



# EMERALD MESSENGER

COMMUNITY • BUSINESS • EDUCATION • ARTS • HEALTH • ENVIRONMENT • HISTORY • EVENTS

## THE KINDNESS OF STRANGERS



*Lina & Sam Meat & Dumpling, Belgrave*

For decades, young people in the hills have had to be creative in travelling home when public transport stops running or taxis fail to show. Often, they have to resort to hitching a ride if they have missed the last bus or walk along the darkened roadways without footpaths to try and get home. With the advent of the mobile phone, at least they can call someone. But without power or network coverage, the choices are very limited. You have to rely on the kindness of strangers.

Many of us have given young kids a lift when we see them on the side of the road, even if we have to go out of our way to take them where they want to go. We like to think that maybe someone will be kind to our own kids trying to get home in the future

on a dark and lonely night.

FB "Just a little story.... A friend's daughter got stuck in Belgrave last Saturday night with a dead phone, hungry and freezing cold. No taxis to take her home to Gembrook. She went into the dumpling shop at the lights near the station. (They were closing) to see if she could get something to eat. They not only fed her, they charged her phone and then drove her home to Gembrook. They live in Chadstone.

This business is battling, maybe we need to support them. Such lovely people. I, for one will be buying dumplings this week and regularly from now on. Shop local."

People like Lina and Sam from Meat and

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— DIG IN —

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Photo of Tractor Field Wandin by Photographer Paul Bianco

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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*

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**CONTRIBUTIONS WELCOMED**

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To inquire 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](mailto:advertising@emeraldmessage.com.au).

Advertising for the next edition is due by the third week of the month.

**PRODUCTION TEAM**

Mary Farrow	Editor
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Dumpling represent what is good in all of us, that quality that binds us in our community to support each other. It is in the kindness of others that we find connection. We remember that feeling and carry that experience with us, share it, replicate it, pay it forward.

In response to their kindness, Sam and Lina have enjoyed reciprocal support through patronage of their shop. In the interest of letting no good deed be taken for granted, we celebrate the kindness of Lina and Sam by recommending that everyone become patrons of their dumpling shop.

From Lina and Sam, "I want to thank everyone for their support. It is very touching to see everyone's comments through Facebook and who have come into our shop to support us. We are normal human beings first before business people. We just did what others would have done for this girl. We are here in the Hills not just for business but hope to do our best for the community as well. I believe supporting each other can make our community greater!"

Support small Business, 'Shop Local'.

Yunpeng Li - Lina and Yihua Wu - Sam

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## ARTWORK SHAPES RIDGEWALK

RidgeWalk invites us to explore the natural wonders, rich histories and cultural offerings of the region. The track leads through forests of towering mountain ash and rich understory, passes through townships and emerges to panoramic views of Melbourne. Art and interpretive content of various forms can be discovered along the track.

RidgeWalk delivers 14km of new and improved tracks, architectural nodes, permanent sculptures, land art and heritage interpretation. It also includes a program of temporary exhibitions and performances, attracting visitors from across the country and around the world. The dynamic artistic program provides opportunities for multi-sensory, participatory and educational experiences. It also serves as a platform for ongoing exploration of creativity, history and place. Some of Australia's most significant artists, both Aboriginal and non-Aboriginal, have drawn inspiration from the Dandenongs, and the region continues to thrive as a creative hub.

We are delighted that RidgeWalk's first artwork has just landed on the newly upgraded trail between Sassafra and Olinda. This piece, inspired by the Tawny Frogmouth sits upon a storm-felled Mountain Ash. The sculpture's outer feathering comprises of woven locally sourced natural fibres. Walkers on the trail can sit inside the Tawny Frogmouth's belly and enjoy a moment of stillness in this tiny sanctuary. Congratulations to the artist Renate Crow on their incredible work!

RidgeWalk is a large-scale art experience stretching over 39 kilometres of walking track. The project invites us to explore our



region's natural wonder, rich history and cultural offerings.

Artist, Renate Crow

Find out more at:

<https://shaping.yarraranges.vic.gov.au/ridgewalk>.

<https://www.yarraranges.vic.gov.au/Development/Council-projects-works/RidgeWalk>

# IT TAKES A COMMUNITY TO SAVE A SPECIES

By Dorothy Scott

A group of eminent Australian scientists recently announced that 63 of our native animals are likely to go extinct in the next 20 years. However, they have also highlighted how some endangered species are being brought back from the brink of extinction. And one of these species is right here in our own area.

The Helmeted Honeyeater is the bird emblem of Victoria and is only found in the wild along the creeks surrounding Yellingbo. It is critically endangered. A decade ago there were just 50 and now there are approximately 230 birds. That is still an ominously low number but now there is an increasing chance for its survival. There are many contributors to this amazing story of hope, including the captive breeding program for Helmeted Honeyeaters at Healesville Sanctuary, but a large part of the credit goes to a local organisation, the Friends of the Helmeted Honeyeater.

Here are just a few things that our community is doing to save this bird. If you are interested in joining the Friends of the Helmeted Honeyeater in any of these activities, you will be warmly welcomed. They say that it takes a village to raise a child and I reckon it takes a community to save a species. So please join us and let's show the world what our community can do!

contact Dorothy Scott: [dorothy@avonsfield.com.au](mailto:dorothy@avonsfield.com.au).

**Restoring Habitat:** The main reason the Helmeted Honeyeater and so many other species are facing extinction is loss of habitat due to land clearing and altering the course of creeks and

floodplains over a long period. So, extending and restoring habitat is the main challenge, a challenge to which our community has risen. If we can secure the future of the Helmeted Honeyeater by protecting and extending its habitat, then we secure the future of a whole host of other birds, mammals, reptiles and insects which are also endangered, along with many plants. By saving one, we save many.

Over 90 landholders along the Woori Yallock Creek, Shepherds Creek and Cockatoo Creek have come on board a project called "Beyond Yellingbo" to create conservation corridors to help Helmeted Honeyeaters and other species spread out from the Yellingbo Nature Conservation Area.

This is essential to prevent one bad bushfire or disease wiping out the entire wild population of Helmeted Honeyeaters. Local landholders are being helped in various ways through revegetation, weed management, feral animal control and fencing off waterways. If you are interested in learning more, contact Helen Corney: [beyondyellingbo@helmetedhoneyeater.org.au](mailto:beyondyellingbo@helmetedhoneyeater.org.au).

Restoring habitat is also vital on public land in the Yellingbo Nature Conservation Area, and the Friends of the Helmeted Honeyeater has regular planting days which are great fun. If you are interested in coming along to help plant trees and shrubs, please contact Eliza Lamb: [environmentalcoordinator@helmetedhoneyeater.org.au](mailto:environmentalcoordinator@helmetedhoneyeater.org.au).

**Propagating Plants:** The Friends of the Helmeted Honeyeater has an Indigenous Plant Nursery at 1217 Macclesfield Road, Yellingbo. Volunteers, led by Emerald resident and nursery manager, Michelle Faram, propagate over 90,000 plants a year. These are grown from seeds and cuttings from the local area and then used to revegetate public and private land. The nursery sells plants to the community too. For opening hours go to: [www.helmetedhoneyeater.org.au/nursery](http://www.helmetedhoneyeater.org.au/nursery).

The seeds are collected by our volunteers. One of these people is Rich Case, who first got involved when Friends of the Helmeted Honeyeater was founded in 1989.

"I volunteered through outrage that even with the goodwill of successive governments, this little bird was going extinct on the back door of our country's second largest city. If we can't save the Helmeted Honeyeater, what can we save? I've stayed on because I believe in what we're doing, that we do make a difference. I love coming to Yellingbo, wandering the Reserve with the giant Manna Gums and the mystical swamp. And I love meeting other people who also get the Wow! Factor".

**Citizen Scientists:** Professor David Chapple, a Monash University reptile researcher who lives in the area and who is involved with the Friends of the Helmeted Honeyeater, knows how important the observations of community members are to the research which underpins conservation efforts. Local people often notice what's in their patch. We have regular Citizen Science mornings.

Sue Tardif, our community engagement facilitator, says "No-one needs to be able to identify plants, fungi, frogs, reptiles or other critters in order to participate. With the aid of a smartphone and an app, our willing and able volunteers are very happy to help others learn, or you can just join us for the walk! We pay



Photography by Iain Stych

attention to the changes each season brings, have some fun and share in what we discover. In turn, this information helps inform a connected world of naturalists and scientists who are working to conserve the natural world in which we live and play.”

And this is what some of our enthusiastic Citizen Scientists have to say:

“I’ve stayed involved because working outside with, and for nature, is tangible and meaningful. I’ve met the most generous, amazing people and together, we’re making a difference!” (Rachel).

“I thoroughly enjoyed our citizen science day and it was great to be active in removing the Spanish Heath. I think that day had a bit of everything for me. I sure learnt a lot as well as having heaps of fun.” (Noni).

“Exploring the diversity of habitat and identifying species, especially birds, which are attracted to Yellingbo. This is what led me to volunteer with Friends of the Helmeted Honeyeater. What makes me stay? Enjoying the camaraderie of people who join our outings in a natural bushland environment where there is always something new to discover and learn.” (Ron).

Upcoming events are on our website so please check it out if you are interested: [www.helmetedhoneyeater.org.au/get-involved/come-to-an-event](http://www.helmetedhoneyeater.org.au/get-involved/come-to-an-event).

Nurturing the Next Generation of Conservationists: Children are fascinated by nature, and for many years the Friends of the Helmeted Honeyeater has worked with local primary schools, nurturing the next generation of conservationists. In May this



*Kids & Conservation morning depot picnic area-shared meeting place Yellingbo Nature Conservation Area (YNCA)*

year an exciting new program was launched called Kids and Conservation. It provides opportunities for families and their pre-teen children (0-12 years) to build strong connections with like-minded families and the natural world at Yellingbo through nature play, exploration, conservation activities and sharing stories. Contact Sue Tardif for further information: [friendsvolunteer1989@gmail.com](mailto:friendsvolunteer1989@gmail.com).

## SMART SUPPORT

By Rosie Winn

Smart Support is so excited to announce that we have now received our full NDIS registration!

After being founded in 2020, it has been our goal to become registered so that we can deliver a wider range of NDIS services. These services include support work, support coordination and recovery coaching for both self and plan managed NDIS plans.

Smart Support works from a person-centred approach where each participant is made to feel respected, valued and welcome. We are committed to making a positive impact on our client’s lives by supporting them to gain independence and life skills. Our services are focused on participants with a range of psychosocial, neurological, developmental and mental health conditions.

Not only do we provide support work and coordination, but we also offer a range of group and counselling services for NDIS and private participants.

If our services look to be of benefit to you, please don’t hesitate to contact us for more information.

You can do this by calling on (03) 5922 4510 or emailing [info@smart-support.org](mailto:info@smart-support.org).

## SMART SUPPORT

# After-School Program

**Wednesdays 4-5pm**

**Smart Support Office, 2b Beaconsfield-Emerald Rd, Emerald.**

**\$25 entry.**

**Afternoon tea included.**

**Excludes public and school holidays.**



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**FOR ENROLMENT ENQUIRIES**

**EMAIL: [ROSIE.W@SMART-SUPPORT.ORG](mailto:ROSIE.W@SMART-SUPPORT.ORG)**

**OR CALL: 5922 4510**

# SET YOUR FINANCIAL GOALS

By Ben Smith

While 2022 may not have started as you planned, it can still be the year you take control of your finances. It has been a year of uncertainty for many. With Covid hopefully behind us, we now face other challenges and for some this will be a new experience.

The current interest rate rises have had a huge impact on all of us. We now have to face the possibility of more on the way. Along with the ever-increasing cost of living, now is a good time to review some of your spending habits. With the new financial year upon us, there has never been a better time to reassess your money goals.

Below are some simple tricks to making the most of your hard-earned dollar.

## Know what you spend:

To set a savings goal, you will first need to know what you're spending.

Check your statements and look at where you are spending your money to get an idea of where you could make some savings. Set aside a little time to look through your statements. You may be surprised. You could find you are paying for services you are not using. For example, 'free trial' subscriptions on streaming services may have come to an end and you are paying for a monthly service you may not want. It does happen and definitely worth checking!

## Budget, budget, budget:

If you haven't already got one, a solid budget can help to get you on the right track. I have a budgeting tool you can utilise, scan the QR Code on your right and follow the link. It can help to use a budgeting tool to understand how to better spend your money.

## Check your utilities:

When was the last time you did a utility bill audit? Whether it's your phone provider, internet service or gas and electricity supplier you might be able to switch and save. Remember, most utility providers offer a 'bill smoothing' facility. This is a feature that can mean you can spread out your projected bills and pay a set amount per week or fortnight. This can help put an end to the dreaded high winter electric bills.

## Keep things simple:

If you're struggling to manage multiple loan repayments consider consolidating your debts into a single, more manageable repayment. Talk to me about debt consolidation and what options are available to improve your cash flow. We have helped people in the community to reduce their overall monthly repayments by consolidating some of their other debts.



## Refinance:

Whether you have a low fixed rate home loan which is due to end very soon and are concerned about the sudden jump to the standard variable rate, or wish to review your current variable rate, please contact me for a home loan review. I can advise you of what options are available.

## Get an expert on side:

No matter what your finances look like, getting a professional opinion is always a good idea. Just contact me, your local Liberty adviser so we can review your situation and help get you on the right track.

For an easy-to-use Budget Tool, Home & Car Loan Calculator Scan the QR below:

[ben.smith@libertynetwork.com.au](mailto:ben.smith@libertynetwork.com.au)

Tel: 0424 153 236



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# BEST TREATMENT FOR ARTHRITIS?

By Ben Kewish

For probably 20-30 years, best evidence has told us that the way to manage osteoarthritis (especially of the hips and knees, but not limited to those joints) should 'always' include education, exercise and weight control as first line options. This has been published around the world in so many clinical guidelines, however this doesn't reflect actual practice. Currently if you go to your doctor and complain of sore knees or sore hips, typically you'll be sent for an x-ray, and then based on the results of this, probably sent to see an orthopaedic surgeon.

There are some really significant problems with this approach. Number one is that x-ray results and joint function have very little correlation. For example many people with relatively normal x-rays can have horribly non-functional, sore swollen joints. Many people with really bad x-rays can have no pain and perfectly normal joint function. As I've discussed before, you simply can't image pain. To think a scan will show you what is causing your pain is like thinking you can look inside the back of a computer at the cards and wires and think you can tell what software is running. It's not possible.

Pain is a human 'experience' and cannot be seen on a scan. Due to this, we no longer diagnose osteoarthritis by looking at an x-ray (since they're so poorly correlated) but rather by a clinical matrix, asking questions like, "do you have a family history of arthritis?", "have you injured this joint in the past?", "are you over 40 years old?", "Does your joint grind or click?", "Have you stopped doing things you love because of your joint pain?", "Is your pain making you lose sleep?" If you answer yes to several of these questions, then you probably have osteoarthritis regardless of what an x-ray says.

Where it all went wrong, is in the assumption that arthritis is a disease whose primary pathology is loss of cartilage. This is wrong for a number of reasons. As I mentioned above, it is entirely possible to have severe arthritis, but have a normal x-ray, with apparently no loss of cartilage at all. Also, cartilage doesn't really have nerve supply, and as such cannot be a source of nociception (the danger signals that the brain may turn into a pain experience, depending on other factors).

So let's look at the whole 'wear and tear' explanation for arthritis, because it doesn't stand up. Arthritis is a whole joint disease, including synovitis (irritation of the joint capsule), inflammatory changes within the joint, muscle inhibition due to pain (therefore less support) and psychological factors like reduced confidence, reduced engagement in valued activity etc. Instead of wear and tear, we should be thinking of this as more a 'wear and repair' type situation, as cartilage cells respond to load by getting busy and making more cartilage. One study examined people before and after marathon training, and found their knee cartilage to be 'thicker' after they had finished the event.

Often obesity can be blamed as the reason for a person's joint



'wearing out'. This seems to make sense, as increased load should make something deteriorate quicker. But the fact is that compression actually makes cartilage healthier. It doesn't have blood supply, so it gets nutrition through the synovial fluid (lubricating fluid in joints) being squished in and out of it during compressive exercise (imagine a sponge being squeezed, then sucking in water as it returns to resting state).

The increased load of being obese should in theory make joints have better cartilage, as it gets stimulated by more compression. What actually causes arthritis in obesity is inflammation. Adipose cells (fat cells) cause release of inflammatory chemicals, and this is what causes body tissues to become more sensitive and less healthy. This combined with reduced tolerance of exercise due to deconditioning is what leads to the major symptoms of arthritis.

What is the best way to manage this problem? Certainly not just getting images and going to a surgeon. Studies show that knee and hip pain is responsible for 17% of all GP visits in Australia, and that 22% of these are sent to see a surgeon, and only 3% offered any form of exercise therapy (despite worldwide guidelines supporting this for decades).

Education about healthy joints and what causes arthritis, as well as a graded exercise program to make remaining cartilage healthy, nourished, and stimulate new growth of cartilage, with improved muscle function around the joint is the most evidence-based way to manage this disabling condition.

The GLA:D program (Good Living with Arthritis: in Denmark) is a program designed to do exactly this - 2 sessions of education followed by 12 sessions of exercise over 6 weeks, then 6 weeks of self-managed exercise to continue to improve joint function. On average people report pain reduction of 28-35%, significantly improved quality of life measures, and 75% of people who do this program take themselves off surgical wait lists.

Ultimately, if you need joint replacement surgery this is a very successful option. However, you may not need it at all, and the negative outcomes from these surgeries (though rare) can be disabling. If there's a safer, less invasive option, what have you got to lose? Give us a call about the GLA:D program.

Hills Physiotherapy

<https://hillsphysiotherapy.com.au/emerald/>

# NATIONAL RHODODENDRON GARDEN

Dandenong Ranges Botanic Garden is part of an Aboriginal cultural landscape in the traditional Country of the Wurundjeri People. Parks Victoria respects the deep and continuing connection that Traditional Owners have to these lands and waters, and we recognise their ongoing role in caring for Country.

The Dandenong Ranges Botanic Garden is Victoria's premier cool-climate garden. With breathtaking views over the Yarra Valley, the garden features important collections of rhododendrons, azaleas, camellias and more, in a setting of native and exotic trees. Seasonal changes ensure the garden is a year-round delight.

Meander down to Serenity Point where the sculpted landscape opens to stunning views over the Yarra Ranges and beyond. A network of paths criss-cross the Dandenong Ranges Botanic Garden and highlight the ever-changing seasonal landscape.

The Dandenong Ranges Botanic Garden is home to a staggering 15,000 rhododendrons, 12,000 azaleas, 3,000 camellias and 250,000 daffodils clothed in colour in spring and autumn. The garden houses Australia's largest collection of Australian and overseas raised hybrids of rhododendrons that cannot be



replaced, re-bred or re-imported.

Ride the 'Garden Explorer' a fee-for-service people mover which provides a 25-minute guided tour of the garden.

Opening Hours: The Dandenong Ranges Botanic Garden is open daily from 10.00am to 5.00pm (last entry 4:30pm) except Christmas Day, days of Total Fire Ban and Severe Weather events.

Entrance to the garden is free.

Content: Parks Victoria

<https://www.parks.vic.gov.au/places-to-see/parks/dandenong-ranges-botanic-garden>

The Dandenong Ranges Botanic Garden (Formerly known as the National Rhododendron Garden)

Address: The Georgian Rd, Olinda Vic.

# MOUNT BURNETT OBSERVATORY ON SHOW

By Kim Steer

It's been two years since our lanterns graced the streets of Belgrave, and it was exciting to see them again lighting up the street. The planets of our Solar System were on show, along with the Moon, the Sun, and of course a model of the Monash Dome. MBO members, including many Young Observers, took part in the parade and were astounded at the huge crowds lining the street.

At our stall in Hayes car park, Jacquie was busy showing visitors a view of the night sky through a Dobsonian telescope. Clear skies allowed a glimpse of the colourful "Jewel Box" cluster, located near the Southern Cross.

MBO is now gearing up for our next big event, taking part in Open House Melbourne 2022. Open House Melbourne is a not-for-profit organisation and is part of a world-wide initiative aimed at fostering an appreciation of and connection to examples of architectural excellence. The Melbourne program began in 2008 and has grown to include hundreds of buildings across the state.



Open House Melbourne Weekend runs across Saturday July 30 and Sunday July 31. This year's theme is "Built/Unbuilt" and Mount Burnett Observatory will be showcasing the Monash Dome which is celebrating its 50 anniversary this year. Tours of the observatory will be free, but tickets are essential. Two evening tours will include stargazing using our telescopes (weather permitting).

Bookings can be made at: [mbo.org.au](http://mbo.org.au).

# RELIABLE RECALL FOR SAFE OFF LEASH ADVENTURES

By Jari Castle

Watching a dog tear around off-leash is one of life's joys. They look vibrant and free and loving life as only dogs can. With the wind in their fur and their tongue hanging out, off-leash walks and runs are a wonderful way to exercise and enrich your dog's life. Letting your dog off-leash comes with certain responsibilities, most importantly that your dog is still under effective control.

Effective control means that your dog will stay close and is responsive to you, without the use of a leash. Dogs that ignore their owners, and chase after dogs, people, bikes or wildlife are not under effective control and should not be off-leash yet. This includes when your dog is in designated off-leash areas, like the new fenced dog park in Cockatoo. Just as you would react poorly if I ran up to you for a hug on the street, other dogs do not necessarily want an enthusiastic greeting from your dog. Conditioning your dog to quickly and reliably come back to you is polite and will prevent dog fights. A great recall is vital to keep your dog safe! Being able to call your dog away from a snake or kangaroo will save a trip to the vet and could even save your dog's life.

Recall, or coming when called, actually has three distinct parts to train: getting your dog's attention, the dog physically moving towards you, and the dog staying with you once they come back. Let's focus on the first part: getting your dog's attention. For your dog to follow any cue you give like sit, stay, come, they need to be paying attention to you. The most common way to do this is to call your dog's name, but do they always respond, regardless of distractions? If not, it is time to play the Name Game.

The Name Game works on an emotional as well as behavioural



level for your dog. Take five treats in your hand. Stand with your hands by your side. Say your dog's name and give them a treat. At this early stage, it does not matter if your dog reacts to their name at all. After the first one or two treats, they sure will!

Your dog is learning that hearing their name predicts good things for them, from you. Emotionally your dog feels good about hearing you say their name and behaviourally they will turn to look at you more often because now they are getting something out of it. Dogs are opportunists and hedonists, so adding a favourite food, happy praise and/or a game of tug significantly impacts behaviour. You are then the source of all these good things so you are definitely worth paying attention to.

If your dog does not turn to look when you call their name, other ways to get their attention are to whistle, clap, pat your leg, or call 'pup, pup, pup' in a quick high pitched tone. Repeatedly calling their name teaches your dog to ignore your call, and getting angry will often cause your dog to avoid you. Call their name once, and give them time to look up. If there is no response, call their name again. If there is still no response, move to other options to get your dog to look at you.

Next month I'll detail the remaining steps to complete your recall training. Get started this month by playing the Name Game in four different places (besides at home). Send me videos via Facebook or email! <https://www.jaricastle.com.au/>

Contact: [hello@jaricastle.com.au](mailto:hello@jaricastle.com.au)



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Photography by: Cathy Ronalds

## BURRINJA EXHIBITION JUNE 2021 STORMS



There Used To Be A Canopy Here, Cathy Ronalds

Gallery No. 03

It has been over a year since the 2021 June 9 storms which tore across our mountain through the night, destroying homes and felling large swathes of bush. Seeing such devastation to the bush I love so dearly and hearing the stories of terror and near death experiences in our community was distressing.

"I felt compelled to create a series depicting the devastation we felt to honour both our collective trauma and the bush".

A year later, the removal of fallen trees continues. Those who know this mountain well are familiar with the eerie feeling:

"there used to be a canopy here".

Facebook: @cathyronaldsphotography

Music score: Edward Willoughby

Performing artist: Gretel Taylor

The space in-between, Bronwyn Ward and Kerri Hollingsworth  
Gallery No. 02

A lost forest honours the loss of the estimated 25000 trees from the 2021 June Storms. Kerri and Bronwyn have woven, latch hooked and wound natural fibres into tactile sculptures designed to hug and hold our missing trees. They offer a space of contemplation and ask visitors to consider the spaces in between our lost trees.

The installation also includes works the artists made with impacted communities and individual experiences of the storm wound into story ropes.

Admission: FREE

Register at: <https://www.eventbrite.com.au/e/exhibition-openings-there-used-to-be-a-canopy-here-the-space-in-between-tickets-373042268467>

Registration ends on 28 Jul 2022

Join us for the opening on Thursday July 28, 6.30 pm

Further information go to: <https://burrinja.org.au/>

Tel: 9754 8723 Tuesday - Friday 10.00 am - 4.00 pm

Location: Burrinja Cultural Centre, 351 Glenfern Road Upwey

## Automotive service & repairs

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

5968 6031

# JUNE 2021 STORM RECOVERY

June 2021 storms saw wind speeds of more than 120km/h causing damage to trees and housing. Almost 8,000 households lost power and 2,000 homes were without power for more than 4 days.

The June storms were some of the worst storms our residents have ever faced, and 12 months later, some are still recovering. A range of support services remain available for residents, including property clean up, insurance support, and financial and mental health counselling.

Residents needing support can speak to Council's Recovery Team who will be available at Hills Hub in Emerald until September 2022 on Thursdays. Tel: 1300 787 624/Email: [recovery@cardinia.vic.gov.au](mailto:recovery@cardinia.vic.gov.au).

## Support Services:

- Windermere
- local recovery support case workers who can work with you and your family to help navigate the various support services that may be available to you.
- support provided by case workers may include: an initial brief chat about your needs and appropriate follow-up steps
- information and outreach visits
- advocacy to connect with local services including priority access
- assistance with completing applications and other paperwork for grant or financial claims
- support to connect to local services

## Financial Support

The case support service may be able to provide you with a small amount of financial support to respond to immediate financial need.

The program is funded by the Commonwealth State Disaster Recovery Funding Arrangements (DRFA) and the Victorian Government, meaning there is no charge for the support provided by this program.

To access this program or find out more phone 0408 521 320 or email: [stormrecovery@windermere.org.au](mailto:stormrecovery@windermere.org.au).

## Free counselling with EACH

Do you or your loved ones need support to deal with feelings of shock, anger, stress, anxiety, guilt, grief, loss or trauma after the storms?

EACH and Inspiro have partnered to provide a free storm recovery counselling service to individuals, families and communities

## Available support includes:

- coping strategies
- social supports
- evidence-based psychological interventions referrals
- service navigation

For more information contact the intake team at EACH on 1300 003 224 or visit EACH website: <https://www.each.com.au/>.

## Financial Counselling with SECL

Qualified financial counsellors from South East Community Links (SECL) can assist you to:

- access legal advice, services, grants and concessions
- advocate and negotiate to reduce/defer/waive payments with creditors
- respond to factors contributing to your financial distress
- develop a money plan
- identify options and make informed decisions
- understand your rights under the National Credit Code to apply for a hardship variation
- understand the credit reporting system
- understand the impact of bankruptcy

For more information, call SECL on 9549 5288 or visit the South East Community website at <https://secl.org.au/>.

## Help with Insurance Issues, South East Community Links (SECL)

Qualified financial counsellors from South East Community Links are available for virtual and telephone appointments on Monday to Friday during business hours.

Ph: 9549 5288 or visit their website <https://secl.org.au/>.

## Disaster Legal Help Victoria (DLHV)

DLHV can provide you with free legal information and referrals to assist with legal problems or disputes arising from, or being exacerbated by, a disaster.

## Flood and storm related issues may include:

- insurance claims
- lost and replacement documents
- property damage

For more info visit: <https://www.disasterlegalhelp.org.au>

or call the helpline on 1800 113 432 (Monday to Friday, 8am-5pm)

## Local food and material aid providers

The Salvation Army Pakenham: (03) 5941 4906

Adventist Development and Relief Agency: 1800 242 372

Follow Bless Collective: 0411 543 817

## Local food pantries

Emerald Community House  
356-358 Belgrave-Gembrook Rd Emerald  
Tel: (03) 5968 3881

St Luke's Cockatoo  
1 McBride Street Cockatoo  
Tel: (03)5968 8459

Cockatoo Community House  
23 Bailey Rd, Cockatoo  
Tel: (03) 5968 9031

Further Information go to: [www.cardinia.vic.gov.au/storminformation](http://www.cardinia.vic.gov.au/storminformation)

# MARGARET DOUGLAS DELIVERED FOR THE HILLS

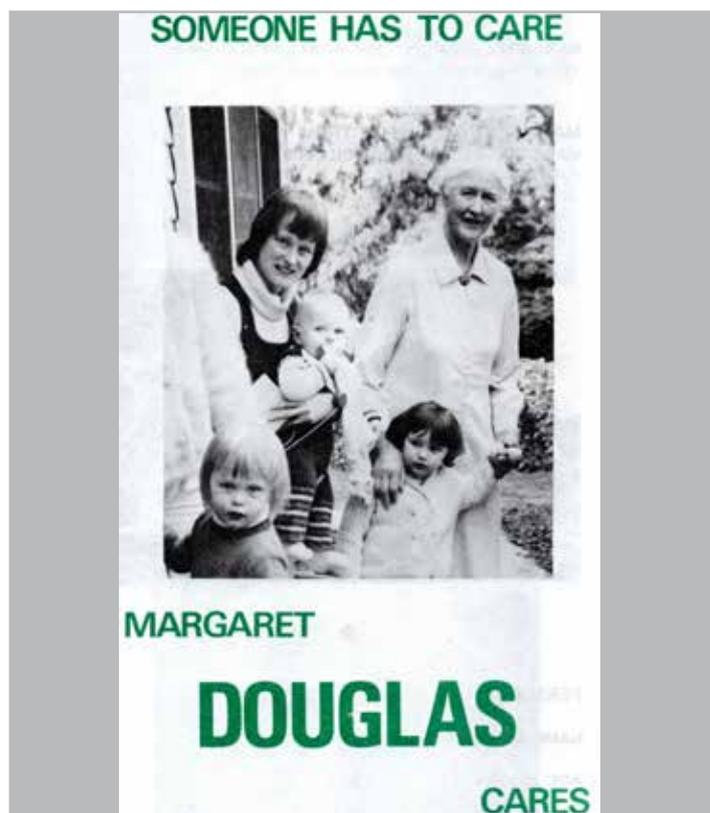
For hundreds of hills residents, one of the first people they met, either as a newborn or a small child, was Margaret Douglas, midwife and infant welfare nurse, but there was far more to Margaret than just these precious roles.

Margaret, the youngest child of Robert and Ethel Douglas, was born in Bright, Victoria, on September 16, 1921. At the time, her father was a tobacco grower near Porepunkah, and Margaret spent her young years on the family farm with her older brothers, Neil (the well-known artist) and Gavin. She taught herself to ride, beginning a lifelong infatuation with horses. At the start of the Depression, the family moved to Bayswater, and it was here that Margaret first recorded her independence from direction, writing 'I will not sew' on the bearers under the house.

At 18, as an early member of the Country Women's Association Land Army, she took care of a property in Mount Macedon. She said, 'I ended up working as the local postie, riding up into the mountains to deliver the mail, with snowflakes falling on the



*Margaret and her dog Cara in 1986*



*'Someone has to care' - the perfect slogan for Margaret's successful local government campaign in 1980.*

pony's mane, and all that.' She helped run Red Cross gymkhanas in the area, and as a horsewoman, felt her biggest achievement was the founding of Victoria's first Pony Club, the Mountain District Horse and Pony Club, which was foaled at Boronia in 1944. Margaret was Secretary and later a Life Member.

She bred hacks and racehorses, and while, as she said, 'I've never won a Melbourne Cup,' she had many successes, including Sailor's Luck, which won 20 races. When asked to be a donkey judge at local shows and twice at the Royal Melbourne Show, she approached the task with typical thoroughness and resolution.

But horses, even successful horses do not provide a living, indeed, they can become an expensive diversion. So, on August 11, 1952 just short of her 31st birthday, Margaret reported to the Austin Hospital, Heidelberg, to begin her distinguished nursing career. After qualifying as a midwife at the Queen Victoria Hospital, she spent fifteen years as Sister in Charge, Midwifery, at the William Angliss Hospital in Upper Ferntree Gully, where she was remembered for riding her horse to work and for feeding kookaburras on the Midwifery Department balcony. More importantly, Margaret gained a reputation as a competent and caring nurse, possessed of a commanding personality. She was respected and listened to by doctors and nurses alike, and was kind heart. New mothers recalled how she would sit on their beds and firmly reinforce her 'Breast is best' philosophy.

In 1970 she trained as an Infant Welfare Sister because 'I wanted to see what happened to the young mums and babies after they left hospital.' However, she also visited the hospital to meet new mothers before they took their babies home. 'This established a better relationship,' she said. Margaret completed

an outstanding career in nursing by working for eleven years at the Bena Angliss Maternal and Child Health Centre. There she introduced innovations such as a weekly parents' night which gave fathers and mothers an opportunity to bring their children to clinic together. Because of her work, she is still remembered with affection throughout the Hills as 'Sister Douglas'.

In 1959 Margaret and her mother had moved to a 30-acre farm in Belgrave South, where one of her racehorses, African Idol, later lived out his life in the horse paddocks. As a companion he had a grey/beige sheep called Porridge. If dogs came into the paddock Porridge would run and stand under African Idol's belly until it was safe to emerge. Margaret used to ride to the store in Belgrave South, hitch her mount to a nearby post, pick up her shopping, and ride back home. Sadly, by 1984, two hip replacements had curtailed her own riding.

In August 1980, Margaret stood for election in the South Riding of the Shire of Sherbrooke, after some mutual 'sounding out' between herself and a group of local people who encouraged candidates 'on the green side'. Her campaign manager, Peter Downard, was a firm believer in door-knocking so she knocked on every door in the Riding in the six weeks leading up to the election, starting in the outlying areas and worked inwards, stopping for lunch each day and recording any issues which had arisen. This exercise, coupled with her genuine interest in people, gave her an excellent idea of what the community expected from their representative. Her main opponent was a local businessman who was so confident of winning against a 'granny' he didn't bother to campaign. Not surprisingly, she won the seat, falling a mere three votes short of a clear majority.

Local politics attracted Margaret for two often competing reasons: her belief in the value of the local environment, and her concern about the needs of people. Her vote on various issues always reflected her internal struggle between these two reasons; she was always her own person.

She voted for the acquisition of the 'Birdsland' property, a radical and controversial issue at the time, but Margaret could see the ongoing value it would have. Hills residents will continue to be grateful for her foresight, and that of other Councillors.



*Margaret's very successful racehorse, African Idol, living out his retirement in Belgrave South. His companion, Porridge the sheep, avoided the camera. Undated but c1980s.*



*Margaret at the Bena Angliss Maternal and Child Health Centre. (Undated)*

She was the only Councillor to lose her home in the 1983 Ash Wednesday bushfires, along with all her family photographs and mementos. The Shire of Sherbrooke received much misguided blame in the following months, and Margaret herself became the target for a regrettable amount of unpleasantness, part of the reason that she did not stand for re-election.

However, she retained an interest in local affairs, being a founding member of the Southern Sherbrooke Historical Society, supporting controversial gun control and animal by-laws, and involving herself in a local landcare group called Baluk Willam, set up to preserve the natural environment. After much study into the design of bushfire-resistant houses, Margaret rebuilt on her land, creating a mudbrick home cut into a hillside and formed from the ground on which it stood. She was a keen gardener, favouring roses, perennials, daisy bushes, bulbs, and other flowering shrubs. She also grew her own herbs and vegetables and established an orchard.

Margaret left Belgrave South in 1997 to live in Inverloch, where she remained until 2008, when increasing immobility from arthritis necessitated a move to Grossard Court Aged Care Facility on Phillip Island. She died peacefully at Grossard Court on Thursday April 8, 2010 aged 88.

SOUTHERN SHERBROOKE HISTORICAL SOCIETY

# PROTECTING PRECIOUS WILDLIFE

Yarra Ranges Council aims to install several nest boxes and hollows across six locations in the municipality as a part of storm recovery works.

Fallen logs and stumps collected during the storm clean-up are being repurposed in bushland sites to create habitat for local fauna including the threatened Powerful Owl. It's estimated that over 25,000 trees fell within the Yarra Ranges municipality during the 2021 June storm.

Some of those trees housed valuable tree hollows. Tree hollows are an increasingly scarce and a valuable resource, as they provide habitat and protection for many native species.

The Council has endeavoured to replace these important natural structures and Yarra Ranges Council Biodiversity Rehabilitation Coordinator Scott Allen said the program would target over 30 species that rely on hollows for breeding and nesting.

"We share the sadness of our community over the loss of our trees in the June storm last year and we've been working to find a way that efficiently replaces some of the important natural hollows that are used by so many of our locally native species," said Scott. "Large hollows suitable for owls or possums can take hundreds of years to form so it's vital that we replace what once was there."

Some of the priority species that will benefit from this include various microbat species, Yellow Bellied Glider, Sugar Glider, several small to medium owl species such as the Sooty Owl and the Boobook Owl. There will also be specialised hollow logs



that will cater specifically for the threatened Powerful Owl.

Yarra Ranges Council has partnered with The Department of Environment, Land, Water and Planning (DELWP) to deliver this project. Scott said, "DELWP has been instrumental in providing detailed species information and assistance on best hollow practices to support species in the region. We're all on board and working together to ensure that this project is delivered and monitored into the future and that the right species utilise these hollows".

DELWP and Council are committed to restoring those hollow bearing trees that were lost from the storm and responsibly recreating essential habitat for some of our key and iconic wildlife.

Further information go to: <https://www.yar-ranges.vic.gov.au/recovery/News/>

Council%E2%80%99s-Habitat-Hollows-Program-Protects-Precious-Wildlife



**EMERALD COMMUNITY HOUSE**

# POTTERY CLASSES

**OUR CLASSES PROVIDE YOU WITH THE OPPORTUNITY TO LEARN:**

- Moulding & Sculpting with clay
- Techniques of clay work
- Basics of kiln firing
- Various finishing techniques
- Understanding of different clays

**CLASSES COMMENCE**  
**SATURDAY 23 JULY - 10AM TO 12PM**

For further information or to enrol:

Ph: 5968 3881  
email: [amhouse@iinet.net.au](mailto:amhouse@iinet.net.au)

**8 WEEK TERM**  
**\$300**



# FRUIT FARM ACTIVITIES FOR KIDS

Rayner's Orchard Farm, in Woori Yallock offers educational fun days for school children and a fun way for Kids to discover healthy eating.

Most kids don't eat enough fruit and some don't even like fruit. We encourage them to enjoy fruit by trying some of the best they will ever experience!

Time and time again children visit our farm saying they don't like fruit. We find most times children discover a new love for eating healthy fruit.

## Tractor Fruit Tasting Adventure

Make sure you are hungry as there will be at least 8 varieties of fruit to try on every tour. Farmer Len or his sons Cameron and Andrew, will guide you through the orchard with lots of fruit with interesting and entertaining facts along the way.

## Same-Day Bookings

Please call prior to your arrival for same-day bookings rather than book online.

Fruit tasting tours run Mondays, Thursdays and Sundays

Tours will run at 10.30 am, 1.00 pm and 2.30 pm

Please contact Farmer Len

Tel: 5964 7654

Email: [admin@raynersorchard.com.au](mailto:admin@raynersorchard.com.au)

<https://www.raynersorchard.com.au/contact/>



## ENAMELLING, GLASS FUSION & JEWELLERY MAKING COURSE

Join this unique six week workshop, where you will have the opportunity to try our enamelling, glass fusion and jewellery making in the one class

**Weeks 1 and 2 - Enamelling**  
In the first two weeks of this workshop you get to play with colour and paint with enamel, while learning this satisfying and beautiful technique.

**Weeks 3 and 4 - Glass Fusion**  
Next, you will be guided through the basics of glass working, including breaking, shaping and designing with glass.

**Weeks 5 and 6 - Jewellery Making**  
Finally, you will develop an understanding of both traditional and contemporary jewellery pieces.

**CLASSES COMMENCE - SATURDAY 23 JULY  
2PM TO 4PM**

For further information or to enrol:

Ph: 5968 3881  
email: [emhouse@iinet.net.au](mailto:emhouse@iinet.net.au)

**6 WEEK TERM**  
**\$250**



Fresh organic produce  
 Fair Trade coffee  
 Ethical wholefoods  
 Wellness products  
 Local artisans  
 Unique gifts  
 Hand-crafted cards

**HOME OF THE  
 OLD EMERALD BAKEHOUSE  
 1 Kilvington Drive Emerald**



Supporting sustainability and food security.

We support local businesses and programs.

**DIG IN COMMUNITY GROCERY**

1 Kilvington Drive Emerald VIC 3782  
 (access via Murphys Way)

Open Wed – Sat from  
 9 am to 3pm  
 and Market Day - every third Sunday of the month



An Emerald Community House initiative



Dig In Community Grocery



digingrocery





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

## Program - Term 3

July 11<sup>th</sup> – September 16<sup>th</sup>, 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](mailto:emhouse@iinet.net.au)

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

'Find us' on Facebook - [www.facebook.com/emeraldcommunityhouse](http://www.facebook.com/emeraldcommunityhouse)

## Membership - Course Enrolment Details & Conditions

### **Membership Fees**

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

Further details: [www.emeraldcommunityhouse.org.au](http://www.emeraldcommunityhouse.org.au).

### **Course Enrolment**

Enrolment/membership forms are available at the office or online

[www.emeraldcommunityhouse.org.au](http://www.emeraldcommunityhouse.org.au). Course cancellations may occur if minimum class numbers are not achieved. Terms & Conditions are also online.

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

## Course Guide

### **Permaculture Design (Pete the Permie)**

#### **Course Code PDC with Peter Allen**



This 120hr Permaculture Design Course (PDC) will suit many levels including those wishing to design their own property, going on to seek employment, or planning to continue with other accredited courses. This is a real chance to learn and gain 2 certificates in this 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:	Thursdays & Saturdays September 8 <sup>th</sup> – December 1 <sup>st</sup> (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](mailto: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 19<sup>th</sup> July – 6<sup>th</sup>  
September 10am – 12 noon**

**Thursday 21<sup>st</sup> July – 8<sup>th</sup>  
September 6.30pm – 8.30pm**

### Enamelling classes

**Wednesday 20<sup>th</sup> July – 7<sup>th</sup>  
September 6.30pm – 8.30pm**

### Glass classes

**Thursday 21<sup>st</sup> July – 8<sup>th</sup>  
September 10am – 12noon**

### Jewellery classes

**Wednesday 20<sup>th</sup> July – 7<sup>th</sup>  
September 10am – 12noon**

**Tuesday 19<sup>th</sup> July – 6<sup>th</sup>  
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](http://www.emeraldcommunityhouse.org.au)

## 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 July 11<sup>th</sup> – September 12<sup>th</sup>  
 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 July 11<sup>th</sup> – September 12<sup>th</sup>  
 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 July 22<sup>nd</sup> – September 9<sup>th</sup>  
 Time & Venue: 12.30pm – 3.00pm ECH  
 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 July 14<sup>th</sup> – September 15<sup>th</sup>  
 Time & Venue: 10.00am – 12.00pm ECH  
 Course Fee: Free

## Tax Help

Tax Help is a free service to help eligible people earning \$60,000 or less and with simple tax affairs manage their tax obligations. From July to October each year, our Tax Help community volunteers will help prepare and lodge tax returns using myTax. Volunteers can also help clients to:

- >create a myGovExternal Link account
- >lodge amendments
- >claim a refund of franking credits
- >tell us if clients don't need to lodge a return.

To make an appointment please phone 5968 3881.

## 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](http://www.emeraldcommunityhouse.org.au/forms)

## Children's Programs

### Occasional Childcare

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

### Monday, Tuesday & Friday

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

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

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

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

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

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

Enrolment enquiries: 5968 3881 or [echoosh@inet.net.au](mailto:echoosh@inet.net.au)



# CAN EXERCISE HELP MOTOR NEURONE DISEASE

By Di Dall'Oglio

Motor Neurone Disease (MND) is a degeneration of the nervous system which disrupts the communication between the brain and the muscles responsible for enabling us to move, speak, swallow, and breathe.

There is no cure and it is life-limiting. Although it progresses differently for each person, the average life expectancy is 2-3 years.

MND goes by a number of names. MND is most common in the UK, Australia, New Zealand and some other countries. However throughout the US, Canada and other parts of the world it is known as ALS (Amyotrophic Lateral Sclerosis) or Lou Gehrig's Disease after the famous baseball player who died of the disease.

Although MND can affect adults of any age, it occurs most often in those over 50 years old. The lifetime risk of developing this disease is 1 in 300 people, and in 90% of diagnoses there is no inherited genetic mutation (i.e., sporadic MND). Every day another 6 people will be diagnosed with this devastating disease and 6 people will die from it.

There are a number of Australian organisations which work tirelessly to raise awareness and fund vital research, so that one day we may live in a world without MND.

This year, global MND Awareness Day is Tuesday June 21. You will most likely be reading this article after this day which is designed to raise awareness of this disease. Wear those MND beanies with pride.

As a charity, the MND Association is proud to take a leading role in the global fight against MND by funding research, facilitating collaboration and raising vital awareness. They advocate for all those people with and affected by MND, giving them a voice to push for a continuing and dedicated focus on research.

Can exercise help? Let's ask the experts.

Leanne Sklavenitis is my great friend and was diagnosed in September 2017 and says "Yes of course it can and it does." Exercise helps with dignity, it moves her muscles which helps avoid muscle wastage, it alleviates her pain, helps with respiration, circulation and digestion. It also helps with appetite, gets her outdoors often and contributes to the human need of being social. It helps her feel like her normal self again. The thing with MND is that the person is still the same. Mostly the same brain, but the body is not working as it used to. Her body is trapped.



## *Leanne's Journey with MND*

*It all started with a fall in a restaurant up a couple of stairs. I remember it so vividly, it was April 2016.*

*I landed hard on my knee and my first thought was "well that was a bit stupid!" It was a strange sensation and I initially thought I'd done some nerve damage. Possibly there may have been some muscle issues, but it didn't slow me down. At that time, I was living in Brisbane and regularly flying back and forth to Melbourne for work, plus filling in teaching extra fitness classes as I went.*

*But, I knew that something still wasn't right. We started with an MRI and a range of other investigations. I was relieved when I got the all clear. Great, everything is healthy I thought. But no! It had taken three neurologists to figure out what was wrong. The first neurologist thought it was definitely muscle related. I'm a PT, I kind of know my muscles. The second, well, I don't actually think he had the nerve to tell me what he thought it was.*

*Back in Melbourne one week in September 2017, I met with a neurology professor who quickly figured things out. Thank the Lord, I thought, but he was quick to let me know that I was not going to be like I use to be and there it was. It hit me. There is no cure.*

*Looking at the symptoms, I could not believe it! An MND diagnosis is a pretty hard thing to swallow being told on average it's 2-5 years to live and I'm only 53. People are affected in different ways and no two motor neurone patients are the same. I realised that what is really tricky for these neurologists is they don't really know what to do with you. So, began my worldwide search for anything that may help to slow the progression.*

Matt Stickland, what an amazing person he is. Matt is only 52 years old, husband to Sarah and father to three children, living in our local community. He is an incredibly friendly, funny and all round great guy. He is interested in how everyone is going, asks questions and loves a chat. Matt has a smile that lights up a room and is heart-warming. Over seven years ago, he was diagnosed with MND. He is sharp as ever and can recall every detail of the terrible news when it was broken to him and Sarah. Matt played football and was always active. He would often attend local family classes in the hall with his wife and kids, and everyone knew him.

Matt and Leanne love the way they feel included, and treated with respect when they enter any fitness/wellness facility. They love moving/exercising and being social, and they love the conversations they have with others. Other people who frequent these facilities love being in the presence of these two. It generates a lovely atmosphere that I am proud and

privileged to be a part of.

Both Matt and Leanne were avid exercisers before and after their diagnosis. Exercise was a daily habit, and they inspired others, Leanne in her role as personal trainer and Matt as a great footy player and umpire. They did not give up their exercise after their diagnosis. In fact, their resolve was strengthened.

Matt and Leanne would love and give anything for their body to obey their clever, intact and sharp brains again.

What can we do?

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

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## BEGINNER'S GUIDE TO HOME COMPOSTING

By Nat Mendham

Composting is a sustainable and zero-waste solution to one of the biggest environmental issues we face: over 30% of food that is produced ends up in the garbage. Implementing composting into your life will reduce your carbon footprint and will address some of the worst effects of climate change.

Learning how to compost at home is so good for your garden, your soil, the veggies you'll grow and the health of our planet. And you can set up a compost system in almost any situation, whether you have a big backyard, a balcony garden or even just a few pot plants.

Compost is a process of actively feeding a huge number of microorganisms so that they munch and breed and munch converting your pile of food scraps, paper, gardening prunings, manure, autumn leaves and whatever else into a nutrient-rich humus, (the organic component of soil, formed by the decomposition of leaves and other plant material by soil microorganisms) that we all know as 'compost'.

### Food waste and how composting offers a solution:

Food waste is a really big problem worldwide. It starts where the food is grown, where up to 25% of all vegetables produced doesn't leave the farm.

Once the food gets to us, far too much is simply thrown away. In Australian households, we throw away about 3.1 million tonnes of edible food every single year. Sadly, too much of that binned food goes straight to landfill, where it rots and becomes anaerobic. At this point, the organic material is turned into the greenhouse gases methane and carbon dioxide and, unfortunately, methane is 25 times more harmful to our atmosphere than carbon dioxide. Food waste also causes issues with odour, leaching, attracting vermin, and is a potential source for disease. This is where we composters can make a big positive impact.



### Benefits of composting at home:

Compost equals healthy soil, healthy food, less food waste and it assists with carbon sequestration.

How does composting lock up carbon in the soil? Firstly, compost creates humus which consists of long chains of carbon atoms that last a long time in the soil. Secondly, when compost is added to soil, the soil becomes healthier with improved structure and increased biological activity.

Therefore, the plants growing in it become healthier too and their capacity to photosynthesise is increased, meaning they're capturing and sequestering more carbon from the air and storing it in the soil. And then we get to eat the healthy food from the healthy soil, and with the food scraps, we can make more compost.

### What to put in your compost bin:

There are different types of bins, however they all use four common ingredients:

- Carbon materials: Dry and brown materials including straw, dead leaves, shredded office paper or newspaper with soy-based inks (no glossy paper), sawdust and cardboard.
- Nitrogen materials: Fresh materials including food waste, green grass clippings, some animal manures and seaweed.
- Water
- Air

**Which food scraps are safe to put in my compost?**

Just about all food scraps can be used as a valuable source of nitrogen for your compost bin, tumbler or bokashi bin, but there are a few things to avoid.

**Food scraps that can safely go into your compost:**

- All fruit and vegetable scraps
- Crushed eggshells
- Dairy
- Bread
- Small amounts of meat (without big bones)
- Cooked leftovers
- Coffee grounds and tea leaves
- Small amounts of cooking oils
- Make sure you chop up food waste so it's the size of a 20-cent coin to accelerate the composting process.

**Food scraps to avoid putting in your compost:**

- Wood ash from your fire is an alkaline material. Sprinkling in a small amount is fine, but be careful not to add too much as it can make your compost too alkaline for general food production (which mostly desires a neutral ph of 6.5).
- Large bones take a long time to break down. Instead, burn them in your wood fire.
- Citrus skins: a few is fine but too many will make your compost too acidic.
- Teabags: many contain polypropylene plastic to keep the tea bags from falling apart. Find a plastic-free brand or use loose leaf tea instead.

**Which carbon materials can I put in my compost bin?**

There is a large range of dry carbon materials you can source for your compost system. These include:

- Straw
- Shredded office paper
- Newspapers that use soy-based ink
- Aged sawdust
- Brown cardboard
- Never use glossy magazines or brochures, the chemical inks can compromise the compost's health

**Understanding the compost 'carbon to nitrogen' ratio**

Most compost systems (except worm farms) require a carbon to nitrogen ratio of about 25:1 or 30:1. This means it's good to get to know how carbon-y or nitrogen-y different compostable materials are, then you'll know how much of each thing to throw in your compost bin to create a thriving environment.

Above is a table that shows things like fish guts and chicken manure are really high in nitrogen, while things like cardboard and sawdust are really high in carbon.

So, let's turn our waste into a resource!

To be Continued

<https://www.milkwood.net/>



Inputs	Carbon to Nitrogen Ratio	
Fish guts	10:1	Really high in nitrogen
Chicken poo	10:1	
Mixed, fresh food scraps	15:1	
Fresh grass clippings	15:1	
Fresh cow poo	17:1	
Fresh horse poo	27:1	
Pea straw	40:1	
Wheat straw	50:1	
Newspaper	60:1	
Cardboard	100:1	
Draw Sawdust	200:1	Really high in carbon

Table created by Good Life Permaculture for Home Composting in Hobart

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# HOME LOAN GUARANTEE SCHEME BENEFITS

By Craig Waters

The Australian government has released its federal budget for 2022-2023, and there are several changes that could benefit home buyers. This includes an expansion of the Home Guarantee Scheme that seeks to help first-time buyers get into the housing market. Here is a breakdown of the key changes that may impact you.

## Home Guarantee Scheme:

The Australian government launched the Home Guarantee scheme several years ago to help first home buyers break into the property market. During the federal budget announcement, Treasurer Josh Frydenberg revealed that the government will be expanding the scheme to support Australians looking to buy a home with a deposit of less than 20%. For those who successfully apply, the government guarantees up to 15% of the value of a home that a borrower purchases, meaning you may be able to secure a loan with just a 5% deposit.

Previously the scheme was capped at 10,000 places, with last year's scheme running until 30 June 2022. The Federal Government announced that the 2022-23 scheme will expand the number of places from 10,000 to 35,000 places, plus an

additional 10,000 places for home buyers in regional areas.

Here is a basic breakdown of the expanded scheme announced in the 2022 Federal Budget, which has within it three separate schemes:

- 35,000 places to first home buyers looking to purchase a new or existing home known as the First Home Loan Deposit Scheme (FHLDS), a Government initiative to support eligible first home buyers purchase their first home sooner.
- 10,000 places for first home buyers and previous homeowners in regional Australia (which will be known as the Regional Home Guarantee).
- 5000 places per year for single parents looking to purchase their first home or re-enter the property market (which will be known as the Family Home Guarantee).

For both, the First Home Loan Deposit and the Rural Home Guarantee Schemes, despite the fact that you may only need a 5% deposit to be eligible, in some circumstances you might still have to pay some government fees, such as stamp duty. By chatting to a mortgage broker, they can advise you on what the likely fees would be, which is crucial in ensuring you have enough money upfront to have your application approved.

## Overview of the scheme currently:

As mentioned, under the scheme there are three separate categories that the Federal Government is supporting:

For a property to be eligible it must be a 'residential property'. This term has a particular meaning under each of the Schemes, and Participating Lenders can assist if there is any doubt.

Applicants can be either first home buyers or previous owners who do not currently own a home. That is, the applicant

	First Home Loan Deposit Scheme	Regional Home Guarantee	Family Home Guarantee
Minimum deposit	5%	5%	2%
Property type	New and existing homes <sup>1</sup>	New and existing homes <sup>1</sup>	New and existing homes <sup>1</sup>
Number of places	35,000 places from 1 July 2022	10,000 places from 1 October 2022, to 30 June 2025	5,000 places from 1 July 2021 to 30 June 2025
Borrower eligibility	Single and couple 2 applicants	Single and couple 2 applicants	Single parent with at least one dependent child
Purchasing history	Must be first home buyers	Eligible citizens and permanent residents who have not owned a home in the last five years	First home buyers or previous home owners <sup>3</sup>

must not currently have a freehold interest in real property in Australia, a lease of land in Australia or a company title interest in land in Australia.

#### Eligibility:

There are numerous criteria for an applicant to be eligible, which you can find out here, the main criteria for eligibility are:

- Australian citizens who are at least 18 years of age.
- Single applicants with a taxable income of up to \$125,000 per annum for the previous financial year and couples with a taxable income of up to \$200,000 per annum for the previous financial year.
- Couples are only eligible for FHLDS if they are married or in a de-facto relationship with each other. Other persons buying together, including siblings, parent/child or friends, are not eligible for the Scheme.
- FHLDS assists single (individual) applicants and couples (together) who have at least 5 per cent of the value of an eligible property saved as a deposit. If 20 per cent or more is saved, then the home loan will not be covered by the Scheme.
- Applicants must intend to be owner-occupiers of the purchased property. Investment properties are not supported by FHLDS.

#### Price Caps on Properties:

The Scheme is targeted to assist borrowers in the purchase or construction of new homes, and therefore the value of the property that a borrower seeks to purchase with the assistance of the Scheme has certain thresholds depending on your location. Changes to the price caps for each particular area have just been announced, and are set to come into effect on July 1, 2022.

The capital city price thresholds also apply to regional centres with a population over 250,000 (Newcastle & Lake Macquarie, Illawarra (Wollongong), Geelong, Gold Coast and Sunshine Coast), recognising that dwellings in regional centres can be significantly more expensive than other regional areas.

#### How to apply?

The scheme is administered by the National Housing Finance Corporation (NHFIC), but all applications for any parts of the Scheme must be made directly to one of the 33 Participating Lenders. It's in your best interests to engage a mortgage broker for this process, as they can analyse which lenders may have exhausted their allocation of places for the scheme and save you wasting time applying directly to lenders who may not be able to meet your needs.

Whilst the number of places available in the scheme has been expanded, some experts are predicting that demand will still substantially out-strip supply.

It's important to remember that applying for these schemes via a well-connected and experienced broker will help you track down a lender who has available places.

So, if you think the expanded scheme might be right for you, reach out to one of our experienced Yellow Brick Road (YBR) Brokers today to discuss your circumstances.

State	Capital City & Regional Centres	Rest of State
NSW	\$900,000 (Increased \$100,000 from previous year's scheme)	\$750,000 (Increased \$150,000 from previous year's scheme)
VIC	\$800,000 (Increased, \$100,000 from previous year's scheme)	\$650,000 (Increased \$150,000 from previous year's scheme)
QLD	\$700,000	\$550,000
WA	\$600,000	\$450,000
SA	\$600,000	\$450,000
TAS	\$600,000	\$450,000
TERRITORY		ALL AREAS
ACT		\$750,000 (Increased \$250,000 from previous year's scheme)
NT		\$600,000 (Increased \$100,000 from previous year's scheme)

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# FIRST ASSIGNMENT

By Judy-Ann Steed

I felt nervous as I was given my first assignment as a cadet journalist for the Sunday Times based in Wellington, New Zealand.

Having only arrived two days earlier by ship from Melbourne, I found temporary accommodation before settling into more permanent digs. I wore what I thought suitable for that day, a sleeveless yellow summer dress and matching coloured cardigan, and fronted up to the Editor's office promptly at 9.00 o'clock.

I had been offered a choice of two positions earlier that day, either in the library department or as a cadet journalist. It was an easy decision as the Head Librarian said with much glee, "We keep a tight shop here. For example, as President Kennedy is dead, we didn't need his photos any more. They were turfed." So, journalism it was to be.

The office where I was to work for the next five years resembled what I'd term a large size lounge. Four sub editors of varying ages fitted along almost one side of the room sizing up the stories, 'casting' and wrote story headlines with many an entendre. It was always a competition to see who could write the catchiest phrases. Paul Taylor was amongst them later to become a noted Melbourne Herald Sun feature editor. (I used to babysit his son, now film actor Noah Taylor from the time Noah was five).

Six journalists lined the rest of the office. Then there was the editor Frank Haden, who later on become a godfather to my son, naming him Haden.

Frank beckoned me in, only glancing up as from his well-ordered desk, sliding his black frames glasses back from the tip of his nose.

Deep voiced, he smiled, "Hope you're going to like it here," then went on to explain the workings of the office. "Your first assignment is to go to the Wellington Scottish Highland Games and write a colour piece about the day."

Fair enough but as I was new to Wellington and had no car, I caught a ten-minute taxi ride to the Wellington oval.

Clad only in my lightweight dress and cardigan, I shivered in chilly wind sweeping through the stadium. I later learned Wellington's is noted for being NZ's windiest city.

Not knowing a soul, I thought, "I know, I'll ask an official and ask to speak to the ground manager." He duly appeared minutes later. So here I am, at the Wellington Scottish Highland Games directed to sit between the Governor General Sir Keith Holyoake, PM and his wife on the other side, then later the Mayor of Wellington, Sir Francis Kitts and his wife, you guessed it, I had no idea who they were.

The Games proceeded. Regiment after regiment the bagpipe bands marched to the unique - sounding, some would say whining music.

I was glad to settle in between them cutting out some of the chilly wind. Named introductions given to either side of me, Sir Keith asked about me. "This is my first assignment as a cadet," I blurted out cheerily. With that Sir Keith told me in a deep throated tone about his daughter in London working as a news photographer.

Lady Holyoake then commented to Sir Keith as she watched yet another Scottish regiment, "Look at the sporran blowing up in the breeze." Without blinking an eye, I innocently asked, "What's a sporran?" Sir Keith looked askance answered in a deep modulated voice bellowing loudly, "Good God girl, you're not only a novice, you're "hh-ignorant" too! This came with the emphasis on the 'h'. I felt mortified.

Back at the office Frank asked how I went. Naturally I told him and he roared laughing, his face lit up.

"We'll leave out the sporran part. Go to it and write me a story. If you need help, knock on my door."

I did precisely that and was on my way. Eighteen months later instead of four years, I must have done something right, as I could do shorthand and touch type and maybe being inquisitive, Frank gave me a well needed raise from \$22.00 a week to a rated Journalist on over \$100 a week.

Gruff but fair he ruled the office fearlessly. But as this was my first day, I was yet to find out some of his foibles and he, some of mine.

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# REDUCE SMOKE POLLUTION THIS WINTER

Council is encouraging wood fire heater owners to do what they can to reduce smoke in the community this winter.

Smoke pollution caused by wood fire heaters can impact the health and comfort levels of community members, and the issue is heightened this winter due to COVID-19 and influenza rates.

Community members most vulnerable to smoke pollution include those with heart or lung problems, pregnant women, young children, the elderly and smokers.

There are many options available for wood fire heater owners to reduce the amount of smoke pollution they create both inside their own homes and for their neighbours, such as:

- Prioritising alternative heat sources
- Ensuring their wood heater meets Australian standards and fitted by a licensed installer
- Before each winter, making sure the flue and baffle plate are clean
- Ensure the wood being used is dry and seasoned
- When setting your fire, leave around 2cm of ash at the base
- To start your fire, use plenty of paper and dry kindling instead of large pieces of wood

More tips on using wood fire heaters correctly can be found on Environment Protection Authority (EPA) Victoria's website.

Lyster Ward Councillor and Deputy Mayor, Johanna Skelton, said that reducing air pollution in Yarra Ranges was everyone's responsibility. "Many councils have banned wood heaters due to the health impacts on their residents, but for many of our residents wood heaters are still the most affordable and convenient way to keep warm," Cr Skelton said. "What we're trying to do is spread the word on best practice wood heater use for those who still need to use them".

"I also encourage our community to look into other ways of heating their home and to engage with their neighbours about any problematic wood fire heater smoke". "They may not know how much you are impacted by, or vulnerable to the smoke, and may be open to hearing some of the tips and tricks that the EPA recommend."

Council's Public and Environmental Health team have recently partnered with the EPA to support a community-led action plan for smoke in Yarra Ranges.

"The project involved engaging with a number of local residents, passionate about air quality, who assisted in working on actions that the community can take to produce better outcomes for air quality in the Yarra Ranges," Cr Skelton said.

"Our Public and Environmental Health Team have also updated their processes for investigating wood fire heater complaints and have been working with DELWP to advocate for better legislation and education options for the future. I hope this helps reduce illness for Yarra Ranges residents."

For more information on air quality issues in Yarra Ranges, please visit <https://www.yarraranges.vic.gov.au/Environment/Burning-off/Wood-heaters-burning-off-and-air-quality>.

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# WINTER WARMERS

Eating healthy during the winter months can be challenging when it's cold outside. We are more tempted to grab for comfort foods and snacks that are high in carbs and sugar. But winter foods such as the hearty stew, casseroles and soups are not only healthy and delicious but are easy to make for the whole family. There is no reason why our intake of fresh vegetables and fruit has to decrease over these months.

Soups can be made in slow cookers and left to safely simmer away all day. Family members can tuck in at different times as we all have busy schedules that don't always allow us to eat together. Putting a bar mixer partially through the soup can change the character and texture too. Top with a dollop of sour cream or yogurt with a spicy tomato pesto stirred through it. Add a crunchy slab of toasted sourdough bread with lashings of butter or hummus and be transported to comfort food heaven.

Casseroles and stews are great winter warmers too. Use some hearty vegetables to create a healthy meal. When cooking stews and casseroles remember you can trim fat off meat before cooking, add either some kidney beans, chickpeas, soy beans or lentils for fibre and use reduced salt stock. Frying off meat separately before adding the other soup ingredients will add a deep complexity to the finished product through caramelisation. Dry roasting the vegetables in the oven such as potato, pumpkin, onion and capsicum will help to reduce moisture and preserve the veggie chunks in the soup. Cut veg into larger chunks rather than small pieces for pre-roasting.

## Heavenly Vegetable Soup

Ingredients:

- 1 chopped onion or 6 spring onions
- 2 chopped garlic cloves
- 1 chopped carrot
- Chopped red or green capsicum
- 8 chopped mushrooms
- 1 chopped zucchini
- 1 cubed potato or sweet potato
- 2 teaspoons tomato puree
- 1 Ltr vegetable stock
- Chick peas, cannelloni beans, peas (optional)
- Finely chopped kale or silver beet
- Thyme, oregano, basil added near the end
- Try toasted cumin seeds and chopped chilli for a warming effect
- Salt and pepper



## Method:

Heat a tablespoon of olive oil in a large pot over medium heat. Finely chop the onion and let it cook for a few minutes till brown

Add garlic and chopped carrots

Cut red peppers into small pieces, mushrooms and zucchini. Add all ingredients together and cook for 5-10 mins until they soften.

Peel and cut potato/sweet potato and add to the pan along with herbs, tomato puree and vegetable stock.

Bring to a gentle simmer and leave to cook for 20-25 minutes until the potato is soft or place in a crockpot and set on low. To thin soup, add a little more vegetable stock.

Add chopped kale/silver beet in the last few minutes of cooking along with the herbs. Season with salt and pepper. Simmer away until you are ready to dig in!

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