY SUPPORT

## FINANCIAL SERVICES

|  |  |  |
|--|--|--|
| <p><b>NILS (No Interest Loan Scheme)</b><br/>The No Interest Loan Scheme (NILS) provides individuals and families on low incomes with access to safe, fair, and affordable credit.<br/>Ph: 0427 895 508<br/><a href="http://www.nils.com.au/">www.nils.com.au/</a></p> | <p><b>Good Money Program</b><br/>Household relief loans without interest for those who are struggling due to COVID-19. Financial Counselling also available.<br/>Ph: 1300 770 550<br/><a href="http://www.goodmoney.com.au/">www.goodmoney.com.au/</a></p> | <p><b>Good Shepherd</b><br/>COVID hardship support hotline (financial support) and loans without interest.<br/>Ph: 1300 121 130<br/><a href="http://www.householdrelief.org.au">www.householdrelief.org.au</a></p> |
|--|--|--|

## PSYCHOSOCIAL SUPPORT SERVICES

|   |   |   |
|---|---|---|
| <p><b>Partners in Wellbeing</b><br/>Mental health and wellbeing support services for people impacted by the Coronavirus pandemic with a lived experience of mental illness as well as those experiencing poor mental health for the first time.<br/>Ph: 1300 003 224<br/><a href="http://www.cash.com.au/cia/">www.cash.com.au/cia/</a></p> | <p><b>EREMHA - Eastern Regions Mental Health Association</b><br/>Providing services for people facing challenges resulting from disability, mental illness, trauma or substance abuse.<br/>Ph: 1300 370 421</p> | <p><b>Telecare - Australian Red Cross</b><br/>Provide a daily phonecall to check on people who live alone and are at risk.<br/>Ph: 1300 885 086</p> |
|---|---|---|

## NEIGHBOURHOOD HOUSES

|   |   |   |
|---|---|---|
| <p><b>Beaconsfield Neighbourhood House</b><br/>8 CP Neil Road, Beaconsfield 3807<br/>Ph: 051 8788 4400<br/><a href="mailto:beaconsfield@nhsinc.org.au">beaconsfield@nhsinc.org.au</a></p>   | <p><b>Beaconsfield Upper Community Centre</b><br/>10-12 Salisbury Road, Beaconsfield Upper 3806<br/>Ph: 051 5844 3484<br/><a href="mailto:office@uicc.org.au">office@uicc.org.au</a></p>  | <p><b>Burylee and District Community House</b><br/>40 Fourteen Mile Road, Garfield 3814 (Garfield Recreation Reserve)<br/>Ph: 0481 885 508<br/><a href="mailto:manager@bdch.com.au">manager@bdch.com.au</a></p> |
| <p><b>Coodan Community House</b><br/>23 Bailey Road, Coodan 3781<br/>Ph: 051 5888 8031<br/>M: 0401 062 308<br/><a href="mailto:info@coodan.org.au">info@coodan.org.au</a></p>               | <p><b>Emerald Community House</b><br/>358 Belgrave-Gambrook Road, Emerald 3782<br/>Internet, printing, referral and childcare services. Mon-Fri.<br/>Ph: 051 5888 3881<br/><a href="mailto:emhouse@inet.net.au">emhouse@inet.net.au</a></p> | <p><b>Lang Lang Community Centre</b><br/>7 Westernport Road, Lang Lang 3884<br/>Ph: 051 5887 5704<br/><a href="http://www.llcc.org.au">llcc.org.au</a></p>  |
| <p><b>Living and Learning Pakenham Inc.</b><br/>6B Henry Street, Pakenham 3810<br/>Ph: 051 5841 2388<br/><a href="http://www.livingandlearning.org.au">www.livingandlearning.org.au</a></p> | <p><b>Outlook Community Centre</b><br/>24 Toomuc Valley Road, Pakenham 3810<br/>Ph: 0427 811 835<br/><a href="mailto:outlook@outlookinc.org.au">outlook@outlookinc.org.au</a></p>   |   |

## CRISIS SUPPORT

|   |  |  |
|---|--|--|
| <p><b>1800 RESPECT</b><br/>Ph: 1800 737 732</p> | <p><b>Aboriginal Men's 24 hour Crisis Support Hotline</b><br/>Ph: 1800 435 421</p> | <p><b>Beyond Blue</b><br/>Ph: 1300 224 638</p>         |
| <p><b>Nike Hotline</b><br/>Ph: 1800 55 180</p>  | <p><b>LifeLine Crisis Hotline</b><br/>Ph: 13 11 14</p>                             | <p><b>MareeLine Australia</b><br/>Ph: 1300 768 078</p> |

## FAMILY VIOLENCE SUPPORT SERVICES

|   |   |  |
|---|---|--|
| <p><b>Safe Steps 24/7 Family Violence Crisis Service</b><br/>Ph: 1800 015 388</p> | <p><b>Police Assistance Line</b><br/>Ph: 13 44 44</p> | <p><b>Winnemere</b><br/>Ph: 1300 848 337</p> |
|---|---|--|

If you are a community group or relief service provider and would like to be included on this flyer, please contact Cardinia Shire Council [emergency@cardinia.vic.gov.au](mailto:emergency@cardinia.vic.gov.au)



Phone: 1300 787 624 Email: [info@cardinia.vic.gov.au](mailto:info@cardinia.vic.gov.au) Web: [cardinia.vic.gov.au](http://cardinia.vic.gov.au) 29 Belford Avenue, Duffield

## EMERGENCY RELIEF SERVICES IN THE HILLS

Fresh hot take away meals or food parcels are available at:

- **Food is Free Tacoma** - Groceries, meals & fresh food available 24/7. Veranda pantry of Tacoma Uniting Church at 1566 Burwood Highway, Tacoma  
<https://thehillsfoodfrontier.org.au/>
- **Hope on Friday** - free fruit/veg, groceries, bread and fridge/freezer produce available on Friday mornings from 8am to 9.30am at 3 Clifford Grove, Tacoma. Light breakfast, coffee/tea and connection available to those who would like it. More info <http://www.hopeinthehills.org.au/contact-us/> or <https://www.facebook.com/hopeonfriday/> or call 9754 6809
- **Foothills Community Care** - Fresh hot dine in and take away meals at:
  1. Upway Baptist Community Church, cr David Hill & Burwood Hwy, Upway (opposite Upway train station). Mondays from 5pm.
  2. Ferntree Gully Guide Hall, Underwood Rd, (opposite train station). Wednesdays from 5pm. <https://www.foothillscare.org.au> Ph 8711 8677
 Home delivered meals and care packages can be ordered online through our Community Casseroles <https://www.foothillscare.org.au/#community-casseroles>
- **Dandenong Ranges Emergency Relief (DRERS)** – Free grocery items. 1616-1624 Burwood Highway, Belgrave, Monday to Friday 9am-12.30pm  
<http://www.drers.org.au/> Ph 9754 7777
- **Open Door Church Menbulk** - Veranda Pantry - cr David Hill and Moxhams Rds, Menbulk. Ph. 9756 6700  
<https://www.facebook.com/opendoorcommunitychurchmenbulk/>
- **The Food Store @ St Luke's in Cockatoo** - 1 McBride Street, Cockatoo. Open every Monday from 10am to 2pm, providing free groceries for people in need. Please call or text 0422 737 818 if you are unable attend and we will organise to get the food to you.
- **Emerald Community House** – Free self-serve non-perishable food from Food Bank available 24/7, pre-prepared frozen meals available during business hrs, licensed childcare, printing, wifi and internet service also available. Office will be operating between 10am and 3pm Mon, Wed and Fri (call first). 358 Belgrave- Gembrook Rd Emerald 3782 Ph: 03 5968 3881 [emhouse@inet.net.au](mailto:emhouse@inet.net.au)
- **Philanthropic Collective** – Food and care packages delivered by volunteers to individuals and families in the Mt Dandenong Ridge region. For enquiries about new referrals contact [andrew@philanthropic.org.au](mailto:andrew@philanthropic.org.au)

Correct at 06/05/21. Please contact organisations to check for any changes

## EMERGENCY RELIEF SERVICES IN THE HILLS

Showers, Financial Assistance, Food & other Vouchers are available at:

- **Dandenong Ranges Emergency Relief (DRERS)** – Free grocery items, vouchers for covering some bills and essential financial support.

1616-1624 Burwood Highway, Belgrave, Monday to Friday 9am-12.30pm

<http://www.drers.org.au> Ph 9754 7777

Currently on hold – check before referring

- **Kindness Community Meals** – Salads, cooked meals and fruit at Tecoma Uniting Church at 1566 Burwood Highway, Tecoma, Tuesdays 4.30pm – 5.30pm

<https://www.kindnesscommunity.org.au/>

*Elder abuse is hard to picture, but it happens every day.  
What starts out small doesn't always stay that way for long.*

*Join us for this free empowering presentation by Seniors Rights*

*Victoria*

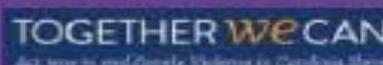
*(includes morning tea)*

**15 June  
2021**

**Outlook  
Community  
Centre**

**10-11:30am**

**24 Toomuc Valley Rd, Pakenham  
Bookings essential phone 5940 4728**



# FAMILY MEMOIRS

## George Walter A'Vard

In 1894 George's father, Walter Henry A'Vard selected 10 acres of land in South Sassafras (now Kallista). On weekends George would travel with his father in a horse and jinker up the mountain to clear the land. They would camp in a bark hut which was very basic with a dirt floor and no water. George remembers listening to his father's stories by the fireside in the evenings.

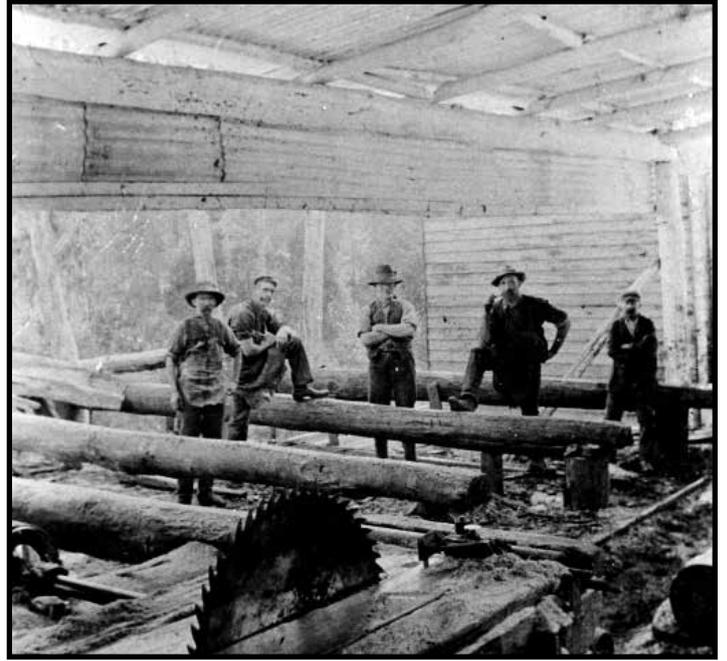
George was born in Balaclava in 1890, the fifth child of Walter Henry and Elizabeth Jane A'Vard and attended school in Brighton where his parents owned a dairy and wholesale shop in Balaclava.

In the late 1890s the banks in Australia collapsed and the family lost everything, there was no way they could recover any of their money. The family decided to go to Western Australia and try their luck in the gold rush. They travelled by ship on the 'Wadonga' to Fremantle taking nine days. It was not a pleasant trip being very rough they suffered seasickness. Arriving in Perth, George attended school in a galvanised iron building in Subiaco, costing three pence a week. They stayed in the west for two years without success, and were forced to return to Sassafras to comply with government regulations mainly clearing their land. The government would withdraw ownership if this wasn't met.

After returning to South Sassafras in 1899, George started school once again at the age of nine. There were no roads, only a bush track through six feet tall grass (wild oats). If it was fine you got wet and if it rained you got wetter. The children missed a lot of schooling having to walk such a long way to and from school. When arriving home, they were always very hungry and their mother struggled to look after them on her own. Their father George Walter worked in Melbourne delivering goods and came home at weekends to work the land.

Times were tough so the family moved to Richmond. However, after a few months of longing for the hills they went back to South Sassafras. George left school in 1904 at the age of 14 years and began working for his father delivering meat on horseback to Ferny Creek, Ferntree Gully and Upwey. His father had bought two vealers (small calves) for beef and George pleaded with him to keep them. This was the beginning of his love and interest in bullocks. He made a yoke and built a little cart with steel wheels and within a week had trained the calves to work for him.

By 1908 George had six good bullocks and many carting jobs which included blackwood staves (logs) to Puffing Billy at Belgrave and delivering road metal. He worked at Mahoney's mill, located just behind the Trestle bridge at Selby for 12 shillings a day. He camped through the week at the mill and he was working there when he heard of his mother's death. He and his brother had to walk to Ferntree Gully to make the funeral arrangements and register her death. His father was bed ridden at the time, suffering from an abscess on his leg and couldn't walk. On the day of the funeral it snowed and the coffin was put onto a horse drawn dray with the family walking behind to



Circa 1910 George A'vard, Mahoney's Mill Selby

the Ferntree Gully cemetery. George had borrowed five pounds from his boss Jack Mahoney to pay for the grave plot.

Times were still hard and George Senior, his father went back to Melbourne with two of his sisters, and without a horse George went back to the splitters hut. Different friends asked him to come and stay at weekends but he wouldn't go as he had sores all over his legs through working in the mud which used to bleed. He was worried he would stain the bedding.

Later, Roger Gleghorn asked him to come and board with his family in South Sassafras and George finally agreed to pay ten shillings a week. He was so grateful and was treated as one of the family. George continued working at the mill pulling logs and carting timber until bushfires burnt out the mill.

In 1912 the economy started to improve and weekenders were being built so there was more demand for timber. George married May Gleghorn in 1913 and they bought a home for £250 in South Sassafras which they named 'Wadhurst'. May worked for the Mahoney family at the Coffee Palace in Belgrave. The Mahoney's gave the couple a wonderful wedding reception.

1914 saw a terrible drought in Victoria and work was scarce, WWI had begun and many men were enlisting. George kept his bullocks and worked where and when he could. In 1920 George and



Circa 1913 George & May A'Vards Wedding at Coffee Place

HISTORY



Circa 1926 George A'Vard & Bill Horswood's teams in front of Commonwealth Bank Emerald

May with their four children sold up and bought a property in Emerald. George then worked and camped at a mill in the Silvan dam area through the week and came home at weekends. It was a lonely life for his wife and children. In 1924 he was working at Welsh's mill in Monbulk Rd, Emerald and was able to live at home. In 1928 George sold his bullock team as there was little work for them and he had grown tired of being away from his family. It was the end of an important part of George's life. He had cared dearly for his beloved animals, understanding their individual personalities each responding to their names.

George then set to work on his land growing crops, peas, potatoes, beetroot and beans. He also grew apple stocks for Nobelius Nursery. He purchased a Model-T Ford truck to transport his produce to Victoria Market. However, prices were very poor at this time due to the depression, it was difficult to make a living on the land. At least the family was self-sufficient growing their own fruit, vegetables, keeping fowls and cows giving them milk, cream and butter. Rabbits were plentiful. By 1940 George started a dairy farm buying his first heifers from Mr Horswood in Emerald. He established a Jersey herd that became well known for its quality. The milk was separated and the cream sent to a Dandenong butter factory. At this time his nephew Wal A'Vard, designed and built a turbine, which would pump water to the house and sheds at the top of the hill for the stock and domestic use. This also meant power for milking

machines, The turbine was located on the Menzies Creek, (SEC power did not come to the farm until 1957).

George and May's seven children attended Emerald State School. From the 1920's to the 1940's George became a great friend of the principal Mr Phil Skelton and together they established the Young Farmers Club of Emerald. It started as a 'Calf Club' with each child given a calf to look after. There was a 10/- equivalent to \$1.00 prize for the best kept and handled calves. The children had great pleasure looking after these calves, even taking them on walks. Permission was gained to use the land between the school and the Puffing Billy line, with farmers having their own plot to involve the children in growing vegetables and potatoes were trialled using different amounts of fertilizers. A popular annual show was held in the Emerald Hall with exhibits from children and the farming community. George was also involved in establishing the first Fire Brigade in Clematis and A'Vard Road and A'Vard Park are named after him. To this day Emerald Primary school have a 'A'Vard house' in his memory. In 1964 the farm was sold and George died in 1966. Many descendants from his seven children still live in the area.

CHRIS A'VARD BRITTON on behalf of Emerald Museum



Circa 1928 George Walter A'Vard

**Everybody is invited to  
Emerald Uniting Church  
on Sundays at 9:15am  
for worship and friendship**

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

**The Food store at St. Luke's**

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

Every Monday 10 - 2 (no appointment necessary)

Or by arrangement. 0422 737818

1 McBride St, Cockatoo.

# OUR FIELDS OF BARLEY

While an overseas ban may have been put on Australian barley by our trading neighbours to the north, Australians can pick up some of the slack by using barley more readily. As a healthy dietary alternative in the fight against heart disease, high cholesterol and cancer, barley's 'el dente' texture and nutty taste make it a great substitute for other grains. Try using half Arborio rice and half barley in your next risotto. Add it to soups and stews or cook ahead of time and add to a robust mix of black beans, chick peas, borlotti beans and chopped green onion for a complex carbo salad. Carnivores can add grilled chopped ham or bacon for a satisfying comfort meal.

Barley is great in poultry stuffing as well as added to a hot cereal of porridge oats, toasted nuts and linseed. Add a bit of powdered coconut for a tropical twist to your breakfast. Store cooked barley in snack bags in the freezer so that you are ready to boost your healthy diet and help Australian growers close the trade gap at the same time. Not to forget that barley is a foundation grain in beer making. Enough said.

While lower in gluten than wheat, barley is not recommended



for those trying to avoid gluten in their diet. However, the CSIRO has developed Kebari® barley, a world-first barley grain that has 10,000 times less hordeins (the type of gluten found in barley) than regular barley. To get more information, check out: [www.csiro.au/en/research/plants/crops/grains/kebari-barley](http://www.csiro.au/en/research/plants/crops/grains/kebari-barley)

MARY FARROW

## OnePlan

LAND DEVELOPMENT GROUP  
SURVEYING CONSULTANTS

2 Beaconsfield – Emerald Road,  
Beaconsfield.

Phone 0400 543 157

[www.oneplangroup.com.au](http://www.oneplangroup.com.au)

**Feature & Level Surveys**

**Title Boundary Re-establishment**

**Consolidation of Titles**

**Subdivision**

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





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

NUTRITIONAL

balance

Megan Bourke

VET NUTRITIONIST & Vet. Nat. Fed.

[meganbourke@nutritionalbalance.com.au](mailto:meganbourke@nutritionalbalance.com.au)

Nutritional Balance

[nutritionalbalance.com.au](http://nutritionalbalance.com.au)

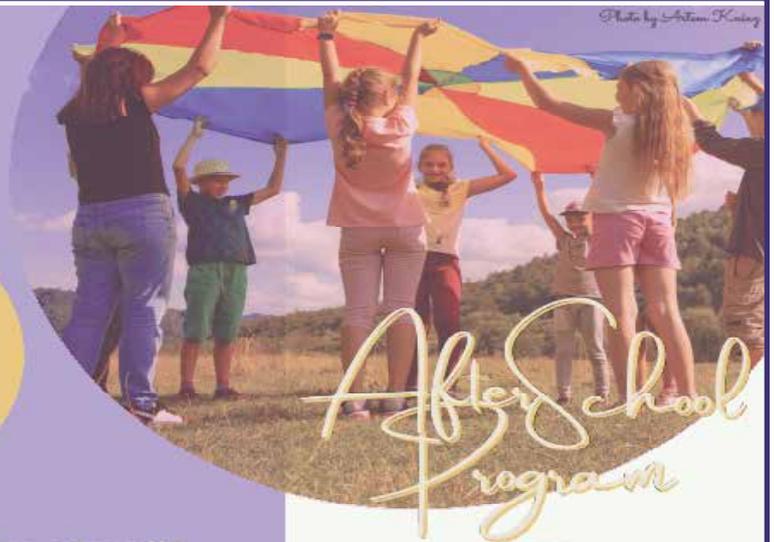
041400 540 615

COMMUNITY

**What else do we offer?**

- Programs for Youth and Adults (Cooking, Art Therapy, Social Programs)
- Mental Health and Sensory Therapy
- Mental Health Coaching
- Peer Groups for families, carers and guardians
- NDIS Application Consultations
- Outreach (in-home and Community Support)
- Action Plans (for Suicidal, self-harming and/or crisis)
- Behaviour and Mental Health workshops for parents/carers and guardians

Contact us for more enrollment, pricing and further information.



**How Can I Enroll?**

Email your interest and child's details to:  
[info@smart-support.org](mailto:info@smart-support.org)

Give us a call: 03 5922 4510

Drop in and say hello during office hours (8:30 - 4:30) :  
3/363 Belgrave-Gembrook Road, Emerald VIC 3782



**smartsupport**

UNDERSTANDING YOUR MENTAL HEALTH

South East (6 Outer) Metropolitan Region  
3/363 Belgrave-Gembrook Rd, Emerald VIC 3782  
[info@smart-support.org](mailto:info@smart-support.org) | <http://smart-support.org/>  
Phone: 0359 224 510

ADVERTISEMENT

# DELIVERING FOR LOCAL COMMUNITIES & FAMILIES AS WE GROW.



**Harriet Shing MP**

LABOR MEMBER FOR EASTERN VICTORIA REGION



216 Commercial Road, Morwell VIC 3840

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# Occasional childcare

Program runs  
Monday, Tuesday &  
Friday  
9:30am - 2:30pm

Accepting children  
from 6 months - 5  
years

Government childcare  
subsidy available



Contact  
Ph 5968 3881  
[emhouse@inet.net.au](mailto:emhouse@inet.net.au)



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