

LIVING TODAY

in Mooroolbark and the Yarra Ranges NO. 65 DECEMBER 2018



- Gold for Garside!
- Art comes to the streets of Mooroolbark
- Schools unite for science

Good news stories from your local community



'An Ordinary Kid' Gets the Gold

Twenty-one-year-old Harry Garside describes himself as “an ordinary kid from Mooroolbark”—but that hasn’t stopped him in his quest to get to the top. Harry took up the fast-growing sport of boxing twelve years ago, and his dedication to the sport culminated in his gold-medal win at the 2018 Commonwealth Games.

Although boxing has often been considered a minor sport in a country obsessed with football and cricket, in the last 15 or 20 years the influence of boxing in Australia has grown, to the point that it can now be considered a mainstream sport. In December 2012, News Corp reported Australian Bureau of Statistics data showing that boxing was Australia’s fastest-growing sport and that participation had increased by 131 percent since 2005.

Boxing Australia Chairperson Ted Tanner told News Corp that more people were participating in tournaments or becoming involved in boxing training regimes to improve their fitness. “People are realising the benefits of the dynamic movements of boxing. It allows them to work out both the upper and lower body,” he said.¹

Harry Garside’s interest in boxing began when he was a nine year old attending Mooroolbark East Primary School. He had previously played basketball with the Kilsyth Cobras, but when his love for basketball waned he became involved with Brian Lavier’s boxing gym in Lilydale.

Coach Brian Levier saw something special in 9-year-old Harry, and is still his coach today. Harry has always felt very lucky to have had Brian’s

guidance and expertise. “He saw some natural ability and babied me. He went about things very intelligently, unlike some trainers who pressure youngsters too much and cause them to lose the love of the sport. He taught me two abiding lessons: have fun with what you’re doing, and love what you’re doing. As a result, I love the sport even more now than then—and I loved it then!”

Due to Victorian law, Harry didn’t have his first fight until he was 12. But the road to being ranked number one in his class in Australia was not an easy one.² Harry reflected that of his first eighteen fights, he lost ten. “The first four national championships I went to, I was ousted in my first bout, but I kept working, training hard, and here I am now!”

It hasn’t always been a straightforward path. “Starting around the beginning of Year 11, I was at a crossroads in life,” said Harry. “I’d been training like crazy but always coming second—never making the top spot. I was contemplating giving boxing away and just doing what my mates were doing.” Harry credits the Reach organisation with restoring his focus. Reach, founded in 1994 by footballer Jim Stynes and film director Paul Currie, aims “to inspire young people to believe in themselves and get the most out of life.”³

¹ news.com.au/sport/boxing/boxing-the-nations-fastest-growing-sport-says-australian-bureau-of-statistics

² Following his Commonwealth Games gold-medal win, Harry anticipates that his international ranking will be somewhere in the top 15.

³ reach.org.au

"Reach helped me continue to work towards my dream and potential," said Harry. Harry has continued to be involved with Reach, running occasional workshops in schools. "I admire Reach very much," he said.

Harry was in 'competition mode' for most of the time at the Commonwealth Games before claiming the gold medal in the 60kg division, and it wasn't until the closing ceremony that he had a chance to mingle with the other athletes. "I found myself in the same room, as an equal, with many of the sporting celebrities I'd seen on TV. It was very special for an ordinary kid from Mooroolbark! I never thought my life would turn out like this," he said.

Harry's gratitude to those who have helped him to this point in his career is obvious, and he said he has always had good people around him to lead him in the right direction. His hardworking father has taught him many lessons. "A key one has been if you want something, you've got to go out and get it," said Harry. "You've got to work hard for it and grind for it every day. He's a roof-tiler and he's up every day at 5 am, and when we were kids, he'd work two jobs so that we'd have the opportunities we've enjoyed in life. Having his influence while growing up and seeing what it takes to get to where you want to go, has been helpful for me".

"I'm wonderfully supported by my family—my two brothers and my dad—but my mum is my biggest supporter," said Harry. "When I'm overseas or away from home, it can get lonely at times, but I can always count on Mum shooting me a message and always checking in. You see some boxers who've experienced really difficult backgrounds, whereas I've been very fortunate being surrounded by such great people and being spared some of the very difficult troubles of life. I have two great parents who've raised me very well and taught me helpful lessons. Additionally, I was fortunate in growing up in Mooroolbark—lots of open spaces and parklands and a terrific number of sporting events where so many young people and parents are involved, friendships formed and community enhanced."

One of the greatest difficulties for amateur athletes is steady employment, and Harry feels very lucky on that score too. "I'm a plumber by trade and employed by the plumber's union. My boss is Robbie Peden, a world-class boxer who was a two-time Olympian and also a Commonwealth Games gold medallist. Robbie understands and accommodates my needs. It's been quite a challenge recently because I took six months off work before the Commonwealth Games, and, already, in the lead-up to the 2020 Tokyo Olympic Games, I'm committed to being unable to work for lengthy periods."

After being named 2018 Golden Gloves Champion in Perth in July, Harry took part in training and tournaments in the Philippines, Adelaide, England, Turkey and Canberra. He is currently training for the national championships, which take place in Brisbane at the beginning of December.

Most of Harry's wages as a plumber are used to cover his sporting expenses. Although government funding for boxing is less than for sports such as swimming, Boxing Australia has been of significant help. Since he won his Commonwealth Games gold medal, Boxing Australia has organised more international trips for Harry to help him gain the experience he needs to go further. "I'd like to be the first Australian boxer to win gold at an Olympic Games," said Harry.

He's encouraged by the support of the local community and businesses, and he mentioned his gratitude to local real food suppliers Higgs and Co., LifeCare Croydon, and NextGen fitness in Bayswater.

Within the sport, Harry said that Brian Levier has been an incredibly helpful coach and mentor—"He's definitely number one!" He's also thankful for the specialist coaches at Boxing Australia and at Pure Boxing in Ringwood, where his friend Jason Whateley is trainer. "He represented Australia at the Rio Games and was a silver medallist at the Gold Coast Commonwealth Games. He's been a terrific role model for the last two or three years, helping me learn the ropes in the national team and teaching me a lot about how to handle myself in pressurised international tournaments and not to allow the occasion to get to me."

"I know very deeply that what's been accomplished up till now couldn't have happened without Team Garside behind me, not just at the Games but throughout the entirety of my career," Harry said. "Knowing that family and friends and community are behind me—sometimes present at tournaments, and other times supporting from a distance—has been vital. It's such a buzz to have your phone 'blow up' with love and support by friends and family after an important fight! You realise you're not just doing it for yourself, but for all those back home."

As I watched one of Harry's fights on YouTube, I was taken by the intensity in Harry's eyes. "There's no malice in the ring," Harry said. "We learn to respect our opponents, but we train hard to gain a competitive edge." There are many fighters around the world who Harry is looking forward to competing against, learning and gaining vital experience.

In the lead-up to big competitions, Harry trains three times a day. He runs in the early morning, followed by strength training and focus on agility, balance and coordination. Diet is another challenging reality. In order to maintain his fighting weight—60kg for major tournaments and 64kg for less important tournaments—Harry has a strict food regimen, and he looks wistfully at athletes in some other sports who seem to be able to eat unlimited carbs. He says that sometimes it feels as though he's "living off oxygen" and laughs about gaining 10kg in the week following his gold-medal win, until it was back to the discipline of training once again.

Harry's excited as he prepares for the Tokyo Olympics in 2020, hoping to win gold. He's anticipating that the young and gifted national team will be successful in its hunt for medals. I reckon that all of us here in Mooroolbark will be yelling: "Go, Harry!"

Randall Bouchier



Keep an eye on Harry's progress on Instagram and Facebook:
[instagram.com/harry_garside/](https://www.instagram.com/harry_garside/)
[facebook.com/Harry-Garside-127511697626591/](https://www.facebook.com/Harry-Garside-127511697626591/)



Harry (right) and teammate Jason Whateley

celebrate mooroolbark *Dare to Dream* Inc. Saturday 23 March 2019



PHOTO: NICOLE SQUELICH



PHOTO: NICOLE SQUELICH



PHOTO: NICOLE SQUELICH

It is around this time of the year that the Celebrate Mooroolbark committee starts promoting the theme for our next festival, on 23 March. Our chosen theme for 2019 is Dare to Dream, and this time we are focusing on local groups and individuals who contribute to the Mooroolbark community. We want to share the stories of the innovators and risk-takers who inspire us. We know there are many local people who aren't afraid to reach for the sky!

What inspires you? Who inspires you?

It could be a shop owner who is always welcoming and friendly, or a business that operates according to the principles of mutual profitability, showing concern for both the wellbeing of the community and the environment.

Your inspiration might be a volunteer organisation whose members give of themselves for the safety of our community, or help others achieve their goals. You may be inspired by a child with a unique gift of sharing and consideration for others, or perhaps by a dedicated teacher or mentor who motivates you. You may admire a caregiver who encourages and supports you or others.

Think of someone you admire or are proud to know—the unsung heroes who may not have actually set out to improve the lives of others, and might not even realise they are making a difference.

Your inspiration could be anyone who is following their dreams or helping you to follow yours!

Perhaps your inspiration is not a person, but a technology or an invention that has changed your life for the better. Do you have an idea or a special cause that you support and want to introduce to your fellow community members?

We are interested to see your interpretations of the theme. The theme can be incorporated into costumes for the parade, or into school competitions such as the essay writing, recycled sculpture and short-filmmaking competitions. There are prizes to be won on the day, especially for those who follow the theme. So get your thinking caps on and be creative!

Over the past few issues of this magazine, we have acknowledged the work of individual

members of the Celebrate Mooroolbark committee. This time we would like to introduce Liz Ryan, who joined the Celebrate Mooroolbark team in June 2012. At that time Liz took on the role of stalls manager, little realising what a big job it was, when the incumbent had to resign due to family commitments.

Since Liz has taken over coordinating the stalls, submitting a stall application has become an electronic process. Because Liz is not a computer whiz, learning to manage the forms online has been a great achievement for her.

As well as being the committee secretary, Liz has also been responsible for the very professional gift wrapping of the prizes for the popular lucky straws stall for a few years. Many of the gifts on the lucky straws stall have also been



PHOTO: BARBARA AUSTIN

Liz Ryan

very generously donated by Liz. In keeping with our environmentally sustainable approach, Liz also oversaw the change from plastic straws to paper straws. Thank you, Liz, your many contributions to our wonderful festival.

As always, we are on the lookout for more volunteers to help make

the day the best it can be. One available role is that of site manager and, because the previous incumbent has moved out of the area, we are also looking someone to coordinate the main stage. The site manager works closely with Liz, and the stage coordinator is responsible for booking the acts for the main stage and the roving performers. Both roles involve attending our committee meetings on the third Thursday of each month, with more frequent meetings closer to the time of the festival. For anyone wanting to know more about contributing in either capacity, there are role descriptions available. If you are interested, please contact Barbara on 0417 381 542 or by email: barbara@celebratemooroolbark.com.

Barbara Austin
Chair, Celebrate Mooroolbark Committee



Mooroolbark-based professional organising business A Hand to Help was recently named a finalist in Manningham City Council's 2018 Business Excellence Awards. A Hand to Help is owned by Veronica Kennedy, who works with clients in both Yarra Ranges and Manningham shires. Veronica was thrilled to be chosen as one of the businesses which "stand out from the crowd" in the pursuit of excellence. Twenty three finalists were selected from among the nominees, all of them businesses based in or serving the Manningham area.

The finalists—a variety of businesses, big and small, new and long established—were celebrated at a dinner on 16 November at which the winners were announced.

Veronica believes that one of the keys to her businesses success is asking clients what they need and walking alongside them as they achieve it. She works *with* her clients, not just for them, so that the end result suits the individual needs and requirements of each client. "I feel honoured to be asked into my client's home to help and am very excited to be a finalist," said Veronica. "I'm looking forward to another year of serving my community."

Exercise Hits the Right Note for Iris

"Playing clarinet? What kind of sport is that?"

Iris Kennedy heard this response when trying to explain the muscle injury that affected her final year of high school and eventually led her to try exercise physiology on her journey towards higher studies in music.

"When I was in Year 12 I had a muscular overload in both my shoulders and arms. The muscles in my shoulders were not doing what they were supposed to do, so all the pressure went into my arms," explained Iris, a Mooroolbark local who has been playing clarinet for ten years.

The overload was a result of Iris' hour-and-a-half daily clarinet practice, combined with carrying a heavy school backpack. Eventually she had to wheel a suitcase to and from school, being unable to carry a backpack. "I actually had to get special consideration for an exam because my right hand was so swollen I struggled to write."

Iris made some improvements through seeing a physiotherapist. Still, she worried about her ongoing ability to meet the rigours of a practice schedule as she pursued her dream of studying music at university. At this point, Iris found Fitness Success and clinical exercise physiologist Michael Stuckings.

"It was actually nothing to do with fitness at all!" said Iris of her decision to try an exercise program. Under Michael's expert guidance, Iris started a program of small exercises and stretches designed to increase strength and endurance in her muscles.

Iris had sessions once a month with Michael at Fitness Success. "But she had to do plenty of homework," said Michael. Armed with a tailored plan on an A4 piece of paper taped to her music stand, Iris completed stretches and exercises in between classes and practice.

A year later, the success of this exercise program is evident in Iris' wide smile. Iris is now studying for a Bachelor of Music at Monash University, majoring in performance

and musicology. "The exercises have definitely worked. I can now play clarinet and last for a three-hour-long rehearsal without needing a strap to hold my clarinet."

For Michael and the team at Fitness Success, this is a familiar story of what can be achieved with commitment, support, and the right plan. Although injury is often assumed to result from sports or extraordinary exertion, Michael explained that it is usually everyday routine that leads to muscle stress and pain. "Part of our role as exercise physiologists is educating individuals to be mindful of the forces they are applying to their body in the activities they choose to perform. And how those forces, over time, can create negative impacts."

Michael, a Lilydale local, holds a master's degree in exercise physiology and describes his role as "utilising exercise, as an allied health professional, to improve the lives of individuals who have either chronic medical conditions or muscular skeletal impairments."

Michael's path to this profession emerged from his own health battle as a teenager. "When I was 15 I broke my back in a motorbike accident and I was told by a lot of physios and surgeons that I would never play competitive sport again," said Michael. As a keen sportsman, he refused to accept this outcome. "I kept asking questions and eventually I came across an exercise physiologist and I spent two years with them doing an hour of home exercises every day. Now my back is not a problem at all."

The experience sparked a deep interest in exercise physiology and its ability to transform lives. Through his work at Fitness Success, Michael hopes "to pass on some of the benefits I received to other people."

Fitness Success is a training studio in Croydon that has been helping clients in Croydon, Mooroolbark, Lilydale and the surrounding areas since 2001. The team of personal trainers, Pilates instructors, nutritionists and exercise physiologists work with individuals at any level of fitness or capacity. "Part of the

exercise philosophy we have is there's no such thing as one size fits all," explained Michael.

Aside from the physical benefits, the team nurtures a supportive community. Michael said, "A lot of our clients refer to our business as 'social success' rather than 'Fitness Success' because we focus on integrating new clients into the social environment. It's the benefit of meeting other people who may be facing similar struggles to you, or may have been through them and have come out the other side. Everyone is in it together; everyone improves together."

In addition to exercise physiology, Fitness Success offers group training and personal training to help clients achieve fitness.

Michael defines fitness as "able to do whatever activities you would like to do, without a negative impact on your body. And you get to pick what that activity is. It may not be competing in an Iron Man, it may be something as simple as getting up the stairs without having to stop because your knees hurt."

It turns out that Iris is not the only Fitness Success client who has chosen exercise to improve musical performance. "I also see a cellist, a saxophone player, two pianists," said Michael.

Iris acknowledged that most people may not picture musicians needing an exercise specialist. But, she insisted, "Music is hazardous!"

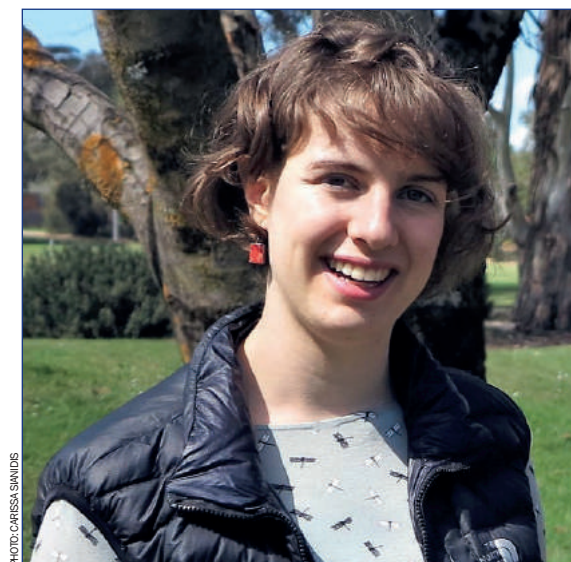
Michael said that for musicians and non-musicians alike, the best advice is that "any movement is good movement. Get up and move as often as you can, and if you can do it with other people and outdoors, that's even better!"

■ Carissa Sianidis

Fitness Success is located at 423 Maroondah Highway, Croydon. For those eligible, subsidised exercise physiology sessions are available through Medicare, NDIS, DVA, and TAC. For more information about how exercise physiology can help you, phone Fitness Success on 9727 2278, email studio@fitnesssuccess.com.au, or visit the website at fitnesssuccess.com.au.



Michael works with clients at Fitness Success



As a result of hard work and the help of exercise physiologist Michael, Iris now has the strength and stamina for long musical performances.

The Balloon Ladies

Balloonaholics is a store that's all about fun—from the glossy balloons and colourful partyware to the rainbow-hued streamers and glittery decorations, a feeling of celebration is in the air. In the midst of this sea of light and colour are the women many of the locals have come to know as 'the balloon ladies'.

Balloonaholics is run by owner Judy Tickell, with the help of daughters Andrea and Jo. The business is a family affair—Judy's husband Gary is retired but still makes deliveries, and their grandsons also help out from time to time.

January will mark the 30th anniversary of the Tickell family's venture into the balloon industry. After owning shops in Heidelberg and Blackburn, Judy opened Balloonaholics in Mooroolbark 13 years ago, and hasn't looked back. "The first week we were here it was as if we had been here forever—it took off straight away," said Judy. From the beginning, it was the customers who made the job special. "It's a friendly area, and we know a lot of people," Judy said. "We'll be at Chirnside Park and someone will say 'Hello, balloon lady!' It's lovely."

Balloonaholics' motto is 'no job too big

or too small' and they work to offer the best they can within each customer's budget. They provide balloon arrangements for parties, weddings, club events and as gifts to brighten up the lives of those in hospitals or nursing homes. As well as balloons of various patterns, colours, shapes and sizes, the shop supplies personalised balloons and banners, special gifts and other party essentials. The latex balloons are biodegradable, and Balloonaholics encourages environmentally responsible disposal of all their products.

Sometimes Judy and her daughters make the subtle shift from being 'the balloon ladies' to being 'the balloon police.' While they laugh about their perfectionism when it comes to balloons, it's important to them that their customers have the best. Andrea sometimes jokes with customers that she will come to their parties to check that they haven't messed up an arrangement. "I can't stand it



Andrea and Judy

if I see that it's not perfect," she said.

It's that attention to detail that keeps customers coming back to Balloonaholics year after year. "For 13 years, we have seen a lot happen in families," Judy said. "We might have done balloons for someone's 16th, then we do their 18th, and then their 21st. It's lovely."

Being Mooroolbark's balloon ladies is obviously much more than just a business to Judy and her family. "We love it. It's what we do," said Andrea simply.

Janet Van Dijk

Balloonaholics is at 40 Brice Avenue and is open Monday to Saturday. For more information phone 9726 6999, or see photos of their beautiful balloon arrangements on their Facebook page.

Coffee for Me

These days it can be hard to buy a cup of coffee that is piping hot, but at Coffee for Me, hot coffee is the norm, along with a bright smile and some friendly chitchat.

Margaret Suban, owner of Coffee for Me café and catering in Brice Avenue, has lived in Mooroolbark for over 30 years. It was in Mooroolbark that she raised her son Jay, who played for the Kilsyth football team and is now living in Queensland, and her daughter Jessica.

Since buying the café Margaret has worked hard to build up her clientele, and how she has what she was looking for—a "lovely bunch of Mooroolbark customers."

Margaret does all the cooking, so everything is fresh and homemade. Coffee for Me participates in the Yarra Ranges Council's Healthy Picks Project, which encourages cafés to offer healthy food selections.¹ The café's Healthy Picks menu—which has been approved by a council dietician—includes mashed avocado with lemon juice, olive oil on sour dough, sweet potato muffins, homemade salsa with cottage cheese on



Margaret and Sarah at Coffee for Me

sour dough, and soups made with lentils, chicken and other vegetables.

On the café's standard menu, there are Japanese pancakes, quiches, mixed berry muffins and salads, and freshly made salad sandwiches and salad rolls. Margaret has found that retirees like a roast, and lasagne and soups are made for them to take away.

Margaret's day is long, starting at 5 am, she spends the day cooking, and when she finishes at the café she starts preparing all

over again, shopping and then cutting up food at home ready for the next day's cooking. She is helped in the business by employee Sarah. Sarah took over from Margaret's daughter Jessica, who had worked in the café prior to the birth of her son George three months ago.

The café closes at 3:30 pm, although Margaret sometimes keeps it open for longer during the summer. When she is not working, Margaret's focus is on her four grandchildren and visiting her mum in Mornington. She enjoys walking and occasionally goes out for dinner and the movies, but has very little time for anything else. She endeavours to make a trip to Queensland each year to visit her son and his family.

When Margaret suggests that she might take a day off, her customers ask, "Who is going to cook my breakfast?" Those ongoing relationships are what Margaret likes about Mooroolbark: "the people, the shops and the shop keepers. There are some lovely people here."

Barbara Austin

Coffee for Me is located at 11A Brice Avenue and is open Monday to Friday 7 am - 3:30 pm, and Saturday 7 am - 2:30 pm. Phone: 9727 3295.

¹ yarraranges.vic.gov.au/Community/Business/Key-Projects/Healthy-Picks-Project

Streets of Colour

Left: Yarra Ranges artist Carla Rose shows what a difference colour can make.

Right: Business owner Terrianne Hibbit and Carla Rose next to Carla's floral chalk design.



Mooroolbark streets will soon receive a vibrant new lease of life, thanks to the efforts of enthusiastic locals and funding from Pick My Project. The Mooroolbark street art project has been awarded more than \$190,000 by the community grants initiative, which aims to make local communities better places to live. The grant application was a collaboration between the Mooroolbark Traders and Community Group (MTCG) and Yarra Art Rangers, a branch of the Art Rangers Network.

Yolande Pickett, MTCG's marketing coordinator, wanted to help local businesses who are working hard to succeed in a precinct she described as needing "a bit more love as far as infrastructure goes." Yolande thought about the many people who pass Mooroolbark every day on the trains, looking at the back of the shops. "Some of it's covered in graffiti—there's so much space that could be made interesting for people to look at," she said. Adding colourful art to the streets of Mooroolbark seemed an ideal way to brighten the streetscape and bring more visitors to the area.

With that idea in mind, Yolande contacted Yarra Art Rangers to help with the creative vision. That's where things started to get a little confusing for many of those involved. The director of Yarra Art Rangers, Mandy Pickett,

has the same last name as Yolande, although they are unrelated. To make matters even more confusing, the names "Mandy" and "Yolande" rhyme. "It's been causing amusement!" said Mandy.

The Mandy-and-Yolande team is now in the planning and consultation phase of the project. "The key purpose of the grant is to fund the creative works and everything that goes into supporting that," said Mandy. "The artwork might be sculptures, or installations, or murals on walls." Most of the artwork will probably be in the shopping precinct, although there will also be art trails that people can explore to find pieces of artwork. "Some artwork might be very big and very obvious, while others may be harder to find," explained Yolande.

"We will be consulting with the traders and the wider community so that everyone has the opportunity to assist with imagining what the works might be, and where," said Mandy. Yolande added, "We're collecting stories about Mooroolbark and its history and we're going to take those to the community to inspire them and see what kind of things they want for the area."

The project is committed to using Yarra Ranges artists for much of the work. "We're very keen to connect specifically with Mooroolbark artists," Mandy said. High-profile Australian

street artists will also be engaged to join the project, providing even more incentive for people to visit the area.

Community involvement is a high priority. "We would like the artists to work with the community, right through to the point of the community making the art with them," said Yolande. The team is motivated by a desire to encourage the community spirit that is already evident in projects such as Celebrate Mooroolbark. "People are already active and working to build the community," said Mandy. "When you bring resources to that, it can have a knock-on effect. Lots of other groups can then become mobilised and inspired."

Some recent good news is that another grant application has been successful, providing an additional \$9000 to support an Artists in Residence program which will bring life, colour, and much-needed foot traffic to areas that currently have vacant shops. "We need to keep the whole energy of Mooroolbark alive," said Mandy. "It's about finding ways for Mooroolbark to be a safe place, a positive space, a place where people are happy to come and where they feel like they belong."

Yolande agreed. "Mooroolbark is a really beautiful place, and it's got a fantastic community, a very connected community, and we need to show other people that as well. That's our motivation."

Janet Van Dijk

If you would like to be involved in the street art project—whether it's providing input, asking questions, or being involved in the creative process—please contact Yolande on 0415 569 238 or Mandy on (03) 5962 4629. Email contacts are mooroolbarktcg@gmail.com and artrangersnetwork@gmail.com.

Carols by Candlelight

Friday 7 December

Hookey Park Rotunda, Mooroolbark

6:30 pm	Picnic dinner in the park—BYO, or purchase sausages in bread
7:45 pm	Enjoy the sound of Croydon Citizen's Brass Band
8:00 pm	Community carols, including performances by local schools

Bring your own rug or chair. Lions Christmas Fruit Cake (large or bite-sized) and battery-operated candles for sale. Coffee, tea and biscuits (including gluten free) available—donations appreciated.

Lions Club of Mooroolbark

proudly supporting
Living Today in Mooroolbark

There have been a lot of changes to our nation's way of life in the last few years—not all of them positive. Our energy costs and other living expenses have continued to climb, housing is out of reach for many new home buyers, and associated expenses are draining leftover cash for a lot of people.¹ Many Australians are spending more than they make, and excessive and increasing credit card costs are hurting a large number of us. Banks and insurance companies have been subject to government investigations and shown to be lacking in transparency and guilty of misconduct. Our farmers are doing it tough, suffering under the burden of restrictive regulations and difficulties like pests, drought, hail and flood. Many farmers are getting further into debt as they struggle to make a living. They need financial help, as well as appreciation for what they provide for our country.

It seems that there's a lot to talk about in Australia!

We are also surrounded by hot-button issues like migration, education, welfare, violence, government accountability, and unemployment—to name just a few.

However, conversations about some of these issues can become a minefield if we're not careful. One of the complaints we often hear is that people are discussing these controversial issues in ways that are 'politically incorrect'—in other words, choosing words that may be considered offensive.

So how do we have conversations about difficult and potentially divisive issues? I think most would agree that we need to be able to speak about things that affect the way our country functions. Many people realise that they don't have all the facts and would welcome being better informed with accurate information from reliable sources. In order to be well informed, we need to know both sides of the story. Sometimes the media covers only one side of an issue—where do we find some balance?

We live in an 'information age', but unfortunately, we don't always know what to do with the information we are hearing. Let me give you an example: in recent years, there has been increasing awareness of the fact that 'we are what we eat.' Most people are becoming educated about the long-term effects of eating too much sugar, fat, and other nutritionally poor foods. Recently, while listening to a radio program about people seeking better health and wellbeing through improving the quality of their food, I learned that there is now a new term, orthorexia nervosa,² which describes a mental disorder where people become obsessive about healthy eating. This sounded counterintuitive to me—it seemed to be taking a good cause and making it sound like a disease.

With so much information—and misinformation—available to us, it's hard to know the truth of various situations. And sometimes, what has long been the accepted viewpoint or best practice turns out not to



be right after all. For example, until recent years, patients who experienced a heart attack were given oxygen, which had been the standard treatment for several decades. Now, as a result of research into the practice, it has been shown that administering oxygen may do more harm than good, potentially increasing the risk of further attacks. What was previously a well-established and trusted course of action has proved to be the wrong way to manage this critical health issue.³

How did the thinking on this important issue change? Someone, somewhere, must have asked the right questions and explored better alternatives. Someone, somewhere, also asked the right questions about our banks, insurance companies and franchisors.

We are making progress, but we need to keep asking questions about what is happening around us. We need to be willing to look for the answers instead of being offended by the question. Things change. We learn more about old things and new questions arise—and hopefully, new understanding ensues.

Part of our questioning involves talking to others about the issues we see facing our nation. Sometimes, though, it's difficult to have mature, well-informed, and gracious conversations with a politically correct stance. It takes a brave and calm person to ask the right questions in a way that invites a useful response.

For questions and discussions that may provoke an emotional response, there are some useful approaches to ensure that the discussion is fruitful.

- **Write down your thoughts.** Many people are able to give a more concise and focused contribution if they write down their thoughts before the conversation.
- **Be positive.** Don't use terms that can inflame and annoy, or derogatory labels. Resist the urge to mention issues that may raise old barriers or protective walls.
- **Avoid words like 'but' and 'however'.** These words imply that what you just said wasn't as important as what you're about to say. Instead, use words like 'and' or 'also' to join two thoughts.
- **Be specific.** Stay on topic—don't ramble. Keep it short and succinct, allowing the other person to respond before proceeding.
- **Invite dialogue.** Offer the other person an opportunity to express thoughts and feelings; be genuine in desiring to hear and understand. Don't think that you know it all.
- **Listen.** A listening approach is useful in settling the conversation

¹ businessinsider.com.au/cost-of-living-pressures-australia-household-financial-stress-2018-2

² [psychosomaticsjournal.com/article/S0033-3182\(14\)00050-4/fulltext](http://psychosomaticsjournal.com/article/S0033-3182(14)00050-4/fulltext)

³ sciencedaily.com/releases/2018/08/180826120732.htm

and allowing a sense of respect to develop.

- **Politely express what is uncomfortable or difficult for you.** Differentiate between thoughts and feelings. Thoughts are subjective and are able to change and accept input. Feelings are often quite deeply held, and no-one's feelings should be denied—they are a starting place to understanding each other.
- **Be prepared to rephrase your thoughts.** If we ask questions and others become upset, we need to try a different approach.
- **Accept responsibility.** Be prepared to accept some responsibility for being part of the problem, and show a desire to be part of the solution. None of us is perfect—if we claim to be above reproach, it can shut down useful discussion.
- **Choose a good time.** If possible, pick a time when people are relaxed, not stressed or anxious.

There are many discussions that a mature and advancing nation needs to have—and not just by the people in charge. We all need to be part of the process of deciding how Australia matures and what standards we all expect. Wherever we meet, in families, schools, churches, in pubs and clubs, let's be willing to at least hear another's view. If necessary,



PHOTOS: DEPOSITPHOTOS

respectfully disagree—but let's keep the conversation going.

We live in a wonderful land, a fantastic country that has much to learn as we grow and mature to take an important place in the world. In some ways, our place is well known and appreciated by our friends and neighbours. In many other matters we are yet to decide what values we want Australia to have and be able to live with for a long time to come.

Let's start the conversation with small steps, staying humble, thankful, and willing to be part of the future of a nation we'll always want to call home.

■ Steve Steel

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Playing Favourites

Recent studies claim that most parents actually have a favourite child. My wife Susan and I have three adult sons and we have intentionally loved them as equally as possible. When the boys were little, we loved asking them who they thought was Mum or Dad's favourite. It was cute to hear them shout out all their names together, "Glenn-Garrett-Gatlin", as if it were one word.

I wonder how the brothers and sisters of Jesus felt regarding Joseph and Mary's treatment of them. Knowing how special Jesus was, it would make sense that there may have been at least an appearance of favouritism. We don't know, as we only have record of one brother, James, who wrote a letter preserved in the New Testament as the Book of James.

James was well known in his own time for his humility. There is no record of him ever using his position as Jesus' relative as a basis of authority. Rather, he described himself as a "servant" of Jesus, and nothing more.

In the second chapter of his book, James sets out what a life shaped by God's love looks like. He begins by saying: "My brothers and sisters, believers in our glorious Lord Jesus Christ must not show favouritism."¹

Though James is including all kinds of favouritism, he is here focusing on the issue of wealth. The "haves" were being shown favour, while the "have nots" were cast aside. James was making it clear that favouritism is incompatible with a Christian life. Followers of Jesus join Him in loving all people equally.

¹ James 2:1 NIV



James gets more adamant. To show favouritism, he warns, is to stand in judgment of others. Notice his declaration: "If you really keep the royal law found in Scripture, 'Love your neighbour as yourself,' you are doing right. But if you show favouritism, you sin . . ."²

Loving your neighbour as yourself leaves no room for favouritism. James is telling us that to trust wholly in Christ is to view others the way He does. We join Him in loving all people without favouritism, especially those nearest and dearest to us.

Greg Williams
Speaking of Life

² James 2:8-9 NIV

It's the most wonderful time of the year... Christmas! For the past 12

years, thousands of people have come from all across Melbourne to view the LMC Christmas Light Show in Chirnside Park. What makes this light display stand out from the many others is that the more than 40,000 lights are all individually synchronised to music, including popular carols! The huge display includes a life-size nativity scene, Santa's sleigh and reindeer, two mega Christmas trees, 30 mini trees, giant candy canes, and a big LED screen.

LMC Lights began in 2006 with a desire to provide the community with a spectacular

Lighting up Christmas

event that families could come and enjoy each year during the special season of Christmas. From its humble beginnings, originating at a house in Lilydale, the display has grown rapidly in size, with new elements added every year. It continues to attract increasing numbers of visitors, with an estimated crowd of 15,000 to 20,000 expected to visit the lights this year.

Entry to the event is free for everyone and with a kiosk available for coffees, ice creams and

cold drinks, plenty of families take advantage of the beautiful LMC property and enjoy a picnic before the show starts. All donations received are given to Amari Community Development Organisation, which helps orphaned and vulnerable children in Uganda.

The light show will begin on Sunday 9 December and run every night until Christmas Eve from 9 pm until 11 pm (with the exception of very bad weather). The busiest nights are always 21-23 December, with cars often queuing down Maroondah Highway just to get a glimpse of the spectacular scene—so if you plan to come along, don't leave it until the last minute!

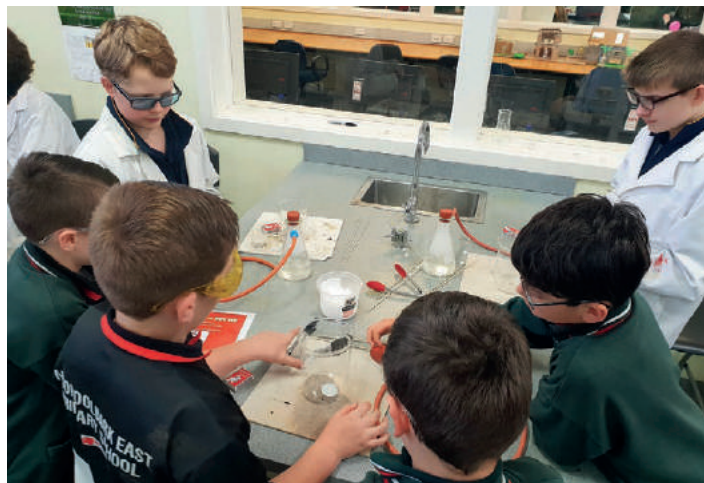
Another highlight on the Christmas calendar is the annual LMC carols service where you can come and enjoy a relaxing evening of singing carols, a fun play for the kids to enjoy and a great atmosphere for getting into the spirit of Christmas. The carols service starts at 7:30 pm on 9 December in the chapel at LMC.

A feast for the eyes and the ears, the LMC lights are definitely a must-see for everyone this Christmas!

Nicole De Vincentis

LMC Light & Sound Show is located at Oxley Stadium on the LMC property at 15-49 Old Melbourne Road Chirnside Park. The display runs from 9 - 11 pm every night from 9 - 24 December.





Learning to Love Science

Science is an important part of the foundation for education for all children, and the hands-on fun of science lab experiments is an ideal activity for young, active students. And yet, not all primary schools have science lab facilities in which their students can enjoy discovering the wonders of science.

It was with this in mind that Edinburgh College has opened the doors of its science lab to children of local primary schools, allowing them to experience science in a lab setting. Since the formation of the Science Enrichment program in 2017, more than 450 primary students—from Mooroolbark East, Bimbadeen Heights, Chirnside Park, Mount Evelyn and Pembroke primary schools—have participated in the program with support from Edinburgh College students and teachers.

In the science building on the secondary campus, students were introduced to a science experiment-fest involving Bunsen burners, plasma, dry ice and, of course, safe practice in the science lab. Michael Croft (secondary science teacher and head of Science Department), spoke about neutrons, atoms, gases, solids and liquids, introducing the chemical compound of carbon dioxide (or in its frozen form, 'dry ice'). After the introduction, Mr Croft threw some tricky questions to the students on matter and states, with some very bright budding scientists offering insightful answers.

Eager students donned their safety glasses and coats, ready to rotate through the six different pracs and start experimenting. Students split into groups of two, with each group accompanied by an Edinburgh College secondary student volunteer. The secondary students explained the changes of the states of matter (solid to gas) and helped the younger students predict outcomes of the experiments. During this time, students had the opportunity to:

- Make bubbles in a beaker using carbon dioxide and detergent
- Extinguish a small flame using carbon dioxide

- Make the compound 'sing' by using a spoon
- Create an explosion, using film canisters and carbon dioxide

For some students, the Science Enrichment program provided a valuable opportunity to be in a science lab for the very first time. Discoveries were made and theories were put to the test as gasps, laughter and wide-eyed wonder were experienced by students and teaching staff alike, as theory became practical in front of their eyes.

As the program concluded, the secondary student volunteers discussed what they had studied in their first-year science at Edinburgh College, covering topics such as Man v Wild (an outdoor science-based program), CSI (a mock whodunnit involving chemistry to find the culprit), and Mythbusters (designing your own investigation to test common myths).

The day finished with students boarding the Edinburgh College bus to be transported back to their school. For some students, this was their first foray into, and development of, a newfound interest in the field of science. "Edinburgh College was a brilliant place to visit," said one of the visiting Chirnside Park students. "It has sparked a new love for science in us." Another student agreed: "Everyone came away from our experience excited and eager to investigate science in a deeper way."

As well as providing primary students with an insight into the science lab, the program has been a positive experience for the Edinburgh College students who participated. "Our secondary students are quick to volunteer and help the younger students discover a natural interest in the discipline of science," said head of department Michael Croft. Together with VCE science teacher Bronwyn de Beer, he led the Edinburgh College students as they assisted the primary students with the experiments. Asher, one of the student volunteers, said, "It's great to be able to share our science department with other schools that may not have the same facilities in their school."

Teachers from visiting schools were full

of praise for both the program and the volunteering students. "There was a clear connection between the learning intention and how the experiment demonstrated that. It was also excellent to see the Year 7 students and college captains supporting the younger students," said one teacher. Another primary teacher described it as a "fantastic experience" and said that the hands-on approach "provided a range of activities, not just one experiment. The program was run efficiently and smoothly."

The benefits of the program to all involved were aptly summed up by Michael Croft, who said, "We love to welcome primary students to share the joy of science experiments together with us."

■ Fiona Spence

To find out more about Edinburgh College's Science Enrichment program and how your primary school can participate, please email secondary@ec.vic.edu.au



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C is for ...

Chemist, Compassion, and Care

Croydon pharmacist Jim Burns has seen many changes in the pharmaceutical industry in the decades he has worked at the Main Street chemist shop which is so well known and loved by locals.

What comes to your mind when I mention 'chemist shop'? Do you think of a megastore with row upon row of packaged products bearing well-known logos and brand names—painkillers, cold remedies, vitamins, sprays for a multitude of conditions, cosmetics of every colour and shade imaginable? Do you think of the chemist as a white-coated person dispensing prescription medicines and preparing dosage labels?

When I was 12, I worked in a chemist shop after school. Pharmacies were very different places then. Some prescription medicines were mixed and prepared at the pharmacy from chemical ingredients kept on the premises. I was employed as a bicycle-riding delivery boy taking medicines to customers' homes, and I also spent hours at the sink washing mortars and pestles, glass beakers, stirring sticks and bottles in preparation for the pharmacist's work on the next prescription.

Back then, pharmacists learned their profession by being apprenticed to a master pharmacist who provided on-the-job training at his pharmacy. Additionally, apprentices attended the Victorian College of Pharmacy in Swanston Street, where they were taught about pharmacy, materia medica, chemistry and botany. The Medical Act of 1915 formalised the syllabus and subsequently, the Pharmacy Board of Victoria required that pharmacy students complete a four-year apprenticeship and study program.¹

Today, pharmacists receive university training quite different from the largely on-the-job training that long-time Croydon pharmacist Jim Burns received while working for a Kew pharmacist.

Jim was travelling in Europe when Croydon pharmacist Don Grey wrote to him, offering him a position at the Croydon pharmacy with a view to eventually becoming a partner in the business. Following completion of his travels, Jim began work in Croydon. It was a familiar place to Jim—the son of a Croydon doctor, Jim grew up in the suburb and continues to work and live in Croydon.

Jim values the notion of community—a



PHOTOS: RANDALL BOURCHER

place where people live, know each other, take pride in their community and enjoy a healthy lifestyle made possible by the existence of community organisations and the provision and preservation of parks and other public spaces.

On a recent train trip to Bendigo, Jim was impressed by the vibrant sense of community pride he witnessed. During the last stages of the train journey, two Bendigo tourism representatives, Sandra and John, worked their way through the train speaking with passengers about their city and offering advice and promotional material. Jim found that their enthusiasm, their civic pride and their firsthand 'insider' information made the visit memorable and rewarding for him and his wife Annette.

As a member of Croydon Chamber of Commerce, Jim has spoken over the years about the need to conserve some of the 'small town' character of Croydon that the seemingly relentless creep of urbanisation and residential mobility unwittingly destroys. Jim has noticed the erosion of many community organisations and institutions that traditionally enhanced community life—for instance, the local Red Cross and the Country Women's Association—along with the declining influence of churches and other community organisations.

While change is inevitable and often beneficial, it can also come at the cost of

people feeling they don't belong, and lead to less neighbourly concern for each another and less desire to enhance the places where we share community with one another. Jim wryly acknowledges that "sometimes you have small wins, sometimes not!"

A couple of Jim's stories show the value of long-time relationships within a particular community.

"My former partner DG Grey had worked in a pharmacy in Horsham," said Jim. "As his employer—the principal pharmacist—aged, day-to-day management was gradually taken over by the pharmacist's son who was a vet. Naturally enough, Grey picked up veterinary formulas, which I heard about during the years we worked together."

"One day, many years ago, a gentleman with a little lamb in his arms came into the shop and said, 'He can't get up, jump around and suckle like lambs should.' One of Don's formulas for such things was a copper sulphate tonic. I mixed it up for my customer to give to the lamb. The next day he excitedly reappeared in the shop: 'Oh! The lamb's walking!'"

Jim continued, "About two months ago, a lady came in and she said, 'My dad told me that I should come down to you and find out what I need to do with my sheep. My dad's

¹ monash.edu/pharm/about/who/proud-history/pre-1960



always talking about you—says you're a miracle worker. You gave him something and the lamb was better next day."

"On another occasion a young lady came into the shop with a young child. She was concerned about the child's rash. It appeared on the arms and in the crooks of the elbows. I said, 'Have you talked to your mother-in-law?' 'Why should I talk to her?' was the response. I apologised and explained that I'd mixed up dozens of creams for her husband when he was about the same age. I also mentioned that we'd made up tonics for his asthma and suggested that her child may also have similar symptoms. And so I encouraged her: 'Why don't you go to your doctor and explain that your husband had asthma and eczema when he was a nipper.'"

Jim and I chatted about the benefits that come to succeeding generations when people live settled lives in a community, knowing others and being known in return. As I spent time in the shop I was impressed by a quality in Jim that is in decline among individuals and also in business and government. As our lives become busier and we spend less face-to-face time with neighbours, friends and others in the community, we see less of this trait.

What's this quality? Compassion—a knowing of others that cannot be separated from a responsibility for others.

I admired Jim's patience, gentle concern, conversation and shared humour as he attended to the needs of a couple of customers

who were hoping to benefit from either long or short-term treatment with a drug such as methadone. "When people are down and out they get very frustrated and despondent," Jim said, "so I try to show compassion and help as I'm able."

Jim was initially reluctant to become involved with methadone treatment but, following several requests for help from a local doctor and later from police working with people in witness protection, he became one of the players in a team that also includes a doctor and a counsellor. Jim has attempted to keep his involvement with such programs low key in order to try to accommodate community pressures. Community opposition to such programs sometimes stems from ignorance about how they operate, and sometimes comes from those who may understand the need for such treatment—but "not here, thank you."

A Department of Health document helps us understand how such treatment works: "Methadone treatment can be delivered by a general practitioner (GP) or from a specialist treatment service. The system is based on supervised dosing, usually at a community pharmacy, where the pharmacist will not only provide your dose, but must be satisfied that you have taken it correctly... Your treatment team includes a doctor, a counsellor and a dosing service."²

² health.vic.gov.au/about/publications/researchandreports

Jim says he learned compassion from the example of his parents and from the mentoring pharmacists he worked with over the years. The Yellow Pages listing for his business describes a personal and caring approach: "We offer a friendly service and focus on understanding your needs. At DG Grey & Burns, we are famous for treating our clients with dignity and respect."

Over the years when I've gone to Jim's shop for advice or for medication I've enjoyed something of a trip down memory lane. The shop has become a very familiar landmark in Croydon and one wonders about its future. Jim and his wife continue their work, along with their daughter who works full time, and part-time help from their granddaughter.

In his quiet and friendly way, Jim demonstrates compassion that we can learn from. His example shows us how we can involve ourselves patiently and good-humouredly in contributing to the long-term enhancement of our communities, seeking to care for and bring benefit to those we encounter.

Randall Bourchier



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Greeting the World with a Smile

Members of the Disabled People's Company meet each week to enjoy a chat over morning tea

"My disability is not something I can cast aside. It belongs to me. Since it is mine, I must possess it with dignity and do the best I can with it."

The Disabled People's Group is a group of people with various disabilities, and those who support them, who meet each Wednesday morning in the Mooroolbark Community Centre for morning tea and to chat about life—from someone's problems with moving house to the latest newspaper headlines.

The DPC began on 12 July 1989 as a result of the efforts of Helen Ryan, who had a disability and wanted to get out of the house and be with people like herself. The group is now much smaller with one or two original members still attending. Over the years, some people have passed, and others have moved away but still keep in touch. It has always been a friendly social group.

DPC has seen many changes in people's attitudes toward those who are physically or mentally challenged. People living with a disability have had a lot to deal with in communities that were structured with the able-bodied in mind. Many buildings lacked wheelchair ramps and had inaccessible doorways, restrooms without support rails, and telephones that were placed too high for those in wheelchairs. Outside, rough footpaths and difficulty accessing public transport meant that it was often easier for people to stay home, although it was not what they wanted. However, a greater awareness and understanding has grown as people with disabilities have spoken about the difficulty they have in moving around.

Frits, a man in his eighties who has multiple sclerosis and uses a

scooter to get around, is the president of the DPC and has made himself known to the Yarra Ranges Council with his continual efforts to make Mooroolbark a safer place for people who, like him, have a disability. He has written many letters to the council so he is now known by DPC member Elsie Bolwell as the "unofficial overseer for Mooroolbark". Frits' motto could have been to "walk a mile in another's shoes and see what they face every day." Elsie, who gradually took over the running of DPC from Helen, and whose late husband was also a member with MS, is proud of the achievements the group has made and the lovely friendships that have developed and strengthened over the years.

Geoff Panckhurst, who wrote the beautiful words at the beginning of the article, now takes painting lessons at the time the DPC meets, so he only attends on special occasions such as the final morning tea at the end of the year.

The Disabled People's Company would love to welcome some new members. If you are interested, please give Elsie a call on 9726 4004 or just drop into the Mooroolbark Community Centre on Wednesday between 10 am and noon.

Barbara Austin



This colourful mosaic was created by the original members of the DPC to brighten up the wall of the Mooroolbark Community Centre

PHOTOS: BARBARA AUSTIN

Mooroolbark Bowls Club

Founded in 1980, Mooroolbark Bowls Club now has over 300 members who enjoy the high-quality bowling facilities and club rooms at the Hull Road venue. The original facilities have been continually added to and improved over the years. The fully licenced premises are open every day of the week with a price-friendly bistro open each Saturday during the pennant competition season, and bingo night each Tuesday.

The majority of the club's members regularly participate in the Saturday or mid-week pennant competitions or in social games. Others simply enjoy the various social activities that the club offers and the many friendships that have grown over time. Neil Johnson, the Bowls Committee president, said that new members are welcome to visit at any time and that the club offers free membership for the first year, along with free coaching and free use of equipment.

A popular club activity is the annual Corporate Challenge, held over a four-week period in February. Local businesses and community groups are invited to enter teams in this event as a team-building exercise for their own

group, combined with the opportunity to participate in the lawn-bowls experience. Mooroolbark Bowls Club provides all the necessary equipment and arranges related social activities along the way. The event concludes with a fully catered presentation night.

Colin Huggins is a foundation member of the club and is one of five club members who have now participated in over 600 pennant games with the club. Colin is the club's delegate to the Eastern Ranges Bowls Region which governs the local bowls clubs as part of Bowls Victoria. He is also the club's official record-keeper and has been its media officer since 1991. In that role, he presents a bowls program on Radio Eastern FM each Saturday from 7 to 8 am. Colin uses the radio program to promote the game of lawn bowls and also to provide news from the various bowls clubs in the region.

Both Neil and Colin express their deep appreciation for the valuable support they receive from their major sponsors, Bendigo Bank and the



Colin Huggins (left) and Neil Johnson

PHOTO: DOUG LEWIS

Mooroolbark Professionals. They are also proud of the fact that almost all the ongoing work around the club is performed by the many volunteers who give so generously of their time throughout the year. They agree, "It all helps to make Mooroolbark Bowls Club the great club that it is."

Doug Lewis

To find out more about the club or how to hire the large and well-appointed club building for meetings or private functions, go to mooroolbark.bowls.com.au. For more information about the Corporate Challenge, contact organiser John Drummond on 0409 976 250 or by email at drumjhd@gmail.com.

An Entertaining Summer with Culture Tracks



The skilfully performed puppet show *Trinket the Robot* will delight audiences of all ages

PHOTO SUPPLIED

Culture Tracks is Yarra Ranges Council's year-round program of arts and culture performances, shows, exhibitions, music and comedy—and there's a lot to look forward to.

In December, a regular on the Culture Tracks annual calendar, the *Melbourne Welsh Male Choir*, is set to bring us Christmas cheer in its much-loved Christmas performance at Mooroolbark Community Centre. The splendid 50-voice ensemble is known for its special sound, and bold and ambitious concert productions. Having toured in the USA, Canada and the UK—including a performance with Tom Jones and Dame Gwyneth Jones—the choir is steeped in the Welsh choral tradition but is still proudly Australian. This event on 16 December is suitable for the entire family, with afternoon tea provided.

Throughout January, Culture Tracks presents a regular school holiday program across all of its cultural facilities. Mooroolbark Community Centre will host a performance of *Trinket the Robot* on 23 January. Young children will love this masterful puppet show, based on the story of Pinocchio, about a robot who yearns to be 'real'. The performance explores emotions and helps children to understand different feelings and develop strategies for dealing with them.

In the lead-up to the performance, two shadow-puppetry workshops will run on 21 January. Children will have the opportunity to craft their own puppets, and write and perform

their own shows. The workshops, which are aimed at children aged 4 to 12 years, will run for 90 minutes.

For all the other school holiday workshops, activities, performances and movies, check culturetracks.info.

A short hop, skip and jump away in Lilydale, the Yarra Ranges Regional Museum is hosting ACMI's touring exhibition of *Del Kathryn Barton: The Nightingale and the Rose* until 3 February. Showcasing the hauntingly beautiful collaboration between two-time Archibald prize winner Del Kathryn Barton and Brendan Fletcher, this milestone exhibition traces the interpretation of Oscar Wilde's nineteenth century classic through an artistic lens. Featuring a screening of their award-winning film alongside material from the production archives, *Del Kathryn Barton: The Nightingale and the Rose* reveals the workings behind this captivating animated picture.

February is an exciting time of year for Culture Tracks enthusiasts as we release our 2019 program at the annual launch event held at The Memo, Healesville. Make sure you grab a copy of the program from Mooroolbark Community Centre during February to check out what's on next year. Early bird specials will apply to performances included in the 2019 program.

For more details on events and to book, visit culturetracks.info.

Mount Evelyn Aqueduct Mountain Biking Trail

The Mount Evelyn Aqueduct Walking Trail runs from the Olinda Creek Walking Track near Silvan to the Mount Evelyn township. The aqueduct was decommissioned in the 1970s and the rural section of land through which it passes has been preserved as a park.

The 1.2km proposed alignment of the Mount Evelyn Aqueduct Mountain Biking Trail has been adjusted to protect native vegetation. The mountain bike trail will link trails in the Mount Evelyn Reserve and Dandenong Ranges including Silvan, with valley trails including the Silvan Reservoir Mountain Bike trails.

Councillor Tim Heenan said the changes to the future path were made to align with council's environmental assessment. "An extensive cultural and heritage management plan has been completed on site, investigating the alignment to ensure we don't disturb heritage sites, with Aboriginal Victoria, the Bunurong and Wurundjeri communities," Cr Heenan said.

"We walked the site with environmental groups last year and council has been looking into creating historical and environmental signage to explain what the aqueduct is and how it came to be here in Mount Evelyn. We have made the decision to move the alignment to avoid certain trees that have grown along the proposed alignment and ensured the riders don't enter private property."

The aqueduct used to transfer water from the Upper Yarra Reservoir to townships. "It's now used by many walkers for fitness and to enjoy nature, and we want everyone to continue using the trail in a safe and harmonious way," Cr Heenan said. "There are many animals living in Mount Evelyn, like kangaroos and wombats near the track, and their habitats have been taken into consideration."

Yarra Ranges Mountain Bikers President Andrew Swann said the group was pleased to see some progress being made on the trail and to provide in-principle support for its development. "We look

forward to working with the trail-building company that is awarded the detailed design of this trail and look forward to riding it," Mr Swann said. "Although it's only a relatively small section of trail, it will provide an important link between the existing Silvan mountain bike trails and one of the main access trails from Mt Evelyn."

The cultural and heritage management plan will inform the final trail alignment and the final report is being developed. The Friends of the Mount Evelyn Aqueduct group will be invited to assist during the construction of the trail, which will be separate from the existing shared trail. Council will support the group with funding to revegetate the previous informal trails with local indigenous plants.

Anna Chisholm
Yarra Ranges Council



PHOTO: ANNA CHISHOLM

Community Events Calendar

First Sunday of each month	Craft and Produce Market: Bellbird Park, Swansea Road, next to Lillydale Lake. Rotary Club of Lillydale. All proceeds to local and overseas projects. Contact Rotary Club Lillydale: 0423 558 833.
Friday nights during school term	Fridays@Kids Domain: Activities for primary school age kids. 4-6 pm. Oxley College stadium. Details: phone 9726 8111 or www.lmc.org.au
Monday evenings each week	Scottish Country Dancing: Mondays 8 pm (except public holidays). Beginners and experienced. Minimal charges. St Margaret's Uniting Church, Hull Road. Enquiries: 9725 9074.
Second Monday of each month	Mooroolbark Country Women's Association: 1 pm at St Margaret's Uniting Church, Hull Road. New members always welcome. Contact Helen Linnie: 9726 0477.
Thursdays during school term	Music Together: 0-5 years. Starts 7 February. Run by trained music therapist. St Margaret's Uniting Church 9:45 am. Incl morning tea & playtime. \$10 per session per family. Call Yvonne: 9726 9347.
Every Wednesday	Disabled People's Company: 10 am-noon, Mooroolbark Community Centre for morning tea and a chat with other people who have a disability. More information: ring Elsie 9726 4004.
Thursday evenings each week	Marondah TOWN Club: (Take Off Weight Naturally). Weekly, starting at 6:30 pm. St Margaret's Uniting Church. Hull Road. For more information call Kaye: 0414 984 062.
Wednesdays during school term	Kilsyth Primary School Playgroup: Painting, story time, activities and games for children 0 - 3½ years. 9:15 am. More info: 9725 4320 or kilsythps.vic.edu.au
Tuesdays & Thursdays	Mooroolbark Men's Shed: 9 am-3 pm. 91 Swansea Road, Montrose. For more information please contact President John Lowry on 9726 9970 or 0419 366 939, or via Facebook.
Tuesdays - Thursdays during school term	GymbarOO: Formative Sensory Perceptual Motor Program for babies, toddlers, and pre-schoolers. Mooroolbark Community Centre. Ph: 9726 8740 mooroolbark@gymbaroo.com.au
7 December	Community Carols: Picnic dinner from 6:30 pm, carols start 8 pm. Featuring Croydon Citizen's Brass Band and local school choirs. BYO rug or chair. For more details see notice page 7.
8 December	Urban Harvest: Backyard fruit and vegetable growers—swap your excess produce. Red Earth Community Park, second Saturday each month, 10-11:30 am. Enquiries: Claire Coutts, 0425 700 280
8 December	Salvation Army Carols at the Lake: 5:30 pm. Activities include sausage sizzle, children's tattoo. Lillydale Lake, grass area near community house. Carols start 7 pm, finish 8:30 pm.
9 December	Christmas Carols: 7:30 pm, Life Ministry Church, Chirnside Park. Family pre-show at 7:15 pm. Live band, choir, nativity play, sausage sizzle. Light & Sound Show 9 pm. Free entry.
9-24 December	Christmas Light & Sound Show: 9 pm-11 pm at Life Ministry Church, Chirnside Park. Café open until 10pm. Thousands of lights sparkle and dance in sequence to Christmas music. Free entry.
25 December	Family Service: 10 am. Life Ministry Church Chirnside Park.: All welcome to come and celebrate the birth of our Saviour. Children bring your presents for show and tell! www.lmc.org.au
18 January & every second Friday	People's Pantry: 6-7 pm. Three course home-cooked meal for the homeless and lonely. St Margaret's Uniting Church, Hull Rd. Starts 18 January 2019. Enquiries Barbara: 0417 381 542.
Until 3 February	Del Kathryn Barton: The Nightingale and the Rose: 10 am-4 pm daily, Yarra Ranges Regional Museum (closed public holidays). Free entry. More info at culturetracks.info.
1 March	World Day of Prayer: 10 am, St Margaret's Uniting Church, Hull Road. Hosted by Mooroolbark Christian Fellowship. Focus: Strengthening Communities.
23 March	Red Earth Unearthed: Talent Quest. Mooroolbark Community Centre; commences 7:30 pm. Entry \$5 per person. celebratemooroolbark.com/competitions/red-earth/
24 March	Celebrate Mooroolbark: Your local community festival. 10:00 am-4:00 pm. Red Earth Community Park, Brice Avenue.
Mooroolbark Community Centre and Montrose Town Centre	
The following special events will be held at Mooroolbark Community Centre (MCC) or Montrose Town Centre (MTC). Unless otherwise indicated, bookings can be made by phoning 1300 368 333 or online: culturetracks.info	
Third Monday each month	Montrose Movie Club: Great movies in a relaxed theatre environment. Movie, discussion & refreshments. 2018 theme: Book-to-Movie. Annual membership: \$20 / \$15 for ERL members. MTC
3 November - 3 December	Artists in Our Residence: Free exhibition, Mooroolbark Community Centre. Email: boxoffice@yarraranges.vic.gov.au
9 December	Yarra Valley Singers Christmas Concert: 2 pm, MCC. Contemporary and traditional Christmas songs with audience participation. \$22 full, \$18 concession, children under 16 free.
16 December	Melbourne Welsh Male Choir: 11 am & 3 pm, MCC. Tickets \$18 full, \$15 concession. Bookings phone 1300 368 333 or online: culturetracks.info.
21 January	Shadow Puppetry Workshops: 11 am & 2 pm MCC. Tickets \$12 for workshop only or \$20 workshop and <i>Trinket the Robot</i> performance.
23 January	Trinket the Robot: 11am & 2 pm, Mooroolbark Community Centre. Tickets \$12.

Our Community Events calendar offers a free service to local clubs and organisations.

To include entries for your group's community events in future issues please contact
Doug Lewis on 9761 1121 or email calendar@livingtoday.org.au

Note: *Living Today* is distributed quarterly - in the first week of March, June, September and December. Calendar entries need to be submitted one month prior to the distribution date.

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LIVING TODAY in Mooroolbark

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Editor
Janet Van Dijk
Associate Editor
Doug Lewis
Sub-Editor
Kate Chivers
Proofreader
Terry Villiers

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Contact
Phone 03 9726 8898
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Email editor@livingtoday.org.au

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Contributing Writers for This Issue
B. Austin, R. Bouchier, A. Chisholm, D. Lewis
N. De Vincentis, C. Sianidis, F. Spence
S. Steel, J. Van Dijk, G. Williams

Photographs
B. Austin, R. Bouchier, A. Chisholm, Depositphotos
Edinburgh College, LMC, D. Lewis, Y. Pickett
C. Sianidis, Sportspics, N. Squeelch, J. Van Dijk

Cover Photograph
Sportspics

Graphic Design
Carolyn Glennie, Publication Perspectives

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Publication Perspectives
Mulgrave, Victoria

Like to contribute?
If you have a good news story about people or groups
who are an inspiration to the community, please contact
the editor on our church-office phone number or by email
(details above)

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to editor@livingtoday.org.au

MISSION STATEMENT

To contribute towards and to help to foster
a **growing community spirit** within our
neighbourhood.

We seek to achieve this by:

- highlighting the many positives within our community
- encouraging partnership in community initiatives
- contributing to the process of identifying and addressing community needs and concerns

OUR SPONSORS

Living Today greatly appreciates the valuable contributions made by several businesses which partner with us in serving our local community through this magazine. Their financial sponsorship makes the magazine possible, and we gratefully acknowledge those partners in each issue.