



STORIES ACROSS THE DANDENONG RANGES • TOURISM

ENVIRONMENT • ARTS • FINANCE • HEALTH • WELLBEING • FOOD • PROPERTY • EDUCATION

ENTERTAINMENT • EVENTS • HISTORY • NATURE • DOG TRAINING

NEW COMMUNITY FIRED ARTS CENTRE



Frenchman Carl Faberge's famous enamelled Easter eggs.

Emerald Community House will be opening a new Fired Arts Centre at the end of April in the century old church hall, offering adult education classes in pottery, enamelling, jewellery making and glass fusion. These courses are the perfect antidote to escape the trials and tribulations of what has become our new normal life. Working with clay, enamel and metal is a creative tactile tonic after the upheaval of the last two years. Working with your hands is good for your mind.

The Community House stands in the centre of Emerald and has hosted numerous community arts classes, public mosaic projects and arts events over the years. The new Fired Arts Centre will carry on this tradition where students can explore the ancient materials of clay, metal and glass with their hands and

conjure up contemporary objet d'art. There will be a range of classes and the skills can be further developed at home with minimal equipment.

Emerald has a thriving artistic community and it is exciting to bring a new art centre to life offering very different classes than what have been offered in the past. There will be full term classes on offer but ECH is also offering taster sessions in enamelling, jewellery and glass fusion. In the space of an hour students will get the chance to make a piece from each discipline. Taster sessions cost \$20 and details are listed in the ECH program.

Enamelling is a perennially popular art form made famous by Faberge who used enamels to exquisitely decorate his fabulous Easter eggs (above image). The students on

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Emerald Community House Promotes



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PRODUCTION TEAM

Mary Farrow	Editor
Nardia Lyle	Advertising/Layout
Christina Sutton	Editorial Assistant

CONTRIBUTORS

Amanda Charles	Kristen Bradley
Ben Kewish	Marian Matta
Ben Smith	Marina Job
Catherine Pellegrini	Megan Bourke
Di Dall'oglio	Mick Owens
Dorothy Williams	Peter Maloney
Graeme Legge	Shirley O'dwyer
Jaki Farrey	Wendy Lindrea
Jari Castle	
Karen Alexander	

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CONTACT DETAILS

Phone: (03) 5968 3881
 Email: info@emeraldmessage.com.au
 Online: www.emeraldmessage.com.au
facebook.com/emeraldmessage

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ABOUT THIS JOURNAL

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CONTRIBUTIONS WELCOMED

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

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

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

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

this course will first prepare metal for enamelling and then, using a kiln, they will learn how to apply these enamels to achieve different colours and effects. After the initial introduction the fun really starts with an exploration of cloisonne technique where thin metal strips are annealed to the metal to produce wonderful, mesmerizing art works or champleve where textured metal brings out the beauty of your enamelling work. The students will learn how to solder, add gemstones and how to make pieces that will be eminently saleable.

Enamelling classes: will run on Wednesdays from 6.30pm - 8.30pm. Cost: \$400 includes all materials.

Glass fusion, is as it sounds, is an alchemy of joining and melting glass. This class covers a range of different glass forms from making small fully fused glass pieces suitable for jewellery to coasters and bowls. During this exploration into the properties of glass, the students will make their own moulds suitable for glass slumping and experiment with freezing glass for use in tack firing. This fun and immensely rewarding class will teach you how to cut glass, how to shape it, fire it and form it.

Glass classes: will run on Thursdays 10.00 am till 12 noon. Cost: \$400 includes all clay and firing.

Jewellery is worn by everyone so how wonderful to be able to make your own! This is an involved class covering a range of different jewellery styles and metals from rings to earrings, brooches and pendants. During this class students will learn how to form, shape and join metal. They will solder and set stones and take home a wide knowledge base which they can continue to build on.

Jewellery classes: will run on Wednesdays at 10.00am till 12 noon and Tuesday from 6.30pm - 8.30pm. Cost: \$400 includes all materials.

Our pottery studio will specialise in constructive clay, mugs and tableware, jugs and tiles. Over the eight-week course, students will learn about different construction and hand building techniques. After the initial learning process, they will move on to sculpture and building forms on an armature.

Pottery classes: will run on Tuesdays at 10 am till 12 noon and Thursday from 6.30pm - 8.30pm. Cost: \$400 includes all clay and firing.

At the end of each term the students will be able to showcase their work at the Emerald Market and offer pieces for sale should they choose to. Being able to provide a platform for students to sell their work is one of the unique things about the Community House Fired Arts Centre.

Of course, children love working with clay too and they also will get a chance to use the new studio by holding their birthday parties in the hall which is the Fire Arts workshop. Kids' Fire Arts birthday parties are suitable for up to 14 children where they will be fully supervised to create a mug, a fairy mushroom or a dinosaur! There will be a mid-session break for cupcakes and juice before the creations are painted in preparation for kiln firing on site. The mugs can be collected later in the week. Cost: \$35 per head to include all materials and a snack.

Available party times are Saturdays and Sundays at 10.00am, 12 noon, 2.00pm and 4.00pm. Parties last for one and a half hours. Booking and enrolments are available through the Emerald Community House which is open Monday, Wednesday and Fridays from 10.00am - 3.00pm. Call 59683881 or send an email to emhouse@iinet.net.au.

Anna St Clair, Principle Teacher



Our principal teacher at the Fired Arts Centre will be Anna St Clair who has worked in the ceramics and pottery field for the last twenty-two years.

A jewellery graduate from Glasgow, Scotland, Anna worked for many years as a jeweller in the corporate gift market, making pieces for many diverse recipients including Princess Anne.

In 2000 Anna moved away from jewellery into pottery, opening a studio in Perthshire, Scotland called the ceramic experience. With a laidback, bright studio offering casual painting to over 100 customers at a time with a large soft play centre and café the ceramic experience was an instant hit winning Perthshire's Tourism Award in its first year. Requests from other people to open their own studios poured in and Anna had soon franchised her unique concept. Eighteen franchises later and having won multiple awards including Business of the Year Anna, sold up and upped sticks to Australia where she opened Paint a Pot in Narre Warren which continues to be a great day out for families of all ages.

Anna worked closely with Casey Council to bring the pottery classes at the Old Cheese Factory to fruition and taught the classes there from the start and continues as technical advisor and mentor to a whole new group of teachers drawn from her students.

Anna is looking forward to teaching in the Fired Arts Centre in Emerald and is keen that the high cost of study is off set by the opportunity to sell pieces made by the students. Describing herself as half artist, half entrepreneur she hopes she will be able to instil her marketing expertise along with the technical know-how and that her students will love the excitement of making some unique and beautiful pieces.

ANZAC DAY - 2022

The Emerald RSL welcomes a return to an Anzac weekend normality in 2022. The Anzac Day Dawn Service will commence on Monday 25th of April at 5.30am at Anzac Place. Puffing Billy will “present” with its traditional whistle blast as in previous years and the scouts will provide breakfast for those who come, hail rain or shine.

The dawn service is an experience many will never miss—Sounds of warfare, Puffing Billy, the kookaburras, the catafalque party, the flyover, the Ode and Last Post, school students speaking. Mark Fenby on guitar and local Suzanne Frisk will be singing the National Anthem with husband Paul on the didge. In previous years over 3000 people from Emerald and afar witness a very moving service that honours our fellow residents of Emerald and Australia who fought for our country.

At 10.30am the community march will take place from the town centre to Anzac Place where the morning service will occur. All community groups are encouraged to join the



march which we haven't been able to hold for 3 years. The march terminates at Anzac Place for the morning service.

At both services readings will be presented by local students and wreaths will be laid by the Emerald community. At the morning service we will witness a flyover by veteran warplanes during the service - Mustangs, Yaks etc.

After the morning service refreshments will be provided at the RSL clubrooms followed by the Collingwood v Essendon footy from the MCG and the traditional Two-Up.

Many residents take the opportunity to walk the Anzac Walk and listen to the stories of the 32 men from Emerald who died in WWI.

On the Saturday prior, (23rd April) the traditional annual Anzac Football Match between Emerald and Gembrook will take place. This year the game will take place at Gembrook if their club rooms are completed on time, otherwise Emerald Football Club will step up.

PETER MALONEY

President
Emerald RSL
emeraldrsl.com.au
peter.maloney@emeraldrsl.com.au
Tel: 0439 11 22 04

LEARN ABOUT YOUR LOCAL ANZAC HEROES. DO THE ANZAC WALK AUDIO TRAIL.

Anzac Day is fast approaching so whether you're a school class, local club, local group or just a local you can listen to the stories of our 32 local diggers and how they lost their lives in the first world war. It's simple just use your smart phone to download the QR code on this flyer. Stop 1 of the Audio trail starts outside the National Australia Bank in Emerald and all you have to do is scan the QR code reader on the bottom left hand corner of the plaque and your journey to Anzac Place begins. So get set to learn more about our local Anzac heroes and how their sacrifices helped make the community we are today.



For more detailed information you can download The Anzac Walk brochure at emeraldrsl.com.au



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KALORAMA CHESTNUT FESTIVAL

The Kalorama Chestnut Festival is a fundraising event hosted by the Mt Dandenong Preschool and Mt Dandenong Primary School. The Festival has been running for over 30 years and has become a local institution and a much-loved family day out for not only the local community but also visitors seeking a taste of Autumn in the beautiful Dandenong Ranges.

The Mount Dandenong preschool was damaged severely in last year's storm. The preschool is currently working from a temporary space in Olinda Primary School. Unfortunately, we are unable to access the damaged building, and much, if not all of the chestnut festival items are stored underneath the building. Hence, we are having to 'build again', buying new Chestnut roasters, generators, marquees and other necessary items. We have been supported by numerous local businesses, which is in keeping with the community spirit largely brought on by the storms last year.

Shlomit Moria is a chainsaw sculptor and will be sculpting pieces live on site that have been salvaged from the storms. She is famous for the beautiful creations that adorn Olinda play space. She was moved by the story of the preschool being demolished in the storms and has gifted her time and expertise so we can raise funds to support the rebuilding of this important facility. These sculpting pieces will be auctioned off at the chestnut festival in the afternoon.

At the heart of the Festival is the chestnut itself, a humble and under-utilised nut which can be found in abundant supply throughout the Hills. Chestnuts have been grown in Australia for over 100 years and for the hills community are synonymous with Autumn. The familiar smell of roadside chestnut roasting stalls is a special reminder of the changing of seasons.

The Festival averages around 60 stalls selling and promoting *Shaun and Chris volunteer sausage sizzlers*



a large variety of items including, produce, jewellery, clothing, preserves, novelty items, toys, artwork and craft stalls, along with local community groups and businesses. The kindergarten and primary school also host a number of stalls themselves, making it a true celebration of the local Mt. Dandenong, Olinda and Kalorama community.

The power of this humble nut bringing together our community is something to behold. Come and join us on this special fun filled family event.

For general enquiries contact Marina 0425 124 291

For stall information contact Jaki 0435 950 067

Location: Kalorama Memorial Reserve Mt. Dandenong
Tourist Road, Kalorama

Date: Sunday 1st May 2022

Time: 10.00 am - 4.00 pm

MARINA JOB and JAKI FARREY

<https://chestnutfestival.org.au/site/about-the-festival/>



MORTGAGE BROKERS CAN HELP

Buying a home is a big step and it's important to ensure you have all your ducks in a row before getting started. Whether you're a first-time buyer or a seasoned property investor, a mortgage broker can be a huge asset and can help guide you through the loan application process from start to finish.

What is a mortgage broker: A mortgage broker is a licensed credit professional who liaises between you and your lending institution. They collect information about your financial situation, goals, and preferences to find the right loan to match your needs. They can help you buy a property or refinance your existing mortgage, and they are obligated to make recommendations based on your best interests.

What does a mortgage broker do: A mortgage broker's job is to help you figure out how much you can borrow and help you find a loan that's suited to your needs. They can also educate you on the different types of loans and how certain features work. With many options available, a mortgage broker might know about options you may not have been aware of and can explain things in a way that is easy to understand.

Usually, the process of working with a mortgage broker starts with securing pre-approval. Your broker will gather basic personal and financial information to see what loan amounts, interest rates and repayment terms you qualify for.

Once you have pre-approval for a certain loan amount, you can begin searching for a property within your budget. When you find the one you want, you can make an offer that is conditional upon your loan approval.

At this point, your mortgage broker will send the details of the property to the lender. The lender will conduct a valuation on the property to ensure that it is acceptable security for the loan. You may also need to answer some clarifying questions or provide extra information like updated payslips.

Book and attend an appointment before 30th of April and go in the draw to win a premium luxury hamper.



Once your application is formally approved, your mortgage broker will provide your formal loan offer. Depending on your circumstances, your interest rate may be slightly higher or lower than the one you were pre-approved for. If you accept the offer, your broker will arrange for you to settle on the loan when the time comes to take possession of the property.

Why should I use a mortgage broker: Working with a mortgage broker can offer many major advantages, and more than 60% of Australians now use a broker for lending support.

One of the key drawcards to using a broker is that they have access to lots of different lenders, which means they can offer more options and greater flexibility. And, because mortgage brokers are legally required to act in the best interest of their customers, borrowers have an added layer of protection.

Another reason to use a mortgage broker is that a home loan is a long-term commitment and circumstances can change. A good mortgage broker will provide ongoing support and can help you when the time comes to sell or refinance. Many brokers can support you with other lending needs, like car, business, commercial and personal loans. A mortgage broker can also help with a lot of the loan application legwork and many have existing relationships with different lenders and underwriters. They know what a lender will and won't accept and understand how to submit the application which can often help to speed up the approval process.

What is a mortgage broker commission or fee: Mortgage brokers are usually self-employed or independent contractors, which means they make their living on commissions or fees. Like real estate agents, mortgage brokers don't earn a profit until the deal is done.

This is a good thing for borrowers, because their broker is just as motivated to get the loan approved quickly. While different lenders pay different commission percentages, there is relatively little variation across the industry. So, although most brokers work on commission, the lender usually pays. If they find a better deal than you would have found on your own, a broker can help you save a lot of money.

Call me today if you wish to talk about your home loan, car loan, business, or personal loan options.

BEN SMITH

Local Liberty Adviser

Tel: 0424 153 236

ben.smith@libertynetwork.com.au

SHARPENING YOUR LANGUAGE SKILLS

Well it's hard to believe that we are already into April and the 2022 school year is in full swing with almost one term down. Each new year presents new challenges for every student as each new grade level is different from the last so by term 2 students are starting to get the idea of what is expected of them at their current level. English can be the trickiest subject.

What I find from my English students upon meeting them for the first time is that they often think that English is boring. It got me thinking way back to when I was at school and indeed yes, I'm sure I also thought it was boring. Maybe because it's always been presented in such a way that's annoying. Yes, I am going to use the word annoying. There are so many rules to learn, structures and dare I say it, spelling that doesn't look anything like it sounds. No wonder kids say it's not their favourite subject.

It's kind of a pity that English gets such a bad rap because like any subject there is a lot of theory to learn and structure to follow, but what if I said that language is a flexible moving structure and you are in control of it, it is not in control of you. Without your thoughts, ideas, opinions and stories to tell, words have little or no meaning. You are the one who brings them to life.

For example, let's say you are recounting an experience you had recently. The grammar in that story, whether written or spoken, allows you to describe what happened accurately. It is not a system designed to irritate, you need it to perform a function. It's a tool, your tool. You cannot build a house without tools. You cannot build a sentence, let alone a story, without the correct use of grammar, otherwise it does not convey accurately what you want to say. The good news is language is largely intuitive (which is why a 4-year-old can construct quite complex sentences without having been taught any grammar) and its system is flexible. So, if you sharpen your tools, you'll get a better outcome.

Once students get this everything changes. Writing becomes enjoyable because you are the creator of your own masterpiece. Remember, you control the language, it doesn't control you. Language is a function and we would have nothing



without it, no books, no guides or resources, no news, no government, no movies or plays or entertainment. So, whether a student is in primary school and just learning the basics or in senior school and approaching the lead up to their VCE or beyond, a good command of the English language, both spoken and written, is vital to success.

Speaking of beyond school, think of an interview situation where there are several candidates, all of them have the same or similar qualifications and abilities. Who gets the job? You don't have to think about it too hard. Of course, it's the candidate who is articulate. They may all give the correct or desired answers but it's not what you say, it's how you say it that makes a difference.

If any of this resonates with you, if you have a child or grandchild who is struggling at school or if you yourself would like the tools to handle language better, then I can definitely help with that. It may open up a new world that has not yet been explored.

CATHERINE PELLEGRINI

Bachelor of Social Science, Cambridge post graduate TESOL, Certificate in Adult Literacy. catherinefalconer@hotmail.com

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KELLY GANG IN THE DANDENONGS

In 1879, while the police forces of two colonies were after them, it seems the Kelly Gang made a trip through the Dandenong Ranges. At that time, the ranges consisted mostly of a dense and impenetrable forest reserve with a few settlements on its fringe. However, in 1878 the Berry government had drawn a line through the southern slopes of the forest, roughly following the Monbulk Creek, and declared the hills south of this line open for selection.

One of the first to apply for a block was an Englishman, Henry Millard, and his Irish-born wife, Margaret. They chose a 77-acre block in the area now known as the Cotswold Valley, between present-day Selby and Menzies Creek, the selection sloping steeply from the ridgeline (where Black Hill Road now runs) down to a bend in the Monbulk Creek. As the hunt for the Kelly Gang got underway, the Millards moved onto their land.

By the autumn of 1879 the tiny settlement that would soon be called Menzies Creek still consisted of just a scattered handful of selectors and their families, isolated in a landscape dominated by the tallest mountain ash and superb tree ferns. The main road from Narre Warren to Emerald swept well south of the little community and the few tracks through the bush were narrow, steep and so deep in mud they were better suited to the passage of sleds than wheeled vehicles. It was not the sort of country you'd expect strangers to negotiate with ease.

On the morning of Wednesday May 7, Harry Millard was at work on his block. The day was cool and crisp, the ground underfoot wet from a heavy overnight dew. Over in the forest some timber-getters were working with axe and saw, and if Harry had been listening he might have heard them pause in their work for a minute or two then start again. They had been approached by a man who had enquired if they had seen a grey mare. Not getting a satisfactory answer, the stranger had moved on after mentioning by way of explanation that he had men camped on "the hill opposite" and that the mare had wandered off during the night.

Sometime later, the same respectably dressed man, accompanied by his mounted companions, came up to the Millard hut, perhaps attracted by the smoke from the chimney and the prospect of some hot grub. He asked Harry if they could have some food and Harry refused, whereupon the man opened his jacket to reveal a beltful of revolvers and suggested that Harry might like to reconsider. He did, and soon the whole gang was tucking into Maggie Millard's cooking.

By then Harry had formed the opinion, as he later told police, that his guests were none other than Ned Kelly and the infamous Kelly Gang. If Ned was acting true to form, he would eventually have introduced himself. He gained a peculiar pleasure out of teasing people along before finally revealing his true identity to those he came in contact with. If this



William Wooster, undated but c. 1870 a teacher, preacher and scientist, brought the Kelly Gang's visit to police attention.

had happened, then Harry might have decided later that it was better not to admit to a definite knowledge of who the men actually were.

Bellies full and pipes packed, the men began to relax and yarn comfortably with their surprised hosts. Ned expanded further on the tale of the grey mare. She was a valuable beast belonging to a Mr. Hutton on Clear Creek beyond Wangaratta and Ned cheerfully confessed to having stolen her. Perhaps it was the familiar Irish brogue of Maggie Millard which caused Ned to open up about his family because he chatted to her about his mother who was serving a three-year term behind bluestone walls in Melbourne for "aiding and abetting the attempted murder of a policeman". He spoke of his sisters too.

Finally, the gang prepared to go. We can assume that Ned took Harry aside, out of earshot of his family, and ensured his silence. He may have threatened retribution if Harry talked



Kelly Gang crossing track. Widely circulated postcard, c. 1879, purporting to be Steve Hart, Dan Kelly and Ned Kelly but more likely to be Isaiah "Wild" Wright, Ned Kelly (on his grey mare, Music) and Steve Hart.

HISTORY

to the police. He may have paid for the food and given a generous bribe for Harry to keep his mouth shut. Most likely it was a bit of both. Then he and the boys departed, with or without Mr. Hutton's mare, we don't know. They vanished back into the forest, leaving a confused and relieved family behind.

Somehow the story made its way down to Narre Warren North by the following Sunday. Perhaps the Millards had taken this opportunity to visit old friends in the area and attend church because at 7.00 pm that evening Harry related the details of the gang's visit to the head teacher of the local school, Mr. William H. Wooster, saying he would have reported it earlier but he was afraid of getting shot. Wooster, who also acted as a lay Methodist preacher, promptly abandoned his congregation (who were feeling horrified by the news, according to the Argus reporter) and galloped down to Dandenong where he gasped out his story to the local police. They immediately telegraphed Melbourne and the police there passed the news on to Benalla, headquarters of the Kelly Hunt.

Maybe it had been a slow Sunday, maybe the Superintendent in charge of the hunt was feeling a bit fed up with life in Benalla, maybe he really thought this was the best sighting of the gang since their spectacular and highly successful bank robberies at Euroa and Jerilderie the previous December and February. Whatever the reason, Superintendent Francis Hare caught a goods train down to Melbourne (there being no passenger trains on a Sunday) and spent that night at the Richmond Depot. Next morning, accompanied by a farrier and a constable, he went by buggy to the ranges via Dandenong.

Superintendent Hare was a formidable-looking character, very tall and portly and splendidly hirsute, although the effect was somewhat diminished when he spoke as his voice was rather high and squeaky. Faced with this impressive representative of the law of the land and with the embarrassment of explaining a five-day delay in passing on his news, Harry Millard changed his story a little - no, he had seen only one man who said his mates were camped on a hillside opposite and the number of revolvers shrank to two. When Hare showed him photos of the gang he didn't recognise them. Neither did the other timber workers who had also spoken to Ned. This was not surprising as the police possessed only heavily retouched photos which bore little resemblance to the gang members.

Superintendent Hare then returned to Melbourne but left behind four constables and a senior constable who had travelled down from Richmond by train to search for the outlaws. In company with Constable Laurence Keegan from Dandenong, they spent two fruitless days combing the area. One of their number, young Constable William Phillips, was destined to face the Kelly Gang thirteen months later, exchanging shots in the cold moonlight at Glenrowan. And when moonlight gave way to a grey, misty dawn he would play a part in the bizarre and brutal gunfight that would pass into history and the legend of Ned Kelly's last stand. On this occasion, however, Phillips and his comrades searched the tangled autumn slopes of the Dandenongs in vain.



Superintendent Francis Hare, undated but c. 1880. Supt Hare was in charge of the so-called "Kelly Hunt" at various times during 1879 & 1880.

After such a disappointing result the newspapers and police declared the whole incident had been another wild goose chase but was it? False sightings of the gang were frequent but this one seemed more reliable than others. The description of Ned as respectably dressed and with revolvers in his belt is accurate. Harry also mentioned his "swaggering gait", perhaps an unflattering way of viewing Ned's very straight, almost military bearing. His devotion to his mother and sisters was well known and as a last delightful touch, Harry reported that the grey mare had been taken from "Clare Creek" rather than Clear Creek, possibly as a result of Ned's faint Irish brogue.

It was not unusual for members of the gang to be so far from home. Only a month earlier Ned himself, his pockets bulging with apples, had been spotted in Melbourne by a magistrate who knew him well. When he realised he had been recognised, Ned jumped in a cab leaving the magistrate vainly looking for a policeman. The gang rarely travelled as a group but there's a possibility they were heading to the coast, perhaps

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HISTORY

to Port Albert (Ned was familiar with Gippsland, having worked there in 1875) and one researcher has even suggested that at this time they went over to Tasmania where Ned and Dan had relatives. During the following winter, they would retire to the High Country, above the snowline, in an attempt to avoid the Queensland Aboriginal trackers.

At the time of the Millard incident a large group of their sympathisers had just been released from gaol after a few months of imprisonment under the Felons Apprehension Act. With these men back on their farms with their families, the gang may have felt a lessening of their responsibilities in the North East, at least for a while. Also, earlier that week, the Kellys' cousin and chief support, Tom Lloyd, had

been tried and acquitted of the manslaughter of his cousin Jack, a horrible accident which was an indirect result of the sympathisers' release. Under such circumstances, the police might well have assumed the gang would be staying close to home to hear the verdict. Who can say now what was in their minds?

On the balance of probabilities, I'd say it was the Kelly Gang. Certainly, when I drive past the old Millard farm I usually think of that remarkable day in 1879, and in my mind's eye, the leader of those mysterious visitors to the Dandenongs always looks suspiciously like Ned Kelly.

MARIAN MATTA

Southern Sherbrooke Historical Society

GARDENING

KARWARRA BOTANIC GARDEN-A HIDDEN GEM

Karwarra Australian Native Botanic Garden and plant nursery is set on two hectares in picturesque Kalorama and is part of the peaceful Kalorama Memorial Reserve set in the Dandenong Ranges. Featuring more than 1400 different species of native plants, it is devoted to displaying the diversity of Australian plants in a landscaped setting. Karwarra has a well-stocked retail plant nursery and staff can assist with the selection of plants suitable for your particular needs.

This is the perfect place to bring your family or friends. The Reserve is well known for its quirky saddle-shaped oval. A new children's playground and a multipurpose area provide space for the young and the young at heart. Electric BBQ facilities, tables and shelter are also available within the reserve. Enjoy local cafes which are within walking distance from the garden.

There is a picturesque walk through an area of undisturbed native bushland where native orchids and wildflowers can be seen in spring and early summer. At any time of the year there are colourful flowers and much to see and enjoy. The garden provides habitat for local wildlife including many different



types of birds, butterflies, insects and frogs. Echidnas, wombats, native bush rats, sugar gliders and other possums.

The botanic garden is owned and operated by Yarra Ranges council with the support and assistance of the 'Friends of Karwarra' group. The 'Friends' group assists with the development of the garden. Some of the activities include opening the garden on the weekends, greet visitors, assist with plant sales, exhibitions and events. It's a great way to learn about Australia's diverse flora and associated fauna. Come along and join our friendly group. For further information, contact: friendskarwarra@gmail.com.

Karwarra also has a large and well-equipped meeting room with kitchen, suitable for community groups, classes and corporate training. There is also Gallery space available for hire to artists whose work depicts Australian native flora and fauna or Australian natural history.

Entry is Free (no pets allowed)

Opening hours: Tuesday - Friday 10.00am - 4.00pm/Saturday and Sunday 1.00pm - 4.00pm

Closed: Mondays, days of Total Fire Ban and during extreme weather

Address: Rear of Kalorama Memorial Reserve

1190-1192 Mt Dandenong Tourist Road, Kalorama Vic.

Tel: 03 9728 4256

Email: Tel: 03 9728 4256

Email: karwarragarden@yarraranges.vic.gov.au

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



CELEBRATING THE LIFE OF JUNE DUDLEY

1932-2022

June passed away peacefully in Bairnsdale on the 18th of January 2022. On Friday the 18th of March a service was held for her at St Marks and was followed by a reception at the Emerald Arts Society.

June and John moved to Emerald from Bayswater in 1990 and grew to love the Emerald Township and the community, joining a number of clubs especially Emerald Arts Society, U3A, and Emerald Ladies Probus. June loved her classes at Emerald U3A, especially poetry and botanical art, both of which she excelled in. She was a very social person enjoying the company of others wherever she went.

June was a dedicated, loyal committee member and treasurer for many years at Emerald Arts Society. She was awarded a life membership in 2018. Also, June was an accomplished teacher and conducted classes and demonstrations at The Hut in Ferntree Gully and the Emerald Arts Society. These sessions covered a wide range of mediums including oils, watercolours and pastels.

She was a gifted drawer and painter winning numerous prizes for her art. Her landscape paintings were mainly done plein air. She had a straight-forward approach to painting with a fresh and loose style which conveyed a great sense of light and atmosphere.

She was also a wonderful painter of still life and an accomplished portrait painter. It is not surprising that she and husband John were both invited to join the Twenty Melbourne Painters society, an exclusive group of artists that originated in 1918 and continues to this day.

June was a kind and gentle person who always made you feel welcome when you came to visit. Her afternoon teas were a joy, our conversations were varied but inevitably centred



on something related to the arts and I feel privileged to have known her. She will be sadly missed not just by myself and the Emerald Arts Society but by the countless friends she made within the Emerald Community and beyond.

WENDY LINDREA

Emerald Arts Society



My Favourite Place

The soft grasses of the meadow
Call me on a summer's day.
Treading softly amongst its treasures
Is the place where I like to be.

With buttercups and dandelions
Pink clover and blue bird's eye,

Feathered grasses and wild daisies,
Tis the place where my heart lies.

Alas! To find the meadow
In this modern age is rare.

Nature has been tamed by man
And seldom has he field to spare.
But I am fortunate to remember
The feel and touch and smell

Of the meadow in the summer
And can go there at my will.

Poem by June Dudley

HELPFUL BUYING TIPS

In today's fast paced property market, it pays to have your ducks in a row when purchasing real estate. With demand high and competition fierce, doing your pre-purchase homework may just make the difference in getting your offer over the 'dotted' line.

Here are some useful tips for positioning yourself in a market where 'position' is everything!

Research: Research the suburb(s) you would like to buy into. Consider affordability, liveability and amenities. Once you have established your buying zone, keep informed of property values and movement through sites like realestate.com.au and domain. Tip: You can save suburb searches in these platforms to easily track your zone. Visit the area if it's new to you, stroll the streets and get a feel for the demographic. Join community Facebook groups to get the inside goss and register your buying interest with local real estate agencies. Check Council for any planned developments or infrastructure, in case your peaceful suburb is about to host the next airport.

Finance: Establishing a comfortable spend is super important in your buying journey. A combination of equity, cash funds, borrowing capacity and/or sale price of your existing property will determine your budget. If your purchase involves bank finance, applying for pre-approval is advantageous. This is effectively acknowledgement from your lending institution that you are good for the loan. A pre-approval will allow you to inspect with intent rather than window shop and add confidence and strength to any offer you put forward.

Remember to factor land transfer fees into your budget using the SRO Stamp Duty Calculator.

@<https://www.e-business.sro.vic.gov.au/calculators/land-transfer-duty>. Also, check your eligibility for the First Homeowner Grant (FHOG) @ <https://www.sro.vic.gov.au/fhogapply>.

Do You Need to Sell to Buy: If buying is dependent on the sale of your existing home, obtaining an appraisal is a great place to start. The decision can then be made to place your property on the market to better position yourself as a buyer. The risk of selling and not finding a suitable property is real but renting for a short term may be necessary to reach your ultimate goal. Bridging finance is another option you may wish to discuss with your lending institution.

Conveyancing: A conveyancer will represent you from a legal perspective in both selling and purchasing real estate. It's imperative to run any legal documentation past them prior to signing, such as Section 32 Statements and/or Contracts of Sale.

The Fun Part: Shopping for your dream home! Attending Open for Inspections will fill your weekends, but keep in mind agents are often open to arranging private inspections during the week, prior to the wider market viewing the property. This time advantage may allow you to snap up your dream home by placing your offer on the table while others are yet to inspect.



Making an Offer: An offer consists of the amount you are prepared to pay for the property; the deposit amount; conditions such as pest & building inspections and/or finance approval and the settlement date. You need to be comfortable with the offer you are making but keep in mind, a strong offer with favourable conditions is more likely to be accepted by the seller. With demand high and stocks low, putting your best foot forward has never been more important as a buyer.

Acceptance: Your offer is accepted (loud cheer!) and contracts are signed and exchanged. Conveyancers for both sides will receive a copy and work on the finer details. Your agent will be on hand to answer any post-sale questions about the property and arrange a final inspection closer to settlement. Once settlement has been confirmed, keys will be released.

For most people, buying a house is the biggest investment you will ever make. At Kaye Charles Real Estate, our aim is to provide a positive buying experience filled with excitement and joy. Give our team a call for a chat about your next move.

AMANDA CHARLES Director Kaye Charles Real Estate

Tel: 5954 0900

12a Kilvington Drive Emerald

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FOODS AND HORMONE BALANCE

Never ever underestimate the power of our hormones. They influence everything from our sleep, our mood, stress levels, growth patterns, reproductive system, metabolism and appetite. The list is absolutely endless. It doesn't matter what stage of the lifespan we are at, our hormones need to be in balance in order for our bodies and our lives to run more smoothly.

As always, our bodies try and tell us, by giving us signs and symptoms, if things aren't quite right. A lot can be done simply through diet. For teenagers or even adults, acne, pimples or excess hair growth are signs that our hormones might not be quite balanced. Testosterone may be dominating which can also occur in females. An easy fix is to add in a supplement of zinc and a good quality fish oil tablets to help balance things out. Also reducing oily saturated fats and sugar in the diet is another really important tactic.

Some women suffer from horrible PMT or PMS and about a week before menstruating they may feel crazy and do things that are totally out of character for them. Our hormones yet again may be to blame. What you can do to reduce this angst is to start a B6 supplement. It has to be B6 specifically and it is also better if it is an 'activated' version.

Some women can be estrogen dominant which can be displayed through weight gain, hair loss, irregular cycles, anxiety, loss of libido, fatigue and mood swings and, to top it all off, severe PMT symptoms. Focusing on your diet and exercise plus adding in a supplement or two can make amazing changes.

Turmeric, glutathione and zinc can help modulate these hormones. Also doing a little cleanse or detox will help your body in its detoxification process. Focusing on omegas in your daily diet is essential - foods like flaxseeds, flaxseed oil, chia seeds, avocados and oily fish. Also reducing carbohydrates, especially the refined ones can help. It is amazing how refined carbohydrates can contribute to energy crashes, fatigue and generally a "foggy head".

There are lots of foods that can help with balancing hormones, and some of these involve easy swaps within the diet. Swap avocados instead of butter on your toast or bread. Limiting processed foods, and ensuring the meat you purchase is grass fed so there are no additional hormones added. A scoop of maca powder in your smoothies is another great way to modulate hormones. Ground flaxseeds, flaxseed oil or LSA (linseed, sunflower seed and almond mix) on your cereal or porridge, plus a tablespoon of chia seeds is an easy way to tick off those omegas. Evening primrose oil and oestrogen clear supplements are available, but it's always best to check with a practitioner first before taking these. Most importantly add in some gut health and healing too, as that helps also with excess hormone clearance.

Working on lifestyle habits can never be underestimated,



such as sleep, meditation and exercise. As all of these together, contribute in small steps to help regulate our hormones.

Recipe:

Maca Power Smoothie

½ cup blueberries

1 tbsp maca powder

1 banana

1 cup almond milk

1 tsp cinnamon

1 tsp vanilla extract

*Water (optional if needed)

Blend all ingredients together until combined, add ice also if you like it cold.

MEGAN BOURKE

NUTRITIONAL
balance

Megan Bourke | M.0400 590 613
NUTRITIONIST | BSc. Nut Med
meganbourke@nutritionalbalance.com.au
f Nutritional Balance
nutritionalbalance.com.au

WHAT ARE YOU WAITING FOR?

Does anyone feel like they are in limbo? Does it feel sometimes like the universe is conspiring to stop you from moving forwards? If this provided a visceral experience of the need to shout out 'Yes!', then this is the first step to act, and 'stop' waiting.

There have been many obstacles that have stopped us from doing things that we normally do in the past two years. Apparently, according to many who are outside of Victoria, us 'Victorians, Melbournians' are 'still stuck'. I am currently in Queensland spending time with my beautiful friend who has MND (more on this later), and this is what they are saying about us. They feel sorry for us and they can't imagine how hard it must have been over the past few years.

Well, enough. Our obstacles are gone. Mostly. So, why?

We are now busy trying to establish a normal routine again, and make up for lost time, with our families, friends, but more likely our businesses and work. Perhaps we are now short staffed, and working longer hours, or simply taking up more work to make up for lost income and opportunity from the previous two years. But, have we let our health slide? What about our habits of healthy eating, making good choices, exercising, going to the Gym, Yoga and Pilates?



Image Credit: Here is a photo of my friend with her awesome trainer at the Gym in Sandgate, Queensland.

All the above are too important to let go, because we think we are too busy or we reach and crave for comfort from food that may be detrimental to our long-term health. Perhaps making poor choices around Netflix binges and too much alcohol, sitting in a slumped position, trapping our poor bodies. At some stage, there needs to be a massive shift to get back to those previous great habits you had, or shift towards developing great new habits.

Anything that has been causing you to struggle, especially if it has been going on for a long time can be converted into its opposite to create a powerful new goal. Making one small good decision for your health can have a profound effect for the rest of your life. For example, drink more filtered water, or get up 30 minutes earlier and exercise. Don't press snooze when the alarm goes off, that as well as setting it the night before provides a powerful but subliminal message to your body of self-worth and 'can do' vibe to our soul.

There is thought that we have had too much time in lock down, therefore we have been conditioned to feel trapped, locked in, stuck. Like we are in a waiting room only, our name is never called. It's time to call your own name, get up off the chair, get our faces out of our phones and take action.

Realise that you have been stuck, locked, and or trapped. Acknowledge that you are 'waiting' and perhaps you don't even know what for. Make one small step towards self-improvement. (see below for some ideas). Keep yourself accountable. Tell someone about it, or better still make a social post about it and perhaps encourage others to join in. This can be lifechanging for you, but also for someone else.

Ideas for one small step towards massive change. Do one or all of them! Drink 3-4 litres of filtered water every day. Get up 30 - 60 minutes earlier every day to exercise, this is to fuel your body and your mind to feel strong and amazing.

Encourage someone to join in with you.

Stop saying 'I am busy', 'life is crazy', 'I don't have time', things have changed', change your own banter. Call yourself out on your own whinging. Replace these phrases with 'I am so grateful that life is full again', 'I invest in myself'.

Say to yourself 'Life is too short to not look after myself'.

I will finish on a personal note. I am currently staying with a dear friend in Brisbane who has motor neurone disease, (MND). She would give anything to trade places with any of us. When my brain starts to whinge, or go into what I call 'baby mode', 'wah wah' I call myself out and think what she would not give to just have one shot at this.

Let's Go forward now!

DI DALL'OGGIO Emerald Pilates

Dig In Community Grocery

What can you buy at the Dig In Community Grocery? Locally grown organic produce, local products, vegetarian and vegan options and gifts, that's what! All under a not-for-profit, off-grid solar roof in the dress circle of Emerald.

Drop in for a free coffee or relax in our shady courtyard.



It's local!

Come along to *"the most enjoyable shopping experience in the area,"* so say our happy, repeat customers.

Access is via Murphys Way, Emerald at the rear of Commonwealth Bank.

Opens at 9am, Wed to Sat and Market Sunday 10-3 (3rd Sunday of the month)



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PREPARING YOUR DOG FOR THE ARRIVAL OF A BABY

Firstly, congratulations! I hope your pregnancy and start to parenthood is smooth and peaceful. Secondly, have you told your dog you're pregnant yet?

A big change is coming to your household, so here are some tips for things to do with the dog "before" the baby arrives, so the transition is a smooth one for them too.

Set up the baby gear early: Start having things like the cot, baby bouncer, pram, and toys around the house for a few months before the baby arrives, so that there are not multiple big changes all at once. Similarly, if you will be changing what areas your dog can access, where they need to sleep, and how they travel in the car, start making those changes a few months before baby arrives so they are your dog's new normal. You are going to be focussed and tired with your new baby, so doing this training with the dog in advance will save everyone stress and headaches.

Reduce stimulation needs, don't increase them: A common mistake is that as parents have more "free time" on parental leave leading up to the arrival they start taking the dog with them more places and going for more walks. This increases the dog's stimulation needs where it would be better to be getting the dog used to needing less to stay sane. Non-walk options for stimulation include food toys and other canine enrichment.

Create an active supervision plan: Supervision between dogs and babies/children is always crucial, but do you know the difference between active and passive supervision? Being actively aware of where your baby and dog are will prevent injuries and trauma, as well as knowing what early stress signs



to look for in your dog. The vast majority of injuries to children from dogs are the family dog but creating safe spaces for your dog and physical barriers for when you cannot be supervising can reduce this risk.

Address behaviour issues now: If you have a dog that struggles to settle, barks frequently or has other unruly behaviour that will be disruptive for the baby, get on top of this before your baby arrives. You can even teach them that a crying baby means they should go to their bed! Mealtimes are also best spent on a bed to avoid opportunistic doggy raids on the highchair once baby starts solid food.

Train your dog to walk with the pram: Please never tether your dog to your pram (even little dogs) but instead hold the leash or use a hands-free leash belt. Teach your dog to walk next to the pram before a baby is in it so you have the time to go slow and stop/start as needed to teach your dog not to pull.

This is a quick summary to get you started on preparing your dog for the arrival of your baby. When you need more help, reach out to a professional dog trainer on the Pet Professional Guild Australia website or similar. As always, I am happy to answer quick questions and point you towards helpful resources about any dog topic. Just drop me a message via email or on social media.

JARI CASTLE KPA-CTP



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

Program - Term 2

April 26th – June 24th, 2022

Office open:

Monday, Wednesday & Friday

10 am to 3 pm or by appt

(Office 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.

We support local community needs, volunteering opportunities, community connections, community 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

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

Membership - Course Enrolment Details & Conditions

Membership Fees

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

Further details: www.emeraldcommunityhouse.org.au.

Course Enrolment

Enrolment/membership forms are available at the office or online

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

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

Course Guide

Permaculture Design (Pete the Permie)

Course Code PDC with Peter Allen



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

Date:	Tuesday July 2022 (16 weeks)
Time & Venue:	9:00am - 4:30pm Held at Telopea Mountain Permaculture, Invermay Rd, Monbulk
Course Fee:	\$750.00

WHAT'S NEW FOR 2022

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



Intro to Ceramics and Pottery

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



Kickstart a Career in Community Renewable Energy

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



ECH FIRED ARTS TASTER SESSIONS APRIL 9TH & 10TH

We are holding taster sessions in Enamelling, Jewellery and Glass Fusion where over the space of an hour you will get the chance to make a piece of each.

Taster sessions cost \$20 plus \$10/\$15 (membership or family membership)

Saturday 9th April 2pm, 3pm or 4pm

Sunday 10th April 10am, 11am, 12noon, 1pm, 2pm, 3pm or 4pm

Please call 5968 3881 if you would like to book a spot.



Term 2 2022

Pottery classes

Tuesday 26th April – 14th June 10am – 12 noon

Thursday 28th April – 16th June 6.30pm – 8.30pm

Enamelling classes

Wednesday 27th April – 15th June 6.30pm – 8.30pm

Glass classes

Thursday 28th April – 16th June 10am – 12noon

Jewellery classes

Wednesday 27th April – 15th June 10am – 12noon

Tuesday 26th April – 14th June 6.30pm – 8.30pm

All classes \$400 each (includes materials) 8 week term.

EMERALD COMMUNITY HOUSE INC.

356 – 358 Belgrave – Gembrook Road
Emerald

5968 3881

www.emeraldcommunityhouse.org.au

ECH PROGRAM

Information Technology

Computers

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 (Dates to be confirmed)
 Time & Venue: 10am - 12.30pm ECH Meeting Room
 Course Fee: \$80.00 (including material & amenities fees)

Cooking class

Cooking Class 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 May 2nd – June 20th (no class Monday June 13th)
 Time & Venue: 12 noon – 2pm
 Course Fee: \$100

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 May 2nd – June 20th (no class Monday June 13th)
 Time & Venue: 9.30am – 11.30am
 Course Fee: \$100

ECH PROGRAM

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 April 29th – June 17th
 Time & Venue: 12.30pm – 3.00pm ECH Hall
 Course Fee: \$50.00

Wellbeing Group

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 April 28th – June 23rd
 Time & Venue: 10.00am – 12.00pm ECH
 Course Fee: Free

First Aid

HLTAID009 Provide CPR

HLTAID011 Provide First Aid

Dates: Saturday 23rd April, 2022
 Time & Venue: CPR 9:00 am - 10:30 am
 First Aid 9.00am – 1.00pm
 Course Fee: CPR \$80.00
 Provide First Aid \$160.00

ECH PROGRAM

Venue Hire

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

Enquiries: 5968 3881

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

Children's Programs

Occasional Childcare

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

Monday, Tuesday & Friday

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

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

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

Out-Of-School Hours (OOSH) Care

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

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

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

Enrolment enquiries: 5968 3881 or emhouse@inet.net.au

THE PLACEBO EFFECT

Most people have heard about the placebo effect, generally in regards to some sort of medication or treatment that is meant to confer some health benefit, but to test whether there is an actual benefit we test it against an inert treatment (like a sugar pill). This is easy to do in pharmaceutical studies, as it is very easy to blind both the patient and the person dispensing the medication as to whether it is the active treatment, or the sham treatment. Interestingly, in almost all cases, the sham treatment still confers some sort of benefit, reducing pain, reducing swelling, improved well-being, reduced blood pressure.

When you take a medication you're not only getting the benefit of the medicine, but also the benefit of feeling like you're doing something that will help you. This does some amazing things in your body by increasing the feelings of safety and wellness. It causes release of the body's own inner pain-killers, the opioid hormones (enkephalin, dynorphin, endorphin) and the pleasure hormones serotonin, dopamine and oxytocin (also strong pain relievers). It also reduces stress, meaning less release of cortisol and adrenaline, which will help to reduce blood pressure and heart rate as the fight-or-flight response winds down (think of how you feel, if you're lying awake at night waiting for a test result!).

So then, even if you take a pill that has no active ingredient, so long as you think it's going to help you then it likely will. That's the placebo effect.

Now, most people think of the placebo effect as being something that is 'all in the head' or 'mind over matter', but as you can see from the description above, it is anything but this. Sure, there are psychological changes when you reduce stress and increase feelings of safety, but this also unleashes a really powerful slew of biological effects that have real benefits for the person. It is definitely a lot more than just something happening in the head.

For instance, with decreased cortisol, adrenaline, and descending facilitatory signals coming down the spinal cord (which increase sensitivity of the protective system), the immune system then has less signal to protect the body, and so will wind down the production of inflammatory chemicals that sensitise the nervous system. This not only results in less nervous activity in the alarm bell nerves (nociceptors), and possibly then less pain, but can actually result in less physical swelling as well. This can mean easier movement, and more likely involvement in beneficial health behaviour like engaging in exercise and meaningful activity (which are going to infer greater health benefits than sitting around being miserable).

This is also true of other health interventions like, massage, spinal manipulation, dry needling, acupuncture, exercise, Reiki, meditation, herbal medicines, laser therapy any other intervention that is meant to help someone "get better". Some of these have very real health benefits over and above placebo, but they still cause placebo benefit as well.

Studies have shown that doing dry-needling randomly is as effective for pain on average as doing it skilfully in specific



spots, placed by a trained professional. Further studies have shown similar benefits on pain even if the therapist doesn't even insert a needle, but rather pokes the patient with a tooth pick (so long as the patient thinks they're getting the real deal). Massage therapy has much greater effects on pain if the therapeutic alliance (how much you like and trust your therapist) is strong compared with a therapist you don't really like. People have taken Echinacea for years for the common cold, but now studies have shown it to be no more effective than placebo. Same with almost all cough medicines.

While it is beneficial for your doctor or therapist to be aware of the placebo effect so that they can maximise the benefit you get from a therapy or intervention (tell you how much better you're likely to feel, generally be nice to you etc), it is important for us never to be dishonest. This means if the therapy has no benefit over placebo, then the patient must be aware of this, rather than convinced they'll be magically fixed by a medicine or a needle that has no specific effect.

The dark side of the placebo effect is a thing called the nocebo effect. This is when a person can end up with negative health effects from an intervention or interaction that is really not directly harming them.

An example of this is when you see a doctor, surgeon, physio and they put your scan up on the computer and gasp, telling you that you'll be in a wheelchair in a few years, or that they're surprised you walked in to see them. This causes a patient to think of themselves as broken, reducing production of pain relieving hormones, pleasure hormones, and increasing cortisol and adrenaline (stress). This causes increased sensitivity of the nervous system and therefore likely to increase the protection response (more pain), as well as change behaviour (stop exercising, stop going out with friends). The secretion of inflammatory chemicals from your nervous system can then result in actual swelling, causing you to have more belief in the damage in your body (which may actually just be normal time related change).

An up to date health professional will be aware of these two opposite effects, using non-specific effects to help you get better more quickly, while not lying about treatments that have no specific effects. They will avoid using unnecessarily harmful words or explanations for your, giving you simple facts about how normal your results are compared to the normal population. Words matter, and in a system where treatment is quite expensive, it's also important to know you're not being hoodwinked.

I think I need a lie down and a good sugar pill after all that!

BEN KEWISH

Hills Physiotherapy

BLOSSOM BOUNTY

Like the prow of a boat our living area projects from the front of the house protecting us from summer's gusty fear-filled north winds and the later blasting sou-westerlies. It's shaded by the wide roofline, but in winter it welcomes the sun, a warm spot that heats the house.

We love the prow. The slope in front drops steeply towards Menzies Creek and bounces up the other side to the neighbour's paddock, straddling the ridgeline coming from Johns Hill Lookout and stretched across our view.

As we munch our muesli and quaff our coffee we scan the valley, a relaxed checking to see what's changed. 100 years ago my grandfather cleared this area of nearly all but the very big mountain ash. Over the last 20 years we've revegetated and every morning the planted area looks different. Even on those eerily still days when it feels as if something is waiting to pounce it changes every second. A bird flies into a bunch of leaves on a tree, a pair of mating dragonflies zap past, the tips of the red leaves on a skinny sapling bend in the breeze, a wallaby slowly grazes, ears always alert twitching this way and that, listening. Sometimes it's just that one notices something for the first time the way a branch has grown so elegantly from a trunk, a pattern of wattle backlit by the sun, a nest in a tree.

This is our art gallery, an ever-changing vista of joy and beauty but it can be confronting when the winds turn it into a whirlpool. I dread how it would look in a fire.

We talk over coffee while surveying the gallery. I look again - there's a slight change in colour on the grey-green eucalypt leaves - what IS that colour? This is not the grey-green-red-yellow-brown colours we see during a day. I leap to my feet. The mountain ash is flowering! Where are the binoculars? I run as if the colour will disappear. Yes, yes, and it's prolific, there are hundreds of yellow brushy flowers bursting through bunches of leaves at the end of the branch. And it's not just that branch, it's the ones beside it and beside that up and up the tree.

In almost 40 years of living here we've never seen these big trees flower. Surely this is our blindness as these trees are, we guesstimate, 150 years old.



The closest of the flowers is well above my head but a few have fallen to the ground, bunches of curly pale yellow spaghetti spikes with a tiny, tiny hat – the circular cap on the bud – still attached to the bud like a jaunty beret.

Mountain ash – *eucalyptus regnans* – are the tallest 'flowering plants' in the world. And they grow in the Dandenongs. Only found in south-eastern Australia these giants have been recorded – measured when they were chopped down – as much taller than the much better known redwoods of California. Redwoods, still found as huge garden trees in the Dandenongs, are the tallest of the 'pine family'.

Mountain ash trees don't flower till they are at least 15 years old and usually about 20. Why wait that long? Surely, if you die in a fire – as mountain ash do, unlike most other eucalypts – then you want there to be seed in the ground so your genetic lineup can continue. It's taking a risk - if there is a fire in less than 20 years there will be no seed in the soil and you, the species, will die out in that area. This is what is happening across southern Victoria with several bad fires in less than 20 years.

In the valley below our prow my grandfather left some very big trees. I like to think it's because he saw beauty in them but I suspect they were shade for his dairy herd or just too big to be cut down easily in the pre-chainsaw era. Today they are the key to a healthy habitat for this place because they have hollows that provide homes for our weird, wonderful and only-found-in-Australia birds and mammals (let alone insects, spiders et al). Hollows in the ends of big branches that have lost their tips, hollows in the trunk where limbs – some big, some small have broken off where little imperfections in the surface have become the home of an insect, a place for cockatoos to enlarge with those strong beaks. Such is life on a tree giving life to others.

It's autumn and the hollows in these old trees will be birthing rooms for many animals. The owls that are now calling at dusk, the local members of the parrot family with their brilliant colours, crimson and eastern rosellas, yellow-tailed black-cockatoos, musk lorikeets and king parrots. There is lots of chasing and mating going on. Ringtail and brush-tail possums, maybe yellow-bellied gliders, and those very cute sugar gliders are there for sure. We'll be watching and

ENVIRONMENT

listening at sunrise and sunset to hear the cacophony.

At coffee time again we check out all the big mountain ash with the scope. They are all flowering. No internet search can tell us why. I scan our early plantings including mountain ash and find - not so obvious, not so many - but flowers. The first from these trees. Our 20 year project to repair grand-father's clearing of the land has reached a milestone. Now there'll be even more seed in the soil if (or is it when?) a fire comes through.

The coffee is cold now, time for work. That's a hell of a lot of flowers and seeds I mutter to myself. I grabbed the back of an envelope - each gumnut has at least 20 seeds and on

each biggish branch I've counted about 100 clusters of 50 gumnuts each, so that's 5,000 gumnuts x 20 seeds equals 100,000 seeds. Have I got my zeroes right? And there are at least 10 big branches on a big tree, so that's 1,000,000 seeds in one flowering! Given a tree only needs one seed to grow to adulthood you could say that one million seeds is doubling up just a bit. And if the tree lives to 200 years and flowers every second year, then that's 100 million seeds in a lifetime!

I hear that ants-seed-eaters extraordinaire - benefit hugely from this amazing generosity.

KAREN ALEXANDER

EVENTS



ANIMAL TALES

STORY ART EXHIBITION

PUFFING BILLY VISITOR CENTRE
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ARTIST KAREN ALSOP



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With access to our corporate receptionist, you can assure that your clients are professionally greeted when entering our large reception and waiting area. Our boardroom, conference and meeting rooms are available for our tenants (subject to availability) and being owner occupied the building services are maintained to a high standard.

Our office is located on the main road, which provides excellent street exposure and attracts a large amount of foot traffic given the newly opened and sought after retail, healthcare and professional service businesses. There is also ample free onsite car parking available for staff, clients and visitors located at the front and rear of the building.

Tenants can enjoy our corporate office space on a month by month / quarterly or yearly price agreement.

For more information, please contact Kelly Cockman on Ph: 03 5968 3666 for a no obligation discussion or email kcockman@falconeadams.com.au.



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THE HEALING POWER OF BEING HEARD

When I do an acupuncture and herbal medicine consult with a patient, I hardly take any notes. I jot down a skeleton of what they tell me and later when they are relaxing on the table having acupuncture I flesh out the notes. Why? Because I want to be present and listen to their story.

I believe in the healing power of being heard. Storytelling is a time honoured practise that has allowed humans to pass down knowledge to the next generation allowing our race to advance in ways that no other species has. When we tell our story we engage many parts of our brain, including our memories, we reflect, emotions come up, we connect. I always endeavour to hold space for my patients because every story takes energy and a huge amount of trust to tell.

Listening is a special skill and one that is often overlooked in our bustling day-to-day fast lived lives. Usually, it is a skill that needs to consciously be taught and practiced. When I listen to someone tell me their story, I try to suspend all judgement, I surrender in order to give them the space and I find this avoids pretence and builds a healthy rapport. My aim is to humbly walk beside them in the spirit of camaraderie, rather than as an authoritarian figure.

As a practitioner for over 10 years I have observed that it is very hard to hear yourself and to really stay on track with what you are trying to say when the person you are talking to is not truly listening. Here is a challenge for you, next time you find yourself waffling off topic or losing track of what you are trying to tell someone, stop and listen to yourself speak. Listen to the sound of the words in your ears and the vibration in your chest. Usually one of two things happen, either you stop talking because what you were saying wasn't necessary, or alternatively the person you were talking to actually starts engaging and listening properly! This happens



because we can't truly hear someone who isn't listening to themselves, and conversely, we need to listen to ourselves to stay on track and engage.

In the natural medicine world there is a phrase, *vis medicatrix naturae*, literally meaning "the healing power of nature". Our bodies are always trying to return to a state of health and happiness. Sometimes there are roadblocks in the way, which is where a practitioner can tweak the circumstances, but in the end the real healing comes from within the patient. My patients need to listen to themselves tell their own story as part of their healing process. When we accept this as an integral part of the healing journey, we begin to feel empowered to make that journey.

We all need to be heard, our stories are our reality, our truth. It is the way we see the world, and if I am to help you on your healing journey then I need to be open to meeting you where your story leaves space for me.

For more information or to book visit: www.rangesintegrativehealth.com.au

DR. SHIRLEY O'DWYER

Ranges Integrative Health, Selby

Tel: 9754 2062



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on Sundays at 10:00am
for worship and friendship**

**Pastor Toni Vaka 5968 2656
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(Next to Emerald CFA)**

BIKE HIRE AT PUFFING BILLY LAKESIDE

Discovering the Dandenong Ranges just got more fun on two wheels! In partnership with local family-owned and operated bike company, COG bikes Australia, you can now hire a bike from Puffing Billy Railway's Lakeside Station bike hub in Emerald Lake Park!

Whether travelling by train or driving into the precinct on a lovely sunny day, choose from a range of standard trail bikes, e-bikes, balance bikes or children's pedal bikes, and explore a number of tracks and trails to suit all capabilities and interests.

If it's only off-road cycling amongst the towering rainforests and lush fern gullies of the region that you're after, then come along and simply hire a bike on-the-day, all day!

From beginner tracks for families, to the more challenging terrain of the Eastern Dandenong Ranges Trail that runs alongside Puffing Billy between Emerald and Gembrook, there is a bike trail to suit everyone! Once you're done, roll on in to the new Puffing Billy Railway Lakeside Visitor Centre and take advantage of the gift shop, café, and a railway museum.

Book a steam train ride in, travelling from Belgrave to Lakeside Station, where your pre-booked bike and all-terrain adventure awaits, or begin your day at Emerald Lake Park and pedal to the metal in the morning, before jumping on board to enjoy a steam train journey from Lakeside to Gembrook Station.

Please note: Bike hire is available at Puffing Billy Railway's Lakeside Station and can be combined with a train journey from Belgrave to Lakeside return, Lakeside to Gembrook



return, or separately as a stand-alone activity to visitors of the Emerald Lake Park.

Bike Hire must be booked by 3.00 pm the day before your selected travel date on Puffing Billy, if applicable.

If you are travelling on the train, please ensure you return your bike to the Lakeside Station Bike Hub at least 15 minutes before your train's departure as stated on your ticket.

For more Information, go to: <https://puffingbilly.com.au/experiences/bike-hire/>

Bike Hire Hub at Lakeside

Hours: Thursday - Sunday 9.00am - 4.00pm

(Daily during the school holidays and public holidays)

Market & Car Boot Sale
Sat 30th April 2022
9am - 2.30pm

Olinda Community House
79 - 81 Olinda - Monbulk Rd
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EMERALD RSL

ANZAC DAY
Monday April 25th '22

5.30am DAWN SERVICE
Assemble Anzac Place 5am
10.30am MARCH
Assemble town centre at 10am
11am MORNING SERVICE
At Anzac Place

All Welcome at Emerald RSL after service

COMMUNITY

LOCAL CHAMPION

Wimbledon champion visited the Emerald Tennis Club during February. Stephen Huss was a regular Emerald tennis player back in the 80's. He was coached back then by Bill Sale. Stephen won the 2005 Wimbledon Men's doubles championship with his partner Wes Moodie from South Africa. They went all the way through the qualifying rounds to clinch victory.

Stephen, who now lives in Atlanta, USA, came home to visit his parents who still live in the hills area. We were lucky enough for Stephen to find the time to come to the club and relive some of the good old days. He is pictured with his dad, Carl, on the right and club stalwart Dick Bartley on the left.

MICK OWENS

President

Emerald Tennis Club

Mick's email address is mickowens5411@gmail.com



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THE LIFE AND TIMES OF ALBERT EDWARD LEGG

Continued from March 2022

World War II came along with concerns about Emerald's security and behaviour. House windows were required to have brown-out window coverings on them so as to not allow any light to be seen externally. 'Slit trenches' dug in the School's playground (lest enemy bombers threatened), school collections of rubber (to make tyres for vehicles) and aluminium (to help make aeroplanes) were gathered plus there were food, petrol and clothing shortages.

An additional provision, known only to few residents, was that Emerald police numbers were strengthened by three citizens with impeccable backgrounds who were appointed to support local police if required. Each was issued with an armband (ARP, Air Raid Precautions), a baton and a revolver. The three were Albert Legge, Major Arthur Ogilvy (WW I) and long-serving but then retired Emerald Policeman Lawrence Fleming. Albert had been a member of Emerald's first RSL which began in 1922. Albert also became a registered member of Emerald Fire Brigade thus becoming the first of three generations in the family to do so.

Due to his war injuries Albert's health began to deteriorate. Annually his body was prone to breaking out in a severe rash that covered his body, apparently the result of his suffering mustard-gas poisoning. But so, also, was his failing vision. The same gas-poisoning seemed to cause the retinas in each eye to progressively become detached and blindness to ensue.

Albert became blind in the last six years of his life (in the 1950's).

It was May that managed the General Store with its stock and staff. Albert didn't want to sell the business so May battled on with ever more responsibilities. At that time 'general stores' sold a remarkable variety of goods including men's suits, haberdashery, newspapers, food, chaff, maize, kerosene and hairpins. Often at busy times such as stock-taking, May walked home from the shop at midnight. But her skills of serving customers, ordering goods, unpacking and storing and pricing them, as well as dealing with staff ranked highly and she managed the business well.

Albert and May were always generous when families were burned out, or otherwise in need. Few people would ever have been aware of this since their thoughts were on the needs of people and recognition was never sought. The extra sorts of things that came from the shelves would be like needles and thread (for buttons that came off, or for socks that required mending), safety pins, and so on, as well as food and other major items.

It had happened that Grade 6 school-boys at Emerald State

School had been taught how to cut hair. They practiced on one another with the Head Teacher doing any 'tidying up' if needed. This proved of excellent benefit because, in the 1950s failing vision led to Albert's requiring assistance with shaving and haircuts. Equipped with hand-clippers, hair-cutting scissors and a comb, together with a cloth around the neck and over the shoulders to keep 'clippings' off the customer, the deed was performed. Albert had used cut-throat razors throughout his life and had not employed anything else. I had used such a razor when I began shaving but was neither comfortable nor confident in using one on myself, let alone on another person. Fortunately, safety razors were becoming available and Albert was a good deal safer with my using one of these on him.

Following Brigadier, Sir George Knox's address as Guest-speaker at an Emerald Anzac Day Service he was spoken to about a blind Emerald RSL member whose home was not served by electricity. Therefore, there were kerosene lamps and candles, the possibility of open windows and curtains blowing. The power lines, simply, didn't go down Old Beaconsfield Road. It was to Sir George's credit that contact was made with S.E.C. and power lines were extended down Old Beaconsfield Road.

Despite failing vision for quite a long time Albert still managed to feed his hens late afternoon. He 'felt' his way down three steps at the backdoor, 'felt' the path under his feet to the gate towards the 'feed shed'. Passed through the gateway, closed the gate, felt his way past the stacked wood-heap to open the gate to the chook-yard. He opened it so that the birds could come out to do more scratching in the grass. Albert, aided by his walking stick, reached the 'feed shed' to measure out "history" on page (1) some wheat to toss it into the grass to the delight of the hens.

It happened that one summer Saturday afternoon I'd observed smoke rising from scrub in the road-reserve across the gully from Old Beaconsfield Road to Beaconsfield Road. I told my Father what I'd seen and that I was going to run off to deal with it. So, I ran up Old Beaconsfield Road, turned left down Beaconsfield Road towards the fire. Reaching it (near Steele Road) I broke off a sapling, beat out the flames and extinguished the fire. Had it been caused from a tossed-out cigarette?

Wanting to inform father that I was home I found him out feeding the chooks but I also observed a fox nearby chasing a chook. Despite my shouting and arm-waving the fox continued its hunt. He grabbed the hen before running off down the hill with the bird in its mouth. I picked up a short piece of wood to run after him. The handicapped fox and runner somewhat matched speeds with the intervening distance between us not changing. I flung the wood to spin its way to hit the fox's head. Opening his mouth, the hen dropped out to start running back up the hill nearly getting mixed up with my legs still running downhill. The fox, unhurt by my piece of wood, but now freed of his burden, rapidly increased its speed and escaped.

The 'feed shed' had a couple of 40-gallon drums with their tops cut out for wheat and pellets. Whole sacks of grain could be emptied into these containers which had wooden

HISTORY

lids. Nor could rodents climb their smooth metal sides. On the other hand, mice could climb the wooden walls to gain access to the drums if lids were not properly in place. If a rodent still managed to get in, it couldn't get out, so a crack on the head with a suitable piece of timber dealt with this problem. A second part of shed held bales of straw for egg-nests and the floor of the chook pen. And, rabbit skins turned inside out and stretched on bent pieces of fencing wire were hung to dry in the feed shed.

Although father had a shot-gun I don't remember his using it. But foxes were around because there were rabbits. I grew up and set rabbit-traps by digging shallow spaces in which to lay the set-traps, covered movable 'plate' on each with

a cut piece of newspaper, and carefully sprinkled loose dirt over it to make it appear attractive for a rabbit to scratch. I inspected my 'run' of about twelve traps both morning and night. Caught rabbits were brought home and 'cleaned' for the kitchen and their skins hung up to dry. Collections of twenty or thirty were sold for pocket money.

GRAEME LEGGE

Reference (1) One Condensed milk held sufficient wheat for five hen.



Australian Heritage Festival at Emerald Museum

On Wednesday 20th April 10am - 3pm, come together and enjoy some FREE kids activities and morning tea with our friendly Museum Volunteers.

Activities will include:
Colouring in activities

Scavenger Hunt through the museum and historic Nobelius Heritage Park
Slavia Group Plant stall (plus other plants for sale)

Guess to number of lollies in the Jar, nearest wins the jar of lollies
Door Prize

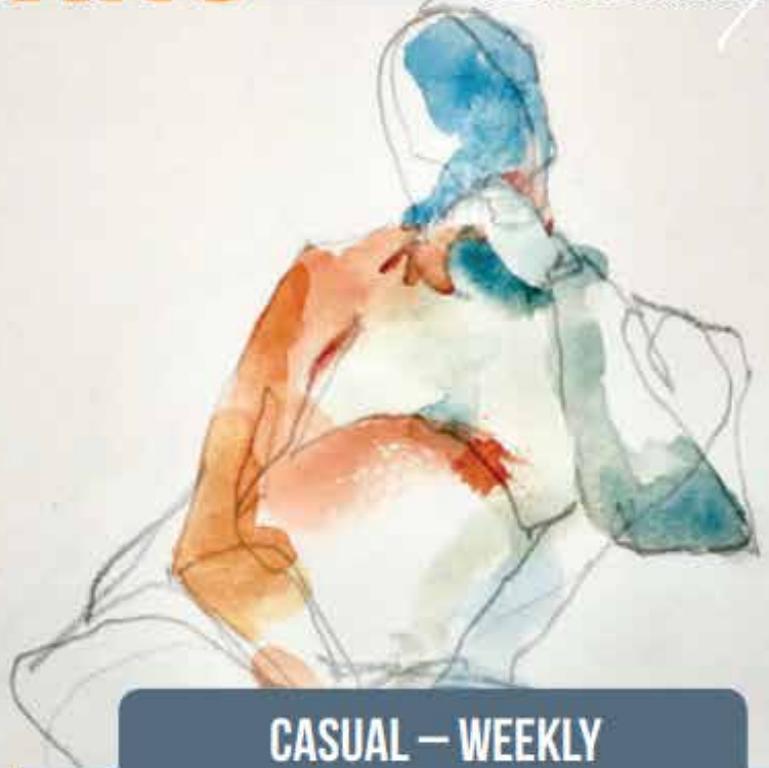
Discover the History of Emerald and District

Take this opportunity to talk to Museum volunteers and consider joining our team

Please note: this event will be run in line with COVID - 19 restrictions.
Learn more about Emerald Museum, visit www.emeraldmuseum.org.au

NON-TUTORED LIFE DRAWING

EMERALD
ARTS
Society



CASUAL – WEEKLY

WHEN: Tuesdays 10am–12pm

LOCATION: EAS Studio,
Cnr Church & Anne Sts

COST: MEMBERS - Pre-booked and paid in advance - \$20 - \$25 per session depending on frequency.
NON-MEMBERS / CASUAL attendance not pre-booked - \$30 paid on the day.

PROVIDED: Life model, easels, boards, tea, coffee, biscuits

BRING: Medium of choice, paper. (Paper can be purchased at small cost)

FOR MORE INFORMATION/BOOKINGS
PLEASE CONTACT ROBYN ON 0481 082 122

One of the Society's most popular weekly classes with students of all levels attending.

In a comfortable and warm atmosphere participants draw from a posed life model in any medium they desire – most choosing charcoal or pastel.

This is a non-tutored class, however everyone is made to feel welcome and can be given guidance by more experienced fellow students.

A variety of models are used throughout the term.

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