

LIVING TODAY

IN MOOROOLBARK/YARRA RANGES

NO. 42 MARCH 2013



A Local Champion
... page 2

Come and join in the fun of our Community Festival

celebrate
mooroolbark

Saturday March 23rd Talent Show, Friday March 22nd ... page 4

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A Champion in our midst



2012 – the Olympic and Paralympic year – was long and hard for local Paralympic swimmer Matt Haanappel and his family, along with medical advisors and coaching staff.

Matt is unstinting in his gratitude for their devotion. He says, “There’s been a lot of work put in by many people to get me to London. My parents are very supportive of what I’ve been doing. I think they’re some of the most supportive parents I’ve ever met. I don’t know of any parents who are more supportive of their kids.”

And how did Matt go in London?

“In the free-style relay I won gold, and bronze in the medley relay. We’d won the medley relay in the last five previous major championships. We were definitely dead-on favourites to win the gold, but settled for the bronze. By contrast, in the freestyle relay, the British team hadn’t been beaten in a major championship since the Sydney Paralympics, so we were surprise winners! That was a good feeling, to do that. You know, with the Brits, you try to get one up on them!”

Being a member of the Australian team at London was an unforgettable experience for Matt. “It was like no team I’ve been in ever before. It’s hard to explain, because when you go away with junior teams, you may have another six or seven athletes with you, but with the Paralympics swim team you’ve got 50 athletes and staff and they’re all in the stands cheering for you when you race. And all the parents are up there in the stands. Not just my parents but all the Australian swim team’s families were there and there’s just nothing like it. There’s no way you can explain the

excitement and the atmosphere at the pool in front of 10,000 people. It was just massive.”

“Team management for the Paralympians is a lot different from the Olympic team. We’ve got great staff. Sometimes we refer to the head coach and manager as Mum and Dad and the team are all like brothers and sisters. One big difference from the Olympic team is that most of us have a history of training together.”

“The Brits staging of the Paralympics was second to none”, according to Matt. “I doubt that we’ll ever see a bigger or better staged Paralympic games! In the UK public awareness and support for disability sport is massive. Just recently the British Swimming Association upped its funding to the Paralympic athletes. From what I understand funding is now at an equal level for Olympic and Paralympic athletes.”

“I’ve never experienced such a feeling, to walk out for Australia at the opening ceremony and again at the closing ceremony. And my first event – I’ll never forget that. It was a 100m back-stroke heat, but there was nothing like it.”

“Rio is definitely on the cards and we’ll go for that. Of course it’s four years of hard work away.”

Matt competed as an S6 athlete at the games. I’ll let him explain a little of his story, his disability ranking and his training schedule:

We’ve got so many stories. Everyone on the Paralympic team has their story. I had a pre-natal stroke resulting in cerebral palsy at 20 weeks into my mother’s pregnancy.

A disability is something you learn to live with. I tell people it’s just like living with something like a bad back – you just get on with things. In fact, I’m thankful for what I am able to achieve.

Channel 4 in the UK and the ABC coverage of the Paralympics was outstanding and allowed so many of the inspiring stories to be told. Athletes with a disability aren’t looking for pity: ‘Oh, poor him, poor her’ or whatever and they don’t feel sorry for themselves. And we don’t want parents shushing their child when they have questions they’d like to ask us. The reason I visit primary schools is so that kids will develop a better understanding of disabilities. All of us are happy to share our personal stories for the same reason, and we try to tell our stories in a relaxed, good-humoured way as if we were sharing a beer with someone at the pub.

My coaching regime is very different from an able-bodied athlete, and some coaches take a while to understand that there is a big difference. The time required to coach a disability athlete, especially of my disability, is a lot more.

Because I’ve got a disability, there are so many more specialists that a coach has to talk to. An able-bodied athlete would have a physio, coach, stroke coach, strength conditioning and gym coach and that would be it. I’ve got another five or six people I have to deal with.



For instance, if I overdo things or eat too little, or fail to keep properly hydrated, I can develop complications that require input from my neurologist. So, it's necessary for my neurologist to be in contact with my coach.

My physio is also able to advise on ways to work with the disability without making things worse. The occupational therapist also contributes by clarifying what can't be done with the disabled right arm.

It's important that I retain elasticity. Swimming is perfect – getting reach under the arm and focusing on getting length out of the stroke is enough to stop the arm tightening up. I also wear a night splint, which keeps the arm flat and my wrist straight. Most of my spasticity is in my wrist and in my fingers. There's a little in the upper arm as well.

So the coaching is very, very different.

After London, Matt took a four-month break from training. "During that time, I was aware that my condition was deteriorating the longer I was away from the water, which is big reason to get back into the pool. My doctor recommends that I never stop swimming, so that I do my part in preventing the disability from deteriorating to the point where potentially I'd have to wear a splint 24 hours a day."

"When I went to Colorado in February 2012 for pre-London training, I was re-classified from an S7 athlete to an S6. S7 is going to be faster, because there is less of a disability. 6 will be a little bit slower, and so on."

"Each class necessarily doesn't have the same disability, but has the same ability through the water. Athletics is different: there are classes for each disability type and severity. You'll have cerebral palsy classes, amputee classes, wheelchair classes and so on."

Setting aside sufficient time for training can be extremely difficult for any Paralympic athlete. "Last year I successfully juggled a VCE subject and still managed about six times a week training in the pool, four gym sessions with Pilates, running, strength conditioning etc.," said Matt. "I hope to complete my VCE this year at Melba College – the new amalgamation of Croydon, Parkwood and Maroondah colleges – although the world championships take place in Canada in August."

Matt speaks with gratitude about the role that Lilydale Swimming Club played in his early development:

When I was in Year 5 I swam in a school swimming championship. I nearly false-started, because I didn't know how things went, but went on to win the race – my first gold medal! I still carry that medal everywhere I go. It's a little reminder that it's not about success at all; it's just about having a bit of fun.

After the race I met Karen Garrard, who is an International Paralympic Committee swimming classifier. She identified my disability but also recognised my potential. She ran a fortnightly Sunday program where we could swim with other disability athletes in Victoria. Ellie Cole started there. Sam Brabham was another one, who won gold at the Worlds in 2006. A lot of Victoria's Paralympians have gone through that squad.

I also met a guy called Chris Lowe who was an S3 at the time, a very severe disability, and he swam at the Lilydale Swimming Club. He suggested that I come down and have a look at the club. We went down the following week and checked out the coach, and started with the club.

Anne Longridge, assisted by Robyn Williams, coached me for the first 6 or 7 months and I still keep in contact with both today. They were an inspiration for me. Without Karen, Anne and Robyn, I wouldn't have been where I am today.

I spent my first five years of my career at the Lilydale club, at the Kilsyth dome. I still go back there and say hello, go to their presentation nights, present awards to the kids, and get to know them. When I finish competitive swimming, I think I'd like to take a coaching role there. The club has genuine community spirit, thanks to the generous involvement of parents and volunteers.

Since then I've swum in the more professional environment of Nunawading Swim Club – and have just recently moved to the Diamond Valley-Eltham Club.

Since his success in London, Matt has been offered a place at the University of the Sunshine Coast. "They run the Paralympic squad up there," he said. "It's very much like the US system – you can study, train and live

in a university setting. I was very honoured to get the offer, but because I've got year 12, I can't go up full-time till next year. Instead, I'll go up and train there in my school holiday breaks and continue with my Diamond Valley Eltham swimming club and support from the Victorian Institute of Sport, when I'm down here in Victoria."

"We're financially supported by the Australian Sports Commission, which provides help with the privately-borne cost of our domestic trips. International trips are funded by Swimming Australia. There's also some Victorian Institute of Sport funding which helps with some physio costs. I've not received any corporate sponsorship as yet. I'm sponsored by my parents, in the true sense of the word."

Support from the extended family network has come in many different ways. Matt treasures his grandparents and has some special memories of his grandfather Tony, who encouraged his grandsons to do well. Cadell Evans – the well-known Australian cyclist and winner of the 2011 Tour de France – is Matt's cousin, and coincidentally both Matt and Cadell represented Australia at the London games.

Matt said, "We know that Cadell was working really hard preparing for the Tour de France before our grandfather passed away. It was the following year in 2011 that he made the win. We like to think he did it for Tony."

I remember having a chuckle at a comment Kurt Fearnley (the Australian wheelchair marathon champion) made about the Paralympic dining hall in London: "Disabilities as far as the eye can see and not a staring face in the joint!"

Matt's recollection of a funny moment at the London games reminded me of Kurt's self-effacing, good humour:

"We've got a team mascot – a pink, winged dragon, which was awarded to the Idiot of the Day! You'd have nominations at the end of the day at dinner, for the person who did the most stupid thing for that day. One day, our sports scientist had set up a tray of about thirty urine samples that had been taken at the Cardiff training camp, so that she could test them for hydration levels. Next to the chair where she'd put them was a narrow doorway. I've come through it after my massage and I've knocked this chair over. Down go these 30 samples, with lids off, and the samples had to be replaced. So I got the pink dragon with wings! That's a funny moment that I always remember."

Matt, we wish you, your family and support crew well as you continue to work together – not only in preparations for Rio in 2016, but also with your studies. Thanks, too,



for the generous way you share your time in speaking to school groups and others, so that we might have a better understanding of disability!

Randall Bourchier

celebrate mooroolbark inc.

A Free Family Festival – Saturday, March 23
Red Earth Reserve, Brice Avenue Mooroolbark

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2013 promises an even bigger and better Celebrate Mooroolbark, our very own family festival at the end of March. There will be much to do and much to see at this fun packed event in the heart of Mooroolbark. All we need is the crowd of people wanting to enjoy themselves and have a great day out. The theme underpinning the festival is "Under the Big Top" and participants are invited to get into the circus theme. The **Victoria Police Showband** as our feature act.

The festival spreads out from the Mooroolbark Community Centre across the Red Earth Reserve with a variety of activities to keep all ages entertained. Food and drink available on the day will range from the Lions BBQ Sausages, Hamburgers, Devonshire Teas, Hot Potatoes and Vintage Ice Cream and everything in between. There will be the usual community market with a variety of produce and products on hand as well as community groups with information booths. There will be rides, an animal farm, pony rides, ice-blocking and other activities for the kids. There will also be a puppet theatre and story telling to entertain the kids while they are not listening to the **Victoria Police Showband**.

The festival itself kicks off on the Friday Night (March 22) with the **Mooroolbark Talent Quest** at the Mooroolbark Community Centre at 7:30pm. You can be part of the audience for only \$5. It is a great night out and supports our local talent. Winners will appear on the community stage the next day.

On Saturday 23rd stalls will open at **9.00am** The stage programme will commence with the opening at about 10:30am and is packed with a variety of acts throughout the day. We have already confirmed Ghawazee Charm Belly Dancers, An African Drummer, Red Horse, Goodlife Fitness Centre, Local schools and the Australian Youth Orchestra. Our headline act is the **Victoria Police Showband** who will entertain us with their wonderful talents from around 11am. And around the grounds do not be surprised to encounter a variety of interesting and unusual characters. Tubby the Robot and her baby are coming again and there will be much more making it a great day for all. Our second stage

will be operating with music for the younger visitors or those who are young at heart.

A major activity on the day is the **Street Parade** which will leave Hookey Park at around 10:15. Participants are from local schools, bands and community groups who will march to the Festival. Keep an eye out for the marchers and give them a wave and a cheer. When the parade arrives, they will be welcomed by our New Mayor, Cr Jim Child who will then declare the festival open. This is just before we will hear from the **Victoria Police Showband**.

There will also be a number of exciting competitions with great prizes. Our treasure hunt will run again for all those interested in exploring the site. We will have lucky straws this year instead of envelopes, but with the same diversity of prizes donated by our local businesses.

Celebrate Mooroolbark offers something for every one in a fun filled festival. Plan to be there sometime in the day and join in the festival. The only danger is you may just enjoy yourself too much. Did I mention the **Victoria Police Showband**?



Please note: Station Street and Brice Ave. will be closed temporarily from approximately 10am on Saturday, March 23rd to allow the parade to reach the Red Earth Community Park. We thank you for your patience and hope that you enjoy the parade.

■ **Andrew Lang,**
Celebrate Mooroolbark
chair@celebratemooroolbark.com



Local Youths Shine at Lions Clubs International “Youth of the Year” Quest Judging

Rob Law

Year 11 students James Dewer from Billanook College, Robert Verhagen from Oxley Christian College, Staci Radcliffe from Mooroolbark College and Elysia Bradney from Yarra Hills Secondary College, participated in the Lions “Youth of the Year Quest” Club judging recently.

The judging consisted of individual interview sessions in the afternoon, followed by a Public Speaking Competition in the evening. The Public Speaking Competition followed a dinner which was attended by the Mooroolbark Lions Club Members and their family, parents of the competing students and representatives of the participating colleges.

The judging panel consisted of Mr Geoff Earney, Managing Director, Methven Real Estate Professionals, Ms Karen Dymke, Director of Learning, Luther College, Croydon and Ms Louise Netherway, Youth Services Participation and Engagement Coordinator, Shire of Yarra Ranges. Speaking on behalf of

the judging panel, Ms Dymke congratulated all students on their addresses, which she described as “outstanding” and amongst the best she had heard.

The Public Speaking and Overall Winner was Staci Radcliffe from Mooroolbark College. Staci will now compete in the regional judging in February 2013.

The Mooroolbark Lions Club President, Mr George Nantes presented each contestant with a framed certificate and a book voucher.

The Mooroolbark Lions Club organisers of the event, Mr Rob Wyatt and Mr Peter Giddings said that the aim of the quest is to select an outstanding youth, who is a permanent resident within the Lions Multiple District 201, which covers Australia, Papua New Guinea and Norfolk Island, to be an ambassador and to travel overseas under the auspices of Lions Clubs International. The National winner of the Quest will be decided in April 2013 in Canberra.

Interested in joining the Mooroolbark Lions Club?

Since being chartered in 1968 the Mooroolbark Lions Club has donated over \$ 1,190,000 to Lions Projects and the local Community.

The club has financed a home for low income people, the rotunda in Hookey Park, extensions for a local Child Care Centre, playgrounds for children, and many more local projects.

We have also built a house for an underprivileged family in South Africa on behalf of the residents of Mooroolbark.

If you are interested in joining this great organisation, or would just like to find out more about us please contact George or Rocco on 9726 5998 or 0419357306.

Quiet Achievers' Awards

Presented at ... Mooroolbark's Second Annual Community Forum

On Thursday November 22nd a large crowd gathered in our Community Centre to participate in this, our second annual “Community Forum and Awards Night”.

Presentation

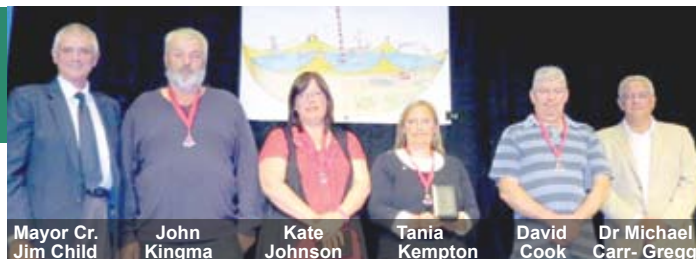
The guest speaker for the evening was Dr. Michael Carr-Gregg – one of Australia’s highest profile psychologists and leading public speakers. His topic for the evening was – **“How to Build Resilient and Happy Children and Young People in our Community”**. Topics covered included; Tips for better communication; Ways to help build resilient young people; How to help prevent unhealthy risk-taking; and Keeping kids safe, on-line. His very entertaining and informative presentation was greatly appreciated by the audience who were given the opportunity to raise questions at the end of the session. Many commented on the significant value of the highly practical and encouraging thoughts and ideas that were presented on the matter of living & working with young people.

Quiet Achiever Awards

Our quiet achiever awards for this year were presented to four very busy volunteers who are deeply committed to helping and serving in their local primary schools. Some comments from the schools:

John Kingsma has been an active member of the parent body at Pembroke School for 20 years – giving generously of his time and effort in many aspects of school life. He is also actively involved with the CFA & still manages to find time to drive a bus for ‘Ringwood Spiders’ – an all-abilities Footy Club.

Kate Johnson has been School Council president at Manchester Primary for eight years. During that time she has played a most significant role in the development of various school policies, the school's innovative



Mayor Cr. Jim Child, John Kingma, Kate Johnson, Tania Kempton, David Cook, Dr Michael Carr-Gregg

curriculum, its website, community programs, fundraising activities and much more.

David Cook is a highly valued member of the Ruskin Park school community. His vital contributions in the areas of IT, project supervision and Auskick have been greatly appreciated. His passion for ensuring that any disadvantaged children receive appropriate help is described as “quite inspirational”.

Tania Kempton is described, by the school community at St Peter Julian Primary, as a very cheerful and positive person who is always willing to help out and contribute to school life in any way that she can. Her thoughtful and very generous ways are a great example and have touched many lives.

Vocal Presentation

Guest artist, Jacquie Walker, who grew up in Mooroolbark and now teaches music in two of our primary schools presented a very moving rendition of “He ain't heavy, he's my brother”. Jacquie has been performing professionally since she was 18 years of age. She generously donated her services for this community event.

Our Community forums are provided by the “Mooroolbark Umbrella Group”. “MUG” is an organisation made up of representatives from a number of local organisations. It seeks to discover ways in which member groups might work together to support and encourage each other and help publicise the work each group does in serving our community.



Café Rondiné

36 Brice Avenue

June and Hank Yin are a very enthusiastic and hard working young couple who took over the management of Café Rondiné (previously "Sweet Welcome") in February this year.

The couple first met in Melbourne, almost 10 years ago - when they were both studying for an Advanced Diploma of Hospitality & Management. Since then, Hank has also qualified as a chef and they have both gained considerable experience in café work and management at Eastland and at other venues. They are very excited about the prospect of running their own business here in Mooroolbark and becoming a part of our local community.

In commencing to operate Café Rondiné, they worked very closely with Angie Pau who had purchased the business in August last year but was unable to continue due to changed family circumstances. They are most appreciative of the help and support they have received from Angie. June and Hank plan to continue with the current menu that customers have always enjoyed so much and to gradually add further items, focusing on a wider variety with an emphasis on healthy foods.

As well as serving the general community in the usual way, they see their position at 36 Brice Avenue (opposite the station) as an opportunity to serve train and bus commuters in particular. With this in mind, they have commenced an early start to the day - 6 a.m. - and offer special breakfast deals and an easy ordering

system so that breakfast can be ready on arrival.

Orders can be made by ... Ph - 9727 1740 / text - 0433 841 874 / email junehank@bigpond.com

In addition they have introduced a loyalty card system giving a free coffee after every four coffees ordered - and now provide **free Wi-Fi** on the premises for the convenience of customers.

Café Rondiné has now introduced "Supreme Espresso Coffee Beans" - a product specially chosen for its high quality and excellent flavour and also "Swiss Water Decaffeinated Coffee" which June explains, is the product of a process that uses water, rather than chemicals to remove the caffeine - providing a 'Decaf' which is full-bodied, and retains a true coffee flavour.

Both June and Hank are very much enjoying the opportunity to work in and build relationships within our community. Why not call by and experience Café Rondiné's friendly atmosphere and excellent service?

We welcome June and Hank to Mooroolbark and wish them every success in their business venture.



June, Angie and Hank

In an industry where change of ownership and/or place of business seems to be quite common, Joe Vitale's hairdressing salon at 24 Manchester Road, Mooroolbark has the enviable record of continuing in the one venue for over 30 years.

In 1982 Joe and his older brother Angelo, who are both qualified hairdressers decided to form a partnership to establish "Even Layers" in Mooroolbark. At that time their new venture was one of the earlier, so-called "Unisex" salons in the local area. The brothers had the advantage that Angelo was well qualified and experienced in men's hairdressing and Joe had recently become qualified as a ladies' hairdresser and had gained valuable experience in a number of salons in the eastern suburbs. So "Even Layers" was established as a Men's and Ladies' Salon at 24 Manchester Road in October 1982. After 22 years together, Angelo decided to open a new salon in Wandin. Joe has continued here in Mooroolbark on his own since that time. Currently he has a very loyal mixed clientele of approximately 50:50 men and ladies and is more than happy to continue on this basis. However, some moves are currently afoot to perhaps have another professional working alongside him.



Joe attends to regular & long time local client, David Armitage

Joe is part of a long history of hairdressing in the Vitale family. His father, Salvatore, came to Australia from the village of Agira, in Sicily in 1949 leaving behind a wife and young daughter. Joe says it took his Dad 5 years to get established and to save enough money to bring his family to Australia. Soon after the family

was re-united in Melbourne, Salvatore, a trained hairdresser himself, opened a men's salon in the original Ringwood Arcade where he continued until 1972. In 1968, Joe's older sister, Domenica, completed her training as a ladies' hairdresser and the family opened a ladies' salon nearby in the same Arcade.

Unfortunately for those two businesses, the development of Eastland led to much of their clientele being drawn away to the new complex, so in 1972 the family moved their businesses to the Olive Tree Shopping Centre in Lilydale. In 1973, a growing family led Domenica to sell her business but Salvatore continued on, moving into a new shop on Maroondah Highway in 1976. He employed Angelo as an apprentice and proudly named the business ' Vitale & Sons'. Joe was very much a part of the business too. In his earlier days he remembers being "required" to work at serving in the shop from just 10 years of age. (There was to be no hanging about the streets for the Vitale boys.) At that time most men's hairdressers were also tobacconists and Joe was required to serve at the counter so that his dad could keep on with the hairdressing. The family connection continued as Joe first met his wife to be, Angela, when they worked together at "Mainline Salon" in the Boronia Mall. They now have two adult children and reside in Chirnside Park.

We thank Joe for sharing his great family story with us (a story that he is understandably proud of) and wish him continued success in the years ahead.

Even Layers
Mens & Ladies
Hairdressing

24 Manchester Road Mooroolbark
Tel . 9726 6886



A TREASURE RISING FROM THE RUBBLE



Like the Griffin of early mythology, the Yarra Hills College emblem has been guarding its treasures as the school has undergone a major transformation over the last four years. With the Cambridge Road and Reay Road Campuses to become one in 2013, the Reay Road Campus has been rased to the ground and re-built into a treasure of 21st century educational facilities, the envy of all who see it. However, the celebrations that will inevitably accompany the completion of the project, in the second half of 2013, will belie the fuller story of what has been a period full of trial and tribulation for all concerned.

Despite already suffering major delays caused by changes in project direction, these delays were nothing to those incurred waiting for project funding. Initially planned as a 'modernization' incorporating a partial rebuild of the previous Pembroke Senior Campus site in Reay Road (prior to that Mooroolbark Technical School), the plan took some excruciating twists, turns and disappointing delays over a number of years. Eventually a decision from Spring Street saw the initial concept thrown out in favour of a staged demolition and full rebuild. This of course, resulted in another round of architects' briefings and the development of a whole new set of expectations from all in the school community. Having finally settled on our 'dream' school design, it was just a simple matter of obtaining government funding – or so we thought! The delays over successive state budgets created an environment in which many thought the school would never realize the promised redevelopment. Stage one funding was eventually announced in the 2009

budget, with the total project being funded by successive state governments.

Despite a sluggish start in mid 2009, with the demolition of the library wing and the bringing onto the site the first of several temporary buildings, it was not long before the reality of sharing the site with a construction company become very apparent to all. Construction of the new car park forced the whole school to one side of the site, with the cars being forced onto the student basketball courts for about 6 months. Over the next two years it became a game of musical chairs as the contractors negotiated with the Administration to relocate classes and other facilities such as the canteen so that demolition could occur. At times the lengths of temporary barrier fencing seemed, in the estimation of some students at least, longer than the Great Wall of China. Despite the disruption of these constant changes and annoyances, the real heroes of the whole project have been the students of the school. Having the reason for each change explained to them meant that students invariably took the loss of recreation area or the need to 'go the long way around' with good grace and very little complaint. That is not to say they were not 'over the moon' to finally be shooting baskets in the new gymnasium, or grinning like Cheshire cats as they sat in their new classrooms.

Apart from the loss of the physical history of the old buildings, a number of more emotional connections have also been lost along the way. The Salvation Army, which had used the old hall for its' Sunday services for

15 years, commemorated their final and sad service at the school in 2011. A visit by two ex-Mooroolbark Tech students from the 1980s brought not only shock at the changes that had occurred to their old school, but also fond memories as they stood in the doorway of the remaining Engineering Room and taking a deep breath, they proclaimed, 'that's the smell we remember'. Ah techies – what can you expect with the smell of engine oil in their nostrils!

Although the physical transformation will soon be concluded, with 5 new buildings, 35 classrooms, a new Gymnasium and Weight Training room, a Performing Arts/Music area, Student radio studio, canteen and restaurant, modern library, a full size soccer pitch, a basketball/netball court and extensive landscaping, paving and seating, it will be the opportunities in curriculum provision and flexibility of teaching and learning that will be of lasting benefit for the students.

The next few years will be exciting ones for the college. Year 7 students have commenced this year at Reay Road joining the seniors, with the remaining year 8-10 students will move from Cambridge Road in term 3 this year. The college retains the Mt Evelyn campus as a Year 7-10 campus to serve the Mt Evelyn community and is committed to enhancing that facility over coming years.

Yes, with new facilities, new students and new programs, the Griffin certainly has a lot of 'treasure' to continue to guard for future generations.

Denis Cody,
Principal Reay Road Campus



Tony Smith MP

Federal Liberal Member for Casey



Partnering with Living Today in Mooroolbark

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Well Done!

Good Job!

Can you praise your children too much?

There is a popular parenting style often referred to as the 'self-esteem movement' which involves heaping praise on children at every opportunity, whether actually deserved or not. The belief is that it will build confidence and resilience in the child. We're probably familiar with the scenario where grandparents can spoil the kids in their care and often give the child the impression they can do no wrong. They're treated as little angels and may go back to the parents with a false perception of reality. Perhaps you can imagine the grandparents

saying, 'Oh Johnny is a perfect boy, he has been an absolute delight!' Well, maybe he has, but if he hears that on a regular basis, Johnny will develop a tendency to over-believe what he hears in a positive sense. He may also tend to disregard what he hears that is corrective or critical from parents and teachers.

A recent report on SBS has affirmed what child psychologists have been saying for some time now. They propose that praise *not specific* to a defined event or quality is best left unsaid. The 'pumping up children's tyres' is unhelpful and leads to them believing in a culture of entitlement and privilege. As parents, we won't always be there to pump them up again ...

how will they cope then?

Aim your praise

It's vitally important that praise is targeted at actual performance or a genuine quality of the child to ensure they understand what the praise is for – it's not just for them, but something they have done, or the way they did it.

Praise is meant to encourage development of good values and practises, not just for simply 'being them'.

My parents had quite contrasting experiences in their formative years. My dad grew up believing he never did anything wrong because

Well Done!

Good Job!

Top Effort!

he was praised and spoilt as the family favourite – it affected the rest of his life. As a man he struggled with criticism and with reasonable expectations of others. There seemed to be a disconnection with reality because he seemed to think that he was always right. This influenced his attitudes and emotions when experiencing difficulties with family and other people.

My mum, as a child, could never do anything right in the eyes of her mother. Even though she was naturally very capable and responsible, she was criticised and belittled until she left home. It was a tough experience that she remembered all her life. However, there was no doubt in her mind that it was up to her to make the best of life and not expect others to make a way for her. She became a very determined woman and was always thoughtful of others. She knew from her experience that praise was very important, but she praised us kids only when we really deserved it. When we got a word of praise or commendation we took it to heart.

It's OK to mess up

The SBS report also expressed how failure is a crucial part of learning. Our children need to learn how to deal with failure and not have it brushed aside with comments like, 'it was someone else's fault' or just 'bad luck'. They need to learn responsibility for what they do as a part of maturing and growing up to be responsible adults. They can learn to take troubles and trials on the chin and seek to avoid the same situation again, or to handle it better next time. This is crucial to their well-being and in managing healthy relationships. Parents who try to maintain or build self-esteem in their child with false and effusive praise, are not helping their child do this important growing up.

By learning to be self-appraising of their

lives and actions, children will develop a more realistic view of life and their abilities. Billy Joel wittily sings, "you're not the only one who's made mistakes but they're the only thing that you can truly call your own". Our mistakes are all part of learning and growing. Unless children learn from their mistakes with constructive and loving parents showing the way forward, they will be restricted the rest of their lives in dealing with life's numerous struggles, especially when other people are involved.

The report also expresses that, contrary to popular belief, children who are over-praised tend to be the bully. Previously it was thought that those with low self-esteem tended to be bullies. The over-praised can have a sense of self-importance which makes them believe everyone else to be comparatively less important. They may also believe that whatever they do is OK, developing a false perception of what is right or fair (a bit like my dad).

There is no doubt that continual criticism is very harmful and confidence-destroying. But going to the other extreme and heaping praise on a child is, regrettably, also counter-productive. Another important quality to teach is the ability to laugh at yourself when things don't go well. Not taking ourselves too seriously is an invaluable mind-set to instil in a child, and amongst children of the same family.

It's interesting looking back on my upbringing and seeing the contrast between my parent's actions and attitudes. My dad took the approach with us kids that we were all good and didn't need correction for anything. My mother raised us with a sense of responsibility and awareness of the consequence of our actions. Dad was a lovely man with a big heart, but he simply treated us the way he was treated – that was what he knew.

Praise that keeps on giving

Today, we have a wealth of information to consider as we raise our children. Well informed, we can choose to keep the past as history and go about changing things for the better for the next generation – and then they will be able to keep those positive life-guiding principles going with their kids too!

The manner in which we raise our families is vital in providing a healthy and positive environment. Of particular significance these days is an approach that reinforces realistic observations of one's own actions and accepts responsibilities seriously. Praise is important and most effective when it's due and when well-directed. It's vital to growing confident, self-assured, responsible and resilient adults who have a firm grasp of their strengths and also their limitations. Well-aimed praise is not what we hear much of these days; it's usually well-aimed abuse or criticism. If our children experience the way praise can be used effectively, then they will mature with an experience and an understanding of a very vital component to healthy and resilient relationships.

If we look for opportunities to praise our children when they have excelled, or when they have shown a good attitude, they will learn what praise is for and appreciate it all the more. We may have to start out looking for small things, but look for a specific thing and target that – a little encouragement really does go a long way!



Steve Steel

 **Professionals**

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PROUDLY SUPPORTING THE COMMUNITY

SINCE 1964

Making the Most of Very Challenging Circumstances

■ Doug Lewis

Robert Cavill is a local resident whose latter life has been severely impacted through the onset of multiple sclerosis. The story of how he, and his wife Lydia, faced the challenges of their very difficult circumstances and how they work at making the most of their life together is quite inspirational.

Long term residents of Mooroolbark, the Cavills raised their three (now adult) children - Rebecca, Michael and Chris, in the local neighbourhood. The children were still quite young, and Robert was just 39 years of age, when he first began to experience some difficulties with walking and with speech. These difficulties were accompanied by long periods of severe fatigue. Despite consulting a number of medical practitioners, it was five years before Robert's condition was correctly diagnosed as M.S. (Robert and Lydia explain that no two cases of M.S. present in exactly the same way – so diagnosis can be difficult). Over the years following the diagnosis, Robert's condition grew steadily worse. He went from needing only a walking stick to using a walking frame and then eventually being confined to a chair.

Both Robert and Lydia are quick to acknowledge that the initial uncertainty of the diagnoses and the subsequent need for life adjustments put considerable strain on their day to day life. Lydia says, "There was so much to think about – from re-designing the outside living area, to modifying the house to provide for wheelchair access - and so many

other matters. It was a most stressful time!" Thankfully they never felt alone in dealing with all of this. They speak, with deep feelings of gratitude, of the wonderful help and support they received from family, friends and neighbours during those difficult times. They have always been extremely grateful for this vital support, which kept them going.

As a result of their most challenging ordeal Robert and Lydia have developed a joint philosophy of life which helps them to cope with their drastically changed circumstances. That philosophy is stated in this way ...

"We aim to live as normal a life as possible and to make the most of every opportunity that comes our way."

This outlook on life is obviously working for them as, despite Robert's severe limitations, the couple manages to regularly visit friends, go to the theatre, take holidays together and keep involved with various social groups. Robert's personal interests also keep him busy. These include keeping up with his growing family, maintaining his computer skills and reading (mostly thrillers). One way that he works at maintaining his independence is by using his motorised chair and making regular use of the "Telebus Service" which he describes as, "One of the great assets of life in Mooroolbark." Most weeks he makes his own way to Mooroolbark Community Centre to meet with friends in the



Disabled Peoples' Company meetings.

Robert is most grateful for the dedicated support he receives from his wife Lydia. He says "She has been such a wonderful support to me over all those years. It is only through her hard work that so much of what we have done, and still do, is possible. She does so much – in so many ways."

When asked how the general public relates to him he says, "I am very thankful for the way that people are always helpful and supportive wherever I go. All I ask of anyone is that they treat me as "normal" and make the effort to hear what I have to say." (Robert has difficulty in getting words out with adequate volume).

Living Today in Mooroolbark thanks Robert and Lydia for sharing their truly inspiring story with us - a story of commitment and determination to make the most of the family life they enjoy together- despite the very difficult day to day challenges they experience.

Our very best wishes to them both for the future.



Celebrating 50 Years of Guiding in Mooroolbark

On Sunday October 28th 2012 a most enjoyable time of celebration took place at our local Guides hall in Marion Avenue, Mooroolbark. Over 150 Guides, Leaders, family and friends gathered to share this special moment – the 50th birthday of the Guiding movement in Mooroolbark.

Sandy McElroy. A current Guide leader (and previously District and Acheron Regional Leader) welcomed those present and paid tribute to the many years of participation and service that they represented. The welcome was followed by the cutting of the cake (prepared by Jayne Henning).

Elsie Bolwell, who has been involved in the Guiding movement for 52 years, pointed out that, "Over the years, Mooroolbark has provided up to five Brownie packs, three Guides units and a Ranger group. At times there have been quite long waiting lists for girls wishing to participate in Mooroolbark Guides." She adds, "Guiding has touched the lives of thousands of girls in our neighborhood and many have reached high levels of achievement. Quite a number of them have gone on to achieve the top award of Queen's Guide which results in them having their awards presented at Government House – by the Victorian Governor at the time."



Dawn Sullivan

Sandy cuts the cake

Jan Gray, Carol Stiff, Betty Hall, Heather Burg & Elsie Bolwell

Another long time leader, Dawn Sullivan (47 years in Guiding) said "The Guides have been a very big part of my life. They have been my very large, and most welcome extended family."

Both Elsie and Dawn are most proud of the many community achievements that are attributed to the Guides. These include participation in the "Clean up Australia" program, Red Cross, local community tree plantings, visits to nursing homes and our local Anzac Day services

Anyone wishing to find out more about Guiding in Mooroolbark is cordially invited to call Sandy McElroy on 9733 4095.

CHURCH NEWS

If I Were God

THINKING OUT LOUD By Barbara Dahlgren

Let's be perfectly honest—sometimes it's hard for me to understand God. He just doesn't make the decisions I would make if I were he. For example if I were God, I wouldn't give rain to any mean-spirited, cantankerous farmers. Only the thoughtful and fair-minded farmers would get rain. But God sends rain on the good and the bad, the nice and the nasty alike (Matt, 5:45).

If I were God, only seriously bad people would die prematurely. Those who cared about others would live long, happy lives. But sometimes God takes away those who are OK in his eyes so they will be spared disasters that lie ahead (Isa. 57:1).

If I were God, I would always let everyone know exactly what's coming. No nasty surprises. It would all be cut and dried and easy to understand. But in reality God only lets us see ahead vaguely and uncertainly (1 Cor. 13:12).



If I were God I wouldn't give rain to any mean-spirited, cantankerous farmers!

If I were God, there certainly would be no suffering in this world. But he doesn't always intervene, so bad things do happen to good people. There is such a thing as rampant evil. (2 Cor. 4:4).

If I were God, Christians would not have troubles. After all, they are trying to listen to God and do what is right. But he tells us those who follow him will have trials (2 Tim. 3:12).

If I were God, we would all run the same race. But we are told each of us has a specific course to run, tailor-made for us. Our particular walk is for us, not for someone else (Heb. 12:1).

Fortunately, I am not God. God has a distinct advantage over me. He knows everything and I don't. For me to judge the decisions God makes for my life or the lives of others is dumb, because only God knows when it should rain and when it shouldn't. Only he knows when we should live and when we should die. Only he knows when it would be in our best interest to have certain understanding and when it wouldn't. Only he knows which trials will produce the best results in our lives and which ones won't. Only he knows how to work in us for everyone's benefit.

You see, it's not about me; it's about him! That's why we're told to put our absolute trust in him and let him work things out (Heb. 12:2). I must admit this is not always easy for me to do, but it's much better than thinking I could do things better than God.

FREE FAMILY FILM NIGHT



ALL WELCOME

Wreck-it Ralph

92 minutes - Rated PG

A video game villain wants to be a hero and sets out to fulfill his dream, but his quest brings havoc to the whole arcade where he lives.

Mooroolbark Community Centre

Wednesday 3rd April 2013

Film Commences at 7.30 p.m

Free ice-cream, tea & coffee will be available.

This is a joint community service extended to families by

Mooroolbark Christian Fellowship & Mooroolbark Community Centre

To reserve your tickets

phone 9726 5488 or book online at www.yarraranges.vic.gov.au/mcc/shp

**If you have not made a booking, please come anyway, as any uncollected tickets may be re-issued at 7:15 p.m. -there are always seats available.*



"A unique opportunity for we Australians to celebrate and express our thanks for the many things we often take for granted but which really make our lives worth living."

This year will see the occasion of our **9th annual National Day of Thanksgiving Mayoral Breakfast** conducted in the Shire of Yarra Ranges. This event is organised by a number of churches in the local area and is hosted by the Mayor.

Each year, the opportunity is taken to recognise and express our deep appreciation to selected members of our community who represent so many others in serving and contributing to our community life in a wide variety of ways.

This year the theme is "Triumph of the Human Spirit" and will recognise community members who are an inspiration to us all through the ways in which they have dealt with extreme difficulties, challenges and tragedies in their personal lives. Our guest speaker for the morning will be Don Elgin, an Australian paralympic athlete who won four medals in three Olympics. Don now works at managing and supporting other paralympic competitors and is well known, both in Australia and around the world, as a most entertaining and inspiring motivational speaker. We look forward to some great stories.

Date: Saturday May 25th at 8 a.m.
Venue: Foothills Conference Centre,
48 Edinburgh Rd Mooroolbark.
For further details or to purchase tickets (\$20 each)
please contact Life Ministry Centre Ph 9726 8111

A Passion for his Community

I noticed something unassuming about Jim Child the first time I met him.

The 2012 local government elections saw an unusually large number of new councillors at Yarra Ranges council. Jim was one such new councillor – a new councillor who coincidentally found himself elected as mayor. You'd think it would be a big learning curve for him, if you didn't know that years ago he served a term as a councillor and shire president at the pre-amalgamation Upper Yarra Council.

In early November 2012, I rang the shire to ask whether the mayor would be available to open Mooroolbark's Annual Forum, where Dr Michael Carr-Gregg would address the subject of raising resilient young people in a community.¹ Jim was not only available but willing, and I was very encouraged by his enthusiastic endorsement of a community initiative designed to benefit many Mooroolbark families.

In a later interview I discovered that Jim has a history of championing action that serves to benefit communities.

Jim also has a compassion for young people who in this day and age sometimes, as Jim explained, "don't have the uncomplicated, easy way forward in life that many in earlier generations had."

One of Jim's personal stories encapsulated one of Carr-Gregg's key points about the vital role significant adult figures play in raising resilient young people:

"Young people now have things on their plate – worries and concerns, and things like that, which makes things complicated."

"I became one of the "L to P" youth mentors organised here by Youth Services. I enjoyed the way the program matches young people with older mentors for the purpose of getting the pre-licence hours up as quickly as possible. We got this schedule lined up, and the lass I mentored kept me to it. Some of the young people come from single-parent families who may not own a car and find it very helpful to have an older person with a car involved with them during a time of life when there are so many decisions to be made. Along the way useful conversations start: 'Do I go back to school?' 'Will I pursue this career path?' 'What about...?'"

So, in the end, not only can young people successfully obtain their licences, but they've had the benefit of someone with life experience who might see

something in them and ask: 'Have you ever considered...?'"

I enjoyed being a small part in such a process that not only saw the formation of a firm future direction for the person mentored, but also positively influenced her friendship group."

Jim sees the program as having tremendous outcomes and he is therefore very keen to keep the program going and to get the funding from the state government and VicRoads.

We discussed briefly KidsHope Aus – a program which gives primary school children the opportunity to spend an hour per week with a trained mentor² – and the powerful impact it has had throughout the shire.

Jim spoke very highly about the way the young people of Warburton have recently worked within the community to solve a problem. Children and teenagers had been skateboarding up and down the streets of the shopping district. "A few of the traders got aggro. A small group of the kids got together, and said how can we work through this? So they got talking to some of the traders, who suggested that they build some sort of park where they could enjoy their skating." The local police suggested that the park be close to the police station so that they could keep an eye on it. The kids eventually got it all going on their own. "They came and addressed council; they created a Facebook page with about 1500 "likes" on it. They went around and visited the businesses and told them what they wanted to do. "And can we have your support?" The businesses all came on board. There was no one objecting to it."

A block of land behind the old Warburton fire station has now been chosen for the skate park, and council has committed to build a \$250,000 facility for the town's skateboarders. Jim said, "They've had a local trust established for them promising a \$1 match to the tune of \$20,000. And the kids are holding all these community functions to get \$40,000 for their part contribution."

Jim was impressed that the teenagers had taken ownership of the whole project. "We've been sitting here in the wings: 'If you need any help we're here.' And that was a great thing to see from probably 12 or 15 young people to get that going. And the outcomes have been amazing. You've got these kids in the area really getting along and beginning to

take on other initiatives."

Jim often talks about one example of community self-help in Warburton from 10 or 11 years ago which is clear in his memory.

"We had the major banks desert the town and the Board of Works – a major employer – left the town. The Seventh Day Adventist community closed the hospital. It seemed everything was happening at once. Every second shop in the town seemed to be closed. A couple of people got together with the old shire, set up a public meeting and asked: "What are we going to do?" Someone came up with the suggestion, that well, we haven't got a bank. It was the early days of the setting up of Bendigo community banks so they decided to give it a go." With the involvement of the community, a small group raised the money to create the identity and buy the franchise. Jim remembers that they did it in a very limited amount of time. "It really 'jelled' the whole community. They were all right behind it, and they still are to this day."

Jim is amazed by what the bank has done for the community. "In the first ten years they gave a million dollars away, back into the community. During the last three years they would have given another million away. Ten years to give the first million away, and three years to give the next million away! So they're a very well connected and efficiently working business and the community's right behind it."

Now another Bendigo Bank franchise has been bought and set up in Yarra Junction. The group purchased and refurbished the old Commonwealth Bank in Warburton, which is now worth \$800,000 – fully paid for and owned by the community. "It's one of the best community involvements I've ever seen in my life," marvelled Jim. "I'm astounded by it."

One of the bank's best initiatives, according to Jim, was to employ a community worker to help draw the community together as well as give money back to the community. "And now that person liaises with council and works with the community all the time. It's about \$40,000 a year that we budget for this person and the amount of return that we get back is just amazing, as initiatives like the establishment of a food bank and other things just keep emerging."

Jim looks back with satisfaction at earlier community involvement during his years of living in Wesburn and Yarra Junction – helping with administrative tasks for the local footy club and personal involvement with the CFA that peaked around the '83 fires.

You can sense Jim's compassion for helping people engage with others when he speaks with some passion about the work still

¹ Dr Michael Carr-Gregg – one of Australia's foremost psychologists and media personalities. See related article on page 5 Quiet Achievers Presentations / Forum hosted by Mooroolbark Umbrella Group with community partners.

² KidsHope Aus – a World Vision initiative that creates partnerships between a local primary school and a nearby church congregation, whereby trained mentors commit to spending an hour each week of the school year with a child needing additional support. Children are nominated by the school, and the mentor relationship proceeds after parental approval is granted.



“Australia Day Awards. Rodney Woods receiving Ian del la Rue Community Leadership Award”



to be done on behalf of townships that don't enjoy the efficient and regular public transport connections that many of us enjoy.

“In my own ward – O'Shannassy Ward – people come out of the urban areas seeking low-rental accommodation, and that's fine, but then there's this tyranny of distance, where they've got to travel to access services, or to seek work. So, on the one hand, they've got this cheap accommodation but it's costing them a lot of money to travel to seek services. Many end up a lot worse off as a result. It's something that we've lived with in the Upper Yarra for decades since newer estates were established. You could see that there was going to be a problem with this. And all we've done is live with it.

We were fortunate to have the Metro [public transport] ticket extended up to East Warburton. Prior to that we were on an expensive country fare set-up. Now that the fares are improved we've got to start thinking about how to have the transport run more frequently. It's daunting, if you've got to rely on public transport. You've really got to plan your day. It's something very simple for us to get into a car and go down to Centrelink, but from up there it can be very challenging. By the time you get on public transport, there's your whole day gone!”

Jim has lived his entire life in the shire – the fifth generation of his family to do so.³ He was born in the Lilydale Bush Nursing Hospital (as was daughter Josie) and lived in

³ Jim's great great grandfather Matthew Child came out here in the 1850s, settled on the site of the Flinders Street railway station and came to the Dandenongs in the mid-1850s. Matthew's son Francis Matthew married a Jeeves, whose family were early settlers in Kalaroma. Harold Jeeves was a previous councillor of Shire of Lilydale and shire president.

the Dandenongs where he remembers going to the now re-furbished hall in Falls Road with his mother for CWA meetings. He recalls that his parents were very much involved in the hills community.

“I can always remember the old Pig and Whistle send-off that they had when they moved down to Croydon. You just couldn't move in the place that night even though they were only just moving down into Croydon. I often think about that. I was probably only about 6 or 7 yrs old and I can remember that night vividly as an expression of true appreciation of what my parents had contributed to the community.”

Jim has fond memories of Croydon Primary School in Kent Avenue, along with teachers who significantly influenced his life – Mrs Oxford, Mr Freeman – and the rafting adventures in dams in Norman Road. “We were all experts at building rafts and we had a couple of close-call incidents, much to the wrath of my mother. She used to often come down there and drag us off from the dam.”

After Year 8 Jim left school and became a technician in training for the PMG⁴, with his first posting in Croydon and finally the officer in charge at Warburton Telstra before retiring about four years ago.

“I remarried in '96. Theresa and I have a horse property in Wesburn where we breed Anglo-Arabians. We've had that stud for some time. We take a very keen interest in the environment. We've got a 25-acre property there which has seven acres locked up as natural bush to enhance the Upper Yarra biodiversity. We've got our own water supply and solar energy for as much as we can. We

⁴ Post Master General's department, in charge of all Australian postal and telegraphic services until disaggregation in 1975.

try to take care of our environment.”

Having been retired for a few years, Jim stood for election to the shire last year. Since his election, his plan has been to devote his ward term to being as accessible as possible to those he represents. He hopes, too, to be able to contribute to the very fine work that has already been accomplished within YRC under the leadership of CEO Glenn Patterson.⁵

When I asked Jim about the differences between his former experience with the Upper Yarra shire and his current brief experience in YRC he said:

“I think the basics of local government are still there, but it's on a much larger scale. Although the council only employs one person (that's our CEO Glenn Patterson), Glenn operates an 'open door' policy which enables us as councillors to have direct access to the top sixty managers. And that's a tremendous way to work. So instead of going through your senior leadership team all the time you can build relationships with those particular managers, and I think that that makes for good governance.”

“I don't think that all councils operate that way. I think you'll probably find that there's a closed door philosophy where you take your problems to the CEO. The way we work here is excellent.”

We here at *Living Today* wish you well Jim, for your term of office. We look forward to seeing good things come from your desire to work within the organisation to help make our shire even more customer-friendly.

Randall Bouchier



⁵ See article “Meet the CEO” *Living Today* Issue No 26 December 2008

Welcome to Our New “Regional Arts Coordinator”



Many community members will have already met Mal Russell due largely to the fact that a significant and very public part of his role is the management of the Mooroolbark Community Centre. Within moments of beginning to talk with Mal, one senses a high level of enthusiasm for the multitude of challenges and opportunities that lie ahead of him in the position of Regional Arts Coordinator - a position he took up in November, 2012.

Mal comes to this position very well prepared for the many and varied tasks he faces. In his last position he worked in the area of Cultural Services in the City of Knox. He held that position for the previous eight years. At Knox he collaborated with 300 different community groups and local businesses in the production and delivery of venue-based events programs. Major events he worked on during that time included the Knox and Stringybark Festivals and the Knox Carols. During those years he also worked very closely with Rowville and Ferntree Gully Community Centres and the Eastern Regional Library Venues in Knox. At this stage of his career he is particularly pleased to have the opportunity to further his work in providing community services in the Mooroolbark area having lived in the Yarra Ranges for 14 years with wife Latina and children, Gramercy, William and Mandela.

Malcolm likes to speak of “Community with a capital C” ... Community where the focus is on

- Creating safer places to live, work and play.

- Contributing to Health and Wellbeing for all residents.
- Being inclusive of all age groups, interest groups and people from all cultural backgrounds.
- Engaging with and involving as many sections of the community as possible.

He emphasises that his role is one of *service* in providing programs and cultural activities designed to help the community reach the above goals.

On the matter of coming to Mooroolbark, Malcolm speaks of being greatly encouraged by the warm reception he has received from his very friendly staff and from the many community groups that he has had the pleasure of engaging with up to this point. He remarked also on the positive experience he has had in moving into his new role in Mooroolbark just as a Shire Feasibility Study into the use of our Community Centre was taking place. He has found it most helpful to be part of that process and speaks of his desire to always encourage community input into the service the centre provides. He also says that he has heard a lot about our local festival, *Celebrate Mooroolbark* and is particularly looking forward to sharing in this event on Saturday March 23rd 2013.

The Mooroolbark community warmly welcomes Malcolm into this important role and wishes him and his staff every success in their work in serving our vibrant, local community.



INCLUSION: GAME ON! A PLACE TO BELONG

Inclusion: Game On! is taking off in Yarra Ranges. Since the program began last year, the three participating clubs, Monbulk Rangers Soccer Club, Mountain District Badminton Association Inc and Yarra Ranges Athletics have been busy planning and developing opportunities to include a greater number of people in our community.

Inclusion: Game On!, a joint initiative of YMCA Access for All Abilities for the Yarra Ranges and Yarra Ranges Council, seeks to address the imbalance of individuals who participate in local sport and recreation by working alongside local clubs to develop welcoming and inclusive environments.

The program encourages clubs to become more aware of the barriers that prevent people from participating in sport and recreation and to take concrete steps towards improving access for all people.

Participating clubs were sponsored by Yarra Ranges Council to attend the Sports without Borders conference back in June, providing clubs with valuable information and resources to assist the development of inclusive practises in their clubs.

The participating clubs have been developing their Inclusion: Game On! Action Plans in an effort to develop clear goals for the project. A skill development session delivered by Monbulk Rangers Soccer Club to the students of Mt Evelyn Special Development School is a fine example of what can be achieved through participation in the Inclusion: Game On! program.

Equally exciting is the news that the Mountain District Badminton Association recently met with the Migrant Resource Centre and some local communities from the Karen (KaaRenn) and Chin States of Burma to discuss providing the communities with an opportunity to play badminton. The successful collaboration culminated in the development of a weekly program beginning in February.

Stay tuned for more exciting Inclusion: Game On! inspired programs in 2013. For program updates and stories about club successes visit the website a www.yarraranges.vic.gov.au/InclusionGameOn



For more information contact Recreation Services at the Yarra Ranges Council on 1300 368 333 or visit <http://www.yarraranges.vic.gov.au/InclusionGameOn>



MEDIA RELEASE

“The Girls in Grey”

**Matinee performance in Mooroolbark
Friday April 12th at 1pm**

Mooroolbark Community Centre is one of two city venues included in The Shift Theatre's Victorian Tour of this compelling play which illustrates the story of World War 1 told from the perspective of three Australian Army nurses.

Show notes from The Shift Theatre

Anzac Day is a call to remember all who have served and continue to serve in our country's armed forces. Among the least recognized are the women of the Royal Australian Army Nursing Corps. During WWI the corps was more than 2000 strong, and was dedicated to tending the wounded, often in appalling conditions. Carolyn Bock and Helen Hopkins' *The Girls in Grey* imagines the stories of three Australian nurses, weaving historical research and inspiration from diary entries and letters into a poetic script. There's the experienced matron Grace (Bock) who joins from an iron sense of civic duty, and comforts herself by writing letters to her lesbian partner back home; Alice (Hopkins), a woman of middle years whose thirst to see the world turns to shattering grief; and the younger Elsie (Jane Barry), following love across the sea into a hell no one could have

imagined. Adventure turns to horror as we move from the field hospitals of Egypt and Cyprus, groaning with casualties of the Gallipoli campaign, to the machineguns and mustard gas of the Western Front.

The Girls in Grey is a tribute to the courage of Australian military nurses, who stood firm in the face of terrible confusion and slaughter, and brought solace to many caught up in it. It provides the audience with the opportunity to more deeply appreciate the strength, commitment and contribution of these brave women. Carolyn Bock and Helen Hopkins spent two years researching and developing the play. The fact that it has been shortlisted for the National Play Festival and was included in the VCE drama curriculum for 2012 is testimony to the value placed on their deeply authentic and moving work.

In the Art Hub review, Apr 30th 2012, Sofia Monkiewicz writes ... *“With the original direction of Karen Martin, Bock and Hopkins have brought to life the devastation of war through the eyes of the Australian Army nurses. The Girls in Grey is inspiring, poignant and honest, and encompasses the spirit of the Anzacs from an alternative and powerful perspective.”*

Note - For the current tour the company is joined by director, Tom Healey.



Photos by Nick Merrilees & Nancy Flammea

The Girls in grey will be performed on Friday 12th April commencing at 1pm.

Venue – Mooroolbark Community Centre.

Bookings Ph 9726 5488 or www.yarraranges.vic.gov.au



Carolyn Bock “Girls in Grey”

Delighted to be Returning to Mooroolbark

Carolyn Bock has a childhood affiliation with the Yarra Ranges area. Prior to moving to Mooroolbark in 1981 her family lived in Yarra Glen, Tarrawarra to be more precise. She then resided in Mooroolbark until she left in 1987 for interstate and then overseas. Her Year 8 year was spent as a student at the then brand new Billanook College before seeing out her high school years and further study at The Victorian College of the Arts. After working overseas she returned to Australia and pursued a career in acting. Carolyn has fond memories of her time in Bulga St, and, later regular visits to Silvan where the family moved. As a young teen she remembers jumping off the train...crossing the main road and working for Russell and Jenny Jones at then Amcal Pharmacy after school, attending St. Francis Church with Rev. Derek Jones, youth group, barracking madly as her brothers played footy for the Mooroolbark,

Mustangs, The Red Earth Festival, and attending the Marita Lowdon and Angela Hill school of dance in Croydon. Her diverse CV has encompassed theatre, television and film. In 2009, together with Helen Hopkins, she formed The Shift Theatre, and after much research, co-wrote with Helen, "The Girls In Grey". She is delighted to be returning to Mooroolbark especially as the 2013 tour of regional Victoria marks the company's first tour. In 2014 The Shift Theatre hope to take the play nationally ready for the centenary commemoration of The Great War.



Community Events Calendar

First Sun. of each month	Farmers' Market Bellbird Park. Swansea Road, next to Lilydale Lake. Combined Rotary Clubs. All proceeds to local and overseas projects. Contact Bill Sutherland – Ph. 9727 0037
Friday nights during school term	Fridays@Kids Domain. Activities for primary school age kids. 4:00-6:00 pm. Oxley College Stadium. Details – Ph. 9726 8111 or www.lmc.org.au
Thurs evening - weekly	Maroonah TOWN Club (Take off Weight Naturally) Weekly, starting at 6.30 pm. St Margaret's Uniting Church. Hull Road. Info 0425 739 576
Mondays weekly commences March 4 th	Scottish Country Dancing Mondays 8 pm (Except public holidays.) Beginners & experienced Minimal charges. St Margaret's Uniting Church. Hull Road. Inquiries . PH.9876 9206
2 nd Monday of Mth	M/Bark Country Women's Association 1pm . St Margaret's Uniting Church. Hull Road. New members always welcome. Contact. Jeanne Wilson. PH 9726 9858
School Holidays Program	Sammy's Music School. Radical activities for young musicians in the making. (age 10-17yrs.) Song writing, Band Skills, Rap. Info. Sammsmusicschool@gmail.com or Ph 9723 3344
Feb - June	Yarra Ranges Council Immunisation sessions - Feb 5, 13, 26. Mar 5, 13, 26. Apr 2, 10, 23. May 7, 8, 28. Jun 4, 12, 25. Mooroolbark Community Centre. More info 1300 368 333
Feb - June	Montrose Movie Club - Great movies in a relaxed theatre environment. 1st Wed evening of each month. www.yarraranges.vic.gov.au/mtc or 9761 9133
Feb 14 th	VCE Creative Showcase Exhibition - Celebrates the talents of our best and brightest VCE art students across Yarra Ranges. Opens 7pm. Red Earth Gallery, Mooroolbark Community Centre.
Mar 21 st	Slava and Leonard Grigoryan - 2013 Montrose Concert Series launch. One of the world's leading guitar duos perform in a one night special showcase of Tchaikovsky's "The Seasons". Bookings www.yarraranges.vic.gov.au/mtc or 9761 9133
Mar 22 nd	CELEBRATE MOOROOLBARK Talent Quest 7.30 pm See details Pg. 4
Mar 23 rd	CELEBRATE MOOROOLBARK Our Local Family Festival 9 am – 4 pm See details. Pg 4.
Sat Mar 30 th	Giant Easter Egg Hunt Life Ministry Centre. Old Melb. Rd Chirside Park. Buy tickets on-line \$10 p.p. Visit www.giantegg hunt.com.au for details. Proceeds to overseas aid
April 2 nd -12 th	School Holiday Program - Art & Craft, Live Performances, Movies. Mooroolbark Community Centre & Montrose Town Centre. Bookings www.yarraranges.vic.gov.au/mcc or 9726 5488
Apr 3 rd	Free Family Film Night. "Wreck it Ralph" Mooroolbark Community Centre 7.30 pm start Bookings available from Mar 17 th Tel 9726 5488 or www.yarraranges.vic.gov.au/mcc/shp
April 4 th	Mudcakes performance and workshop. Montrose Town Centre. Bookings 9761 9133 or www.yarraranges.vic.gov.au/mtc
April 8 th	Red Cross Blood Bank - Mooroolbark Community Centre. Bookings 13 14 95
April 11 th	The Sand Dragons Tail by Curious Legends - performance and workshop. Mooroolbark Community Centre. Bookings www.yarraranges.vic.gov.au/mcc or 9726 5488
April 12 th	The Girls In Grey - this powerful theatre production commemorates the service of World War 1 nurses in the lead up to Anzac Day. Mooroolbark Community Centre. Bookings www.yarraranges.vic.gov.au/mcc or 9726 5488
April 25 th	ANZAC DAY Service. Hookey Park Mooroolbark. Commences 12.00 Noon
April 26 th	ACO2 (Australian Chamber Orchestra - Youth Orchestra) - ACO2 connects the next generation of talented young Australian musicians with the stars of the ACO. A fresh, energetic performance. Montrose Town Centre. Bookings www.yarraranges.vic.gov.au/mtc or 9761 9133
June 13 th – 22 nd	Mooroolbark Theatre Group presents "A Fish out of Water" by Derek Benfield Mooroolbark Community Centre. Adults \$16 Conc. \$ 14. Bookings avail. Now. – Ph. Arline 9726 4282
June 22 nd	Lior - Montrose Town Centre. Bookings www.yarraranges.vic.gov.au/mtc or 9761 9133.

Our *Community Events Calendar* offers a service to local clubs and organisations. To include entries for your group's community events in future issues please contact the editor on 9761 1121 or lewisdm@bigpond.net.au

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

LIVINGTODAY in Mooroolbark

Production

LIVINGTODAY in Mooroolbark is produced by Mooroolbark Christian Fellowship, assisted by local volunteers



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Publication

Published quarterly as a service to our community by Mooroolbark Christian Fellowship

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Distribution

11,500 copies distributed throughout Mooroolbark and the surrounding district

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Like to contribute?

If you have a good news story about people or groups who you believe are an inspiration to the community, please contact the editor through our church-office phone 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

ADVERTISING POLICY

Living Today does not publish direct advertising. We do, however, greatly appreciate the valuable contributions made by those who partner with us in serving our local community through this magazine. We acknowledge those partners in each issue.

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in Mooroolbark.

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