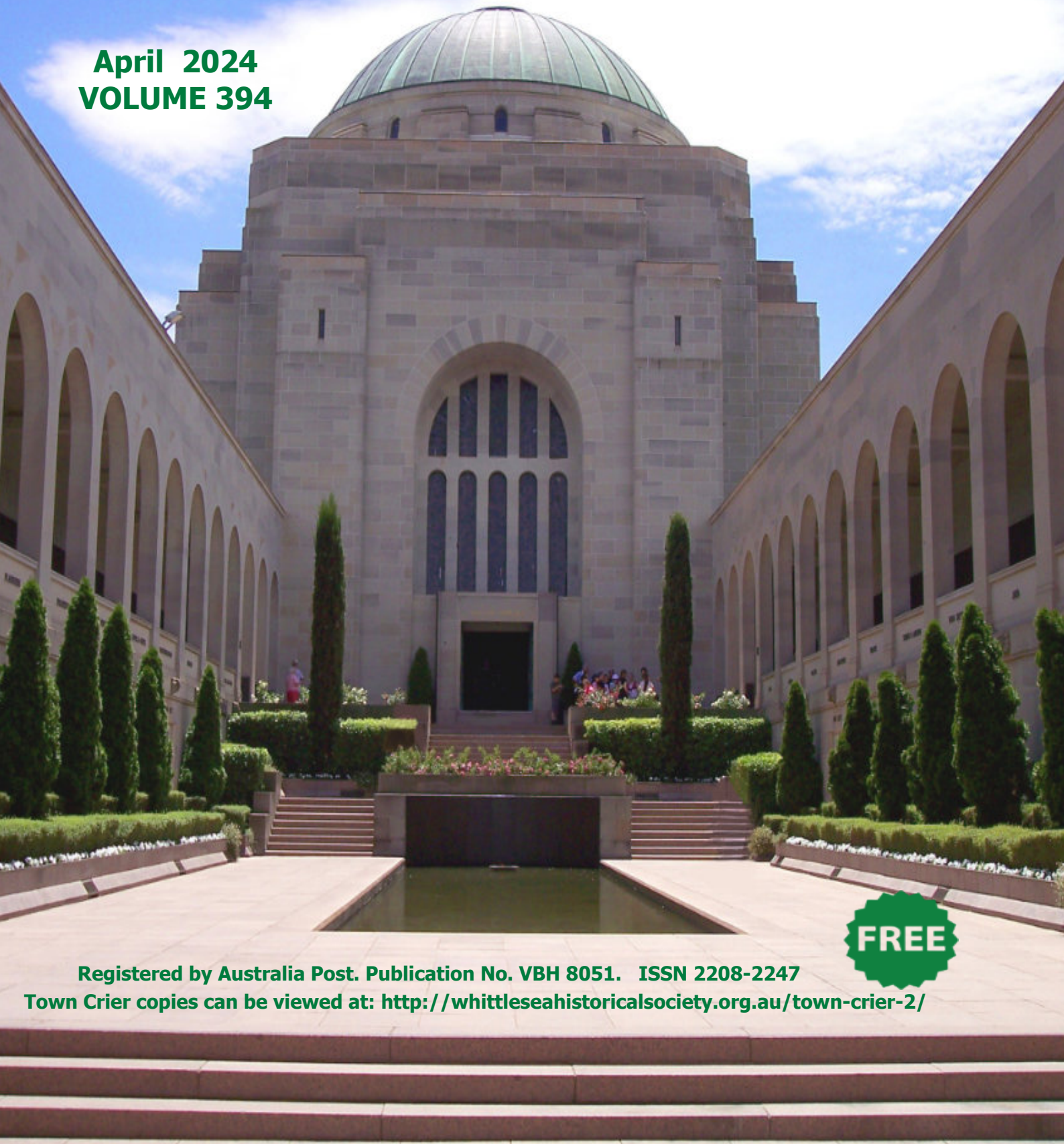


town Crier



April 2024
VOLUME 394



FREE

Registered by Australia Post. Publication No. VBH 8051. ISSN 2208-2247

Town Crier copies can be viewed at: <http://whittleseahistoricalociety.org.au/town-crier-2/>

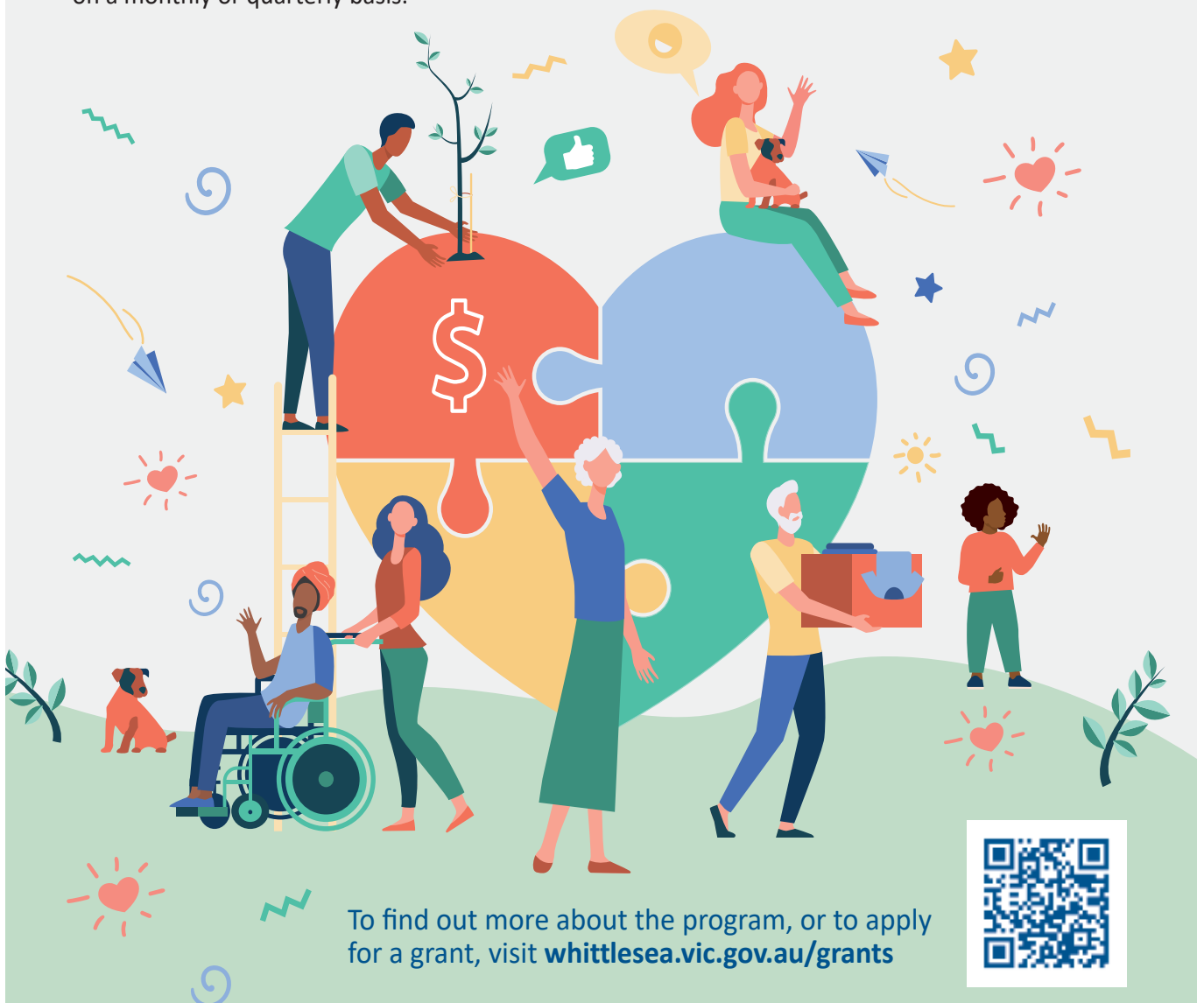
Community Grants Program

Apply now



The City of Whittlesea's Community Grants program is now open.

The new program offers six grant categories – small, medium, large, individual, unincorporated groups and emergency grants and will be available year-round, with approval rounds conducted on a monthly or quarterly basis.



To find out more about the program, or to apply for a grant, visit whittlesea.vic.gov.au/grants





107 Powlett Street, Kilmore, Vic
100% Bulk Bill (may not apply to ultrasound)

MRI SCANNER
Arriving in 2024 at KILMORE MRI AND SPECIALIST CENTRE,
75 POWLETT ST
New GE 1.5T SIGNA Voyager 49 channel wide-bore MRI with
AI applications and AIR coil

1.5T SIGNA Voyager 49 Channel AIR



**BB Medicare will be available due to Modified Monash Model Rural/Regional Location of
Kilmore**



ABN: 33 551 756 907

EDITOR and for COPY: Betty Harvey 8401 3330 towncrier2019@gmail.com

FOR ADVERTISING: Karen Mace 0410 324 326 karen_macetc@yahoo.com

ACCOUNTS/INVOICES: Karen Mace 0410 324 326 karshapublishing@yahoo.com

New POSTAL ADDRESS: 2 Panorama Close, Bundoora 3083
The Whittlesea Historical Society now have copies of the Town Crier on their website, they can be viewed at:
http://whittleseahistoricalociety.org.au/town-crier-2/

The Town Crier is a strong community based magazine, proudly owned and published by Karsha Publishing Pty Ltd. Please feel free to direct enquiries to any of the above telephone numbers or our postal address.

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, Lolor, 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 per month (Including GST)

Table with advertising rates: Trade Space (5cmH x 6cmW) \$50 Colour \$60, 1/8 page \$95 Colour \$105, 1/4 Page \$135 Colour \$190, 1/3 Page \$175 Colour \$180, 1/2 Page \$245 Colour \$360, Full Page \$450 Colour \$660, Colour Back Page \$800, Inside Back or Inside Front Page \$660, 1/2 \$360, 1/4 \$190

Table with costs for compiling and 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 CLASSIFIEDS: \$25 per month for 4 lines and \$6 for each additional line (incl. GST)

Ask Karen about special rates for longer terms

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

DISCLAIMER

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.

Front Cover photo: Canberra War Museum Photo Supplied by: Helen Campbell

FROM THE EDITOR'S DESK

School holidays are still going, daylight saving ends Sunday 7th April and the days will soon close in towards winter.

ANZAC day marches later in the month, and each of us will reflect on what it all means and how so many of our men and women went to war and didn't come home, and for those who did, some never got over their experiences of war.

From: https://parade.com/966564/parade/fun-facts/

- 22. Octopuses have three hearts.
23. Cows don't actually have four stomachs; they have one stomach with four compartments. (fda.gov)
24. The platypus doesn't have a stomach at all: Their esophagus goes straight to their intestines. (nationalgeographic.com)
25. This is one animal myth that's true: Eating parts of a pufferfish can kill you because, in a defense mechanism to ward off predators, it contains a deadly chemical called tetrodotoxin. There's enough in one pufferfish to kill 30 people—and there's no antidote. Still, pufferfish, called fugu, is a highly-prized delicacy in Japan, but can only be prepared by well-trained chefs. (nationalgeographic.com)
26. Polar bears have black skin. And actually, their fur isn't white—it's see-through, so it appears white as it reflects light.
27. Tigers' skin is actually striped, just like their fur. Also, no two fur patterns are alike.
28. Flamingoes are only pink because of chemicals called carotenoids in the algae and fish (which also eat the algae) they eat; their feathers are grayish-white when they're born.
29. Mosquitoes are the deadliest animal in the world: They kill more people than any other creature, due to the diseases they carry. (cdc.gov)
30. What do Miss Piggy and Yoda have in common? They were both voiced by the same person, puppeteer Frank Oz.
31. Psycho was the first movie to show a toilet flushing. (npr.com)
32. One of the most famous movie lines in history was never said. We often quote, 'Play it again, Sam,' from Casablanca; but the real line is, 'Play it, Sam. Play 'As Time Goes By.'

Regards, Betty

Victoria State Government logo
THE YAN YEAN CEMETERY TRUST
Trust member positions
Are you interested in making a meaningful contribution to your community, learning new skills and preserving local history for future generations?
The Yan Yean Cemetery Trust is seeking volunteer trust members. In this role you will gain hands-on experience in managing a public cemetery and valuable governance skills as a member of a public board. Free governance training is provided.
Who should apply?
Applications are welcome from community members with a range of skills and experiences including administration, committees, and groundskeeping. Women and people from diverse backgrounds are actively encouraged to seek appointment. Current trust members whose terms of appointment are due to expire are welcome to apply for reappointment.
What it means to be a Victorian cemetery trust member
Cemetery trust members are appointed by the Governor in Council for a term of up to five years on the recommendation of the Minister for Health. Cemetery trusts are responsible for the management of public cemeteries, including planning for future cemetery services for their communities. More information about the role is available at <https://www.health.vic.gov.au/cemeteries-and-crematoria/class-b-cemetery-trust-appointments>.
How to register your interest
Simply contact the Yan Yean Cemetery Trust as follows within two weeks of the date of this advertisement:
The Yan Yean Cemetery Trust contact details: 9716 2619
The Victorian Government is committed to ensuring that government boards and committees reflect the rich diversity of the Victorian community. We encourage applications from people of all ages, Aboriginal people, people with disability, people from culturally and linguistically diverse backgrounds and from lesbian, gay, bisexual, trans, gender diverse, intersex and queer people. The trust will provide adjustments to the recruitment process upon request.

A SHEEP DOG'S TALE By Matt Dickinson

THE MAIN SENIOR DOG TRIAL

We had a good view of all the dog trial on the view point beside the road at the bottom of the big field.

In the senior dog trial five sheep are released at the top of the field. The dog handler stands on a mark at the bottom of the field, two hundred yards away. He sends his dog out on



a sweep outrun to gather the ewes, then fetch on the sheep a distance of two hundred yards through the fetch gate that is in the middle of the field, then fetch on the sheep to the handler position in an anticlockwise direction. The sheep dog has then to drive the sheep away from the handler 100 yards to the west marker on the edge of the field then cross drive to the east side to the Sheep pen 100 yards away. The sheep are penned with the handler working the gate.

After being penned two of the sheep with ribbons around their necks have to be separated from the five sheep. The hardest for us dogs to understand is why we bring the sheep then have to drive them away from the handler again. But men have strange ideas. We watched the dog contestants and there were very good dogs and handlers especially from the Scottish side. One dog, Archie was outstanding and lost very few points. But as the day wore on there was still work to be done back home at Middle Moor, Jack prepared to leave the field. Just then the Tannoy loud speakers announced, 'The next competing dog is Mr Thompsons dog, Joe from Hill End Farm and he is being handled by Miss Jean Thompson. I stopped and looked at Jack, 'That's my pup, Jack. That's my pup. He's competing now.' Jack said, 'We've got to see this, Joe is one of Nell's pups. We have to see how he does.'

When we got back to the viewpoint, Miss Thompson had already sent out Joe on the outrun to gather the sheep and position them to fetch on, Jack said, 'That was a great gather, and she has Joe bringing on the sheep quietly. She's a great handler.'

Joe fetched the 5 sheep to the fetch gate slowly and steadily he lost a few points with that bloomin' awkward ewe at the gate. Joe had the sheep in a close group moving steadily to Miss Thompson on the handler position.

'Come by Joe, come by', Joe got the sheep around the handler position and started the drive to the west side position.

Jack said, 'That was well done, she's a great handler.'

I thought what about Joe he was doing just great. He got the sheep around the west marker and slowly drove the sheep to the east sheep pen. Miss Thompson was already holding the rope at the pen gate. Joe drove the sheep to the pen. Steady Joe and turned them into the pen and Miss Thompson closed the gate.

There was a clap of applause from the watching crowd.

Jack said, 'That was beautifully done.'

The gate opened and the five sheep came out. The two ribboned sheep had to be separated. Miss Thompson one side of the sheep and Joe the other side.

'In here, Joe, in here.'

Joe came in head down and separated the two sheep as clean as a dog whistle.

'That'll do, Joe, that 'll do,' and Joe went to Miss Thompson for a warm clap on the back. Jack walked onto the field and over to Miss Thompson.

'Hello Jack.'

'Miss Thompson you did a great job handling your dog.'

'Jack, Joe is a real pleasure to work with he's really wonderful with the sheep. He keeps them calm and moving he has a great eye for sheep.'

They were getting ready to put Joe into a dog trailer when he saw me standing there. Joe saw me and barked. 'Nell, it's me, Joe, its me, mum, Joe, I'm your Joe. I'm your Joe, Mum.'

I tried to bark back to him but I couldn't the bark wouldn't come.

Jack said, 'Nell, that dog still knows you, lass that's amazing.'

Humans are strange, they think they are the only ones with feelings and love and feel loss. They are so wrong. I miss all my pups, but that is a dog's life. It's a good life, with Jack and Sarah and Jim and Jane on Middle Moor farm.

More of Nell next month



ANZAC DAY THURSDAY 25th APRIL 2024

DAWN SERVICE

**A ceremony will be held at the Arch/
Second World War memorials,
at the intersection of Walnut and
Forest Streets commencing at 0530
hours.**

MARCH

**The ANZAC Day march will
commence with assembly at
the Whittlesea Bowls Club at 2 p.m.
Step-off is at 2.30 p.m.**

**Wreath laying will be conducted at:
The Arch and Second World War
Memorials
at Forest/Walnut Streets
and
Soldier's Memorial
Laurel/Church Streets.**

**Wreaths are to be placed on a table
at the Arch prior to commencement
of the march and wreath layers will
be called forward by the MC
at an appropriate time.
Posies can be carried and laid at the
conclusion of the wreath laying.**

**Veterans and ex-servicemen/women
are to wear medals.
Relatives/descendants of ex-
servicemen/women, displaying
medals on right chest will be placed
in the veteran's group.**

**Denys Potts
(Secretary/Treasurer)
0421431528 / 54291032**



Drug driving? The consequences will blow your mind.

Police are conducting drug tests across Victoria, which helps to keep our roads safe. Being caught with illicit drugs in your system could result in a minimum fine of \$577 and possible licence suspension.

Drug driving? Chances are you will be caught.
Anywhere. Anytime. Anyone.

TAC

VICTORIA
State
Government



ARTILLERY By Denys Potts

The First World War, 1914 – 1918, was an artillery war. Artillery was a battle winner and it caused the greatest loss of life, the most dreadful wounds and the deepest fear.

Philip of Macedon was the first to organise a special group of 'Artillery' engineers who designed and built catapults to be used as 'Siege Engines'. By the time of Demetrios I (305 BC.) these machines could fire an eight-pound (3.6 kg) stone over 300 yards (275 m), a range greater than that of a Napoleonic cannon.

It is generally thought that the Chinese were the first to discover gunpowder. Its introduction into Europe was by Friar Roger Bacon (1214 – 1292), he being the first known man to record the its formula and properties, but there is no indication linking its discovery to him. Around 1320, Bartold Schwartz from the Mentz, a monk specialising in chemistry, also discovered gunpowder's properties and he was the first man to apply it to military use.

The Artillery, machines that hurl projectiles by explosive means, have been part of the armament of the British and European armies since the 14th Century. The early history of cannons and gunpowder is vague but it is known that cannon were in existence by 1326 as they are mentioned in a Decree of the City of Florence for that year. A manuscript dated 1326 and held by the British Museum one of the early weapons being fired by a soldier in chain mail armour.

Until the 1500s artillery pieces were made up of small cast bronze tubes set on wooden shafts and the larger 'Siege' guns were made from iron bars and hoops hammered and welded together and set on carriages of large tree trunks and the first cast iron gun was made by Ralph Hogg in his foundry in Sussex in 1542.

The science of artillery grew rapidly under pressure of the Industrial Revolution and by the end of the 19th Century guns were ever more powerful, firing more efficient munition to longer ranges with increased accuracy and greater speed.

During the First World War, one statistic states that of all the wounds inflicted on British troops throughout the war, 58.51 per cent were by shell or trench mortar bomb and 38.98 percent by machine gun or rifle bullet.

To understand the significance of artillery in the First World War it is necessary to give some indication as to how it was used in the Second World war.

Some of the battles, where artillery was a significant factor, were El Alamein in 1942, the Battles of Bataan and Corregidor

and the capture of Berlin in 1945.

General Montgomery, Commander of the British and Commonwealth 8th Army initiated an artillery barrage from 1,000 guns at 9.40 p.m. on 23 October 1942 at El Alamein. The shelling continued for five and a half hours, by which time each gun had fired about 600 rounds.

In April 1942, the Japanese Army bombarded Bataan over a period on one week with about 300 guns and fired 41,321 rounds. In April 1942 the Japanese bombarded Corregidor and by the time the United States garrison surrendered on 5 May 1942, 22,467 rounds had been fired.

In the three weeks prior to 2 May 1945, the day Berlin fell, the Russian Army under the command of Marshal Georgi Zhukov fired over 2 million rounds from 28,000 guns into Berlin.

Prior to their attack on Arras on 9 April 1917, the British First and Third Armies used 963 heavy guns over a 13-mile front. The Canadian Corps, during their attack on Vimy Ridge had 377 heavy guns on a front of four miles. Between 25 March and 8 April, 2.6 million rounds were fired in a preliminary bombardment with 4.2 million fired during the period 9 April to 16 May.

On 7 June 1917, General Plumer captured the ridge at Messines. As support, he used 2,266 guns on a nine-mile front.

The third battle of Ypres opened on 17 July and between that time and the 30 July, 3,091 guns were deployed on a 15-mile front and the preliminary bombardment expended 4.2 million rounds.

A French survivor of an extended German artillery barrage wrote: "We listen for an eternity to the iron sledgehammers beating on our trench. Percussion and time fuze, 105s, 150s, 210s – all calibres. Amid this tempest of ruin we instantly recognize the shell that is coming to bury us. As soon as we pick out its dismal howl we look at each other in agony. All curled and shrivelled up we crouch under the very weight of its breath. Our helmets clang together, we stagger about like drunks. The beams tremble, a cloud of choking smoke fills the dugout, the candles go out..."

A British soldier wrote: "I lost all count of the shells and all count of time. Only the present. The present agony of waiting for the shell that was coming to destroy us, waiting to die."

It is impossible to estimate the number of artillery rounds fired during the

First World War, however, official records of one battery, 8 Battery, Royal Artillery, state that the battery was mobilized in August 1914 and landed at Ostend on 5 October 1914. It was involved in most of the major actions on the Western Front, including Neuve Chapelle, Festubert, Givenchy. Loos, the Somme. Hindenberg Line, Bullecourt and the Third Battle of Ypres.

It was not unusual to fire 1,000 rounds per day during these battles and in one 24-hour period during the Battle of the Somme, it fired over 2,000 rounds.

The United States 18th Field Artillery fired 285,000 rounds between March and October 1918.

Australia had five divisions of

artillery, each with three brigades equipped with 12 Mk 1 18-pdr. guns.

The standard artillery for the British ranged from the Mk1 18-pdr, the most common, to the six inch howitzer. The French ranged from the 1897 model 75mm to the 155mm howitzer, the 75mm being acknowledged as one of the finest guns of the war.

The German range was from the 77mm to 150mm howitzer.

Evolutionary progress in artillery resulted in the nuclear-tipped shell, which, if fired in anger, would have caused greater devastation than any barrage in the First World War. Between 1991 and 1992 Russia and the United States withdrew all nuclear-tipped ammunition and the last shell was dismantled in 2003.

Artillery is still a major factor in the armed forces and whereas the guns were once all towed, a large proportion now are self-propelled with calibres in the 150mm – 203mm range. The towed guns cover the same range and now multiple-launch-rocket-systems are classified as artillery, being capable of devastating effect.

<< Night Artillery Barrage



WHITTLESEA HISTORICAL SOCIETY

Dress code for meeting the Governor

By Barbara Miller, Whittlesea Historical Society

Dress-ups are a part of our culture and our childhood memories – the Easter bonnet parade, Book Week at school, or Moomba. So, imagine my consternation when I was told that I needed a costume for an historical event happening on the 24th of March at the Yan Yean Reservoir. Governor LaTrobe would be there. Panic stations!

I headed straight to eBay, and yes, there were all sorts of costumes to buy – Halloween, pirates, Easter Bunny, Superwoman. However, this event was celebrating 170 years since the turning of the sod at Yan Yean Reservoir, so I needed a costume from the 1850s. The next step was to research what the clothing of the 1850s looked like. Once again, the internet is an amazing thing. The Sovereign Hill website showed me some appropriate costumes, some of which would not be too difficult to put together from clothing already in the wardrobe. However, the perfect costume would need to be more authentic. Being a needlewoman, I even checked out dress patterns – expensive, and a LOT of work.

With some luck on my side, a friend said that she had a costume which would fit the bill (she's a teacher – they are renowned for needing dress-up costumes). It's an amazing dress, she sewed it herself, and it is made from over 13 metres of fabric. It's heavy, it's cumbersome, and I hoped that we wouldn't have a hot day on the 24th of March.

The dress was under control, now the accessories. I sewed a small bag, and made a crinoline petticoat. That's a stressful job – I should have bought one from eBay! A hint if you're going to try this yourself – do not sew on black netting with black thread, and then expect to be able to see the threads in order to gather the netting. Now the question remains – how to get into the car and drive when wearing such a petticoat?

The next job was a bonnet, essential for a lady of the 1850s. I had noticed that a bucket hat had an approximate shape that would suit, with some alterations. The scissors would need to be employed, a few metres of ribbon and some floral decorations, but I hoped that it was achievable. At this stage, I haven't been brave enough to attempt it. As the 24th of March draws closer, I know that time is running out and I'll need to get started on the amazing 1850s bonnet sooner rather than later.

I acknowledge WHS members Gwen Hawke and Bev Moore, who wore fabulous costumes to many events run by the Whittlesea Historical Society over many years.

Did you make it to the event at the Yan Yean Reservoir? Whittlesea Historical Society would love to hear your stories about ancestors who worked on building the reservoir, or who worked at the reservoir over time, or who lived in Yan Yean. We'd love for you to share your stories. Contact us through our website: whittleseahistoricalsociety.org.au

Apologies for the typo in last month's article, naming the date of the turning of the sod at Yan Yean as 1823. The correct date is 1853.

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

6/4/2024 - Tammie Brindley
8/4/2024 - Kerry Dunn
12/4/2024 - Mathilda Jones (14)
22/4/2024 - Marley Lemi (9)
30/4/2024 - Abby Mae Jones (9)

BIRTHDAYS



TAMMIE BRINDLEY - 6/4/2024
A very happy birthday Tammie, may your wished all come true. Enjoy your special day, lots of love Jeff
xxxxxxxx

KERRY DUNN - 8/4/2024
A very happy birthday, Kerry, we wish you the happiest of days. Love from Jack, Jeff and Tammie, Neville, Rusty and your family.

MATHILDA JONES - 12/4/2024
Happy 14th birthday to one of our gorgeous girls. Lots of love, hugs and kisses from Nanee and Grandad.
xxxxxxxx

ABBY MAE JONES - 30/4/2024
Happy 9th birthday to our darling girl. Lots of love, hugs and kisses from Nanee and Grandad xxxxxxxx

MARLEY LEMI - 22/4/2024
Happy 9th birthday beautiful boy, much love from Mum, Dad, Maddux, Collins, and Sloane, Granny, GG, Connor, HR, Spenny and Kenzie.
xxxxxxxx

DATES TO REMEMBER 2024

Easter Monday - Monday 1 April
Daylight Saving ends - Sunday 6 April
ANZAC Day - Thursday 25 April
King's Birthday - Monday 10 June
Melb. Cup Day - Tues. 5 November
Christmas Day - Wed. 25 December
Boxing Day - Thursday 26 December

2025

New Years Day - Wed. 1 January

Do you have an occasion you would like to see on this page, a birthday, anniversary, birth, engagement, wedding, or something else that is special to you. Send it to Betty, towncrier2019@gmail.com



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

Daylight Saving Ends

Don't Forget To Change Your Clock
Sunday 7th April



Each week, **Whittlesea Foodshare** supports 50 to 60 families from the Foodshare Shed at the rear of the Uniting Church in Forest Street. Whittlesea Combined Churches who operate Whittlesea Foodshare, gratefully thank major sponsors, City of Whittlesea, Whittlesea Bowls Club, Whittlesea Bowls Club, Whittlesea Lions and Whittlesea Rotary, for their generous support of people in our community struggling in these tough economic times.

Our team of volunteers give of their time to local people, when a smile or supportive listening can make a big difference in a dark moment. Organisations donate food and finance to Foodshare but so do local farmers. Individuals and families also generously donate produce, products, money and time to families and individuals in these increasingly hard times. It looks like another busy year ahead, with record numbers already needing support in 2024. Kinross Farms donate cartons of eggs each fortnight, Bunnings community team provide regular bar-b-ques. Community members quietly make significant donations without waiting for thanks.

We have a wonderful team of volunteers who are on duty throughout the week, cleaning, collecting food and setting up for Tuesdays and Wednesdays when Foodshare is open.

We ask for your continuing prayers and any support that you can give, for which we, and the community that we serve, will be profoundly grateful. For information contact David on 017 652 753

Ivan Peterson. Chair Whittlesea Combined Churches. 0418 598 364

WHITTLESEA SENIOR CITIZENS Inc.

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

New members are most welcome.

We meet at Community Hall, Library, Laurel Street, Whittlesea 12.30 - 3.30pm every Wed.

APRIL DATES

3rd 1pm General meeting, afternoon tea
10th 1pm Trivia, afternoon tea
17th 1pm Bingo, afternoon tea
24th 1pm Whittlecuke group, afternoon tea

President: Bill Beasy,
0408 997 841

Vice President: Joan Stroud,
408 363 074

GRANDPARENTS AND SPECIAL FRIENDS VISIT



One of the highlights of first term for St Monica's College, Epping Year 7 students is Grandparents and Special Friends Day where students invite their grandparents to visit the College and see them at work.

This year, the day will include a musical performance and speeches from the Year 7s, a tour of the College lead by the students and a special morning tea.

St Monica's College, Epping Principal, Mr Brian Hanley OAM, said the day is a highlight for the students. 'Year 7 is an exciting time as the students progress from primary to secondary education and there is genuine excitement as they have the opportunity to welcome their grandparents, or special friends, on campus.

The students have also made a gift to present to their grandparents at the end of the tour.

Students take their grandparents into their classrooms, meet their teachers, inspect the general College facilities, and then celebrate with morning tea.'

COMEDY FOR A CAUSE IN SUPPORT OF THE MURRINDINDI RANGES WILDLIFE SHELTER

Date: 13/04/24

Time: 6pm - 9pm

Location: Flowerdale Community Hall

Bring your friends and family along for an evening of fun whilst supporting the Murrindindi Ranges Wildlife Shelter. Three comics from the International Comedy Festival will be performing from 7pm til 9pm. Sausage sizzle, live music and silent auction from 6pm.

Tickets \$50

For more information:
comedyforacause.net/MRWS
<https://www.facebook.com/MRWSInc/>

CWA SOUTH MORANG NIGHT OWLS

The Country Women's Association is a women's organisation in Australia, which seeks to advance interests of women, families, and communities in Australia, especially those in rural, regional, and remote areas.



The South Morang Night Owls meet twice a month on the 1st and 3rd Tuesday from 7pm onwards and participate in many different activities, from fundraising, handicrafts, and cultural activities, to debating current social and environmental issues meeting the needs specific of our community.

Consider becoming a member – create new friendships – learn and share new skills – enjoy volunteering to assist those most vulnerable and in need – be involved in understanding issues impacting on our community and advocate for change.

Contact our Membership Secretary on 0409 181 553. Come along as a guest, see what we do, share supper with us, and have some fun at the same time.

Some of the Charities the CWA SMNO support include: - Ambulance Victoria; Aussie Action Abroad (Days for Girls); Banksia Palliative Care; Country Fire Authority; Local Nursing Homes; Moira Kelly Creating Hope Foundation; Mastectomy Packs (Rosanna Branch); Men's Shed (Whittlesea); Pentecostal Church (Homeless); Riding for the Disabled (Bundoora); Share the Dignity; State Emergency Services (Whittlesea) and The 3081 Angels (Heidelberg). We also help people in need, such as fire and flood victims and the homeless.

WHITTLESEA GARDEN EXPO

Our third annual Whittlesea Garden Expo saw the day begin with a sprinkle of rain followed by weather perfect for browsing the many things on offer, enjoying good food and coffee and being entertained by the Whittl C Ukes and Wood n Wire.

There were trees ten foot tall, succulents, bulbs, cut flowers and all manner of things to grow in the garden. The range of coloured pots was striking, and catered for all manner of trees down to smaller potted plants. Gardening tools, garden beds, beautifully-engraved name tags and fairy garden items were also on offer for the garden enthusiast. The children had lots to do at our activity tables, completing tasks around the venue or interacting with the animals at the petting farm. And patrons could also take advantage of a special offer to join the Cosco Warehouse. The presentations during the weekend covered a full range of topics. Melissa King and Chloe Thomson were our keynote speakers and both mingled with stallholders and patrons. But we were also very fortunate to have some of our very expert stallholders give presentations, and given the number of questions asked, these were very well-received.

Sunday attendees were treated to a beautiful classic car parked amid the roses in our display area, and this certainly generated a lot of interest. Our Expo is very much a community affair and many of our local groups were involved. Our thanks to the many volunteers who generously helped over the weekend. The Expo had the added support of local businesses and the City of Whittlesea, to whom we also offer a huge thank you. The funds raised will be put to our Rotary projects, many of which are in the local community.



WHITTLESEA COMMUNITY HOUSE

Happy Easter Everyone!
The House will be closed from 1st – 6th April for Easter.
SAVE THE DATE Paint and Sip is coming on Saturday 18th May (1pm – 4pm) free, get ready to produce a masterpiece, sip beverages and demolish a cheeseboard! **\$30 per person.** Money raised will go to the Food Relief Program at the House.
Helping Hands Expo join us for an information day on all the things you can do and use to help you stay in your own home. Mobility aids, scooters, services and heaps more – it's **FREE** and morning tea is included! Thursday 30th May

The Country Women's Association of Victoria Inc.
care empower contribute

Join Us!

SATURDAY, 20th April 2024 Sausage Sizzle @ Bunnings Mill Park

CWA South Morang Night Owls
We meet on the 1st and 3rd Tuesday of each Month at the Old Schoolhouse, Estia Health, 879 Plenty Road, South Morang at 7.00pm.
Supper
After each meeting we invite you to stay to enjoy supper with us.
What do we do:
We sew, we knit, we cook, and we raise much needed funds to provide for our community such as 3081 Angels, SES, CFA, Share the Dignity, Riding for the Disabled, local nursing homes, to name a few.

EVENT DETAILS
Come and buy our sausages and support the CWA South Morang Night Owls in raising funds to support your Community.

\$3.50 per sausage
\$1.50 per drink

100% of proceeds will support The Country Women's Association of Victoria

CONTACT
Erika
(Branch President)
Pam
(Branch Secretary)
Email:
erikaciccone56@gmail.com
Mobile:
0401 673 842

All very welcome!

www.cwa.org.au

We respect First Nations Elders past, present and future and acknowledge the stories, traditions and living cultures of First Nations peoples of the lands on which our members meet, and commit to building a brighter future together.

11am – 2pm at Community Activity Centre.

VISY RECYCLING - Over the counter recycling is available Monday, Wednesday and Thursday each week 10am – 3pm and Saturdays from 8am – 4pm. Not open on Public Holidays. Looking for an easy and regular volunteering role (perhaps to meet your Centrelink obligations). Our recycling team is seeking volunteers for regular shifts call **9716 3361** to discuss.

Are you a group or club? Did you know that you can register as a donation partner and receive the 10 cent return on recyclable items as a donation from the community. Go to <https://cdsvic.org.au/donation-partner-registration>
COMMUNITY MEALS

Big Blokes Brunch at the Community Activity Centre on Tuesdays! Join the blokes for brunch each week: Tuesdays 11am – Noon \$2.00 per person

Ladies Lunch - join the ladies each fortnight at the Community Activity Centre. There will not be a lunch in April due to school holidays and Anzac Day. Thursday 9th and 23rd May 11.30am – 1pm \$2.00 p.p.

EMPLOYABLE ME - This is perfect for anyone trying to enter the workforce. Set up your resume, tune up your interview skills and learn how to get noticed on employment sites! Tuesdays from 23rd April 10am – 1pm **FREE**

FIRST AID (CPR, Provide First Aid

& Provide First Aid in an Emergency in an Education & Care Setting) Online learning + face to face Saturday 13th April \$85/\$150/\$195

Mental Health First Aid - Just like regular first aid, mental health first aid is the assistance given in a crisis. This course will ensure you can identify a crisis or the potential for one and be in a position to provide support to a person until professional help is provided. Two Day course – Wednesdays 8th and 15th May 8.30am – 4.30pm \$220/\$120 concession

Op Shop Tours - On a monthly basis. Different route each month! Saturday 8th June 9am – 4.30pm \$15 p.p. Also, Saturdays 13th July and 10th August. Feel free to bring a snack to share on the Bus, there will be a lunch stop.

FIX IT FRIDAY Meet experts from Whittlesea Community Connections, Social Worker, Espresso Legal, Uniting Financial Counselling, NDIS, Centrelink and Neami National (Mental Health Program), Victoria Police, My Aged Care, No Interest Loan Scheme, Haven Homesafe, Gamblers Help and heaps more! Call **9716 3361** to register in advance, it's **FREE** Friday 26th April 10am – 1pm
A more comprehensive list of what is coming up can be found on our website www.wchi.com.au or you can pick up a brochure from the House or call to book any of the above on **9716 3361**.
See you soon!



NEW KILMORE MRI SCANNER COMING IN 2024

Empathy and Care

Radiologist on-site • All referrals accepted • Walk-ins welcomed

Our services include:

- All general, dental and chiropractic X-rays.
- All general ultrasounds, pregnancy ultrasound, MSK (musculoskeletal ultrasound) and doppler ultrasound (leg arteries).
- CT scans both contrast and non contrast of any body part.
- CT angiogram with guarantee report within hours.
- Bone densitometry for osteoporosis screening.
- Cortisone joint injections.



www.radskillimaging.com.au | info@radskillimaging.com.au

KILMORE MEDICAL IMAGING
 Phone 5781 0033 | Fax 5781 0044
 107 Powlett Street, Kilmore
 Open Monday – Friday 9am – 5pm

WHITTLESEA MEDICAL IMAGING
 Phone 9716 0278 | Fax 9716 0273
 2-3/81 Church Street, Whittlesea
 Open Monday – Friday 9am – 6pm
 Saturday 10am – 4pm

WHAT'S IN A NAME - POINT COOK

25 kms southwest of Melbourne CBD, its local government area is City of Wyndham. It is home to the RAAF Base Williams, Point Cook, the birth place of the Royal Australian Air Force and is the current home of the RAAF museum. The wetlands of the Coastal park form part of the Cheetham and Altona Important Bird area. Spelling originally was Cooke, so named in 1836. Almost all references dropped the 'e' and in the 2000's it was officially renamed Point Cooke, with the 'e'. It was named after John M Cooke, mate of his Majesty's vessel Rattlesnake commanded by Captain Hobson. The ship chartered part of the Port Phillip Bay in 1836. William Drayton Taylor leased the land around Point Cook promontory in 1849. The following year Taylor transferred his licence to Alexander Irvine. By March 1852, a six room weatherboard cottage had been erected. In 1853 the pastoralist Thomas Chirside added the farmlands of Point Cook to his holdings and built the famous Point Cook Homestead of 25 rooms in 1857. Initially Point Cook was an important segment of the expanding pastoral empire established by Thomas and his brother Andrew. As their extensive land holdings were developed substantial homesteads were later constructed at Werribee Park, Carranballac, and Mount Williams and Curnong.

hunting, deer and foxes were introduced to Point Cook in the 1850's. As early as 1859 members of the Melbourne Hunt Club and the Geelong & District Hunt Club were invited to hunt.

In early 1860's, Thomas Chirside imported valuable horses for breeding. The property was said to have 3 racetracks. The Chirside's became one of Victoria's prominent pastoral families, entertaining the colonial gentry and organising sporting functions for their guests. In 1873 the Chirside brothers began construction of the elaborate mansion at Werribee Park, by 1877 the Werribee Park Mansion had been completed and it largely displaced the Point Cook homestead as their family focus. In 1912 the Federal Government purchased a large section of Point Cook with a vision to establish the Australian Flying Corps (AFC). Due to its success in the first world war it was renamed the Royal Australian Air Force. (RAAF) this led to renaming the base Williams. It remained the RAAF's only base until 1925 when Richmond NSW and Laverton were built. Today the base is RAAF's College and Training School as well as the RAAF Museum.

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



Are you aged 50+ and retired or semi-retired?
 Do you want to keep your brain and body active and make new friends?
 Do you want to share your skills and experience with others?
 Then join us at Whittlesea U3A.
 We offer a wide range of activities all managed and run by volunteers

NEW CLASSES AND ACTIVITIES IN MERNDA DOREEN WOLLERT AND BEVERIDGE.

If you have just moved into this area and interested in U3A classes and activities drop in to the Mernda Community Centre at 70 Mernda Village Drive Mernda for more Information.

COOKING FOR U CLUB WU3A and DPV Health Program

Join in the fun cooking quick n' easy meals to support your health and wellbeing with a Dietitian.

When: 4th Friday of each Month **Time:** 10 am – 12.30pm

Where: Mernda Social Support Centre. 70 Mernda Village Drive, Mernda

Cost of ingredients provided: \$15.

Dementia care in CALD communities Whittlesea U3A is supporting NARI in a program to trial support resources for family members supporting family members living with them who have Dementia.

Dementia care in CALD communities is often provided by family members at home. Research with carers by the National Ageing Research Institute (NARI) has shown that carers want practical assistance and information to support them in caring for a loved one living with dementia. Therefore, the Draw-Care study aims to improve the lives of CALD family carers and people living with dementia using short, animated films, and information sheets that are found on a website created for the project. The researchers together with family carers created the resources in 2022 and 2023 and translated them into 9 languages including Arabic, Greek, Spanish, Italian, Cantonese, Mandarin, Vietnamese, Hindi, and Tamil. The researchers are now testing the resources to see if they are effective in supporting family carers and need the help of carers to do this part of the study.

DIGITAL LITERACY HELP AND ASSISTANCE Need help with your smart device – **PHONE:** iPhone or Android or **TABLET:** iPad or Tablet Lalor Library Thursdays (1pm and 3pm), Mernda Senior Support Centre Fridays (10 am to 12) Thomastown Library on Fridays 1pm and 3pm).

Continued on page 15

ADVERTISEMENT

HES HERE FOR US

www.robmitchell.com.au

Rob Mitchell MP

MEMBER FOR McEWEN

57-59 High St, Wallan

E: rob.mitchell.mp@aph.gov.au

Ph: 03 5716 3000



Authorised by R Mitchell
 ALP, 57-59 High St,
 Wallan VIC 3756.

Australian
Labor

THEY GET IT, I THINK BIT



Lose yourself at one of Victoria's renowned galleries or artist workshops. You'll find plenty to your taste – or not. And that's the fun of it.

Get curious at cultural institutions like Bendigo Art Gallery.

VISITVICTORIA0.COM

VICTORIA EVERY BIT
DIFFERENT

WEIGHT LOSS AND TYPE 2 DIABETES A MOST MODERN DILEMMA

In a world of excess and extremes, we face a barrage of conflicting information about how to achieve healthy blood sugar levels and the use of medications that are produced for the primary 'on label' use of treating Type 2 Diabetes, that have been co-opted for a weight loss quick fix leading to shortages around the world of this 'miracle' drug.

Now there is, as most of us know, no such thing as a 'miracle' drug, as all drugs have significant side effects so this month I'd like to highlight some of the problems and benefits of Dulaglutide, under the brand name Trulicity.

Firstly, understanding what Type 2 Diabetes is, is vital. Unlike type 1 Diabetes, Type 2 Diabetes is the result of eating too much sugar which includes processed carbohydrates such as white bread, white pasta, sugar and sugary soft drinks, cakes, processed cereals etc. Over many years the insulin producing cells in our pancreas become 'fatigued' therefore producing less insulin and the receptors on our cells that are opened by insulin to let the glucose in, fail to respond to the high sugar levels in the blood. This has two terrible results, the cell is starved of energy resulting in extreme fatigue (or energy highs and lows) AND as an acid, the high levels of sugar in the blood cause damage to the blood vessels (sugar is an acid, that's why we use sugar soap to wash the walls...) resulting in gangrene, vision loss, stroke and heart disease. Type 2 diabetes incidence according to the ABS has risen from 3.3% to 5.3% for the overall population over the last few decades increases to 17% by age 65.

Now there is no doubt that for those who struggle with both Type 2 Diabetes and obesity, this drug has been very helpful to 'get the ball rolling' in two major ways. Firstly; the drug acts like the hormone Glucagon that stimulates insulin production and therefore allows the sugar into the cells, dropping the blood sugar levels. It delays gastric emptying so appetite is much reduced. The food literally sits in your gut longer, and this can be a problem if the drug is used long term. For short term use, this can be very useful however long-term use is less advised for management of either high blood sugar levels or weight loss. Ideally it can be a great start for those who eat sugar from addiction (sugar is more addictive than cocaine and stimulates the dopamine 'pleasure' receptors in the brain, more on that next month), to allow the development of more healthy eating habits.

The possible side effects of this drug include nausea, vomiting, diarrhoea, bad breath and bloating in the stomach, loss of appetite (which is not good when you need good healthy nutrients) and muscle weakness. In Chinese medicine understanding, the pancreas supports nourishment and strength of muscles and concentration and thinking, so it may result in foggy headedness.

Long term this drug, by way of forcing the pancreas to produce extra insulin may cause pancreatitis (a severe painful condition) dizziness, dehydration and possible Gall Bladder complications, and thyroid complications. It's vital that you tell your GP if you have a family history of these conditions before taking this medication.

One alternative to this drug include the well-researched mineral chromium picolinate, this has been shown in numerous studies to increase the effectiveness of insulin, increasing the uptake of glucose to the cells and therefore increasing energy levels and reducing Blood sugar levels and reducing craving for sugar significantly. This has no noted side effects but as always consult a health professional before taking any supplements (if your GP does know of this then speak to a naturopath or myself). Other foods for lowering blood sugar levels include Gou Ji Berries, Barberries, kefir, broccoli, pumpkin, avocados, oats citrus and apples. Increasing physical activity and reducing processed foods, eating good amounts of protein (nuts, seeds, eggs, beans, fish, meats) every meal with plenty of fresh vegetables and keeping fruit to only 1 or 2 pieces a day or once small measure of fruit juice only) will have you well on the way to getting fit, more active and you will feel happier and more vital than ever before.

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

My 4 year old daughter was fighting me for the remote. She got it away from me so I opened a container of mini Oreo's and offered her one since there was only one left she took the container and I grabbed the remote back. She looked at me, shook her head and said, 'Man, I didn't see that coming.' I laughed so hard.



HALL'S FUNERAL SERVICES

An Australian owned and operated family Funeral business that understands the needs of people at a time of grief.

Offering a wide range of services including pre-arranged and prepaid funerals.



Phone: 9438 5416

24 hours a Day, 7 Days a week

15 Station Street, Diamond Creek

50 Church Street, Whittlesea

www.hallsfunerals.com.au

WHITTLESEA COMBINED PENSIONERS

(Reg. A0025361A)

President Lyn McKinnon opened March 2024 Meeting, welcoming McEwen MP Rob Mitchell who spoke about Cost of Living, why we need immigration, housing and rentals.

Thursday 18th April, we will be travelling Bendigo to explore the largest Stupa in the Western World. A Stupa (also known as a Pagoda), is the most sacred building in Buddhism. Times TBC. **Times:** Whittlesea 8am, Mernda 8.15am new pick up spot near Mernda Village Clinic, South Morang 8.30am and Mill Park 9am. **Cost \$60** includes a 2 course lunch at the Bridge Hotel.

Thursday 16th May, we travel to Daylesford. **Cost \$60**, times and lunch TBA.

Thursday 15th August we travel to Abbotsford Convent. **Cost \$60** Times and lunch TBA.

Thursday 20th June is our birthday luncheon at the Bridge Inn Hotel. **Time:** 12noon. **Cost:** \$20

Thursday 15th August we travel to Abbotsford Convent. **Cost:** \$60 Times and lunch TBA

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 \$20.

Trips and Luncheons are partly subsidised by the Club except for the 5 day trip.

Meetings are held 1st Thursday of each month, and Trips are on 3rd Thursday of each month. Trips and luncheons are partly subsidised by the Club, all trips are \$60 p. p. and lunches \$20 p.p. All trips must be paid by 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 - 0433 114 960

Our next meeting will be held on **Thursday 4th April**, at the Whittlesea Community Activity Centre at 1pm.

New members are always welcome.

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



Daylight Savings Time Ends

April 7 Set your clocks back 1 hour



THE AGRICULTURAL SHOW

By Sue Lloyd



This is purely a fictional take on an agricultural show. Definitely not the Whittlesea one held in November. Written from the point of view of a journalist submitting his account of the show for publication. The story does however highlight the lengths that committees, volunteers and helpers are willing to go to thus ensuring the financial success of these events. Such weekends are a major drawcard for individual small towns, bringing in much needed revenue and publicity for the areas in question. I hope the success indicated in this story is a portent of things to come for November. The planning for which is undoubtedly well underway.

The Whistletown Country Agricultural Show.

Reporter: Matt Wilkinson

Benry and Heathertown Daily Mail. 19th March, 1994.

When I spoke to Mrs. June Withers, Whistletown Agricultural Show Secretary, she reckoned 'half the town must've been in the Methodist Church prayin'. We wanted God to give us a sunny day.

Saturday 19th March, the date of The Show, had turned out to be very successful, and, as it happened the sun shone. The Show Committee had resolved to introduce more events and competitions to entice children and teenagers to participate. This innovation was apparently a ploy to highlight the benefits that Whistletown had as a potential place to live.

Mrs. Withers then went on to tell me that this was the first Agricultural show the town had held in three years, the one before, having been flooded out. We was awash. Exhibits blown over, animals ready for showing, cakes baked. We had to call it off. Whistletown's only small you know, we rely on the show to generate some extra income. Bring people in. Fill up the caravan park and camping ground. We're struggling to survive, like many small country towns.

The residents were keen to develop and promote a tourist industry. The Welland River generally provided good fishing. Nearby mountains offered challenging rock climbing and a high standard mountain bike trail had been made through the nearby eucalypt forest. Mrs. Withers stated that these aspects had also been promoted at the agricultural show.

The focus on show animals, judging and parade of best overall heifer and bull in various breeds was paramount. This year however sheep, goats, pigs and even alpacas were washed, where appropriate brushed and clipped to attract the attention of the judges. Being a rural town, most of the inhabitants were involved in some way with agricultural and/or food production, the main employment in the town. The show reflected this.

Beekeepers had a stall to advertise the pure forest honey, tomatoes growers displayed samples of their produce grown organically in large heated greenhouses, along with a burgeoning native flower propagating business. Traditional sheep shearing was demonstrated and an award for 'best clipped fleece' given. Alpacas were paraded around the grounds to draw attention to the idea of coming to Whistletown for a weekend to trek through the forest with these animals.

New ideas at this year's show included the best-behaved dog, the dog looking most like its owner, the most beautiful chicken and the cockerel with the longest tail feathers. Domestic birds had also been introduced. There was a category for a parrot with the largest vocabulary, for the best tricks performed by a parrot and a rosette awarded to the friendliest budgerigar. All these categories aimed at children.

Naturally this would not have been an agricultural show without the customary competitions involving baked goods, jams and chutneys, prize vegetables, sewing, knitting and other craftwork. Inside this marquee there was also an area serving tea and coffee along with delicious sandwiches and cakes. The tea area was run by members of the local Country Women's Association many of whom had contributed entries themselves.

Mrs. Withers took me on a tour of the craft exhibits keen to point out what was felt to be a record among the entries. For the previous twenty years I was told Maud Gergens, an avid cook, had won first prize for her Victoria sponge cake. The judges commenting it 'was light as a feather, of uniform appearance and well risen.' Each show Maud apparently went home with an array of rosettes, such was her passion for cooking, baking and jam making. One of ten children and with a large family of her own, grandchildren and great grandchildren, she had been keen to pass on her cooking knowledge.

This year at the show, to everyone's surprise, there were joint winners in the Victoria sponge competition. Maud and her sixteen year old great granddaughter. First time that had happened.

'We reckon it's worth talking about,' stated Mrs. Withers. The other amazing thing to note apparently was that Maud Gergens was ninety-seven.

To end my day a visit to the petting nursery, best dressed pony and rider, funfair and wood chop were undertaken. On leaving Mrs. Withers winked, and whispered that her own grandson had won the wood chop and her granddaughter the best-dressed pony and rider.

**STOCKFEED,
FIREWOOD &
LANDSCAPING
SUPPLIES**

- Sand
- Soil
- Mulch
- Cement
- Sleepers
- Mud Rock
- Compost
- Pinebark
- ELGAS

We Deliver

5783 1773

**1180 Wallan-Whittlesea Road
Upper Plenty, Victoria**

www.sticksnstonesgardensupplies.com.au

SCRAP METAL BUYERS

- COPPER
- BRASS
- STAINLESS
- ELECTRICMOTORS
- ALUMINIUM
- RADIATORS
- BATTERIES
- CABLES

9467 5505
20 CLEMENTS AVE
BUNDOORA
MON - FRI 7.30AM-4.30PM

**United Metal
Recycling**

**The next Town Crier is due out Wednesday 1st May
Deadline is no later than Monday 15th April
FOR ALL ADVERTISING
Call Karen 0410 324 326
karen_macetc@yahoo.com**

WHITTLESEA PHYSIOTHERAPY

DO YOU EXPERIENCE PERSISTENT OR RECURRENT LOW BACK PAIN?

We are excited to announce the launch of our new GLA:D Back program at Whittlesea Physiotherapy and Clinical Pilates, starting in the first week of April 2024! This program is designed to provide you with the knowledge and tools necessary to effectively manage and reduce back pain, empowering you to lead a healthier, more active life.

What is GLA:D Back?

GLA:D Back is a comprehensive program based on the latest research in back pain treatment, developed in collaboration with researchers, patients, and therapists. It follows national and international guidelines to ensure the highest standard of care for individuals suffering from back pain.

How can GLA:D Back help you?

Education and Training: You will gain valuable insights into the causes of back pain, learn how to manage symptoms effectively, and understand the importance of exercise in improving back health.

Program Structure: The program begins with an initial consultation to assess your needs and set goals. This is followed by two patient education sessions covering various aspects of back pain and its management. Over the course of eight weeks, you will participate in 16 exercise classes tailored to your individual needs, focusing on strength, mobility, and balance.

Research Project: GLA:D Back is not just a treatment program; it's also a research project aimed at improving treatment options for back pain. As part of the program, you will be asked to complete questionnaires at various intervals to track your progress and contribute to our understanding of back pain management.

How to Get Involved:

If you're ready to take control of your back pain and improve your quality of life, we invite you to join the GLA:D Back program! Simply email info@whittleseaphysiotherapy.com.au or contact our clinic on 9716 2250 to add your name to the waiting list. Spaces are limited, so don't miss out on this opportunity to transform your back health. We look forward to helping you on your journey to a pain-free life with GLA:D Back!

WHITTLESEA PHYSIOTHERAPY

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

ROB MITCHELL MP FEDERAL MEMBER FOR McEWEN

Nominate Medicare Champions Across McEwen

Federal Member for McEwen, Rob Mitchell is encouraging constituents to recognise and honour Medicare Champions across McEwen with nominations now open for the Stronger Medicare Awards.

Medicare Champions are outstanding individuals and practices that provide exceptional care, embrace innovation and work together to improve the health of the community.

'We all know of someone who has gone above and beyond to make a positive difference to our health, our lives, our families and our communities. These Medicare Champions deserve recognition, as we celebrate 40 years of Medicare this year. Nominations are open for individual health professionals, practices or health centres and multi-disciplinary teams working across the full range of primary care services. Nominations are also open



Know a Medicare Champion?

Nominate them today for a Stronger **medicare** Award

to the many hard-working people who do not have health care profession qualifications, such as receptionists or administrative staff, but work for primary care services and help patients access health care,' Mr Mitchell said, 'This is our chance to say thanks and to call out the dedication, innovation and expertise in our local community.'

Primary care is the foundation of our healthcare system, delivered through general practice, community health centres, mental health centres and allied health services. These professionals and their support teams are often the first place Australians turn to for their health needs.

CORREA REFLEXA (COMMON CORREA)

When we moved to our house in Hurstbridge the yard had over twenty large trees, mostly Eucalypts, and hardly any shrubs, except for several Bottlebrushes and a couple of Grevilleas and a few Mint Bushes.

I wanted to enhance the garden by increasing the variety of understory vegetation in the yard and make it a thicker, more shaded and lush place. The soil in Hurstbridge is very dry and rocky and any shrubs would need to be very hardy. I wanted plants that require little or no maintenance, have low water requirements and can provide food and habitat for native wildlife in the area.

I discovered there was a local form of *Correa reflexa* (Common Correa), a very hardy flowering shrub that I am fond of, I bought three of these and planted one in a partly shady spot and the other two in very sunny positions. They flourished and did so well that I planted three more *Correa reflexa* in various places. They also thrived and all are now over 1.5 metres high and 1.5 metres wide. *Correa reflexa* is the most widespread species in the wild and most common of the *Correa* in cultivation. It occurs in a variety of habitats, including mountain forests, heath, open forests and dry mallee scrubland, signifying its extensive adaptability. In its natural habitat it is distributed from southeast Queensland, through eastern NSW, throughout Victoria, to southern SA and Kangaroo Island. It is also found in Tasmania and the Bass Strait Islands. An attractive upright to a spreading medium shrub with bell shaped flowers. It is the most variable *Correa* occurring in many different forms, both in flower colour and plant habit. Flowering time is throughout the year, but generally in winter/spring. The flowers range from green, red, or pink. The flower colour of the local form is light green/red. The flowers produce nectar and attract nectar-eating birds. It grows 1-2 metres in height and 1-2 metres in width.

While it's preferred aspect is dry shady positions under trees, it grows well in part shade and in sunny situations. To reach its full potential, a light sandy soil, semi shade and good drainage is best. For healthy growth and good flowering some watering is advisable. It is important to try to plant the local, distinct form of *Correa reflexa* for your region. I was so impressed with the outcome that I planted over a dozen more forms of *Correas* that have different coloured flowers. These have also been growing marvelously too. It is one of my favourite plants as it is easily grown in practically any type of soil, tolerates dryness, is free of pests and diseases, is long flowering, and is bird attracting. From my experience I would highly recommend this as an excellent, resilient and beautiful plant for the garden. The *Correa* was named after Jose Francisco Correa de Serra, a Portuguese botanist, *reflexa* meaning turned backwards, because the tips of the petals are turned back.

Steven Katsineris, October 2006



EVERY MONDAY

8 am to 1 pm

WHITTLESEA SHOWGROUNDS

Food, Plants, Tools, Hardware, Collectables,
Second-hand goods, Clothing, Toys, Bric-a-brac,
Stockfeed, Auctions & More!

Enquiries: 0428 821644



CONSTRUCTION HAS BEGUN

On our Community Hospital in Mernda

Lauren Kathage MP
Member for Yan Yean



📍 Suite 3, 14 Yan Yean Road,
Diamond Creek VIC 3089

✉ lauren.kathage@parliament.vic.gov.au

☎ 03 9432 9782

Authorised by L Kathage, Suite 3, 14 Yan Yean Road, Diamond Creek VIC 3089.

Samantha Heyfron B Physio, APAM
Adam White B Physio, APAM
Tanvi Tiwari B Physio, MSc MSK Rehab
Luke McMurray B. Physio, B. Appsc, APAM
Maighan Cann B. Appsc, M. PhysioPrac

Whittlesea
PHYSIOTHERAPY
and Clinical Pilates



2/17 Church Street, Whittlesea Victoria 3757
Tel: 03 9716 2250 Fax: 03 9716 2275

U3A continued from page 10

MONTHLY MORNING TEA – The Whittlesea U3A monthly morning tea is at Epping RSL on the first Monday of each month commencing at 10am where information on how to access the VICTORIAN VIRTUAL EMERGENCY DEPARTMENT AND EPPING PRIMARY PRIORITY CARE EPPING SERVICE will be demonstrated each month.

How to join or renew your membership for 2024 - Joining or

THE MELBOURNE CLUB By Glen Davis

Most, if not, all of us are aware of the 1842 Plenty bushranging episode. I'll just touch on it briefly. A messenger riding frantically arrived at the Melbourne Club. He broke the news of the bushrangers to the Superintendent the Port Phillip District, Charles Latrobe, who was lunching there. Latrobe apparently took to the steps of the Melbourne Club exhorting the gentleman of Melbourne to take action, bringing an end to this outbreak of lawlessness. The authority's response was limited by a rag-tag version of the colonial police force; more was needed. Quickly volunteers were sought to hunt down these vagabonds. A group of gentlemen from the recently formed Melbourne Club volunteered to hunt down the scoundrels. Those scions of Melbourne society were sworn in as special constables. The five, Robert Chamberlain, Henry Fowler, Oliver Gourlay, Peter Snodgrass, and James Thompson set out to bring the lawbreakers to justice. They were described as the 'gay and gallant five.'

Among the five Peter Snodgrass had earlier found 'fame' for his duelling skills. All were confident of their ability to bring the villains to justice, following them for a few days, getting that bit closer to bringing an end to their crime spree. Anyhow not far from the site of modern-day Milky Lane these five met up with the bushrangers. The five ran the villains down bringing an end to their outlawry. As we know the justice system swiftly meted out punishment to the offenders. Now let's return to this Melbourne Club, where these volunteers were drawn from.

The Melbourne Club was founded back in December 1838. It commenced life as a hotel for gentleman, among who were the 'leading lights' of the newly settled Port Philip region of New South Wales. From its beginnings its exclusivity was a key to its lure, its presence.

The Melbourne Club can be seen a very secretive establishment where men from the 'top end of the town' are renowned to meet and discuss politics, business. Its present location in Collins St was built in 1858. This fine renaissance structure sits proudly on Victoria's Heritage Register.

Out the back, in the courtyard, is a London Tree possibly planted in 1858, inside the facilities include but are not limited to, a library, wine cellar, dining room, also accommodation. Sounds pleasant.

Over this time the Melbourne Club has retained its male only establishment. The Club, being an exclusive private club remains guarded of its membership and retains their prerogative to function as an exclusive club does. Among some of the notable members of the Melbourne Club are Governor General Rt. Rev Hon Peter Hollingsworth, Chief Justice of Victoria Sir Henry Winneke, Prime Minister Malcolm Fraser, and business tycoon Don Argus. These are but a few of the dignitaries that have been members. There were also others whose membership was not for public conversation. But despite their best efforts to keep their membership and activities from the public gaze the 1980's drew unwanted public attention to the Melbourne Club.

1982 saw their secrecy threatened seriously, twice. Firstly, on October 12 a group of young unemployed invited themselves into the hallowed premises. This was designed to draw attention to the conditions facing those experiencing unemployment, poverty, in contrast to the opulence of those in the Melbourne Club. Among the demonstrators were some women quite atypical of the visitors the Melbourne Club had previously seen.

The Melbourne Club quickly rang the Police to remove the uninvited 'visitors'. They were quickly bundled into an old Melbourne Council van. They were taken to Russell Street police headquarters, then subsequently found themselves in court facing charges. But that's another story for another time.

More challengingly on November 12 a rowdy crowd of demonstrators protesting about poverty, and unemployment, led a sizeable march to the Melbourne Club. Some of the demonstrators got inside, others scuffled with the police on the doorsteps while Club members were moved to the rear garden. After a while the demonstrators dispersed, with tranquillity returning to the Club.

The 1980's did not end well for the Melbourne Club as the theft of two gold Melbourne Cups from the dining room. The value of the two cups is over \$300,000 combined, and the further unwanted media coverage kept the Melbourne Club in the public gaze. This crime remains unsolved. The Melbourne Club remains in place as the oldest most prestigious club in Melbourne. I do wonder how many of us have been there, though there are some who have been at least once.

renewing online - Visit our membership management system to join or renew your membership online www.whittleseau3a.org.au Joining or renewing by form contact the Office by: • Emailed to **secretary@whittleseau3a.org.au**, or Mailed to: **Secretary, WhittleseaU3A Inc. P.O. Box 1157 Lalor, VIC, 3075**, or Delivered to the office during office hours.

The full calendar of Classes and Activities are available on the Whittlesea U3A website www.whittleseau3a.org.au. You can enrol online or by contacting either course coordinator on **0412 230 561** or **communication@whittleseau3a.org.au** or the office.

PUZZLE PAGE

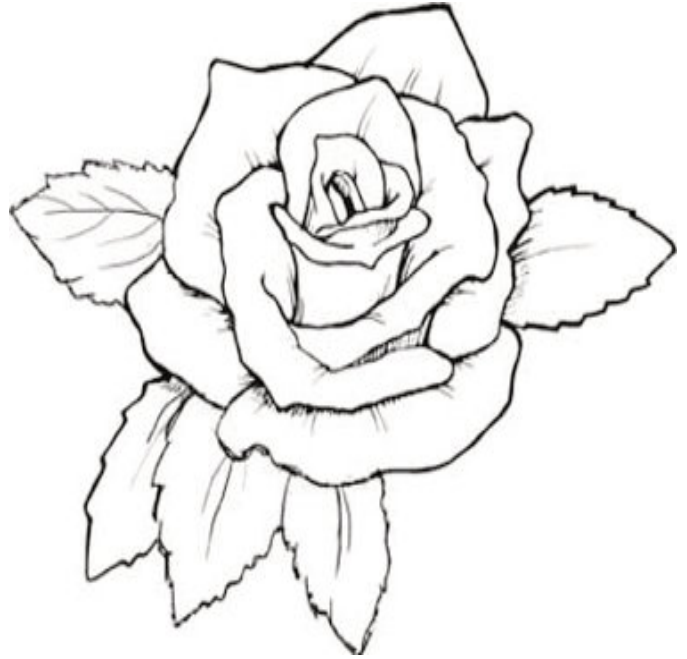
BIRDS



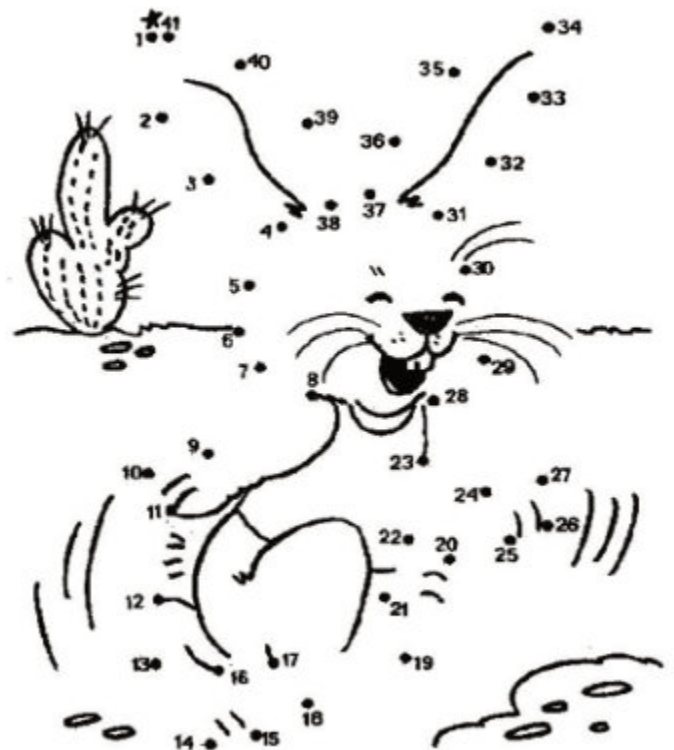
W K D R E K C E P D O O W H
 O W N R S W A N N F O J A Y
 R A O U I G M I N G I V M T
 C H E R L B T B N O U N U I
 P T G E R R K I U L C R C M
 E E I O A A M C T D K L O H
 L E P M S A P U A E G C A U
 I K O W L T R S Y L K I M F
 C A L F H E R O N I B E E O
 A R L C A R D I N A L V D N
 N A U K C U D G C E S O O G
 A P G R R O B I N H D D G B
 R M A G P I E N E K C I H C
 Y N E W R E N T O R R A P I
 E R S D D R A V E N A N Y M

- | | | | |
|-----------|----------|-------------|------------|
| Blackbird | Eagle | Martin | Robin |
| Budgie | Emu | Mockingbird | Seagull |
| Canary | Falcon | Myna | Sparrow |
| Cardinal | Finch | Ostrich | Swan |
| Chicken | Flamingo | Owl | Turkey |
| Crane | Goose | Parakeet | Vulture |
| Crow | Hawk | Parrot | Woodpecker |
| Dodo | Heron | Pelican | Wren |
| Dove | Jay | Pigeon | |
| Duck | Magpie | Raven | |

Courtesy of: <https://www.puzzles.ca/word-search>



Courtesy of colouringpagesonly.com



Courtesy of <http://www.kidpid.com>



Courtesy of www.kidsactivities.online

- Q:** What do you call a boomerang that won't come back?
A: A stick.
- Q:** What does a cloud wear under his raincoat?
A: Thunderwear.
- Q:** Two pickles fell out of a jar onto the floor. What did one say to the other?
A: Dill with it.
- Q:** What time is it when the clock strikes 13?
A: Time to get a new clock.
- Q:** How does a cucumber become a pickle?
A: It goes through a jarring experience.
- Q:** What did one toilet say to the other?
A: You look a bit flushed.
- Q:** What do you think of that new diner on the moon?
A: Food was good, but there really wasn't much atmosphere.
- Q:** Why did the dinosaur cross the road?
A: Because the chicken wasn't born yet.
- <https://parade.com/968634/parade/jokes-for-kids/#funny-jokes-for-kids>

TRADESMEN'S SECTION



Phone 0418 357 549

Geoff Browne

- TREATMENT PLANTS
- SEPTICS • GENERAL PLUMBING

Keep your garden green all year round with a FUJICLEAN Treatment Plant

brownesplumbing@gmail.com

www.wynnslocksmiths.com.au



LOCKSMITHS

- Servicing Whittlesea since 1989 -

Steven Wynn

Mobile: 0400 336 699

Office: 9716 1566

Email: steven@wynnslocksmiths.com.au



24 HOUR MOBILE SERVICE

GRASS SLASHING

- * Fire Breaks
- * Vacant land
- * Paddock Slashing

Whittlesea and surrounding area

Graham 0434 322 495

SEPTIC SERVICES

We specialise in:-

- ▶ Septic Locating
- ▶ Septic Cleaning
- ▶ Grease Trap Cleaning

"Reliable & Prompt Service"

Jeff 0421 764 072



ALLROUND ELECTRICAL SERVICES

Rec. No. 12570

- * Industrial
- * Commercial
- * Residential

JAMES THEUMA

Mob: 0417 594 342

Ph/Fax: 9715 1465



STAYING CONNECTED WITH PROBUS

Fun, Friendship and Fellowship in Retirement.

ROTATING TO PROBUS

The Combined Probos Club of Whittlesea commenced its 2024 Program when Michael Hall the President of Whittlesea Rotary, a local business owner and raconteur was the guest presenter. Mr Hall was able to explain the overarching links between Rotary and Probos. The Probos Club movement was formed in the United Kingdom in 1965. The Probos movement had its beginnings in two clubs, both created by members of Rotary.

It is widely acknowledged that Probos had its foundation in Welwyn Garden City nearly 60 years ago. It has now spread to many countries throughout the world and has been described by a member in Australia as the best thing England ever exported.

A Probos Club has to be nominated by Rotary and Mr Hall as President of Whittlesea Rotary had no hesitation putting the seal of approval on the Combined Probos Club of Whittlesea when it was formed.

He is also Assistant District Governor of district 9790 that extends north to Jerilderie NSW East to Corryong Vic and encompassing towns to the West but bypassing Echuca.

A Probos club is a local association of retired and semi-retired professional and business people, and others who have had some measure of responsibility in any field of worthy endeavour, who are of character and respected in their communities. Probos is not a 'senior citizens' or 'lonely hearts' club. The name is an amalgam of the abbreviation of the words professional and business. **Source: History | probosonline.org**

Mr Hall is the director of Halls Funeral Service a family owned business located in Diamond Creek and Whittlesea. Because of the family mission 'have to give back to the community' the company took a position in Rotary. Based

on Michael's address they sure give back to the community.

The company offices in Whittlesea provide accommodation for Whittlesea Rotary and a knitting group and beyond that a special support for community members that suffer the death of a child. In the past year they have provided funeral services at cost for twenty-five children under the age of fourteen. Mike explained that his father determined that up to 14 is childhood as it was at that age he had to start work.

Mr Hall related some heart wrenching, yet poignant stories of death and burials particularly about children. In doing so he highlighted how important it is to be sensitive when talking with a bereaved person. The insensitive stories related were thought provoking and best not repeated.

One important death message delivered by Mr Hall was to fill out in advance the details required for your executor and family to obtain a death certificate. A supply of blank forms was left for members to use. It is vital so that a Death Certificate can be obtained.

Whittlesea and other Rotary clubs are self-funded and all is reinvested into the community either in kind or basic support. Some funds come from donations, but the majority from the hard graft of volunteering members. The sources of monies at Whittlesea have been a Christmas raffle, provision of BBQ at events such as the Garden Expo, annual golf day and the sausage sizzle at Bunnings Store.

During the past year the Club has supported the local Men's Shed and provided scholarships to the local schools. These scholarships culminate with a \$3000.00 tertiary fund. The 'outsider' supported is Cottage by the Sea [www.cottagebythesea.com.au] which states its mission is to enhance the lives of more children by providing inspiration, fun and opportunity within a holiday environment.

Members of both Probos and Rotary will get

together again on July 16th 2024 at the combined emergency service and service club dinner. This year it will be held at the Agricultural Society rooms due to sell out last year at a smaller venue. [Actually Mr Hall's premises]

**Written by Michael Halley
Reviewed by Michael Hall**



Probos Member, Thelma Cardwell and Mr Hall

DAYLIGHT Savings



REMEMBER TO SET THE CLOCK BACK 1 HOUR

Sunday 7 April

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

If you would like to advertise here call
Karen 0410 324 326
karen_macetc@yahoo.com



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

Tel: 9404 8888

Immunization by appointment only

[www.trybooking.com/eventlist/
cityofwhittleseaimmunisation](http://www.trybooking.com/eventlist/cityofwhittleseaimmunisation)

ADVERTISE YOUR BUSINESS IN THE TOWN CRIER

With more than 3,100 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 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: rice1429@gmail.com

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**

MERENDA 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

FIRE METRO AREA **000**

FIRE BRIGADES (fire only) **000**

Arthurs Creek, Doreen, Epping,
Kalkallo, Kinglake West, Mernda, South
Morang, Whittlesea, Wollert **000**

POLICE **000**

Epping 9409 8100

Mernda 9216 1200

Mill Park 9407 3333

Wallan 5783 0400

Whittlesea 9716 2102

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..... 9217 2170

Electrical emergency 13 17 99

Eastern Energy 13 34 66

Emergency info. in Vic. ... 1800 226 226

Floods & Storms 13 25 00

Gamblers Helpline 1800 156 789

Gas emergency 13 27 71

Gas, SP Ausnet 13 67 07

Hall's Funerals 9438 5416

Kids Helpline 1800 551 800

Lifeline 13 11 14

Medical Imaging 9716 0278

Mobile Phone Emergency 112

Nurse on call (24hr) 1300 606 024

Parentline Vic 13 22 89

Poisons Info..24Hrs 13 11 26

Plenty Valley FM: provide local
emergency information 9404 2111

Physiotherapy 9716 2250

Power outages, downed lines .13 17 99

RACV 13 11 11

S.E.S **13 25 00**

Yarra Valley Water **13 27 62**

Crown Cabs..... 9310 5422

Lifeline 13 11 14

Caring Crisis Line 13 61 69

Nursing Mothers helpline..... 9885 0653

Help for wildlife 0417 380 687

Wildlife Victoria - 24hr Pager service
..... 0500 54 0000

RSPCA 9224 2222

Bee swarm collection 0400 337 556

GARDEN OF ROSES or
PADDOCK OF PRICKLES

If you have something you would like to
contribute to 'ROSES' or 'PRICKLES' column,
email it to:
towncrier2019@gmail.com
All submissions must include name and contact
details, including phone number
(Not necessarily for publication)



Ken Walsh

Over **40 years** experience in
**MASSAGE AND MUSCLE TENDON
MANIPULATION**
Sports injury therapist



Neck & Shoulders
Frozen Shoulder



Sinus, Headache, Migraine
(Carpal Tunnel Syndrome)



Hamstring, Achilles
Osteitis pubis



Back Problems
Sciatica

\$75
for
45 minutes
treatment



Legs, Knees, Feet,
Shin Splints & Gout

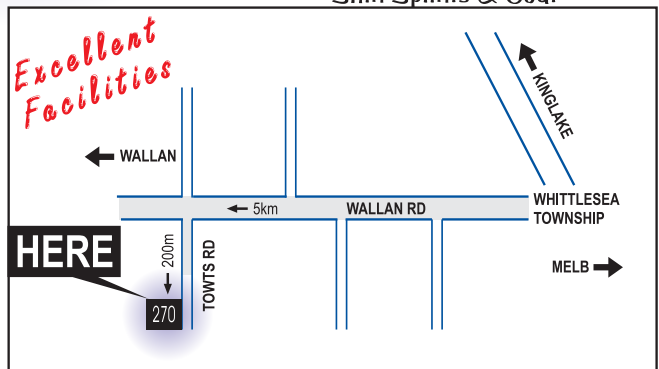
I fix problems (muscular & tendon) from top to toe

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

9716 2641

0409 971 626

270 TOWTS ROAD WHITTLESEA





KINGLAKE WEST

Recently renovated, 4 bedrooms, 2 bathrooms, double garage on approx 1 acre (4199m²). Stunning brand new kitchen adjoining large meals and family room surrounded by bay windows with garden outlook. Formal lounge/dining with combustion wood heater, rear decked entertaining. Sparkling fresh water bore provides all your water needs - home and garden.

Price: \$950,000 - \$980,000

**LAND
BUY OF THE MONTH**

3432 Whittlesea-Yea Road, Flowerdale

Gently sloping with seasonal creek at rear, approx 1 acre (4351m²) Vendor said, 'SELL'

Price: \$240,000 - \$250,000

120 Oakbank Blv, Whittlesea

373m² of near level land with wide frontage ready to build. STCA

Price: \$365,000 - \$400,000

8 Quinn Close, Whittlesea

6687m² (1.65 acres approx.) Rising gently to the rear, great views.

ONE OF A KIND

Price: \$880,000 - \$930,000

37 Darraweit Road, Wallan

1040m² (1/4 acre approx) Near level allotment, shed, water tank, inground pool **Price: \$520,000 - \$540,000**



WHITTLESEA

4 bedroom home set on level 626m² allotment only short walk to all of Whittlesea Township facilities. Large formal lounge/dining, meals/family are adjoining central kitchen. Main bedroom with WIR, ensuite with double vanity and plantation shutters. Other bedrooms all have BIR's. Ducted gas heating and 2x split system Air conditioners. Covered and paved entertaining area, fully landscaped garden. Double remote garage with internal access.

Price: \$770,000 - \$790,000



KINGLAKE

1680m² approx, near level low maintenance allotment. Young ranch style 3 bedroom with robes, main with WIR. Well appointed kitchen, quality appliances, family/meals separate formal lounge/dining with combustion wood heater. Covered entertaining area with fire pit. Abundance of crystal clear water from your own bore plus tank water 6 x 10 approx shed, concrete floor and 3 phase power and 19 solar panels.

Price: \$720,000 - \$740,000



WHITTLESEA

Charming home featuring 3 spacious bedrooms with built in robes, 2 living areas plus rumpus room with wood heater, 1 bathroom, alfresco area and lockup garage. Only a short flat walk to all facilities. When location counts. Set on a 613m² approx block of land

Price: \$680,000 - \$720,000



YAN YEAN

Magic country living, conveniently located, 11 acres (4.65ha) approx.

- * Stunning large ranch style home
- * 4 bedrooms, 3 bathrooms, 5 living areas
- * Refrigerated heating and cooling
- * Indoor inground heated pool
- * Huge shed, 300m² (10mx30m), auto roller door, high clearance
- * Hay/Machinery store (300m²) plus cattle yards
- * Town water

Price: \$2,200,000 - \$2,400,000

Sue Sinclair 0417 599 555

Lynn White 0419 434 111