

Living Today

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"Yarra Ranges"

in MOOROOLBARK

JUNE, 2003



MOOROOLBARK MUSTANGS

Living Today



Celebrate Mooroolbark 2003

From the Editor

From the Editor

"Strong Communities
The Secret to Living Longer and Better."

This was the title of a presentation given at a recent Melbourne seminar on community life. The speaker was visiting "Pratt Fellow" Lisa Berkman, Professor of Public Policy and Epidemiology at the University of Berkley, CA. Over 1,300 seminar participants, from all over Melbourne and country Victoria heard Lisa draw close statistical parallels between "social connectedness" and public health. Studies which looked at a variety of social groups - partners, families, friends, churches, clubs, community volunteer groups, etc, stressed the importance (in health outcomes) of belonging to at least one of these groups. They also clearly demonstrated the clear added advantage of belonging to more than one of these groups.

Lisa pointed out that, "Statistically, social isolation is linked to health problems. On the other hand "socially-engaged" people have fewer illnesses, live longer and are less likely to decline cognitively".

Applying some very current terminology Lisa added, "A feeling of being embedded in community is a key to personal health." She summed it all up as - a personal attitude of "participation in shared community life" rather than focus on self.

Worth thinking about ????

The following story came to hand just as this edition of *Living Today in Mooroolbark* was going to print. We are pleased to share it with you as another fine example of contribution to the lives of others in our community.

"Keep Loving and Keep Smiling."

This is Sylvia Condon's philosophy for coping with, and dealing with, the difficulties that life can present to any one of us. Sylvia, who was recently named as Victoria's Mother of the Year by the Barnardos Welfare Organisation, certainly has a record of doing just that. In the face of real adversity, she determined to do everything possible to maintain a positive, loving attitude and to leave no stone unturned to help her family through the huge challenge they faced. When youngest son, Greg, suffered serious brain damage at just 10 weeks old, Sylvia refused to give up hope. Medical opinion about Greg's future was very negative but the family decided to leave no stone unturned to give Greg every possible chance for a normal life. This led to many years and countless hours of a wide variety of therapeutic procedures. Their love and devotion has been rewarded by what they have seen as a series of miracles which have resulted in Greg, now 25 years old and recently married to Nikki, showing little evidence of the trauma he has been through. Sylvia, a Mooroolbark resident, sees herself as an ordinary mum, but her total devotion to her family over many years has been quite inspirational and has brought hope and encouragement to many others. She is more than happy to share her experiences and the lessons she has learnt with others who face similar challenges. She can be contacted on email sylviacondon@whoshere.com.

Sylvia expresses deep appreciation for the work of "Barnardos"- a non-government welfare organisation that has helped Australian families and children in a wide variety of services for over 118 years. It currently gives assistance to approximately 6000 children and their families each year.

Congratulations Sylvia. Well done!

Please keep these good news stories coming in.
Doug Lewis, Editor.



Sylvia Condon

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Living Today in Mooroolbark

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Like to Contribute? If you have a good news story or other contribution to offer, please forward these to the contact points listed above, or you may contact the editor directly by email.....

dlewis@cyberspace.net.au

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MISSION STATEMENT

To contribute to, and to help 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.

Choosing the Best "Love-Language"

by Steve Steel

In the year 2003, is it still 'love that makes the world go round'? None of us would give up on the great relationships we may have with our family, neighbours or friends. We all need their love and care and they need ours! But, if you could give them the same love but be many times more effective, and more appreciated... would you want to know how?

I remember when I was about ten years old, I gave my mum \$10 for Mothers day. She kindly gave it back to me... and suggested I go and buy something for her, something personal from me that would make it a special gift. I did.

The 'money' value was same, but the 'love' value of doing it with some thought and attention to a few special details, like using some of 'my time' would make the gift worth having, and treasured so much more than \$10 on its own. You see, I really valued the \$10, but on it's own, it just wasn't a true gift.

Ever felt your best efforts toward others are not appreciated?

We're all different... and we all 'understand' love differently to others. In his book **The Five Love Languages*, author Gary Chapman discusses how we tend to express our love in the following five different ways.

- ***Verbal expressions** - words of thanks, appreciation and affirmation.
- ***Quality time** - a walk together, a phone call, a letter, a drive to nowhere!
- ***Giving of gifts** - not necessarily expensive - a symbol of a loving thought.
- ***Acts of service** - washing the car, cleaning a room, making dinner.
- ***Physical touch** - a pat on the back, a hug, a tender touch or a 'high 5'!

Can you identify the main way *you* receive love? Or even the way you naturally tend to *give* it? A love language is not just about words, it's the whole way that we express love. It's easy for others to 'miss the point' when we communicate in a 'love language' that they don't understand so well. Just like our dog responds to a bone with great enthusiasm, as opposed to an old shoe - she'll still have fun with the shoe - but she'll love the bone a whole lot more!

Thinking about the way that people around us need and respond to love and care, could make a huge difference to all our lives, and the places we live, work and socialise. Try to identify the love language for each family member by experimenting with each style, or talk about the times that have meant the most over the years - they probably never understood that one particular 'language' was their favourite way of receiving love, and being appreciated for who they are. When you have it all worked out, you can maximise your love for each person in the way that is best for them, then you can work out what combination is absolute dynamite.

*** *The Five Love Languages* has sold over 1,500,000 copies worldwide.
It is available from Koorong Book Store**



Steve & Lindy Steel serve the youth at Mooroolbark Christian Fellowship

Topical Issues

Sharing a Smile



Smiling is infectious; you catch it like the flu,
When someone smiled at me today, I started smiling too.
I passed around the corner and someone saw me grin.
When I smiled I realised I'd passed it on to him.
I thought about that smile and then I realised its worth,
A single smile, just like mine could travel round the earth.
So if you feel a smile begin, don't leave it undetected,
Let's start an epidemic quick, and get the world infected.



Celebrate Mooroolbark



On March 29th, the second 'Celebrate Mooroolbark' Festival was held - a fantastic day of entertainment and community-focused events celebrating all that is good in the Mooroolbark Community. The festival was developed in 2002 by a committee of local community members and the Mooroolbark Community Centre, a Shire of Yarra Ranges facility. 'Celebrate Mooroolbark' aims to bring the community together in a day of positive and engaging activities. The event



Sharon Turner

showcases the organisations, groups and individuals in the region committed to involving the community at a local level. Sharon Turner, recently appointed Program Supervisor at Mooroolbark Community Centre, worked with Mooroolbark Community Centre, Shire of Yarra Ranges and Celebrate Mooroolbark committee members to achieve the success of the 2003 Celebrate Mooroolbark Festival. The weather was perfect and the day was enjoyed by all. Sharon wishes to thank all those involved in making this year's festival a success and is now looking forward to Celebrate Mooroolbark in 2004!

SNAZZ PRODUCTIONS

"Combining Training with Community Service"

For the last two years, professional entertainer and singing teacher Jacqueline de With, under the name of "Snazz Productions", has been providing exciting and rewarding performance opportunities to local, talented youth. These opportunities have included recording in a recording studio, attending auditions and performing at nursing homes for the elderly. Last year Jacqueline also produced two concerts for young performers, which gave young performers the opportunity to work with experienced performers. This year, Snazz Productions will provide two intensive weekend musical theatre workshops led by experienced professionals. These workshops will be held on June 28th 29th and July 5th and 6th. Contact Jacqueline for workshop costs and other information on Ph. 9726 6117 Mob. 0409 709 368



Performing for Seniors at Banksia Court Nursing Home

OUR LOCAL LIBRARY

Where in Mooroolbark can you be entertained, informed, connected to the internet, or just sit and relax with a magazine, newspaper or a good book, and all for free? Mooroolbark Library, a branch of Eastern Regional Libraries, is free to join, (just bring along proof of your name and address) and once you are a member, the basic services are free of charge. There is a large stock of popular novels and paperbacks, an extensive non-fiction section for your information needs, lots of great books for the kids, magazines, newspapers, videos, DVDs, CDs, books on tape, large print books. The friendly staff are always happy to help you find what you are looking for. There are personal computers for free Internet access, and for a small fee you can also use Word Processing. Pre-school Story Time is held on Thursdays at 10 am and there are special kids activities from time to time, and school holiday activities as well.

You could join the Bookclub, which meets at the Library on Tuesday evening once a month, or come along to an informal "Bookchat" once a month on a Thursday morning. The Library also has a photocopier and a fax service for your convenience. Once you join, you have access to all the branches of Eastern Regional Libraries. You can also access the Library 24x7 through our website at www.erl.vic.gov.au



Kym Willis, Polly Ashburton, Linda McIvor, Judith Cousins

"A Passion For Science"

This is how Cara Roelofs, a VCE Student at Pembroke Secondary College, describes her academic interests and her career goals. In the years ahead she plans to pursue studies and a vocation in the field of science - preferably in the area of genetics or molecular biology.



Talking with her, one gets the feeling that she is not about to let anything stand in her way. Recently Cara was selected to participate in a National Youth Science Forum in Canberra. She was sponsored for this event by the Doncaster Sunrise Rotary Club.

In Canberra, along with another 144 students from around the country, Cara was given the opportunity to participate in programs in the various science faculties, including biology, chemistry, physics and engineering. In addition, they were given assistance in applying for educational scholarships and were encouraged to develop their social and communication skills. Recently, Cara demonstrated her well-developed communication skills in a presentation she made to the school body on her experiences in the Forum.

We congratulate Cara on her many achievements and wish her every success in the future.



The "Linch-Pin" At Pembroke Primary

"Linda Ogden has long been the linch-pin at Pembroke Primary School." This is how staff and parents describe her contributions to the school, over many years. (N.B. Linch-pins keep the wheels from falling off.)

She has been the school's Business Manager since 1986, but actually started serving the school well before then by voluntarily coming in each week to type the newsletter whilst her sons Chris, Robert and Nick attended as students. Linda has lived in Mooroolbark with her husband Mike for thirty years, after emigrating from Manchester, England. As Business Manager, she is often the first person people meet as they arrive at Pembroke Primary School. Her warm, friendly and ever-helpful manner has earned her the high regard of people throughout the school community - children, parents and teachers alike. It is rumoured that one of her main roles is that of keeping the principal and assistant principal in line! Principal, Rika Mason, says "Everyone loves working with Linda. We greatly appreciate her sunny disposition, her ready sense of humour and her professional effectiveness. She keeps us all going!"

Many thanks from all you've served over the years, Linda!

The Heart of a Lion

Together, Robert and Bette Gutherum have made an amazing commitment to our local community over many years. Arriving in Australia from the U.K. in late 1951, they resided first in Bendigo and Yarra Glen districts before moving to Kilsyth and then finally to Bathurst Street Mooroolbark in 1958. Their four children attended Kilsyth Primary School where Robert and Bette began a life of service that continues today, 45 years later. In August 1960, Robert inducted into the Lion's Club of Mooroolbark where he has been President for two years and has held numerous other office-bearing positions over the years. Bette has also served for many years as a Lioness. Together they have been involved in providing an amazing list of contributions to the Mooroolbark community. The following are just a small sample of the many groups and organisations that have received support over the years:- Lilydale Bush Hospital, Melba Centre/Mt Evelyn, Yarra Me, Bush-fire Relief programs Bone-Marrow Donor Register, Lilydale Citizens Advice Bureau, Jim Full House (Mooroolbark), and many, many others. In addition they have, over the years, hosted 12 international students in their home. Now in his 80s, Robert is still actively involved with the Lions Club. It seems that this man with the "heart of a lion" does not know the meaning of retirement.



Robert & Bette Gutherum

What a great example of service!

The community thanks you both for your "life-time of giving"

LOVING RELATIONSHIPS

A Christian Perspective

By Steve Steel

To love others fully, we must give of ourselves. Our love is a bit 'thin' or half-hearted when we don't give part of ourself with the action. We could come home one day and casually toss a gift to our partner, or one of our children. However, both the giver and the receiver would get much more value from the gesture if the gift were to be wrapped, a card attached and given with eye contact that says, "I love you, I care about you, and I really want you to enjoy this gift I've chosen for you". We all need to think about the 'best value' love we can give - good value for us - best value for them! Our focus needs to be not only on our giving, but also on the **way we give** and the **way it is received**.



We all know that to give love at all can be a real effort for us at times. Whenever things are going well we can find it easy to think of others, but when the going gets tough, the love we need to offer is not always there. The missing ingredient is not readily found within ourselves but it is available through a connection to the source of **real, endless love** - the love that never fails. God is able to make up where we fall short. He enables us to love, even when we simply feel unable, of ourselves, to love any more. He loves us no matter how undeserving we may be. His love is unconditional. We can look to Him for the help we need to offer that same love in our relationships. This is the love that only God can give and that he wants each of us to have, through Him.

All we need to do is ask, because, it is **His love** that He wants to express through each of us.

Have you been missing out?

FREE

Family Film-Nights

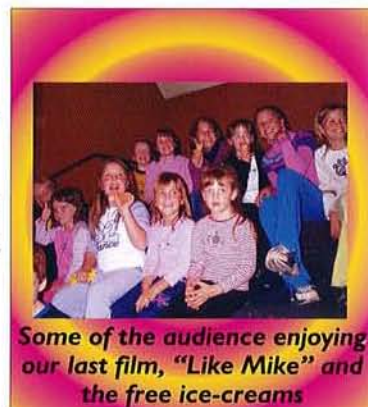
In conjunction with our community centre, Mooroolbark Christian Fellowship provides a free family film night during each term vacation.

Our next film **"THE THORNBERRYS"**



will be presented on Wednesday 2nd of July.

To participate please book your seats with the community centre by calling in or by ringing on Ph: 9726 5488.



Some of the audience enjoying our last film, "Like Mike" and the free ice-creams

A Place to Relax and Enjoy

"It's a dream come true!" With these words, Pastor Jurgen Weisner described the opening of Granny Smith's Coffee and Tea House, on 11th Feb 2003. Granny Smith's is a new hospitality venue, operated by Mooroolbark Neighbourhood Church, which allows church folk and their friends to gather mid-week and Saturdays simply for the purpose of building friendships. It provides the perfect spot to take time out for a snack or a cuppa and to share time with others in a most warm and welcoming environment.



Granny Smith's provides an elegant and distinctive décor and offers generous servings of Devonshire Teas and other snacks along with 10 different varieties of tea, the usual cappuccinos, café lattes and plunger coffee and juices, milk-shakes etc.

Located at 101 Manchester Road in Mooroolbark, Granny Smith's is open from 10:30 Tuesdays through Saturdays inclusive.

It closes at 9:00 p.m. Fridays and 5:00 p.m. all other days.

Living Today in Mooroolbark warmly welcomes the support and partnership of our Community Bank

Community Focus at Pembroke Secondary College *OUR COMMUNITY*

Education Week in May saw staff and students at Pembroke Secondary College offering, amid a variety of things, a range of activities which highlight the school's participation in and commitment to "community life" in Mooroolbark and surrounding areas.

A Volunteer's Walk set out from both the Senior campus in Reay Road and from the Mount Evelyn campus. Students went out in groups to visit the various volunteer organisations around the local area. In the interchange that took place at each venue, students were informed about the work of the organisation and then responded by thanking the volunteers, on behalf of the community, for the contributions they make. Students expressed appreciation for the opportunity to learn more about the services that our community volunteers provide. Campus Principal, Greg Carroll, expressed appreciation and thanks to Lesley Lord and Heather Hollingsworth for their work in organising this activity.

"The Comedy of Errors" In offering this play for Education Week, the theatre studies group at the senior campus took the initiative of offering an additional showing of the play for senior citizens in the area. They arranged for various seniors groups to be transported to the venue and honoured them with this special presentation. This "connecting of the generations" was a fun time for all.

Pembroke Hall of Fame The college is launching this project with the aim of identifying past students and teachers who have gone on to notable achievements, or personal success in their lives. These people will be given a place in the school's Hall of Fame. We are all invited to contact the school office with details of anyone we feel worthy of recognition in this special way.



Tamara Rewse and her theatre studies group "take five" during rehearsals

Mooroolbark Traders & Community Group

We welcome the following new businesses to the Mooroolbark community and look forward to enjoying their contributions.

Phil's Bakehouse, in Brice Avenue, is a family-run business that has won various industry awards. It is renowned for its fine selection of bakery delights and friendly service. It caters for parties and special events. Why not give it the "taste-bud test"?



Tara, Serena & Sam



Charlie Mitchell

Balanced Harmony

Charlie Mitchell is "doing what he loves to do". He offers a range of gifts for all occasions and products for people interested in self-improvement and development.



Vanda & Nadia

Flora Sculpt Vanda and Nadia provide a fully qualified horticulturalist service offering advice on all aspects of garden and plant care and the selection of plants suited to the local area. They also carry a range of imported giftware and garden décor. Visit Flora Sculpt at **Shop 11A Brice Ave.**

Bonnie Babes Foundation

- Are you enthusiastic and energetic?
- Do you get satisfaction from helping others?
- Do you like to see a job well done?
- Would you like to meet new people?

"Volunteers needed"

YES?Then why not become a Bonnie Babes volunteer?

You can join our vibrant and energetic team of volunteers assisting the Foundation in varied areas such as administration, manual tasks like packing badges or preparing mail outs, assisting at special events such as expos & baby shows, helping at our Awareness Stands in shopping centres.... And lots, lots more! As a volunteer you can help out as little or as much as you like, from home or in one of our offices. We welcome everyone. Guys and girls of any age and from anywhere around Australia can become Bonnie Babes volunteers.

The Bonnie Babes Foundation is a non-profit, volunteer-based charity which helps families after the loss of a baby from miscarriage, stillbirth or prematurity. Over 50,000 babies are lost in Australia each year. All proceeds raised by the Foundation are directed towards Perinatal medicine or vital medical research projects, and towards our 24-hour, 7-day-per-week family-counselling services.

TO RECEIVE YOUR VOLUNTEER INFORMATION PLEASE CALL (03) 9756 2800

Our Community

The team that never loses

Despite the fact that Mooroolbark Mustangs' senior team last won a premiership in 1988, the club boasts one of the biggest supporter bases in the EFL. That's probably because there's hardly a family in the area that doesn't have a member involved. The club has over 160 juniors in addition to their seniors and reserves sides. Parents and other family members are coaches, trainers and officials.



John Lowry

Mooroolbark Mustangs is a unique club. For a start, its president is named Julie. Julie Duckworth is, according to club secretary John Lowry, very much a "hands-on, dedicated president." John's no slouch himself when it comes to dedicated, long-term service. Neither is Graeme Hocking, the under-18s coach. Together, they're committed to the club's Youth Development Policy, which encourages team-work and leadership. It even finds work for country kids. They participate in the Good Sports Program, which promotes responsible governance of sporting clubs. Because of its incalculable value to the community, Yarra Ranges Shire council has funded substantial developments to the club, including the current project of a verandah extending the full length of the rooms. Of course, they're concerned with winning football games, and their under-18s are very excited about their prospects this year. But scoreboards and record books cannot begin tell the story of this big, warm, vital, welcoming community. As long as they kick on, so will everyone who has any contact with them.



Julie Duckworth



Graeme Hocking

Youth Services - for our community

Kate Arnott, pictured below at Celebrate Mooroolbark Festival, is one of the 11 faces of Youth Services working with our young people. The Shire of Yarra Ranges Youth Services Unit offers a range of programs for young people aged 12 - 25 years and their families within our community. Some of these include Life Skills Workshops, Recreation Activities, Events & Festivals, Information, Referral and Advocacy, Community Development Initiatives and more. Martin Fidler, Youth Service's team leader, commented "there are quite a number of youth concentrated in Mooroolbark where naturally our services will have more of a focus". Kate is pictured with members of FreeZA, a music & event management program. Participants in this program receive music industry training through Oz-music and help to organize alcohol and drug-free music events at locations throughout the Shire including the Mooroolbark Community Centre. This year during "Celebrate Mooroolbark", four emerging bands - Burning Slowly, Said Affection, Sapian & Harry's Fist, - had the opportunity to sound-case their music. To find out more about being involved in FreeZA events, you can contact Kate Arnott, Youth Events & Activities Worker, Shire of Yarra Ranges - Youth Services Ph: 9294 6716 Mobile: 0419 528 055 k.arnott@yarraranges.vic.gov.au



Kate Arnott with Claire, Kim & Bec

CONTRIBUTING TO THE FUTURE DEVELOPMENT OF THE SHIRE



Kylie Critchley & Natalie East

The Youth Advisory Council (YAC) was formed to enable council to connect with the young people of the Shire of Yarra Ranges. "YAC gives us an opportunity to express our opinions, ideas, thoughts and feelings that may improve our own life and the lives of other young people who live in the Shire's communities," said Natalie East, a member of YAC. "This also gives the opportunity for young people to be heard by the local council."

Within YAC there are four sub-committees that cover different areas of the Shire. These are Healesville, Upper Yarra, Belgrave and Lilydale. They meet fortnightly, and Central YAC meets every six weeks to discuss issues brought by the sub-committees.

'SATURATED' means we... Stand As a Team of Unique Rearing-to-go young Adults That Embrace Difference and provide opportunities for young people. SATURATED sub-committee is concerned with the opinions, ideas, thoughts and feelings of the young people of Lilydale, Mooroolbark, Chirnside Park, Mt Evelyn, Coldstream, Montrose and Kilsyth. "We meet fortnightly on a Tuesday and are always looking for new young people to join", says Natalie. If you're interested, please feel free to drop in at Lilydale Youth Services, or give Kate Arnott a call.