

Town Crier



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

Free!

Make a difference in your local community

**Stand for Council and
help shape the future of
the City of Whittlesea.**

**Your ideas, your vision,
your leadership can
make a real difference.**

Join us at a local information
session to learn about becoming
a Councillor in the 2024 Local
Government election.




For session details
and to register visit
[whittlesea.vic.gov.au/
councilelections](https://whittlesea.vic.gov.au/councilelections)



Are you giving your **young** **workers** the skills to stay safe?

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Would you work for you?

 **WorkSafe Young Workers**



Reducing workplace harm.





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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. Includes table for COSTS For COMPILING and ALTERING ADS.

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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 up to but 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: Elephants in the City Photo Supplied by: Betty Harvey

FROM THE EDITOR'S DESK

First month of winter and the garden is going into hibernation, as some of us feel like doing as well. The Kings birthday weekend is almost here and if you are driving away please take rests and be careful on the roads to come home again safely.

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

41. All of an adult human's blood vessels, if laid out end to end, would be about 100,000 miles, so they could encircle the earth four times. (fi.edu)

42. According to recent research, the human nose can distinguish at least a trillion different odors. (nature.com)

43. The longest fingernails ever were over 42 feet in total and belonged to American Diana Armstrong, recognized as the new record holder in March 2022. The previous record was held by American Lee Redmond, with fingernails over 28 feet in total. (guinnessworldrecords.com)

44. The origin of the word 'sinister' reflects an historical bias against left-handed people. It comes from the Latin word for 'left,' which was also seen to be unlucky or evil. (merriam-webster.com)

45. There is not one letter 'q' in any US state name, the only letter in the alphabet to be missing. 'J' and 'Z' are only represented once each — in New Jersey and Arizona.

46. The word 'strengths' is the longest word in the English language with only one vowel. (guinnessworldrecords.com)

47. Cartoonist Mort Walker, creator of Beetle Bailey, came up with names for the things we often see in comics and cartoons: 'briffit' is the dust cloud a character makes when he runs away quickly; 'plewds' are the beads of sweat when a character is under duress; and 'grawlix' are symbols such as '#@*%' that stand in for curse words. (merriam-webster.com)

Regards, Betty

- Q. How do you make a lemon drop? A. Just let it fall.
Q. What did the limestone say to the geologist? A. Don't take me for granite.
Q. Why does a seagull fly over the sea? A. Because if it flew over the bay, it would be a baygull.
Q. What kind of water can't freeze? A. Hot water.
Q. What kind of tree fits in your hand? A. A palm tree.

Whittlesea Historical Society Presents My Kitchen Table Talk. Do you have a favourite recipe from days gone by? What are your family food traditions? Do you have interesting old kitchen items and tools? Join us down Memory Lane, for a talk around the kitchen table. Bring along a recipe for a long-time favourite family meal or cake, also some kitchen gadgets from your 'collection'. Our event will be held in the old Wollert church, now located at Carome Homestead, Mernda. Come along to share, reminisce and admire the recipes and kitchen implements of yesteryear (and yes, we consider the 70's to be yesteryear!). A kitchen-themed raffle will take place, with some great prizes, so bring along your small change. Seats are limited so please book today! Bookings for this FREE EVENT can be made using the QR Code or at www.trybooking.com/CROED. 16 June 2024 1:00pm - 3:30pm. Two Beans at Carome Estate In the Wollert Church 10 Hathfelde Boulevard, Mernda.

A SHEEP DOG'S TALE By Matt Dickinson

AN INJURED DOG AND NO VET AVAILABLE

Meeting him at the door Sarah said, 'I'm glad you are back. When is the vet coming?'

Jack shook his head. 'Sarah, that's just it, he's not, I couldn't get a Vet they are all busy, miles away or in the forces.'

'Oh Jack. What are we going to do, we can't leave Nell as she is?'

'Aye, we can't, after I've had a cup of tea, I've got to do the job.'

'Do the job? Jack, you canna stitch up a wound like that?'

'Sarah, I have no option, I've got to stitch Nell and you'll have to help.'

'Help stitch Nell! Jack. I couldn't, I just couldn't.'

'Sarah, I got what we need at the chemists, there's a numbing spray to stop the pain. We've just got too, Lass I have to tackle it there's no other way, if you can stroke her, try to keep her quiet I will get what stitches in I can to put the skin back we canna leave her as she is.'

Sarah knew he was right the wound had to be closed and they were the only ones available to do it. After a long silence between the two, Sarah said, 'Well Jack, I will do what I can, but don't go raising your voice at me, if I canna do it.'

'Raise my voice! I never raise my voice against you, Sarah.'



'Yes, you do Jack, when things don't go right you get on your high horse.'

'Look Sarah, give me a hand with Nell. I can't do it on my own.'

'I'll do what I can the sooner we get started the better, while I can still do it to help you.'

'Right.'

Jack laid out the things he bought for the job. Far more than was needed to stitch a wound in one dog.

TREATING NELL, THE INJURED DOG

Jack had bought curved needles for stitching and numbing spray, tweezers for pulling the skin into position. He began carefully cutting lengths of catgut and threading the curved needles. Then with Nell lying on her good side, Sarah kneeling down beside her, stroking her head he bathed the wound with warm water. When looking at the wound, he realized the injury while looking serious was confined to the skin, no damage of depth into her ribs or stomach.

Using the numbing spray to excess he covered the area, and I lay quiet, looking anxiously around with my wide brown eyes, I was wondering what was going to happen to me.

Jack pulled the skin in place with tweezers and inserted the first stitch, and I thought to myself, 'That wasn't too bad, but just get on with it for goodness sake. I am getting restless and I started shaking. Sarah was getting anxious too, when she could feel me trembling. 'Just try to keep Nell steady, Sarah.' 'I'm trying my best, Jack, I'm trying my best, don't you stop now, try to get a few more stitches in.'

Jack moved as quickly as he could with me now restless. It was difficult for him with his hands used to hard work on sheep, and not the delicate work of stitching. But I trusted him, and soon he had put in 6 stitches and the wound was covered.

'Aye, well that's it, Sarah that will have to do, that's all I can do. It looks a darn sight better than that strip of skin hanging down before. Thanks Sarah, you kept Nell wonderfully quiet, she's a very brave dog.'

I realized the main thing was that the wound was covered. Jack and Sarah had done the best they could do in the circumstances.

NELL'S WOUND HEALS

In what seemed a long time but was really only weeks I was back to my old self once again running with Jack across the fell to round up the black faced sheep.

About a month later we took a small

flock of Gimmer's to the market at Wooler. As Jack stood talking with a group of shepherds, the usual talk of past lambing's and shepherds crooks and Collie dogs a well dressed man came up to the group and said, 'I am looking for Mr Jack Dixon.'

'Well, Lad you've found him. That's me what can aah do for you, I wonder.'

I'm Mr Brent, from Wooler.'

'Oh aye. The vet that wasn't there.'

'Yes, I'm sorry I couldn't come that day how did you go with your dog needing stitches?'

'Oh we did alright, that's my dog there. Come here, Nell.'

I went over to him.

'Well she looks fine who did the stitching for you?'

'Man, does that matter? Its done and had to be done, there's a war on?'

'You're right, Jack. At times like these we have to do what we have to do.'

At the same time, that year on the other side of the English channel at Dunkirk an army was being evacuated by small boats never designed for the job doing what had to be done.

More of Nell next month




DINOS AT THE ZOO

VICTORIA

Limited time only
Book now at zoo.org.au/dinos

ZOOS MELBOURNE
WERRIBEE
HEALESVILLE
KYBRAM
VICTORIA

A man with a beard is sitting in the driver's seat of a car at night. He is blowing into a yellow and red breathalyzer device. The device has a red screen and the number '99' and 'SY2024' on it. The scene is dimly lit, with some light coming from the device and the car's interior.

Stop kidding yourself. If you drink, don't drive.

Thinking about driving after a couple of drinks? Think again.
If you blow .05 or over, you could face serious penalties,
including fines, losing your licence, getting an interlock installed
in your car and having to blow zero for three years.



THE LUCKY SHIP *HMS SHROPSHIRE* By Denys Potts

After the loss of *HMAS Canberra* during the Battle of Savo Island on the 9th August 1942, (*Town Crier* February 2009) the British government donated the *County Class* heavy cruiser *HMS Shropshire* to the RAN. The gesture was made at the behest of Winston Churchill who had come into serious conflict with the Australian government over the withdrawal of AIF troops from the Middle East but who was nonetheless alert to the almost crippling losses the RAN had experienced between November 1941 and August 1942.

The Shropshire was built by William Beardmore and Company of Dalmuir Scotland and had a displacement of 10,032 tons and a full load of 15,000 tons. She was 633 feet (192.9m) long with a beam of 66 feet (20.1m) and her 80,000 hp engines could drive her at a speed of 32.6 knots (60km/h). Armament consisted of 8 x 8" guns in 4 turrets, 8 x 4" guns, 2 x 8-barrel 37mm pompoms, 15 x 40mm Bofors, 5 x 21" torpedo tubes plus depth charge racks and was launched on the 5th July 1928.

Prior to leaving the UK, sea trials were conducted at Scapa Flow that showed the engines to be in excellent order but an overheated set of bearings gave cause for concern to the Australian engine room staff. They soon discovered that the manufacturers had incorrectly marked the fitted bearings and when they were changed over with spare bearings the problem was solved. An embarrassing aside for the RN was that the overheating problem had been present for several years prior to the handover to the RAN.

On 10 September 1943, King George VI announced that the *Shropshire* was to be renamed *Canberra*. This caused complications as United States President Franklin Roosevelt had already decreed that an American *Baltimore* class cruiser was to be named *Canberra* and as the duplication of ship names with the United States navy was against RAN policy it was decided to retain the original name.

This was received well by the British elements of the ship's company, who felt that renaming a ship after one that had been recently sunk was inviting bad luck. As well, the citizens of the ship's namesake, who had adopted her during Warship Week earlier that year though that *Shropshire's* history and links with the community were being discarded without thought.

Shropshire underwent refit from December until June 1943 and the commissioning ceremony was held on 20 April when Captain John Collins argued to have the ship recognised administratively as a commissioned Australian warship from 17 April. His motive for this action was in order to keep the Australian personnel, who were arriving that day, away from the RN daily rum issue.

After sailing in August she arrived in Sydney on 2 October 1943 and at the end of the month joined Task Force 74 at Brisbane and supported the amphibious landings at Arawe and Cape Gloucester in December. In March 1944, she was involved in the Admiralty Islands campaign and during April participated in the landing at Hollandia.

In May, whilst operating in the Wake-Sarmi-Biak area, a bomb was accidentally dropped by a US aircraft between *Shropshire* and *HMAS Warramunga* and although no apparent damage was caused, her engines began to malfunction four days later.

On her return to service on 12 July she provided naval gunfire support for operations in Aitape and Cape Sansapore during July and August, Morotai in September and Leyte Gulf in early October. She was assigned to Task Force 77 and participated in the Battle of Surigao Strait on 25 October. During the Battle of Luzon in January 1945 she was attacked by two kamikaze aircraft, both missing their target but were close enough for her to be hit by debris and her last action was naval gun support during the Corregidor landings.

Of all the engagements that she was involved in, the battles of Leyte Gulf and Surigao Strait were the most significant. During the Leyte Gulf landings in the Philippines, a huge fleet of over 700 ships was assembled as well as 70,000 troops for the landing. *Shropshire's* initial bombardment lasted three hours, firing 600 x 8" shells whilst enemy aircraft, submarines and torpedo bombers were all reported in the vicinity.

On 21 October her anti-aircraft guns hit a Japanese plane which bounced off the sea and hit *HMAS Australia's* bridge, killing 10 and injuring 65. The *Australia* left the area for repair and her Captain, Nicholls, became Senior Naval Officer and transferred his flag to *Shropshire*.

For the next few days the Allied force roamed Leyte Gulf bombarding Japanese shore positions, clearing obstacles from the path of advancing American troops and dodging constant air attacks. Intelligence was received that a large enemy force was steaming along the west coast of the Philippines and might try to enter Leyte Gulf to

disrupt the invasion.

Toward nightfall on 24 October it was known that the Japanese fleet would try to enter the Gulf through the Surigao Strait and in the early hours of 25 October two great naval forces came together in what was to be the last great sea battle of the war. The action was rare in that no air cover was provided or available for either side.

HMAS Shropshire and *HMAS Arunta* were the only Australian ships involved and US Admiral Oldendorf used Nelson's classic attack formation where he crossed the 'T' allowing a maximum guns to bear to fire with a minimum number of guns allowed to return fire.

The Japanese battleship *Yamashiro* was attacked by *Shropshire* who opened fire at nine miles, closing to seven. She fired 32 broadsides in 13 and a half minutes, 19 of which hit the target. The *Yamashiro* returned fire twice and 2 x 14" shells dropped short and 4 x 12" went over the top.

During and leading up to this last great battle the cooks prepared 3,600 meals, course was altered 47 times, speed altered 39 times, engine revolutions increased and decreased 43 times and engines stopped four.

By battle's end the US ships were down to less than 20% of their ammunition and fuel supplies but *Shropshire* still had a full load as, in typical Australian fashion, the Gunner had over-loaded the 8" magazines from the normal 1,440 shells to 1,900.

The *Shropshire* was the largest ship in the RAN during the Second World War. She was the longest, had the greatest displacement, the most heavily armed, the most crew, the most efficient gunnery, including rockets on 'A' turret and was the fastest of the three cruisers in her class. During her RAN service it has been claimed her actions were unsurpassed by any other cruiser in the RAN.

Her record showed she bombarded 56 targets, destroyed the Japanese Army HQ at Yakamui, destroyed nine shore batteries, shot down 19 aircraft and shared eight and was commended by US Admiral Oldendorf for her excellent radar reports.

She was known as the 'Lucky Ship' because no-one was lost during any of the engagements of the four battle tours, however four men were lost on active service for other reasons.



SECLUDED UNDERGROUND WORLD FOUND

In an amazing discovery scientists have found crustaceans and scorpion-like invertebrates living in an isolated underground cave that has been sealed off from the rest of the outside world for millions of years. The find was made at a quarry near Al Ramla (Ramleh) in central Israel after passages were opened to a cave containing a unique ecosystem, including a lake 100 metres below the ground.

Biologists have so far found eight species, all unknown to science, including white crustaceans resembling prawns and invertebrates similar to scorpions. The cave also contained bacteria that served as food for some of the animals. Every species examined had no eyes, evidently losing their sight as a result of evolution. Apart from the scorpions, all specimens were alive. The scientists are sure they will eventually find live scorpions under boulders.

The cave, which has a maze of passages that extends about two kilometres, is sealed off from surface water and nutrients by a layer of chalk. Scientists stated that the lake's temperature and salinity indicated it drew its water from deep underground.

Research shows the cave's ecosystem began to form about 5 million years ago when the area was covered by the Mediterranean Sea.

The discovery of this secluded cave and its natural world, with its unusual animals living in such exceptional conditions is a truly remarkable find.

Steven Katsineris, July 2006

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

6/6/2024 - Collins Lemi
8/6/2024 - Spencer Murphy
30/6/2024 - Lilian Kwiatkowski

BIRTHDAYS



COLLINS LEMI - 6/6/2024

Happy birthday beautiful girl, we hope you have a lovely day.
Love Grandy, GG, Mum and Dad, Maddux, Marley and Sloane. Uncle Connor, Uncle Spenny, Auntie Rosie, and Auntie Kiki
xxxxxxxxxxxx

SPENCER MURPHY - 8/6/2024

Happy 20th birthday, Spenny, we wish you a wonderful day and hope you enjoy it from start to finish.
Love Nan, Mum, and all the family
xxxxxxxxxxxx

LILIAN KWIATKOWSKI - 30/6/2024

A very happy birthday to my wonderful wife, fantastic mother and grandmother to our children. Lots of love from Richard and the family xxxx
* * * *

Happy birthday, Lilian, may your day be filled with blessings and happiness
Love from Karen and Betty

NANNAS HOME BASICS GROUP

Have you seen the Nannas Home Basics group on Facebook? A community of people of all ages 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. We 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 members knit and crochet for various charities, we have monthly lunches, occasional day trips, book club and sometimes guest speakers at our craft and chat mornings. There is also a Nannas Homemade Wares Facebook page where 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

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



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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
Wednesday

JUNE DATES

5th 1pm General meeting, afternoon tea
12th 1pm Trivia, afternoon tea
19th 1pm Bingo, afternoon tea
26th 1pm Trivia, afternoon tea

President: **Bill Beasy,**
0408 997 841

Vice President: **Joan Stroud,**
408 363 074

DATES TO REMEMBER 2024

King's Birthday - Monday 10 June
Daylight saving starts - Sun. 6 Oct.
Melb. Cup Day - Tues. 5 November
Christmas Day - Wed. 25 December
Boxing Day - Thursday 26 December

WHITTLESEA COMMUNITY HOUSE



Hello! It's really starting to feel wintery!
Grab a cuppa and check out what's
coming up this month at Whittlesea Community
House.

Save the Date - 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 (11am - 2pm) at Whittlesea
Community Activity Centre.

High Tea Fundraiser is BACK! This popular
annual event will be held on Tuesday 17th
September from Noon - 2pm at Whittlesea Bowls
Club \$40 pp money raised goes to Whittlesea
Community House.

Uke Muster returns - Get ready to strum
along, perform and learn heaps. Saturday 12th
October - register now **ITS FREE** [https://
www.socialplanet.com.au/activity/
view?id=23984](https://www.socialplanet.com.au/activity/view?id=23984)

Visy Recycling - Over the counter recycling
is available Monday, Wednesday and Thursday
each week 10am - 3pm and Saturdays from 8am
- 4pm. Please note that we are not open on
Public Holidays.

Got some time on your hands and looking for
an easy and regular volunteering role (perhaps
to meet your Centrelink obligations). Look no
further! 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](https://cdsvic.org.au/donation-partner-registration)

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

Ladies Lunch - join the ladies who lunch each
fortnight at the Whittlesea Community Activity
Centre. Thursday 13th and 27th June
11.30am - 1pm \$2.00 per person

First Aid (CPR, Provide First Aid & Provide First
Aid in an Emergency in an Education & Care

Setting)

Online learning + face to face
Saturdays 1st June or 17th August
\$85/\$150/\$195

**Op Shop Tours - MORE DATES
ANNOUNCED** - We are trekking to Op
Shops all over Melbourne twice a month in
2024 and you can join us. Different route
each month! These trips sell out fast so
grab a friend and join the fun: Saturday 3rd
& 10th August 9am - 4.30pm. \$20 pp
Feel free to bring a snack to share on the
Bus there will be a lunch stop.

Metal Detecting - New date for Semester
2 just announced!

Saturday 16th November \$10 per
person

**Certificate IV in Mental Health +
Certificate IV Alcohol and Other Drugs**

comes to Whittlesea! - Looking for a career
change? How about a double certificate! An
information session will be held at the House
on Thursday 27th June from 10.30am. Come
along and find what is involved and if you
qualify for funding. Laptop loan available for
students too! Call **9716 3361** to RSVP

Fix it Friday returns this month! Sweep
your problems into a pile and bring them to
our experts for real help that doesn't involve
a queue or a call centre!

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 28th June 10am - 1pm

Pop in during open hours for a cuppa Mon -
Thurs 10am - 3pm. A more comprehensive
list of what is coming up at the House can
be found on our website [www.wchi.com.
au](http://www.wchi.com.au) or you can pick up a Semester 2 brochure
from the House or call to book any of the
above on **9716 3361**.
See you soon!

WHITTLESEA HISTORICAL SOCIETY

CAROME HOMESTEAD IN MERNDA

By Barbara Miller,
Whittlesea Historical Society

In 1840, Arthur Serjeantson (also written Sergeantson) purchased Section 19, Lot 11, in the Parish of Morang, a total of 842 acres for the price of 1,326 pounds. This large property covered as far north as Bridge Inn Road. He named the property Sergeantson Hall, although it soon became known as Carome, which was the name of the small flour mill established on the Plenty River in 1841. The flour mill that Sergeantson built was one of Victoria's first water-powered flour mills.

Sergeantson sold the northern portion of his property in September 1840, and kept the southern 411 acres for himself. There was a wooden house, but it seems that Arthur didn't live there for long, being noted in 1845 as being from 'the Murray River'. He continued to own the Mernda property however, as the 411 acres of land with the mill was sold to Abraham Willis in 1857 for 2,700 pounds cash, after Serjeantson's death in 1853.

Other mills existed along the Plenty River, each harvesting the water from the Plenty River. It was the building of a masonry wall in the river by Moses Thomas, in order to provide a greater head of water and more regular flow for his own large mill a mile upstream, which caused the amount of water available to Mr Willis to become insufficient. A case was brought in the Supreme Court, in which Willis sought compensation for the reduced flow of water in the Plenty River. Willis lost the case, after Thomas argued that the dam he had built actually benefitted the mill owners downstream. Eventually, after the building of

the Yan Yean Reservoir caused the subsequent occasional redirection of water from the Plenty River into the reservoir, the mill became unviable. The development of steam engine powered mills around this time also made the Carome mill outdated and redundant. In 1868 the mill was destroyed by fire, which led to an insurance claim by the owner but it was found to have been deliberately lit and the insurance claim was not allowed. There are still some remnants of the mill that remain overlooking the Plenty River. The homestead itself was built in 1861 from locally cut bluestone, and is of standard late nineteenth century style, with 2 front rooms and 2 back rooms, surrounded by a veranda, it is one of the oldest buildings in the City of Whittlesea and historically significant due to the association of the flour mill with the Melbourne markets in the 1840's.

In 1922, the Power family bought the Carome property, where they remained until 1973, when the property was bought by T F Danaher, and managed by Peter Barba. At the time that Peter Barba arrived, the house was being used to store hay, so you can imagine the effort required to bring it back to a liveable standard. During this time, Danaher developed the property as a horse stud. In the 1970s and 80s, there was a large sign at Plenty Road, and a distinctive gateway made of long poles, which marked the entrance to the property. This remained until housing development took over that area, and the entry to the property and homestead moved south, now along residential streets. The Parkway is the road that now leads to the homestead through the new residential estates of Mernda. The original Carome buildings and outbuildings are quite intact, and provide an insight to the history of the homestead and its beginnings as a working farm.

continued on page 12



ADVERTISEMENT

HE'S 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



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ALP, 57-59 High St,
Wallan VIC 3756.

Australian
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WHITTLESEA MONDAY
MARKET

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WHAT'S IN A NAME - PRAHRAN

In 1837, George Langhorne who ran a mission station named the area Pur-ra-ran, a compound of two aboriginal words meaning 'land partially surrounded by water'. When he informed the Surveyor-General Robert Hoddle of the name it was written 'Prahran'. Between the 1890s and 1930s Prahran built a huge shopping centre, by the 1920s had rivalled the Melbourne CBD. Large emporiums such as Moores, Love and Lewis and other department stores sprang up along Chapel Street.

The Lyric theatre (also known as the fleahouse) was built on the corner of Victoria street in 1911 but burnt down in the 1940s. The Royal was the second theatre built. the Empress (also known as the Flea Palace) was another popular theatre on Chapel Street, also destroyed by fire in 1971. The site was operated by the cut price clothes and homewares chain Waltons for the next decade and later developed into the Chapel Street

Bazaar. In the 1960s in an effort to inject new life into the suburb the Victorian Government opened the Prahran Housing Commission estate together with a larger estate located north in South Yarra. Chapel street is now a mix of upscale fashion boutiques and cafes. Greville street once the centre of the hippie community now has many cafes, bars, restaurants, bookstores, clothing and music shops.

The railway line was constructed in 1859-60 from Melbourne through Prahran to Brighton. A second line branched from Windsor to St. Kilda. The Gippsland to Melbourne line traversed the northern localities of Prahran by 1879.

Like all suburbs Prahran had a Post Office that opened on 1st April 1853. Prahran is in the City of Stonnington.

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

**The next Town Crier is due out
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PICKLE BALL PROGRAM TO COMMENCE IN THIRD TERM



Thank you for the members who expressed interest in participating in the proposed Pickleball program.

GOOD NEWS

The program will commence in TERM 3 with the support of Pickleball Australia and Keyton.

The City of Whittlesea Ageing Well Team have included a Demonstration Come and Try Session in the "Young at Heart" games.

Members who have expressed interest will receive an information pack through next week.

Contact Glen Wall 0422852593 email glen.w@whittleseau3a.org.au



DIGITAL LITERACY HELP AND ASSISTANCE

Need help with your smart device – PHONE: iPhone or Android or TABLET: iPad or Tablet at Lalor Library on Thursdays (1.00pm and 3.00pm), Mernda Senior Support Centre Fridays (10am to 12) and Thomastown Library on Fridays (1pm and 3pm).

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.

Joining or 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.





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INFLUENZA AND THE COMMON COLD

Influenza has plagued humanity since the beginning of time and most of us have our own ways of dealing with viruses. Hot Lemon drinks, bed rest is favoured by many, while a teaspoon of fresh chilli and garlic by others, or even physical exercise. Interestingly all of these methods utilize one our most effective methods of clearing viruses, that being diaphoresis or a good sweat! but more on that later...

During a bad cold season, it is very important that we all take precautions if you do experience symptoms of a cold to wash carefully and use simple hygiene to minimise sharing it with everyone. If you get a mild fever, **DO NOT** overuse paracetamol or anti-inflammatory medicine such as Ibopruflin to bring it down.

FEVER IS A SYMPTOM, NOT THE DISEASE.

It is your immune system fighting the infection and raising body temperature is a major part of that, so to cool I down constantly prolongs the infection. If you or a child has a temperature you can use moist tepid flannels with some lavender oil to cool naturally. Administer paracetamol only if very uncomfortable, bad sore throat etc... and take a child to hospital if the fever goes above 39 deg. after the methods described. Herbal teas can help here, peppermint, elderflower, echinacea, chamomile and pineapple juice can really assist in reducing a fever and soothing a sore throat.

If you have chills sneezing and runny nose getting a mild sweat comes can really help. Herbs, chilli, garlic, hot soup, hot lemon drink with a couple of slices of ginger and honey are all great ways to get a good sweat going and are very useful in early stages of cold or Flu, provided there is no great fever or sweating already. Use a chest vapour rub, old fashioned but great. Get into bed, rug up after your chosen diaphoretic and let your skin, your body's largest organ do it's job and sweat out the toxin/virus. It's important that sweating as a therapy is only used in the early stages of a flu, during the first week, after that you will need to visit a health professional to find the best way to proceed.

Herbs can help; good herbs include Andrographis, Elderflower/berry, and dandelion tops and olive leaf for strong flu symptoms. Sore throats respond to gargling warm salty water or strong sage tea. Up your vitamin C intake, drink lots of hot water and eat light foods such as soup or steamed vegies.

If you must go out, **RUG UP!** Wear coats, scarves and a beanie to keep you protected from the cold.

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

CAROME HOMESTEAD IN MERNDA

Continued from page 9

The State Government bought the property in December 2005, to become part of the Plenty Gorge Park. Today the homestead sits on only 72 acres of the original 842 acres purchased in 1840. The home, along with other significant heritage buildings, has been the subject of extensive restoration and improvement works.

Today you can visit the homestead as Two Beans at Carome Estate. You can wander around the farm area, admire the bluestone buildings, and sit comfortably to enjoy a coffee or a meal. Walk along the Plenty River, admire the natural environment of the Plenty Gorge, and remind yourself of the pioneers who lived here 180 years ago.

This article was put together from information available on the Whittlesea Historical Society website; from an article titled 'Carome; a short history', written in 2008 by Ross Mugavin and Lindsay Mann; and from the book 'The Plenty; a centenary history of the Whittlesea Shire' by J W Payne. You may have noticed that Vance Bebbington's article last month made reference to 'the Yan Yean cemetery, now known as the Whittlesea cemetery'. In my time in Whittlesea I have never heard it called the Whittlesea cemetery, but the comment was left in the article, as it was the opinion of the author.

Whittlesea Historical Society will be hosting a free event at Carome homestead on Sunday the 16th of June (see advertisement on page 4) in the old Wollert church, celebrating our memories of the kitchen, with old fashioned favourite recipes, and kitchen gadgets from days gone by. Bookings are essential through TryBooking, due to limited space in the church building. We'd love to welcome you there.



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WHITTLESEA COMBINED PENSIONERS

(Reg. A0025361A)

President Lyn McKinnon opened our May Meeting.

Our guest speaker for May will be from our Country Womens Association, Ms S McCall.

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

Thursday 18th July we travel to Abbotsford Convent. **Cost:** \$60 Times and lunch TBA

Thursday 15th August we travel to Sunbury Leagues Horse Farm. **Cost:** \$60, times and lunch details TBA.

Thursday 19th September we travel to Tesselaar Tulip Festive. **Cost:** \$60, times, lunch details TBA.

Please Note: Whittlesea Combined Pensioners will be holding their Annual General Meeting and all positions will become vacant.

Whittlesea Combined Pensioners & Superannuants

Association of Victoria Inc. is open to all types of pensioners and their carer's and funded Superannuants. Annual Membership is \$20.

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. that includes

lunch, birthday, mothers day and Christmas luncheon are \$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 6th June**, at the Whittlesea Community Activity Centre at 1pm with afternoon tea to follow.

New members are always welcome.

'til next timestay safe & well, Nella Palmieri, Social Secretary

**The next Town Crier is due out Monday 1st July
 Deadline is no later than Friday 14th June**

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DIFFERENT PEOPLE

By Sue Lloyd



It occurred to me the other day when meeting a friend for coffee how we are often different people. The same person of course but we can, and often do, I suspect, adapt our conversation and attitudes according to the circumstances and personalities of other people.

For example if you find yourself in the middle of a tense conversation about politics, when your view is at odds to the majority of talkers. Do you keep silent for fear of either escalating the situation, and we all know politics and football are topics we are told to avoid, or do you pretend sympathy with the prevailing view?

If an ardent follower of a football team and that team is generally rubbish do you once again keep your loyalty to yourself?

There are instances when people may hold different views about what they perceive the end of life to be. There is an afterlife? Death is the final end? And many other questions. Is this a situation to fit your conversation in with a grieving person, deliberately wanting to be empathetic even though your inner thoughts around the subject may be totally different? Recently I have noticed that it has been wiser to steer conversation either towards or away from certain subjects when with people. Either because there would not have been any common ground or because an argument may well have developed which then has the potential to impact on the bonds of friendship. Words once said cannot be unsaid as well we know. Hurt and anger does dissipate with time but it leaves a negative feeling very often.

How are these situations to be assimilated into life without the loss of our core beliefs and values?

If we value friendship and communication and involvement with our families, neighbours and local communities I have wondered whether we just need to accept and remind ourselves that everyone is different, none better than the other, all views and opinions of equal importance. Why should we think our opinions matter more than most, that our knowledge is greater? It might be that I know more about you in particular areas but you will have talents equal to mine in different ways. It is the various parts that make the whole stronger and wiser. We can surely all accept that there are always new things to learn or old things to be reminded of. That is the way we grow as human beings. To cling so tightly to long held rigid views does not allow for expansion of our understanding. How do we join a craft group, for example, if we are not prepared to try and learn a new skill?

Among all this careful side stepping, we still need to remain true to ourselves. To not criticize or judge. Perhaps it is that very steadfastness than might be the example for others to follow or at least think about. If we can let go of perceived slights or censures then not only will our lives run more smoothly, but our interactions with others are most likely to assume greater significance and depth.

It's surely worth a try. Much soul searching and personal angst could be avoided if we let others be who they want or need to be and hope others allow us the same space.



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We express our sincere gratitude to our loyal advertisers who have continued to advertise with us throughout this difficult time.

BUT, we need more help to continue producing the magazine. With a high loss of advertisers, higher costs for us, the future is beginning to look very disappointing indeed.

HELP KEEP THE TOWN CRIER ALIVE

Thank you, Karen Mace. 0410 324 326

karen_macetc@yahoo.com

WHITTLESEA PHYSIOTHERAPY

THE IMPORTANCE OF REDUCING LOAD TO PREVENT SPORTS INJURIES

As a Physiotherapist, one key concept that we often emphasise is the importance of reducing load to prevent sports injuries. Understanding how to manage and gradually increase the demands placed on your body is essential for maintaining optimal performance and injury prevention.

What Does 'Reducing Load' Mean? When we talk about reducing load in the context of sports and exercise, we are referring to the amount of stress and strain that your body experiences during physical activity. This includes factors such as the intensity, duration, frequency, and volume of your workouts. By adjusting these variables appropriately, you can minimise the risk of overuse injuries and improve your body's ability to adapt and recover effectively.

Why Is Reducing Load Important? Athletes and fitness enthusiasts often have a tendency to push themselves to their limits in pursuit of their goals. While dedication and hard work are important, it is crucial to strike a balance between challenging yourself and allowing your body time to rest and repair. Overloading your muscles, joints, and connective tissues without adequate recovery can lead to a range of injuries, including strains, sprains, tendonitis, and stress fractures.

How to Safely Manage Load?

- 1. Gradual Progression:** Avoid sudden spikes in training intensity or volume. Instead, aim to gradually increase the demands on your body over time to allow for adaptation and reduce the risk of injury.
- 2. Adequate Recovery:** Incorporate rest days into your training schedule to give your body time to recover and repair. Listen to your body's signals of fatigue and pain, and adjust your workouts accordingly.
- 3. Cross-Training:** Mix up your routine with a variety of activities to prevent overuse of specific muscle groups and reduce the likelihood of repetitive strain injuries.
- 4. Proper Technique:** Focus on maintaining good form during exercises to minimise the strain on your joints and muscles. Seek guidance from your coach or Physiotherapist to ensure you are performing movements correctly.

Remember that prevention is always better than cure, and taking proactive steps to protect your body will ultimately help you achieve sustainable success in your fitness pursuits.

If you have any questions or concerns about load management or would like personalised advice on injury prevention strategies, please feel free to get in touch by calling us on **9716 2250** or emailing **info@whittleseaphysiotherapy.com.au**

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WHITTLESEA PHOTOGRAPHY CLUB

What a busy time it has been for

photographers lately. Autumn really turned it on for us. Being a dry start to the year we wondered if things would really colour up or not. Luckily we had a bit of rain in time to freshen everything up. A few of our club members enjoyed taking photos at the Ivy Lea Garden Autumn Open Day. Our club members were also busy taking photos at some of our other local parks and gardens as well as travelling to the iconic town of Bright and the stunning Liquid Amber field at Heathcote.



Of course we can't go past the amazing time we have had capturing the Aurora Australis events, the night of May 11th will be one to remember when the Southern Lights were even visible from Whittlesea. The Aurora Australis is not often seen easily with the naked eye. Most modern smartphones will pick it up. For best results though a camera on a slow shutter speed is what you need. If you are at all interested in taking photos of the night sky then please think about coming along to our meeting on July 25th when we have guest speaker Richard Tatti of 'Nightscape Images'. Richard's work is outstanding and this promises to be an inspiring evening learning how he achieves his shots.

Later this month our meeting is all about 'Alternative Photography'. If you are someone looking for new ways to take photos then this is the night for you. Everyone is welcome to attend at least 2 meetings at our club before deciding if they would like to become members. We always welcome new members at any time of the year. No matter what stage you are on in your photographic journey you will find like-minded people at our club. If you would like more information please email info@whittleseaphotographyclub.com



FROM CHAIR ADMINISTRATOR, LYDIA WILSON



Hello everyone, This month at the City of Whittlesea, we are looking forward to welcoming you to the **Ageing Well Expo 2024 on Tuesday 18 June**. Whether you're planning for your own future or caring for a loved one, this free expo is your go-to for all you need to continue to live your best life as you grow older.

Visitors will be able to explore resources from various health service providers, learn about your rights, healthy living tips, mindfulness, financial planning and care strategies. Enjoy activities, games, giveaways, entertainment and grab a snack from our refreshment stand and sausage sizzle.

The expo will be held at Plenty Ranges Arts and Convention Centre in South Morang. No need to register - just come along. Further information can be found at: www.whittlesea.vic.gov.au/ageingwellexpo.

With just over four months until the Local Government elections in October, now is the time for those in our community who are passionate about making a difference to consider standing for Council. Serving as a councillor is a unique opportunity to represent your community and actively participate in shaping the future of our municipality.

If you are considering nominating as a candidate, I encourage you to attend an upcoming information session to find out more, have your questions answered and gain insights into what it means to be a Councillor.

The City of Whittlesea Candidate Information Showcase will be held on Thursday 25 July, from 2pm - 4pm in the Great Hall at the City of Whittlesea Council Offices, 25 Ferres Blvd, South Morang.

There will also be a north-west region information session hosted by the Municipal Association of Victoria at the Broadmeadows Town Hall, on Thursday 18 July, from 6.30pm-8.30pm.

For further information on the sessions, or to sign up for updates, visit www.whittlesea.vic.gov.au/councilelections.

Finally, we are delighted to announce the expansion of our Zero Waste Rebates Program which offers financial incentives for sustainable living choices. In addition to the rebates already offered for reusable nappies, reusable sanitary products, composting bins and composting tools, rebates are now available towards the purchase of shopping carts. You can find out more and apply for your rebate at: www.whittlesea.vic.gov.au/zerowaste.
Take care, Lydia Wilson



THINK GLOBAL, ACT LOCAL

Since the early 1990s, global business interest in developing countries has skyrocketed as many formerly closed economies began opening up to firms from Western economies. During this period of growth, a key mantra was introduced—that executives should 'think globally and act locally.'

Think globally in order to stay competitive and take advantage of new markets and opportunities, but act locally in order to connect with customers, adapt to local cultures and regulations, is the tenet of the philosophy!

Whittlesea Physiotherapy and Clinical Pilates is leading the way as it has taken on a global treatment for low back pain and has an exponent of the technology acting locally. Maighan Cann has been educated by the developers at the University of Southern Denmark, and their counterparts at Macquarie University, and is the operative extending treatment to local residents.

Maighan graduated from La Trobe University in 2019 with a Bachelor of Applied Science and Master of Physiotherapy Practice. She has been with the Whittlesea Physiotherapy team since the beginning of 2023, after initially

gaining experience working acutely in private practice as well as post-operative rehabilitation.

GLA:D® BACK is a treatment option for patients with persistent or recurrent low back pain that affects everyday life. The program follows the Danish National Board of Health's clinical guideline recommendations for the treatment of patients with back pain and is based on principles of self-management.

GLA:D® BACK consists of: EDUCATION of chiropractors and physiotherapists in running GLA:D® BACK courses for patients.

TREATMENT PROGRAM consisting of education and a structured exercise program

REGISTRATION of patient data in the GLA:D® registry

The purpose of GLA:D® BACK is to help patients manage their back pain better themselves through a well-described and structured course of treatment. Maighan explained how she conducts the program and assists with understanding the medical definitions and debunking some entrenched folklore.

Leaving aside the more excruciating detail of the program, Maighan conducted a comprehensive interactive discussion with the



Maighan presenting

audience and addressed 'urban myths' and members' specific concerns. We came away with a number of thought provoking messages. It is good to be able to feel pain as it is a natural warning reaction. Back pain is nature's 'smoke alarm'. Whereas smoke sets the alarm racing there is often nothing more than smoke but the warning of fire is real. An example was given where a surfer lost her arm in a shark attack. Post operatively the patient recounted that her only concern was to find safety and was oblivious to the lost limb. Movements in all directions are good for your back as that is its main function! If suffering from back pain, restricting movement over a prolonged period of time may be disadvantageous as



Left to right: Ella Green, Maighan Cann, Sue Giri and Michael Heyfron

continued bottom of next page>>

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

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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

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reducing the movement variety disagrees with nature.

The final messages were:-

- * Continue with daily activities despite pain
- * Get educated to better understand pain
- * Be part of an exercise program
- * Manual treatments are recommended in the acute phase only if benefits are found by patients

SAN SALVADOR By Glen Davis

How many of us know that South Morang has a sister city, and for those who do know, how many know where it is? It is San Salvador the capital of El Salvador, Central America. I'll have a brief look at the history of South Morang's sister city San Salvador to share with readers some of her impressive history.

When the Spanish invaded what is now known as the Americas' the inhabitants of this area were the Pipil people whose capital was Cuzcatlan, which was near where San Salvador now sits. The Conquistador, Pedro de Alvarado, established San Salvador in 1525. The name San Salvador is derived from the Transfiguration of Jesus, an event celebrated by the Roman Catholic Church every August 6. This day dates back to a Hungarian military victory over the Muslims of the Ottoman Empire back in 1456.

Following its establishment the location of San Salvador moved around a tad. Twice in the following decades the location of San Salvador changed, first in 1528, then 1545. As well as the location of San Salvador changing, its name San Salvador was the inspiration for the developing nation of El Salvador, which achieved its independence in 1824.

The landscape around San Salvador is hilly. Situated in the high country with valleys surrounding it San Salvador has experienced its share of earthquakes, as well as volcanic eruptions. Big earthquakes in 1917, 1965, and 1986 all caused substantial damage, as well as taking a severe toll in lives. The 1986 earthquake saw well over 1,000 deaths with more than ten times that many injured on top of with 200,000 homeless.

Despite the damage wrought by earthquakes San Salvador has its famous buildings such as the Jose Adolfo Pineda National Gymnasium, a location that twice hosted the Miss Universe Beauty Pageant first in 1975, then in 2023. This was built in the 1950's being named after a legendary Salvadorian basketballer. Other prominent structures are the French Renaissance style National Theatre completed in 1917, and the National Palace from 1911, re the latter money raised from the export of coffee contributed to the building costs. Other buildings have sadly fallen to the damaging earthquakes.

San Salvador has also experienced other natural disasters including Tsunami's, hurricanes, all which have taken their toll on the city, and its people. In the last few decades there have been severe tropical storms including 2010 when Tropical Storm Agatha dumped almost 1 metre of rain over San Salvador causing flooding that washed away houses, and vehicles. People were evacuated to shelters to escape the raging elements.

One of the most famous residents of San Salvador was Archbishop Oscar Romero. He was murdered on March 24, 1980, by paramilitary forces associated with the government. Archbishop Romero was famous for speaking out against injustice, of criticising the US sponsored/armed government of the day, this, during the bloody civil war that raged for just over 12 years. His funeral saw a crowd of over 250,000 mourners present. Again, violence reared its head with shots fired, apparently by members of the security forces dressed in plain clothes, and in the ensuing confusion 47 mourners were killed. Archbishop Romero is buried in a crypt beneath the Metropolitan Cathedral of San Salvador. Archbishop Romero was canonised on October 14, 2018. He is now Saint Oscar Romero.

San Salvador has hosted some major events. I've already mentioned the Miss Universe pageants but there were others. The Central American and Caribbean games have been held there in 1935, 2002, then last year, 2023. Another major regional sporting event, the Central American Games were conducted there in 1977, also 1994. As well the Ibero-American summit an annual event bringing together the heads of the Spanish and Portuguese speaking nations was held there in 2008.

That's a bit of a potted history of South Morang's sister city, San Salvador. Maybe I'll leave the last words describing this relationship to those from San Salvador. Morang Sur, ciudad Hermana de San Salvador.

* Imaging is not often necessary
* Opioid and other medications should only be taken after careful consideration and for short term management
Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Only a few lifestyle choices have as large an impact on your health as physical activity.

Sue Giri on behalf of members thanked Maighan and her assistant Ella Green who had both been under observation by the Practice Manager Michael Heyfron.

Before Maighan gave her address members had a special morning tea with cake to celebrate the Club's twenty-third birthday having being formed on 6 May 2001.

Written by Michael Halley Reviewed by Maighan Cann

PUZZLE PAGE

Ice Cream flavours



M	O	T	T	O	W	R	A	R	A	B	N	D	I
A	A	Y	R	R	V	T	S	T	N	C	A	L	Y
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A	T	D	C	O	T	T	O	N	C	A	N	D	Y

Triple tornado
Reeses
Neopolitan
Chocolate
Strawberry
Cotton candy

Coconut
Rocky road
Cooke dough
Tiger tail
Green tea
Hokey pokey

Maple walnut
Fudge
Pecan
Banana
Vanilla

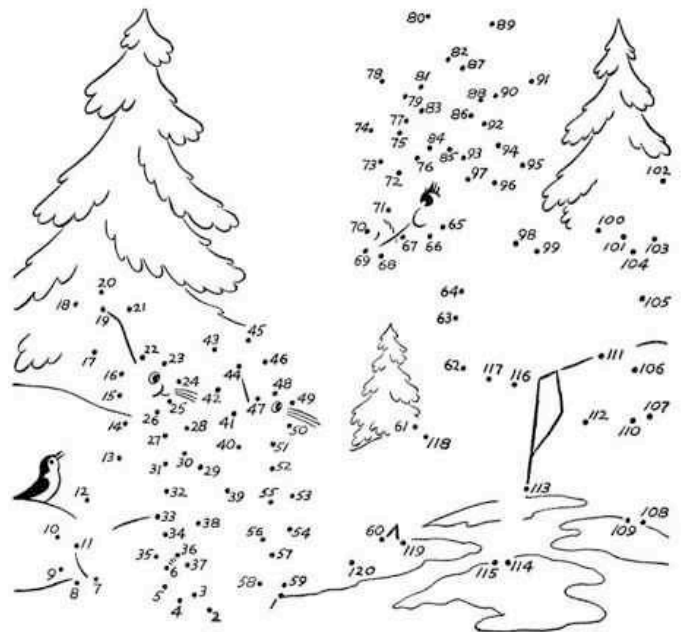
Puzzle courtesy of thewordsearch.com/puzzles/



Courtesy of www.puzzlestoprint.com



Puzzle courtesy of www.printables4kids.com



Puzzle courtesy of RaisinOurKids.com



St MONICA's COLLEGE

HAIRSPRAY THE MUSICAL

The St Monica's College, Epping annual production for 2024 is 'Hairspray The Musical'.

It's 1962 in Baltimore, and the lovable teen, Tracy Turnblad, has only one desire – to dance on the popular "Corny Collins Show." When her dream comes true, Tracy is transformed from social outcast to sudden star. This fantastic high voltage musical will bring together all the skills of our wonderful Monican performers with more than 100 students and staff involved in this major production.

College Principal, Mr Brian Hanley OAM, said the production is an annual highlight.

'Many students and staff have an opportunity to be involved in this wonderful production whether on stage, backstage or as musicians. So much hard work goes into a production of this size and we are pleased to be able to give our Monicans this opportunity. The annual production is certainly a highlight of our art's program and I am sure our students will relish the opportunity to excel on stage'.

The production is in full rehearsal and tickets are now available.
 Details: Plenty Ranges Arts and Convention Centre
 June 13, 14, 15
 Tickets: <https://www.pracc.com.au/tickets/>

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STAYING CONNECTED WITH PROBUS

Fun, Friendship and Fellowship in Retirement.

LONG AND WINDING ROAD

The Beatles probably never visited Kinglake when they wrote the song, but members of the Combined Probud Club of Whittlesea did on Friday 22 March when the monthly dine out was held at the Kinglake Hotel.

The long and winding road that leads to the hotel door is one that encompasses all that is spectacular as the altitude rises from 178 to 550 meters above sea level. But the end justifies the need!

Rita Miller whose task is to organise the get together selected the Kinglake Hotel and corralled twenty two fellow travellers to make the journey. The catering manager provided a comprehensive menu, a professional chef and a most attentive server.

Amongst the diners was the newly elected Vice President Greg Eddy who was celebrating his seventieth birthday on the day. A chocolate cake adorned with nearly as many candles

was presented for him to share with friends. The cake was proportioned by Elaine Eddy and passed along the table for all to enjoy. This in a way reduced the orders for desert to one who selected ice cream.

Whittlesea Probud is the closet to Kinglake and a number of members from there regularly attend the monthly general meeting and the ancillary activities such as the dine-out. Only a few weeks ago members visited Living Legends at Tullamarine and enjoyed the company of thoroughbred horses that achieved legend status in their racing career. Alessandra Testa has the portfolio of Day Trips and arranged the most exciting day at Tullamarine.

Probus is a broad community that brings together people from all walks of life, but its main aim is one of connection, or Fellowship, and from that stems the Friendship and the Fun.

For more information contact Glenda Vincent who is the Membership Officer best contacted via email whittleseaprobud@hotmail.com



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karen_macetc@yahoo.com



SPORT SECTION

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

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Karen 0410 324 326
karen_macetc@yahoo.com

Q. What do you call a dinosaur that is sleeping?
A. A dino-snore.
Q. What is fast, loud and crunchy?
A. A rocket chip.
Q. Why did the teddy bear say no to dessert?
A. Because she was stuffed.
Q. What has ears but cannot hear?
A. A cornfield.
Q. What did the left eye say to the right eye?
A. Between us, something smells.
Q. What did one plate say to the other plate?
A. Dinner is on me.
Q. Why did the student eat his homework?
A. Because the teacher told him it was a piece of cake.

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,
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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 & DISTRICT 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
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GREENSBOROUGH DISTRICT MASONIC CENTRE,
23 Ester St Greensborough. Ideal for Family Functions, up
to 100 people, Seminars, Groups etc. Round & long tables,
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off street parking. Modern full kitchen, full disabled access,
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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 &
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KINGLAKE WEST HALL – A beautifully restored and
refurbished hall with stage, separate meeting room, modern
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MERENDA UNITING CHURCH HALL – Schotters
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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,
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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.
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Whittlesea. Large main hall with great facilities including
full kitchen, toilets, chairs and a few trestle tables.
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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**

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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

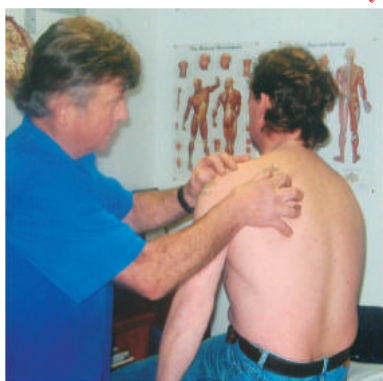
If you have something you would like to
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email it to:
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All submissions must include name and contact
details, including phone number
(Not necessarily for publication)



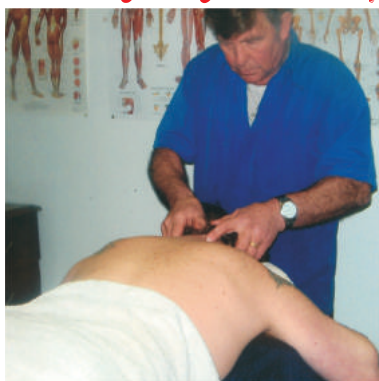
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for
45 minutes
treatment



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Shin Splints & Gout

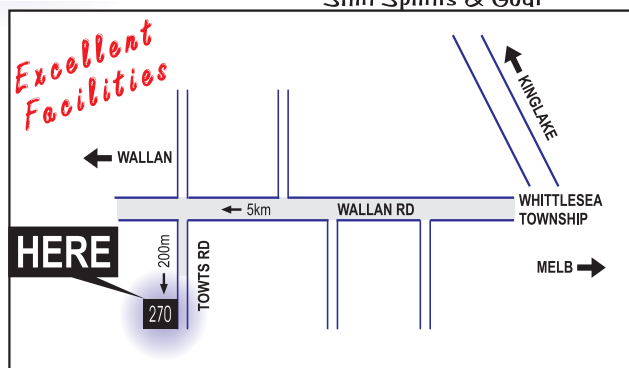
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270 TOWTS ROAD WHITTLESEA





BEVERIDGE

Stunning 8ha (20 acres) approx. and homestead

3 bedroom brick veneer home with 2 bathrooms, 2 living areas.
Wrap around decked bullnose verandah
Double carport
4 bay lock-up shed (12m x 8m)
8ha (20 acres) beautiful rolling improved pastures, 1 dam, good fencing
End of court location with fabulous views

Price: \$1,750,000 - \$1,800,000
Contact: Susan Sinclair 0417 599 555



KINGLAKE WEST

Nestled in a botanical like garden, home on 5 acres (2ha)

Meandering along a welcoming driveway sits this charming 3 bedroom brick veneer home. Featuring 3 living areas including formal lounge with open fire, rumpus room and large meals area adjoining timber kitchen. Main bedroom with semi ensuite. Covered entertaining.
Outbuildings include mud brick studio, 2 room bungalow for the odd stay over visitors. Large shed/garage. Bird proof chicken run and veggie patch.
Extras include: Fresh water bore and 20 solar panels.

Price: \$930,000 - \$970,000
Contact: Lynn White 0419 434 111



FLOWERDALE

Creekside living, large home, fantastic allotment 1/2 acre +

This lovely property has been enjoyed for many years by its current owners, reluctantly they are offering this fabulous lifestyle to a new family, don't miss out. Spacious home with multiple living zones, 5 bedrooms, 3 bathrooms. Large covered deck entertaining. Carport and workshop. Fabulous almost level 2324m² approx. allotment, plenty of room for cricket, football and for large family gatherings. You will never want to leave this little oasis.

Price: \$695,000 - \$720,000
Contact: Susan Sinclair 0417 599 555



WHITTLESEA

Picturesque, rare 6733m² (1.65 acres) Vacant allotment

This stunning allotment located in exclusive enclave is titled and ready for your new home and lifestyle just on the outskirts of Whittlesea township. Northerly aspect, small stands of native flora and beautiful uninterrupted views to Great Dividing Range.
All services available - water, power, gas, sewerage and NBN.
Sealed road access and frontage, fenced on 3 boundaries.

Price: \$850,000 - \$895,000
Contact: Susan Sinclair 0417 599 555

LAND FOR SALE - FLOWERDALE

3 Kookaburra Court. Lovely level vacant allotment in quiet location. **662m² approx.** Extra wide at rear facing north. Colourbond fencing along 3 boundaries. 5 mins walk to King Parrot creek.
Price Guide: \$145,000 - \$155,000

24 Broome Road. 6126m² (over 1 1/2 acres), elevated vacant allotment with hill views & above creek. Extra wide frontage 61m. Part cleared, bush at rear. **Price Guide: \$195,000**

2 Long Gully Road. Terrific affordable allotment. **983m² (1/4 acre approx.)** Wide 20.9m (approx) frontage, mainly cleared with lovely feature gum tree. 3mx3m shed plus new front fence & crossover.
Price: \$195,000 - \$210,000

58 Silver Parrot Road. 1253m² (1/4 acre plus), near level cleared allotment with sought after 2 meg pumping rights. **Price: \$260,000**

5 Riverside Crescent. Stunning almost level cleared allotment of **1119m² (over 1/4 acre) approx.** Backing onto King Parrot creek. Feature gate entrance, sealed road frontage. **Price: \$285,000**

35 Forest Road. Fabulous allotment **1187m² approx.** Direct access to creek at rear. Near level, fenced to sides. Great wide open block.
Price: \$319,000

71 Silver Parrot Road. 2711m² (3/4 acre) approx. Lightly treed very pretty allotment with extra wide frontage. **Price: \$320,000**

18 Riverside Crescent. This absolutely fabulous allotment of **1360m²** has huge appeal. Wide frontage, power run on site, 3 room site office & large store/shed already in place with water tanks. Approved plans available. **Price: \$335,000**



WHITTLESEA

Terrific home in great location, easy level walk to everything

Comprising 3 bedrooms (main with access to the family bathroom), central kitchen with adjoining family and meals area, separate lounge with bay window, ducted evaporative cooling and gas heating. Covered entertaining/alfresco area. Off street parking. Stand alone home, no Owners Corporation.
Great return of \$1,825 pcm (\$420pw) - Vacant possession available if required.

Price: \$490,000 - \$520,000
Contact: Susan Sinclair 0417 599 555