



STORIES ACROSS THE DANDENONG RANGES • TOURISM
COMMENTARY • ARTS • FINANCE • HEALTH • WELLBEING • FOOD • PROPERTY • EDUCATION
ENTERTAINMENT • EVENTS • HISTORY • GARDENING • DOG TRAINING

OUR SKATE PARK FOR WORRELL RESERVE



The EVER group, (Emerald Village Exercise and Recreation) has been advocating for the building of a skate park and youth recreation area, amongst other pressing needs identified and ranked by community members. The planned skate park is part of the Worrell Reserve Master Plan which was to be included on Cardinia Council's Draft Budget of 2022.

There is strong support from our local community groups, families and kids as well as state and federal members. EVER was assured by Cardinia Shire Council that this would be on the draft budget, but unfortunately the skate park was overlooked after a

campaign involving over 700 families. Other elements of the Worrell Reserve Master plan were included in the draft budget.

The space identified was where the now defunct old netball courts reside, with derelict club rooms currently unused and courts being used as ad-hoc skate park anyway. Most people surveyed agreed that the space is perfect, and leaving it in its current condition for much longer is only an unsafe detriment for our beautiful community. Deputy Premier James Merlino met with Vanessa Kewish who started the EVER group, with around 25 local kids in attendance, to

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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 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

EVENTS

discuss community needs. He then committed to taking the case to Mr Martin Pakula, Victorian Minister for Sport and Recreation to see if any funding was available, to assist the Council with the project and have the project delivery moved up sooner.

Excitingly, Deputy Premier James Merlino returned to meet with the kids and EVER recently, announcing on Friday, May 6th that the Victorian State Government is giving funding of \$1 Million for this project to go ahead. This money was available immediately rather than as an election promise, so the kids of Emerald and surrounds could see something happen in the very near future, while they are still kids.

The EVER group has recently submitted to Cardinia Shire Council (in response to the draft budget) that our \$1M for the skate park project is just that, and so the money should be used for the purpose intended, building the park. EVER feels that Council has a responsibility for the clean-up and preparation of the space, and other community assets necessary such as drinking taps, shade, all-weather shelter, bench seats etc. It's really important that the design and development is done by professional skate park builders/designers, and the EVER team will be asking for this. EVER hopes that the Emerald skate park will feature modern suitable equipment for people of all ages, skill levels and abilities, with suitable seating, shelter, lighting, toilet facilities and access to water. Skating and scootering is thirsty work indeed!



The population of postcode 3782 has a median age of forty-one. Almost 30% of the population is under 20 years of age, not significantly different to the population of Cardinia Shire as a whole. This is a significant cohort and it's imperative that we take a closer look at the lack of recreation available for them here in Emerald, particularly when the youth of our neighbouring growth corridor are receiving recreational facilities to suit their needs, and we are not. There has to be options for our hills residents that don't revolve purely around team sports or Emerald Lake Park. We are varied and diverse and so our facilities must represent this.

We thank the community for rallying to support the project and look forward to updates as the project develops and is ultimately built.

VANESSA KEWISH,

Emerald Village Exercise and Recreation (EVER)

Automotive service & repairs

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

5968 6031

EmCar.
Automotive

PRESERVING YOUR SUMMER ABUNDANCE

Learning how to make delicious, nutritious, lacto-fermented pickles is an excellent way to save your excess produce and increase your household's resilience. Once you know the basics you are well on the way. The best thing about pickling is you don't need any fancy equipment or ingredients. You can get started with just salt, water, a jar and whatever you have in the fridge.

Pickling is an incredible way to store seasonal vegetables, and also a great way to add extra diversity to your diet any time of year. No matter where you live, there's something near you that can be pickled, right now.

Basic Vinegar Pickle

Here is a very basic and delicious sweet/sour vinegar pickle that couldn't be much easier. It really is just vegetables, vinegar, sugar, salt and spices.

You will need:

Thinly sliced vegetable (try zucchini or capsicum)

500ml White wine vinegar

2 Tbsp salt

2 Tbsp sugar

Spices, a bit of sliced onion, a few cloves of garlic (all optional)

a clean jar with metal lid

Method:

Take a clean jar, and add your spices to the bottom. Then, add thinly sliced vegetables and pack it down. Heat vinegar to a minimum of 70 degrees C, (there is no need to boil it) and carefully pour over the vegetable into your jar. Fill to the



top of the jar, and cap tightly. Flip the jar upside down, and leave on the bench until cool.

When cool, flip the jar back upright, label, and store in the cupboard for 2 weeks before eating. Great as a snack with cheese, on sandwiches or in salads.

Basic Lacto-Fermented Brine Pickle

This super simple recipe is to get you started. Fermenting vegetables in brine is a form of lacto-fermentation. It's similar to making sauerkraut, but even easier.

For this fermenting process, you are relying on the good yeasts and bacteria present on the skins of fresh, organic vegetables, and using them to ferment your veggies into probiotic powerhouses with the aid of a simple mix of fresh water and salt, i.e., a brine.

Lacto-fermentation refers to the lactic acids that the yeasts and bacteria, which live on your vegetables and fruit, create when they ferment. These microbes, whose job it is to protect your vegetables from untimely moulds and pests, are the basis of many vegetable ferments that people have been making for thousands of years.

When these microbes are introduced to the brine, they proceed to ferment both the brine and their host vegetables into a safe, 'pickled' food, which contains millions more 'good bugs' than the vegetable in its raw form. Plus, they taste great. Crunchy salty-sour goodness!

A note on salt and water: try and find an unadulterated salt to use for this type of recipe, sea salt or rock salt is fine. Check the ingredients and avoid anything with added iodine or anti-caking agents. For the water, use rain or spring water, if you can. Tap water, with its various additives, works less well.

This 3% brine recipe can be used for most 'hard' vegetables. You could try carrots, radishes, daikon, beetroot and so on. Chop your vegetables into sticks, slices. We will use carrots for the recipe below.

You will need:

- Fresh carrots cut into sticks (or slices, if you prefer)
- 2 tablespoons of salt per 1 litre of water (which makes a roughly 3% brine – i.e., 30g salt to 1000g water)

FOOD

- Spices that you think would go well with your vegetables, perhaps try mustard and celery seeds?
- A few vine leaves, or black currant, oak or horseradish
- A clean jar and firm lid to make your pickle in

Method:

Chop your carrots into a shape that you like to eat, sticks or slices. Then add a few spices (optional) to the bottom of your clean jar, and then pack in the carrots. Leave a few centimetres headroom at the top.

Wedge the carrots in as much as you can, and if you have some of the leaves push them down on top, this will help keep the carrots under the brine.

To make up your 3% brine, you might want to halve the salt and water above. If you're sure you'll only need 500ml of brine. More is better and with the extra you can always store this in the fridge labelled, until you make another pickle in the near future?

Add the salt and water to a bowl, and stir the salt into the water to dissolve. If your salt is in larger chunks, you might want to add a little of that water to the bowl as boiling

water, dissolve the salt in that, then add the rest of the water as cold. If your brine is tepid when it goes into the jar, this isn't a problem.

Pour the brine into your jar, and fill to the top. Make sure all the vegetables are safely underneath the brine, and not floating above it. Lid your jar loosely, and place on a plate on your kitchen bench for the next 4-7 days. The fermentation process will mean that the jar bubbles a little, expelling some of the liquid.

Taste the carrots after day four, and each day thereafter, until they taste good to you. They will become more sour and delicious with each day, but different people like different levels of sour so it's up to you and your taste buds.

Once your pickles taste as you like them, put them in the fridge to slow the fermentation process. They will remain taste-stable for ages! But do eat them in the next few months.

KRISTEN BRADLEY
www.milkwood.net

EVENTS



UNLEASHED
The Exhibition
Local Hills Artists

Anna Lipsane
Bruce Watson
Chris Lawry
David Heatherley
Emily Lowe
Rain White
Stephen Glover

UnLeashed is a collection of works by Local Hills Artists to celebrate their re-emerging as we hold space for reflection upon the COVID lockdown experience.

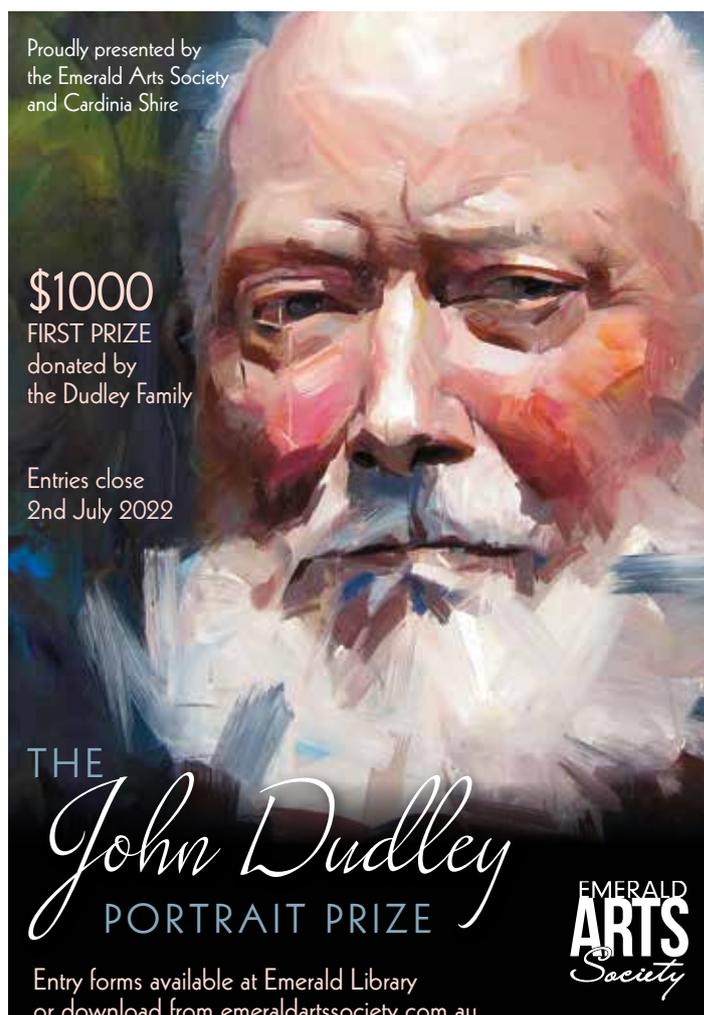
13th May - 20th June
(Open during office hours)

Exhibition Opening: With live music by
Friday 13th May Local Artists
6pm - 7pm 'Yee-Haw'

Artspace Selby
Selby Community House
Yarra Ranges Council

Artspace Selby is supported by Yarra Ranges Council
selby@selbyhouse.org.au | 11 Minak Rd, Selby
03 9754 2039 | www.selbyhouse.com.au

Background art by Anna Lipsane



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the Emerald Arts Society
and Cardinia Shire

\$1000
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the Dudley Family

Entries close
2nd July 2022

THE
John Dudley
PORTRAIT PRIZE

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Entry forms available at Emerald Library
or download from emeraldartsociety.com.au

GARDENS FOR WILDLIFE

Attracting native animals to your garden can add extra colour and interest. It can assist pest control by attracting insect predators, and can also contribute to keeping animal populations viable by providing integral links for wildlife to commute between bushland areas. All you have to do is provide your garden visitors with natural sources of food, water and shelter. Be mindful when supplement the feeding of birds and other native animals as this can cause dependency, health problems and create imbalances in wildlife numbers.

Birds are beautiful creatures that are a joy to watch in any garden. In addition, because many birds feed on plant pests, such as aphids and scale, they also contribute to non-chemical pest control in the garden.

To attract birds to your garden, consider the a few points. Birds need shelter from predators such as cats, foxes and predatory birds. By providing prickly or dense plants at various levels in your garden, and particularly near water sources, you can help protect your feathered visitors.

A reliable water source, particularly in summer and most especially in drought, will attract birds to your garden. If you install a birdbath, place it near dense or prickly plants to provide birds with protection from predators. Food Feeding stations are not recommended as a way of attracting birds. Use native plants as an alternative to avoid creating dependency which can impact on their long-term survival in the wild.

Native grasses such as common tussock grass, kangaroo grass, and wallaby grass attract insects to the garden, as do a variety of plants such as paperbarks, tea trees, wattles, and daisies such as the clustered everlasting or cut-leaf daisy. Small birds like silvereyes, wrens, finches, fantails and thornbills forage in the lower levels of the garden feeding on insects and helping to keep your plant pest numbers down.

Honey eaters birds such as red wattlebirds and spinebills are specialist nectar feeders. They use their brush-like tongues to collect nectar from the flowers. These birds also like to eat insects as a source of protein. Crimson and eastern



rosella parrots feed on eucalypt flowers and seeds, while cockatoos and galahs prefer the seeds of hakeas, callistemon and eucalypts. Red-rump parrots feed on grass seeds. Large birds such as magpies, kookaburras and butcher birds feed on larger insects, frogs and small lizards. Creating a garden with small shrubs, leaf/bark litter and logs provides habitat to encourage these creatures which then support the diets of large birds.

Butterflies are always a colourful welcome to any garden adding movement and colour, and with a few simple design principles are easily attracted. Nectar traps and colourful beds draw butterflies in and keep them happily moving throughout the garden. They particularly like the blue, yellow and red, but are attracted to a large range of colours with bold clusters of flowers being more effective than single plants dotted through a garden. The shape of the flower is important too. Simple flat flowers are a better attractants for butterflies to extract the nectar. Double flowers with multiple petals are too complex. Using native daisies, pelargoniums, bluebells, saltbush plants and pea flowers are especially useful.

Position, position, position! Butterflies use the early morning sun to warm themselves and retreat to cooler shadier places during the heat of the day. Providing a sheltered position that combines warmth and protection is ideal. Also consider adding flat rocks for butterflies to bask and to court each other. Mud puddles or a dish of damp sand can provide them with water and salts.

Most lizards we find in our garden are little grass skinks that feed on insects and larvae. You may be fortunate enough to encounter a larger lizard such as a blue-tongue or even a lace monitor, but these beautiful creatures are not as common as they used to be. To create a lizard habitat in your garden, grow some tussock grass and provide hiding spots on rocks and logs so they can use them for protection. A natural leaf mulch will support insects and larvae which they feed on.

Frogs are a great addition to any garden. You can watch the tadpoles grow into frogs and be serenaded by their calls at night. Frogs also help control pests in your garden as they eat flies, mosquitoes, slugs, snails and even spiders. In order to enjoy frogs in your garden you will need to provide a frog bog or frog pond. Frog bogs are easy to create in heavy clay soil. They are designed to dry out in summer, but there will



GARDENING

usually be enough water below ground to keep the plants green and quite lush during dry times.

A frog pond can incorporate one or all of the requirements for each part of the frog's lifecycle. You will need a damp bog zone for adult frogs, shallow water zone for laying eggs and a deep zone of at least 30cm for tadpoles. Your frog pond should also have soft, thick vegetation that droops into the water. For shelter and protection, rocks, logs, bark and leaf litter mostly shade sloping sides for frogs to crawl out should be made from non-toxic materials. For example, concrete ponds will need to be sealed and plastic ponds need be made of food-grade plastic.

Frog-friendly plants include kangaroo grass, weeping grass, wallaby grass, tufting plants and kangaroo paws. For bog plants, try soft water ferns, thatch saw-sedge, or knobby club-rush. And for water plants you can use common nardoo, tassel sedge, water ribbons and common reed.

Tadpoles and eggs can be killed by fish, cats and dogs so protect the frog area of your garden with dense or spiky plants that will deter them. Also keep in mind frogs eat insects so you don't want to use any pesticides or herbicides around your frog area or any fertiliser runoff which will pollute the pond water. And, don't clean out the pond too often as tadpoles need some material to be breaking down in the pond water which provides food.

For further information go to:

www.sgaonline.org.au/pdfs/sg_yarraranges.pdf



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ARTIST KAREN ALSOP



HOONS GET THE NOD

Cardinia Shire Council have confirmed their “soft attitude” towards road safety in Avonsleigh and surrounding districts. I refer to my original article in Emerald Messenger in November 2021 which refers to Phillip Road, Avonsleigh, where repeated examples of hooning and dangerous driving have been ignored at every level. This road is a narrow tree lined gravel road with a 100km default speed limit. The “End 50” speed sign might as well say “Don’t spare the horses”.

Council’s latest email to me reads “Traffic engineers have reviewed the speed limit of 100km per hour and consider it “appropriate”. This determination has apparently received the blessing of Council C.E.O., Carol Jeffs, passed on by her manager of community infrastructure. Why aren’t our Councillors giving the council management a directive based on community concerns?

A triple fatality occurred on Phillip Road in 2015 and it was pure luck that more deaths have not followed. What does this say for the many similar gravel roads in the Shire that are open to abuse by careless and dangerous drivers?

Council refuses to acknowledge their statutory duty to “take steps to reduce and prevent accidents”. They say they must follow state speeding zoning, Guidelines (SS26). But if a law is blatantly inappropriate for the conditions and dangerous, then council needs to act on behalf of constituents’ real concerns. They seem to lack the political will to lobby state government law makers to make this change.

Requests for a 50 km speed limit to save lives have been categorically refused by the Council management. Even simple measures like a new concealed driveway sign or a convex mirror for a blind corner all get the big “No!” Is this negligence or just plain arrogance? Is it a “money issue” that would go toward protecting mums pushing babies, girls on ponies and school kids who are forced to walk on the gravel road, unprotected like many other roads in Cardinia?

What about councils “due diligence” regarding “black spots” in the Hills. State governments do have black spot programmes to target these issues. Why doesn’t the Council call on these funds? Things like blind corners, hidden driveways and winding sections as well as the lack of essential warning signs can be catered for by these programmes.

Also the Federal Governments department of infrastructure has committed \$120 million per year to reduce black spots - another resource Cardinia Council could call on. The programme recognises road locations deemed as “accidents waiting to happen”. Blind eyes and deaf ears seem to prevail, as if to say it’s not our responsibility and it will go away.

Governments around the world recognise the need to reduce the social and economic costs of road trauma by improving the management of identified black spots. Just tell the loved ones of the 2015 tragedy on Phillip Road that the speed limit is “appropriate” and see the reaction by the community.

Local police seem very keen to get Phillip Road speed limit re-classified back to 50km so they can once and for all take potential killers off the road and out of our homeland.

Currently, the Victorian Ombudsman’s department have approached Cardinia Council regarding the “appropriate” decision regarding Phillip Road’s speed limit. They have been questioned on matters of “reasoning and process” at this time. A report is pending so we can only hope that common sense and justice will prevail over budget issues. This issue is a widespread one in the hills region. Let’s get the priorities right and protect the community which Councillors are elected to serve.

DALE WILSON

Cr Jeff Springfield at Cardinia Shire Council has been contacted for a response, at this stage there has been no comment.



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INTRODUCTION TO SPANISH/FLAMENCO DANCE

I am an experienced flamenco dancer having had over 10 years of technical training in studios in Sydney before moving to Melbourne and eventually forming a duo with a flamenco guitarist, also with many years of experience, creating my own choreography and visual art.

My love of flamenco started in the studios of Antonio Vargas (father of a Fran, Strictly Ballroom) back in the early 90's and continued in the south of Spain (home of flamenco) whilst there in 1991/92.

Although I've had breaks from dancing due to other life commitments, my passion for the dance never died and I kept returning to the exciting rhythms of flamenco! In 2012 my guitarist and I formed the duo Flamenco Andaluz and we continue to create new choreography and perform at special events.

If you would like to learn a bit about this passionate and expressive dance then I can take you through the steps of this complete artform. Ole!



FLAMENCO ANDALUZ



CATHERINE PELLEGRINI

Introduction to Spanish dance/Flamenco workshops

These workshops will be run over 3 Saturday afternoons, the 18th and 25th June and 2nd July, from 2.00pm - 4.00pm at the Emerald Hub arts/performance space.

Whilst it is not essential to do all 3 workshops, it is highly desirable as the third session will be a culmination of all 3 workshops that will result in a short dance with our live guitarist accompaniment.

Workshops will be a basic introduction to 3 parts of this complex Spanish art form; the rhythm (el compas), the clapping (las palmas) and of course, the dance (el baile). You will need a full skirt, a leotard or leotard type top and shoes with a Cuban or chunky type heel (no stilettos please!).

No experience or dance background required. Just a good dose of curiosity, a desire for movement and some passion in your life will be enough to get you started!

Opportunity for classes on a continuing basis, either group or private will be offered upon completion of the workshops.

Dates: Saturday 18th, 25th June and 2nd July 2022, 2pm - 4pm.
Location: Emerald Hub, 402 Belgrave-Gembrook Rd., Emerald Vic.
Cost: \$60 per workshop (\$180 for all 3).

Early bird special: \$150 for the course if booking made before May 20.
For enquiries and registration:
email me @ catherinefalconer@hotmail.com

HOW WE CAN TREAT LONG COVID

The Covid-19 virus has been around in our community for just over 2 years now and whether you have personally contracted the virus or not, we have all been affected by its presence. What is really starting to hit home however is the long-term effects of contracting the virus, also termed Long Covid.

This sneaky virus hijacks our cells and has been reported to cause over 60 different symptoms across 10 different bodily systems. It affects not only our respiratory system, but also our kidneys, digestion, cardiovascular and neural tissues therefore producing a wide range of short and long-term problems.

Often it is difficult to diagnose, or to get recognition and treatment for Long Covid because its presentation varies in type, intensity and duration of symptoms. Symptoms of Long Covid may include fatigue, concentration problems, memory problems, headache, shortness of breath, loss of smell, unusual muscle pains, persistent cough, sore throat, fever, chest pain and abdominal pain.

It is also interesting to note that the severity of how you experienced Covid-19 and whether you later go on to experience Long Covid are not linear. For example, you may have



only had mild symptoms of the actual virus, but later go on to have prolonged Long Covid which severely impacts your quality of life.

Traditional Chinese Medicine uses acupuncture and herbal medicine to treat Long Covid.

An increasing number of studies show acupuncture's ability to modulate the immune system and reduce inflammation, what this means is it can increase the body's ability to fight infection while hampering the detrimental effects of the body to overreact. This is particularly useful in patients suffering from symptoms caused by the coronavirus.

Acupuncture is a form of therapy that uses fine, single-use needles to stimulate specific points around the body that have certain therapeutic outcomes. It is a relaxing and gentle treatment best done weekly initially until most of the major Long Covid symptoms are resolved. I generally find that the sooner one addresses a health condition the shorter the duration of treatment however this will all be discussed in your first appointment.

Acupuncture is often accompanied by massage and cupping to further stimulate the immune system and help to clear out toxins. Herbal preparations, usually in the form of ready-made liquids or tablets, can also be very helpful to increase the effectiveness of treatment bringing about faster results.

It has been said many times of late that we are, "living in unprecedented times!" However, many in the Chinese Medicine community have been treating symptoms of post-viral depletion for decades, commonly presenting in the form of Chronic Fatigue syndrome, Fibromyalgia, Lupus and more. The silver-lining is perhaps that post-viral complications are getting more air-time and being seen for what they truly are; having a serious impact on our lives and that it is time to start addressing this with all the resources we have available.

Shirley practices from Ranges Integrative Health in Selby.

For more information or to book visit:

www.rangesintegrativehealth.com.au or call 9754 2062

DR SHIRLEY O'DWYER CMD

Parents and carers of 0-5 year olds!

Bring your kids to our **FREE** weekly music therapy sessions designed to help kids sing, move, play and **THRIVE!**

We're using music to help improve family mental health after our long lockdowns. The 'Music for Covid Recovery' group sessions are run by music therapist Jacinta and mental health worker Mia.

Afterwards, we'll ask you to complete a questionnaire to help us understand how the sessions are helping you and your kid(s).






Join us for Music for Covid Recovery

When: 10:30 am every Friday in Term 2, starting April 29
Where: Inspiro Community Health Hub, 1616/1624 Burwood Hwy, Belgrave

Want a sneak peek?
Jacinta is releasing weekly interactive videos complete with songs and activities. Visit the Inspiro Community Health YouTube channel to follow along!

Music for Covid Recovery is offered by the Dandenong Ranges with Inspiro and TLC Music. It's funded through the DRMC and Shire of Yarra Ranges Extended Partnership Grants.

Spots are limited so call 9738 8801 to book today!

INTEREST RATE HIKES

I was inundated with calls and emails this past month and most were regarding the media hype regarding the 'interest rate rise'. I thank everyone for your questions.

With interest rates rising for the first time in 11 years, many people are needing help or advice on what to do regarding keeping their repayments down. Refinancing to a lower rate that you are currently on may help you in this instance.

I have outlined below some information regarding what it means to refinance or change your home loan and how a broker can help.

What does it mean to refinance, change or switch your home loan:

Changing, switching or refinancing your home loan means replacing your existing mortgage with an entirely new one, usually with a different loan provider. People have all kinds of reasons for wanting to refinance their mortgage, but most often, borrowers want to take advantage of lower interest rates or increased loan funding in a competitive lending market. Changing a home loan can make a lot of sense for people who want to consolidate debt, lower their repayments, pay off their house faster, or capitalise on their home's equity, which is the difference between what the borrower owes on their home and its current value. Some people choose to refinance because another mortgage offers features like an offset account, redraw facilities or split facilities.

How to change home loans:

A mortgage broker can help you crunch the numbers and help you to better understand your options, what income documentation is needed and how to demonstrate your ability to repay any new loan. If you work as an employee, this could be your last few payslips as well as your most recent group certificate. If you're self-employed, then it's ideal if you can provide your two most recent tax returns and business financial statements.

In addition to evidence of income, you will need a copy of your existing mortgage statement, as well as photo identification. It may help to write down a budget for your monthly expenses for your statement of assets and liabilities. If you have credit cards, car loans, or personal loans, you may wish to bundle your debt into your new mortgage for one easy monthly payment. In that case, you'll want to have copies of applicable bills ready.

Once your loan is formally approved the lender typically handles the process of exiting your old loan and depositing any additional funds into your bank account. Once your new mortgage has been settled, you will receive online or paper statements from your new lender and start making repayments to them instead.



Does changing jobs affect a home loan?

Provided your income hasn't significantly changed, many lenders will still consider your application even if you've only been at your new job for a short period of time. Lenders are more likely to approve a refinancing application if your new job is in the same industry you had worked in previously, but exceptions can be made in some cases.

Getting help:

I may be able to help you get a more competitive rate than you are currently on and perhaps save on your monthly repayments. There are also quite a few lenders offering some 'cash-back' incentives of up to \$4,000 when you refinance. I will be more than happy to assist you and will be able to let you know if refinancing will be of service to you. If you are not sure how this change in interest rate will affect your repayments on your current mortgage, please contact me for assistance. If you would like me to undertake a 'Home Loan Health Check', this can also be arranged.

If you have any questions, about mortgage rates, home loans, or advice on personal loans, please contact me at:

ben.smith@libertynetwork.com.au.

Tel: 0424 153 236

BEN SMITH



HELPING THE DIGGING DOG

Who's dog likes to help in the garden? Digging can be a common complaint for dog owners who do not appreciate their little furry excavators and their holes can be a tripping hazard. Digging can occur for a few different reasons, and understanding why your dog digs is key to helping curb the behaviour.

Firstly, some breeds of dog are designed to dig. Think of terriers bred to flush out rodents and rabbits. They love nothing more than tapping into that ancestral drive. Honestly, the easiest solution for these dogs is to create a designated digging area. This can be as simple as a plastic pool filled with sand or dirt or a clearly marked (do dogs read? let's say 'confined, designated') area in the garden. You can encourage your dog to dig there by burying some chews for them to find or toys to flush out. A sandpit made of sleepers is also an option. Wherever your dog is digging, interrupt them and take them over to their digging spot. If you actively praise the dog for digging where they can, and interrupt digging where they should not, they will learn quickly what is allowed. If you only punish the inappropriate digging then your dog will not learn any permissible alternatives.

The second most common reason for digging is as an outlet for physical energy and seeking mental stimulation through the sensation and smells. In short, the dog is bored and looking for something to do. Digging ticks a lot of boxes for a dog as a sensory rich experience. For these dogs, giving other forms of enrichment can go a long way to curb the digging. Things like scatter feeding their dry food, creating frozen enrichment toys, rotating their toys for novelty and introducing a "sniffari" walk can all help meet your dog's stimulation needs. These dogs will also love a designated digging spot too if that is an option for you!



Finally, some dogs only dig when they have something to bury such as a bone or long lasting chew. This can be stopped by feeding these items inside on a washable surface (e.g. tiles or a towel).

or supervising the dog outside and taking the item away when they have finished chewing looking for a place bury it. A long lasting alternative that cannot be buried is to freeze low salt stock with food or treats inside, ideally in a long skinny container to mimic a bone. This should melt before the dog decides to bury it and start digging. Raw carrots can also be fun for dogs to chomp on and eat up, leaving nothing to be buried.

In conclusion, if your dog is making a mess of the garden you first need to work out why they are doing so and create a solution from there. This goes for any behaviour issue. If you need some help with this process and creating a training plan for your dog, drop me a line on social media or via email. I'm always happy to help.

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

Contact: hello@jaricastle.com.au

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HORTICULTURAL THERAPY

According to the Horticultural Therapy Association of Victoria (HTAV), horticultural therapy is a process of using plants and garden related activities to promote well-being of mind, body and spirit. It is used by activity workers, allied health workers, diversional therapists, horticulturists, nurses, occupational therapists, physiotherapists, teachers and more.

Gardening suits people of all ages and abilities, across all cultures and demographics around the world. For instance, creating a garden is not only an enjoyable activity, it helps a person to maintain their mobility and flexibility, and encourages use of all motor skills when bending, digging, planting seeds, reaching, taking cuttings and walking. Garden beds, equipment, tools and activities can be modified to make gardening accessible for children, older people and those with disabilities. Just being in the garden can create a sense of well-being.

There are many benefits to gardening such as, reducing stress levels, through relaxation, and improving overall mental health. Improving physical fitness, endurance, flexibility, mobility, and strength. Learning and developing new skills related to responsibility, self-confidence, creativity and nutrition. A sense of belonging and social inclusion when working in a community garden or setting. Growing your own nutritious food Improving communication, social skills and sense of enjoyment and fun.

In order to provide easy and safe access and to accommodate people with a range of disabilities, a garden setting can be modified by use of raised garden beds to avoid bending and stooping. Provision of wheelchair accessible tables for potting etc. Use of pots, window boxes, wheelbarrows and raised containers when space and sunlight are limited.



Provision of retractable hanging baskets for easy reach, use of containers with wheels for easy movement. Smooth non-slip, accessible and level paths. Nearby water supply and placement of plants according to their water needs, nearby equipment storage area or shed, shade for summer, ready access to toilets.

Gardening equipment can also be modified in many ways such as use of tape, foam padding, bicycle grips and PVC pipe to improve grip, purchase of specific ergonomic and enabling tools available at some hardware shops, use of gloves with sticky surface or gripper dots, consultation with an occupational therapist for use of splints and supports and use of lightweight tools.

Also consider selecting and using plants that have different-sensory and textural qualities. For example, choose sensory plants that activate the faculties of sound, smell, taste, touch and vision. After the Smell, use jasmine, lavender, lemon balm, native mint bush, pelargoniums and sweet peas.

Sound - use plants that rustle in the wind such as bamboo, corn and grasses.

Taste - use basil, carrots, cherry tomatoes, peas, rosemary, and strawberries.

Touch - use plants such as bottlebrush, lamb's ear, snapdragons and succulents.

Vision - use brightly coloured plants such as daffodils, marigolds, pansies, rainbow chard and sunflowers.

There are many gardening activities that can be used to promote the benefits of horticultural therapy, such as craft activities, cooking, digging, flower picking and arranging, growing and harvesting garden produce, planting and sowing, pruning and clipping, watering, weeding and mulching. Even a simple walk in your own or a local garden can be beneficial. Gardening can be therapeutic for all!

References

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

<https://www.betterhealth.vic.gov.au/>

KAREN NEWMAN

WILLIAM LYSTER AND THE LYSTERFIELD VALLEY

William Lyster was one of the first selectors to take up land in the Lysterfield Valley in 1867. He was an Irish-born theatrical entrepreneur with a fascinating and adventurous past. While his life is worthy of a whole book, this article will mainly touch on his role in the development of the Lysterfield Valley.

William Saurin Lyster was born in Dublin on 21 March 1828, the son of Captain Chaworth Lyster, a captain with the Dublin Artillery. The Lysters were Protestant Irish landed gentry and he was named after his uncle, William Saurin, who was the Attorney General for Ireland in the English Parliament. Another uncle, Dr James Saurin, was the Bishop of Dromore.

When William was about twelve years old, and on the advice of his doctor, his parents decided that a sea voyage would be a great aid in his recovery from a recent illness so they sent him off to see the world from the decks of a whaling boat. He arrived in Melbourne several days after the boat's water supply had run out and bottled beer was the only drink available. He eventually returned home safe and sound, then over the course of the next two decades he and his brother Frederick traveled the world, together and apart, engaging in various activities including, in William's case, fighting as a mercenary in Nicaragua. In later life Lyster often retold the stories of his adventures, attributing his preference for water as a drink to the incident on the whaling boat.

The year 1861 saw Lyster's return to Melbourne as manager of a touring opera company which his brother Frederick had created in the southern USA. The company enjoyed great success under William's guidance, and glowing obituaries published after his death reflected the love and appreciation in which he was held.

In 1867, land in the Lysterfield area was thrown open for



The dairy & cheese factory at Narree Worrin Grange, still standing on Lysterfield Road although altered and neglected. c.1980s. Photo from Knox Historical Society collection.



William Saurin Lyster. Posthumous painting based on a photograph, painted in 1883 by George Frederick Follingsby. The portrait was commissioned by friends of Lyster after his death. Photo from State Library of Victoria collection.

selection under the regulations of the 1865 Lands Act and William Lyster was one of the first selectors to take up land. By this stage he had been bringing out opera companies to the colony for several years. But with an Irish attachment to the land he decided that a country estate would be an added interest to his musical endeavours.

He selected 416 acres (170 hectares) stretching from Monbulk Creek through to present-day Kelletts Road. (Later he would extend his estate to beyond 1200 acres.) The area at the time was considered part of Narre Warren North and so he named his property 'Narree Worrin Grange'. The northern part of this selection, in the area generally called Glenfern Valley or the Monbulk Creek Valley, was described as an impenetrable boggy morass covered in tea-tree scrub and water while the southern part was rather roughly grassed, thin and cold soil resting on a good strong clay subsoil. It was also heavily timbered.

Lyster was not a farmer by background but, with characteristic enthusiasm, he set about improving his land and developing his farm in very innovative and successful ways. On the southern portion he simply ringbarked the trees, cleared the undergrowth and sowed clover and grasses. However, on the swampy ground - which appeared so dismal and hopeless that his neighbours labeled it "Lyster's Folly" - he devised an elaborate and expensive drainage scheme. He began by hiring members of the local Bunurong mob to alter the course of Monbulk Creek, thus redirecting the flow of water into one channel. He had a main drain cut running in a northwest to southeast direction and a subsidiary drain cut at right angles and running into the first. This operation cost £750 (roughly \$120,000 now) and resulted in the underlying rich black soil being exposed. After this he gradually crossed the remaining

HISTORY

flatland with a series of underground drains at a chain's distance (20 metres). These drains were 2 feet 6 inches (76 cm) deep, with a small lip part way down. Wooden tiles were placed across this lip then the drain was recovered with the turf which had been removed.

Although these improvements were carried out on the northern part of Lyster's block they had a significance which extended over the whole of the valley. This occurred in two ways. Firstly, for the construction of the underground drains, he hired local selectors and the money which was thus moved into the little community enabled smaller landholders to improve their own properties. Secondly, because the drainage produced exceptionally fertile soil the price of all land in the valley rose dramatically, so much so that when Lyster extended his holdings in later years he complained that his success was costing him dearly! All in all, over an eight-year period, Lyster spent more than £8000 (\$1,125,000) on improvements. He had the land fenced into 10-acre blocks and then planted for two years with potatoes, carrots and peas. In the third year a cereal crop was grown after which clover was sown to produce a rich pasture for the steadily growing dairy herd based on the progeny of Lyster's prize shorthorn cow, Rosa 4th.

The homestead was originally a wattle and daub building that Lyster extended into a large, rambling house, the extensions constructed of bricks that had been handmade on the property. For the benefit of his theatrical friends the house contained a music room designed with perfect acoustics and hollow panels providing resonance. More importantly, he designed and built an integrated farm which so impressed his visitors that a lengthy article, extolling its virtues, appeared in the Melbourne Age in December 1874.

By that time there was a paved cow yard and a milking shed measuring 66 feet by 38 feet (20 x 12 metres). From the milking shed the milk was piped underground to a dairy where it was converted to high quality cheese, around 700 pounds (350 kilos) produced each week and selling at the time for ten pence per pound.

One feature of the property was a reticulated water system to all parts of the house and to a garden fountain, pressure being produced by pumping water using a hydraulic ram up to a tank on top of the dairy. Lyster had utilised this technique



Narree Worrان Grange homestead, a sketch c. 1875.



A glimpse inside Narree Worrان Grange homestead. Photo one of a series taken by John T. Collins on 23rd April 1983. The house, by then renamed Neatherlea, was demolished the following year. Photo from State Library of Victoria collection.

in one of his more spectacular stage productions! Eventually the grounds included an ornamental lake, a croquet lawn and extensive gardens. Unfortunately, his house was demolished in 1984 but the splendid brick dairy is still clearly visible from Lysterfield Road on the high side by the right-angle bend.

In 1874 he donated two acres on Wellington Road for the establishment of a local school and at a subsequent public meeting it was agreed that the whole area would be named Lysterfield in his honour. Prior to that it had been colloquially known as 'The Flats'.

Lyster continued to keep his fingers in various opera pies, establishing and/or managing companies in Australia and the USA so the day-to-day running of the farm was left to George Dickson, the husband of Lyster's stepdaughter Georgina, and he provided George with an extensive library of books on farming. This library was also made available to any local farmers who cared to use it.

Lyster had earlier been diagnosed with diabetes and by 1877 his health had begun to decline although he still pursued many projects, including producing a Wagnerian opera in Melbourne for the first time and traveling to the USA and Europe. Bedridden and unable to eat, he spent the last fortnight of his life in Hawthorn at the home of a friend, William Dean, where he died on 27 November 1880, aged 52. His wife Georgia, who had nursed him through his final illness, survived her husband by 21 years, inheriting an estate valued at £3065 (around \$515,500). It included Narree Worrان Grange which had, by 1880, been reduced to 205 acres. Around 1890 Georgia sold the Grange which was later subdivided into two smaller properties, Netherbrae and Netherlea. The latter, containing the Lyster homestead, was bought in 1928 by Gus Powell for his daughters Cr Violet Lambert and Mrs Olive Hyden.

SOUTHERN SHERBROOKE HISTORICAL SOCIETY

This article was written using multiple sources including the various obituaries published after William Lyster's death, the late Helen Couson's book, 'Story of the Dandenongs', and especially the research and personal recollections of Heather Ronald, daughter of Cr. Violet Lambert.

DIG IN GROCERY



Fresh organic produce
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and Market Day - every third Sunday of the month



An Emerald Community House initiative





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.

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 16week 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.



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 CENTRE IS HERE!



Term 3 2022

Pottery classes

**Tuesday 19th July – 6th
September 10am – 12 noon**

**Thursday 21st July – 8th
September 6.30pm – 8.30pm**

Enamelling classes

**Wednesday 20th July – 7th
September 6.30pm – 8.30pm**

Glass classes

**Thursday 21st July – 8th
September 10am – 12noon**

Jewellery classes

**Wednesday 20th July – 7th
September 10am – 12noon**

**Tuesday 19th July – 6th
September 6.30pm – 8.30pm**

**Limited places available so
please secure your spot.**

**All classes \$300 each
(includes materials) 8 week
term. Call about kids parties!**

EMERALD COMMUNITY HOUSE INC.

356 – 358 Belgrave – Gembrook Road
Emerald

5968 3881 emhouse@iinet.net.au

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

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

Fired Arts

Intro to Clay

You will make 2 mugs
 Date & Time: Thursday 26th May 6.30pm – 8.30pm
 Cost: \$40

Intro to Porcelain Jewellery

You will make 2 pendants, 2 pairs of earrings and a set of 4 buttons.
 Date & Time: Tuesday 24th May 6.30pm – 8.30pm
 Cost: \$40

Intro to Glass Fusion

Learn to cut and shape glass and make 4 pendants and a pair of earrings.
 Date & Time: Wednesday 25th May 6.30pm – 8.30pm
 Cost: \$40

Intro to Terracotta

Using coil forming you will make a vase of your design
 Date & Time: Thursday 26th May 10am – 12noon
 Cost: \$40



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@iinet.net.au



BUSINESS MEMBERS NETWORKING

While there are many benefits of belonging to a business group, networking ranks as the highest most effective way to strengthen your business and serves many other purposes.

Networking provides a platform for businesses to build their brand and profile. It encourages businesses to share their knowledge and support with other businesses in their industry and uncover ways to solve common issues. And connecting with other businesses can also build confidence, help you keep a finger on the pulse of the market and market trends, and gain a deeper understanding of local business issues and opportunities.

There are lots of ways businesses can network which include attending local events, business breakfasts or going along to a meet and greet social evening at a member's business. You can also engage in cross-promotion of aligned services as well as collaborate and partner in promotions or product development, share website links, business referrals, posting on Facebook groups, tagging, sponsoring, holding events, volunteering or joining a local organisation or association.

With more than two million small businesses in Australia, many are on our main streets. They do an enormous amount for the community, such as providing jobs to those who rely



on local or flexible work, creating local spending and supporting local causes, clubs, groups and schools. Collectively, businesses can provide a place for the elderly and vulnerable to find their fit in the community, build connections and provide safe spaces.

The fabric of our main streets continues to evolve providing retail, hospitality, trade, professional, health and allied services to meet together with supporting local community needs.

If you are a local business and not an EDRA member already, we encourage you to join and take advantage of the networking, promotion, advocacy, training and events support that we provide.

Visit edra.org.au, and easterndandenongranges.com.au for more information, or call 0491 471 990.

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May
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promotion
May 16 - 22

HOW TO ENTER

Spend \$20 or more in-store, & fill out the entry form for your chance to win!

1st Prize \$500
2nd \$300 3rd \$200

In vouchers to spend within participating stores

Follow our Facebook page [EasternDandenongRanges](https://www.facebook.com/EasternDandenongRanges) for more details & participating businesses

The winning tickets will be drawn
Tue May 24, 2022. Winners will be notified by phone on
Wed May 25, 2022

Q & A May Business Breakfast

7am - 9am Friday 27th May
Puffing Billy Visitor Centre

Peter Abbott, CEO Puffing Billy Railway
the new Puffing Billy Railway Act, plus investment in the PBR Master Plan, what does this mean for local businesses

Stephen Sully of Mainstreet Australia - Urban Planner
valuable insights into the revitalisation, management, planning and activation of our main streets

Andy Balmain, Vic Mgr of the Industry Capability Network
creating local jobs and opportunities for Victorian businesses and workers

Andrew Pomeroy, Mgr Arts, Advocacy & Economy, Cardinia Shire
insights into the Economy ID stats & profile for the Eastern Dandenong Ranges

easterndandenongranges.com.au/events/trybooking.com/BYWBM

THE TREE GROWS FROM THE ROOTS

There has been a slow growing but seismic change happening in health care over the last decade. What we used to consider gospel truth has been put to the test in good quality scientific studies and we've found that a lot of what we considered to be unshakeable foundations has been proven false.

Anyone who has followed my writings and blogs over the last few years will be aware of the evidence around pain, that pain experience does not necessarily mean tissue damage, and that things like persistent low back pain, work related neck pain, and headaches are far more related to stress and stress behaviours, lack of sleep, poor nutrition and other lifestyle factors than anything actually going seriously wrong with the tissues of your body. Even shoulder pain (rotator cuff impingement syndrome) which sounds like a purely physical compression issue, isn't. If you take someone with shoulder pain and send them for a scan, you've got about a 50% chance of finding bursitis in their shoulder and about a 95% chance of finding tendon changes. The funny thing is, if you scan their non painful shoulder, there is a chance of finding the same things.

What is very strongly correlated with shoulder pain, is stress. Stress causes your endocrine system to produce stress chemicals (cortisol, adrenaline) which are detected by your immune system as the chemical signature of threat, and so to make you protect yourself better, your immune system dumps inflammatory chemicals into your nervous system to make it more sensitive. Kind of like how sunburn makes your skin more sensitive (think of a shower, is the water really burning you? Or is your skin just sensitive due to inflammation?). The way I describe this to people is (once ensuring they haven't really injured themselves) to think about their shoulder as being "internally sunburned" and that the pain they feel is more the result of an alarm system that has been made over-sensitive, than actual damage to shoulder structures (which they'll find if they have a scan, but no one ever scans the non-painful side to see what might be normal time-related change).

So, what is it then? Is all pain just from stress? Does bad sleep cause everything?

No, but pain, and other diseases are just far more complex than we give them credit for. Humans are an organism, and organisms respond to 'many' threats from the world around them. These include physical insults, but also include things the organism 'perceives' to be threatening, or experiences as something that increases threat level.

Take sleep for example, something that we all take for granted. When you sleep a number of amazing things happen. Channels open in your neurons in your brain and spinal cord, allowing the metabolic waste from the day to be dumped into your cerebrospinal fluid (CSF, fluid that supports your brain) and this is then recirculated through your lymphatic system. If you sleep badly, or too little, then you're not



allowing your neurons this chance to dump, and so they retain these metabolic waste products, meaning they will not function properly the next day. In painful conditions, this means the cells in charge of firing to produce a pain experience are already closer to their threshold for firing it takes very little to cause them to fire and produce this experience, just one reason that poor sleep predicts next day pain.

Additionally, when you're asleep your immune system produces the growth factors and cells (fibroblasts-healing cells, macrophages-garbage bin cells) so that any cellular damage can be healed, and then the debris can be cleaned up. What do you think happens if you don't sleep well? This process is not allowed to happen, and so the healing capacity of your body is impaired. This leads to more pain, sensitivity, and disease.

Nutrition is just as important. Not only does nutrition feed our metabolism with the nutrients we need to survive, heal and thrive, but lack of decent nutrition means we don't heal, can't concentrate and our neural signalling becomes impaired. We are starting to understand far more now as about the gut-brain axis, and this will bring more understanding about how to treat conditions relating to mental health, pain, stress and mood. Imagine your doctor prescribing you slightly different foods instead of anti-depressants? Imagine your physio telling you that you should avoid sugar and gluten for a while to reduce inflammation and pain? That your back pain will get better if you change your sleep habits?

What is really interesting is when you take a high land view of the medical research and realise that almost all major maladies of human experience are now being found to have the same solutions.

Let's list them:

- Heart disease
- Stroke
- Diabetes
- Depression
- Persistent pain
- Obesity / Metabolic syndrome
- Infertility / Endometriosis / Adenomyosis
- IBS / Crohns disease
- Chronic fatigue
- Fibromyalgia

WELLBEING

Auto-immune conditions (rheumatoid arthritis, Sjogrens disease, pancreatitis, lupus etc).

All of the above conditions are exacerbated by a “fight or flight” response that has been stimulated by a traumatic life event and then this physiological condition has not been resolved. This results in elevated heart rate and blood pressure, shunting of blood away from central organs (doesn't make sense to concentrate resources on digestion or reproduction when you're fighting or running for your life) meaning poor digestion, reproduction, endocrine function (chronic fatigue).

Tense muscles result in persistent wide spread pain (fibromyalgia). Poor immune function due to poor sleep exacerbates immune sensitivity and causes attack on body's own cells, in an inflammatory environment caused by stress (chemical signature of threat, more sensitivity) and poor nutrition (gluten, sugar, alcohol from comfort eating and self-medication) leading to auto-immune dysfunction.

What to do about this?

Doctors, Physios and other health professionals need to get 'much better' at talking to people about their life and social situation, sleep and nutrition. The hardest thing to do is change behaviour, and yet given the above examples, it is the critical thing to do to solve some of the biggest problems facing the human condition in the 21st century.

Imagine how much less money we'd waste on health care,



hospitalisation and medication if we just learned a bit more about how to sleep better, eat better and manage the stresses of human existence?

Solutions for these things are within reach. They are not easy, but with support, guidance and education, as well as help through inevitable relapses of behaviour, we can be a much healthier species. We just have to look at the bigger picture.

BEN KEWISH

Hills Physiotherapy

DELIVERING FOR LOCAL COMMUNITIES & FAMILIES AS WE GROW.



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LEVELLING UP ABILITIES

Level Up Abilities was created to address the lack of safe space for people with disabilities to learn, network and feel empowered, away from societal expectations and judgement, in the eastern suburbs. We aim to provide this by holding fully accessible, small holistic sessions in a private hall in Knoxfield exploring themes such as:

Movement - self-expression and feeling a sense of release.

Adventure - going to the reserve, surrounding yourself in nature, playing sports with your friends, exploring the world around you.

Creativity - using arts and crafts to express yourself with no boundaries or expectations, to read or listen to books, while practicing mindfulness and inviting calm.

Empowerment - learning the skills and getting tools to take up space, effectively communicating, and grow your sense of purpose and belonging in the community.

Level Up Abilities aims to change the stigma, language and image around people with disabilities to encourage confidence and inclusiveness in the community. We are a small business and are able to build strong meaningful relationships between the participants and their families and carers.

The payment for these programs is either through an NDIS support plan or can be paid outright. We are always open to chat about your specific financial needs or situation so no participant misses out on belonging to this community. Our sessions are currently running on



Wednesday's during the day but this can change subject to the community's needs.

If you or someone you know has specific needs or interests in a particular area, please contact us. We are always open to new ideas!

For more information or to contact us:

Email: levelupabilities@gmail.com

Tel: 0467 900 317

www.levelupabilities.com

PHOEBE EBBAGE, Director of Level Up Abilities



OUR BELOVED BUSH CEMETERY

Every season in a cemetery is special for it reminds us of the rhythm of life and death. During the Covid pandemic last year the Emerald Cemetery was unlike anything I had previously encountered, moving me to write this poem.

Cemetery in a Pandemic

Sunday morning in a bush cemetery
 where wattle and rosemary bear witness
 to daffodils shivering in the breeze.
 Normally people would come today
 in remembrance of those they love,
 but now they are forbidden to travel this far.
 It is winter
 and no-one is here.

I see a new grave under a blanket of fresh flowers.

I whisper to her

May you rest in peace in this place of love and loss.

And for those who cannot come here to mourn,

this, I promise –

in your absence I shall honour your dead.

Spring came, bringing hope. Fresh green shoots appeared on trees, and cherry blossoms, more splendid than ever, seemed to rejoice in the return of people. Our bush cemetery is a place of peace, nestled next to natural bush adjoining Macclesfield Creek. I can sense a time, before any graves were here, when the Wurundjeri people would have hunted, camped, told stories and danced along this creek. What might we learn from the continuing connection of Aboriginal people to the land, I wonder?

Summer came and Christmas decorations adorned many graves. A brilliant blue hydrangea beckoned me to return and I did. Now it is Autumn, and the cemetery is bathed in a crimson and golden glory. This is my favourite season, perhaps because I, too, am in my autumnal years. As I tend the grave of my uncle, Frank Walter Scott, I kneel on the earth where my partner and I will one day be buried. It is not a morbid thought but an acceptance of reality that makes the gift of being alive profoundly precious.

The Emerald Cemetery has been the resting place for people in our district for over a century. It is much loved, and a group of devoted volunteers meets each Monday morning to tend the graves that time has forgotten. I too have tended one grave, that of Myrtle Ivy Quicke, 1906 – 1970, a pioneer of the Cockatoo District, a founder of College of Nursing Australia, the Mountain District Bush Nursing Service, the Infant Welfare Centre and the Cockatoo Bowling Club. The words on her headstone say that “Their works shall follow them” (Rev. 4:13). Yours have, dear Myrtle.

Another headstone to which I am drawn is that of Clare



Wositzky, 1921 - 1991. “So much laughter, so much love, so many mountains climbed. We will always find you in the beauty of life” it reads. From one honoured to know Clare Wositzky I learned that she was a formidable advocate for human rights and founder of Amnesty International in Australia. I feel reverence for her life of service to humanity.

And then there is the grave of Leonard Mann, a survivor of the horror of the First World War, whose novel about that war, *Flesh in Armour*, won international acclaim, yet you would not know this from his humble headstone which simply says “Leonard Mann, 1896 - 1981”. His grave speaks to me of the suffering of war. A collection of Leonard Mann’s poetry, *The Delectable Mountains and other poems* was published in 1944. It includes the poem “Bush Cemetery”, based on this this cemetery where he was eventually laid to rest. It captures an “Aussie larrikin humour” of a time gone by.

Nothing stays the same and the Emerald Cemetery is facing a major change. The Greater Metropolitan Cemeteries Trust has bought 150 Macclesfield Road, the 25-acre property of the late Ted Jones, adjacent to the Cemetery. Ted was my neighbour and a much-loved character in the district who knew more about its history than anyone I know. There is now a plan to expand the Emerald Cemetery on this property, most of which is still natural bush running down to Macclesfield Creek.

I contacted the Greater Metropolitan Cemeteries Trust to get some detail and was delighted to discover they had a vision for protecting its flora and fauna. There is a proposal to apply to Cardinia Council to rezone the property from “conservation-rural” to “public use” and some of us are concerned that this may pose a threat to the precious habitat for our wildlife that goes down to Macclesfield Creek.

A spokesperson from the Greater Metropolitan Cemeteries Trust (GMCT) responded to my request for a comment.

COMMENTARY

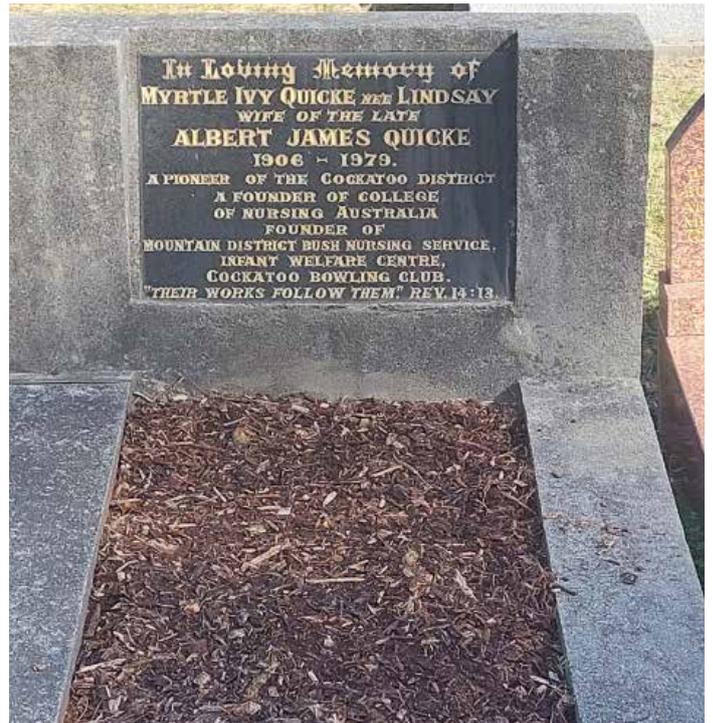
“GMCT intends to not only continue preserving the natural habitat, but where possible, enhance it. The rezoning will not remove, or override, the existing planning controls that currently protect native vegetation on the site. These will remain in place even after the site’s rezoning is complete, I can assure you that input from the community will be sought at various stages of the site’s development though our Community Engagement process, ensuring the community is fully informed and consulted about the proposed plans”.

The anthropologist Margaret Mead once wrote that “the task of the family, like the task of humanity, is to remember those who have gone before, to cherish the living and to prepare for those not yet born”. The Emerald Cemetery is a place where we remember those who have gone before. May it also be a place where we prepare for those not yet born, leaving a legacy of natural bush for future generations.

I am sure we can work with the Greater Metropolitan Cemeteries Trust to find a way for our beloved bush cemetery and its natural surrounds to be protected far into the future, long after we have all gone. Who would like to join me?

DOROTHY SCOTT, Contact: dorothy@avonsfield.com.au

Tel: 0430 150 560



HEALTH

EXERCISE FOR THE BRAIN

Cognition, or thinking skills, is the mental process our brain performs so we can acquire knowledge, understand language and interact with the world around us. This includes our ability to focus, remember, plan, and problem solve. We generally use these skills automatically, and often don’t notice them until they aren’t working as well as we’d like. Many factors such as fatigue, stress and illness can impact how sharp our thinking skills are, but did you know that physical exercise can improve them? That’s right - exercise can help supercharge your thinking skills so you can perform better physically and mentally every day of your life.

Physical exercise can enhance our thinking skills through the powerful effects it has on our brain. Science shows that exercise can increase blood flow to the brain, make our brain cells more active, strengthen connections between different brain regions and even make areas of the brain bigger! The type of exercise is relevant to how it affects our brains - different intensities and types of exercise affect our thinking skills in different ways.

The three most researched brain functions when looking at the impact exercise has on our brains are attention/focus, problem solving and memory. These functions are important so we can succeed in our work, study, or relationships. Understanding the right ‘exercise dose’ is very important.



Attention/Focus:

Imagine that it’s 3.00 pm you’re trying to listen to a lecture, pay attention in a meeting, finish that spreadsheet etc., but your mind keeps drifting to other things. What to have for dinner, what’s happening on Instagram, why’s that dog barking? We all struggle with focus at some point and exercise could be your superpower to help overcome this.

The frontal lobe (the part of the brain sitting just behind your forehead) can be thought of as the control centre of our brain. It is responsible for controlling our ability to focus on what we need to do, ignore distractions, change from one task to another, as well as plan and problem solve.

Physical exercise affects our frontal lobe and its functions in

HEALTH

many ways. Science shows that just 5-20 minutes of moderate intensity exercise (like a brisk walk, slow jog, leisurely cycle or group sport) can have an immediate positive effect on our ability to concentrate.

So next time you're battling distraction, try a gentle block run and come back to it with a sharper focus. If you don't have time for this, then stand up, breathe deeply and stretch your spine. Do some gentle rotations, side bends and gentle back bends, try for just one minute. Move slowly and carefully, pay attention to how your body feels. You could then jog or march on the spot for one minute while looking out the window - notice things! This allows your brain to have a break from the task or problem you were trying to focus on or trying to solve. Have a glass of water for extra health benefit. Get back to it with vigour and resolve.

Problem Solving:

The frontal lobe is very sensitive to the effects of exercise, in particular moderate-vigorous intensity exercise (like running, fast cycling, dancing), or anything that makes you huff and puff to the point where it becomes slightly difficult to have a conversation. When we exercise at these intensities, our body breaks down glucose as its primary source of energy through a process called glycolysis. During glycolysis, a by-product called lactate is released into the bloodstream. This is important as it enters the brain and initiates a cascade of events that leads to the release of neurochemicals and growth hormones responsible for neuroplasticity.

Neuroplasticity is an exciting process where the brain re-wires to create new messaging pathways that can improve our thinking ability. The neurochemicals released during this more intense type of exercise also helps strengthen and protect our brain cells and can lead to the growth of new brain cells. Numerous studies have shown that people who exercise regularly have greater activation in the frontal lobe and perform better at the thinking tasks controlled by this region of the brain.

Sometimes we need to remove ourselves from the problem for the solution to come to us. If we stay involved in the problem, our brain stays fixed in place. Giving our brain a break from the problem can help us 'see' the solution. If the problem can 'wait' then going for a walk outside, while listening to relaxation music can allow your brain to give you that 'ah ha' moment.

Have you ever lost your keys? When you focus on trying to find them, you simply cannot recall where you put them. Then later on, when you are not focussed on this, you see your keys. Give your brain space!

Memory:

Imagine you have an important final exam in a few days, or you want to take up playing the piano again after years of not playing. You realise you've been forgetting things more often than you did a few years ago. Another thinking skill which can be powerfully improved by moderate-vigorous intensity aerobic exercise is our memory, a skill that is fundamental for us to thrive in our work, study and everyday life.



The hippocampus, a small region deep within the temporal lobes of the brain, is particularly sensitive to the effects of exercise and some of the major functions of the hippocampus are learning new skills and creating new memories. Studies (see reference below) have shown that exercising at these higher intensities, three times a week for 12-weeks can improve the size of the hippocampus, make the cells in the hippocampus healthier and make the connection between the hippocampus and other areas of the brain stronger.

So, if you want to optimise thinking skills or are feeling fuzzy, unfocused or forgetful then get moving!

Why is Pilates helpful?

When practising Pilates you are encouraged to be present with your body, to concentrate on the information that is being received by your brain because of what you are doing. Most exercise is about 'doing' so you focus on directing your brain to do something to create a result. Pilates is the other way around - *the focus is on what you are feeling as a result of the doing*. Where to from here?

Hopefully you are convinced that exercise can have just as big an impact on your mind as it can on your body. But I understand that starting an exercise routine, or maintaining one, isn't always easy. If you are keen to get moving and reap these benefits but aren't quite sure where to start, check out your local gym. Vibe Health and Fitness for assistance with improving fitness and strength, or Pilates for improving core strength, flexibility, mobility, reducing pain and helping you to feel focussed and connected to your body.

References: [bpl-4-bpl170053.pdf \(nih.gov\)](#)

DI DALL'OGGIO, Emerald Pilates

THE LIFE AND TIMES OF ALBERT EDWARD LEGGE

The End of the Road

Continued from April 2022

For some reason Albert wanted his business to continue even in those later years as he became more and more blind and incapacitated. Even so, Albert and May purchased the property from Bertie Sellars Stillwell in 1952 upon which stood "The Big Store". The property was described as "Shop, grain store and outbuildings, also five roomed villa at rear of sheds". In this process May and Albert were deemed "grocers and storekeepers".

May ran the store then entirely on her own with staff assistance. Her organisational talents skilfully dealt with customers and staff, with ordering and storing of products. Clearly, her alert mind and standard of honesty excelled. Her teaching experience produced neat printing for labelling stock and boxes with information as to sizes and colours. These skills greatly assisted the conduct of the store and made it ever more attractive.

May was alerted to the industry trend towards 'self-service' businesses. She concluded there was merit with the new approach which would be of benefit to customers where they could view the ranges of products before making their choices. May successfully designed the store lay-out, organised shelving and stock and this new-concept of shopping was underway. In doing so, she established the first self-service in the Dandenong Ranges in 1954. Arguably, it's 'successor' is Ritchie's IGA supermarket at a slightly changed location but still at the station end of the township. In 1958 Albert Legge's death was reported in the 'Free Press' beneath the heading Death of M. A. Legge of Emerald and reads: -

"One of the identities of Emerald, Mr Albert Edward Legge, died last week. Mr. Legge, a veteran of the first world war, was in business in Emerald for well over a generation. In more recent years, he was unable to take an active part in running the shop because blindness was gradually overtaking him and about six years ago he went completely blind having lost the sight of one eye earlier. His blindness was a result of war injuries. He was cremated at Springvale last Thursday and leaves a wife and two sons, Graeme and Peter".

May maintained the business for some time but also went on to marry widower, Les Furlong. May and Les lived in Pinnocks Road, Emerald. While visiting them one stormy dark night I had parked on roadside at the front of the house. The power went off, wind swept and tossed tree branches, rain came pelting down and the phone rang in the darkened house.

A neighbour opposite the shop observed a burglary underway. He called the police and was now informing May.

I sped to my car out the front and drove towards the shop. Outside the new premises of the SES I observed a car 'flying' from the opposite direction. I concluded that there went the 'get-away' car. No sooner had that car passed when a police car came along. I informed the officer of the fleeing car and he determined that the burglar(s) were most likely going down the main road to Wellington Road.

He pursued them in that direction. Me? I would drive down 'Old Narre Warren Road' (now Westlands Road) to link up with Wellington Road (as it did at that time). Between us all, maybe we'd 'trap' the car. As I drove through the wind and rain with headlights on full beam, trees and branches swirling around in the wind, I pondered as to what I'd do if I should come across the car. I thought, "How dare someone rob my widowed mother and treat her this way! I know what I'll do, I'll ram him".

In due course as I drove along the gravel-dirt road I saw on-coming headlights. Anyway, the car ahead pulled across the road effectively blocking any possibility of my going past. It was the police car. Although we'd missed them, the robbers were duly caught, charged and taken to court. Their stolen property had been hidden in Sherbrooke Forest. Mother didn't enjoy the courtroom experience but she did persevere and due penalty was prescribed. In due course May sold her self-service business and property.

Albert Legge's life in Emerald contributed to the community through both family, business and citizenship while his military service contributed to the nation. He has left a legacy as part of the original fabric of the township of Emerald.

GRAEME LEGGE

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EVENTS



Lantern Workshops

Bookings: @ www.events.yourlibrary.com.au/
 Cost: \$10 (per lantern kit)
 Venue: Belgrave Library

Date	Day	Time
11-June	Sat	11.00am
12-June	Sun	11.00am or 2.00pm
16-June	Thu	4.00pm
17-June	Fri	4.00pm



‘Storm Stories’

Every Friday
10.30am – 12:00pm

Join us for a catch up and a chat over a cuppa

with local speakers sharing stories at Olinda Community House



Hills Creative Alliance

Hills Creative Alliance
 email lizmillman@yahoo.co.uk
 phone 0412970050



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emhouse@iinet.net.au

Emerald Community House Inc.
356-358 Belgrave – Gembrook Rd Emerald.