

For the grand opening of its gallery,

viddha.art

is excited to present a truly beautiful exhibition: NEW HORIZONS by the award winning artist

Clive Ducker

Sunday 6 June - 8 August 2021

Gallery exhibition hours: Thurs-Mon 11am - 4pm, other times by appointment.

29 Walnut Street, Whittlesea. Vic 3757 0408 459 928 viddha.art@gmail.com

ADVERTISEMENT



Danielle Green MP STATE MEMBER FOR YAN YEAN

Parliamentary Secretary for Sport
Parliamentary Secretary for Regional Victoria

Delivering for the North

Please contact me if you need help with a State or local issue.

3/14 Yan Yean Rd (PO Box 376), Diamond Creek VIC 3089 P: 9432 9782

E: danielle.green@parliament.vic.gov.au
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WHITTLESEA
FOOD SHARE

BEHIND THE UNITING CHURCH FOREST STREET, WHITTLESEA

Tuesdays12noon - 3pm

Wednesdays11am - 2pm

Enquiries: Les Booth 8735 7131

What's on in the City of Whittlesea

whittlesea.vic.gov.au f facebook.com/CityOfWhittlesea 🧿 instagram.com/cityWhittlesea 🕑 twitter.com/CityWhittlesea





Mass vaccination centre open at PRACC

Northern Health are operating a COVID-19 mass vaccination centre at Plenty Ranges Arts & Convention Centre in South Morang, offering both the AstraZeneca and Pfizer vaccines, subject to availability.

Getting vaccinated is the best way to protect yourself, your family and your community against COVID-19.

If you are eligible to receive a vaccination, you can book an appointment at vaccination.nh.org.au or call 1800 675 398.

Support your local businesses

Now more than ever is the time to get behind our wonderful local business.

From boutique clothing stores to cafes, restaurants, homewares, florists and many more in between, our city offers a great range of shopping options for every need.

Visit your local shops or head to explorewhittlesea.com.au to find some hidden gems in the City of Whittlesea.

Reach out for support

Whittlesea Community Connections Provides people in need with food, financial assistance and support. **Call:** 9401 6644 (Monday to Friday, 9am-1pm) Visit: whittleseacommunityconnections.org.au

Call: 13 11 14 (24 hours/7 days) Visit: lifeline.org.au **Beyond Blue** Call: 1800 512 348 Visit: coronavirus.beyondblue.org.au Call: 1800 650 890 Visit: www.headspace.org.au Aboriginal and Torres Strait Islander support Call: 0437 425 903 Email: shontia.saluja@whittlesea.vic.gov.au



For more information on events and activities within the City of Whittlesea, visit whittlesea.vic.gov.au/events For health information and guidance on current restrictions, visit dhhs.vic.gov.au/coronavirus



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DISTRIBUTION - 3,100 plus

Arthurs Creek, Beveridge, Broadford, Bundoora, Craigieburn, Diamond Creek, Donnybrook, Doreen, Eden Park, Epping, Greenbrook, Greensborough, Hazeldene, Hurstbridge, Kalkallo, Kilmore, Kinglake, Laurimar, Lalor, Mernda, Mill Park, Pheasant Creek, Plenty, Rivergum, South Morang, Strathewen, Thomastown, Upper Plenty, Wallan, Wandong, Whittlesea, Wollert, Yan Yean, Yarrambat.

SUBSCRIPTIONS AVAILABLE \$50 - incl.GST (Contact Karen) **ADVERTISEMENTS**

Please Note:- Cancellation of advertisements must be received in writing before booking deadline.

ALL NEW ADVERTISING & ALTERATIONS ARE REQUIRED IN WRITING BY 15th OF THE MONTH

ADVERTISING RATES (Including GST)

Trade Space (5cm H x 6cm W) \$50

1/4 Page \$130 1/8 page \$90 1/3 Page \$170 1/2 Page \$240 **Full Page** \$450 Colour Back Page \$730 Colour Inside Back or InsideFront Page \$660, 1/2 \$360, 1/4 \$190

COSTS	For	COMPILING	ALTERING ADS
Trade Space		\$20	\$15
1/8 page		\$30	\$20
1/4 page		\$35	\$25
1/3 page		\$38	\$28
1/2 page		\$40	\$30
Full Page		\$45	\$35

Other requirements by negotiation. Special artwork may incur an additional charge

PAYMENT FOR ALL ADVERTISING IS NOW **REQUIRED BY THE 15th OF THE PREVIOUS MONTH**

CLASSIFIED RATES: \$15 per advert for 3 months (inc. GST) If more than one item, you may need to pay for multiple ads

BUSINESS CLASSIFEDS: \$25 per month for 4 lines and \$6 for each additional line (incl. GST)

Deadline for all advertisments, copy, or alterations to existing entries is no later than 15th of previous month

DISCLATMER

The views expressed in all editorial matter are not necessarily those of the editor unless expressly signed.

Letters to the editor are always welcome, but will only be considered for publication with authentic names and addressed available for publication. All advertising copy is the responsibility of the advertiser, NOT the Editor.

Contact details must be supplied with all items submitted to the Town Crier.

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Fairy Tree, Fitzroy Gardens Front Cover photo:

Photo Supplied by: **Betty Harvey**



WHITTLESEA MEDICAL CLINIC

77 Church Street, Whittlesea, 3757 Phone: 9716 2207 Fax: 9716 2989

Email: whitmedgroup@bigpond.com

OPENING HOURS:

Monday to Friday 8.30am - 7pm Saturday 9am - 1pm

Please phone the Clinic for appointments

Pensioners & Health Care Card Holders are bulk billed

ALL CHILDREN UNDER 16 YEARS OF AGE ARE BULK BILLED

We are an AGPAL accredited practice offering a wide range of services to the local community



SERVICES OFFERED INCLUDE:

- ~ Immunisations
- ~ Male & Female Doctors available
- ~ Womens Health Issues
- ~ Mens Health Issues
- ~ Home Visits
- ~ Mental Health
- ~ Maternity Shared Care
- ~ Minor Procedures (including plastering, suturing, removal of skin lesions etc...)
- ~ Pathology on-site
- ~ Care Plans
- ~ 4 year old health checks
- ~ 75+ Health assessments
- ~ Chronic disease management
- ~ Wheelchair access
- ~ Practice Nurse on Duty
- ~ Wound care/dressings
- ~ Post op care

We have been caring for the Whittlesea community for over 40 years and have been in our new state of the art premised for more than five years now. We have two treatment rooms and ambulance access. We are close to the pharmacy and next door to a dentist and X-ray facilities.

Ample parking is available at the front and rear of the building.

FROM THE EDITOR'S DESK

Middle month of winter, the trees are bare and my garden looks a bit sad. What I need is someone who would like to potter around in it occasionally, it is only about 1 metre wide and about 3 metres long, but I am not an enthusiastic gardener, and it needs a bit of TLC. No public holidays this month, but school holidays are in the beginning, if you are away, enjoy the break and come home safely. Lucky you!

Continuing trivia from https://www.mentalfloss.com/ article/522884/amazing-facts-trivia-day

- 36. Sweden is so efficient, only one percent of its garbage ends up in
- 37. The Mayflower landed at Plymouth Rock in 1620. A journal from the ship reads, 'We could not now take time for further search or consideration; our victuals being much spent especially our Beere.'
- 38. Staff member of the Slovak and Slovenian embassies meet once a month to exchange incorrectly addressed mail.
- 39. Beaver College changed its name to Arcadia in 2001 in part because anti-porn filters blocked access to the school's website.
- 40. The Mobile Phone Throwing World Championships are held in Finland. A recent winner said he prepared for the event by 'mainly
- 41. In 1777, Frederick the Great issued an official statement urging his subjects to drink beer in the morning instead of coffee.
- 42. A newborn blue whale gains about 200 pounds a day during its
- 43. In 1997, a woman from Louisville left actor Charles Bronson all her money in a handwritten will, a total of about \$300,000. She's never met him; she was just a fan.
- 44. A Canadian Police Officer named Ward Clapham created a program that gives 'positive tickets' to people who do good deeds.
- 45. A 'contronym' is a word that's its own opposite. For example, if you seed the lawn you add seeds, but it you seed a tomato your remove them Regards Betty

KNEE RUGS, BEANIES, SCARVES etc... **NEEDED FOR THE COMING WINTER**

Once again we are making and collecting knee rugs, beanies and scarves for different charities for this coming winter, for Olivia Newton John in Austin, for people undergoing chemotherapy, womens and mens refuge centres, baby goods for Northern Hospital and knee rugs for Bundoora Extended Care, we can accept only completed articles. If you are able to help in any way we will be forever grateful as will the recipients of these goods.

The drop off places for these items is Whittlesea Library and Whittlesea Visitor Information Centre (old courthouse).

Thank you on behalf of Whittlesea Happy Yarners knitting group for Charity.

Contact: Magda 0413 099 909



HELP US TO HELP YOU

If you advertise your business with us and we will make sure that more than 4,000 people see it

The Corona Virus has affected everyone, and a good deal of small businesses have suffered badly, the Town Crier has being affected too, if you advertise with us, we will send your advertisement as far and wide as possible, in the hope that you get many answers to your ad.

We want to express our sincere gratitude to our loyal advertisers who have continued advertising with us throughout difficult times.

> Help keep the Town Crier going Thank you, Karen Mace 9715 0674, 0410 324 326

karen_macetc@yahoo.com.au

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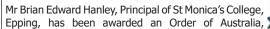
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9716 1311

Shop 3, 75 Church Street Whittlesea

ST MONICA'S COLLEGE, EPPING

SMC PRINCIPAL ORDER OF AUSTRALIA



announced in the Queen's Birthday 2021 Honours List.

The OAM recognises Mr Hanley's exceptional to education contribution over 45 years, including more than 30 years as Principal of St Monica's College, Epping (SMC). The citation reads `for service to secondary education'.

Mr Emad Attie, Director of Promotions and Events at SMC, congratulated Mr Hanley. 'In his time as Principal of SMC, Brian has overseen significant growth in our College and influenced the lives of more than 40,000 students who have passed through our gates.



His leadership, compassion and management skills have allowed our College to grow whilst never forgetting the contribution of the Good Samaritan Sisters who founded our College.'

'Under Mr Hanley's leadership the College continues to develop with the ongoing construction of new facilities and the continuing development of a strong, exciting, contemporary and relevant curriculum. Mr Hanley's promise that students of the northern suburbs of Melbourne will have the best available education continues to drive his service to the College.

Mr Hanley was appointed Principal of St Monica's College, Epping, in 1990. The Monican community salutes Mr Brian Hanley OAM.



What is a deadline, I hear you you ask?

It is the same as the use by date on your milk and other perishables. Do you wait till the use by date has arrived before using the product? No, of course not, you try to use it before then. That is what a deadline is, do what you need to before the date.

Or maybe it is like the time the train leaves the station, if you show up later then you have missed out.

And, for competitions and many other things that have a deadline date, if you are later, then you have missed out.

MORE ADVENTURES OF AUSSIE PAT THE LEPRECHAUN

THE KILMORE IRISH DANCING COMPETITION

When the Celtic Festival comes to Kilmore it is as if a part of Ireland has magically arrived in Australia for a brief time. All the halls are filled with Irish singing and Irish music and the Irish harp plays and Irish poems are recited and Irish stories are told. There is a bagpipe band with kettledrum and full regalia. With sporrans swinging to loud Bagpipes and wild music they start the day by marching down the street that is decorated with flags and bunting from building to building. Everyone loves to see the Celts in kilts and thrills to hear the bagpipes.

The Irish dancing is held at the sports ground with the competitors dancing on a raised platform. Everyone has a good view and a big crowd of people fill the sports ground.

Mrs Kathleen Clowery and her husband Jo were making a day of it. They had already been in the hall with the singing and had enjoyed it. Now they were waiting for the dancing competition to begin.

The first dancers were the Highland dancers who danced to the music of a lone piper.

Little Pat sat with Pretty Sally and Kevin and his wife, Jeannie on a seat near the dance platform. Little pat thought the Highland dancers were wonderful, especially when the men did the sword dance around crossed swords.

'Dat's real clever dancin' around those sharp swords, you have to watch your little toes near those swords or you might cut your toenails,' laughed Little Pat.

After the Highland dancing was completed, the fiddlers started tuning up for the Irish step dancing. First came the team from Melbourne, then the Bendigo team. The dancers were good, with their hands to their sides and their quick dance steps to every note of the music. The dance shoes gave a tapping click in time to the fast tempo of the music. The fiddlers were obviously enjoying every moment of their playing. The dancers gave high kicks and swayed from side to side while balanced on their toes. The audience enjoyed the team dancing which went on for quite a long time.

Little Pat, Pretty Sally, Kevin Jeannie, Mrs Kathleen Clowery and Joe were all waiting patiently to see Anna perform her Irish step dance.

THE IRISH STEP DANCING

At long last it was Anna's turn. The Master of Ceremony announced, 'We have a young local girl competing in the Irish step dancing – Anna Clowery from Wallan. Give her a big welcome.'



They certainly did!
The cockatoos started squawking, the kookaburras started laughing and the magpies in the trees startled their whistling.
A couple of brush tailed possums started clapping their paws,

but nobody heard them.

The Irish fiddle music started and Anna went into her dance, her shoes flashing and tapping to the notes before doing a jump, with her legs twiddling and crossing as Little Pat had taught her. She went around the stage tapping and high kicking. The crowd loved it and when the music stopped, they shouted for more.

Anna took a bow, but still the crowd shouted for more. Little Pat shouted, 'Come on Anna, once again!'

Anna shouted, 'With you Little Pat – with you'.

Now Pat is a born show-off and he was up on stage like a linty which is some sort of fairy I think. The fiddles started up, wild, fast Irish music and Little Pat and Anna danced better than they had ever danced before.

Most of the crowd enjoyed seeing the two dancers, the young girl and the little man.

Of course, those people like the policeman, the mayor, and the Councillors, who don't believe in



leprechauns, could only see Anna. They wondered what the crowd was so excited about. Little Pat excelled himself with iumps and twiddling legs so fast that you couldn't tell which leg

was in front. He danced with Anna, high kicking and tap dancing all around the stage.

But Anna could see Pat was tiring quickly. She motioned for the fiddlers to stop and the crowd cheered. It is not often anyone gets to see dancing like that by one of the Little People.

I suppose you're wanting to know if Anna got a prize, no, she didn't. The judges said her dancing was very good but that parts of it, like the star-jump were not really Irish step dancing.

Little Pat said, 'It's danced like that in Ireland, so it must be right. But you are a winner anyway Anna even without winning.'

Anna certainly was. When the evening was over and everyone

was leaving Mrs Kathleen Clowery said to her husband, 'Take me home Joe.'

'Kathleen, I wish I could, but you know I can't.'

'Joe, I'm not talking about Ireland. I'm talking about Wallan, that's our home now Joe. I still love Ireland but I'm happy here. With the birds and animals and friendly folk Joe, I'm over my homesickness. Joe, let's go home?'

Anna really was a great winner. Her plan and Little Pat had helped with her mother's homesickness. Pat and Sally made their way back to Hidden Valley.

Pretty Sally said, 'I'm proud of you Little Pat, whether your magic works or not.'

As he opened the door to their home, Pat said, 'Give me a cuddle, Pretty Sally and I'll make us a cup of tea.'

Pat loves his cup of tea.



Pat's wife Pretty Sally

Next month we will run a story about Pat getting his COVID shot

THE VIEW OVER HUMEVALE

Looking down on Humevale from the Kinglake road ridge I can see the small group of houses and the wooden bridge The narrow valley with the tree lined shallow Scrubby creek

A more homely peaceful place, you won't find in many a week This valley cleft in the ranges, covered in trees on every side Wombats, Lyre Birds, Blue wrens live

here with more beside
A few short fleeting years have past since the bushfire came

Nothing in that deadly bushfire's path can ever be the same Local men and lads and the Whittlesea Fire Brigade the CFA Managed to turn the flames and save

Humevale that deadly day Houses and human lives were lost from this ridge I'm standing on Roads blocked beyond Humevale with fallen trees so many gone

Now I see sulphur crested cockatoos on the trees and on the ground below

The golf course has guest kangaroos they are safe there and know it Once the place was called Scrubby Creek, that creek runs through its centre

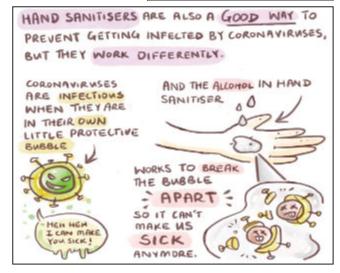
A School among the trees, and a village Hall just on the right as you enter

A village Post Office, a village store, a few old railway carriages, a farm A place where children safely play a carefree country, without fear of harm

There's a farm horse in the field below and a just small handful of sheep

A magpie is singing its evening song, with notes so strong and deep It's coming on to evening it's cooler now the sun is getting low Shadows are lengthening, I'd like to stay a while but I have to go I straighten up and lift my arms from leaning long on the field rail I take one more 'mental picture' of

this peaceful place, Humevale. **Matt Dickinson**



ELECTORAL DIVISION OF DIAMOND VALLEYBy Glen Davis

Since Australia's Federation, there have been regular changes to how our locations are represented in parliament. Increases in the population, decreased population in certain areas, changing demographics, all have seen changes in the Electoral Divisions, (Electorates) we are enrolled to vote in.

From the most recent counting there are 64 Federal Electorates that no longer exist. One of these is the Electorate of Diamond Valley that was situated within the distribution of the Town Crier. Some of the suburbs in this electorate included Diamond Creek, Bundoora, across to the Eastern side of the seat where it covered places like Doncaster, and Templestowe. The Electorate of Diamond Valley only existed for a brief period but in its short time it provided a member of the Federal Government during each election: a 'bellwether' seat. As it was only four members of parliament held the seat, all four sat on the government benches.

The first election held there was in 1969. The incumbent Liberal-Country Party (LCP) coalition Federal Government of John Gorton retained power, albeit with a reduced majority. The first Member of Parliament (MP) for Diamond Valley was the LCP's Neil Brown. After the two-party distribution of votes, he received 56.1% of the tally, giving him victory over the Australian Labour Party's (ALP) candidate.

By 1972 voters in the electorate decided, It's Time as Australia saw the election of the ALP government led by Gough Whitlam, ending 23 years of LCP rule. The Diamond Valley electorate saw the incumbent Neil Brown replaced by David McKenzie, who had been the unsuccessful ALP candidate in 1969. McKenzie served two terms again winning the seat in 1974, though with a slightly reduced margin.

The landslide LCP victory of 1975 saw Neil Brown reinstated in the seat. He subsequently won it again in 1977, then was returned in 1980 for a further term, though there was a 6.6% swing against him. Brown held several ministerial portfolios in the Government of Malcolm Fraser.

Bob Hawke led the ALP to victory in the 1983 Federal Election with the new MP being the ALP's Peter Staples, the beneficiary of a 4.1% swing. Staples served only one term before the seat was dissolved. Staples subsequently became the MP for the created seat of Jaga Jaga that took in the Western part of the electorate including Greensborough, St Helena's, also Lower Plenty. The Eastern part became the electorate of Menzies. The first MP elected for Menzies was former Diamond Valley MP Neil Brown, who went on to become the deputy opposition leader.

Neil Brown, who well did become the depty apposition reader. Neil Brown, who held the seat of Diamond Valley longer than anyone else was quite risqué for the time, when during the 1980's he was one of the first to openly discuss his sexuality. Whilst this is quite common nowadays, in those times it was exceedingly unusual.

The election results reflected in the Australian two-party format are below

1969 Neil Brown. Liberal, 56.1% 1972, David McKenzie. ALP, 51.6% 1974 David McKenzie. ALP, 50.7% 1975 Neil Brown. Liberal, 59.1% 1977 Neil Brown. Liberal, 60.3% 1980 Neil Brown. Liberal, 53.7% 1983 Peter Staples. ALP, 50.4 %

David McKenzie. ALP, 43.9% Neil Brown. Liberal, 48.4% Geoffrey Waite. Liberal, 49.3% David Mckenzie. ALP, 40.9% Jean Downing. ALP, 39.7% John Scomparin. ALP, 46.3% Neil Brown. Liberal, 49.6%

KAREN'S HOME REMEDIES

FACE MASKS

GO BANANAS – Bananas are great for oily skin. Mash one banana with a teaspoon of honey and a couple of drops of lemon juice. Apply to your face and let it sit for 15 minutes before washing with a cool washcloth.

SOLUTION FOR DRY SKIN – Mix one egg yoke with a teaspoon of honey and a teaspoon of olive oil. Leave on your face for as long as possible, then wash off. The vitamin A in the egg yoke is great for your skin.

TASTES GREAT, TOO! – Mix 1/4 cup brown sugar with 1/2 tablespoons whole or skim milk. Rub onto your face then leave on for 10 minutes. The brown sugar will exfoliate while the milk will moisturize.

YOU WONT BELIEVE IT TILL YOU TRY IT – Cat litter is actually the exact same clay that is found in some of the most expensive facemasks on the market. Find some cat litter labeled 10 percent all-natural clay and mix it with water until it gets to the consistency you want. Adding a couple of drops of scented oil will also help make it seem less like you are applying cat litter to your face. Wash the mask off after it hardens.

SKIN SOOTHER – This facemask is perfect for sunburned of irritated skin. Combine $\frac{1}{4}$ cup of full fat yogurt with 2 tablespoons of oatmeal. Mix vigorously for one minute then apply to your face. Leave on for at least 10 minutes, wash off with warm water.

WHITTLESEA PHYSIOTHERAPY

HOW TO MANAGE NECK AND BACK PAIN WHILE WORKING FROM HOME?

Coronavirus restrictions have led to a massive shift to workplace arrangements for most Australians. While working from home is a dream for some, being away from the comfort of an 'Ergonomically-correct' desk setup at work can cause a lot of physical discomfort.

With more and more people working from their couches and beds not really designed to maintain a good posture, majority of them are experiencing pain in their necks, shoulders and across their backs.

And, the biggest culprit is a 'Pokey Chin' or a 'Forward Head' posture. As the muscles are held taught for prolonged periods of time, they increase tension and stiffness which can develop myofascial trigger points and even cause tension headaches.

What should I do to avoid muscle pain?

Firstly, find an area in your home that is dedicated entirely to work and avoid working from your couch, bed or kitchen table if possible.

It is worth investing in a good chair that can support your neck and spine correctly. The desk should be adjusted in a way which is both practical as well as comfortable. A stack of books under your laptop is a good way to make sure that the screen is in level with your eyes.

Your work area should be spacious enough so that you can use the mouse without having to reach for it. Furthermore, place your keyboard in front of you which will help support your wrists while typing.

Our bodies are not designed to withstand prolonged periods of sitting therefore, it is crucial to move regularly and avoid sitting constantly for longer periods of time.

Below are three stretching exercises targeting upper and lower body muscles to help reduce muscle stiffness and most of them can easily be done at your desk.

Although, stretches are not a substitute for actual exercise, they can be extremely helpful in relieving stiffness and pain associalted with prolonged sitting.

Shoulder rolls: Sit upright with your arms by your sides and rotate both shoulders forwards and backwards first in small circles and once comfortable try big circles while breathing in through your nose and out through your mouth. Do 2 sets of 10 reps two to three times per day.

Neck lateral stretch: Gently bring your head to one side as if trying to touch your ear to the shoulder and hold the position for at least 5-10 seconds before bringing back to neutral and then repeat on the other side. You can also progress by brining your hand to the top of your head and gently applying a light pressure with your fingertips

Seated glute stretch: Sit on the chair and bring one ankle up to the other knee. Lean forward while keeping your spine straight. Hold for 15 -20 seconds and repeat on the opposite side.

All exercises should be pain free and must be performed in a controlled manner.

If you have any questions or would like further information on the topic feel free to get in touch with one of our Physiotherapist's at info@whittleseaphysiotherapy.com.au or call us at +61 3 9716 2250

WHITTLESEA PHYSIOTHERAPY

2/17 Church St, Whittlesea. Phone: 9716 2250 info@whittleseaphysiotherapy.com.au www.whittleseaphysiotherapy.com.au



FAMILY CORNER

PLEASE NOTE: It is a requirement of the law that anyone submitting articles, notices etc.. for publication must have the writers contact details attached, but not necessarily for publication. Anything received without these details will not be included.

BIRTHDAY WISHES

1/7/2021 - Neville Tranter 2/7/2021 - Greg Harvey (60) 5/7/2021 - Jefff Andrews 31/7/2021 - Elsie Brown

BIRTHDAYS



NEVILLE TRANTER - 1/7/2021 Happy birthday, Nev, wishing you a very happy day, love from Rusty, Jeff and Tammie, Jack, Kerry, Norma and **Betty xxxx**

60th BIRTHDAY

GREG HARVEY - 2/7/2021

Congratulations on reaching another milestone. Happy birthday, Greg, all the best for today and the coming years, lots of love from Mum xxxx

JEFF ANDREWS - 5/7/2021 Happy birthday, Jeff, I hope you have a great day, lots of love from Mum XXXX

DATES TO REMEMBER 2021

School Holidays - 26 June - 11 July Father's Day - 5 September School Holidays - 18 Sept. - 3 October Daylight Saving starts -3 October Melbourne Cup - 2 November School Holidays - 18 Dec. - 30 January Christmas Day holiday - 27 Dec Boxing Day holiday - 28 Dec

IRISH HUMOUR

A man had great tickets for the ALL IRELAND FINAL. As he sits down, another man comes over and asks if anyone will be sitting in the seat next to him.

'No', he says, 'the seat is empty'. 'This is incredible,' said the man, 'Who in their right mind would have a seat like this for the ALL IRELAND FINAL, the biggest event in the world and not use it?"

'Well, actually, the seat belongs to me. My wife was supposed to come with me, but she passed away. This is the first All Ireland Final we haven't been at together since we got married.'

'Oh! I'm sorry to hear that, that's terrible, but couldn't you find someone else, a friend or even a neighbor to take the seat?' The man shakes his head, 'No, they're all at the funeral.'

Anon



Kinglake Chinese

Medicine

Dr Angela Palmer CMRBV Reg 1347 AACMA Memb 2154

- ACUPUNCTURE
- HERBAL MEDICINE
- CUPPING THERAPY
- CHINESE MASSAGE

5786 1889

U2/1 Victoria Road, Kinglake 3763 Workcover & Private Health Fund Approved

NANNAS HOME BASICS GROUP

Have you seen the Nannas Home Basics group on Facebook? We are a community of people of all ages from across Australia who love to share craft, baking, gardening, tips, recipes and conversation on almost any subject. Everyone is welcome to join - you don't have to be a Nanna to be a 'Nanna'. There is no joining fee.

Local Nannas meet twice a week for craft, cuppa and chat, Tuesday's 10.30-12.30 at Billy's Junction in Mernda and Thursday's 10.30-12.30 at Slices in Doreen.

Many of our members knit and crochet for various charities, we have monthly lunches and occasional day trips, a book club and sometimes guest speakers at our craft and chat mornings. There is also a Nannas Homemade Wares Facebook page where crafts people can sell their handmade items, also a Nannas Makers Market that is currently run online each month.

For more information please ring Julie 0408 311 212 or Terri 0448 273 040

OUR POET'S CORNER



THE BALLAD OF SLIM DUSTY

Back in the era of the old time wireless Which to the bush folk brought great cheer Of country and western singers there were many

In the long past chequered days of yesteryear There was Tex Morton's song of Mandrake

And Buddy Williams with the white faced cattle rovin'

Wilf Carter's old log cabin on the prairie And Smoky Dawson's home in the old Khancoban

John Williamson was the balladist With his song of old man emu And many more Australian yarns The best of them all no doubt True Blue

But of the country western singers There is one that stands out tall A great Australian called Slim Dusty No doubt the greatest of them all

He sang songs of old time drovers And of this country's endless plains Of the harsh Australian outback Where there's droughts and flooding rains

The story of the old bush swagman Who was at all times stony broke He who said I've drank all kinds of beer But I must have good tobaccy when I smoke

And there was the great Australian classic That song so lonesome morbid and drear Of the beer drinking folk of the bushland And that old country pub with no beer

He sang of old stock riding days And many yesterdays ago When the moon across the bushland's gleam And old bush pals of mine I know

To me the best of Slim Dusty's songs Is the one he wrote in days gone by Tis the ballad of Homewood Station When the rain tumbles down in July

Slim Dusty with his old guitar Ann Kirkpatrick and Joy McKean A great Australian family We are all so very glad they've been

Bill Shimleck

WHITTLESEA SENIOR CITIZENS Inc.

P.O. BOX 50, WHITTLESEA **Community Activity Centre** 57-61 Laurel Street, Whittlesea

Masks are mandatory, new members most welcome. We meet at the Community Hall, Library, Laurel Street, Whittlesea 12.30 - 3.30pm

DEPENDING ON LOCKDOWN RESTRICTIONS, JULY EVENTS ARE AS FOLLOWS

JULY DATES

7th 1pm General Meeting, afternoon tea 14th 11am Christmas in July & Clubs birthday

21st 1pm Bingo, afternoon tea 28th 1pm Trivia, afternoon tea

President: John Peachy, 9347 6235, 0433 160 016

Vice President: Bill Beasy, 9716 2291, 0408 997 841

VERSE ON THE VIRUS

Once on a Cannibal Island lived a dark eyed maid

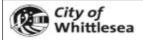
She lived all alone in a little log hut neath the Palm trees shade And on that island she reigned as queen One day an Aussie bloke appeared on the scene Sez Aus, 'Don't waste your time out in this awful clime, come with me my pretty southern maid to Victoria beyond the sea'.

But our Aus went very red when she turned up her nose and said, 'I would leave my little wooden hut for you, but, Victoria has the Chinese virus,

1,000 times worse than the Flu What will happen there aint no knowing, You've not been injected so you better get a going Cos I wouldn't leave my little

wooden hut for vou'.

Matt Dickinson



MESSAGE FROM CHAIR ADMINISTRATOR, LYDIA WILSON



These past weeks of lockdown and restrictions have no doubt been tough on our community. It is good news that restrictions have eased.

My fellow Administrators, Ms Peita Duncan and Mr Chris Eddy, along with our CEO Mr Craig Lloyd have heard many stories about how our community once again banded together and helped one another through this time. From cafes and restaurants adapting to home delivery again, to communities 'paying it forward' with acts of kindness to random strangers. We thank you for staying positive, and for helping those who might be struggling.

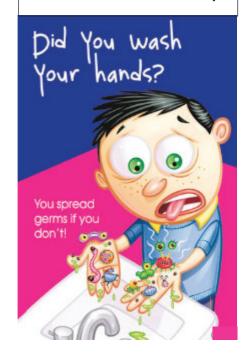
I would like to thank everyone for doing their part to stop the spread of COVID-19 by staying home when required, getting tested even just for mild symptoms, and getting vaccinated if eligible.

The City of Whittlesea is pleased to be doing its part to support the state's vaccination efforts. A mass vaccination centre is now operating from the Plenty Ranges Arts and Convention Centre (PRACC) at the Civic Centre in South Morang.

We understand that by handing PRACC over to Northern Health for this important purpose until the end of the year, some community groups and schools will need to find an alternative venue for their event. The decision was not made lightly; however, in the end it came down to having an appropriate venue that will allow Northern Health to provide both AstraZeneca and Pfizer vaccinations on a large scale. This will play a significant part in vaccinating people as quickly as possible and help stop this pandemic from continuing to impact our residents and businesses with continuous lockdown situations.

Please, take care, look after yourselves and your families and stay in touch with others in your community.

Lydia



WHITTLESEA FIRE BRIGADE



TRAINING: This month Whittlesea Fire Brigade has been focusing on structure fire (house fire) training, with a focus on pumper equipment;

dispersing smoke inside buildings and gaining entry to buildings on fire. Darren, Brad and David took us though each stage drawing on their experiences to relate the training back to practical situations. After a safety demonstration, members were shown, by Brad, how to use a demo saw to gain access into garage doors. Members were then each given an opportunity to use the equipment to gain access on a simulated garage door. David showed members how to safely access domestic and industrial doors. Members were each given the opportunity to work in a team of two to open the doors. Darren took us through different strategies on how to use a positive force fan to disperse smoke in buildings so that firefighters can see more clearly as well as to reduce the amount of smoke damage to the building were possible. Members were given scenarios to work through as a team to find the best possible way to disperse the smoke.

ELECTRICAL FIRES: Do you Powerboards to power/charge all of your devices at once? Only use Powerboards according to the manufacturer's instructions, never overload them and check regularly for damage. Particularly wires as pets or other animals may chew cords that can result in a fire. Also avoid charging or using electronic items on beds or surface's that can overheat and burn. We have been to many fires over the last few years that have been caused by phones or laptops being on charge on beds. Please make sure you charge your electronic devices in a safe place.

WORKING WITH THE WURUNDJERI NARRAP RANGERS: On Tuesday the 1st of June, crews from Whittlesea Fire Brigade were invited to be part of a burn conducted by Wurundjeri Narrap Rangers Land, Water & Fire Natural Resource Management. In conjunction with CFA (Country Fire Authority), Forest Fire Management Victoria and Melbourne Water, his burn was conducted in the catchment area of Yan Yean reservoir. The purpose of the burn was to follow the cultural protocols and caring for Country with the key focus of:

- Managing and limiting the impact of weeds
- Regenerating native vegetation
- Enhancing biodiversity and improving the health of Country overall, with the use of a fire technique called mosaic burning. A mosaic burn is a cool slow burn, which encourages native grasses and plants to regenerate by the use of smoke or heat. As you can see in the photos below the grass structure is maintained and only parts of the grass are burnt. We would like to thank the Wurundjeri Narrap Rangers and Melbourne Water for inviting us along to this burn and look forward to working with them again in the future.

NATIONAL VOLUNTEER WEEK: Volunteers come from all walks of life, they are people from our communities, for our communities. Farmers, lawyers, doctors, nurses, police officers, teachers, electricians, bakers, it doesn't matter who they are and what they do they are there for the community no matter what. The week of 17th to 23rd of May is a week where we celebrated the diversity of our volunteer people and the effort's that they give to their communities. We call out to those in our communities who want to become a volunteer and join our ranks at CFA. Many of our people have a diverse skill set that brings

the uniqueness to being part of the CFA that is not only about firefighting but there are many other non-operational roles as well and many people in their communities have skill sets that bring an added value to our organisation. If you wish to enquire about joining the Whittlesea Fire Brigade email us on admin@ whittleseacfa.com If you know a volunteer, no matter what organisation they are from, make sure you take the time to say thank you for all that they do!















Town Crier July 2021

AUSTRALIANS IN VIETNAM ROYAL AUSTRALIAN ARTILLERY

By Denys Potts

Captain M Thompson, a member of the first contingent of the Australian Army Training Team (AATV) was the only artillery-man among the group of 36 officers and men who arrived in Vietnam in August 1962. It was not until September 1965 that an artillery field battery was deployed into the area.

On the eve of the Vietnam War, the Australian $1^{\rm st}$ Field Regiment was the only regular artillery regiment and it was stationed at North Head, Sydney. It consisted of the $101^{\rm st}$ and $105^{\rm th}$ Field Batteries, equipped with $105 \, \rm mm$ L5 Pack Howitzers, plus mortar and headquarters batteries.

When the 1^{st} Battalion, Royal Australian Regiment (1RAR) was sent to Vietnam in May 1965, the 105^{th} Field Battery followed in September. With the expansion of the Australian force to two Battalion groups in June 1966, the remainder of the Regiment, less the 101^{st} , deployed to Vietnam accompanied by the newly formed 103^{rd} Field Battery. They joined up with the 161^{st} Royal New Zealand Artillery and Headquarters, all three batteries being equipped with the L5 howitzer. A Battery, United States $2/35^{th}$ Artillery Battalion equipped with 155mm self-propelled howitzers then became part of the group.

105 Field Battery:

Two days after arriving at Bien Hoa the 105th fired its, and Australia's, first artillery rounds of the war. During January 1966 the battery was involved in Operation Crimp in support of US and Australian forces when they encountered an extensive Viet Cong (VC) tunnel complex. Eight Australians died in the operation and the battery's forward observer, Captain Ken Blade, became the first officer to die in the Vietnam conflict.

Until May 1966 the battery worked in close cooperation with various American units and notably, on the 16^{th} March, it and two American batteries fired for four hours in support of an American infantry battalion being vigorously attacked by two VC battalions. For their action the Americans sent a message saying they had never seen finer shooting. Initially the 105^{th} operated with 5RAR but from August 1966 it assumed a general support role for the whole Australian Task Force (ATF) and this included both defensive fire and harassing and interdiction tasks.

On the 18^{th} August they provided support fire in the Battle of Long Tan. Operation Vaucluse in early September and a brief move to French Fort marked the end of the 105^{th} 's first tour and they flew out of Vietnam on the 24^{th} , having fired approximately 30,000 rounds during the tour.

Their second tour commenced on the 4th February 1969 and during this tour the battery operated from 31 different fire support bases (FSB), usually in support of 5RAR. During the Battle of Binh Ba in June, Nui Dat was attacked by enemy rockets but retaliatory fire by the $105^{\rm th}$ forced the enemy to break off. The battery continued with harassing and interdiction fire and during the battle fired 2,000 rounds over a 48-hour period.

As part of Operation Camden in July/August, the 105th was deployed by helicopter to FSB Polly from where it took part in 40 separate actions protecting American reconnaissance-in-force and land clearing operations north of Nui Dat.

During Operation Kings Cross, October/December, the battery was stationed at FSB Cape from where it fired a record 6,300 rounds in 16 days. Operation Bondi December1969/January 1979 was the battery's last operation in Vietnam.

101 Field Battery:

The 101st arrived in Vietnam in September 1966, relieving the 105th. It was initially assigned firing tasks in support of operations close to the ATF but in November took part in Operation Ingham, a search and destroy mission along the Song Rai river. This was the first time a battery was flown in by Chinook helicopters and when they returned to Nui Dat they were placed in direct support of 6RAR/NZ and this affiliation remained for the rest of the battery's tour. The 6RAR/NZ designation came about because 6RAR had two New Zealand rifle companies attached to them, along with two mortar and two assault pigneer sections.

In January 1967 they took part in Operation Camden, a series of cordon-and-search missions south of Nui Dat around the village of Hoa Long which had been the centre of recent VC activity. Operation Bribie commenced on the 16th February and the 101st provided support fire down to 50 metres for the hard-pressed B Company, 6RAR, that was under extreme pressure, causing many enemy casualties.

In late march it took part in its last large-scale operation when it deployed with the New Zealand 161st battery and three American batteries as part of Operation Portsea.

Their second tour commenced in May 1969, again supporting 6RAR/NZ and after training went to FSB Virginia as part of Operation Laverack. This began a pattern of four-week operational deployments with two-week rest periods at Nui Dat.

During Operation Mundingburra in July, the battery worked with American heavy artillery and in October ran a search and clear operation along the Song Rai river. In January/February 1970, the battery went to FSB Peggy for Operation Napier and then returned to Australia in May.

103 Field Battery:

This battery arrived in Vietnam in May 1966, joining the $105^{\rm th}$ and NZ 161st batteries. The highlight of this battery's tour was its involvement in the Battle of Long Tan. It too, like the $105^{\rm th}$ and $101^{\rm st}$ was involved as support in several significant operations, Toledo, Caloundra, Renmark and Wollongong.

Field Battery Deployments:

101 - $(1966\text{-}196;\,1969\text{-}1970)$ 102-(1968-1969) 103-(1966-1967) $104\text{-}(1968\text{-}1969;\,1971)$ 105- (1969-1970) $106\text{-}(1967\text{-}1968;\,1970\text{-}1971)$ 107-(1970-1971) 108- (1967-1968) All the batteries were employed along similar lines. Locations may have varied but the guiding principal was to provide support to allies and Australian troops.

Long Tan:

At about 1600 hours on the 18th August 1966, the batteries were 'winding down' and preparing for the night routine when it was noticed that the NZ 161st was firing a large number of rounds of fire for effect. This was support of D Company 6RAR who had engaged the enemy at Long Tan.



101 Fld Bat. Vietnam



102 Fld Bat. Vietnam

Living & Learning Nillumbik

 where people share, learn and connect.

Enrolments are open now for CHC30113Certificate III in Early Childhood Education and Care, CHC33015Cert III in Individual Support (Ageing, Home and Community) and CHC50113 Diploma of Early Childhood Education and Care

These courses will be via an online blended deliverymodel. Early childhood centres and educators, we are now delivering CHC50113 Diploma of Early Childhood Educationand Care via traineeship. Incentives and wage subsidies may applyfor eligible employees.

We have a range of workshops, courses and MakerSpaces available at our Neighbourhood House sites. Pleaserefer to our website, Facebookand Instagram for updates and to viewclasses on offer.

info.livinglearning @nillumbik.vic.gov.au

livinglearningnillumbik.vic.gov.au

Participate Nillumbik

Council would like to hear from our community on a range of different projects including:

- Locallaws
- Andrew Pocket Park, Eltham
- Eltham Urban Congestion Fund
- Eltham Skate Park.

participate.nillumbik.vic.gov.au

Intergenerational Digital Storytelling program

Council has partnered with Humankind Enterprises to run a six-week program to increase social connection between young and older residents.

The program employs youngjob seekers to connect with older community members, capturing and recording their stories and experiences.

For more information contact the Social Connection Officer at 94333111 or social.connection@nillumbik.vic.gov.au

Journey's End exhibition

The artworks on display reflect the experiences of refugee artists upon arrival in a new land, as well as the perspectives of the Australians who helped them.

Eltham Library Community Gallery 2 July-1 August. Entry free.

nillumbik.vic.gov.au/ELCG

Nillumbik Community Fund - now open

Do you have an idea for a community initiative but need some financial help?

Councilgrants for avariety of projects are now open until 1 August:

- CommunitySupport (Community, Indigenous and Youth)
- Arts and Cultural Development
- Community Eventand Placemaking
- Quick Response.

To find out more visit **nillumbik.vic. gov.au/nillumbik-community-fund**

Young Minds: Your Voice, Our Future

Young people aged 12-25 are invited to provide feedback on issues that are important to them, to help shape Council's Youth Strategy and Action Plan.

Complete the survey at Participate Nillumbik or contact the Youth Development team at youth@nillumibik.vic.gov.au.
Survey closes Sunday 18 July.
participate.nillumbik.vic.gov.au/
young-minds

The Hursthridge

The Hurstbridge Community Hub

A collaborative spacefor a range of different services and facilities

The Hub boasts many unique and flexible spaces perfect for your next meeting, eventor social gathering.

For more information and to hire nillumbik.vic.gov.au/hurstbridge-community-hub



nillumbik.vic.gov.au 👖 🖸 in 💟



Australians in Vietnam - continued from page 10

At about 1630 hours the $103^{\rm rd}$ and $105^{\rm th}$ were ordered to engage in three fire missions, which was a sign that something big was pending. Further fire missions followed and it became obvious the biggest contact so far for the ATF was in progress.

The order 'continuous fire' was given which underlined the desperation of the infantry situation and every man laboured to keep up the rate of fire the situation demanded. It soon became obvious that ammunition supply would be a critical factor as the ammunition bays built into each

gun pit were big enough to only hold 120 rounds, clearly not enough! The rest of the ammunition was stored in a central dump with earth walls up to 10 feet high, topped by sandbags and it became essential that sufficient ammunition be supplied to allow the guns to fire their maximum rate, six rounds per minute.

An instant 'coolie' labour force was the answer and all the men of HQ battery ran down to the gun position and went to work hauling ammunition from the central dump, throwing it over the pit wall and dragging it through pools of mud and water to the gun positions.



M-101-A1

Every gun met every call for fire and none went unanswered for lack of ammunition.

During the most intensive period of firing between about 1700 and 1800 hours, heavy wind-driven rain fell, drastically reducing visibility and making the task of layers and gun numbers extremely difficult. To make a bad situation worse, poisonous cordite fumes from the gunfire built up a toxic haze causing gunners to have to cope with nausea, respiratory difficulties and fainting fits whilst maintaining the bombardment.

The 103rd played a pivotal a pivotal role in the battle, pounding the enemy with 1,078 rounds, a round every 10 seconds for about three hours and those who cleared up the area the following day estimated that at least half the enemy dead had been killed by artillery. In total the regiment fired 3,198 rounds.

M-101A1- 105mm Howitzer:

This howitzer was the standard US light field howitzer in the Second World War. Subsequent minor modifications, including a larger shield, have led to the A1 variant.

It has hydro-pneumatic recoil mechanism with a 42-inch run which absorbs so much of the recoil that a well-emplaced carriage rarely shifts during firing. A high-angle fire capability allows it to engage reverse slope targets, critical against an enemy who exploits the terrain.

It can fire high-explosive white phosphorous, illumination, anti-tank and anti-personnel rounds over a range of 11,270m.

If you would like to speak with Denys regarding this article or any of his previous articles, please call the Town Crier

The next Town Crier is due out
Monday 2nd August
Deadline for all copy, ads, and
alterations to existing entries is
NO LATER than Thursday 14th July
For all advertising call Karen,
9715 0674, 0410 324 326
karen_macetc@yahoo.com



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WHITTLESEA PHOTOGRAPHY CLUB

Well, we continue to be kept on our toes with the ever-changing conditions that the COVID19 pandemic is throwing at us. Our second face-to-face meeting for the year was postponed and we found ourselves back on Zoom. As usual though our resilient club members enjoyed a great evening of camera talk. With the recent Super Moon and eclipse it was a great chance to discuss the best techniques for taking photos of the moon and astrophotography in general.

Our latest club competition was 'Silhouettes' and many of us found this a challenging topic. Our judge for the night Sam Mariani, was very impressed with everyone's creative takes on the subject matter. The winner was Jessie Bishop with a stunning black and white photo of a foal galloping across a hill. Second place went to Peter Belmont and third to Grant Smyth. There were 46 entries in total, which is a fantastic effort for a small club like ours. Our next competition is 'Patterns' so we will look forward to seeing everyone's interpretations of that topic.

Speaking of competitions it was great to see some of our members compete at the prestigious Warragul National Photography Competition. Kerrie Gerlach, Peter Belmont and Vicki Johnson all received acceptances for one of their images and Vicki was lucky enough to also receive a Merit. As a club, we have also entered a selection of members images into this years Australia Cup run by the Australian Photography Society. We have some very talented members at our club and we really want to try and promote their work.

Our July club night will feature a talk by our President Larry Henderson on the subject of Infrared Photography. This is a fascinating style that involves the control of what light enters the camera. Usually with a modified camera but it can be achieved with filters. It creates surreal landscapes that can look quite beautiful (see next column). Photography is all about light and how we, as photographers can manipulate it and use it to our creative advantage. If you are not a member but interested please email us for further information. Visitors are always welcome as are new members.

For further information about our club please email info@whittleseaphotographyclub.com and visit our website www.whittleseaphotographyclub.com

WHITTLESEA COMMUNITY GARDEN

Winter landed abruptly and we certainly experienced some wild weather and very frosty mornings in June. The two weeks of lockdown slowed us down a little, but we are back and keeping busy with lots of activities - I hope you can join us.

A WHIMSICAL POD IN THE GARDEN

We need your help! Please come and lend a helping hand with the final pieces of weaving for a beautiful new pod that will be installed at the Community Garden. Learn directly from Gay Chatfield who has been creating similar pods at the Melbourne Zoo. You can also do your own small weaving project with natural materials.

Date: Thursday 15th July 2021

Time: 9.30am

Venue: Whittlesea Community Garden **ECO PRINTING ON PAPER** - Learn how to print beautiful papers using leaves and flowers from the garden – perfect for gifts. Thursday 29th July 2021 **Time:**

10am

Venue: Whittlesea Community Garden registrations please email

communitygarden@whittleseach.

com.au or call 9716 3361

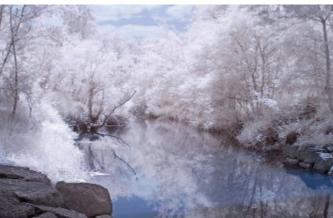
Coming up later this year we will have more activities including Bee Hotels (August) and Seed Saving (September) and the installation of our very own seed library.

GARDEN BEDS FOR LEASE - We now have garden beds available for lease. All the beds are raised and easy to access. It costs just \$20 to join our garden and \$20 to lease a garden bed. We would love for you to join us!

SUPPORTED SESSION TIMES - Our supported session times are every Monday 9 am - 12noon and Thursday 10am - 1pm. If you come along at these times you will always have company and someone to show you around and help you get started. Once you are a member the garden can be accessed at other times.

Come along and join us for a cuppa & a chat at the garden. It's more than just gardening. We have a range of activities and lots of friendship!

For further information: communitygarden@whittleseach.com.au or call 9716 3361 Laurel Street Whittlesea (Melway 246 H9)





WHITTLESEA MEDICAL IMAGING

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WHAT'S IN A NAME - ELWOOD

Elwood is located eight kilometres to the south of the city, and was originally swamp land. The installation of the Elwood Canal turned it into a habitable area. It was initially planned out around the two central geographic features of Elster Creek, now the canal, and promontory at Point Ormond, once known as Little Red Bluff Fires burned for centuries on Point Ormond and it was here the Aboriginal Australians would cook shellfish, signal other clans and burn back country.

Fever brought the first large group of settlers to Elwood when the desperate immigrant ship Glen Huntly landed at Point Ormond in 1840, flying the fever flag and initiating Victoria's first quarantine station and St Kilda's first

Originally a working middle class suburb in the early part of the 20th century. Elwood has overseen waves of gentrification and is now one of Melbourne's most sought after bayside addresses.

Large period houses, many from the 1920's and 30s with art deco touches along with proximity to beach and foreshore have made the area very attractive

Many of the streets are named after things related to the beach, these include Beach Avenue, Spray, Wave, Tide and Foam Streets. Other streets in the area are named after famous writers, essayists and poets, such as Shakespeare Grove, Dickens, Milton, Wordsworth, Byron, Keats, Tennyson, Ruskin and Shelley streets.

In the late 1970's like nearby St Kilda, Elwood was known for its nightlife and developed a reputation as a cabaret area. Many of these venues operated out of some of the suburb's quirkier old buildings. As the scene saw a demise in the early 1980's

buildings, including Maison de Luxe and Moulin Rouge (operated out of the 1880's mansion Pladda built for Captain A Currie), were subsequently demolished.

Despite its history adversity, a modern suburb now thrives by the bay in one of Melbourne's most prized locations, Café life in the area seems along way from the flood, fire and fever of earlier davs.

Coloured lorikeets flock to the green corridors of shady trees, a native forest has been planted on the foreshore and the once despised canal area is undergoing rejuvenation as a haven for walkers and cyclists. Elwood beach is a popular bayside beach destined during summer, where the beaches are used recreationally for windsurfing, cycling, cricket and walking.

The Elwood Sailing Club was founded in 1924 as the Elwood Sea Canoe club and has since hosted many national and international championships, including the 12m2 Sharpie sailing in the 1956 Melbourne Olympics. Elwood is located in the City of Port Phillip and has a population of 14,600.

From 'Golden Days Radio publication compiled by David Pollock, sponsored by the East Malvern Community Bendigo Bank. Segments are broadcast every Thursday at 4.07pm on Golden Days Radio, 96.7 fm.

Streamng available, www. goldendaysradio.com

The next town Crier is due out Monday 2nd August Deadline for all copy, ads and alterations to existing entries is no later than Thursday 15th July

WHITTLESEA GARDEN CLUB



Assoc. Royal (Horticultural Society, Vic.

We have interesting garden visits and excellent speakers during the year

Great morning teas Meet 1st Wednesday, every month from **February to November**

For more information

contact **Keith Sutton** (Pres.) 9716 2461

LETTER TO THE EDITOR

Dear Editor, visited

(from Tasmania) and worked in Melbourne in my youth and fell in love

with the place. I later came here with my family to live permanently. My children have grown up and work and study here over the past over 20 years. We've shared so much together here

Melbourne has over 20% of population Australia's and contributes 40% to its National GDP, the largest of any region. The city is a national centre for theatre, the arts, culture, music, education and sport. It has been the world's most liveable city for 7 years running.

Melbourne people are caring, helpful. creative, sensible, tenacious and resilient. They

WHITTLESEA COMBINED PENSIONERS

(Reg. A0025361A)

Due to the Covid-19 lockdown there was no meeting held for June, 2021

The next meeting will be held 1st July, with our Annual General Meeting. All Office Bearers and committee positions will become vacant.

No Birthday luncheon due to the Maximum capacity of only 10 people.

The following trips for this year are as follows:

Thursday 15 July - R.A.A.F Museum Point Cook Cost \$40 with 2 course meal.

Thursday 19 August - Trentham Pig & Whistle Hotel Cost \$40 with a two course meal.

Thursday 16 September T.B.A Thursday 21 October

Rhododendron Gardens Cost \$40. with 2 course meal.

Thursday 21 November Point Nepean Cost \$40 with 2 course meal

Thursday 9 December

Christas Lunch Cost \$15

Please come to the meeting to learn more about our trips.

Due to Covid-19 restrictions we are not allowed to bring afternoon tea unless they are individually wrapped.

You only need wear a mask if you cannot keep to the 1.5m distance.

Whittlesea Combined Pensioners & Superannuants Association of Victoria Inc. is opened to all types of pensioners and their carer's and funded superannuants.

Annual Membership is \$5

Trips and Luncheons are partly subsidized by the Club except for the 5 Day trips.

ALL TRIPS MUST BE PAID BY THE 1st THURSDAY OF EACH MONTH

If members would like to attend any of the above trips but are unable to attend the next meeting they can contact Nella Palmieri on 0433 114 960

Our next meeting will be held on Thursday 1st July, at the Whittlesea Community Activity Centre at 1pm

New members are always welcome

'til next time stay safe and well, **Nella Palmieri, Social Secretary**

have boundless community spirit that will quickly revive it socially, economically, culturally and politically. Despite the present Covid-19, lockdowns and other problems the city will survive, rebound and thrive. With dogged determination Melbourne will back soon and the most liveable again.

Steven Katsineris, Hurstbridge

Letters to the Editor will only be considered for publication with name and address supplied.

All submissions are given due consideration and must be received before the deadline - 15th of previous month



BOOST YOUR IMMUNE SYSTEM NOW

As we face another winter, we will re-cap how important good food and traditional methods of cooking and eating are as well as many common herbs and spices that can make a massive difference to your immune system. The nature of the Covid19 virus is a damp toxin that primarily attacks the ACE2 receptors of the lungs. It's important to note that Hypertension medication inhibits ACE2 receptors that may explain why older people are more vunerable to the virus than the young. There are many things you can do some of the most important factors include diet, stress and sleep.

It seems our ability to fight infection is directly related to adequate sleep, while increased stress levels also depresses our immune response. Trials have shown that 20 minutes of meditation helps fight infections, so relax and get plenty of sleep. Recent studies on type 2 diabetes have found that sugar has a measurable decrease in immune function, so keep sugary foods to only a treat, not every day.

Supplementation to boost immunity depends on what you take when, vitamin A (think carrots), C and E work best when taken prior to getting a cold. This includes cod fish liver oil for the kids (eg.Hypol) as this is full of vitamin A and D that is vital for immune function. Astragalus is a Chinese herb that has shown real promise in clinical trials in boosting immune cell count, as does Shitake and Reishi mushrooms. Zinc and selenium are important for fighting infection and is effective taken as a preventative as well as when you have a cold. Echinacea has shown repeatedly to be most beneficial when taken during the early phases of a cold, as well as Koran ginseng, while both are useful to take as winter takes hold to boost what we know of in Chinese Medicine as your 'defensive Qi'.

Food is the most important daily medicine. Research shows that one of our most common vegetables is very important. Carrots that have been boiled for around 15 minutes release in an absorbable form high levels of interferon that interferes with viral replication. Soup is the easiest way then to boost your immunity daily. During the research for this article there were may articles on Science Direct and Google Scholar that showed immune boosting aspects to many herbs and vegetables. Very prominent herbs/foods include, sage, thyme, oregano, celery, cinnamon, barley and Gou Ji Berries. Warm soups are an ancient remedy that is fully supported by research.

Avoid raw foods as they are difficult to digest when your body is adjusting to a colder season and cold drinks also put cold in our tummies while the body is trying to keep warm so drink warm water, hot teas and lots of healthy soup. Keeping yourself warm inside and out is paramount as it enables your immune system to resist the invasion of pathogens so adding warming spices such as a good 1/4 teaspoon of cinnamon on your brekky each morning really boosts inner warmth, as does ginger which you can have a few fresh slices with lemon and honey as a tea, and add ginger to your stir-fries and curries. Tumeric, chilli, garlic and black pepper are all very warming and directly fight cold and flu. The trick is to eat these things daily in whichever way takes your fancy. Stewed fruit is an easy way to incorporate warming spices, a great excuse to eat warming apple crumbles with cloves nutmeg and cinnamon or poached pears, cinnamon and ginger are really lovely ways to get that inner cosy going.

Remember antibiotics do nothing to viruses, only bacterial infections, while they kill your good digestive bacteria that has been clinically shown to assist in immune function. Anti-inflammatories such as Ibuprofen suppress the immune system and thus allow viruses to sink deeper into the body so avoid them and use simple cooling methods such as tepid water and lavender as a compress and peppermint/ chrysanthemum tea to cool a fever. With the cold damp winter that we are having so many people are struggling this year with coughs, so boosting your intake of leeks, onions, spring onions, garlic etc... are very good for warming lungs and clearing phlegm. These are best in soups such as chicken vegetable or minestrone or add to any soup or stew. So get into some immune boosting herbs now, eat well and heed professional advice.

Until next time, stay well, Dr Angela Palmer **Registered Chinese Medicine Practitioner** B.AppSc Human Biology, B.AppSc T.C.M. R.M.I.T Kinglake Chinese Medicine, 1 Robertson Road, Kinglake. 3763 Phone: 03-5786 1889



THE STORY OF THE HAM

By Sue Lloyd



Father the Christmas tree. When lunch. My fave.' usual, I stayed with Nan sense of the time. came too.

for almost twenty years after came in sight. weeks as a child. A chance the red ones. for a last goodbye.

the walls the back room had been covered with you get the wrong thing." of the small two up, two I wasn't sure.

vacuum. was nine, had started well. Mr. Timmins?' was a different matter.

four slices of ham, just four sandwiches surely." mind, no more. I've made a 'It sounds the same as spam doesn't it? ham sandwiches would be and gave me a wink.

importance, being given what to do. the responsibility of going to the shop by myself, and on the new bike, I rushed jingling in the pocket of my grey shorts.

a ride on yer bike?' yelled what she wants you to get, eh.' Johnny from three doors up. Johnny was ten but

Probably I was nine, the we were mates. The summer school Christmas, holidays, when I usually stayed with yes in my world there was Nan and Pop, we played together.

still a Father Christmas, 'Go on then. Be quick mind. I've gotta left a brand new blue two- go to the corner shop and get some wheeled bike underneath jam. Nan's making jam sandwiches for

my parents went away on After that we mucked around for a bit, holiday in the summer, as doing wheelies and stuff, me losing a

and Pop. Of course my bike 'Crickey Jim, give me the bike back I've near forgot Nan's jam'. quick. Nan had lived in the house Pedalling furiously the corner store

Pop died, refusing to move. A few times we'd gone to the corner Eventually the steepness of shop, Nan and I. Usually though she the stairs proved too much went to the shops on the Main Road, for her chronic rheumatism, cheaper she said. Mr. Timmins, the forcing a move to an aged owner of the store, was nice. He had care facility. That week I a giant moustache, at least it always had noticed their house was seemed huge to me. Often he wore a up for sale again. It was an brown flat cap and a pencil stuck behind opportunity for a nostalgic his ear. Generally he had a joke to tell visit to the place where you and once he gave me a free lolly, a I had spent many happy red jelly baby. Everybody always wanted

Carefully leaning my bike against the Standing in the empty wall I went in and asked for some spam. cold rooms with a visible 'Are you sure you want spam, Lad? I've layer of dust carpeting the never known your Nan to get spam.'

floorboards, the memories 'Yeah, she's making some sandwiches came flooding back. Then for lunch, she's made some bread.'

'Well I can't take it back you know, if

lemon and white flowery Probably should have told you at the wallpaper. A bright fire start of the story. Didn't like school, always burning in the small really 'cos letters got jumbled up or grate, and Nan seeming to sounded the same. When Miss Jenkins be almost constantly sitting wrote on the board the words never in her rocking chair knitting. seemed to make much sense. So when That room was the heart Mr. Timmins asked if Nan wanted spam,

down house. It was used'Thought she did Mr. Timmins.

as the dining room, the Nan didn't have a phone, 'Don't hold sitting room, office with an with them newfangled things,' she oak three drawer bureau, a said, 'If folks want to talk to me they place to drape the washing can come to the door.' This said with a and store the brooms and shake of her head. It was no good trying to 'phone Nan to ask her.

That particular day when I 'Could it have been lamb do you think,

But how it ended, well that 'Well Lad, I haven't got a lamb. You'll have to go to farmer Mathias if you want a lamb. Although what your Nan 'Jim can you ride to the would want with a lamb I don't know. corner shop and get me She doesn't want a lamb to make some

load of fresh bread, some Oh dear, I don't want to get in trouble. There may not be enough money for a grand for lunch,' Nan smiled lamb.' By this time I remember being very worried and anxious, not wanting Puffed up with my own to let Nan, down, and undecided about

'Tell you what Lad,' said Mr Timmins leaning over the counter. 'Your Nan wouldn't want you upsetting yourself. out of the door. A few coins Here's an idea. Why don't I give you a few slices of my best cheddar cheese? Cheese always make a grand sandwich. 'Jim, hey Jim. Can I have Maybe next time get Nan to write down

continued next page

DANIELLE GREEN MP, STATE MEMBER FOR YAN YEAN

Victorian Budget a Boon for the North

This year's Victorian State Budget was all about creating jobs and caring for Victorians. The Yan Yean electorate will see some great new projects funded and fantastic services delivered.

Brand New Schools

The Government is delivering the schools we need for today, and tomorrow. That means building new schools, as well as locking in land to build schools for the future.

This Budget will deliver a brandnew Hayes Hill Primary School (interim name) in Donnybrook to open Term 1, 2023 and land in Wallan for a future primary school, giving local families confidence their kids will have great local schools to go to! Local workers will benefit too, with 3,500 jobs expected to be created by school builds and upgrades funded by this Budget.



Community Hospitals

The Government is delivering on its promise of building brandnew community hospitals to serve Whittlesea and Nillumbik. These hospitals will give locals the confidence that they have access to the best possible care, close to home – while also creating new jobs, standby for exact location announcements very soon.

This Budget also begins planning to expand the adult Emergency Departments at both the Northern and Austin Hospitals. In addition to supporting local jobs, this investment will make sure our Emergency Departments are there for local patients when they need it most.

New Mental Health Services for Whittlesea

In this year's Budget, Whittlesea is a priority area for the delivery of local mental health services. A further \$263 million will deliver the first 20 of up to 60 new adult



\$870,000 FOR DOREEN CFA UPGRADE

The next Town Crier is due out Thursday 2nd August Deadline for all copy, ads and alterations to existing entries is no later than Thursday 15th July

For all advertising call Karen 9715 0674, 0410 324 326 karen_macetc@yahoo.com For Copy call Betty 8401 3330 towncrier2019@gmail.com

The Story of the Ham, continued from page 14

On the way back I wondered how to tell Nan, hoping the cheese would be alright. All the money she gave me had gone. Surely she wouldn't be cross with me would she?

Going up the side alley there was laughter coming from the back room. Two of the neighbours were sitting on each side of Nan, who had a letter in her hand.

'Excitedly when Nan saw me, she jumped up. 'Jim, I've had a letter from your mum. She's got a bun in the oven.' The fact that she had sent me to by some ham for lunch seemed to have been forgotten. Totally confused, the idea of buns had not been mentioned, I thought. And how did mum know we were having sandwiches for lunch?

Of course, looking back, the meaning of a bun in the oven is clear. Obviously Nan forgot the sense of that saying would not be clear to me. By the way the issue of getting words jumbled was resolved. Naturally now if Nan had asked me to go to the shops I would have come back with a ram.

local mental health and wellbeing services that will provide a 'front door' for mental health care where it's needed. Whittlesea is one of six priority regions to have services delivered first.

Doreen CFA Upgrade

This past week following the shocking storms has reminded us what an incredible job our volunteer emergency services do - so they deserve great facilities. This year's State Budget backs their work, delivering \$870,000 to refurbish Doreen CFA station, ensuring our CFA volunteers have the very best facilities and equipment.

This upgrade will include a Turnout Room and breathing apparatus cleaning facilities.

COVID-19 Support - I know that COVID-19 has affected us all in many ways, and that the latest Circuit Breaker restrictions period has been so tough on our community.

We must stay home to stay safe, however it is natural to feel lonely or isolated due to limited connection with our families and friends during this time. To find out how to access mental health support, please visit the Department of Health and Human Services coronavirus website at https://www.dhhs.vic.gov.au/coronavirus that provides information about clinical resources and tips for managing isolation. The Wellbeing and Mental Health Support for Victorian Small Businesses Package is also available at

https://business.vic.gov.au/

There's also a \$250.7 million Circuit Breaker Business Support Package to assist small to medium businesses and sole traders, under the circuit breaker restrictions. The package will support businesses that were unable to operate due to these necessary public health measures. Support measures include: \$190.01 million for the second round of the

Business Costs Assistance Program, \$40.7million for the new round of the Licensed Hospitality Venue Fund and \$20 million in targeted support for the events industry. To find out more please visit https://business.vic.gov.au/

My Team and I are always ready to help you. Please feel free to contact me on **9432 9782** or via email at **danielle.green@parliament.vic.gov.au**



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Secretary@whittlesea.org.au Website & for application forms www.whittleseau3a.org.au **2021 ANNUAL MEMBERSHIP \$50**

As I am writing this article new COVID cases have reduced, and restrictions are gradually being relaxed which will enable classes and activities to resume in venues.

The experience of the recent restrictions again reminds us that we need to be careful, and the importance of Seniors being vaccinated. One of our Whittlesea U3A members copied me in on the following email that conveys some food for thought:

Here we are the virus kicking another goal and stopping us from doing what we like and enjoy. Maybe it is time for us to play our game and kick some goals. The only way we can do it is by getting vaccinated so we can get protected and protect the team too, my wife and I had the first dose and are waiting for the second one with no problem at all. So please consider it if each of us can kick a goal (one vaccine each) we can stop the virus winning and we can safely comeback to do what we like. Sent from my iPad'

Whittlesea U3A is continually updating classes and activities to respond to the interest of members. Current updates and additions include:

- * Beginners Tai Chi for Health (ZOOM) 2pm Thursday at Painted Hills Community Pavilion.
- * Wu Tao Dance with Meditation (ZOOM) 2pm Monday at Riverside Community Centre
- Writing Your Story (ZOOM) 12noon Wednesday Description: Writing your story will focus on student specific goals/ needs i.e. story writing, memoir, biographies and autobiographies. Specific writing aspects will be discussed that will enhance student stories.
- * More Than Just A Phone (ZOOM) 2pm Thursday Description: 'More Than Just a Phone' is a short course designed to assist participants to navigate their way around smart phones, iPads, and tablets. REQUIREMENTS: Bring your own, Android Phone/ Tablet. iPhone /iPad
- * Seed to Plate and Beyond 2pm Tuesday at Estia School House, 879 Plenty Rd, South Morang. Description: Get involved with your garden, learn how to grow and enjoy your own fruit and vegetables using sustainable practices. Create and enjoy the 'Seed to Plate and Beyond' experience. The activity will focus on how to reduce garden waste; enrich the soil; and develop an organic garden.

It is pleasing to report that Whittlesea U3A is now equipped to commence delivering classes (Hybrid) with participants in the classroom and some members participating in the class via ZOOM from home.

The Social Seniors and Digital Literacy support programs are continuing. These programs are focused on:

Assisting members learn how to connect confidently and safely with their doctor, through Tele Health connections, access government online services and sharing interests with friends by joining closed secure face

This program is based on responding to challenges individuals are having 'going online' for essential support.

This program is supported by Be Connected 'Every Australian online' initiative which supports seniors build their technology skills to safely use smart phones, tablet computers and laptops connected to the internet.

View the 2021 Calendar on the WU3A website https://whittleseau3a. org.au/courses-activities/ together with information on enrolling or contact the office on telephone 9464 1339 or 0404 119 189. 2021 Membership fees: Full Membership \$50.00. Associate Member \$30.00 (For members of another U3A is required.)

Our Whittlesea Township contact committee members Peter Rodaughan can be contacted through the Whittlesea Community Activity Centre that has details of WU3A classes including membership forms.

Website: www.whittleseau3a.org.au

COMBINED PROBUS CLUB OF WHITTLESEA



STAYING CONNECTED WITH PROBUS

Fun. Friendship and Fellowship in Retirement.

Well here we are again, June's meeting was cancelled but don't worry, our speaker from the Mission for Seafarers is able to make it to the July Meeting (All being well, we will be back by then).

We all must thank Theresa for all her work getting such interesting speakers. It is easy to tell they are interesting by the quietness of our members during presentations. We all look forward to coming months. All people over 55, retired or semi-retired are able to come along to Probus. It is purely a Social Club for fun, friendship and fellowship. No ties



ABOVE: Members enjoying each other's company at the monthly dine out at the Magpie & Stump Hotel at Wandong.

The July dine out will be held at the Yarrambat Golf Club at 12noon. If you would like to join us for this or any of our upcoming activities, please feel free to call the Membership Officer on **9716 2429** to register your interest or just come along to a meeting. Meetings are held at the Whittlesea Bowls Club on the first Monday of each month at 9.30am. All welcome

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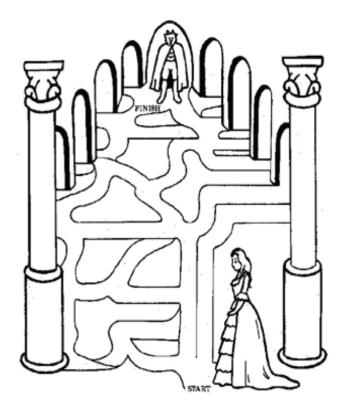


PUZZLE PAGE

Dance Craze



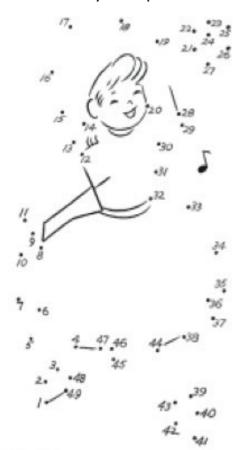
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THE GLOSSY BLACK COCKATOO

By Steven Katsineris

When we lived in the Southern Highlands of NSW we caught sight of Glossy Black Cockatoos in the area and on our travels around the state, particularly on trips to the south coast. I once watched a flock eating seeds of a cypress pine, with the ground under the tree strewn with the remnants of hundreds of cones. Since moving to Victoria, we have frequently observed them on our regular visits to East Gippsland, which is the southern most part of their range. On our last trip we got some very close looks at Glossy Black Cockatoos flying over us, especially at Wingan Inlet. They are easily distinguished by their piercing voice, a feeble wailing, 'tarr-red, tarr-red'.

It is smaller than other black cockatoos, at about 50cm long. It has a large bill and is brownish-black in colour, with a red section in the tail. There are some colour differences between the male and female, the female has uneven yellow markings on the head and neck, some speckled yellow under the wings and lower body. They mostly feeds on the seeds of Casuarina trees (Drooping She Oak), breaking the seed cones with their massive bills. They generally prefer the seeds of mature trees, as they have a higher nutrient quality. They will also eat seeds from Eucalypts, Acacias, Hakeas, Cypress Pines and Angophoras, as well as sometimes eating insect larvae. It is estimated that they spend nearly 90% of there time foraging for food. They have a preference for the hollows of large, old Eucalypt trees, alive or dead to nest in. The nest site is frequently high up, usually lined with decayed debris. They will often nest in the same area or even the same tree as other Glossy Black Cockatoos. One egg is produced. They inhabits coastal forests and open woodlands and timbered watercourses where She Oaks, their

main food trees occur. They are also live in hilly, rugged country of inland NSW and Old, where Casuarinas are common and where little clearing has taken place.

They are found in Eastern Australia, from Rockhampton to southeastern Queensland, through coastal and inland NSW to Wingan Inlet in East Gippsland, Victoria. There is also an isolated population



on Kangaroo Island. They formerly had a more extensive range throughout southeastern Australia, but have suffered a major decline in population and become regional extinct in some areas. This was chiefly due to removal of habitat, especially the clearing of woodlands containing Casuarinas and Gums.

The major threat to the survival of the Glossy Black Cockatoo is continuing habitat loss, the clearing of Casuarina trees in areas and the loss of mature Eucalypt trees needed for nest hollows. Fragmentation of habitat also reduces the chances of successful breeding, as they need food trees to be near nest sites. Bushfires have also contributed to the loss of habitat, because She Oaks are easily killed in an intense fire and dead trees where Glossies and other birds nest can also be destroyed in fires, they are in danger from feral cats and large possums that raid their nests.

In the early 1970's the Glossy Black Cockatoo died out on mainland South Australia and is now only found on Kangaroo Island. The destruction of native vegetation was largely responsible for their extinction. Also Glossy Black Cockatoos require large nest hollows and the removal of old Sugar Gums, together with fires, reduced the amount of available nest sites. The combined effect of this land clearing was the eventual wiping out of the SA mainland population.

The species on Kangaroo Island numbers about 250, with some 20 new chicks surviving each year, they are on the critically threatened list and in 1996 a program of protection was began to save them. The program to rescue the Glossy Black Cockatoos on Kangaroo Island involves providing artificial hollows, protecting remaining hollows and planting more areas with Drooping She Oak.

What we can do to help save the threatened Glossy Black Cockatoo? Because they mainly feed on Casuarinas and nest in large Eucalypts it is vital we try to retain the remaining Casuarina and Eucalypt habit wherever possible. We should also make an effort to extend this habitat by replanting these species in rural and suburban fringe areas so as to provide future feeding trees and nest sites. The gorgeous Glossy Black Cockatoo is a unique, distinctive and endangered Australian bird. Lets take action to stop its decline, so future generations can continue to see the beauty of its awkward and rather laboured flight over the forest and hear its soft whining calls throughout the bush.

★★★ IN THE STARS ★★★

Aries 21 March − 19 April ~ Creative juices are rising and you want to appreciate all the good things in life. Yes, you could do with some enjoyment. But you will likely end up having to do all the organizing! So, take the fun where you find it in unexpected placesand ways. Attend to the minor details, especially at home. 'A stitch in time: saves nine'.

Taurus 20 April − 20 May ~ This is a good time to resolve family tensions or to fix what is broken in the home. Rules need to be followed and boundaries laid down. People will push until they find the border, so have one. If what you have been doing is not working, do something different. The ability to communicate in an easy manner keeps improving.

Gemini 21 May - 20 June ~ While you can feel like a big wall is in the way, this is a big month for communication, talking and connecting. It will flow easily but you will have the tendency to think of the details rather than the big picture. And these details, especially those you think you have already resolved, can hold you back when you spend too much time on them. Recheck and move one.

Cancer 21 June – 22 July ~ Sorting out financial dealings with others is important. This can be with loved ones, in partnerships, in business or with debts. Being rash, or overreacting, will not help. You are going to be focused on this for a long time, so start afresh and with clear goals. Get yourself sorted and don't leave important actions to other people. Decide whether to say Yes or No.

Leo 23 July - 22 Aug ~ You have the goddess Venus entering your sign, and she brings a bit of sparkle to the month. What is difficult improves, and what is good, gets even better. Your magnetism rises and you will be noticed. But please be noticed for the right reasons, not the wrong ones. What's done now will not be forgotten. Push hard and it will come back. Smile and inspire, and the world smiles back.

Virgo 23 Aug - 22 Sep ~ A sense of inner restlessness and unease along with a sense of being blocked means that it is not a comfortable beginning to the month. But these challenges can be a blessing in disguise helping you to wait until the work is done and the time is right. Think of the big picture and soon help will come so that the month finishes with a sense of optimism.

Libra 23 Sep − 22 Oct ~ Without goals, you are destined to repeat ingrained patterns. And you are repeating at least one this month. What are your goals? List the top 5. If you have none... then you know it's time to make choices. A goal can be to start a specific new habit. Or you can decide to be kind to yourself and others, or to save for something special. Write them down.

Scorpio 23 Oct – 21 Nov ~ Your career, work or role in the world is strongly emphasized early this month. While there is the promise of some advancement and opportunities, there is also challenges and disruptions. The ups and down may be linked, so look for the silver lining in any problems. Issues can come via the unexpected actions of other people. It will help to seek experienced and qualified advisors.

Sagittarius 22 Nov – 21 Dec ~ It's a time of exploration and stepping outside your comfort zones. Are your comfort zones really comfortable? Making a stand for your own beliefs, or asking questions, may lead you to yearn to travel, to learn, or even to teach. Make sure you sort out paperwork or legal documents to ensure good outcomes. While you would rather enjoy yourself, you do have to sort out some work details.

Capricorn 22 Dec − 19 Jan ~ There is the search for deep meaning and you may find out more than you expect. What you share with others is in the spotlight. This includes sharing secrets, deep truths, and shared finances. What needs to be released? Are you reliant on other people for your own sense of identity? The key is balance, being present and being confident in your own inner self. Like what you see in the mirror.

Aquarius 20 Jan – 18 Feb ~ The important people in your life are energized and restless. You may have trouble keeping up with them. Or underlying tensions can build. It does give both sides a chance for issues to be bought to the surface so they can be resolved. Or it can mean that you both work diligently together on a major project. Aim to increase creative compromise and reduce mental fatigue.

Pisces 19 Feb – 20 March ~ You will be finding plenty of work. Every time you use your mind you will find more ideas which results in more work! So please rest your mind on occasions. Some of the work will be beneficially, some of it will be repeating past patterns. What do you have to do, what do you need to do, and what should you do? Remember that 'should' is a bad word!

For your personal Astrology and Palmistry forecast, or for the Ancient Moon Gardening Almanac contact Kerry Galea 0419 382 131 or email: kerry@kerrygalea.com.au kerrygalea.com ancientmoongardening.com May all your weeds be wildflowers

ANCIENT MOON GARDENING ALMANAC

Dates AEST	Moon Position and Phase	Ancient Moon Gardening Planting and Sowing days
10 th July	New Moon in Cancer	Rest and (ideally) do nothing.
16 th July	Waxing Fertile 1 st Quarter	Perfect for all sowing and planting. Especially for vegetables whose leaves we eat.
17 th ,18 19 th 22 nd	Waxing Fertile 2 nd Quarter	Perfect for all sowing and planting. Especially for vegetables that bear fruits or seeds for eating.
24 th July	Full Moon in Aquarius	Official gardeners rest day so try and do nothing.
27 th 28 th July	Waning Fertile Moon 3 rd Qter	Plant root crops.

Did you know that there is a perfect time to treat animals and pets for insects and parasites?

The Easy Moon Gardening Calendar has timing for every possible garden task!

> Enjoy your garden! Kerry Galea www.kerrygalea.com.au

LETTERS TO THE EDITOR

Letters to the Editor will only be considered for publication with name and address supplied. All submissions are given due consideration and must be received by the deadline - 15th of previous month

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WHITTLESEA COMMUNITY HOUSE



Hello Folks! - Greetings from Winter! It's only early days but we have already weathered storms, lockdowns and freezing temperatures! 'Text Out

Tuesday' continues to be a popular way for us to keep in touch with you about what is going on so if you are yet to sign up then please call us and we will put you on our list! Every Tuesday we will send out a message to let you know what is happening in your community and to hopefully brighten your day!

WE HAVE A NEW FACEBOOK PAGE https://www.facebook.com/ whittleseacommunityhouse We are also on Instagram so check us out and like us please!

SCHOOL HOLIDAY CLOSURE - The House will be closed to the public during the school holidays (June 25th - July 11th) we will be working and can be contacted on 9716 3361. There will be no classes at the House during this period.

CAREERS NIGHT FOR GROWN UPS Have you reached a crossroads in your work life? Has COVID got you thinking about a change in direction? Have you been at home raising children and are now ready to take the plunge? If any of this sounds like you or if you are just sick of doing the same thing every day then join us and our group of career experts and find a new direction! Wednesday July 21st 6pm - 8pm FREE (inc supper) Bookings call 9716 3361

Boomerang Bags are BACK - The Boomerang Bags gang are back together for regular sewing sessions each fortnight. They are always happy to take material or linen off your hands and they are especially happy to have helpers at their sewing sessions each fortnight. No sewing experience necessary (but they won't say no to anyone who has experience)! Join them at the Whittlesea Community Activity Centre in Laurel St or here at the House from 10.30am - 2.30pm on Thursdays call Ursula on 0431 312 647 for dates.

BIG BLOKES BRUNCH - The blokes have been pivoting like champions and have been meeting regularly since February! We are happy to report that we are ready to welcome gents of all ages with a full COVID plan. Tuesdays 10.30am -11.30am Whittlesea Community Activity Centre

What's Cooking Thursday is BACK!

Join us for lunch on the 2nd and 4th Thursday each month (except school holidays). Vegetarians and Gluten free options available. Gold coin donation appreciated.

Thursday July 22nd 11.30am–1.30pm Whittlesea Community Activity Centre

AUSLAN FOR BEGINNERS - Jacqueline is back with her Beginners course. If you have a child who is learning Auslan at school or you have always wanted to learn this course is a great way to dip your toe in! Tuesdays from July 20th for 6 weeks 6pm - 8pm \$80/\$70 Concession

Water Aerobics - NEW - We have an exclusive class for the House each week on Fridays at the Hidden Valley Resort in Wallan! Bookings are essential on 9716 3361 and places are strictly limited. Fridays starting after the holidays 10.30am for 45 minutes \$12 per class or 10 classes for \$90

We are also offering limited transport to this class for \$2 per person, Bus leaves from the House at 92A Church St at 9.45am and returns approximately 12 Noon. Join anytime bookings essential

'Crafternoons' - NEW - Learn a new craft, finish an unfinished object, show off your skills to others and meet special guest experts! Mondays from July 21st 1pm - 3pm \$2 per class

*Materials for activities may incur costs from time to time. Our first session will look at card making, scrapbooking and memory keeping.

FIRST AID - We are pleased to announce that we are holding face to face First Aid sessions again in 2021!

Saturday August 21st, 2021 9am - 4pm All courses will be available including CPR (\$85), Provide First Aid (\$150) and Provide an Emergency First AID Response in an Education and Care Setting (\$195). Call 9716 3361 to book

your place. Online pre-course work is required for all courses and we have paper based options too if you are not computer savvy.

MENTAL HEALTH FIRST AID - Now that you have your general First Aid qualifications it's time to add Mental Health First Aid to your bag of tricks. This course will run over 2 consecutive Mondays in July:

Monday July 12th & 19th 9am – 4pm each day \$260/\$230 concession

FIX IT FRIDAY - Fix it Friday has also been hosting sessions face to face in 2021. We will assist you to connect with a real person for real answers to your curly problems on the final Friday of each month! Call 9716 3361 to organize for someone to assist you with any of the following:

Legal, Centrelink, Social Worker, NDIS, My Aged Care, Financial Counselling, Mental Health Assistance, Danielle Green MP and Victims

Friday July 23rd 10am – 1pm FREE

***If you are yet to put in your Victorian Energy rebate (\$250) application we can help!

WILLS AND WISHES - Whittlesea Community Legal Service and Latrobe University have returned to the House for their Wills and Wishes program. Contact us to register your interest on 9716 3361, appointments will be held on Fridays (either face to face or via phone according to restriction levels). Writing your will is **FREE** and open to anyone who requires assistance (please note that we cannot assist with Family Trusts or other complex matters). Coming soon – save the date!

Updates on other courses and activities can always be found on our webpage www.wchi.com.au



BUSINESS CLASSIFIEDS

TAXI SERVICES

CROWN CABS – Your Local Taxi Service. Call 9310 5422 including wheelchair/maxi or www.crowncabs.com.au for online bookings

CLASSIFIEDS

FOR SALE

Yamaha Piano/Organ as new in excellent condition. Comes with piano seat and music stand. \$500

Barbara Chambers 9716 1035



RECREATION

NETBALL – Open aged & Mixed Netball. Any teams or persons interested in playing Wednesday evening at RMIT University Bundoora contact Elise **0433 702 326**. Females Thursday night too.

TENNIS- Whittlesea Tennis Club, Laurel St, Whittlesea runs social tennis Thursday nights from 7.30pm on our fully lit 8 court family friendly facility. \$5.00pp to pay for lights. Like us on FB for weekly updates. Enquiries Call/text mobile **0439 355 877**.

www.whittleseatc.com email: Info@whittleseath.com

MATERNAL & CHILD HEALTH CENTRE

Whittlesea Community Activity Centre

57 - 61 Laurel Street

Consultations by appointment only

suitations by appointment oni

Tel: 9404 8888

Immunization by appointment only

www.trybooking.com/eventlist/ cityofwhittleseaimmunisation

ADVERTISE YOUR BUSINESS IN THE TOWN CRIER

With more than 4,000 copies printed and delivered each month, your ad will reach a wide area. The Town Crier is a cost effective way to get your business

recognised. We've had clients cancel because of the efficient way their ad has received coverage.

Karen 9715 0674, 0410 324 326 karen_macetc@yahoo.com

HALLS FOR HIRE

ARTHURS CREEK HALL - For enquiries and bookings contact Ruth White 9714 8438 or 0423 864 542

ARTHURS CREEK UNITING CHURCH HALL

Comfortable venue for small groups. (to 50) Contact: Malcolm **9714 8220**

BUNDOORA HALL ANNEXE meeting Room, holds approx. 80 people, at Contact Community Centre, Noorong Ave., Bundoora. For information & enquiries Lyn 0438 248 950 or email: robertl42@tpg.com.au

DIAMOND CREEK BOWLING CLUB INC.,

Recreation Reserve, Diamond Creek. Ideal for Functions, Birthdays, Engagements, & other parties, up to 150 people. Excellent kitchen & catering facilities. Large covered BBQ area. Fully air conditioned & heated. P.A. System, Fully licenced bar, abundance of toilets & off road parking. Disabled access. reasonable hire rate. NO 18th's. Contact Geoff Corner 0419 547 465 E: sellcor@bigpond.net.au

DIAMOND CREEK MASONIC HALL, 46 Main Hurstbridge Road, Diamond Creek. Ideal for family & community functions. Heating & Cooling. Excellent kitchen & facilities. Chairs & trestle tables. Can be inspected. Contact Des 9435 4208, bonview@tpg.com.au

GREENSBOROUGH & DSITRICT ANGLING CLUB INC., HALL, 161 Para Road, Greensborough. Ideal for functions, birthdays, Training Seminars etc. New floor, ample tables & chairs up to 80. Can accommodate 100. Covered deck, BBQ, full disabled facilities. Off street parking, full kitchen, split system heating/cooling. Some

availability for permanent hire by groups. Web: www.gdac.com au 0400 208 465

GREENSBOROUGH DISTRICT MASONIC CENTRE,

23 Ester St Greensborough. Ideal for Family Functions, up to 100 people, Seminars, Groups etc. Round & long tables, modern chairs. Some permanent bookings available. Ample off street parking. Modern full kitchen, full disabled access, heating & cooling. Web: gdmchall.org.au Enquiries welcome Lindsay 0409 687 755 or 9465 2534

HURSTBRIDGE BOWLING CLUB, 36 Graysharps Road, Hurstbridge. All amenities available. **FREE HIRE**. Bookings: 9718 2159.

KINGLAKE COMMUNITY CENTRE, Cnr. Main & Extons Roads, Kinglake Central. Rodney 5786 5603

KINGLAKE WEST HALL – A beautifully restored and refurbished hall with stage, separate meeting room, modern well appointed kitchen and large undercover verandah. Enq:- 0435 414 110

MERNDA UNITING CHURCH HALL – Schotters Road, Mernda. Available for regular bookings for: Dance Groups, Karate, Exercise Classes, Craft Groups etc. Monday – Friday. NOT available for private parties. For information phone Brendy Stanley 0427 329 736

PLENTY HALL – Ideal for family celebrations. New internal toilet facilities. Phone 0455 223 867

STRATHEWEN HALL – Modern fully equipped kitchen, separate meeting rooms, large flexible hall space, AV facilities, off street parking. Bookings contact Karl Apted 0418 350 345, strathewenhall@gmail.com www.strathewenhall.com

WHITTLESEA COMMUNITY HOUSE

92 Church Street, Whittlesea. Enquiries 9716 3361

WHITTLESEA FOOTBALL NETBALL CLUB Inc.,

Yea Road, Whittlesea. Fully refurbished rooms. Inspection welcome. Suitable for Weddings, Birthdays, Engagements and other parties up to 120 people. Full catering available. Contact Kaye **0487 013 533** or Helen **0413 029 485**

1st WHITTLESEA SCOUT & GUIDE HALL – Fir St, Whittlesea. Large main hall with great facilities including full kitchen, toilets, chairs and a few trestle tables. Available for any type of function. Bond required and inspections welcome. All enquiries contact Ian Goding

0408 066 412 or Lorraine Gregory 9716 2684 WOLLERT COMMUNITY CENTRE,

Epping Rd., Wollert. ENQ. 9217 2368

WOODSTOCK HALL, Donnybrook Rd., Woodstock. Ph. Len & Pauline Lord 0423 044 931

YARRAMBAT WAR MEMORIAL HALL

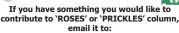
450 Ironbark Rd., Yarrambat. Heating, cooling, 80-100 people. **NO 18th's**. Enq. **0421 288 498**

EMERGENCY PHONE NUMBERS

EMERGENCI PHONE	- NONDERS
FIRE METRO AREA	000
FIRE BRIGADES (fire on	ly)000
Arthurs Creek, Doreen, Ep	oping,
KalKallo, Kinglake West, N	
Morang, Whittlesea, Wolle	
POLICE	
Epping	
Mernda	
Mill Park	
Wallan	
Whittlesea	
AMBULANCE	000
HOSPITALS	
Austin & Repatriation	9496 5000
Mercy for Women	8458 4444
Northern	8405 8000
Royal Childrens	9345 5522
Beyond Blue	.1300 224 636
Bully zero Aust. Found	1800 028 559
Chinese Medicine	5786 1889
Child Protection Society .	13 12 78
City of Whittlesea A.H	
Electrical emergency	
Eastern Energy	
Emergency info. in Vic	
Floods & Storms	
Gamblers Helpline	
Gas emergency	
Gas, SP Ausnet	
Hall's Funerals	
Kids Helpline	
Lifeline	
Medical Imaging	
Mobile Phone Emergency	
Nurse on call (24hr)	
Parentline Vic	
Poisons Info24Hrs	
Plenty Valley FM: provide	
emergency information	
Physiotherapy	9716 2250
Power outages, downed li	
RACV	
S.E.S	13 25 00
Yarra Valley Water	13 27 62
Crown Cabs	
Lifeline	
Caring Crisis Line	
Nursing Mothers helpline.	
Help for wildlife	
Wildlife Victoria <i>-</i> 24hr Pa	
	•
RSPCA	
Bee swarm collection	
(25)	
CONTRACTOR OF BOOK	



GARDEN OF ROSES or PADDOCK OF PRICKLES



towncrier2019@gmail.com All submissions must include name and contact details, including phone number (Not necessarily for publication)

THE MANGROVE SKINK By Steven Katsineris

In May 2009 my family went on holiday to Vanuatu, a small country of 83 islands in the south Pacific, our second trip to this beautiful island nation. It has much unspoiled natural beauty, including many lovely, pristine beaches to be found throughout the islands. While we were staying on Efate Island, we travelled from the capital Port Vila along the coast to the small village of Eton.

Just beyond the village is Eton Beach, which is owned by the community. And for a small fee that contributes to the welfare of the village, visitors can enjoy the beach for the day. The sheltered beach is stunningly beautiful, with its white sand and warm, tranquil, shallow water, surrounded by trees, bushes and rocky outcrops. There are also picnic tables, chairs and other facilities amongst the tropical garden beside the beach. It was an exquisite, sunny day and we had a wonderful time there.

Late afternoon the tide went out revealing a lot more of the big rocky outcrops on the waters edge. I walked over to look at and explore around one of these eroded, craggy rocks. I was surprised to catch sight of a large skink sunbaking on the top part of the rock. It looked very pretty with its body shinning in the sunlight. The skink was quite near, about a metre away, but when I tried to get a closer look and take a photograph it scurried into a rock crevice.

I then noticed another skink lying on the side of the rock sunbaking. Then I saw another one. I soon become aware there were skinks laying on the rocks and darting around in and out of the cracks in the rock. They were rather hard to see at first as they were well camouflaged. They were a variety of speckled colours, with flecks of green/brown/black/grey/white, their rocky territory was a variety of very similar colours. I realised too, that if I didn't block out the sun they didn't notice me or weren't bothered about my presence. Then I was able to get up really near and observe the skinks close up and photograph them. I took several clear photographs. In the late afternoon we left for the short journey back to Port Vila. I discovered these skinks were Mangrove Skinks. They are a small lizard, but relatively large for a skink, about 20cm in length.

There are 13 various species of Mangrove Skink. They are distributed throughout Melanesia and the islands of the southwest Pacific, including Taiwan, the Philippines, Indonesia, Borneo, New Guinea, and northern Queensland as well as the Malay Peninsula. They are also found in Singapore, where it is uncommon.

The species of Mangrove Skink found in Vanuatu is widespread among the islands, although apparently common, rather little is known about this species.

It inhabits mangrove wetlands, rocky shorelines and coastal/beach vegetation. Although they are good swimmers they prefer to retreat to higher ground at high tide, seeking shelter in rocks or vegetation.

They are active during the day and can often be seen sunning themselves on a hot day on branches, vegetation, rocks and mud lobster mounds. When alarmed they will quickly dart away and hide.

It feeds mainly on insects such as Mangrove crickets, small crabs and other invertebrates, which they hunt on the mudflats, rocks or among vegetation at low tide.

Mangrove Skinks usually lay 2 eggs, but sometimes up to 5 eggs are laid. They produce between two and four clutches a year.

We had a very enjoyable day at the beach, which was made even more delightful, because of our unexpected encounter with these unusual skinks living in their odd coastal habitat. It is truly amazing the environments that some species of animals can manage to survive in.





KINGLAKE RANGES NEIGHBOURHOODHOUSE

WHATS ON @ THE HOUSE

03 5786 1301| 03 5786 1072 www.kinglakeranges.com.au admin@kinglakeranges.com.au P.O Box 135, KINGLAKE.VIC 3763



WINTER WARMERS IS BACK!

Thanks to the BendigoBank we will be running WINTER WARMERSlunches again this year!

Join uson Mondays @ The Housefor a home-cookedmeal and enjoy a warm welcome & a hot meal.

Bring a friend or neighbour, there's always room at the table for one more! Everyone welcome!

Dates: Mondays 26 July | 2, 9, 16, 23, 30 August (6 weeks)

Time: 12.00pm - 1.00pm

<u>Cost</u>: A Goldcoin donation would be appreciated. Thank youto

BENDIGOBANKfor their ongoing support of this Program!

Grysle Bendigo Bank

FOODSHARE & PANTRY DOOR

"Donate what you can, take what you need"

Foodshare provides basic essential items plus somefrozen food and meals to anyone in need.

The program operates every Monday at the Neighbourhood House.

The program is confidential and everyone's privacy is ensured.

Every Monday 10.00am - 12.00pm (excluding school holidays)

6 McMahons Rd. Kinglake



The PANTRYDOOR is situated at 1AGlenburnRoad (front of Op Shop) and is for anyone who has food items they would like to do nate or for anyone who is in need.

Both programsaresupportedby:
Pheasant Creek Stockfeeds, DindiLink,
Middle KinglakePrimary School
Whittlesea SecondaryCollege,Mason
White McDougall & communitymembers.

To keep up-to-date with Houseactivities and info on our Semester 2 Program release date, follow us on Facebookor visit our website: www.kinglakeranges.com.au

IN OUR COMMUNITY

SCOUT GROUPS

1st EPPING S.G, Scout Hall, Duffy Street, Epping. Scous Mon. 7-9. Cubs Tues. 6.30-8pm. Joevs Wed. 6.30-7.30pm. Enq: Tim Purdy 0400 344 674 E: gl.1stepping@scoutsvictoria.com.au

1st KINGLAKE S.G., Scout Hall, Kinglake football ground, Kinglake Central. Cubs (7-11yrs) Wed 7-8.3-pm, Scouts (11-15yrs) Tues. 7-8.30pm, Venturers (15-18yrs) Fri 7-8.30pm

1st WHITTLESEA S.G. Scout Hall, 40 Fir St. Joeys (6-7yr) Thurs. 6-7pm, Cubs (8-10yr) Wed. 6.30-8pm, (11-15yr) Thurs. 7-8.30pm, Rovers (18-26yr) meet with Turbo Rover Crew Mon. 7.30-9.30pm. Enq: Group Leader, Leanne LeClaire 0411 029 902

AFRICAN DRUMMING CLASSES, weekly at Allwood Neighbourhood House, Hurstbridge, Thurs. night, Fri. afternoon. Timid beginners, adults, & older children welcome & free trial offered start of each school term. Annie 0407 102 578, 9718 1002

AL-ANON GROUPS SEYMOUR, meets every Mon. 12noon, Uniting Church Hall, 15 Crawford St. Colleen: 0422 879 388 WALLAN, meet Wed 7pm Neighbourhood House. WHITTLESEA, meet every Tuesday 7.30pm, Uniting Church, Cnr Forest & Walnut Streets.

AURORA COMMUNITY ASSOCIATION, representing Epping North, Wollert community since 2009. Advocacy on matters of local importance, social gatherings/events. www.aurora.asn.au/ enquiry@aurora.asn.au

AUSTRALIAN PLANT SOCIETY, MITCHELL GROUP, meet3rd Mon. month Feb to Nov. 7.30pm John Taylor Room, Kilmore Library, Sydney St. Ian Julian 0438 270 248

BELLY DANCING CLASSES for women, 10am Wed. \$9 class, Thomastown Hall, 31a Waratah St. 0413 423 926

BEVERIDGE & DISTRICT PONY CLUB, rally days held 3rd Sun month, experienced instructors. New members welcome. Lvnda 9745 2151 or www.beveridgeanddistrictponyclub.piczo.com

BONSAI, Northern suburbs meet 7.30pm 2nd Thurs. month at Lalor Library Community Room, May Rd. Mark 0408 059 094

BRIDGE CLUB, WHITTLESEA, Plays Mon. 12.30-4.30pm, Wed. 7.30-10.30pm Bowls Club, Lyndall 5786 1839

BUSINESS STUDIES CLASSES, Whittlesea Community Network, 1st time computer users, MS Word, Excel, Publisher, Phtoshop, MYOB. 9716 3361 CHEETAHS SOFTBALL CLUB, Jun, Sen, Male, Female, come along, join club. Cater for all abilities, incl. T.Ball, Pixie, & Primary levels. Kerry Laird

CITY OF WHITTLESEA PLAYGROUP ASSOCIATION. Des, 9465 8664

COMBINED CHRISTIAN CHURCHES OF WHITTLESEA, Info. Ivan: 9716 2330, Shane 9716 3057

CONTACT COMMUNITY CENTRE, Bundoora Hall, Noorong Avenue. Wide range of adult daytime classes held on Tue, Wed, Thurs., Arts, Crafts, wellbeing & more. New members welcome. 9467 6305 www.contactbundooracomcen.com.au

COWRA (Ratepayers Association of Whittlesea Inc.) Meet 8pm 3rd Thurs, month, rotating between Activity Centre and Riverside Comm. Activity Centre. Kerry 9715 1503

CRAIGIEBURN SUPPORT EXERCISE & WALKING GROUP, KNIT & NATTER. Meet

Wed. 9.20 - 11.30am, Leisure Centre, Craigieburn Rd, also Global Learning Centre, 1-3pm Wed. We knit for the needy, all welcome to join us.

Brenda 9308 4456 Myra 9308 1763 E: sec.cseg@vahoo.com.au

CRAIGIEBURN RESIDENTS ASSOCIATION. INC., meet 1st Wed. month 7.30pm, Selwyn house. All welcome. Brenda 9308 4456

CMSC, (Council of Single Mothers & children), FAWKNER meet monthly 12.30-2.30pm, free lunch. Meet others in support group. Natalie 9654 0327, letsdolinch@csmc.org.au

CSMC VICTORIA, phone support & referral for single mums. Family law, domestic violence, housing info, young mums. (03) 9654 0622 (rural callers) 1800 077 374, csmc@csmc.org.au www.csmc.org.au CWA HURSTBRIDGE, meet 3rd Wed, month 7.30pm, community centre, Greysharps Rd. All age groups welcome. Anne 9714 8541

CWA JUMBUNNA, interested in joining, ring Sandra Hocking 9716 2346

DADS in DISTRESS, Support Services for noncustodial fathers. NEW local support group for fathers that have no access or limited access to their children. Run by Dads, for Dads, Laurimar Community Activity Centre, 110 Hazel Glen Dr, Doreen. Every Wednesday evening, 7:30pm. No appointment necessary. Just come along. Helpline: 1300 853 437 For more Info www.parentsbeyondbreakup.com/dids

DEPRESSION, ANXIETY SUPPORT GROUP, 11am - 2pm \$3 fortnightly session. Creeds Farm learning centre, 2 Snugburgh Way, Epping. 0413 423 926

DIAMOND CREEK BOWLING CLUB, Recreation Reserve. Friendly club, synthetic greens, play all year. Social & Pennant comps. Free coaching. 9438 1717 www.dcbc.org.au

DIAMOND VALLEY 50's CLUB Inc, Mon or Thurs. try Zumba Gold for Seniors. \$4 session, Tai Chi, Aerobics, \$3 session, Bowls, Table Tennis, Cards, Craft. Sat. afternoon, New Vogue dancing & monthly bus trips. Community Hall, 37 Lambourn Rd, Watsonia. Dennis Richards 0447 575 098 www.dv50plusclub.org.au

DIAMOND VALLEY ARTS SOCIETY Classes, workshops most days, morn, aft'noon, evenings. Painting, life drawing, sculpture, and pottery. Demonstrations. Rooms at Greensborough College, 199 Nell St. Greensborough.(Mel.20,G3) Ellen Jenkins

DIAMOND VALLEY CAKE DECORATING GROUP Meet every 2nd month, Sat. 1pm, Library, Ibbotson St. Watsonia. Workshops, guest demonstrators, afternoon tea & raffle. Dot Evans 9303 8000 or Liz Blake 9717 1036

0432 438 513, www.dvartsociety.com

DIAMOND VALLEY GEM CLUB, Grace Park Cottage, cnr. Henry St & Duncan Ave. Greensborough. Keith 0413 435 899 www.diamondvalleygemclub.com.au DIAMOND VALLEY MULTIPLE BIRTH ASS. Inc. Kristi, 9438 6820

DIAMOND VALLEY PENGUIN GROUP

Speaking club for women. Meet 2nd & 4th Tues. month, 7.45pm at Greenhills Neighbourhood Centre, Community Drive, G'borough. Visitors welcome. Lyn 0459 186 670 www.penguinclub.victoria.com **DIAMOND VALLEY VIETNAM VETS (DVets)**

Meet Fri. arvo, RSL, G'borough. 3.30-7pm in Nui Dat Room, All Viet, Vets welcome, Peter 0400 363 143

DOREEN COMBINED PROBUS CLUB Inc., Meet Orchard Road Community Centre, Orchard Road, Doreen. 1pm, 1st Wed. month. Doris Muscat 0418 124 407

EPPING RSL BOWLS CLUB. 195 Harvest Home Rd Epping. A friendly happy club with grass greens and great facilities. Experienced and new bowlers welcome. Free coaching. Contact Margaret 0403 663 508

EPPING RSL ANGLING CLUB, meets 2nd Monday month, meeting room, Epping RSL, Harvest Home Rd, Epping. All Welcome. Spencer 0408 888 773 redfin3076@yahoo.com

EPPING PENSIONER ASSOC. Meets Tues. 12.30-3.30pm, Memorial Hall. Happy, friendly group, many activities & outings Irene 8401 3332 or Doreen 9401 4431

EPPING TENNIS CLUB Inc., Epping Reserve, Cnr. High & Park Sts. Lynn 9408 6932. Players of all standards welcome. Social, Coaching. Day & night tennis available.

FINDON CALISTHENICS CLUB Sth.Morang Primary School, Tues. & Thurs. evenings. Glenys 9716 2568

FINDON PONY CLUB Beginners to experienced riders. Rally days 1st & 3rd Sun. Month. Fully catered. Regent St. Mernda.

findonponyclub@outlook.com

FRIENDS OF SOUTH MORANG (FOSM) Meet 7.30pm, 2nd Thurs month, except Jan. A not for profit comm. Group representing the interests of residents of City of Whittlesea based Sth.Morang. Trevor 0418 513 304, or Facebook

FRIENDS OF TOOROURRONG (F.O.T.) For info & meetings/activities, Sec. Jan Hyndman $0427\ 510\ 092\ fotoorourrong@gmail.com$ P.O. Box 283, Whittlesea.

FRIENDS OF WESTGARTHTOWN, Ziebell's farmhouse, Cnr Gardenia Road, & Ainwick Crescent Thomastown. (Mel.8,H5) open Sun. 11.30am-3pm, Tues.9am-12noon. Excluding public hols. Darren **0402 322 434**. Guided tours groups 10+ Mon - Fri. John 9464 5062, enquiries@westgarthtown.org.au www.westgarthtown.org.au

FRIENDS OF THE WILDLIFE RESERVES

Inc., Working bees, held Gresswell Nature Conservation Reserves, Bundoora monthly. Shirley 9466 9292, http://home.vicnet.au~fwir/

GREENSBOROUGH & DISTRICT ANGLING **CLUB Inc.**, 90 years young, new members always welcome to our family club, meets every Thursday fortnightly at 8pm at our Clubrooms 161 Para Road Gr'gh - 0400 208 465, gdacanglers@gmail.com, www.gdac.com.au

GREENBROOK COMMUNITY HOUSE 40 McFarlane Cres. Epping. Liz, 9408 0916 MARVELLOUS MOSIAC during school terms people with disabilities welcome. 9408 0916 MUSIC4FUN Every Thurs. during school terms SINGING GROUP meets Tues. during school terms. 12-1pm, Prof. leader. 9408 0916 DYNAMIC DRAWING FROM LIFE Learn to

draw from life using range of materials & surfaces. Suitable beginners, rusty drawers. Professional artist teacher. Tues. 7-9pm

STEPPING OUT IN EPPING Friendship & Exercise. Tues. 9-10am. Free 9408 0916 ART4KIDS Primary school age kids. Wed. 4-5.50pm **9408 0916**

GET CRAFTY Not a class, a group getting together over tea & biscuits. Bring your craft.

MOSIAC FOR BEGINNERS & BEYOND Design your project, cut tiles, glue, grout, seal your work, friendly class. Wed. 7-9pm

All above enquiries: Liz: 9408 0916

GREENSBOROUGH HISTORICAL **SOCIETY Inc.,** Monthly meetings held Greenhills Neighbourhood House. Phone: 9435 4513. E: info@greensboroughhistorical.org.au www.greensboroughhistorical.org.au

HUFF & PUFF VICTORIA Inc., Meets 1.30-3.30pm, 1st Wed. Feb to Dec. at Banvule CHS Cnr. Catalina St & Alamein Rd, West. Heidelberg. (Mel.19E12) Max Beach 9435 5731 Respiratory support group, pateints,& carers.

HURSTBRIDGE BOWLING CLUB, Greysharps Rd. New bowlers welcome, Ladies & Mens Pennant. 9718 2159. Free Coaching.

HURSTBRIDGE PROBUS CLUB Semi, retired folk invited to join, fellowship, friendship & fun. Rosemary 9719 7377

KILDONAN UNITING CARE, YOUTH **REBUILD** Outreach support, Whittlesea, for young people 18-26, and families. Jessica Eaves, 8401 0118, 0427 795 178

KILMORE MINIATURE RAILWAY, Last Sat. Month.(weather permitting) 10am-1pm.03 5782 2636 www.kilmoreminiaturerailway.org kilmoreminiaturerailway@yahoo.com

KINGLAKE BADMINTON CLUB, Sports stadium, cnr. Main/Extons Rd, (near footy oval). New players welcome. Tues. 8pm, Wed. 9.30am Neville 9716 2020, Betsey 9716 3731 or Agnes 9714 8272

KINGLAKE PONY CLUB Inc., Rallies 3rd Sun. month, Andrew McDowell 9418 999 986, Bunty O'Bree 0413 130 659. Box 157, Kinglake 3763

KINGLAKE RANGES TENNIS CLUB Coaching - Wayne Broom. Mondays: kids 5+, 3.45-6pm. Ladies: 6-7pm. Thurs: Kids 5+, 3.45-6pm, Sutherland Rd, Kinglake Central. 0437 008 788

LALOR COMMUNITY DANCE GROUP Learn Rock'n'roll, Salsa, Latin, Ballroom etc... Tues. at St; Luke's Hall, David St, Lalor. Beginners/ Intermediate 6.30pm, Advanced. 9pm. Alby 0418 319 415

LALOR/THOMASTOWN COMBINED PENSIONERS ASSOCIATION meet Wed. 1pm, 1 Spring St, Thomastown. Games, choir, day trips & fun. New members welcome. Lillian 9408 5579

LEISURE & LEARNING CLASSES & ACTIVITIES Whitt. Comm. House, - Art, book, photography, reading & music groups & more. 9716 3361

MEN'S SHED, WHITTLESEA at Sh'grounds, 30 Yea Rd. Open Mon, Thurs, Fri 9am-2pm. New members welcome. Pres: Phil Berchdolt Sec: Peter Bettes Postal: Box 87, Whittlesea 3757. 9716 0116 info@whittleseamensshed.com.au www.whittleseamensshed.weebly.com

MERNDA CHESS CLUB MV Community Activity Centre,, 70 Mernda Village Dr, Mernda Thursdays 7-9pm, all ages all welcome

MERNDA COMMUNITY SINGING, Thurs. 6.30-8.30pm, at Laurimar Community Activity Centre, 110 Hazelglen Dr. Laurimar. Open to all. Kerry 0408 134 280 or Carolyn 0413 436 481 www.merndasingers.simplesite.com

MERNDA SENIOR CITIZENS CLUB Inc., Meet 1st, 3rd, & 5th Mon. 10.30am-3pm \$1.50 per head & a plate. CFA clubrooms, Schotters Rd. Lorraine Smyth 9404 8095, 0415 305 119

MILL PARK GARDEN CLUB, meet 3rd Fri month (except Dec, Jan). 1-3.30pm, Community Centre, Cnr. Mill Park Dve & Blamey Ave. (Mel. 10, A6). Guest speakers, mini show trade table, & outings. Chris: 9404 1554, Shirley: 9456 4135 email: chrishide@optusnet.com.au

MILL PARK LIBRARY - Media Conversion Workshops - Every 2nd & 4th Monday month, 1-2pm. Learn to convert VHS, Cassette tape, photo slides to digital.

MILL PARK LIBRARY - Discussions of the Unexplained. 2nd Wed. Month. 7-8pm. Come, discuss all things mysterious & unexplained.

MILL PARK RECYCLED TEENAGERS SENIOR CITIZENS Inc., Meets Tues, 1.30-4pm, Community Hall, Cnr. Mill Park Dve, & Blamey Ave. Activities include games, speakers, day trips & short hols. 9306 3495

MILL PARK SENIORS CLUB Inc. Meets every Wed. Community Centre, Cnr Mill Park Dve & Blamey Ave. Mill Park. 9am - 1.30pm Membership \$2 year, & \$2 weekly covers Tea, Coffee etc.. Indoor Bowls, billiards, Cards, Bingo, guest speakers, bus trips, heaps of fun. New members welcome, Patricia 9718 2773, 0418 508 238

MITCHELL BICYCLE USERS GROUP (MBUG) Runs a ride every Sunday 9am, unless stated otherwise. Beginners welcome. John Pyle 5787 1333 or www.mbug.org.au

MITCHELL BUSHWALKING GROUP, meets fortnightly, weekends. Mary 0428 479 469 Wayne 0451 519 734 mitchellwalkersgroup@gmail.com

MITCHELL MASONIC LODGE, meets 4th Mon. month, 7.30pm (Dec. 2nd Mon) at Masonic Centre, Murchison St, Broadford. Non-affiliated & affiliated members most welcome. The Sec.

5784 3223, further details, 1800 068 416

NATIONAL SENIORS GREENSBOROUGH

BRANCH, Servicing Banule, Nillumbik, Whittlesea & surrounds. Meet RSL G'borough 10am, 3rd Tues. Jan, Feb, Apr, May, June, July, Aug, Oct & Nov. 6pm for March & Sept. Marlene Goodyear 9435 2529 greensboroughnationalseniors@gmail.com www.greensboroughnationalseniors.com.au

NATIONAL SERVICEMEN'S ASSOCIATION OF AUSTRALIA - NORTHERN DISTRICTS SUB-BRANCH, P.O. Box 1702, Preston, 3072. Sec: Michael Fahie 0403 225 609

NE ROADSAFE SAFETY COUNCIL, meets 3rd Wed. Month. New members welcome. Help reduce road toll. Peter Bishop 9313 1189

NEST NATURE PLAYGROUP, meets during term, Bollygum Park in Kinglake. Wed. 10ammidday. Free play, songs, rhymes, morning tea & a story. All welcome. Mary-Anne 9716 7314. Weekly fee help costs. Sue Maslin, (K'lake Steiner Playgroup).

NILLUMBIK GARDEN CLUB, meets 1st Mon, month, 8pm at Melbourne City Mission Retirement Centre, Diamond St, Eltham. Club bench comp. Flower of month, Trade table & supper. Chris: 9434 2023

NILLUMBIK PROBUS CLUB meets at Bridges Restaurant, Main St. Hurstbridge, 2nd Wed, at 9.45am. Tom Stirling, President. 9438 2038 or 0467 453 122

NORTH EASTERN BIPOLAR SUPPORT GROUP, Meet 2nd Wed. Month, 274 High St. Thomastown (Next to Bridgestone Tyres) Railway side of High St. Neville 0403 278 163

NORTHCREST CALISTHENICS CLUB, Classes Mernda Mechanics Institute Hall, Cnr. Bridge Inn & Plenty Rds. Mon., Tues., & Thurs. evenings. Justine 0409 429 016

NORTHERN VETERAN CYCLING ASSOC.

INC. Provide cycle racing for women 30 & men 35+. Racing is mainly on Sunday a.m.'s and is graded Criterium racing is at Campbellfield, handicap road racing is about 1 hours drive. We have a trial ride system so come along and enjoy your cycling. Albert Rain 0407 561 028 or Allison Watt 0438 010 530

NORTHERN BREAST CANCER SUPPORT GROUP, providing comfortable atmosphere for those affected, family & friends. Moral support, laughs & shared experiences. Meet 2nd Mon. month, 1pm, Northern Hospital. Morning tea at Epping Plaza near Aldi, 10am & in food court, meet last Mon, month, Unable to offer transport, but have fun outings. All welcome. Louise (Pres.) 0405 994 882 Christine (Sec.) tnbcsg@gmail.com

PAWS, Parent Association at Whittlesea Secondary College, 3rd Tues. month, 7pm, Conference room at WSC. pawsforparents@gmail.com

PLENTY VALLEY ARTS, LePage Homestead, Gordons Rd, South Morang. Welcome inquiry re: classes in Watercolour, Oil, Pastel & Pottery. Marilyn Schofield 0419 960 760 or Pam Ziedas 9848 4171

PRETTY SALLY GARDEN CLUB, Meet 2nd Wed. Month, 7.30pm, Bowls Clubrooms, Kilmore. Speakers, trade table, supper & club excursions. Helen 5782 0102, June 5782 1236

PROBUS CLUB Inc. SOUTH MORANG, meet Mill Park Baptist Church,11 Morang Drive Mill Park. 2pm 3rd Tues. month. Elaine Cook 0409 655 095

RADIO LICENCE CLASSES, Join a fast growing hobby. Get licence to operate your own station. May take a single weekend plus the reading of a book. Barry Robinson, Amateur Radio Victoria, 0428 516 001 ary@amateurradio.com.au

ROSANNA PHOTOGRAPHIC CLUB, Meet 1^{st} , 3^{rd} & 5^{th} Thurs. month 8pm, in Hall, St. Pius X Church, 431 Waterdale Rd, West Heidelberg, (cnr. Altona St.) (Mel.31,F2)

www.rosannaphotoclub.com Secretary@rosannaphotoclub.com ROTARY CLUB OF WHITTLESEA, Meet 1st & 3^{rd} Mon. 6.30pm for 7pm, Whittlesea Bowls Club, Church St, Whittlesea. Lyn Prescott $0402\ 350\ 656\ whittlesea@rotary 9790.org. au$

ROXVALE CALISTHENICS COLLEGE,

Competitive, enrolling pupils all year. Classes held Greenvale, Tues. Thurs., nights. Renae 5782 0506 or 0427 817 957

SAFETY HOUSE ENQUIRIES, 9775 0099, safetyhouse@bigpond.com

SEW HAPPY CRAFTWORK, Women, all ages, or skills, Tues, 10.10am-2.30pm, Creeds Farm Living & Learning Centre, Cnr Redding Rise & Snugburgh Way, Epping. \$3 ea., bring your own materials. Rose 8320 3973

SINGING GROUP, meet 2nd Thurs.7.30-9.45pm, Wallan Multipurpose centre. Lead by professional choir leader, wide range music. Great fun & feeds the soul. \$15, tea, coffee, fruit, chocolate supplied. Sarah 5781 1950, Joanne 0419 564 915

SOUTH MORANG CWA NIGHT OWLS,

'Heritage Lakes' at Estia Nursing Home, Plenty Road Sth. Morang. Craft, 1st Tues. month, Meetings 3rd Tues. Month, 7-10pm Lyn 9435 6048

STRENGTH TRAINING or WATER EXERCISE CLASSES, Join this self help class. Plenty Valley Community Health, 9409 8724

THOMASTOWN NETBALL ASSOCIATION, looking for individual teams for Ladies Comp 2016. Tues. nights, RMIT (BNASC) McKimmies Rd, Bundoora. Cater all levels & culturally aware. Diane Ostovich 0402 279 608

UNITED BUDGERIGAR SOCIETY Inc., Pres: Vic Murray 0414 344 081, vic.murray@internode.on.net Sec. Eva De Rango 9816 3560, www.budgieunited.asn.au

ULYSSES CLUB, WHITTLESEA BRANCH, meet Sat. Mornings for coffee, catchup. Social club for motor cyclists 40+. Rides Tues. & Thurs. for lunch wkly as announced. Ron 9716 1642 ulyssesatwhittlesa@gmail.com www.whittlesea.au2.com

VICTORIAN COASTER COLLECTORS CLUB, meet 1st Sun. Mth, 12-3pm, Great Northern Hotel, Cnr. Rathdowne & Pigdon Sts, Carlton. (Mel.29,K11) P.O. Box 281. Melton, Vic. 3337. Olive 9744 6094

VICTORIAN FARMERS FEDERATION -WHITTLESEA BRANCH, Meet 2nd Wed, Feb, March, May, July, Sept. & Nov., 8pm, DST, & 7.30pm EST, Whittlesea Agricultural Society's Administration Building, McPhee's Rd. Bob or Joanne 9401 2880

VIEW CLUB PLENTY VALLEY supports Smith Family charity for children. Social group for women of all ages. Meet 1st Wed. Month for Coffee, Friendship. New members welcome. Lorraine Beasley 9408 3962

WACCA (Whittlesea Area Community Care & Assistance) $meet\ 9.30am,\ 3^{rd}Mon.\ every\ 2^{nd}\ month,\ St.\ Marys\ Pastoral$ Centre, Fir St. New volunteers wanted, to help support community work, incl. Visiting people at home/aged care facilities, transporting people to medical appointments, sharing time, company & cuppa for those in need. Maureen 9716 2494

WANDONG HISTORY GROUP Inc. Meets on the first Thursday of the month at the Wandong Public Hall, 7pm. Contact: Secretary Di Vidal 03 5787 1314 E: wandonghistorygroup4 @gmail.com

WANDONG/WALLAN LIONS CLUB, meet 2nd & 4th Wed. Month, Australiana Motel.

WATSONIA NEIGHBOURHOOD HOUSE, 47 Lambourne Rd, Watsonia. Is a place where art & community come together as an outward sign of the House's philosophy that aims to celebrate creativity in friendship, living & learning through community. **9434 6717**, Mon-Fri 9.30am-2pm

www.watsoniah.org.au

WATSONIA RSL, Pipes & Drums has vacancies for new learners on pipes & drums. Practice Thurs nights, Heidelberg Repat. Hospital. Sec. Ben 0407 821 023, or piper Bev 9435 2322(A/H) or watsoniarslpd.com

WESTFIELD WALKERS, Friendly group, meet Tues.7.45am outside Woolworths, Westfield Shopping Centre, McDonalds Rd, South Morang, followed by coffee & chat. Janice 0412 132 914

WHITTLESEA AGRICULTURAL SOCIETY

INC. Presents the annual Whittlesea Show held on the 1st full weekend in November 9716 2835 or info@whittleseashow.org.au

www.whittleseashow.org.au

LIKE us on Facebook

https://www.facebook.com/Whittlesea-Show

WHITTLESEA ANGLING CLUB, meet 2nd Tues. month, 7.30pm, Royal Mail Hotel, Beech St. **0488** 677 582 whittleseaanglingclub@gmail.com

WHITTLESEA CHINESE ASSOCIATION

(WCA), meet Wed. (except outings & term breaks) Community Hall, Library, Main St. Thomastown.10am-2pm. Tai Chi & lots of fun Regina: 0432 267 557 or Jessie 0421 639 819

WHITTLESEA COMBINED PENSIONERS

CLUB, meet 1st Thurs. month, 1pm, Activity Centre, Laurel St. Pres: Gordon Proudfoot or Sec: Nella Palmieri: 0433 114 960

WHITLESEA COUNTRY MUSIC FESTIVAL, Festival committee, 0434 398 805

info@whittleseacountrymusicfestival.com.au www.whittleseacountrymusicfestival.com.au

WHITTLESEA COMMUNITY GARDEN, meet

Mon 9-12, Thurs10-1pm. Lease a bed or share one. Gardening, Mosiacs, art projects, workshops & friendship. Laurel St., next to Comm. Activity Centre. Megan: 9716 3361

communitygarden@whittleseach.com.au

WHITTLESEA COMMUNITY CONNECTIONS,

holds monthly Volunteer Information sessions, for those interested in being involved in the community. Sessions are free & open to all of community. Enq. or make booking Sarath 9401 6666

BUS HIRE - Ecomonical, for Community Organisations, available evenings & weekends. 12 & 24 seater buses. Must have appropriate license. Parry

0448 354 271. VOLUNTEER OPPORTUNITY in local community. Practical & rewarding roles with community transport. Parry (03) 9401 6666

WHITTLESEA COMMUNITY HOUSE, 92A Church Street, 9716 3361 www.wchi.com.au Classes, groups, access to internet, computers & more

WHITTLESEA COURTHOUSE ASSOCIATION Inc., Meets 4th Thurs. Month 10am, Bowls club, 101 Church Street. 9716 1866 or 9438 2785

WHITTLESEA CRICKET CLUB, juniors, aged 6-16yrs. Craig McDonald 9716 3224, 0408 501 474

WHITTLESEA CYCLING CLUB Inc., Interested in joining? 0431 599 156, whittleseacyclingclub.com.au

WHITTLESEA DISABILITY NETWORK,

meets 2nd Tues. month, 10-12noon, at Whittlesea City Council. Seeking new members, especially those with disabilities, families & carers. Stephen Bell, Co-Ordinator Disability & Carer Support,9217 2429

WHITTLESEA GARDEN CLUB, meet 1st Wed. morning Month, outside Cricket & Tennis Pavilion, Laurel Street. All Welcome, Various outings, speakers, gardens. Start time varies. Bev 9716 2461

WHITTLESEA HISTORICAL SOCIETY

Inc., Meet 3rd Sun. Month, 2-4pm, at Bowls Club, Whittlesea. Phone Dawn Allen (Sec.) **0407 342 036** for confirmation of next meeting.

WHITTLESEA INTERFAITH NETWORK is

a group of like-minded people from many different faiths who wish to communicate, and learn from each other as fellow citizens. Meet Whittlesea Council Offices 4^{th} Wed. of month, 1.30-3pm. Please contact Glenys on $9436\,5581$ or Nathan on $0412\,237\,972$

$WHITTLESEA\,JUNIOR\,BASKETBALL\,ASSOC.,$

Contact Club Secretary: basketballwjba@gmail.com Box 273, Whittlesea, Vic, 3757

WHITTLESEA JUNIOR FOOTBALL CLUB,

Sec. Colin Newport, 0401 536 306 whittleseajfc@gmail.com

www.whittleseafc.com.au/juniors/2019

WHITTLESEA MASONIC LODGE, meet 1st Wed. Month, 7.30pm, (except Jan), Masonic Temple, Beech St. Garry Ewert 9716 2267 or 0414 692 835

WHITTLESEA & DISTRICT NETBALL

ASSOCIATION, NetSetGo(5-10yo), Juns(U9, U11, U13,U16), Sens, women & mixed comps held Wed & Thurs evenings, WSC stadium. New Players welcome. Email: wadna.membership@gmail.com

WHITTLESEA PHOTOGRAPHY CLUB Inc.,

Meet last Thurs. month, 7.30pm (not Dec.) Whitt. Fire Brigade Meeting Room, 11 Laurel St, W'sea Kerrie 0407 822 139

in fo@whittle sea photography club.com

WHITTLESEA PLAYGROUP, meets Tues, Wed & Fri, 9.30am, rear 28 Forest Street. Offer access to educational toys, craft, excursions, outdoor area & developmental activities. Ages 0-4 Melanie Hrzic 0430 091 303
www.facebook.com/WhittleseaPlaygroup

WHITTLESEA & PLENTY VALLEY TOURISM ASSOCIATION Inc., Meets 2nd Wed. Month. Charles 9438 2785, Barry 9457 6895

WHITTLESEA PROBUS CLUB, open to new members. Social group, dining, tours, gardening, walking, theatre etc... Open to retired, semi retired people. Meet 1st Mon. month, 9.30am, Whittlesea Bowls Club. Andrew McCormick 9716 2429

WHITTLESEA RSL, Sub branch. The Returned & Services League meet 3rd Wed. Month, 2pm, at Whittlesea Bowls Club. Seeking new members. Ned Pannuzzo 9745 2209, Peter Crook 5786 2030, Denys Potts 9716 1361

WHITTLESEAMERS - Meet Fridays, 10am - 3pm, in Christ Church Hall, bring lunch, tea,coffee provided. Craft, patchwork, embroidery, crochet, knitting, etc...Contact Jenny 9716 0079 or Sandra 9716 0079. Love to have you.

WHITTLSEA SENIOR CITIZENS, meet 1st Wed. Month, 1-3.30pm, activities other Wed., Community Activity Centre, 57-61 Laurel Street. John Peachey 9437 6235

WHITTLESEA TABLE TENNIS CLUB, play Showgrounds, Wed. 7.30pm. Players of all ages & ability welcome. Les **0419 466 018**

www.wdtta.org.au

WHITTLESEA TENNIS CLUB, 8 courts under lights. Cater for all standards of comp. & Social players. Mens, Ladies day & night, mixed, juniors. Laurel Street. www.whittleseatc.com

info@whittleseatc.com 0439 355 877 Facebook for upcoming events. Coaching Toplinetennis.com Call, speak to qualified coach, David, Bayden or Ben, 0425 831 666

WHITTLESEA TOWNSHIP CHOIR, join enthusiastic group singers, meet Mon.1-3pm, Community House. 9716 3361

WHITTLESEA TOWNSHIP GEORGE SHERWIN BANDSTAND Inc., Meet 3rd Wed month, 8pm, Whittlesea Courthouse Visitor information Centre, Cnr. Church & Beech Sts. Nesta 9716 1046

WHITTLESEA U3A, Offers a large variety of educational, creative and leisure activities. Small annual fee enables member to any of 90+ activities, courses at Epping, Lalor, Mernda, Mill Park, Sth Morang, T'town & Whittlesea township. We are looking for new members & volunteer tutors. 9464 1339, 0404 119 189

WHITTLESEA WALKERS, meet Tues. 9am, DPV Health, Walnut Street, & Fri 9am Whittlesea Bowls Club, Church Street. All ages & abilities welcome, no need to book, just turn up.

YAN YEAN TENNIS CLUB INC., 'T.H. Hurrey Reserve', Plenty Rd Yan Yean. Isabel 9716 2037, or Adele 9715 1198. Any standard of player is welcome. Coaching & night tennis available. Doug 0438 566 588 If you have a notice on these Community pages, please check it, and if it is out of date or no longer needed, notify Betty on 8401 3330 towncrier1@bigpond.com



BREAD TAGS, I am collecting those flat plastic bread tags for charity. If you could save them, then contact me when you have some for collection. I, and the charity will be most grateful.

To arrange drop off in Mill Park email:

nightirj@yahoo.com.au

Charity information can be found at: www.breadtagsforwheelchairs.co.za

Many thanks, Debra

BEANIES FOR SAILORS

The Baptist Church ladies of Burnie, Tasmania are seeking assistance with the knitting of beanies, warm scarves, booties etc.. for the Mission to Seafarers that cares for Seafarers throughout the world. These woollen items are sent to the large ore carrier vessels from all over the world that dock at Port Latta, a relatively remote port in north-western Tasmania. This is a closed port so seafarers are unable to come ashore, and greatly appreciate such comforts as can be supplied. They are not charged for these as it is regarded as a work of god. If you have a favourite pattern of your own, and prefer to use it then please do. A pattern for beanies can be found on the Town Crier website www.towncrierwhittlesea.wordpress.com

Knitting can be sent to
The Mission to Seafarers, Port Latta
c/- Marianne Whybrow
52 Oonah Street, Shorewell Park
Tasmania 7320
Phone 03 6433 3926

WOODSTOCK HALL

Are you community minded?
Would you like to join a committee
that looks after the popular
Woodstock Hall in Donnybrook
Road, Woodstock?

This is a community hall so your participation or help would be very much appreciated

FOR MORE INFORMATION PLEASE CONTACT

100 DE LORD 100 D

For all advertising call Karen 9715 0674, 0410 324 326

karen_macetc@yahoo.com

CHURCH NOTICES

ANGLICAN CHURCH (Church of England) Serving Whittlesea, Kinglake, & Upper Plenty Christ Church: 5-9 Wallan Road, Whittlesea (Mel. 246, E9) Sun Service: 10.30am Communion St Peter's Kinglake: Cnr. Bald Spur, Whittlesea/ Kinglake Rds, Kinglake (Mel. 250, B4) Sun. Service: 8.30am Revd Dr Ruwan Palapathwala Priest in Charge, Parish of Whittlesea

Ph 9716 2042 Mob 0458 113 099 Church Office: 9716 2042 Website: https://www.whittleseakinglakeanglican.org.au Weddings/Baptisms: By appointment. Services to the Community: Whittlesea Op. Shop, 7 Laurel Street, Whittlesea . Ph: 9716 3144 - Open weekdays 10am - 4pm, Saturday 9.30am - 12.30pm. Eng: Marg Jolly 9716 2760 or Jean Hemming 9716 2663 ANGLICAN CARE: is an innovative and progressive quality provider of aged care services for more than 600 residents, offering a wide choice of options. www. anglicancare.com.au

ANGLICARE AUSTRALIA: a national network of care and social justice agencies of the Anglican Church. Provides assistance to needy families, youth, children and aged. www.anglicare.asn.au Jobs at Anglican Care: www.careeriet.com.au

ARTHURS CREEK UNITING CHURCH Contact for Church Malcolm 9714 8220

CATHOLIC PARISH OF EPPING, EPPING NORTH

Parish Priest: Rev. Anh Nguyen Parish Office: 13 Davisson Street, Epping Ph: 9401 6300 Fax: 9401 6350

epping@cam.org.au www.cam.org.au/epping

Schools - St Peter's Epping -Principal: Kerry Miller 9401 1157 St Mary of the Cross Mackillop Epping North Principal: Geraldine Dalton, 8432 4500 Glowery Parish Primary Wollet, Principal: Tim Kelly 8579 6505. St Monica's Secondary College Epping Principal: Brian Hanley 9409 8800

Mass Times: St Peter's Epping - 9.15am Tues-Fri, 6.30pm; Sat, 9am & 10.30am Sun St. Mary of the Cross Mackillop Epping North Saturday 5pm

Reconciliation: St Peter's Epping, Saturday 10.30am Sacraments: Baptism: Office - 9401 6300

Reconciliation, Eucharist, Confirmation: Contact Parish office 9401 6300

For prep. information for children who don't attend our Parish Primary Schools.

St Vincent de Paul queries - 1800 305 330

CHRIST THE LIGHT CATHOLIC PARISH OF KINGLAKE, MERNDA, WHITTLESEA

Parish Office: 48 Mernda Village Drive, Mernda Phone: 9412 8493 Parish Priests: Fr Martin Ashe & Fr Shymon Thekkalathungal

Email: merndawhittlesea@cam.org.au Schools - St Mary's Whittlesea - Principal: Phillip Smith 9716 2478 St Joseph's Mernda

Principal: Marita Richardson

9717 6480 St Paul, the Apostle, Doreen – Principal: Phil Doherty 9216 2000

Mass Times: St Mary's Church, Main Rd, Kinglake, Sun 8.30am St Joseph's Church, 1490 Plenty Rd, Mernda. Weekdays: Wed & Fri 9.15am Nazareth Centre 44 Mernda Village Drive, Sat: 5.30pm,Sunday: 8am &10.30am St Mary's Church, Fir St, Whittlesea. Weekdays: Tues & Thurs 9.15am, Sunday 10am Individual Reconciliation: 2nd & 4th Sat. 10am. Sacraments and Baptisms contact Parish Office.St Vincent de Paul 1800 305 330

CORNERSTONE LIFE CHURCH (Wesleyan Methodist) Pastor: Rev Marco D'Angelo 0413 141 122 email: reverendmarco@gmail.com

Meeting each Sunday at 2pm at the Uniting Church 97 Schotters Rd, Mernda. A contemporary church for all people. Kids Church for 5 years and up **Weekly groups:** - Health and Well-being (Gentle Exerciser) meeting 10:30am Fridays. Mid-week group bible study. Please call pastor if interested EVERYONE WELCOME

DOREEN BAPTIST CHURCH, Pastor: John Edmonds 0417 568 576. pastor@doreenbaptist.org.au www.doreenbaptist.org.au

Services: Sundays, 10am at Laurimer Community Hall, 25 Hazelglen Drive, Doreen 3754

*Warm welcome to all *Family friendly worship *Children included Call Pastor for enq. or assistance.

DOREEN CHRISTIAN HOME FELLOWSHIP Meets every 2nd Fri. at 8pm in Cookes Rd, Doreen.

Enq: Pastor Peter 0410 651 903 DOREEN UNTING CHURCH (HAZELGLEN)

1030 Yan Yean Rd, Doreen. Meets 11am on 1st & 3rd Sun of month. ALL WELCOME

Minister: Rev. David Anderson

GREENVALE SEVENTH-DAY ADVENTIST

CHURCH. Meeting every Saturday morning, for prayer, Bible study and friendship. 825 Somerton Rd, Greenvale & Section Rd (Opposite Greenvale Tennis Club) Pastor: Rod Anderson 0422 603 941 rodanderson1844@gmail.com

Services every Saturday morning with accredited teachers. Children's (Age suitable) Bible classes 10am. Juniors, Teens and Youth Bible classes/ roups 10am. Adult bible study groups 10am Family Worship Hour 11:20am

INFINITY CHURCH, 5/9 Danaher Dr, South Morang, P.O. Box246 South Morang. Senior Pastor: Craig Anderson. Service: 10am Sunday. 03-9437 7016, 0412 118 750

www.infinitychurch.org

NEW HORIZONS, WHITTLESEA

(Australian Christian Churches) Senior Pastor: Ps. Shane & Millie Lepp Ph. 9716 3057 Mobile 0418 526 773

SUNDAY SERVICES: Venue: 28 Forest Street, Whittlesea. 10am - Incl. full Children's Church Youth Contact: Nat Stoner 0413 724 014 Connect Groups: A variety of groups is offered in the Whittlesea/Doreen area

Mainly Music: Whittlesea, Thurs 10am Contact Christina **0400 441 972**

New Horizons Community Kitchen: Wednesday 12pm – 1pm, Church portable. Free lunch every Wednesday. Great time of fellowship. For more information contact church office on 9717 3057

FAMILY FAITH CENTRE - Meets each Sunday at 10.30am - 12noon in the PVAC Building, 160 Centenary Drive, Mill Park 3082 (Just off Plenty Rd) LEGACY CHURCH, SOUTH MORANG (Australian Christian Churches). Pastor: Margaret & David Baguley. Sunday Service and Children's Program: 10am Riverside Community Centre, Doreen Rogen Way, South Morang. Connect Group: 11am Thursdays at 12 Barbers Dr, South Morang. Mainly Music: 10am Wednesdays. Contact: Margaret 0403 320 931 E: contactlegacychurch@gmail.com.

Website: www.legacychurch.com.au PLENTY VALLEY ADVENTIST CHURCH (A

Seventh-Day Adventist congregation) Cnr. Plenty Road and Centenary Drive, Mill Park Bible Study all age groups:- Sat 10 - 11am Worship Service:- Sat. 11.15am - 12.30pm

PLENTYLIFE ANGLICAN CHURCH

Location: Hazel Glen College Child and Family Centre, Cnr Eminence Blvd and Painted Hills Road. We gathers on the 1st, 3rd and 5th Sundays of each month from 10 am. On the 2nd and 4th Sundays we gather in 'Community Groups' who serve the local community in various locations across Mernda and Doreen. To find out more about our children's ministry, youth group or Community Groups give us a call or drop in sometime, we would love to see you! For more info. Craig Ogden 0430 505 593,

craig@plentylife.org.au www.plentylife.org.au PLENTY VALLEY UNITING CHURCH

180 McDonalds Rd., Epping Ph/Fax: 9408 0958 Minister: Rev. David Anderson. Sun. Service & Sunday School (Kidzone) - 9.30am followed by a 'cuppa'

ROSANNA CHRISTIAN CHURCH

19 Tyrone Ave, Macleod. "Not just a Church, more like a Family" Services:- 10am Sunday Lay-Leader 8364 0600, Sec. 8339 2534 Affiliated with the "Fellowship of Evangelical Churches of Australia" (FECA)

ST. PETER'S ANGLICAN CHURCH,

BUNDOORA, corner of Grimshaw and Monckton Road (Opposite Aldi). CHURCH SERVICE TIMES: Sunday 8am (Eucharist) and 9:30am (Sung Eucharist). Wednesday 9:30am (Eucharist)

Every 3rd Friday evening service at 7pm Visit website: www.stpetersbundoora.org.au for details of activities. Fr. Jobby John, Vicar

ST JOHN'S ANGLICAN CHURCH, 789 HIGH

STREET, EPPING Sundays: 10am Eucharist. Wed. 10am midweek Eucharist. For Christmas & Easter services & other info, please check website: www.epping.melbourneanglican.org.au Contact: The Rev. Raffaella Pilz 9401 4118

STRATH CREEK UNITING CHURCH FAITH

COMMUNITY, Ecumenical services held bimonthly. All welcome. Contact: Jeanette Tilley,

5784 9267. Email: Jeanette.a.tilley@gmail.com

THE CHRISTIAN CHURCH, 455 Epping Rd, Wollert. Enquiries Inger 8457 9304 Meeting Times: Sun, 11.30am or 7pm Please enquire. Wed. 8pm ALL WELCOME THOMASTOWN LUTHERAN CHURCH

Cnr. Mountview Road & German Lane, Lalor Services:- 2^{nd} & 4^{th} Sun each month at 2.30pmEVERYONE WELCOME

Manse 9435 6846, Office 9432 0824

THE SALVATION ARMY WHITTLESEA CITY

Tuesday - Thursday Doorways Community Services 9am - 3pm

Tuesday Sew Beautiful Craft 10am - 12 pm Wednesday Little Kidzone Music (0-5 years) 10am 3rd Thursday of Month Men's Fellowship 4th Thursday Month Girls Night Out Saturday Bi monthly Women's Breakfast 8:30am Sunday Worship (including Kids Church) 10am Further info. Major Craig 0439 533 891

VALLEY PRESBYTERIAN CHURCH

Holiday Club for children in the holidays

Pastor: Richard Wilson 0427 331 327 E: richard.wilson@vpc.org.au www.vpc.org.au Meeting each Sunday at 10am at the Plenty Valley Christian College, 840 Yan Yean Rd, Doreen. A contemporary church for all people. Kids Church includes programs for 4 age levels. Valley Youth meets each Fri evening at 7:30 pm Growth groups meet through the week. Kids

WHITTLESEA/MERNDA PRESBYTERIAN CHURCH - SERVICES - Mernda (1345 Plenty Rd) 9.15am. Mernda Arabic service 1pm Whittlesea (7 Lime St) 10.30am Enquiries Rev. Botros Botrosdief 0401 967 468

Contact: Ross 0427 271 818 Sunday School 10.30am. Enq. Adele 0466 429 910 & Dianne 0422 319 459 ALL WELCOME

MERNDA UNITING CHURCH - 103 Shotters Road, Mernda. Meets 11am on 2nd, 4th & 5th Sun of month. Rev.David Anderson ALL WELCOME. Enquiries re: Hall hire at Mernda contact Brendy Stanley 9717 2336

WHITTLESEA UNITING CHURCH

26 Forest Street Enquiries 9716 2330 Sunday Service: 10am. Know Your Bible - Bible Study Mondays, 2pm.

Contact-Wendy Stokes 5783 1584 W'sea Foodshare, Foodshare Shed behind Uniting

Church. Tues 12noon-3pm, Wed 11am-2pm Free fruit/veg & bread, for those not so well off Enq. Les Booth **0407 348 599**

Playgroup Church Hall 10-11.30 am Weds. Enq. Jenice Stokes 9716 2479

Ladies Evening Group (LEGS) Monthly on 2nd Thurs night at 7.15 pm Enq: Esther Kenyon 9716 2659 Boyz Nights-monthly, usually 2nd Thurs night, 6.30pm Enq: David Kenyon 9716 2659

If your notice is no longer needed, out of date or in need of updating, contact Betty 8401 3330 towncrier1@bigpond.com







Ken Walsh

Over **50 years** experience in THERAPEUTIC AND MUSCLE TENDON MANIPULATION

Sports injury therapist



Neck & Shoulders Frozen Shoulder



Sinus, Headache, Migraine (Carpal Tunnel Syndrome)



Hamstring, Achilles
Osteitis pubis



Back Problems Sciatica





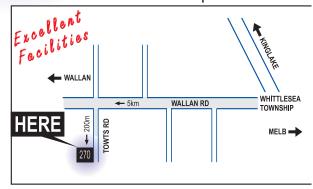
Legs, Knees, Feet, Shin Splints & Gout

I fix problems (muscular & tendon) from top to toe

"If you're having no success with your problem then call me on"

9716 2641 0409 971 626

270 TOWTS ROAD WHITTLESEA





masonwhitemcdougall



WHITTLESEA

Bespoke home with awe-inspiring vistas

At end of quiet street adjacent parklands this 4 bedroom, 2 level home, sandstone look with 9' (270mm) ceilings, timber floors, formal lounge/ theatre, 4th bedroom or large office, open plan family/meals area opening to large covered deck, easy access to park & primary school

\$680,000 - \$730,000 Susan Sinclair 0417 599 555 Contact:



KINGLAKE WEST

Stunning views, 2 titles, 1769m² (approx)
Country cottage style home, ultra modern conveniences, 3 bedrooms, 2 bathrooms, 2 separate living areas, huge 6.5kw (approx) solar system with batteries and inverter plus good tank water storage, large colourbond garage/ workshop with power, concrete floor, auto roller door, inspection will not disappoint

\$680,000 - \$720,000 Contact: Susan Sinclair 0417 599 555



FLOWERDALE

Enticing rural living, 2447m² (over 1/2 acre)

Large wide allotment, plenty of storage(cars,boats, trailers), two storey, 3 bedroom, main downstairs, solid timber kitchen, loads storage, large 'Falcon' stove with induction cook top, 2 living area options, large lounge parquetry floors, dougle carport, concrete floor, 3 lockup areas for workshop, tools, bungalow, large solar 16 panel system

\$430,000 - \$470,000 Contact: Susan Sinclair 0417 599 555



DOREEN

Brand spanking new!

Soon to be completed home delivers an open plan meals/family zone by a rear veranda for easy indoor/outdoor flow, ground floor master bedroom with ensuite WIR, 2 additional bedrooms upstairs with family bathroom, 2ⁿ living zone, balcony, long list of inclusions, perfectly placed for family to thrive **Price:** \$670,000 - \$730,000

Contact: Scott Chambers 0409 660 321



CRAIGIEBURN

Easy single level living is here!

Easy to manage 304m², fantastic 1st home, downsizer or investment, 3 robed bedrooms, central bathroom, full sized laundry, spacious living room, easy care courtyard, kitchen with brand new appliances, WIP, ducted heating, evap. cooling, SS AC, single garage and more

\$420,000 - \$460,000 Lorraine Grimshaw 0419 311 873



DOREEN

Development property opportunity

Opportunity to secure nearly 2.5 acres of zoned residential land earmarked for a substantial land subdivision (STCA), in a prime location in the midst of a large growth area. The existing 4 bed home with inground pool & tennis court is currently leased returning over \$41K pa, close to all amenities **Price:** \$2,250,000 - \$2,350,000

Contact: Richard Stepney 0408 347 930 or Lauren Exton 0478 082 225



HURSTBRIDGE

Prestige lifestyle package

Spacious, stylish 2 storey home, in a private central locale, 4 bed, 2 bath, powder room, 2 living zones, quality kitchen, SS appliances, stone benchops, butlers pantry/laundry, SS heating/cooling, cosy wood fire, ducted vacuum, security system, double carport, shed, BBQ hut \$1,175,000 - \$1,275,000

Contact: Richard Stepney 0408 347 930 or Tony McDougall 0408 305 463



FLOWERDALE

Renovated, versatile backyard studio

Sasonal creek frontage, open fire pit, kitchen with electric cooking, ample storage, dishwasher, open plan lounge/dining zone, hardwood floors, deck connects studio, SS heating & cooling, 2076m2 block, caroprt, separate garage/shed with power & concrete floor, short stroll to local store, primary school, close to Yea or Whittlesea secondary college Price: \$470,000 - \$510,000

Contact: Donna Wilson 0409 676 933



FLOWERDALE

Rare opportunity, substantial block 4.8 acres

Combination level and sloping to steep elevation with light to medium bush, views to the east and south overlooking the treetops and Flowerdale valley. A current planning permit is in place to build an eco sustainable home made from rammed earth with wrap around verandas and balconies. House is designed by BAL40 and final plans meet council requirements, close to state forest. Price: \$320,000

Contact: Jodie Thorneycroft 0438 861 288

9718 2222 HURSTBRIDGE 784 Main Rd 5786 1199 **KINGLAKE** Shop 1 Glenburn Rd 9716 3300 **WHITTLESEA** 39-41 Church St DIAMOND CREEK 60d Main Hurstbridge Road 9438 5678

www.mwmrealestate.com.au