

LIVING TODAY

IN MOOROOLBARK / YARRA RANGES

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2006

REBECCA JULIAN

Table Tennis Champion
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Mooroolbark Township Group

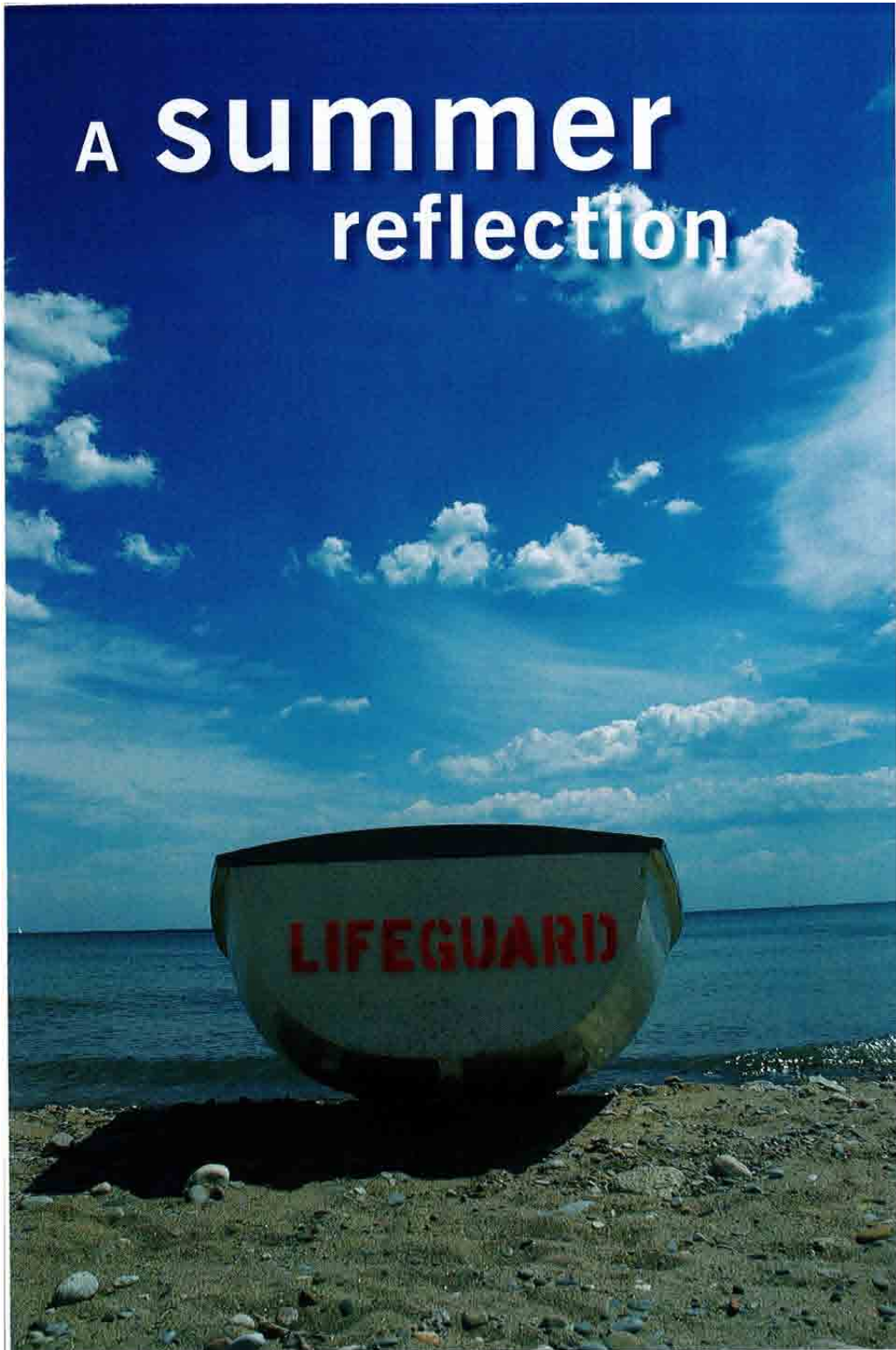
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A summer reflection



We're gearing up for what may well be a long, hot, dry summer! Many of us will seek relief at the coast, where lifesavers have become part of the beach landscape! Each summer, these skilled, fit, highly drilled athletes commit themselves to watch over swimmers. They monitor changes in the weather that may adversely affect the safety of swimmers. And they have been well trained to rescue and help any who find themselves in difficulty. They have become one of the enduring icons of our nation.

They are also renowned for risking their own lives to help someone else. But, in addition, theirs is also an on-going commitment. They generously give of their time, resources and effort throughout the year, so that they are well trained and prepared for their task.

We'd refer to them as true blue, fair dinkum Aussies in much the same way that the nation described Steve Irwin and Peter Brock during our recent time of national mourning.

At the conclusion of his term in office, the former Governor of Victoria, John Landy, said that: 'Volunteers are to the community what lifesavers are to the Australian beaches!.' John Landy understood that volunteering – helping others - is never without sacrifice.

One event in Landy's life – that exemplified personal sacrifice has stayed etched in my memory. It occurred prior to the 1956 Melbourne Olympics at a time when he was the undisputed world champion miler. Recently, I read an account of the race from someone who was there:

'None was faster week after week in the world over the mile and three miles

than John Landy. Ron Clarke already held the Australian and World Junior Mile record. As we came close to the Olympic Games everybody was looking to John Landy to set a new world record.'

The following is his account of what he terms the greatest race I've ever seen...

'I was along the side fence inside a crowd of 22,000 people when the entrants lined up for the start of the 1956 National Mile Championship. Everyone knew that if John Landy got a fast start in the early part of the race he would set a new world record. We were all wanting Landy to run and win.

'When the gun went off the young men each representing their states sped to the first turn and at the end of the first lap Robbie Morgan-Morris had completed the first quarter mile in 59 seconds, followed by Ron Clarke, Alec Henderson, John Plummer and then John Landy. The time was right on target for a world record. At the half mile Robbie Morgan-Morris was still leading and the time was two minutes two seconds. At the start of the third lap young Ron Clarke and Landy moved forward at a cracking pace. The world record was on!

'Landy had only to go with him and a new world record would be in his grasp. Then occurred an event which is etched into my mind so clearly that I can see it being replayed as if in slow motion. I can never think of the event without my eyes filling with tears. Clarke was moving to the lead as they came into the corner on the third lap. John Landy was on his shoulder. Alec Henderson tried to squeeze between the two runners and the inside edge of the curb. In doing so Clarke, with his spikes, clipped his heel. Clarke sprawled forward onto the cinder track while Henderson was knocked onto the inside arena. Landy leaped over the falling body of Clarke in front of him and as he did his sharp spikes tore into the flesh of Clarke's shoulder. The whole field either jumped over Clarke or ran round him. The crowd which had been chanting "Landy, Landy, Landy, Landy" with every stride suddenly responded with an enormous gasp.

'Landy then did the most incredibly stupid, beautiful, foolish, gentlemanly act I have ever seen. He stopped, ran back to the fallen young Ron Clarke and helped him up to his feet, brushed cinders from knees and checking his bloodied shoulder said "sorry". Clarke was alright. He said to Landy, "keep going, I'm alright. Run! Run!". Landy had forgotten everything. The Australian mile title, his bid for a world record, even the approaching Olympic Games in a spontaneous gesture of sportsmanship.

'Clarke got to his feet and together Landy and Clarke set off after the other runners. They were 60 yards behind the rest of the field which had kept on running and the

crowd did not expect them to continue. John Plummer, Merv Lincoln and Alec Henderson were leading the pack. Clarke and Landy sprinted off on that last half mile.

'The crowd was shouting as with every stride Landy hauled in the front runners. He quickly ran round the rest of the field, came into the home straight leaving Clarke behind with the most powerful finish I have ever seen in my life. He stormed down the track and in the last ten yards passed Henderson and Lincoln to win the Australian Championship in four minutes, four seconds.

'I doubt if there has ever been a reception given an athlete in all of history as those 22,000 people gave Gentlemen John Landy that day. The cheers and the applause would not die down. It continued minute after minute as Landy completed a victory lap².'

In 2003, whilst Governor of Victoria, Landy thanked Victorians who had responded

to the Bali tragedy and severe Victorian bushfires:

'...I would like to reflect on the way the Victorian community has drawn together in response to the tragedies and crises of the past 6 months.

In the terrible events in Bali – and in the bushfires here at home – we have seen Victorians at their very best.

"We have seen acts of true courage and heroism.

We have seen acts of compassions and selflessness.

We have seen people prepared to set aside their own concerns and step forward to help others³.

I'd like to wish all of you a refreshing, re-vitalising Christmas and summer Season. As you spend time with friends and family enjoying the good things our community provides, why not take some time to reflect on, and talk about, the gratitude we should have for what community volunteers do for us.

And if you want to be fair dinkum... really true blue, resolve that 2007 will a year where you look for ways to give back to the community through your on-going gift of time, energy and resources to benefit others.

You might just find that your life has never been so enjoyably fulfilled!

Randall Bouchier



1 http://www.premier.vic.gov.au/Newsroom/Speech_item.asp?id=137

2 Quotes from Rev. Dr. Gordon Moyes (Wesley Mission Australia) used with permission. <http://www.wesleymission.org.au/reachout2000/sermons/landy.asp>

3 Hansard - Victorian Legislative Council (extract from Book 1), 25 February 2003, p.4

Mooroolbark Township Group

Last edition, I flagged that we were on the verge of establishing our own Township Group, and that we had invited representatives from key stakeholders in Mooroolbark to attend our first meeting in mid September.

Since that time, we have had the first two very promising meetings.

I mentioned that we had invited representatives from the Lions, MAP Mooroolbark, Celebrate Mooroolbark, Mooroolbark Traders and Community Group, Mooroolbark Community Centre, the Police, those representing the elderly, education, youth, disability and sporting organisations.

We were thrilled that in addition to these groups we have also received active support from some local residents, from churches and from the YMCA, which manages the Hawthory Road Pool.

Local councillor, Terry Avery, and the two State Members of Parliament – Dymphna Beard and

Heather McTaggart have also attended. At our second meeting, Heather gave us a thumbnail sketch of the processes leading to the establishment of a similar group in Mt Evelyn several years ago.

In future meetings, we will be working together to decide matters to do with structure and style and mode of operation.

As always, we're open to your suggestions and involvement in this significant group that is shaping to provide one representative voice for Mooroolbark.

"As always, we're open to your suggestions and involvement in this significant group that is shaping to provide one representative voice for Mooroolbark."

You can contact me at randmary@tpg.com.au.

An inspirational young life



Rebecca Julian (Cover)

Mooroolbark's Rebecca Julian is a most inspiring nineteen year old who is currently making a name for herself in international circles - through her accomplishments in table tennis.

Far from holding her back, being born with a physical disability has opened up all sorts of opportunities that others might only dream of.

At age thirteen, on the suggestion of her sports teacher, Rebecca decided to "give table tennis a try". She joined the Croydon & Districts Table Tennis Association - and has not looked back.

Over the last four years she has successfully competed in the National Athletes with Disabilities Championships, travelling interstate on each occasion.

In 2005 she won bronze at the Asia and South Pacific Regional Championships in Kuala Lumpur, Malaysia. As a result of this success she was invited to participate in this year's International Paralympic Committees Table Tennis World Championships in Montreux, Switzerland, where she competed in the class 6-7 singles competition and the open class 6-10 singles event.

She is also planning to travel to Darwin in May next year for the Arafura Championships, and Seoul, Korea in November for the Asia and South Pacific Championships again. Participation in these international events is an important part of her efforts to gain selection in the Paralympic team for Beijing 2008 as points are required and gained by participation in such international events.

Rebecca is the recipient of a scholarship with the Victorian Institute of Sport and is a member of the Table Tennis Australia Paralympic Preparation Team.

We wish her every success in achieving her Paralympic dream and in the various events leading up to that time.

On the educational front, Rebecca currently holds a Certificate of Children's Services and expects to complete her Diploma this year. She will then be a qualified Child-Care Worker. She is also currently considering the option of going on to complete an Early Childhood Degree.

Volunteer work in the community is another significant aspect of Rebecca's life. She serves as a leader in the Girls' Brigade at Mooroolbark Baptist Church, is a member of the Children's Ministry Team at Vineyard Church in Lilydale and also assists in the Pre School at Oxley College.

We congratulate Rebecca on her most inspirational example of a productive and generous young life.

YWCA of Mooroolbark Mature Ladies' Group



Kris Horsley, Anne Smith, Lil Watson, Helen Van Delft, Ellen Osborn, Joan Glendinning, Margaret Forrest

We are looking for ladies to join our YWCA Mature Ladies Group of Mooroolbark. We meet every second and fourth Tuesday of the month at Mooroolbark Community Centre - commencing at 10am. We usually have an outing on the third Tuesday of the month and a speaker or demonstrator on the second and fourth Tuesdays. The speakers and demonstrators are all organised by our Social Secretary, Jean Glendinning. Some of our visitors this year have been The Impromptu Singers, Robin Anderson Women at War, Commodore Darc Smyth History of Melbourne.

Some of our outings we enjoyed this year were to Wallaby Rise Camp Glenmaggie to sample delicious oven cooked meals; Foodstar; Mount Macedon; and the Croydon Hotel for lunch. We also organise an occasional cinema day at the Reading Cinemas Chirnside. This is provided at a discounted price.

We are planning Pancakes on the Run at the Community Centre in November and our last trip for the year is to the Titanic

Dinner Theatre in December.

Our voluntary contributions this year include Shoe boxes packed with "goodies" to be sent by Samaritan's Purse for under-privileged children around the world and our service donation this year is to the Starlight Foundation here in Victoria.

Anyone interested in learning more about us is invited to attend one or more of our meetings, to check us out, before making a commitment to join us. You will be made most welcome.

Membership age is from 40 upwards - so ladies please come and meet our group and hopefully become a member and enjoy some really good company and fun times. If you don't have transport, the members are only too happy to arrange a ride for you.

Our first meeting after the Christmas break will be held at the Community Centre on the second Tuesday in February (the 13th).

We look forward to meeting you.

Kris Horsley

Youth mental health program David Hodgett

The Paying Attention to Self (PATS) program is a highly successful youth mental health program that has been offered by the Yarra Ranges Council over the past few years.

The Paying Attention to Self program is for young people aged between 12 and 18 with a parent experiencing a mental illness. The peer support program is one of the most important youth programs offered by the shire and has made a huge difference to the lives of many young people. Furthermore, the program has an emphasis on Community Capacity Building, through mental health education and Community awareness of issues affecting young people of a parent with a mental illness.

Growing up with a parent experiencing a mental illness can place an enormous strain on anyone. That strain is even greater when you are a young person and having to deal with added responsibilities, adolescence, schooling or work.

The Paying Attention to Self program has made an enormous difference to the lives of many young people. It provides support, practical strategies in dealing with a parent with a mental illness and helps young people to realise they are not alone.

In the past three years the program has directly supported over 100 young people and provided important referral advice and support to their families including siblings, parents and grandparents. An evaluation of the program has shown that participants have reported significant decreases in depressive symptoms – from 60 per cent to 38 per cent; lower rates of being at

risk of homelessness – 44 per cent to 17 per cent - and far less stigma about being associated with a peer support mental health program.

I have a very genuine interest in the PATS program. As a former mayor of the Shire, I know through first hand experience that the PATS program makes a very real difference in the lives of young people.

One of the participants is the Shire of Yarra Ranges' Young Citizen of the Year, Jessi Alley. Following Jessi's involvement in the program in 2003, she has continued to learn and lobby for young people and families who have experienced mental illness.

Jessi represented young people of the Shire of Yarra Ranges at a parliamentary enquiry into rural communities in 2005, became a speaker for the SKIPS program (Supporting Kids in Primary Schools) and is a peer leader for the VicChamps program run by Eastern Health which offers camps for 7 to 12 year olds who have a parent with a mental illness. Jessi is also a key leader in the young carer's reference group established in 2002 and recently travelled to Adelaide to present at the National and New Zealand Mental Health Conference on young carers.

It is important that the PATS program continues in its current form and I congratulate all those involved in this critically acclaimed program.



Sr. Joan Gibbs

reflects on 30 years at Mooroolbark Terrace



What a privilege it has been to have spent almost $\frac{3}{4}$ of my nursing career and over half of my life as a Maternal and Child Health Nurse in the Mooroolbark Community.

In that time many thousands of little ones have attended the centre, which was originally situated behind the Charles St. Kindergarten.

My main role has been to be supportive to parents until their children are over 5 years of age, though, on occasions parents come back to discuss health and parenting issues when their children are older. Some people that I saw as infants now come to me with their own children, that's quite special.

Each new baby is home visited soon after coming home from hospital then they attend the centre for health and developmental checkups in their infancy and preschool years. Parenting, family and relationship issues are also

discussed and appropriate referrals made as necessary.

Facilitating new parents groups is most rewarding. Many of the supportive friendships formed in these groups have lasted for years.

One of the best aspects of my work is to –even in little ways- make the role of parents and their family life easier, more enjoyable and fulfilling.

When our own daughter was a few months old another mother advised me to treasure each day as children grow up quickly – how true that is – our 26-year-old daughter, Michelle, was just recently married.

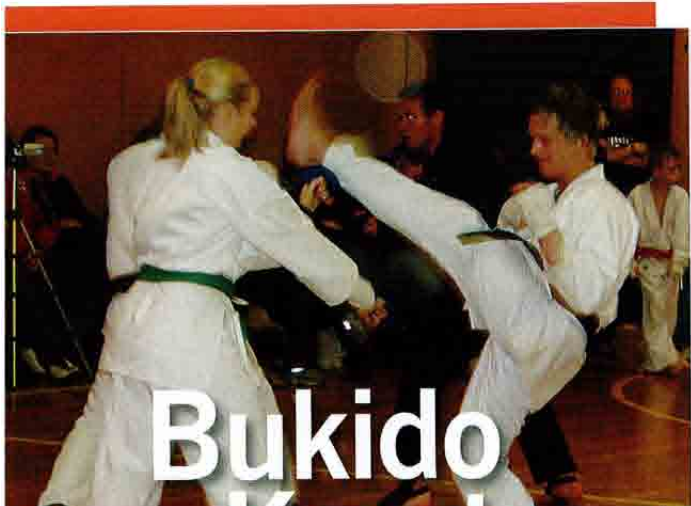
Many changes have taken place in the Maternity and Child Healthcare workplace over the past 3 decades. I used to work alone and have up to 70 clients attend in a day on an open session basis – sometimes there was over an hours wait to see the nurse. Now attendances are on a half hourly appointment basis. Having another nurse working in the Terrace Centre with me has been a positive change although I am still not sure about whether having all records computerised is or not!!!!

Besides working in the Maternity and Child Healthcare centre I have been involved in a lot of other community activities over the years e.g. Quit Smoking, Vegetarian Cooking classes, Stress Management, Breast Self Examination and other Parenting and Relationship programmes.

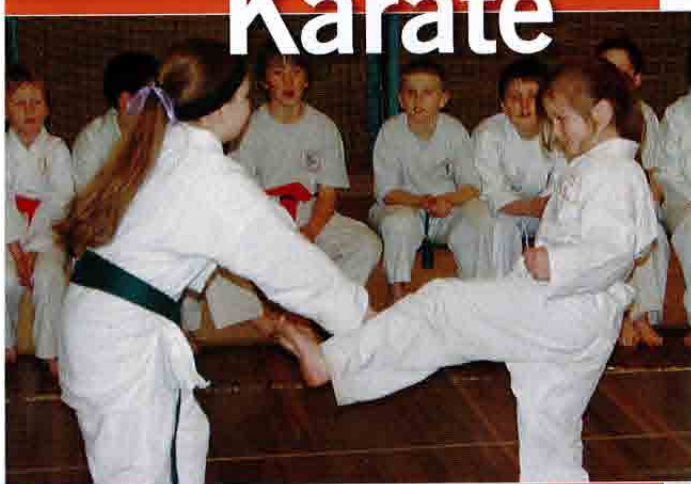
In my "spare" time I enjoy family times, socialising with friends, church activities, bush-walking, bike riding, enjoying the beautiful world of nature, reading, gardening and craft work (including teddy bear making).

When retirement does eventually come around I am sure I will miss the beautiful babies and toddlers and also being part of the lives of families in the community, but, will never have time to be bored.

Mooroolbark community warmly thanks Joan for her long years of dedicated service to young families in our neighbourhood. Her contribution is immeasurable.



Bukido Karate



Bukido Karate is a family orientated Martial Arts Club that has been operating in our neighbourhood for over 20 years. It has recently established its new headquarters in Mooroolbark, at 1/66 Brice Ave. (The entrance to the Terrace Shopping Centre). It also operates clubs at three primary schools- Pembroke, Kilsyth and Montrose.

Bukido explains its main aim as that of assisting clients to experience the many benefits of martial arts training including - health, fitness, self-respect, confidence and much more.

It offers a mix of serious training - producing some state and national champions, and fun and family oriented types of activities.

One testimonial, on the web-site (www.bukido.com.au) is from a 40-year-old Dad who lists the positive elements of his Bukido experience as enjoying family togetherness, learning new skills, achieving improved fitness levels and meeting new friends.

Principal, Grant Bannister, (referred to as Sensei Grant) makes the point that many people envision karate and martial arts as something along the lines of the aggressive and violent world that is depicted in many action movies.

He says, "Nothing could be further from the truth. Whilst kids are certainly looking for action and excitement - in our martial arts courses they enjoy this desired experience along with learning about respect, confidence, self-control and humility." He adds, "Parts of each class lesson focus on the importance of avoiding and rejecting violence. Young people participating in the Bukido programs are taught values and respect and slowly develop self-discipline. Required behavioural standards are firmly held to and children soon accept the boundaries that are set.

Parents find that the Bukido courses complement their parenting goals."

To obtain more information, Grant Bannister invites you to visit the website, call in at the Terrace to have a look or ring him on 0417 546 264

Classes include:

- Kids' Self Defence
- Adult and Family classes
- Women's Self Defence
- Relaxation and Meditation classes
- Trainee Coaching Courses.



Top Cut Hair Fashions

Top Cut Hair Fashions recently opened its new premises at 3/61 Brice Ave Mooroolbark. The owner and local resident, Melissa Priniero, has quite a personal success story to tell. Melissa completed her apprenticeship with "Top Cut" at Chirside Park, and went on to work for the original owners for a total of 13 years. Five years ago she took up the opportunity to purchase the business and has grown and developed it since. Recently, the option to move her business to Mooroolbark, where most of her clients reside opened up the possibility to make a fresh start with ultra-modern facilities. This has proven to be a positive step in every way.

Melissa and her two "seniors", Julia and Jessica offer

a friendly service covering all aspects of hair-care including 100% human hair extension. All three have participated in international training in cutting and colouring.

They offer very supportive care for weddings and other special occasions.

Why not call in and check them out?

For any Living Today readers who mention this article, Melissa offers a special half-price ladies hair cut.

Normally \$48
Special offer - \$24

Living Today in Mooroolbark wishes the Top Cut team every success in this new stage of their business.



Julia Alberico, Melissa Priniero, & Jessica Maniscalchi

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Let's go snake hunting on Manchester Road!

Can you imagine someone asking you to join them in a snake hunt right here in Mooroolbark?

According to Marge Hookey – who was born in Mooroolbark in 1937, this was a regular summer lunchtime pastime of the boys (armed with sticks) who attended Mooroolbark Primary School during her childhood.

Her father, Jack, had transferred from Geelong in 1937 to become the head teacher of the school – a one-teacher Rural school.

Prior to 1937, the school had operated in the Mooroolbark Hall – a building, which, before being transported and re-assembled on the corner of Charles and Station streets, had been a Toorak ballroom.

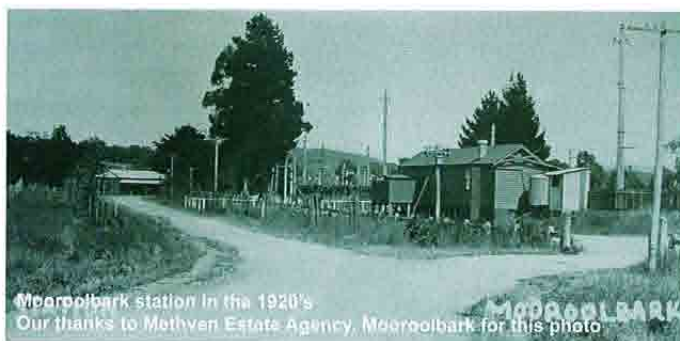
Marge's memory is wonderful, and her vitality, zest, humour and graciousness made our time together very pleasant.

A twin, she recalls her pint-sized mother wheeling the double pusher from their home at the high end of the narrow gravel Manchester Road to visit the school. She remembers the big boys vying for the honour of pushing the twins (as everyone called them) around the school grounds.

She recalls the local land-owning farmers – names like Bill Elms, Alf Pollard, Charles Allen – arriving at the school with draught horses, scoops and ploughs to carve out flat play areas for the children.

Marge remembers Nellie Melba's brother - Ernie Mitchell knocking on the schoolhouse door one day during the wartime. After enquiring of her father whether the children had been 'good', he offered to fund a picnic at the beach for the entire school. And so the 40 or so students headed by bus to Sandringham for the day...

Edna Walling was a regular visitor to the school. She laid out the original garden, which was sadly lost in later years due to the expansion of



the school and the development of new buildings. Marge recalls that Edna was also responsible for the planting of many of the old trees in Hookey Park – along with the poplars and oaks around the Station environs. At that time, also, Edna claimed that Cambridge Road – with its candlebarks, maidenhair fern, green hood orchids, spider orchids and kangaroo grass – was one of the prettiest roads in Victoria.

At the end of the war – despite the difficulty of obtaining building materials, Marge's parents built the family home of 50 years in Station Street. Her mother scoured Melbourne for sufficient bricks to build the chimney – and due to rationing, some of the plumbing fittings were of non-matching shapes and colours.

When the Council started to take over the management of local parks, they asked Jack – who'd been the Secretary of the Recreation Reserve for 25 years, and therefore responsible for most of the maintenance – if he'd mind their re-naming the Reserve as Hookey Park. Local myth has sometimes wrongly described Jack Hookey as the donor of the Hookey Park land!

Marge has always been an active churchgoer. Her involvement at St Margaret's, variously as organist, treasurer and elder for many years, started with her attendance at Sunday School each Sunday afternoon during her childhood, when the local Presbyterian congregation met in the Mooroolbark Hall. Eventually, the Ladies Guild raised the necessary capital through cake stalls and other fundraisers to enable the building of the current church building on donated land in Hull Road.

Like both her parents – who had met whilst teaching in Warburton, Marge became a teacher – commencing, as a student teacher, at the Five Ways school in 1954. Since retirement, she has remained very active in the community through church, Probus and zoological work.

Not long ago, she completed a three-year stint as Convener of the Healesville Sanctuary Guide Service, which supervises the work of 200 volunteers. She is still actively involved in training volunteer Sanctuary guides.

Marge recalls the family involvement in the community – and how taking a leading role in the town was just something you did! She's concerned that current economic pressures and the long hours expected of working parents, make it difficult for many people to be involved in the development and enhancement of our community.

Marge looks back at her happy childhood and describes herself as having been incredibly lucky! She remains grateful for the foundational values she inherited from her parents during that time - integrity, honesty, service of others and a lifetime love of learning – values that have enriched not only her own life, but the lives of those around her...

Incidentally, that would include all of us who today enjoy the legacy left by past generations in Mooroolbark – a legacy, to which, Marge and her family contributed greatly!

Thanks so much, Marge!

Randall Bouchier



Marge Hookey



Terry Villiers

I don't know about you but when I see that word "volunteer" I immediately think of groups like the CFA, SES and maybe St. John's Ambulance. If I were to take the time to pause and reflect, I would probably add others like Meals on Wheels, Op Shops, and local help services.

And then I think, "Well, they're not my area of ability," or "They wouldn't fit in with my work schedule. In fact my life is pretty stretched as it is!"

The Volunteer Fit

So how do volunteers make that fit? There are lots of them – 6.3 million in Australia (i.e. roughly one in three Australians from aged to infant). And those volunteers average 132 hours per year each (i.e. just over 2.2 hours every week). Interestingly the most active group in volunteering is those 35-44 years, ones we normally expect to be the busiest, with

slightly more women than men. Even in the youngest group (18-24) 30% volunteer.*

"Often we think of the bulk of volunteers as being just those who can spare the time..."

Often we think of the bulk of volunteers as being just those who can spare the time – the retired, the homebodies – but in fact 70% of volunteers are in paid employment. So when we sit back and look at all that, we begin to realise how much volunteering is a backbone to our society. So much so, it's almost impossible to put a monetary value on it, but those who have tried put it in the tens of billions of dollars worth each year.

For those of us yet to volunteer, the figures tell us volunteering must be

Volunteer?

easier than meets the eye. Otherwise how can so many already be doing it? Obviously it is much more than just the SES, CFA and St. John's with their specialised skills, and even Meals on Wheels and Op Shops. In fact the opportunities are vast. Think of community activities, welfare and health, sports and recreation, arts and culture, the environment, youth and aged services and emergency management. Then let your eye run down the range of activities in the box alongside, as provided by Volunteering Victoria.

Why volunteer?

What is it that drives people to volunteer? When asked, they mostly mention two things: the putting of something back into the community by helping others, and a sense of personal satisfaction in seeing the results. On top of that, there is the building of friendships and social networks, getting to know your community better, development of personal skills, and the gaining of work experience.

We at Living Today in Mooroolbark would simply see it as another way of giving to others. It not only builds us but it builds real community. In fact volunteering is the most democratic form of philanthropy there is. Few of us have the resources to become genuine philanthropists even if we were inclined that way, and not all of us can afford to be charity donors – at least to the extent we might desire. Yet everyone can donate their time and energy in some way in volunteering.

What are the demands?

There is enormous flexibility in volunteering. You can give as little as an hour or as much as several days a week if you have the time and energy – or even months and years at a stretch if you want to volunteer for overseas¹. You can find opportunities indoors and outdoors, individually or as part of a group, at any time of the day or week. Sometimes there are special skills and/or training required – whether that suits is up to you. (Usually the agency covers any expenses.)

Where & How

The important thing is to make the right match. You're most likely to be working with a not-for-profit organisation which has certain ideals and standards as well as established methods and protocols.



Mooroolbark Community Bank Branch



Bendigo Bank

Supporting The Local Community.

Easy!

So it is good to do your homework well and make sure you are compatible before signing up. If possible visit and meet the staff and other volunteers to get a feel for the way they work.

There are plenty of facilities to help us with this and provide guidance in finding the right niche. Volunteering Victoria is dedicated to just that, and a visit to their website opens up a mine of information. They will also help you personally to work through your questions and needs and match you with an appropriate organisation. (Just contact an Information Officer on 9642 5266).

If you're web-savvy and just want to cut to the chase, try out the Seek Volunteer site (www.volunteer.com.au) – which is also linked to the Volunteer Victoria database.

Like to try locally? Then call Yarra Ranges Shire Office (1300 368 333) and ask for the Volunteer Recruitment Officer. They resource the Meals on Wheels and Planned Activity Groups for the shire.

There's also the Eastern Volunteer Centre in Ringwood (9870 7822 & www.easternvolunteers.asn.au) which co-ordinates help for the elderly, disabled, youth,

childcare, op shops, arts heritage, meal on wheels, gardening, transport, adult literacy and conservation as well as administration, fundraising and committee work throughout the area.

Are you a professional willing to offer some pro-bono work? Try Pro-Bono Australia, a specialised linking service, at www.volunteermatch.asn.au.

And for the really adventurous there's Australian Volunteers International (P.O. Box 350 Fitzroy 3065 Phone: 9729 1788). They provide lots of information on their website at www.australianvolunteers.com for volunteering overseas. You can also subscribe to their free magazine (either by phone or website contact) which is full of stories and news for overseas volunteers.

So there's every reason to get out there and get involved – at whatever level, frequency or place that suits you. You can do it short term or forever, be highly skilled or as mundane as you like.

Volunteering? It's easy!

* Figures from Commonwealth Govt research report 2005



Types of Positions

- Administration
- Clerical/Typing
- Word processing
- Arts/Performing
- Campaigning/Lobbying
- Coaching/Umpiring
- Management Committee
- Professional
- Counselling/Mediation
- Advocacy
- Respite/Foster care
- Gardening/ Outdoor activities
- Animal care
- Hospitals/Allied health
- Information provision
- Tour guiding
- Library services/Technology
- Leisure/Recreation camps
- Play activity
- Holiday program
- Major community events
- Media/PR/Promotional
- Marketing
- Mentoring
- Tutoring/Reading
- Fundraising/Retail
- Technical/Mechanical
- Maintenance
- Visit/Social support/Driving
- Writing/Editing/Research
- Food service
- Sporting events
- Material/Emergency relief

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You may have noticed that Monday December 5th is designated as
“International Volunteers Day
 - Celebrating the vital work of volunteers from around the world”

Free Family Film Night

Mooroolbark Community Centre,
Friday January 19th

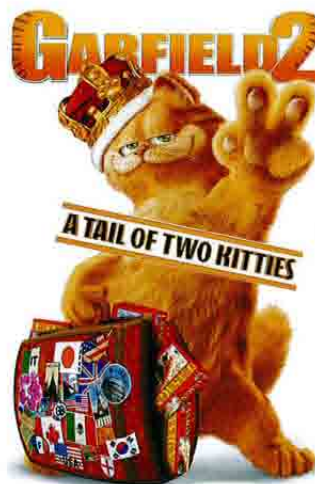
“GARFIELD 2” Our plan is to make this a “movie under the stars” event (weather permitting) Movie time - after 8:30pm

BBQ in the park

Everyone is invited to come along at 7:30pm to join in a community BBQ- family budget meals available. Sausage in bread & cordial or tea/coffee \$1 Free ice-creams to follow

Contact the community centre for bookings: 9726 5488
BYO blankets or chairs

Presented as a service to our community by Mooroolbark Christian Fellowship in association with our Community Centre





Giving of our time

applies not just to the ultimate sacrifice but also to the smaller sacrifices of our time and attention. Again as Jesus said, "This I command you, to love one another."³

The hallmark of the early Christians was their willingness to make a sacrifice of their lives in faithfulness to him and to give of themselves – their time and resources – for others. That is the legacy they have left for us today.

So whether that happens in planned ways such as volunteering (see our earlier articles) or as opportunities arise in the time that is our life, we have the same help from above to meet the demands as they did before us.

Mark Vincent (principal author of The Giving Project Series) in an article on stewardship put it this way:

"People like this become the fabric of a stable society. When all else fails, it is people who continue to do the right thing in spite of the cost that bring any healing to a broken community. And the only reason they continue is because they are connected to something deeper than feeling good, or doing good."

Terry Villiers

1. Matt. 6:27 (NIV) 2. John 15:13 (RSV) 3. John 15:17 (RSV)

"Time is precious." "Time is life." "Time flies." "Time is money." - so the well known sayings go.
It seems, amid all the demands of present day life, time is the one thing we have little to spare. And yet, for a Christian, that is the last thing we can afford to be miserly about. Like everyone else we feel the pressures and demands from all sorts of directions for our time and attention. It is how we respond that makes the difference.

Time is a fascinating thing. Scientifically it is absolutely finite and measurable to the nth degree. We have atomic clocks that do that for us. Yet in our human experience time is quite elastic. We all know what it is to be immersed in something so fascinating and gripping that time "flies". Or to be left waiting and see time crawl painfully by.

We also know our life is finite – one day for each of us, this life will run out. Our time will be over. It is something we have to accept as part of our mortality. As Jesus himself said, "Who of you by worrying can add a single hour to his life?"¹ So what we do with our time is the measure of our life. For that we do have a choice. We can be generous and self-sacrificing, indifferent and preoccupied, or miserly and self-serving. Jesus also said, "Greater love has no man than this, that a man lay down his life for his friends."² That

Combined Churches Carols Service Sunday 17th December, 7pm

Our traditional
Combined Churches Carols Service
will be conducted at
Life Ministry Centre,
Old Melbourne Road Chirnside Park



ALL WELCOME

Mooroolbark 2007

An opportunity for men and women from many different Christian traditions, to come together in a worldwide day of prayer for the needs of this world.

Venue: St Peter Julian's,
Hull Rd Mooroolbark
Date: Friday March 2nd 2007
Commencing at 10am

All welcome
A community morning tea will follow the service.



Carols by Candlelight

A seasonal celebration for all of the family

FRIDAY DEC 8TH, 7.30PM

**HOOKEY PARK,
MOOROOLBARK**

Come along and join in our local Community Carols Service for 2006. Featuring the Croydon Brass Band, items by our local primary school groups, carols singers groups, community singing, and a guest vocalist.

Something New
Enjoy a meal in the park prior to the carols. Hamburgers, sausages and hot/cold drinks will be available at affordable family prices from 6.30pm.

Presented by the Lions Club of Mooroolbark in partnership with our local churches

Queen's award presentations

Congratulations to Elizabeth Bramley (Ringwood North), Sarah Morrow (Donvale) and Madeleine Wilson (Healesville) on gaining the Queen's Award- the highest international award in The Girls' Brigade.

Liz, Sarah and Madeleine were presented with their Queen's Award badges on 20th August, 2006 at Mooroolbark Baptist Church by the Victorian State Commissioner Mrs. Wendy Sinclair, who is also their Captain at 13th Victoria Mooroolbark company. They were also commissioned as leaders in the Mooroolbark company after completing their training and work requirements. They will be presented with their Queen's Award Certificates by the Girls' Brigade State Patron Mrs Jan de Kretser on Friday 24th November at Government House.

Requirements for the Queen's Award:

Have gained the Girls' Brigade Pioneer Pin (the highest national award in Girls' Brigade):
Have completed;

- 2 Panel interviews
- 6 months voluntary service in the

- community
- Service to her local Girls' Brigade company
- Two Initiative Tasks set by the State Queen's Award Coordinator
- An assignment (illustrated book, Music or Sport, or Creative Work)
- A 2 hour written examination on the Monarchy, Government, Flags and Coat of Arms, Girls' Brigade Knowledge and Current Issues.
- During the 2 years of Queen's Award the candidates must have been involved in her local church.

The Girls' Brigade is an international inter-denominational uniformed organisation for girls 6-21 years of age. The Mooroolbark Company commenced in 1969 and meets every Thursday night (during school terms) at Mooroolbark Baptist Church, 155 Hull Road, Mooroolbark. Cadets (6-8yrs): 6-7.30pm, Juniors (9-11yrs) 7-9pm, Seniors (12-13yrs): 7-9pm, and Pioneers (14-21yrs): 7-9pm. Their current membership is 56 girls and all their leaders are fully trained in caring for

those who come each week for a night of fun, games, crafts, new friends, learning life skills and taking on new challenges. Girls come from as far as Healesville, Millgrove, Donvale, and Vermont.

If you would like to find out more about The Girls' Brigade contact: Wendy Sinclair 0412 369316 or www.gbvic.org.

Living Today in Mooroolbark congratulates these young ladies on their outstanding achievements and wishes them every success in the future



Madeleine Wilson, Sarah Morrow, Wendy Sinclair, Liz Bramley

Sessions

1) Teaching Personal Responsibility

It's not so much what we do for our children, but what we teach them to do for themselves that will determine their success in life.

2) Who's in Control?

Finding a fair balance for all the family. Setting boundaries which build closer and more positive relationships within the family.

3) Feeling Safe and Loved

Developing confidence and "bounce-back" strategies.

4) Social Relationships

The life-long benefits that come from learning to behave in a socially acceptable manner. What underlies the choices we make?

5) Behaviour-Management Strategies

Using words like consistency, routine and boundaries in our parenting strategies. Each session makes direct links to classroom relationships and discusses ways to effectively support our children throughout their educational journey.

Where? Pembroke Primary School

Cost? \$10 per family (Covers the whole program.)

When? Term 1, 2007

Five consecutive Tuesday evenings commencing Tues Feb 13th.

Special offer: Free child-minding service available to families in need of this help

To book a place in this program or to obtain further information contact Pembroke Primary School on 9725 6689 or call Doug Lewis on 9761 1121.

Parenting programme

A five session parenting program aimed at strengthening family relationships; helping to establish boundaries; and giving your child "the learning edge."

Provided as a free community service by Mooroolbark Christian Fellowship in association with Pembroke Primary School.



Employment options for people with a disability

Have you considered employing someone with a disability or are you someone with a disability seeking work in the Mooroolbark area?

The employment opportunities for people with disabilities are as varied as the individual abilities and skills that can be brought to the work place. The most important factor to consider is that people with disabilities are people first, and therefore bring to the work place skills, interests, abilities and experiences not unlike that of the rest of society. Employing someone with a disability can bring many benefits including enhancing the culture of the workplace, being more reflective of your wider customer base, increased staff retention, reduced absenteeism and an overall positive and inclusive working culture. The welfare to work government initiative and overall increased awareness of the abilities of people with disabilities has made now a better time than ever to consider employing someone with a disability.

Traineeships can be a great way of providing an opportunity for someone with a disability which allows the individual time to become familiar with the world of work, to learn the tasks required in the work place and to access the external training support to build on skills learnt at work. The Disabled New Apprentice Wage Support (DNAWS) is a financial



National Regional Disability Liaison Officer/
Disability Coordination Officer

Enhancing post secondary education, training and employment opportunities for people with disabilities

incentive offered to employers to support an Apprenticeship/Trainee position for someone with a disability. From the employee's perspective, assistance is offered for tutorial, interpreter and mentor services as required along with workplace modifications such as adaptive software, modifications to machinery or improved wheelchair access. **For more information on employment support, go to www.jobaccess.gov.au.**

This comprehensive website is a free one-stop shop for people with a disability, employers, co-workers and service providers to get advice and resources for employing people with a disability. You can also call toll free on 1800 464 800 or TTY 1800 464 800 for direct contact with a JobAccess Adviser.

Go to www.rmit.edu.au/ssg/dco for a comprehensive listing of Disability Employment Agencies, you will find one close to you and as an employer or job seeker, they can assist in placement and on the job support as well as assisting in the sourcing of workplace modifications and other entitlements.

Joanne Webber, Disability Coordination Officer, North & East Melbourne and surrounds- joanne.webber@rmit.edu.au.

LIVINGTODAY in Mooroolbark

Production

LIVINGTODAY in Mooroolbark is produced by a group of local volunteers



Editor

Doug Lewis

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Like to Contribute?

If you have a good news story about people who you believe are an example to the community, please contact the editor through our church office number or by email (as above)

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



In their spring racing best:
Pres. Helga Robottom, Sec. Judy Bass, Doreen Blackburn, Lil Watson, State Pres. Noela McLeod.

50 years of "genuine country hospitality"

80 members and guests donned their "Spring Racing Best" for the Mooroolbark Branch of the Country Womens Association's (CWA) 50th Anniversary celebrations, held on 11 September at the Uniting Church Hall.

Shire of Yarra Ranges Mayor Cr Monica Keane opened the afternoon. Also attending was the State President of the CWA, Mrs Noela McLeod.

The Mooroolbark CWA had its beginnings when Mooroolbark really was "country". Back in 1956 there was one general store, a milk bar and a population of just 100!

One of its founding members was so impressed with the "kindness, friendliness and genuine country hospitality" shown to her during her visit to a relative in the country, that she was determined to be a part of the CWA in Melbourne. The nearest branch then was in Croydon, but with few trains and the need to be home for the children after school meant that attending meetings was too impractical. Undeterred, she invited her friends and neighbours to begin their own branch of the CWA in Mooroolbark! The first meeting thus took place at the home of Ruby Atkins, (who became the first President) on 23 October 1956.

A dozen ladies from the first meeting set to work raising funds through organising cake stalls outside the general store, and so began

50 years of countless and varied activities of the Mooroolbark CWA in support of hospitals, schools and the general community.

One of the first community projects that these ladies became involved in was the petition to Council for regular garbage collections in Mooroolbark (which began in 1957) and most recently, to install traffic lights outside the Terrace shopping centre.

As well as their regular support of the S.E.S., Asthma Foundation and Mooroolbark Fire Brigade, recently they've joined with other local organisations in Celebrate Mooroolbark, became involved with the Treasured Babies Program (SIDS), planted trees in Hookey Park and catered for the Seniors Luncheon, the Royal Childrens Hospital luncheon, and the Melbourne Show.

Today many long-lasting friendships continue to be made as these ladies give of their time, talents and resources to one another and the community and beyond. There has seen no bounds to their enthusiasm and enjoyment in working together to make our community a better place in which to live and work, in extending kindness and friendship to others in need and making "genuine country hospitality" a real feature of living in Mooroolbark.

Well done and Congratulations, ladies of Mooroolbark CWA!