

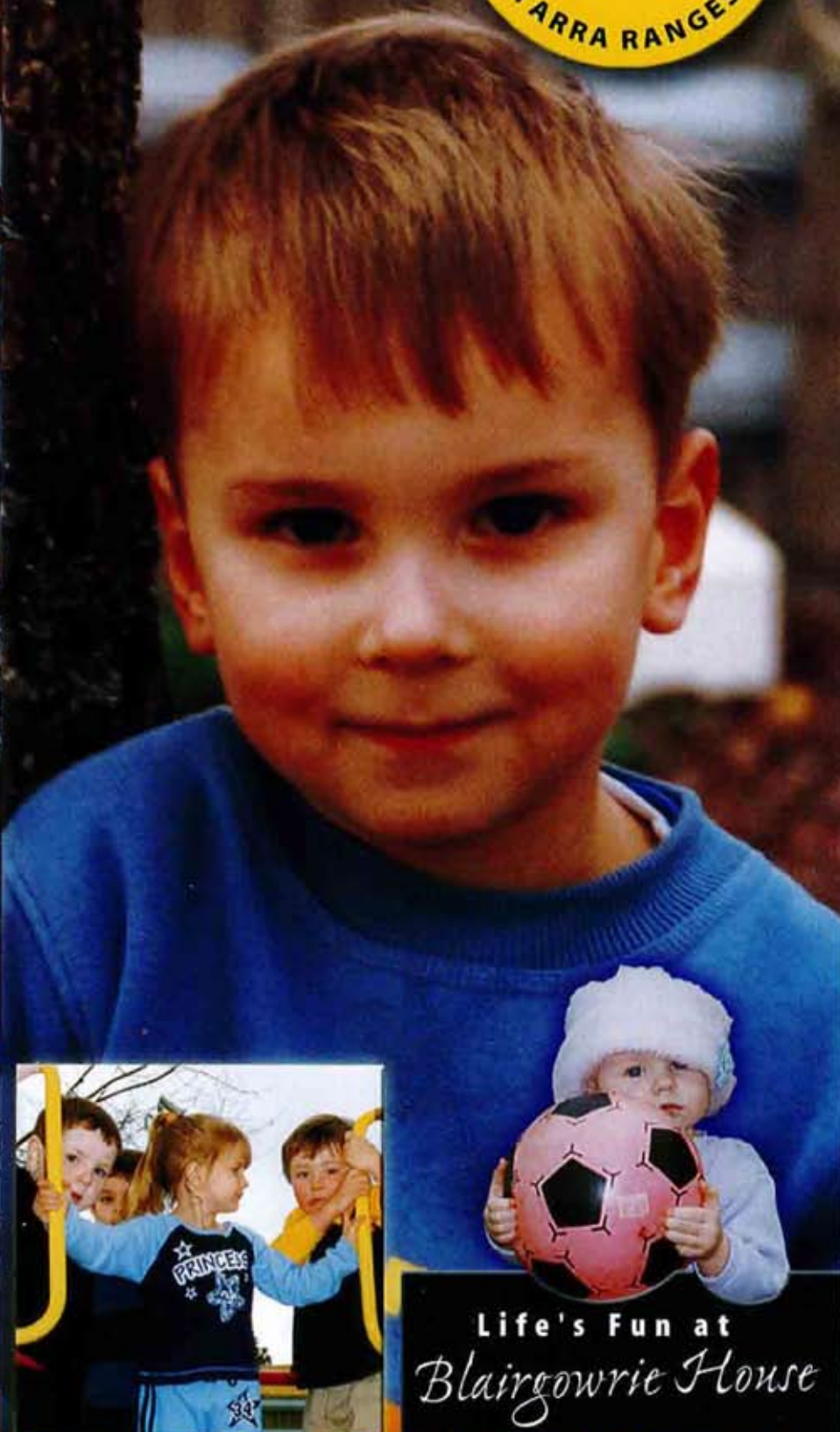
LIVING TODAY

IN MOOROOLBARK

SEPTEMBER 2003

**FREE
COPY**

YARRA RANGES



Life's Fun at
Blairgowrie House



"Together We Do Better"

Earlier this year VicHealth launched a plan to ensure that everybody has the opportunity to get involved in activities and in their local community. To assist in implementing this plan it has established the "Together We Do Better" website.

Launching the program CEO Dr Rob Moodie said that depression accounted for six million lost working days nationally, each year. He added that depression is the fourth leading cause of disease in Australia, and with resulting suicide and self inflicted injury added — it rises to third place.

At about the same time the National Heart Foundation confirmed that depression, social isolation and an absence of social networks and friends can be as dangerous to our health as smoking. It also indicated that studies show that the more people are connected with their communities the less likely they were to experience coronary heart disease, cancer, depression and premature deaths of all sorts.

The clear message is that there are significant health benefits to be gained by living and working together. The VicHealth website has much helpful information about the best ways to become involved in working together — activities, groups, resources, action steps, connections, volunteering, etc.

Well worth a look!

Living Today in Mooroolbark and our partners in this initiative, seek to contribute to a more closely connected and dynamically inter-related community in our neighbourhood.

We welcome your contributions of stories relating to individuals and various groups who help to **"make a difference"** in our community.

To contact us, see details – this page.

Doug Lewis

Editor.

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.

in this issue

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LIVING TODAY in Mooroolbark

Production

"Living Today in Mooroolbark" is produced by a group of volunteers.

Publication

It is published as a community service, by Mooroolbark Christian Fellowship.

Contact

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Distribution

Distributed throughout Mooroolbark and surrounding district.

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

Contributing Writers – this issue

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Barry Austin
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Printing Publication Perspectives



Do You Really Love Me?

"While it is a fact that most parents do have strong feelings of love toward their children, it is often wrongly assumed that the parents naturally convey that deep love to them."

The above assertion is made by author, family man and child psychologist Dr Ross Campbell in his book titled "How to Really Love Your Child". He notes that many parents, even though they deeply love their children, are less than successful in transmitting that love to them.

Consequently many children today, do not feel genuinely and deeply loved and accepted in their own homes.

The author sees lack of awareness of the importance of focusing on the conveying of love to their children as the greatest error of understanding in parent/child relationships today.

As he points out, many child studies show that the question constantly on a child's mind, and continually expressed (more often in behaviour than verbally) is, "Do you really love me?" Dr. Campbell believes that the answer



Most parents, when asked whether they feel that they really love their children would say, "Of course I do. Isn't it obvious? Don't I provide for their every need? Don't I work long hours to ensure that they never go without? Don't I give of the precious little spare time that I have to take them to their sporting activities, etc? Don't I attend all of the school functions and put up with their friends coming around all the time?"

Sadly, we can be doing all this and more, and yet fail to convey real love. It has been said that "You can give many things without loving but you cannot love without giving". Love must come first. What our children need most is of all is absolute assurance of our ever present love despite what they do and what happens in their lives.

the answer to the question
"Do you really love me?"
 is the most important thing in a child's life

This kind of response is often referred to as unconditional love – love that is not subject to the child behaving in ways that are pleasing to the parents. Even when children's behaviour is not acceptable, they still need to know that they are loved, despite the offending actions.

Realistically, unconditional love is an ideal that few of us will ever achieve 100 percent of the time. However, the nearer we get to it the more effective we will be in expressing our love and giving our children the assurance they need - that our love is real and consistent.

Conditional love, on the other hand, tells them that we only love them when they please us. This leads to feelings of inse-

curity and a lack of confidence that they are really loved.

Dr Campbell's book is a valuable resource for parents, offering many insights into the challenge of offering unconditional love to their children. It also presents many practical strategies to help in ensuring that parental love is clearly conveyed to children.

"How to Really Love your Child" is available from Koorong Bookstore. Also available is the companion book, "How to Really Love Your Teenager."



Photos by Helen Squelch

FREE SEMINAR

Community Centre Oct 4th / 5th

FAMILY DYNAMICS

Sponsored by Mooroolbark Christian Fellowship

This four-session seminar and workshop presents parents, grandparents and couples with helpful insights into the **WHY** and **HOW** of interpersonal relationships in a family context. Entertaining and enlightening, the seminar delivers genuine understanding and practical strategies for managing the various stages of personal and family life. **The program covers** • Improving communication skills • Understanding ourselves and others • Valuing healthy personality differences • Balancing priorities • Expressing care and commitment.

The Four FAMILY DYNAMICS Sessions are:

(Sessions approx 90 minutes)

- | | |
|--|------------------------|
| 1/ People are different: understanding self and others | Sat 4/10/03 at 3.00pm |
| 2/ Positive communication | Sun 5/10/03 at 10.30am |
| 3/ Healthy conflict resolution | Sun 5/10/03 at 1.00pm |
| 4/ Building happy family relationships | Sun 5/10/03 at 3.00pm |



John McLean (BA, MBA) is Director of Pacific College of Training & Development. John is an experienced trainer who specialises in leadership development and team building. An accredited Situational Leadership® and Myers-Briggs Type Indicator® administrator, John has trained hundreds of people in personal and professional development strategies. He also brings many years of experience in pastoral ministry to his Family Dynamics Seminars.

Mooroolbark Terrace

Maternal and Child Health Centre



A warm welcome awaits all parents with children aged 0-6 years at this friendly centre, located on the Hookey Park side of the Terrace Shopping Centre in Mooroolbark. Two fully qualified nurses, Joan Gibbs and Kerry Listopad, staff the centre. Both nurses are qualified General Nurses, Midwives and Maternal and Child Health Nurses.

Joan has many years of experience and has enjoyed working in the community for the past 27 years. Kerry has recently completed her Masters of Nursing and has been at the Terrace for 18 months. Kerry is also involved in running a Young Mothers Group for women 21 years of age and under at Careforce Church, Mount Evelyn.

The Shire of Yarra Ranges employs the two nurses. This free service is available to all families who are resident in the Shire. The Maternal and Child Health Service provides families with young children support, information, health promotion and early identification and intervention for health concerns. Some of the services offered include:

- A home visit after notification of the birth of a new baby.
- Individual consultations (by appointment) that provide information and support on maternal and child health and well-being.
- Physical and developmental assessment of children aged 0 - 6 years.
- Information on immunisation, breast-feeding, nutrition and family planning.
- Information and referral to local support services and resources.
- New parent groups offer parents the opportunity to learn about child rear-

ing and parenting issues such as settling, child development, safety, diet, CPR and women's health and relationship issues. The aim of the group is to provide an informal atmosphere where the parents can meet and make friends, provide ongoing support and learn about their babies. Many of the groups continue to meet on a regular basis.

- Particularly important is the 3¹/₂ year old assessment. The nurses are able

to assess and discuss with parents the child's physical, emotional and social development. The nurses are able to identify any problems and provide information and referrals to services before entry to primary school.

Joan and Kerry look forward to meeting with families and providing support, information and referrals.

JOAN can be contacted on Terrace 1 on **9726 7393** and **KERRY** can be contacted on Terrace 2 on **9727 5645**.

For further information there is also a 24-hour Maternal and Child Health advisory service available on **13 22 29**.

Township Development Program

Gerry Pierce is the Executive Officer Townships within the Township and Strategic Planning Department of the Shire of Yarra Ranges and his role is to facilitate the Township Development Program.



Gerry Pierce
Executive Officer -
Townships

The Township Development Program links with all Council departments, such as the Community Development and Partnering Department with its focus on building local community capacity and resilience, Civil Development in designing and constructing infrastructure, and Planning Services in implementing the Shire's Planning Scheme.

Gerry has a prime focus in working with new and existing township groups to develop initiatives that enable communities to discuss and establish their priorities. The aim is to improve communication and consultation processes between the Shire's 38 townships and the Shire organisation.

A key approach to the task is the recognition that one size doesn't fit all, and that each community needs to be centrally involved in the process. In this way, local people are involved in identifying issues; in decision-making about and implementation of initiatives, so that long term strategies that improve local

social and economic well-being and environmental conditions can be created.

In the past two years a number of Township Steering Groups have been established across the Shire and a number of communication and consultation initiatives have been trialled.

Initiatives have included Community Information Days and Community Group Expos. The information days are held in townships on weekends, and were held in Mooroolbark during the development of the Mooroolbark Urban Design Framework. The Community Group Expo initiative has been successfully trialled in Coldstream, Healesville, Belgrave, Monbulk and Warburton and operates on a similar principle to the recently established 'Celebrate Mooroolbark' day. They support and market local organisations by showcasing their work and building strong connected local networks.

Gerry Pierce can be contacted at the Shire on **9294 6470**.

**enabling
townships to
discuss and
establish priorities**



Living and Working Together . . .

"Dedicated to helping the community"



Every Wednesday morning at 10.30am at the Mooroolbark Community Centre Mrs Elsie Bolwell-Phillips organises the getting-together of the "Disabled Peoples Company". They meet as friends to discuss their interests and problems related to disabled people in our community.

The group really help each other in many ways because their individual needs and interests are so different. The group started 14 years ago in 1989 and the current president "Frits" represents the group at the Yarra Ranges and Maroondah councils. If you would like to participate in the "DPC" please phone 9726 8898.

Another aspect of Elsie's life has been her lifelong involvement in all aspects of the Girl Guides. She has held positions from "Tawny Owl" and "Brown Owl" up to "State Representative" for the Acheron region. Elsie is also a member of the Callemondah Trefoil Guild, which promotes the Girl Guides Association in the Acheron region. The Guild is invited to visit the regional Guide Centres to help and test with the various "Interest" badges that the Guides hope to achieve. These include knowledge of the Guiding movement, camping, cooking, being a hostess, entertainment and many more. If you would like to help and further the Girl Guides movement in our Mooroolbark area please contact; Jean Espie on 5964 4838.

Thank you "Woody"



Graham "Woody" Woodfield is something of an institution at Mooroolbark where he has served since being appointed as contract cleaner in 1988. Principal, Mr

Graeme Whitby, and members of the wider school community are greatly appreciative of the contribution he makes to life at Mooroolbark East. They value the pride he takes in his work, his friendly and positive approach and his willingness to go "beyond the call of duty" in so many ways.

In addition to his regular duties Graham provides a valuable service in capably attending to many emergency repairs and renovations as needs arise. In addition, he has been regularly involved in Trash & Treasure and other fund-raising events, assisting with school gardens and various other projects and being "Father Xmas" at times.

Graham values the positive relationships that he enjoys with other staff members, (he has a few tales of shared practical jokes that he likes to tell). He also enjoys and appreciates the respect and friendliness extended to him by students.

He remembers many changes that have taken place over the years, but maintains that Mooroolbark East has always been a good place to be, a school that he was happy to send his own children to so many years ago. Undoubtedly, Graham has contributed significantly to all that Mooroolbark East is today.

The school community says. . . .
"Thank you Woody!"

Quick profile on Graham "Woody" Woodfield

1. Mowed the oval with a hand push petrol mower.
2. Head Cleaner, rephrase to own cleaning business
3. Comes across as a very friendly, sincere and contented.
4. Involved with fetes, Trash and Treasure, Father Christmas and other school projects.
5. Good relationships with school staff. Likes to have fun with



Let me introduce you to Nick & Sue, who have been supplying us with our fresh fruit and vegetables for almost ten years now. For 14 years previous to opening his own shop, Nick worked in various supermarkets as manager of their fruit & veg. departments. When I asked Nick what he liked best about his work, he said "my customers", and I believe that, as our Nick really enjoys "a natter".

In fact many a time my husband has sent a search party out looking for me when I was just going to be "...a minute getting some fruit".

On another occasion when I finally arrived back at the car (half an hour later) hubby was asleep!!!

So if any of you like a good chat, or just want to purchase some great fruit and vegies, pop down to the Mooroolbark Fruit Market.

This year Nick & Sue are also running a Footy Tipping Competition for their customers, which has proven to be quite interesting. The competitiveness between the locals has proven quite strong, and adds to interesting conversation whilst doing our weekly shopping.

the teachers and they with him. While he is vacuuming teachers, will switch the power off as they walk by. Graham will drop large empty bins behind the teachers who don't expect it.

6. Loves to "fix" things like cabinets, items that can be used again and to keep things looking neat and tidy.

SHOULD CHRISTIANS FIGHT?

by Terry Villiers — an associate pastor at Mooroolbark Christian Fellowship

Should a Christian ever kill another human being? What about in defence of his or her home, family, country? Are there circumstances that morally justify a Christian going to war?

Recent events have brought these age-old questions to the fore once more. These are issues Christians have wrestled with for centuries without coming to a unanimous conclusion. What then should we do?

Firstly, we should certainly take the issue seriously. That means

giving it time for thought and examination. It means gathering information and weighing the various views before coming to a position that will guide our actions and responses. It is indeed a life-and-death matter, for us and others, with all its weighty repercussions..

Across the spectrum of Christianity you will find a range of stances and degrees of involvement supported. These essentially fit into one of four groups:

- Pacifism, which believes all war is morally wrong, and Christians therefore cannot participate in any way.

- Non-resistance, which believes Christians can only participate as non-combatants.

- "Just War", identified by defined and demanding standards which, if met, makes it permissible for Christians to participate.

- Preventative War, which is permissible if it is a "just war", fought to prevent aggression or invasion or to correct injustices.

There are difficulties with each of the above, whichever position one adopts.

So if you would like to understand these positions more fully, please go to our website mcf.wcg.org.au for a more detailed article titled *Should Christians Fight?*

If you have no web access and would like to receive a printed copy, please contact Mooroolbark Christian Fellowship on: **Tel. 9726 8898 or write to us at P.O. 228 Mooroolbark 3138**

Community Events

Mooroolbark Christian Fellowship

FAMILY FUN DAY — Monday 29th Sept

11am - 2:30 pm Mooroolbark Community Centre

FREE ACTIVITIES FOR KIDS — toddlers to 12 yrs.

FREE *face painting, *hair spray, *sculpture balloons, *races and a variety of novelty events.

Family friendly lunch — Sausage & drink \$1.00

OPTIONAL EXTRA — "Walk For Kids" A "Walk in the Park" to raise funds for Mooroolbark Chaplaincy in Schools Program.

Walk starts 11:30am — Entry: Small donation

Prizes in various categories. **ALL WELCOME**

MAKE YOUR OWN UNIQUE GREETING CARDS

FREE WORKSHOPS • All ages • Materials provided.

Monday September 29th — Mooroolbark Community Centre.

Three one-hour sessions — Starting at 9:30, 1:30 & 2:30

To book for these popular workshops contact the Community Centre on 9726 5488

FREE FAMILY FILM NIGHT — Wed 1st October

By popular request . . .

"DADDY DAY-CARE"

Mooroolbark Community Centre — commencing 7.30 pm.

Free Ice-cream / Tea & Coffee. Snack bar available.

FREE "FAMILY DYNAMICS" SEMINARS

Entertaining and enlightening! Helpful insights and genuine practical strategies for improving quality of family life.

See page 3 for program information and booking details

SENIORS' BUS TRIP — Wednesday 26/11/03

Coopers Settlement Historic Homestead - Bundoora & Northcote Pottery (View production/ bargains available)

Pick-up point, Mooroolbark Community Centre at 9:30am

Cost \$18.00 • ALL WELCOME • B.Y.O. Lunch

For bookings or further details: **Ring Marg 9761 1121**

RELAX & ENJOY

Devonshire Teas, Cappuccinos,
Toasted Sandwiches & Cakes

**Granny Smith's
Coffee and Tea House**

101 Manchester Road Mooroolbark

A ministry of Mooroolbark Neighbourhood Church

Coming Events at Life Ministry Centre

Old Melbourne Road Chirnside Park • Tel: 9726 8111

Community Forums - In association with Beststart and Shire of Yarra Ranges

Sun. 7 Sept — *Sleep & Parent Wellbeing*

Sun. 5 Oct — *Toddler Development & Management*

Sun. 2 Nov — *Brain Development / Play, Literacy, etc.*

The speaker will be from the Queen Elizabeth Centre.

Venue: LMC, Old Melbourne Road, Chirnside Park

6.30pm to 8.30pm - Admission free - Light supper provided

Divorce & Separation Recovery Workshop

Growing through the disappointment and hurt.

Positive and caring environment / Professional help.

High 5 - Divorce Recovery Program for Kids

A program for children (6-12 years old) struggling to come to terms with changes due to family break-up.

Both of the above commencing Thurs.9 October - 7.30pm at LMC, Old Melbourne Road, Chirnside Park

CRUSH - Live Music Event - especially for youth

Sat. 11 Oct.- 7.30pm at LMC, Old Melbourne Road, Chirnside Park.

Further enquiries on any of these programs: 9726 8111

Kid's Church - at St Francis in the Fields



With the help of the Lions' Club, Kid's Church children from St. Francis in the Fields Anglican Church in Mooroolbark, have collected over 200 glasses frames which are on their way to an eye clinic in India. The frames are fitted with new lenses, to help needy people following eye operations. The "kids" are also collecting children's games for a small village school in Zambia.

**Kid's Church is for children of 4 - 12 yrs
It is conducted each 2nd and 4th Sunday of the month**

Enquiries: **9723 4760**

Well done kids!

Mooroolbark Traders and Community Group

by Annette Archer

This year we have organised quite a few "get togethers" for "Our Town", and one of these was the Bowls Night, which proved a great success. Unfortunately our Dinner Dance had to be cancelled, but our mid-year "Get Together" being held at the Indian Plaza Restaurant will be going ahead, and hopefully all attending will enjoy a fun night.

Our major up-and-coming event, which we invite you all to come along to, will be held in November. We will be holding a Gala Auction. A Phantom Race Call will also take place, and there will be many great prizes to be won. Part of the night will include a raffle, which will be drawn during the evening. This event will take place on Saturday night the 25th of October and all money raised will go towards our Christmas decorations, plus other worthwhile projects for Mooroolbark.

As you know, each year we have to raise the money to have our decorations put up and taken down in our town.

More information regarding this night will be advertised on various shop windows throughout September and October.



Hello! My name is Sandra Maxfield, known as 'Max' to many. I have been employed by the Shire of Yarra Ranges for the past 7 years as a Youth Arts and Cultural worker.

In the past, I have developed and implemented a number of youth-focussed projects including the 'Trail Artists Group' (TAG) in Mt Evelyn,

the Underpass Mural in Upwey, the 'Arts Attack Alliance' (AAA) Graffiti Team and the Belgrave Youth Courtyard Project.

I have recently been appointed to Mooroolbark Community Centre to develop a youth focussed project and am looking forward to working with the Mooroolbark Community in the future.

Mooroolbark Community Bank

This update was provided by Manager Rowan Alexander

Mooroolbark Community Bank Branch has now been operating for more than 12 months and continues to prove that this organisation is about more than simply banking.

Already the branch has made considerable financial contributions to community groups, but this is set to increase. During the months ahead, the people of Mooroolbark will notice a considerable increase in the level of support from their locally owned bank.

Our initial aim was to return traditional face-to-face banking to Mooroolbark but we always had so much more in mind. Banking is about sup-

porting, and to a certain extent rewarding, our community, a community which has a unique stake in the business.

We are always on the lookout for ways in which we can be of benefit with the people of Mooroolbark. In turn, we encourage locals and community groups to get in touch with us in terms of how Mooroolbark Community Bank Branch can be of benefit to them.

This is truly a community-spirited venture and, as time goes on, is also proving to be a commercially viable project.



First Birthday Celebration

LIVING TODAY in Mooroolbark recognises the common goals we share with our community bank in contributing towards a stronger, more vibrant community within our neighbourhood.

We warmly welcome their support in helping to bring this magazine to you.

Mooroolbark Community Bank™ Branch  Bendigo Bank

Supporting The Local Community.

Aerobics Champs" AT OXLEY COLLEGE



champions are: Strowzers: Jemma, Liana, Natalia, (Year 6) Kelly, Ruth, Stephanie and Christine (Year 5) Gabrielle, Rebecca, Beth, Lauren, Zoe, Olivia, Danielle James (Year 6)

College Junior Aerobics are certainly the best".

formed aerobics just qualified for an National Aerobics to be held in August 16.

ard work and come combined to en-teams (the Strow-Heatwaves) have their opportunity-2003 School Aerobics Championships, secured their Aerobics Champions in

the Primary Open B division. The (only slightly) less experienced Heatwaves finished a commendable 3rd in the Primary Aerobics section, bringing home the Bronze Medal.

The eleven girls and one boy regularly participate in skills and fitness classes on Fridays after school and then proceed to polishing up their routines. Each team also trains one other afternoon a week. Their training schedule will be much more rigorous with the National Titles on the horizon

lunchtimes, after school, weekends and even during school holidays!

Their coach, Stephanie Lim, herself a competitor in the World Championships, says

that the students' dedication and sheer hard practice have really paid off. The teams families and the Oxley College community are mighty proud of their efforts.

Life's fun at Blairgowrie House

Blairgowrie House, in Manchester Road, is a well-equipped Shire facility which is home to Blairgowrie House Play Group.

The group is run by a committee of parents and is affiliated with Playgroup Victoria.

For what can only be described as very affordable fees, young children and their Mums have access to a most helpful and encouraging program for young families. Participating Mums de-

scribe it as a "great community place to share".

The playgroup provides excellent opportunities for development of social and communication skills in the youngsters while offering Mums a most supportive and helpful friendship group.

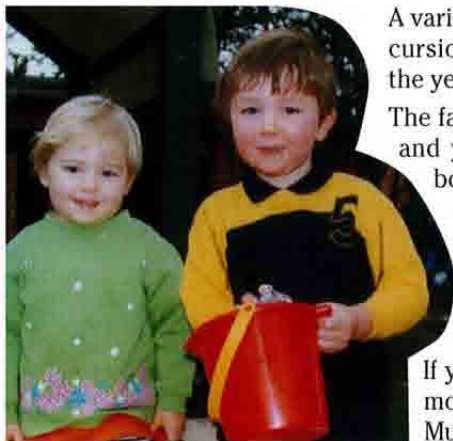
The facility is well equipped with an excellent range of indoor and outdoor equipment along with tea and coffee making and cooking facilities.

A variety of activities and excursions is held throughout the year.

The facility caters for Mums and youngsters from newborn to five years of age.

Sessions of two hours are held each week day and families participate once per week.

If you would like to know more, please ring Deanne Muller(Pres.) on 9733 6080.



LIONS CLUB WORLD SERVICE DAY

Club of Mooroolbark invites the children of Mooroolbark and their families to a

FAMILY DAY
Mooroolbark Miniature Railway
(Mel 51 F2)

on Sun 12th Oct. 2003

Hansen Park Pre-School

OPEN DAY

& Free Sausage Sizzle

SAT. 25TH OCTOBER
10 am - 3 pm

Enrolments Welcome
3 & 4 year old sessions available

INTERCHANGE

get more out of life

be a

VOLUNTEER HOST

and share your home with a child with a disability one weekend a month. Hosts can be married or single with or without children.