

# LIVING TODAY

IN MOOROOLBARK / YARRA RANGES

No.19

MARCH  
2007



**Celebrate  
Mooroolbark  
Saturday March 24<sup>th</sup>  
2007**

Celebrate  
MOOROOLBARK 

# Mooroolbark let's celebrate!



## **Mooroolbark is such a great place to live!**

**F**riendly people! Residents committed to volunteering time in civic and township activities, community groups, community services, sporting groups, church and school communities... Accessible, friendly, owner-operated shops. Places to eat – or to enjoy a quiet coffee or beer – usually within walking distance of home. Alternatively, car parking is a breeze. Easy access to nearby townships and shopping centres by road, bus or via our 120 year old railway station. Good housing – often on generously sized blocks of land, plus an unusual range of choice in education, churches, shops, leisure activities.

A rich history! Did you know, for instance, that the first Mooroolbark Cricket Club was formed in 1883... that in the 1887 season, the Club lost only one match against teams as far afield as South Melbourne, and that the better bowling averages for the season would be unheard of today: C. Mummery - 38 wickets at an average of 2.2, R. Walker – 41 wickets at 2.38, and C. Walker 37 at 3.12?<sup>1</sup>

Over a hundred years later, in 2007 Mooroolbark residents enjoy a staggering array of sporting opportunities at well-appointed facilities, very fine service organisations and clubs, and the finest community centre in the Shire.

We're also favoured with beautiful trees, parks and gardens. We enjoy uninterrupted views of the mountains. And we have easy access to the Yarra Valley and nearby national parks.

To top everything off – we have such a comfortable feeling of spaciousness in our township... and it's a secure and pleasant environment in which to raise our families.

On Saturday March 24 we have the opportunity to come together for Celebrate Mooroolbark – our annual family Festival held in, and around, the Community Centre. Deliberately designed to cater for families – and all age-groups within Mooroolbark, more activities and displays this year will be housed within the Community Centre, in addition to the usual hive of activity in surrounding parkland.

2007 will witness an exciting growth in the involvement of our local school communities. We're looking forward to schools showcasing themselves in the colourful banner expo and parade at 11am. These decorated banners (provided by Methven), will portray something of the story of each participating school or organisation. Banners will be prominently on display following the parade – and then, for two weeks following, in the Community Centre.

All of us will be able to vote for the best banner on the day! Our new SYR Mayor – Cr. Tim Heenan has donated two \$300 prizes – one for the best-adjudicated banner - the other for the 'people's choice'.

Throughout the day there will be numerous free activities – craft workshops, demonstrations, balloon twisting, face painting, static displays, challenges from the scouts and guides, a community

<sup>1</sup> McCallum, P. 2001. From Paddocks to Parks. pp. 31-33. P.J. McCallum, Mt Dandenong

# Celebrate MOOROOLBARK

Saturday March 24th



church service at 9am, street parade at 11, reptile handling, jumping castle, performances from the community stage...

And as you wander through the market place there'll be stalls offering their wares for a small charge... You might buy a craft item or a book, enjoy a ride, consume a hot dog, be refreshed by a cool drink or that freshly brewed coffee...

For a change of pace, you might talk to a 'pollie', check out the library display housing local pieces of writing about Mooroolbark and region – you might visit the Police van or enjoy a family picnic overlooking the festivities... or head for the cool indoor activities inside the Community Centre, including student audiovisual displays in the auditorium or the art display in the Elderly Citizens Hall.

As a permanent legacy of Celebrate Mooroolbark 2007, the SYR has provided a \$7000 grant for the completion of a permanent display wall encapsulating something of the stories of Mooroolbark. It will be sited next to the Edna Walling display in the Community Centre driveway, and feature some of the local stories captured in banners, performances or essays from the Writing Competition. The Writing competition will be open to three age groups - primary school age, secondary school age and 'open'. Local State MP – David Hodgett will contribute \$100 prizes for the three divisions. Eastern Regional

Libraries – book prizes for the runners-up – and several Awards of Merit will be offered. (More information is available at the Community Centre – along with entry forms.)

Our thanks must go to the planning committee that has worked so diligently to improve and enlarge Celebrate Mooroolbark for several years now.

Whilst on the subject of 'thanks' - thank you to the four or five hundred of you who attended the

Twilight Picnic and Carols by Candlelight at Hookey Park in early December. The visible partnerships between churches, the Lions, a growing number of schools, SES, SYR and the Mooroolbark Community Centre proves how this annual event is thriving - and our responsiveness to community celebrations is flourishing.

And of course, as we approach the end of the long, hot, and largely dry summer, we especially want to thank our emergency organisations

for their persevering commitment. We can't applaud the CFA and partnering organisations sufficiently.

Looking forward to seeing you at the Festival. Let's Celebrate Mooroolbark from 10am in and around the Community Centre – 24 March 2007!

**Randall Bouchier**



## COMMUNITY DATES FOR YOUR DIARY 2007

Clean Up Australia Day- Sunday 4th March

Celebrate Mooroolbark- Saturday 24th March

National Day of Thanksgiving Mayoral Breakfast- Sat 26th May

Mooroolbark Annual Planting Day- Sunday 29th July

Twilight Picnic and Carols by Candlelight- Friday 7th December

## didYOUknow?

2007 marks the 120th anniversary of the Mooroolbark station. The station originally opened so that local farmers could transport fresh milk and other produce to markets. It continues to provide a vital transport link for Mooroolbark commuters. For an earlier article about a long-serving Station Master at Mooroolbark go to article 32 at: [http://mcf.wcg.org.au/living\\_m.htm](http://mcf.wcg.org.au/living_m.htm).

## Mooroolbark Township Group

In the previous two editions I updated you about the development of the Mooroolbark Township Group (see articles 33 and 34 at [http://mcf.wcg.org.au/living\\_m.htm](http://mcf.wcg.org.au/living_m.htm)).

At recent meetings this group of key Mooroolbark stakeholders, residents and traders formulated their purpose statement:

The Mooroolbark Township Group is a representative voice for Mooroolbark. The group is committed to operating in such a way as to:

- Unite local groups and resources
- Provide a collective voice for improving the community
- Create a sense of belonging
- Enhance the livability, safety and beauty of Mooroolbark
- Celebrate and achieve together to benefit the community
- Value the facilities, services and activities already here
- Help create an inclusive and safe environment
- Liaise with decision makers to promote positive change
- Reflect the vision of Mooroolbark community
- Set aside personal agendas
- Foster and promote caring partnerships
- Care for those in our community



# Roxx Academy



Principal teacher, Cathi, and students

**Roxx Academy, Mooroolbark, offers first class vocal tuition for young people and adults.**

It provides for those seeking a professional singing future as well as those just wishing to learn to sing for personal enjoyment and for social occasions.

The academy's goal is to produce quality vocalists through careful attention to developing correct ways to sing. (Much emphasis is placed on avoiding potential damage to the vocal organs as the voice is developed.) Lessons are conducted on a one-on-one basis and focus on all of the aspects necessary for the

development of an exceptional singing voice – including correct breathing, expression, projection and tonal quality.

Each of the singing teachers involved with the academy is registered with the Victorian music Teachers Association. Cathi, the principal teacher, has considerable overseas experience, training under world-renowned leaders in the industry and is registered, here in Victoria, to conduct courses in training singing teachers to VMTA accreditation level.

Since the academy began its home based business in this area over ten years ago it has continued to grow naturally and flourish through recommendations by participants.

Many of the academy's students have gone on to participate in bands and theatre groups or to accept work in clubs and hotels. Five students are currently involved in the very popular and well known local band "Valhalla". They can be seen in action on Friday 16th March at the Dorset Gardens Hotel

The academy operates during school term dates and offers evening lessons between 4pm 11pm. In addition, a dance teacher is now available to provide one-on-one lessons as well.

Contact telephone numbers: Roxx Academy- 9725 3574; or Cathi- 0438 564 337.

We congratulate Roxx Academy on the success of their enterprise and thank them for the service they provide to aspiring vocalists in our neighbourhood.

Pembroke primary School student, Buk Duach, amazed herself, (and everybody else) when she progressed through the early rounds and went on to become the junior division champion in the Spellmasters Australia competition. The word 'miscellaneous' was the clincher in the tight competition.

To cap off her success, it all happened on the day she turned twelve years of age. A day Buk will not forget.

For her efforts Buk received a trophy, an Apple iPod shuffle, a Federation Dictionary, an electronic dictionary, a Macquarie Children's Dictionary, a Rolodex organiser and a personal-best CD for her computer.

She extends special thanks to her aunt Rozalin and her aunt Nyalieth who took her to the Spellmasters competitions and to her principal Mr John Malbon who told her about Spellmasters. Also a big thanks to "Mum" for her continued encouragement

Buk came to Australia as a Sudanese refugee at the age of four and unable to speak English. What an amazing journey she has taken over those few years

Today, spelling is a favourite subject along with reading and maths. Her life-ambition is to become a doctor. We wish her all the very best.

Congratulations, Buk, on a great win.



Buk Duach

## Local Spelling Champ

## Update on Paul Smith Local Marathon Cyclist

Local resident and nurse at Maroondah Hospital, Paul Smith, continues his amazing commitment to helping people who are afflicted with Cystic Fibrosis.

Beginning over five years ago Paul has completed numerous long distance bike rides to raise funds for this important cause.

You can support Paul's efforts to assist cystic fibrosis sufferers by offering sponsorship for the ride; participating as "road crew" or riding along with him.

For details of any of these ways to be involved, please contact Gary Paddick at Spokes bicycle shop on Manchester Road or you can telephone Gary on 9726 5224

Congratulations, Paul, on your on-going commitment to this cause!

**Details of the next two rides are as follows:**

**April 2007**  
Mooroolbark-  
Wangaratta-  
Bairnsdale-  
Mooroolbark  
(820 Kms)

**June 2007**  
Mooroolbark-  
Newcastle  
(1019kms)



Paul Smith



**For the past eight years  
Ian has been working on  
his own invention.**

Local Veterinarian, Dr. Ian Griggs, speaks of his 22 years of providing professional services, here in his Mooroolbark practice, as being a very satisfying and rewarding time in his life. The primary focus of his clinic has always been on the care of family pets. This work, he says, has brought him into close contact with many local people and has given him a strong sense of identity within our community.

Along with wife Lynette and their four girls, aged from 24 to 11 years, Ian highly values the community life they enjoy together.

Before coming to Mooroolbark, Ian achieved his veterinarian qualifications at the University of Queensland. He completed his seven years course "the hard way" - working six nights a week (7-8 hours per night) on a domestic milk run whilst attending classes during the day.

## Local veterinarian/inventor

**Invention: Intra Medullary Bone-Pinning Device**

For the past 8 years Ian has been working on his own invention. This is a surgical aid designed and constructed to insert pins within bones to hold them in place whilst the bone healing process takes place. Originally intended for use with animals, the device has created a great deal of interest for its potential for application in human patients.

As well as stabilising broken bones, the device has various applications for treating bone abnormalities in children.

Ian is currently working with representatives from the Alfred Hospital, the Childrens' Hospital and the Adelaide Bone Growth Foundation to further develop his device. He anticipates that it maybe 3-4 more years before his invention will be available for general use.

We congratulate Ian on his invention and wish him well for its future development and we thank him for his contribution to life in our community over the past 22 years.

## RAGE Hair Products mooroolbark

Rachel and Mary are two long-time family friends who recently decided, to launch a business together in Mooroolbark. Having each had experience with the hair and beauty industry, they chose to begin their joint venture under the business name *RAGE Hair Products*.

They opened their doors for business in November 2005. The business premises is right at the entrance to the Terrace Shopping Centre (shop 2) on Brice Ave.

*RAGE Hair Products* offers a wide range of hair-dressing and beauty products - including electrical

equipment. Much of their business involves supplying hairdressing and beauty salons. They offer a telephone order service, trade discounts and free delivery to salons.

They also sell to the public at competitive prices - (under recommended retail prices).

A recent addition to their business is their own Hair Salon which was launched in February 2007. Why not call in and check out what *RAGE* has to offer?

### Business Hours

Mon - Wed 8.30-5.30pm  
Sat 9am-5pm  
Thurs - Fri 8.30-7pm



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# The Eastern Volunteer Resource Centre



EVRC Fun Run Lillydale Lake  
5 March 2006



EVRC Display, Maroondah Festival  
February 2006

The Eastern Volunteer Resource Centre (EVRC) was established in 1976. The service was established by a group of residents who saw a need for a resource centre in the Outer and Inner East.

Since its conception EVRC services and hours of operation have increased.

EVRC has recently moved into new premises at: Suite 1a, 36 New St Ringwood, 3134. Phone 9870 7822. Further information can be obtained from the website at [www.eastervolunteers.asn.au](http://www.eastervolunteers.asn.au).

EVRC is unique in that we provide services to more than one Council area. As well as providing services in the Cities of Whitehorse

and Maroondah, and specified areas of Yarra Ranges, the Centre acts as a resource to individuals and agencies in these and neighbouring municipalities.

Included in these services is the Social Support.

Programme providing transport volunteer assistance to members of the community who are frail, elderly, disabled, socially isolated or disadvantaged. This programme has over 80 volunteer drivers but more volunteer drivers are always needed to support this vital service.

EVRC is also a referral and resource centre, providing volunteers to individuals and agencies, matching volunteers to specific clients or tasks as requested. There are over 350 not-for-profit agencies registered with EVRC and any not-for-profit organisation can register with the service.

**There are over 350 not-for-profit agencies registered with EVRC and any not-for-profit organisation can register with the service.**

Introduction volunteer training sessions are held on a monthly basis on the 4th Tuesday of each month at the above address and volunteers need to register if interested to attend. EVRC also has monthly workshops on various topics and for more details on the workshops please contact the office on 9870 7822.

EVRC conducts an annual fun-run each year. This year's Fun-run/walk was conducted on Sunday 4 March 2007 at Lillydale Lake.

There is also an outreach office located in Healesville, telephone 5965 3523, and prospective volunteers can contact this office for volunteer opportunities.

## Vista community leadership program

*Do you want to make a positive difference in your community?*

*Do you have a passion to develop a project that has community benefit?*

*Do you or someone in your group or organisation have the potential to become an effective leader?*

One of the fantastic opportunities available to anyone living, working or studying in the Shire of Yarra Ranges is the Vista Community Leadership Program.

Program co-ordinator Karen Meuleman says of Vista, "The program enhances participants ability to inspire and connect with others, increases their understanding of social issues, expands their networks, and builds bridges between community, business and individuals. During the program, participants undertake a project that has relevance to them or their community. This year, we have seen an amazing group of people who committed their time and energy to the program, and who have reaped enormous personal and social benefits.

It is really only now that we have reached the end of the program that I can see the powerful effect of a group of people going through this learning and sharing process together."

Some of the projects undertaken as part of the program were: A Radio program to promote local artists and events; Community playground; Anthology of local writers work; Volunteer co-ordination program for



local charity, Youth facility for Yarra Junction; Sculpture Park; Heritage Crafts group; Community newsletter; Shirewide Poetry and Photography competition, just to name some.

The Program will begin with a Residential weekend in April, and involves a further commitment of four full day sessions, and six evening sessions in total over a six month period. Training sessions involve guest speakers, workshops, and excursions, and are supported by additional optional training sessions on relevant topics that are available to the whole community.

In addition to this the recent employment of a Community Grants Officer underpins the Shires philosophy of supporting communities to become pro-active in creating their own vision of the future.

Anyone interested in the Vista Community Leadership program should contact Karen Meuleman on 9294 6385 or email: [k.meuleman@yarraranges.vic.gov.au](mailto:k.meuleman@yarraranges.vic.gov.au).

## Lost in Mt Evelyn

**New SYR Mayor Tim Heenan recalls the beginning of his active involvement in the community:**

"I cut my teeth with the Friends of Mt Evelyn Aqueduct and that came about from getting lost when I had my son in a pram walking along one of the trails there in 1988..."

Along with many other dedicated community volunteers, Tim went on to subsequently become involved with the local progress association (MEEPPA) and then METIC at its inception in 1997. During this early time of community involvement, Tim's personal highlight came from his work in helping to organise the 2001 Federation Festival in Mount Evelyn. He recalls: "We had a traction engine in the main street, the Australian stockhorse association, and many craft people... things for the children - singing, gumleaf blowing..."

"It was just magnificent and also gave us a way to celebrate the 100th centenary of the railway station and to bring the whole of the community together..."

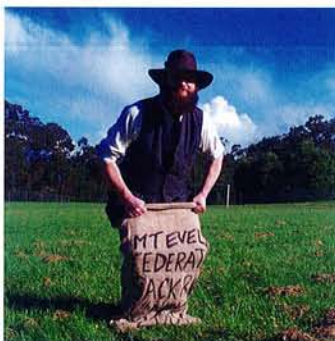
"The following day - Remembrance Day - we had what we saw as the world record sack race with 512 people hopping in sacks at once... mini cannons from the Victorian Military Veterans Association fired to start the race... it made the TV news..."

**"We had what we saw as the world record sack race with 512 people hopping in sacks at once... it made the TV news"**

Earlier, in a bid for Festival publicity and extra funds, Tim had hopped down Maroondah Highway in a sack. And he fondly recalls the big bushy beard he grew for the Festival, which he sees as a forerunner of more recent street parties in Mt Evelyn.

For Tim, involvement in community and environmental issues has long been his 'hobby'. He's not a cricket or footy follower, but instead derives his energy from being with people. His wife of 23 years - Michelle, has been continually supportive of this aspect of his life.

Tim traces his concern for the environment back to the conservation efforts of great grandfather J.J. O'Brien, who he says refused to clear land around creek beds in his massive 333,000 acre property Haddon Rig in NSW.



Family stories describe the erosion that followed over-zealous clearing of land around waterways by soldier settlers who were allocated parts of Haddon Rig after WWII.

In the light of these childhood stories, Tim Heenan is understandably committed to the preservation of bushland close to urban environments for both passive and active recreation.

Growing up in Box Hill, as the eldest child in a fairly strict Catholic family of 4, Tim learned to

help his mother considerably and acquired lifetime values such as respect, good manners and empathy, understanding and tolerance for others.



Additionally, his grandmother taught him the importance of being active in the community through serving and helping others.

From time to time, even during his time as a councillor, Tim has been able to volunteer time to help a small local business or two in Mt Evelyn.

During his time in office, Tim has delegated the day-to-day management of his business - Tim the Tankman - so that he can devote his time to Mayoral responsibilities.

Although he insists that he is merely the conduit for the views of his fellow councillors, Tim hopes that during his tenure, council communications will become more personal and prompt, so that residents will feel that their concerns are being treated with appropriate care. He'd also like to see the SYR become an even more attractive working environment so that experienced staff are less likely to seek promotion elsewhere.

Along with his commitment to environmental issues, Tim is passionate about the positive legacy of community volunteers, and would love to encourage more and more volunteering throughout the Shire from all age-groups.

**When I asked him how he'd like to be remembered as Mayor, he replied: "To be seen as a servant of the community, doing things for others without expecting anything in return".**

We'd hope that - not only would Tim operate this way, but also that more of us would follow his example. Incidentally - for us here in Mooroolbark, our new Mayor has committed to providing the two \$300 prizes associated with the banner expo during Celebrate Mooroolbark on March 24.

Congratulations on your election, Tim. We wish you well as you seek to be a servant of the community.

Randall Bouchier

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PUBLICATION  
PERSPECTIVES



# The solitary sadness



**We** all have times of sadness. When we face a personal disappointment or loss, when things or people around us let us down, when we fail to come up to the measure ourselves, when things just don't work out.

There is a deeper sadness that takes over when someone near and dear departs, when a long cherished dream fails, when we lose a chunk of our lives with the loss of something important.

This is part of life – and in time the sadness fades and we find new hope and meaning in life. There may be scars left, memories that are painful, but the day dawns when we no longer wake up feeling sad, when our loss or failure is not the first thing to jump into our minds.

## **But, there is another sadness, a “solitary” sadness – Clinical Depression**

But there is another sadness, which isn't necessarily part of life for all of us, and yet takes hold of one in five of us at some time in our lives and doesn't let go – a solitary sadness that takes over and hold us in its thrall for weeks and months on end, making life not only miserable but seemingly impossible. Clinically we recognise it as depression, although the term hardly conveys anything like what it may be.

### **A Personal Perspective**

One writer – a former sufferer - put it

Terry Villiers



this way: “I'm not referring to the normal down periods that everyone goes through once in a while, that can be brought on by a rainy day, a broken heart, the flu or even for no particular reason. We mope around, listen to sad music and feel sorry for ourselves. These moods go away within a couple of days, and we can enjoy life again. Clinical depression is much more than that, and is comparable to a down mood as much as a sneeze is comparable to pneumonia. It is an illness that affects a person in many different ways. It can affect appetite, sleep patterns, powers of concentration, and even slow down movement and speech. While the predominant feeling depression brings is often sadness or a blue mood, it can also be a numb, empty feeling, anxiety, hopelessness, loss of self-esteem or self-worth, inability to make decisions or a combination of these. Unlike a passing mood, clinical depression dominates a person's life and brings it to a screeching halt.”<sup>1</sup>

## **Unlike a passing mood, clinical depression dominates a person's life and brings it to a screeching halt.”**

It can come out of nowhere, for no apparent reason; it may creep up gradually over a period of time. It may be possible to trace some trigger events or developments, or it may not. It can make life seem meaningless and burdensome to the point of giving up – completely. When there is no joy or hope, where is there a future?

### **What to do?**

The fact that one in five of us encounters this at some time in our lives means that all of us will be affected by this insidious disease. If it's not us, it'll be someone near to us. And since it carries no outward symptoms of something awry – it would be great if it could be tied to a rash or virus or something! – we find it difficult to accept for what it really is – an illness. An illness that needs help just like any other. So once the condition is even suspected, it is time to take steps just as soon as possible. (Putting it off only makes things more difficult all round.)

## **An illness just like any like other- affecting one in five of us.**



So I've reproduced below "some un-clinical symptoms" as they are listed under the heading What Does Depression Feel Like? on the website wingofmadness.com.

#### What Does Depression Feel Like?

- Things just seem "off" or "wrong."
- You don't feel hopeful or happy about anything in your life.
- You're crying a lot, either at nothing, or something that normally would be insignificant.
- You feel like you're moving (and thinking) in slow motion.
- Getting up in the morning requires a lot of effort.
- Carrying on a normal conversation is a struggle. You can't seem to express yourself.
- You're having trouble making simple decisions.
- Your friends and family 'really' irritate you.
- You're not sure if you still love your spouse/significant other.
- Smiling feels stiff and awkward. It's like your smiling muscles are frozen.
- It seems like there's a glass wall between you and the rest of the world.
- You're forgetful, and it's very difficult to concentrate on anything.
- You're anxious and worried a lot.
- Everything seems hopeless.
- You feel like you can't do anything right.
- You have recurring thoughts of death and/or suicidal impulses. Suicide seems like a welcome relief.
- You have a feeling of impending doom – you think something bad is going to happen, although you may

Beyondblue, the national initiative inspired by Jeff Kennett, provides a wonderful resource of information for anyone facing uncertainty over this. The website [www.beyondblue.org.au](http://www.beyondblue.org.au) is a mine of informative help under headings like: What is Depression?, Types of Depression, Signs and Symptoms, Checklists, Questionnaires, Risk Factors, Helping Yourself, and Helping Others. It provides links to even more information and personal experiences. Especially helpful is the list of contacts for medical help and people to talk to – a selection of which are listed below.

#### Help Contacts

- GROW Support Groups – 1800 558 268
- Panic, Anxiety and Depression Assistance – (03) 9886 9400
- Beyondblue infoline – 1300 22 4636
- Lifeline – 13 11 14
- Mensline – 1300 789 978
- Kids Helpline – 1800 51 800

However, sometimes all this information and checklisting can be just too clinical, and the questions don't quite seem to relate. The characteristics they work with are necessarily general, and for someone suffering from this solitary sadness that envelopes one in depression, specifics are more meaningful.

not be sure what.

- In your perception of the world around you, it's always cloudy. Even on sunny days, it seems cloudy and grey.
- You feel as though you're drowning or suffocating.
- You're agitated, jumpy and anxious much of the time.
- Your senses seem dulled; food tastes bland and uninteresting, music doesn't seem to affect you, you don't bother smelling flowers anymore.
- Incessantly and uncontrollably into your mind comes the memory of every failure, every bad or uncomfortable experience, interview or date, like a torrent of negativity.

#### Seeking Help!

The most common problem at this stage is that we feel we can deal with it on our own, whether it's ourselves or a loved one that is affected. Friends and family, even the person himself, often feel they can work or talk their way out of it.

**Many of us think we can deal with depression on our own. Don't believe it!**

Don't ever believe it! Yet one recent survey found 75% of adults thought a person with depression could get better just by being more positive. It's like saying someone with muscular dystrophy needs to work out at the gym more, or someone with acquired brain injury should do Sudoku. I guess there's something very human in our inability to accept something we can't see, touch, taste or feel as being a real ailment that needs medical assistance. It is anything but "a mood they should be able to control."<sup>1</sup>

So we need to engage the help of a sympathetic, qualified doctor to both get to the bottom of the illness and find the track to wellness again. For two very important reasons. Firstly, depression is a life-threatening disease. Secondly because depression is often associated with other serious illnesses and conditions such as heart disease, thyroid malfunction, cancer, autoimmune disorders, vitamin deficiencies, drugs and other medications. If you don't get it checked out medically, a serious illness could go undiagnosed.

**Don't ever believe the myth that "depression can be handled on our own!"**

Mooroolbark Community Bank Branch



Bendigo Bank

Supporting The Local Community.

## When Christians suffer from depression

When a dedicated Christian is overtaken by depression, it can be a particularly challenging situation. Because along with the loss of self worth and failure comes questions as to whether God has abandoned us and whether there's any eternal future for us. And all the while we may try to "hold it together" for appearance sake.

The first thing to realise is that the experience of depression is not unique. Many Christians before you have struggled with the "black dog" of despair.

### **Many Christians before you have struggled with the "black dog" of despair.**

The devout Abraham Lincoln was so overwhelmed by it that twice he came near to suicide. In the Bible itself we have the account of the prophet Elijah who became so depressed he prayed that he could die. And God came to the rescue for both of them.

It certainly is the case that we Christians are subject to depression— just like any other illness. And although we will always need the medical help that is appropriate for our condition, we may also need some reassurance and counsel from a pastor, a close Christian friend or a specialist Christian counsellor.



### FREE FAMILY FILM NIGHT

All welcome. Come along to Mooroolbark Community Centre on **Wednesday April 4th** The film "Charlotte's Web" commences at 7.30 pm

The usual free ice-cream and tea & coffee will be offered. A snack-bar is open during the intermission with "goodies" at great prices. This school holidays program is a joint community service extended to young families in our neighbourhood by Mooroolbark Christian Fellowship, & Mooroolbark Community Centre  
To reserve seats please contact Mooroolbark Community Centre in person, or ring on 9726 5488.

### **Patience— a key**

The thing to remember is that there is always a way out, even when everything appears hopeless. Seek help sooner rather than later, as it generally takes as long to recover as it took to sink into it. Patience is an important key – with ourselves and with God. We must remember that God is as close to us as he ever was (in spite of how we feel), as our depression creates a wall between ourselves and him. Yet this wall is only apparent; it is never real! Never forget that when we are going through such testing times, the only change that has taken place is in our minds.

God's love toward us is constant. He never wavers or changes. Even when he may seem to be totally absent, he is closer to us than ever. Talk to him; tell him how you feel; ask him to help you to find the road to recovery.

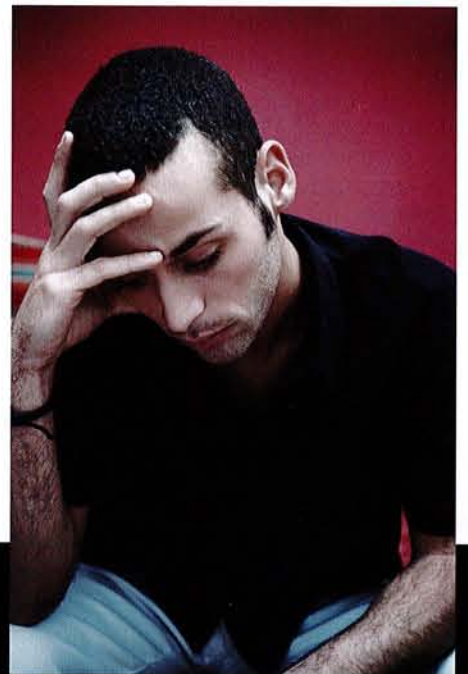
### **There is a future**

Make a habit of spending time with him every day. We can't spend time in his presence without something positive rubbing off on us in time. God's Spirit will replace our negative outlook with a positive one.

**We can't spend time in His presence without something positive rubbing off on us in time.**

But as mentioned in the accompanying article "The Solitary Sadness", don't think you can do it on your own. Always engage the very best help you can find. And ask for God's help in that too.

Terry Villiers



## WRITING ON THE WALL!

**Celebrate Mooroolbark – Mooroolbark's family festival - takes place this year from 10am- 4pm on Saturday March 24 in and around the Community Centre in Brice Avenue.**

The festival site will be abuzz with a diversity of activities, stalls, displays and performances - many of which are free of charge. At 11am the colourful banner parade will wend its way to the community stage.

One central feature of Celebrate Mooroolbark this year will be the production of a permanent exhibition wall – continuing the series of wall decorations at the rear of shops near the Community Centre.

The new section will feature an imaginative and multi-media portrayal of Mooroolbark stories.

### YOU'LL BE ABLE TO HELP!

Local artists will help you portray your ideas on A4 sized boards – which will be accumulated to become part of the completed design. All materials will be provided as part of a Shire of Yarra Ranges Community grant. Bring your ideas about what you like about Mooroolbark – and spend some time designing and creating your mini masterpiece!

Celebrate Mooroolbark anticipates that the wall be completed later in 2007 with a public 'unveiling' at the Community Centre.

More information – Mooroolbark Community Centre on 9726 5488

**Celebrate MOOROOBARK** 

## Lessons from a young life

### What might we learn from local teenager Tim Evans?

During a recent visit to Government House, this 18 year old received the Queen's Badge – the peak award of the Boys' Brigade – an international organisation founded in England in 1883, and established in Australia during the 1890s.

Since his early primary school years, Tim has been an active member of the Boys' Brigade meeting weekly at Mooroolbark Baptist<sup>1</sup> – an organisation that aims to provide in cooperation with the local church, a supportive Christian community for boys and young men to assist in their Christian growth, balanced personal development, and leadership training and to assist the church in reaching out into the community.<sup>2</sup>

Qualification for the Queen's Badge is dependant upon the local Leader's recommendation and awards in a number of areas:

- activity awards – eg. service to the community
- citizenship
- scriptural knowledge
- leadership
- hobbies
- outdoor/adventure – eg environmentalist, expedition, sportsman etc.
- attendance awards
- special awards - eg participation in national camps, or the Duke of Edinburgh scheme, or internal awards for gallantry or heroism.

As you'd imagine Tim's formative years have demonstrated personal commitment of time and discipline in achieving his goals within Boys' Brigade. He cites his

1 Weekly meetings include games, discussions, drill and practical/hobby activities

2 Boys' Brigade Australia: The No. 2 Section Handbook, p.3



continual involvement with his youth group and Boys' Brigade among his greatest satisfactions in life.

Tim found the toughest test leading up to his Queen's Badge, was a 4-day time of solitude in the bush. Left in an unknown section of bushland and equipped with no more than a tent, bedding, a small quantity of food and water, and a Bible – Tim found that without all the usual distractions of life, this was tough. He says: it was a fair challenge, but felt personally rewarded in searching what I was on about and where I was heading.

### Tim found the toughest test leading up to his Queen's Badge, was a 4-day time of solitude in the bush.

He sums up his time in Boys' Brigade: "It's taught me a lot about good discipline and how to react in certain situations (and how not to react sometimes)... there are many times where you're just made to sit down and think about what you're on about... what you're going to do with your life and how you're going to help other people... and through the community service, you get to look at the other side of life and how some people don't have it so good... and we should be really thankful for what we've got, but also use what we have to really help other people that don't have the

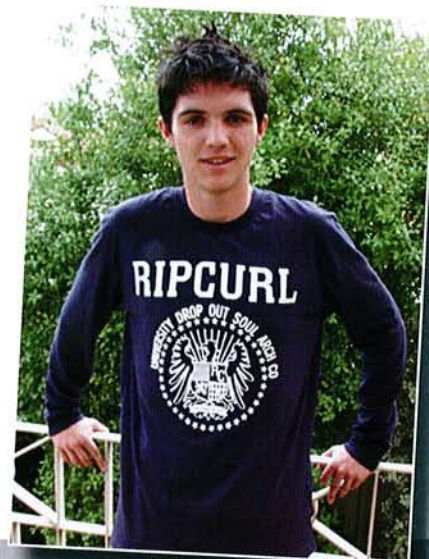
same opportunities."

We can learn from Tim's example of thankfulness and willingness to help others... he says of his work at the soup kitchen: "I remember just standing there and seeing all different types of people... intelligent, smart, well-dressed, kind... all there for different reasons – drug abuse, family situations, debt, whatever... it just struck me that there's a wide range of people that don't have what we take for granted... I'm a lot more compassionate now than I was... I'd previously been a bit ignorant about some of the situations people are in... I'd been locked away from all that in my own little Christian fairyland."

### I wonder what we take for granted in our lives?

I wonder whether we comprehend that we all share the responsibility of helping others... and that many community organisations would value our assistance.

Thanks, Tim, for the challenges your life presents!



Tim Evans

## Volunteer Service- Gluten Free Diets

Local resident, Kaye Butler provides regular voluntary service at the Coeliac Society of Victoria at their headquarters at 11 Barlyn Road Mount Waverley. Her work involves assisting phone-callers and visitors with the many and varied aspects of coping with the challenge of the need for a gluten free diet.

Kaye says she first became interested in coeliac disease when people close to her were diagnosed with the condition. She became



Kaye Butler

aware that many are overwhelmed when first confronted with the problem, wondering how they will be able to cope with the things they face. Many of these people are very ill at the outset, making it all the harder to personally deal with their situation.

Along with other volunteers and employees of the Society, Kaye is able to help people work through their situation, to begin making the life-changes they need to address and to experience the support that is available to them. She is able to point to the wide availability of gluten free products that have become available as a result of the growing awareness of the problem in our society, and to help with checking of food labels, etc along with many other aspects of coping with this condition. Kaye speaks of her volunteer work as a "very rewarding experience" as she contributes to the Society's critical support service. We thank her, along with the countless number of volunteers who make such a valuable contribution to life in our neighbourhood and our city - in so many ways.

The telephone contact for the "Coeliac Society of Victoria" is 9808 5566.



## The Coeliac Society

### Information from the Coeliac Society of Victoria

The Coeliac Society of Victoria was established in 1975 to assist people with coeliac disease and their carers. It is a not-for-profit society that has grown into an excellent support resource for its 4000 members. It seeks to enhance the quality of life and promote good health to all people requiring a gluten free diet. The Society acts as an advocate for those medically requiring a life long gluten free diet, by raising awareness of Coeliac Disease and Dermatitis Herpetiformis.

The following information is taken from the society's website. [www.vic.coeliac.org.au](http://www.vic.coeliac.org.au).

#### What is Coeliac Disease?

Coeliac disease (pronounced Seel-ee-ak) is a medical condition and is a permanent intestinal intolerance to dietary gluten. In untreated coeliac disease, the lining of the small bowel (intestine) is damaged, restricting its capacity to absorb nutrients and minerals from food. This leads to deficiencies in vitamins, minerals and sometimes proteins, carbohydrates and fats.

#### What are the long term risks of undiagnosed Coeliac Disease?

Chronic poor health, osteoporosis due to calcium malabsorption, infertility, miscarriages,

depression, dental enamel defects and an increased risk of gastrointestinal and oesophageal carcinoma. In children, undiagnosed coeliac disease can cause lack of proper development, short stature and behaviour problems.

#### What is the cause?

Coeliac disease is caused by an interaction between gluten (the protein portion of wheat, rye, barley, triticale and possibly oats) and the small bowel lining in people susceptible to the disease. This causes damage to the lining which results in a reduction in the surface area of the villi or finger-like projections of the bowel lining. Both genetic and environmental factors play important roles in coeliac disease. It is a genetic condition, but may be triggered by other factors, but these are not yet identified.

The Society's website contains much more information including details about predisposition to the condition, symptoms, diagnosis and treatment.

View the website also for information about services provided and volunteering information.

**COELIAC AWARENESS WEEK IS  
13 -20th MARCH 2007**

## LIVINGTODAY in Mooroolbark

#### Production

LIVINGTODAY in Mooroolbark is produced by a group of local volunteers



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Doug Lewis

#### Publication

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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