



**STORIES ACROSS THE DANDENONG RANGES • SUSTAINABILITY  
ENVIRONMENT • ARTS • MUSIC • HEALTH • WELLBEING • FOOD  
EDUCATION • ENTERTAINMENT • EVENTS • HISTORY • GARDENING**

## NOTHING TO SNEEZE ABOUT



Thunderstorm asthma can happen suddenly to people in spring or summer when there is a lot of pollen in the air and the weather is hot, dry, windy and stormy. Spring weather can also lead to breathing problems for people who get seasonal hay fever. People who wheeze and sneeze with hay fever from pollens during spring are more likely to get thunderstorm asthma even if they haven't had asthma before. If you already have springtime hay fever, you could suddenly get an asthma attack if you are outside in gusty wind during a thunderstorm where there is grass pollen in the air (most of south-eastern Australia). In Victoria, severe thunderstorm activity has led to thousands of people suddenly having asthma attacks.

Thunderstorm weather can cause pollen grains to burst into tiny pieces and the wind then blows them around us. When people breathe in these tiny pieces of pollen they can get deep inside the lungs and trigger an asthma attack. People with asthma and/or hay fever need extra protection to avoid thunderstorm asthma between September and January in Victoria, New South Wales and Queensland. This means using preventative medicine every day and always having a reliever inhaler (blue puffer) on standby. See your doctor to get the best asthma or hay fever medication plan that is right for you.

The epidemic thunderstorm asthma risk forecasting system operates between 1 October

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17-23

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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 third week of the month

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

Continued from page 1

and 31 December. The highest risk period is between October and the end of December.

The system combines the forecasting of certain uncommon types of thunderstorms and forecasting of grass pollen levels across Victoria. It spans across three days (today, tomorrow and the day after) and uses a colour-coded scale from low to high risk: green (low), orange (moderate) and red (high).

A low risk (green) forecast means that the elements necessary for an epidemic thunderstorm asthma event are not expected and an event is unlikely. A moderate risk (orange) forecast means that one of the elements necessary for an event may be present (i.e. a high pollen forecast or a severe thunderstorm with strong winds) and there is a moderate chance of an epidemic thunderstorm asthma event occurring. A high risk (red) forecast means that there is a high pollen forecast and severe thunderstorms with strong winds likely to be present, therefore increasing the risk of an epidemic thunderstorm asthma event occurring.

To protect yourself from a Thunderstorm event, stay indoors on windy days or on days with a high grass pollen count. If your symptoms are very bad or you are at a high risk, it is important that you monitor the outside environment and avoid being



outside during windy times before a storm. This will protect yourself and you may notice a reduction with your symptoms. Make sure windows and doors are shut and use a fan instead of an air conditioning system as this brings air in from outside which may worsen your symptoms.

Further information can be found at:

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

The risk forecast is published on Victoria Emergency at:

<https://emergency.vic.gov.au/prepare/#thunderstorm-asthma-forecast>

## EVENTS

## ONLINE SYMPOSIUM 16TH OCTOBER

Participate in an online symposium aimed at exploring the challenges and successes of threatened species conservation, particularly as they relate to our Victorian faunal emblems.

Acknowledged authority on the Leadbeater's Possum and key member of the Helmeted Honeyeater Recovery Team, Zoos Victoria's Dan Harley will provide a keynote address that highlights the situation of both the Helmeted Honeyeater and the Leadbeater's Possum. This will be followed by a panel discussion with leading authorities in a number of areas (ecology and habitat restoration, genetics, land management etc) which will look at:

- What have we learned from past efforts at threatened species conservation?
- What are the challenges of the present?
- What are the strategies of the future?

Bookings on Eventbrite are now open:



<https://www.eventbrite.ca/e/celebrating-50-years-of-our-faunal-emblems-tickets-174093657817>

For further information, Contact:

ALAN CLAYTON, President

Friends of the Helmeted Honeyeater

<https://www.helmetedhoneyeater.org.au/contact-us/>

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# SHARP MEMORIES

While there is no clear end in sight as to when this lockdown will be over, who knows when you will once again be able to book a photo session for your newborn baby. There are a few things that you can do to take a great photo yourself, from home.

Whether you have a fancy camera or just a mobile phone, let's get you set up to take photos that you will be proud of. What you will need is your camera, a naturally well-lit area, blankets or material for the backdrop/background, cute wraps, small pillows or some extra wraps rolled up, a cute outfit, anything special such as a precious toy or rattle etc. and an extra pair of hands, if available.

Over a 24-hour period pay attention to the light around your home. Morning and late afternoon have the softest most flattering light but there may be areas around your home that have gorgeous light during the day also. Ideally, look for a nice big window that lets in lots of light, but without direct sunlight. If you notice quite defined shadows, you can diffuse the light with a white sheet or sheer curtains. This will create a soft light that will look lovely on your baby.

Consider the overall look you would like to achieve when selecting which blanket/s to use under your bub as a backdrop. Avoid busy patterns or loud colours. Stick to the neutrals. Light and airy or dark and moody? Think about where you would place your photo within your home too. You might have light wood elements and want to coordinate this with your decor. A smooth surface such as a bed or lounge to lay your baby on is great but please take care and have someone close by to assist to make sure your baby is always safe. A floor near the window with some soft blankets works well too.

Once you know where and when to take your photos you are ready to begin. Get set up by placing your background material on and over the top of your couch, bed head or a few pillows. Try to stretch the material out so it looks nice and smooth. This is when those extra pair of hands can help. You can either safely secure the material down or have your extra person help you.



Next, consider the way the light will fall onto your baby. The best angle to place your baby in, is to make sure the light is falling gently across the face, starting from the top, side of the head (about the temple) then falling down across the nose, onto the cheek on the opposite side. This means that your baby will be placed down at a slight angle from the window, not in line with it and not head first. Definitely avoid light coming from below baby's face. This won't make for a flattering photo at all.

Once your bub is nice and sleepy, it's time to place him/her safely down. Very gently, roll your baby on to their side, just a little. You might like to prop your baby's top half up a little with the rolled up wraps or small pillows. If your baby will allow, bring those little hands up, underneath the chin. And if your baby likes to be wrapped, try to do this with those little fingers poking out at the top, or with hands tucked up under the chin.

Now, angle your camera from slightly above your baby's nose. The same level as baby's face works also. The only real angle to avoid when taking your photos is when you can see up bub's nostrils.

Now snap away. Full length, close up, try heaps of different angles and move around your baby to get a different perspective. Just watch out for your shadow, avoid it falling over your baby. Get really close too. Think toes, fingers, mouth, ears, eyelashes.



## ARTS

Here's a quick recap:

- Good light
- Flat surface
- Simple backdrop
- Angle baby with flattering light
- Move around for different angles
- Close up and full length

**Avoid:**

- Harsh light
- Unflattering angles
- Your shadow

Now go take some gorgeous photos!

Take photos of your newborn baby during lockdown as we all continue to navigate our way through these odd times, Many new parents are missing out on the opportunity to visit a

professional photographer with their newborn baby. Those first wall-worthy photographs deserve to be captured and captured well. All that gorgeous squishiness, their new tiny hands, those little lips, they don't stay this small for very long.

If you live within 10km of Emerald and have been unable to have professional newborn photos taken due to the pandemic we would be honoured to edit a single photo for you, free of charge. Limited photos can be accepted depending on response but I will get through as many as I can. If possible, use the above guide to lead you through your home session then email a single photo of your choice to us.

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Email: [sharp.memories.photography@gmail.com](mailto:sharp.memories.photography@gmail.com)

## SUSTAINABILITY

## KICKING GOALS WITH BIOCHAR

In 2016, the Australian government funded research to understand biochar's ability to store carbon and reduce greenhouse gas emissions. Through this research, scientists determined how biochar could be used in Australian conditions.

Some of the key points that came from the government research were as follows:

- Biochar is a stable, carbon-rich form of charcoal that is applied to soil.
- Some biochars can increase soil fertility, water holding capacity and crop productivity.
- Adding biochar to soil increases its carbon content and could help mitigate greenhouse gas emissions.

In 2018, Dandenong Ranges Renewable Energy Association, an Emerald based community group began making biochar to see how it could benefit locals with their backyard vegetable patches and fruit trees.

The first step was to approach Westy J Wrights in Ferntree Gully to make a Kon Tiki oven to make the biochar in. Since then DRREA has been making biochar using windfall sticks and bark that falls from the trees during storms and windy weather.

It has proven itself to be a good way to burn off sticks in preparation for the bushfire season, to burn off in a way that produces less smoke and to do so while producing a useful by-product. Biochar it is said, was first used as a soil additive by natives in the rainforests of Central and South America. Researchers think it was used to increase the fertility and productivity of hungry rainforest soils.

DRREA is selling 5 kilo bags of biochar for \$5. Money raised will

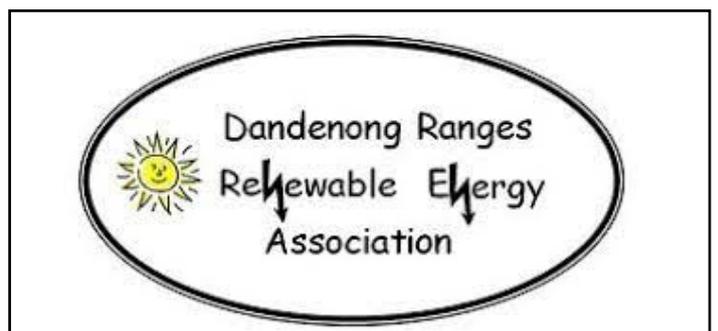


go to its Emerald Going Solar-Community Solar Fund. Bags can be ordered by email, see contact below. DRREA hopes uses of biochar will be further researched so that it can reach its full potential to reduce carbon emissions and improve soil productivity and fertility.

PETER COOK

Dandenong Ranges Renewable Energy Association

[pcook@wildcoast.net.au](mailto:pcook@wildcoast.net.au)



# 3MDR POWERS COMMUNITY

2021 has been another chaotic year for musicians and the community. Whether it's the ongoing pandemic and lockdowns, or the epic storm that hit the Dandenong Ranges in June that left our community damaged and without electricity, the hills have been through a lot. Despite these challenges, 3MDR continues to keep people connected through the irrepressible positive vibes of community radio. When we're stuck at home, there's always great music by local artists to tune in and listen to. When times are tough, the station shares vital information and updates. Now, 3MDR is calling on listeners and the community to keep it on the airwaves by subscribing and donating during its 2021 Radiothon.

3MDR is fuelled by the incredible work of dedicated volunteers. Each week over 100 hours of local radio is created and broadcast from the Forest Park Homestead Studio in Upwey and only made possible by the tireless efforts of volunteer presenters, technicians, committee members, and two part time staff.

Everyone at 3MDR has worked incredibly hard to keep the station on the airwaves 24/7 throughout the pandemic. But when the Dandenong Ranges were struck by an enormous storm in June, it not only knocked out the station's power, but fallen trees and blocked roads kept staff and volunteers from refuelling the generator at the Kallista transmission site for several days. 3MDR is now raising funds through their 2021 Radiothon to purchase upgraded backup generators for their studio and transmission sites. This investment will ensure 3MDR stays on the air during any future emergency situations, and keeps the



**3MDR 97.1 fm**  
mountain district radio

community informed and connected.

Radiothon 2021 runs throughout October, and subscribing during this period automatically puts listeners in the running for one of the fabulous prize packs, so it's the perfect time to plug in and power community!

3MDR Station Manager Phil Ruck says "community radio Australia wide has never been more important to keep communities connected during these isolating times. It's devastating whenever 3MDR is off the air due to power outages, which seem to be more frequent and longer in duration in recent times. Investing in power supply upgrades for the studio and transmitter sites will ensure 3MDR can stay connected with our communities no matter how long a power outage may be."

Listeners can subscribe and donate online anytime at [3mdr.com](http://3mdr.com) or by calling the station on 03 9752 5637 between 10am and 4pm Monday-Friday, or by calling the studio anytime there's a presenter on the air (call during a song though!) on 03 9752 5678.

Press Contact: Phil Ruck, 3MDR Station Manager: 03 9752 5637 / [office@3mdr.com](mailto:office@3mdr.com)



# LOCAL ARTIST WINS COVETED AWARD

Congratulations to Geoff Sargeant on being awarded the Best in Show Prize at the Camberwell Rotary Art Show for 2021. As a member of the Emerald Arts Society, SECAN (South East Contemporary Artists Network) and CART (Cardinia Art Society), Geoff is a well-respected and active supporter of the arts in the local community. I had the privilege of speaking with Geoff (via social media) and asked him about the win and his development as an artist.

## What does winning the Camberwell Art Show mean to you?

Having your art exhibited in the public domain is such an important aspect of gaining recognition in the art world as well as refining and developing your skills. In that sense art shows became an important outlet for me.

Camberwell is the largest of these shows and attracts big names within the art world, so the competition for prizes is intense. I have been entering Camberwell since 1994, soon after embarking on my work in colour pencil. Some sales and an occasional highly commended has culminated in this Best in Show award. I feel this to be a personal achievement of which I am very proud. When I was contacted about the result of the judging, I was really excited and a little amazed that a work in colour pencil could take out the top prize.

## When did you start using colour pencils?

I remember some lucky kids at primary school had the fold out set of Derwent colour pencils, but not me. In the 1980s as a Design Architect, I was lucky to work in a group that valued good presentation drawings and we frequently used colour pencils to render the form and shadows of buildings in this medium.

The serious creation of art with colour pencils began in 1992 when I did a small drawing of sugar gums on our farm for my mother's 80th birthday. This was a difficult time for me and this small work opened up a new world. Drawing and meditation were a big part of my life in the 1990s and I quickly learnt the amazing variety of techniques available using the medium of colour pencil.

## What drew you to the medium of colour pencil?

The major quality of colour pencil that interested me was the ability to create fine detail. Fascinating effects can be used by mixing and layering colours, construction of darks, impressed line, sgraffito and burnishing along with many other techniques. Also, there is no need for elaborate setting up and cleaning up after working on a picture. You can also stop and put away a piece at any stage of the work then pick it up again.

## What inspires you?

I am inspired by the natural world, rocks, water and travel. Photography has been one of my passions since teenage years and as a photorealist I reference images collected on film over 40-50 years.

I was lucky to travel widely during the late 1960s, early 1970s and then again in 2000 until recently. The selection of subject matter is often done in meditation and generally contains layers of



interpretation such as symbolism, abstraction, myth and history.

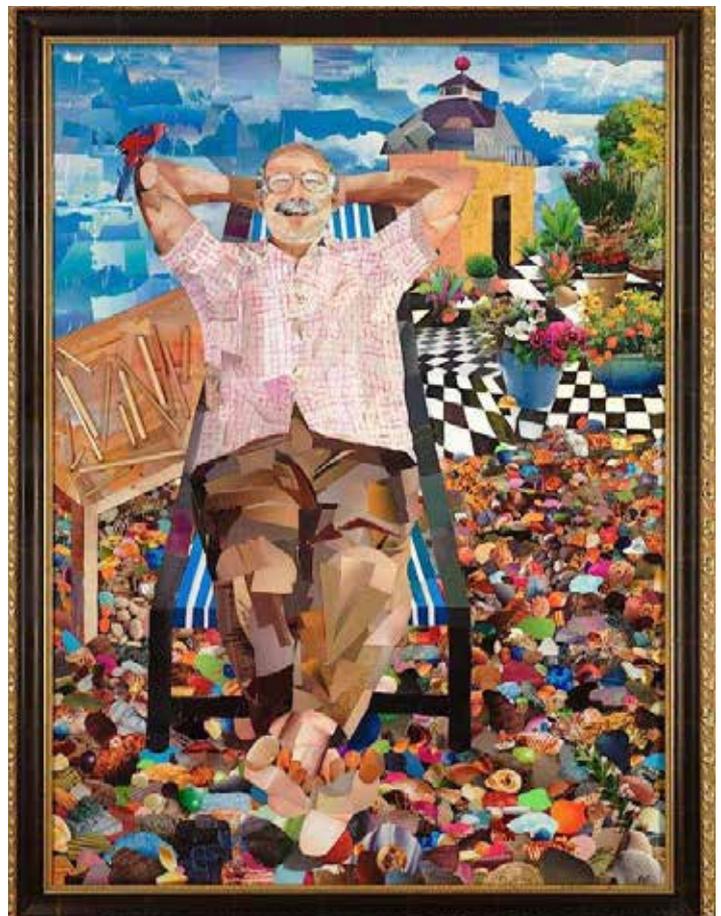
Geoff is a distinguished Fellow of the Australian Guild of Realist Artists (AGRA) and a member of the Colour Pencil Society of America (CPSA). He has won countless awards and has held many solo and group exhibitions.

If you wish to see more examples of Geoff's work you can view it online via the following links:

[www.geoffsargeantartist.com](http://www.geoffsargeantartist.com)

[www.facebook.com/geoffsargeantartist/](https://www.facebook.com/geoffsargeantartist/) // [Instagram\(@geoffsargeantartist\)](https://www.instagram.com/geoffsargeantartist/) Email: [geoffsargeant@myself.com](mailto:geoffsargeant@myself.com)

WENDY LINDREA, Emerald Arts Society



Portrait of Geoff Sargeant by Annette Slattery (Secan)

# BIRDS AND BEES IN YOUR GARDEN

With the spring season well underway and flowers blooming, it's the perfect time to see what plants are attracting birds and bees to your garden and to think about planting more. Both birds and bees are an integral part of a balanced ecosystem and have several important functions such as pollination and pest management. Their basic needs are food, shelter, fresh water and breeding or nesting sites.

Birds in particular, benefit from a garden that has structure and diversity as they live and feed at every level of the garden, namely, the canopy (tall trees), mid storey (small trees and shrubs), understorey (small shrubs), ground cover, leaf litter, rocks, logs and soil fauna. Native plants have evolved alongside native wildlife, so provide the best food and shelter for them. The more biodiversity, the more habitat and the more wildlife we will have.

Birds have different food requirements and are divided into the following groups:

- Fruit feeders (Frugivores) e.g., eastern rosella, silvereye
- Seed feeders (Grainivores) e.g., finch, parrot
- Nectar feeders (Nectarivores) e.g., honeyeater, spinebill
- Insect feeders (Insectivores) e.g., eastern yellow robin, fairy-wren
- Carnivores (meat feeders) e.g., kookaburra, magpie

The following are examples of native plants that provide food for birds:

- Fruit: dianella, native raspberries, prickly currant bush
- Seed: acacia, flax lilies, native grasses, sedges
- Nectar: banksia, callistemon, correa, grevillea
- Insects: acacia, correa, daisies, everlastings, hardenbergia, lilies, melaleuca, sweet bursaria



Photo above: *Grevillea* spp.

Birds also benefit from the addition of a bird bath that is out of reach of predators such as cats, and also nest boxes if there are no hollow-bearing trees for instance. Bees are the most important pollinators and have co-evolved with flowering plants. However, they are under threat due to our dependence on the production of mono crops such as canola, corn, soy beans, and wheat, as well as our increasing reliance upon pesticides and the destruction of habitat and loss of biodiversity.

European honeybees collect about 90% of available nectar and pollen but pollinate only about 5% of our plants. On the other hand, Australian native bees are active pollinators and their main role is the collection and transfer of pollen, particularly from Australian wildflowers.

Australia has around 1,700 species of native bees, and the major groups found in Victoria are reed bees, blue banded bees, teddy bear bees, leafcutter bees, resin bees, Homalictus bees and masked bees. Most native bees in Australia are solitary, do not live in hives or make honey, and live and nest alone in cavities, small spaces in wood, and some burrow in ground.



Photo above: *Blue Banded Bee*

To attract bees to your garden, offer food, shelter and water throughout the year. Choose plants that flower right through the year, such as grevilleas, or have a long flowering period such as annual wildflowers, as well as perennials like bergamot, borage, clover, coneflowers, lavender, salvia, and sedum (bee's favourite colours are blue, purple, yellow and white). Favourite herbs include basil, dandelions, mint, nasturtiums, oregano, rocket, and rosemary, whilst favourite fruit and vegetables for bees are apple, avocado, broccoli, cucumbers, grapes, melons, nuts, passionfruit, peas, pears, tomato, and zucchini. Bees also like exotic plants such as, dahlia, daisies, magnolia and roses, and native flowering plants such as acacias, banksias, callistemon, eucalypts, grevillea, hakea, leptospermum, melaleuca and westringea.

As a general rule of thumb when planting to attract bees - use a range of colours, plant flowers in clumps (vs scattered), include flowers of different shapes and sizes, and plant where bees will visit (sunny vs shade, shelter from strong winds).

## GARDENING



Photo above: *Borago* spp.

Honey bees forage all year, but most native bees take a break mid-winter, when their focus turns to shelter. Honeybees live in colonies and hives, whereas, most native bee species nest underground or in natural cavities. It is important to provide some basic protected habitat for native bees such as a few patches of partially bare, undisturbed soil, some branches and dead trees. Native bee hotels are another way of providing alternative shelter. The leaves of rose bushes, buddleja, bauhinia, desmodium, salvia and wisteria also provide nesting materials for the bees too.

Bees also need a source of shallow water, such as a bowl with some floating twigs to provide a landing pad or even a pond. Wet sand or pebbles also provide accessible water to bees.

Both bird and bee populations are being affected by the over-use of chemicals, so it is important to either reduce or eliminate pesticide use. Increasing biodiversity in your garden and using organic and natural pest control methods such as companion planting, will help to keep the ecosystem in balance,



Photo above: *Banksia* spp.

eliminating the need for pesticides and chemicals. Leave pest control to natural predators such as flies, lacewings, ladybirds, praying mantis and solitary wasps.

KAREN NEWMAN

#### References

Aussie Bee

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

**Gardening Australia**

<https://www.abc.net.au/gardening/>

**Gardens for Wildlife Victoria**

<https://gardensforwildlifevictoria.com/>

**Sustainable Gardening Australia**

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

**The Diggers Club**

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

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# BOOSTING KIDS' IMMUNE SYSTEMS

The next few months will present challenges as COVID case numbers rise and we come out of lockdown. Our kids, who we have safely kept at home for two winters in a row, will finally go back to school. But not without hesitation. Some kids are not vaccinated and will be surrounded by other kids who are. Thankfully, it appears that for the majority of kids, this crippling virus does little more to them than a heavy cold. I for one though, want to make sure my children's immune system is still strong and robust.

Whilst a lot of what is happening in our lives is totally out of our control, what is in our control is diet, and what goes into our kids' growing bodies. There is a lot we can do to arm them to be super strong and healthy every day.

The number one supplement that goes hand in hand with immune systems, virus-based illnesses and respiratory health is olive leaf extract. It is both anti-viral and anti-bacterial and is a super immune charger. It is used also to reduce the severity of colds, flus and viral infections. There are no studies done yet on olive leaf extract and Covid-19, but it makes sense that this is what you want in your cupboard as part of your nutrient army. It is available from chemists, health food shops and health care practitioners.

Vitamin D and Vitamin A are amazing for strengthening the respiratory tract. Cod liver oil is high in both of these, but it is hard to get into kids. There are children's Vitamin A and D supplements, but just getting them outside every day will obviously boost Vitamin D naturally. Foods that contain Vitamin A are carrots, sweet potatoes, kale, berries, eggs and butter. As long as children are getting at least one of these foods per day, they should be meeting their Vitamin A requirements.

Good old Vitamin C should never be underestimated. Include berries, kiwi fruit, red and yellow capsicums and broccoli into their daily diet. Smoothies are also an easy way to hide fruit and veggies and even liquid supplements.

Another way to arm the immune system, is by making sure their gut is nice and healthy. Get on top of any underlying food intolerance, as that affects gut bacteria. If they are the type of child to pick up tummy bugs or gastro, a probiotic is essential. Probiotics are always a great way to boost the immune system. There are lots of good, tasty probiotic rich drinks now available in the yogurt section of the supermarket. Go for the ones that say Kefir or Filmjolk, as they are highest in probiotics. Yakult unfortunately is full of sugar.

Sugar and processed food can weaken the immune system and has no nutrient value, so limit these foods to one snack a day. This is also a good opportunity to then add healthier foods into their diet.

Including fruit and veggies high in Vitamin C, having more veggies at dinner, reducing sugar, plus adding in a supplement or



two are all easy changes to make. Stock your children's lunchboxes with superfoods and send them off to school.

## Immune Boosting Juice

Ingredients:

- 1 carrot
- 1 orange
- 1/2 cup berries
- 1 tsp cod liver oil
- 1 tsp olive leaf extract
- 100 mls water
- ice

## Method:

Place all ingredients into a blender or Nutribullet and process until smooth. Add extra water if too thick. Serves 1.

MEGAN BOURKE

Nutritional Balance

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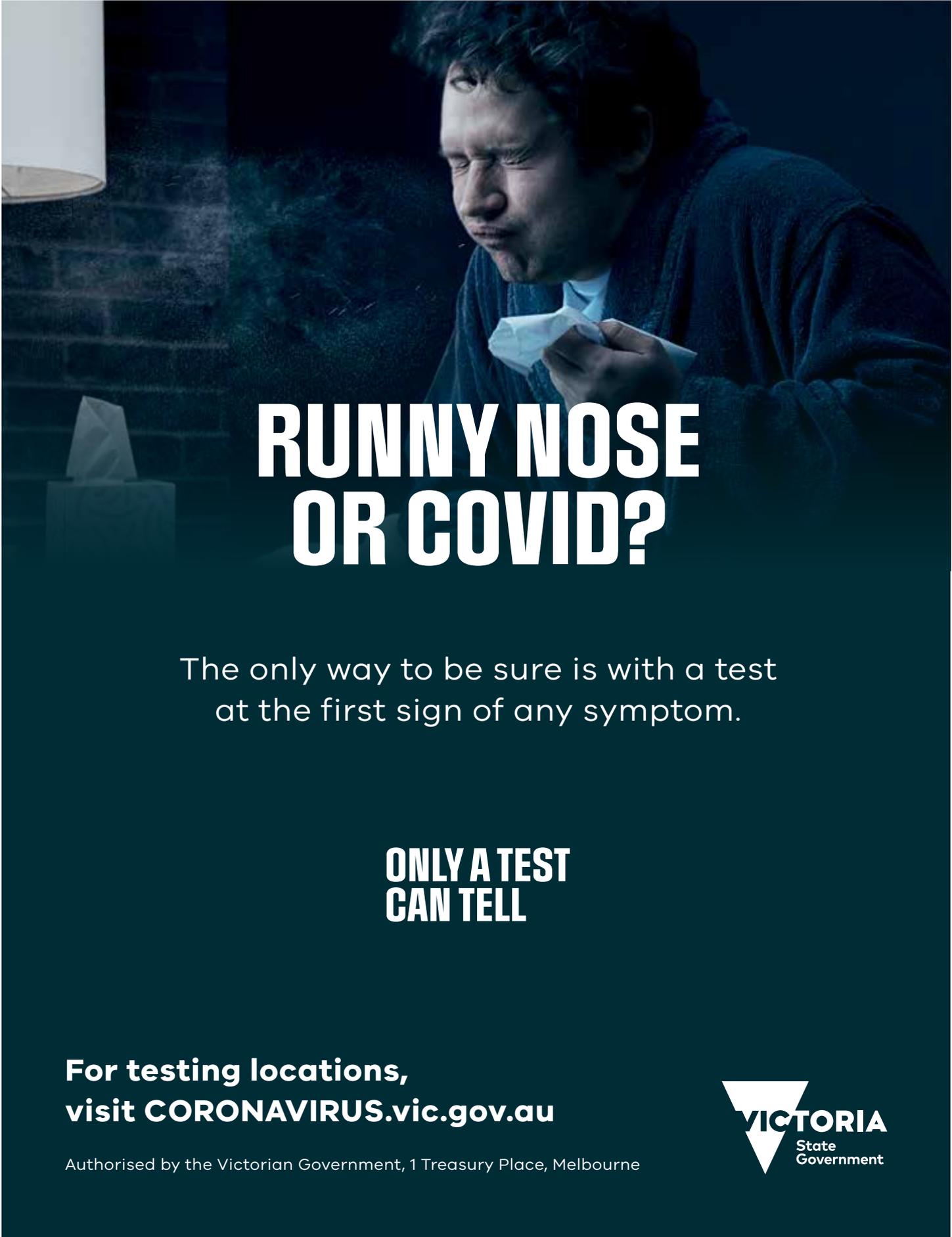
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Nutritional Balance

[nutritionalbalance.com.au](https://www.nutritionalbalance.com.au)



# RUNNY NOSE OR COVID?

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at the first sign of any symptom.

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CAN TELL**

**For testing locations,  
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Authorised by the Victorian Government, 1 Treasury Place, Melbourne



# BAKING IN MONBULK

Arthur Roberts arrived in Melbourne by steamer in 1889 after working as a baker for six years in London. Renting a house in Carlton, he baked bread at night while breaking stone for roads by day for 25 shillings a week. His wife Ellen bore three children there, but lost the first at birth. Three more arrived, then the fifth was lost at six months. Trouble struck when he lost his savings of a hundred pounds through a Building Society collapse.

Families were established on most selections when they arrived in the Monbulk Village Settlement in 1896. They found land up on the steep Olinda hill, where there were 'steep steps everywhere'. Arthur built a split timber house the size of a garage, with a slab floor, shingle roof, hessian and paper lining. A cellar underneath held a Coolgardie safe.

For a few years they lived off their variety of crops of fruit and vegetables. On three acres of grass they had a cow and calves, pigs and fowls. Once weaned, the calves were branded and put out into the forest to graze. At regular roundups, neighbours gathered to select an animal for slaughter. Roberts had scaffolding with a block and tackle where the animal was skinned and dressed. All the neighbours helped and butchered the carcasses on the next day. Meat was shared, salted down and used over the next weeks. Pigs were made into bacon.

The orchard was producing by the turn of the century when Roberts had a breakdown. For a couple of years, the family with three surviving children and a new son lived on the Building Society money, which was fortunately returned to them. The little ones enjoyed a mile walk on Saturday mornings to a big heap of sawdust left on Stony Ford Creek, where they played and watched small fish in the creek before the mile walk home. Another son arrived in 1904.

By then Roberts had made a new start with a third bakery. It took him a couple of years to save for his oven. He bought a horse, made a sledge and carted clay. He made bricks, sun-dried and baked with fire. He cut into the hill for level ground using soil to support a domed roof, but twice it fell in. Only after H. C. Dennis advised a higher dome did he succeed. This bakehouse was built around the oven, with a chimney in the corner and a 6 foot by 5-foot door in front. Meanwhile he continued to attend to his raspberries.

Only from 1906 was flour available weekly from Lilydale. Even without the snow that lay on the ground for a winter week, he needed a sledge to cart the 150 pound bags a mile from the delivery point, squeezing up the narrow track. He began baking twice a week at first but soon moved on to full time. He made dough in the evening, left it to rise overnight, baked in the morning and delivered four days a week by packhorse with a basket on each side. For several years this earned him five pence halfpenny for each four-pound loaf.

By 1910 Roberts was able to buy town land where he built a house and bakehouse. After moving in and the roads improving,

he bought a delivery cart. This was a great novelty for his ten year old son, Ernie, as he helped with deliveries on the Graded Road.

Ernie cleaned the bread tins, fetched wood after school and boiled a kerosene tin of water for the family wash in a stone fireplace a quarter mile down the creek. Once while Mum was washing, Ernie went with a couple of mates to explore a swimming hole dug by pickers on the adjoining block and fell in. The boys watched him go down twice before running two hundred yards to fetch his mother. She ran quickly, jumped in and pulled him out. Their neighbour, Archie Dennis, carried him home for her. On summer evenings the children went fishing in the Sassafras or Emerald Creeks, adding blackfish and eels to the family diet. On the way home from school by that narrow rough steep track through the bush with two creeks to cross, they climbed trees and swung on bark from a big stringybark near the creek.

Sundays took them to the Methodist Church where Sunday school was held at 2.00 pm just before a 3.00 pm church service. A highlight of their year was Easter Monday, when a picnic lunch and tea took place at the church with footraces in the afternoon. School was also held at the church after the 1913 fire. Other breaks from the constant work were occasional wood chops, one night shows, and even a circus on the football ground. It was 1913 before Arthur and Ellen managed a trip to Melbourne. They had bills to pay there but managed to fit in a trip to the zoo on the horse tram.

After a couple of years Arthur acquired a second horse and Ernie's work included riding one up to Olinda every few weeks for shoes. In 1918 he was on duty four times a day caring for the horses, now on the pay list for sixpence until at the age of thirteen he was employed full time for two shillings and sixpence a week. By then another store room had been built.

Arthur's younger teenage daughter Kathleen helped in the house and shop as her mother made butter once a week. While at school, the girls and their brother Fred each filled a seven-pound golden syrup tin with water to take home daily during summer water shortages. The elder daughter, Ethel, soon departed for domestic service in Melbourne.

Later, after their first ever real holiday to Sydney, Arthur and Ellen returned to make the first Easter buns, for in 1919 there was an influx of Easter and Christmas visitors. Transport had improved during World War 1 when a new Belgrave-Kallista road was metalled all the way. Bert Nation's large new drag with its four horses took twenty people to Ferntree Gully in an hour.

Soon Ernie bought a block in the main road and a motorbike to go courting. He brought his new wife to his new house in 1925. A couple of years later Arthur retired, and died shortly after. Ernie built a new bakehouse behind his house, selling sponges, small cakes, scones, fruitcake, bun loaves and meat pies. Deliveries out of town became possible. During the late twenties he employed Harold Nation and Ernie LeJuge. Ernie Roberts sold the business to Ernie LeJuge in 1930. He then became a builder with his son Kevin Roberts, living on until 1986.

DOROTHY WILLIAMS

COMMUNITY

# WHAT'S UP AT MBO?

Mount Burnett Observatory is very much a part of the local community in the Dandenongs. Like the rest of our community we have been affected by lockdowns which has led to sudden cancellations and change of plans. We are learning to navigate this new world while still staying true to our goals of sharing the wonders of astronomy with everyone, encouraging a love of science while preserving a very cool and surprisingly small observatory.

Since 2020 we have shifted a lot of our activities online. We aim to run regular public 'Night at the Observatory' sessions where our volunteers will present different astronomy related themes. Our September session was 'The Solar System' and we are working on the next one.

Next year will be our 10th anniversary as an organization. In those ten years we have grown from a membership of about 30 people to a wonderfully diverse group of over 700 members. Anyone who has ever visited MBO will know that the site could hold a maximum of about 50 people at one time. In effect, this new online world has let us expand our reach to more people.

In addition to the online public sessions, we run weekly Member Nights with either guest speakers or MBO Members hosting and giving presentations. We also run a Young Observers Group and Code Club online for our younger members and their families. In addition, our team is working on what we can offer our community and educational organizations.

And now it's up to you! MBO is your observatory so why not join us, get engaged and be excited! We always welcome new members and every single person on our team is a keen volunteer. MBO is open to all ideas and even though we are thriving in the online world, we hope to get active in the real world again soon. We'd love to have you with us!

We will continue to keep you up to date with more news from MBO. Remember, we are your local observatory and we welcome all community involvement. If you are interested in knowing more or helping out, you don't need to be an expert



- just drop us a line!

HEIKE REICH <https://mbo.org.au/> [info@mbo.org.au](mailto:info@mbo.org.au)  
[facebook.com/MtBurnettObservatory](https://facebook.com/MtBurnettObservatory)

**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

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# EVOLUTION DOESN'T ALWAYS MEAN PROGRESS

Evolution means change which can be for the better or worse.

Stop and take note of three behaviours we are all doing right now - sitting, reading and wearing shoes, completely normal, right? What if these three simple things were contributing to our decline causing us to “dys” evolve?

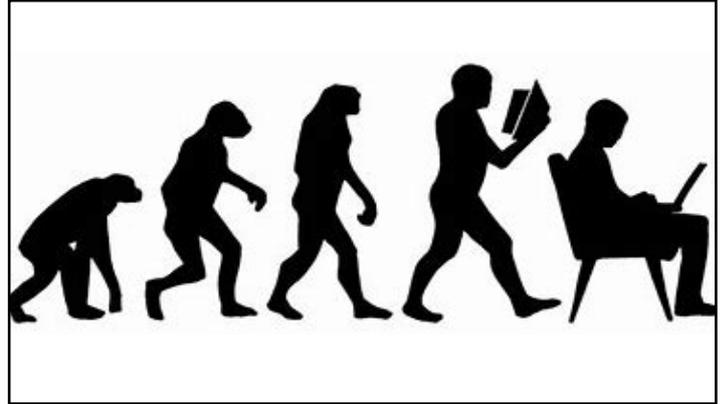
So what is evolution? In biology, evolution is a change in the characteristics of the species over several generations and relies on natural selection, which is defined as “those species most suited to their environment will survive, and given enough time, the species will gradually evolve.”

We have adapted to our environment, so why despite all our modern medicine and the increase in our average lifespan do we suffer from disease and illness? Have we “Dysevolved”?

Dysevolution, a concept theorized by Biologist Daniel Liberman, claims that cultural changes have outpaced human evolution, explaining why our backs ache, our bones are growing more brittle and why we are breathing poorly. According to Daniel Liberman, shoes, computer screens and padded chairs are not normal. Our bodies may have good reason to complain because it was not designed for these accessories. Enclosed shoes lead to foot problems, bunions and plantar fasciitis - small potatoes compared to other diseases such as type 2 diabetes, osteoporosis and many cancers.

These disorders can share the characteristic of being chronic, non-infectious and influenced by wealth and culture. Modern medicine has come up with treatments for these but not solutions as deaths and disabilities continue to rise.

The above examples are what Daniel Liberman calls “mismatched diseases” - those that occur simply because our body



has not evolved for modern times and that dysevolution is in play. Our health is declining despite innovation in medicine and science. He writes that it is a deleterious feedback loop that occurs over multiple generations when we don't treat the causes, but instead pass on the disease keeping it prevalent and sometimes making it worse.

Treating the illness is part of the dynamic of dysevolution. A vicious cycle of treating the illness/disease, instead of investigation into the causes of them may be to blame. For example, in the case of near-sightedness, changes such as increasing in reading habits or time spent indoors, have occurred slowly over the last few millennia which is a characteristic of dysevolution. Another example is the increased incidence of flat feet. The need for comfort and the invention of shoes have made flat feet a result of “evolution”, or progress. Thus, we have the further invention of orthotics which don't cure flat feet. It allows us to cope with the condition thus contributing to the cycle of dysevolution.

There are changes that are happening to the human form that are alarming. Bone spurs which are not uncommon have become accepted and normalised. We may know them to occur in our feet, however, when we are growing them on the back of our skull due to forward head posture resulting from too much looking down at a screen. We should at the very least be disturbed enough to stop and think to pause the “evolution” or dysevolution of this change.

Other changes that are more recent in the human form are

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## HEALTH

smaller jaws, absence of wisdom teeth and a changing shape of our skulls. The shape of our skull over time has contributed to poor breathing. We tend to breathe through our mouth, which changes the physical body and airways, for the worse. There is much literature on breathing dating back to around 400 BCE (before Christ, or Before Common Era). Writings described how breathing heal us depending on how we use it. Hindus considered breath and spirit the same thing and described elaborate practises that were meant to balance breathing and preserve both physical and mental health. Breathing was powerful medicine.

Studies have shown that mouth breathing can increase blood pressure, contribute towards sleep apnoea and the many associated problems with lack of sleep including mood disorders and low energy levels. Mouth breathing dehydrates us, and can affect the way we regulate our hormones, making us more stressed. We tend to breathe shallower through our mouths relative to nasal breathing.

Nasal breathing clears air, heats it and moistens it for easier absorption. It expands our sinuses which helps respiratory disorders and relieves congestion. It also reacquaints us with one of our oldest senses, the sense of smell. Breathing is so much more than getting air into our bodies. It is the most intimate connection to our surroundings. It's that full circle health feeling you get when you are outside and you "breathe it all in" or that feeling you get when you "breathe out stress and anxiety".

We tend to breathe deeper through our nose. This can help expand the bones in our upper body, and therefore provide space in our thoracic cavity where many of our incredible organs live. We can set them free to do their work simply by giving them space through breath. We can also give our spine more length through deeper breathing providing space and perhaps helping to alleviate back pain.

What if we simply breathed more consciously each day through our noses? By the law of averages, we will take 670 million breathes in our lives. Nasal breathing can be a powerful medicine.

More benefits include:

- Clears sinuses, tones muscles at the back of our airways, changes the shape of our face, less slack/droopy jaw, more enlivened face - feels energetic and appears energetic/happy - less snoring/sleep apnoea
- Improved mental clarity, better mood, patience, energy, resilient, enthusiasm, better quality of life which can help us to help others
- Encouraging us to use our aerobic system of our body instead of anerobic system. Exercise becomes fun and enjoyable, adherence to physical activity can stop the dysevolution that is occurring
- Helps filter the air and assists our immune system
- Helps maintain hydration

Brings us to the present moment and reduces stress. Changes the endocrine system of our body and helps get out of constant fight and flight.

We may be told, or we may hold a belief system that chronic allergies, respiratory conditions and viruses and congestion are a part of life or that snoring is a normal part of ageing. We have normalised this. What if we could help heal ourselves through the simple art of improved breathing?

I ponder, if we simply chewed better to maintain space in our skull, increased physical activity, went bare feet more frequently and spent more time outside and paid more attention to nasal breathing, we could give ourselves the best possible chance of avoiding the deleterious feedback loop of dysevolution and could maintain better health.

Stay well, safe, happy and be kind always.

DI DALL'OGGIO

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

## The Food Store at St. Luke's

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EVENTS

# 50<sup>th</sup> Anniversary of Victoria's Emblems

From the early works done purely as a descriptive aide for science to the more modern artistic endeavours, some old favourites and some brand new, these images are a sample of what to look forward to when we present the Emblems 50<sup>th</sup> Online Gallery

## Emblem Online Art Gallery

Launching October 2021



John James Wild 1884



David Williams 1992



John Gould 1867



Lisa Kennedy 2019



Jack O'Connor 2020



Janet Flinn 2008



Marion Gould



Liz Cogley

Exhibition Enquiries: Marita Hanigan  
Friends of the Helmeted Honeyeater

e: [info@helmetedhoneyeater.org.au](mailto:info@helmetedhoneyeater.org.au)  
w: [www.helmetedhoneyeater.org.au](http://www.helmetedhoneyeater.org.au)



# Program - Term 4

October 4 – December 17, 2021

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

**Office open:**  
Mon, Wed & Friday  
10am -3pm or by appt.  
(Closed during school holidays)

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

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

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



Emerald Community House Inc.  
356 - 358 Belgrave-Gembrook Rd, Emerald VIC 3782  
Telephone: 03 5968 3881 Email: emhouse@iinet.net.au  
www.emeraldcommunityhouse.org.au  
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## Membership - Course Enrolment Details & Conditions

### Membership Fees

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

Further details: [www.emeraldcommunityhouse.org.au](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 are not achieved. Terms & Conditions are also online.

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

## Course Guide

### Permaculture Design (Pete the Permie)

Course Code PDC with Peter Allen



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

**Due to COVID lockdown this course has not started and still has some spots available.**

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

### Pete's Term 3 Fruit Classes

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

## Health & Wellbeing

### QiGong for Health & Healing

Course Code QG with Maxine Gardner

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

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

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### Emerald Wellbeing Group – FREE

Course Code WG

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

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

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

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### Gentle Yoga Course

Code GY with Lisa Baker

Strengthen your core and improve your flexibility

#### Monday Evening

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

Beginners Class Monday Evening same dates as above

Time & Venue: 7.00pm - 8.15pm, ECH Hall  
 Course Fee: \$165.00 (incl. GST)

#### Friday Morning

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

## Information Technology

### Computers (Day Sessions)

Course Code CD with Nardia Lyle



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

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

## Cooking Classes

### Cooking Classes for Adults with a Disability

Course Code CCFA with Dianne Edwards

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

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

Dates: Monday 4<sup>th</sup> October – Monday 13<sup>th</sup> December  
 Time & Venue: 9.00am – 12pm (Zoom during the lockdown)  
 Course Fee:

## Adult Education

### Literacy for Adults with a Disability

Course Code ALFA with Dianne Edwards



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

Dates: Monday 4<sup>th</sup> October – Monday 13<sup>th</sup> December  
 Time & Venue: 9.00am – 12pm (Zoom during the lockdown)  
 Course Fee:

## Adult Education

### Developing Your Writing Skills

Course Code DYWS with Maria Millers



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

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

## Tax Help

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

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

## Suggestions

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

Are you interested in other activities, events or services run in the future? Topics could include craft, photography, cooking, gardening, sewing \alterations, preserving and arts projects.

We are able to source tutors and teachers who can deliver a course on a specific subject which could help you access job opportunities, network in the community or kick start new enterprise.



## Venue Hire Bookings

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

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

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

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

Enquiries: 5968 3881  
Application forms: [www.emeraldcommunityhouse.org.au/forms](http://www.emeraldcommunityhouse.org.au/forms)

## Children's Programs

### Occasional Childcare

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

### Monday, Tuesday & Friday

Sessions: 6 months to 5 years 9.30am - 2.30pm @ \$55.00 per child  
Childcare Casual Rate: \$15.00 per hour, per child (minimum 2 hrs)

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

### Out-Of-School Hours (OOSH) Care

Sessions: Monday to Friday  
6.30am - 8.45am  
3.30pm - 6.30pm

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

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

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

# AFGHANISTAN'S PRECARIOUS JOURNEY

Sanaz Fotouhi travelled to Afghanistan four times between 2006 and 2013 as part of a team to make two documentary films, including the multi-award winning film, *Love Marriage in Kabul*. The film features the tremendous work of Afghan-Australian Mahboba Rawi who runs Mahboba's Promise, as we are taken on a journey to see to the marriage of one of the very first boys she saved.

Recently Sanaz also published a book about the journey of the making of the films and her experiences of Afghanistan called *Love Marriage in Kabul: A Memoir*. She was interviewed on 3MDR, contributed to Emerald Messenger and many listeners and readers expressed interest in what's next for those left behind.

Throughout her journeys to Afghanistan Sanaz witnessed the blossoming of Afghanistan after the Taliban initially left and watched as it thrived into a new advancing country. And now, as we watch, Afghanistan is once again in the claws of calamity



and all the works educators, humanitarians, and citizens, including all of Mahboba's projects have fallen into pieces.

Sanaz discusses her work and the recent situation of Afghanistan in an online forum on Wednesday October 27th 8:00 to 9:00 PM. To register to listen, go to <https://www.eventbrite.com/e/190764009287>.

To watch the film before the discussion, go to <http://lovemarriageinkabul.com/> and it can be streamed online for a small fee.

SANAZ FOTOUHI

## Emerald Community House Childcare



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CALL OR EMAIL FOR MORE INFO:

**03 5968 3881 or [emhouse@inet.net.au](mailto:emhouse@inet.net.au)**



## SUPPORT

# STORM RECOVERY INFORMATION

## Storm Recovery Newsletter: September/October 2021

Cardinia Shire Council is committed to supporting our community through the recovery period following the storms of 9–10 June 2021. We understand that recovering from the storm will take time and may be challenging. Our Recovery team is available to provide information and help you access services.

To contact a Recovery Officer email: [recovery@cardinia.vic.gov.au](mailto:recovery@cardinia.vic.gov.au) or call Customer Service on 1300 787 624.

The storm recovery newsletter provides general information on relief and recovery assistance which may be available to you. To register to receive Council's storm recovery newsletter,

visit: [www.cardinia.vic.gov.au/storminformation](http://www.cardinia.vic.gov.au/storminformation)

### Recovery and your mental health - Who can you contact?

Call Windermere to put you in touch with various support services, including a mental health clinician, on 0408 521 320 or leave a message and staff will return your call.

Windermere has local recovery support case workers, available to work with you and your family to help navigate the various support services that may be available to you.

The case support service may be able to provide you with a small amount of financial support to respond to immediate financial need. The program is funded by the Commonwealth State Disaster Recovery Funding Arrangements (DRFA) and the Victorian Government, meaning there is no charge for the support provided by this program. To access this program or find out more phone 0408 521 320 or email: [stormrecovery@windermere.org.au](mailto:stormrecovery@windermere.org.au). This is a free service.

### Call helplines or view more information online:

Lifeline: 131 114 24-hour telephone counselling, information and referral service.

BeyondBlue: 1300 224 636 Provides information on depression and anxiety. To access professional counselling services, please make contact with your GP and ask for a referral.

Kids Help Line: 1800 551 800 Confidential telephone counselling service for young people aged 5–25 years.



Headspace: 1800 650 890 For adolescents aged 12–25 years.

ParentLine: 132 289 Counselling and information for families with children (up to 18 years) from 8am to midnight, 7 days a week.

Men's Line Australia: 1300 789 978 24-hour counselling and advice for men. Safe Steps Family Violence Support: 1800 015 188.

Family Violence support: There is an increased risk of family violence after an emergency. Help is available by calling 1800 RESPECT (1800 737 732 - confidential) or go to the Family Violence Support website [www.vic.gov.au/family-violence-support](http://www.vic.gov.au/family-violence-support).

For information and 24-hour online and phone services about suicidal thoughts and concerns contact the Suicide Call Back Service: 1300 659 467 or visit their website: [www.suicidecall-backservice.org.au](http://www.suicidecall-backservice.org.au)

### Storm and flood residential clean-up program:

Bushfire Recovery Victoria is providing a free clean-up and recovery program for the owners of private property damaged by the storms and floods that occurred on 9 and 10 June 2021.

The program will remove hazards such as dangerous materials or trees, that pose a threat to property or work crews, as well as any vehicles that were damaged beyond repair. This program is voluntary, free of charge and open to eligible property owners.

Registration for assistance can be made through the Bushfire Recovery Victoria storm clean-up program. To find out more about eligibility criteria and how to register, visit Victorian Government Clean Up Program or call 1800 560 760.

### Trees:

To report fallen trees and branches on Council land or roadsides call 1300 787 624 or visit [https://www.cardinia.vic.gov.au/info/20019/fire\\_flood\\_and\\_emergencies/893/information\\_for\\_residents\\_and\\_businesses\\_affected\\_by\\_the\\_recent\\_storms/7](https://www.cardinia.vic.gov.au/info/20019/fire_flood_and_emergencies/893/information_for_residents_and_businesses_affected_by_the_recent_storms/7)

Register for an assessment of hazardous trees on private property that pose a risk to safety with Bushfire Recovery Victoria, visit Victorian Government Clean Up Program or call 1800 560 760. Where large trees that have fallen on private property, property owners can also reach out to Vic. Forests email: [vfs.admin@vicforests.com.au](mailto:vfs.admin@vicforests.com.au) for advice.

To register for volunteer assistance through Help the Hills, Dandenong Ranges Taskforce phone: 0480 337 817.

### Extra hard and green waste collection services:

For larger items, including hard and green waste, additional kerbside pick-up services will be provided to storm-affected areas. To register for a hard and green waste collection call Council on: 1300 787 624.



## SUPPORT

**Utility Bills - Yarra Valley Water:**

Yarra Valley Water are offering flexible payment arrangements for those experiencing financial pressure. These supports may be in the form of government grants or concessions, depending on your circumstances. Phone 1800 994 789 or visit Yarra Valley Water's financial assistance page on their website.

Households who are experiencing difficulty paying their water, mains electricity or gas bill may

benefit from the Victorian Government's Utility Relief Grant - Utility Relief Grant Application.

**Council property rates and services charges:**

If you are unable to live in your home or it is significantly damaged, you can request having the property value reassessed and amended as necessary, which may reduce the total rates and Fire Service Property Levy.

If your house has been deemed uninhabitable, you can request consideration to waive waste service charges.

If you have been impacted by the storm, you can request a payment arrangement or short-term deferral. Where severe impact has been confirmed, you can submit an application for financial hardship assistance.

Properties meeting the above criteria may also be interest exempt and not subject to debt recovery action.

For more information, email: [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au) including your name, property address and details of damage.



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Authorised by H Shing, 216 Commercial Rd, Morwell. Funded from Parliamentary budget.



# NEW TO OLD ENGLISH?

For those of you who read my article in the August edition, this last month or so has become increasingly busy. As we continue with rolling lockdowns the “cracks” are starting to appear in school children’s progress or lack thereof. I’m finding from the feedback that I get from parents is that there are layers of concern. Firstly, the exclamation I hear most often from parents when trying to help their children navigate home schooling is “I am not a teacher!” The second most common comment I hear is “I am trying to help my child with their school work but my English is not good either!”

Parents worry that they are not doing enough to help their kids, whilst trying to juggle their own work and family life. They also worry that some of the weaker areas in their child’s or children’s literacy skills are weakening further. Some have difficulty with essay writing and some with basic reading, writing, grammar or spelling and just find it overwhelming. Kids often say to me quite knowledgeably that “English is the most difficult language in the world. Everything is spelled differently to how it sounds and it just doesn’t make sense.” Does this sound familiar? I can help “unpack” all of this.

It all goes back to the Old English. Old English was the language of the Germanic inhabitants of England, dating back to the time of their settlement in the 5th century to the end of the 11th century. This Germanic parent language referred to as Proto Germanic underwent changes. By 1066, upon the conquest of England by the Normans, numerous words were adopted from French and Latin.

The alphabet, used to write our old English texts, was also adapted from Latin, but unfortunately spelling was never standardized. Different sounds with continental influences were pronounced differently over time, leading to different dialects and the inconsistency we have in the English language today.



So, what does all this mean for the modern day English user? Definitely, the old English spelling is here to stay, however the good news is that there are rules, there are exceptions and there are exceptions to the exceptions - fortunately, not as many as you may think. I don’t know about you, but I find that once you understand why something is the way it is - it makes it easier to understand - it demystifies it. It no longer seems haphazard.

Linguists worldwide agree that language is largely intuitive so we inherently pick up on patterns (this is how a 4-year-old can construct quite complex sentences without ever being taught grammar). We can tap into these intuitive skills at any age or stage in life and that’s worth thinking about.

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Cambridge post graduate certificate in TESOL

Certificate in Adult Literacy

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