



Just a walkin' to the train

Zaki Feyzullayev



MELBOURNE'S ambitious Suburban Rail Loop may do more than move people around the city. It could fundamentally change how young adults travel, according to new modelling from RMIT University.

A new study examining the first stage of the project, SRL East, forecasts that residents living around the future rail corridor could walk up to 11% more once the line opens in 2035. Researchers say younger Melburnians are expected to lead the shift away from cars and toward public transport and active travel.

The 26-kilometre underground rail line will connect Cheltenham to Box Hill through six new stations, creating one of the biggest public transport transformations Melbourne has seen in decades.

Associate Professor Lucy Gunn said the findings point to a broader social change beyond transport convenience. "For younger people, public transport use early on can be formative for longer-run behavioural change towards more sustainable transport options," Gunn said.

The biggest gains were predicted among people aged 20 to 24, who are expected to significantly increase walking for trips linked to stations and surrounding precincts. People in their late 20s were also forecast to increase walking by nearly 10%.

The reason is simple: rail journeys naturally involve walking – to stations, between services, and through surrounding activity hubs. When combined with reduced dependence on cars, the result is a more active daily routine. Researchers also suggest that early adoption of public transport among younger residents may create lifelong habits that reduce reliance on private vehicles.

The modelling predicts SRL East will reduce car trips as commuters shift toward trains and walking. That could bring broader benefits across Melbourne, including reduced traffic congestion, better air quality, lower transport emissions, improved public health outcomes and safer streets for cyclists and pedestrians.

While the rail project itself is expected to transform Melbourne's middle suburbs, researchers warn the system's success depends heavily on what connects to it.

Gunn said many growth areas across Melbourne still lack reliable public transport, forcing residents to rely on cars for everyday travel.

Without better feeder services – especially buses and cycling infrastructure – the full benefits of the SRL may not be realised. "This raises questions about current public transport policies and highlights the need for more integrated services," Gunn said.

The study used Victorian travel diary data collected between 2012 and 2018 through the Victorian Integrated Survey of Travel and Activity. Although the modelling relied on pre-pandemic travel behaviour, researchers argue this may actually provide a more stable picture of long-term movement patterns unaffected by temporary disruptions such as lockdowns, fuel price spikes or free public transport incentives.

Researchers believe the impact could be even greater if the entire Suburban Rail Loop – including northern and western sections – is eventually completed.

For now, the modelling offers an early glimpse into how one major rail project could reshape Melbourne's suburbs, not just by moving people faster, but by getting them walking more often and driving less.





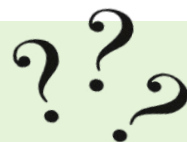
CONTENTS

(Click on article to navigate to it)

Just a walkin' to the train	1	Meet the locals	18
Quizling Questions	2	Dr Santosh Kumar OAM	18
News and Topical issues	3	Who are the Sikhs?	19
15 years of local land care	3	Pets	20
CHANCES: 20 years of Boroondara impact	4	Dr Suze: How often should I wash my dog?	20
Forty years of safety and service	5	Is winter affecting your dog?	21
Palliative Care: Breaking the Stigma	6	Woodsy	21
Victorian Budget: Public Transport	7	Local stories	22
Environment, climate and sustainability	8	Emus and kangaroos	22
Honest Climate Education	8	Growing up in Surrey Hills:	23
Working to clean our creeks	9	The Creeks Beneath Our Feet	24
Menzies for Climate Change	10	Creative writing, poetry	25
Urban Forests	10	Social Hub	25
Nature comes alive in Nettleton	11	Events	26
Protecting our trees	13	Community Notices	28
ResourceSmart Schools	14		
Pastimes, activities, interest groups	15		
A vision for cemeteries	15		
Boroondara Park Primary	16		
Camberwell showtime: Do you remember?	16		
Local organisations	17		
Ashburton Community Centre turns 40	17		



Quizling Questions



Answers on page 33

1. Hip to a new era, the Vatican has converted modern words to old Latin. Can you link apathy, casino, dancing, flirt, gateau and shampoo to their translations below?
aleatorium, amor levis, capitilavium, ludus saltatorius, placenta farta, voluntatis defectio
2. Exchanging a letter per step, and mixing the new combination, can you progress from EMBRYO to FOETUS? But wait, there is a mild complication – you need to go via MOTHER. (Remarkably, our own five-step operation includes a slang for man, and 'to rear a child', with the other step inferring rest).

Thank you, David Astle for allowing us to use your intriguing, teasing, and frustrating quizlings that can drive a person to distraction. These come from his book, *Puzzled*.

To read more of his work, go to davidastle.com

Acknowledgement of country

Independent Community News Group Incorporated acknowledges the Wurundjeri Woi Wurrung people of the Kulin Nation, Traditional Owners and Custodians of the land and waters of the Eastsider News focus area, and pays respect to their Elders past, present, and emerging.

To learn more about the rich culture and traditions of the Wurundjeri Woi Wurrung people, explore their website at www.wurundjeri.com.au



15 years of local land care

Vicki Scrivenger and Glenys Grant



THERE are many Friends Groups in Melbourne, all volunteering and working diligently to improve the environment. How do small dedicated groups such as these begin and continue for 15 years? Here is how it can be done.

Rita, group leader of Friends of Ashburton Forest's (FoAF) explained:

"Our community volunteer group started in June, 2011, growing out of the City of Boroondara's Backyard Biodiversity Project. Its aim was to give residents the skills, knowledge and opportunity to contribute to their area's biodiversity corridors by planting indigenous plants in their own gardens.

"We began at a reserve at 88 Ashburn Grove, Ashburton. The area was overgrown with weeds, particularly deadly nightshade/belladonna! Council agreed that if we weeded they would take the weeds away and help us revegetate the area.

"From this initial activity, FoAF was formed. A month after clearing we planted indigenous plants, grasses and under storey shrubs along the edge of the bank".

The reserve is between the Outer Circle Anniversary Trail and Gardiners Creek pedestrian/bicycle path. The area was once part of the Wurundjeri clan's hunting grounds and historically known as Ashburton Forest. This was an open grassy woodland area which had many red river gums and native grasses, some of which are still on site.

Rita continued "In 2014, FoAF expanded work to a second site in Clifford Close, Ashburton abutting Gardiners Creek and in 2021 to a third site with some infill planting along the Creek. All three areas are growing well.

"Our main working bee activities are planting, mulching and weeding. We work closely with the Council who provide plants and mulch, while we provide the volunteer person power, with a core group of about 10 Friends plus other local residents.

"In May eight Friends and James from the Council's Environment team planted around 450 more plants in Ashburn Grove. The following day, a special morning tea celebrated the 15-year milestone".

One Friend made and decorated cupcakes and hosted the function at their home. Rita was thanked for her leadership of the group and gifted native flowers. Boroondara Councillor John Friend-Pereira congratulated the 12 volunteers present on their 15 years of important revegetation work in Ashburton.

Rita said "On one Sunday morning each month we spend two hours working, chatting and having morning tea in a relaxed atmosphere. Our working bees are about creating community involvement, with opportunities to meet people in a socially friendly atmosphere, while caring for the environment.

Our aim is to expand the potential of the sites to attract more birds and other fauna to the area, while contributing to the wildlife corridors along Gardiners Creek and the Anniversary Trail. As housing density increases in urban areas, these areas of biodiversity are becoming increasingly vital for our health and the protection and survival of native flora and fauna".

And a final word from Graham Ross, KooyongKoot Catchment Keeper.

"FoAF are members of the KooyongKoot Alliance. The Ashburton Forest group's important work is critical, and along with the revegetation work of the other 23 member groups who undertake this work, it all combines to make a substantial impact on the catchment".

Editor's Note: Thank you to Rita, this small group and all other Friends groups for their dedication and assistance in helping the environment in this way.



[Return to Contents](#)

CHANCES

20 years of Boroondara impact

Dorothy Donaldson

WHEN Education CHANCES Foundation (ECF) awarded its first scholarships in 2006, it was the product of a simple conviction shared by community group, Residents of Boroondara: that talented young people facing financial barriers in this community deserved a chance.

Twenty years later, that conviction has been translated into more than 1,200 scholarships, awarded to students at 11 partner secondary schools across Boroondara. More than \$1 million in direct scholarship support has been distributed. An independent evaluation has confirmed that the community return on that investment is between \$16 and \$19 for every dollar given.

The numbers are significant. But the stories behind them are what endure.

Over two decades, ECF has supported students through some of the most formative years of their lives, students who went on to university, excelled, and entered the workforce. Students who, years later, speak of the scholarship not as financial support but as the moment someone believed in them.

"I know what it means to receive an ECF scholarship, because I received one myself. It wasn't just the money, though that mattered enormously. It was the message that came with it: that this community saw something in me worth investing in. That changes how you see yourself." Nikko Riazi, Board Chair and former ECF scholarship recipient

ECF's longevity is itself a community achievement. The Foundation has been sustained by generations of

donors, by the community groups that helped bring it into being, by school wellbeing coordinators who nominate students with care and knowledge, and by a board that has stewarded the mission faithfully across two decades of change.

As ECF approaches its 20th anniversary, the need it was founded to address remains. Financial barriers in an affluent municipality are less visible than in other communities, but no less real. Each year, approximately 110 students receive scholarships that allow them to participate fully in secondary school life. Each year, the Foundation relies on community generosity to make that possible.

Twenty years is well worth celebrating. It is also vital that it continues and is enhanced in future years.

To learn more about ECF's scholarship programmes, or to make a tax-deductible donation, visit educationchances.org.au or contact us at philanthropy@educationchances.org.au. Education CHANCES Foundation, supporting students across Boroondara since 2006.



Nikko Riazi

Blackburn and Mitcham Reporter June 5, 1936

FIRE CHIEF DENIES RUMOUR.

At the meeting of the Blackburn and Mitcham Shire Council on 18th May, Cr. Halliday said that it had been reported that the Box Hill Fire Brigade had been seriously delayed in reaching a fire in that city. It was stated, he said, that understaffing and difficulty in starting an engine had been the main causes for that delay. Cr. Halliday's motion that the Metropolitan Fire Brigades' Board be written to asking if the staffing could be improved, and inquiring as to the

truth of the report about the engine, was carried. Monday night a reply was received from the Chief Officer emphatically denying that there had been any delay, and giving the times of the brigade's receipt of alarm and arrival at the scene of the fire. Enclosed also were copies of letters from the householders concerned and independent witnesses complimenting the brigade on their work. The Fire Chief said a searching inquiry had been made, and it had been proved that the information supplied was not in accordance

with the facts. Cr. Halliday stated it had been reported that a lady had rung earlier. He was not satisfied that the ratepayers were getting the protection they ought to, and replies had not been given to the questions asked by the council. He moved, and it was carried, that the writer be thanked for his letter; that he be informed that there had been no desire to cast any reflection on the firemen, and that the council desired particulars regarding the staffing of the station and the suitability of the equipment.

[Return to Contents](#)



Ben Stennett and Nicoll Peschek cutting the cake.

Forty Years of Safety & Service

Su Dempsey and Glenys Grant

NEIGHBOURHOOD Watch (NHW) Whitehorse recently celebrated 40 years of service to our local community. On May 31 Whitehorse Councillors, the CEO and Board members of NHW Vic, along with members of the police force and supporters joined Neighbourhood Watch organisers and volunteers for a celebratory afternoon tea in the beautiful historic Box Hill Town Hall.

More than 150 attendees heard speeches explaining and praising the organisation from Mayor Kirsten Langford, the President of NHW Whitehorse Cr Ben Stennett, Police Snr Sergeant Michael Cirksis and Nicoll Peschek, Manager NHW Victoria, while tucking into a scrumptious afternoon tea. Mark Lane, President of the Whitehorse Business Group was the Master of Ceremonies.

Reflections and stories from the past 40 years were told. A video showed that Neighbourhood Watch was formed in Victoria in 1983 and in Whitehorse in 1986. The aim was to establish a non-profit, community-led program that relied on citizens and the police partnering and working together to reduce preventable crime and deter criminals.

NHW Vic also developed many on-line educational and community awareness components to the program to improve security around private homes, increase community safety and share vital security updates and methods.

There are over 200 physical and online NHW groups in 54 Local Government Areas across metropolitan, rural and regional Victoria. In Whitehorse the organisation is

very active, with over 500 volunteers. The recent quarterly Stay Safe newsletter with crime statistics and tips to aid crime prevention went to 37,000 establishments.

Volunteers past and present were congratulated for making such an incredible contribution to the safety of the community. Fifty-eight of those were recognised for either 30 or 40 years of service, and 12 of the original 40-year members were able to attend to receive their awards.

The value of the program has been established. Although it can never be categorically said that NHW stops crime, meta-analysis has shown that an established local NHW is associated with a significant reduction in crime. Statistics show that in 1984 Victorian burglaries numbered more than 51,000 and in 2023 numbers were less than half that figure. This of course is attributed to higher level policing actions. Possibly also, because of NHW awareness programs, homeowners are more accustomed to securing their properties well, reporting suspicious events and looking out for their neighbours.

Inspector Paul Rudd, Whitehorse Local Area Commander sent this message:

“Congratulations to Neighbourhood Watch Whitehorse on reaching the remarkable milestone of 40 years of service to the community. For four decades your volunteers have played an important role in supporting Victoria Police, strengthening community safety and fostering stronger connections between residents and local organisations. Your commitment to crime prevention, community awareness, and neighbourly support has helped create a safer and more connected Whitehorse community.”

Thank you, Neighbourhood Watch Whitehorse.

For more information: <https://whitehorse3.wixsite.com/whitehorse>

To join your local NHW team contact whitehorse@nhw.com.au or call 0437 172 333.

[Return to Contents](#)

Gabriel Ng MP
Federal Member for Menzies

SUPPORTING OUR COMMUNITY

📍 Level 1, 651 Doncaster Rd, Doncaster
✉ gabriel.ng.mp@aph.gov.au
☎ 03 7066 6950

Authorised by Gabriel Ng MP, 651 Doncaster Rd, Doncaster 3008



Palliative Care

Breaking the Stigma

Agustina Mariani

FOR many the words ‘palliative care’ are often associated with the final days of life, difficult conversations and loss. But that perception no longer reflects the reality of modern palliative care.

This year, National Palliative Care Week took place from 10 to 16 May under the theme ‘Getting to the heart of it: Big Questions. Real Answers’. The campaign encouraged Australians to start conversations about palliative care earlier, and to challenge common misconceptions surrounding it.

I spoke with Nicole Murphy, Clinical Services Leader at Eastern Palliative Care (EPC), a not-for-profit that’s been supporting people with life-limiting illnesses and their families across Melbourne’s east for almost three decades.

In Victoria, every region has a government-funded palliative care provider. In Melbourne’s eastern suburbs, EPC delivers free specialist palliative care across seven local government areas, supporting people in their homes, aged care facilities and, when needed, hospice settings. The organisation provides a multidisciplinary model of care that addresses not only physical symptoms, but also emotional, social and spiritual wellbeing.

“Our services include nursing and clinical care, medication management, care planning, allied health support, social work, counselling and psychological support,” Nicole explained. “We also provide education to families and carers, 24/7 phone support, volunteer services and bereavement support for up to 13 months after a person dies. “A big part of what we do is helping people live, and die, where they want, whether that be at home, in aged care or in a hospice setting,” Nicole said.

One of the biggest misconceptions is that palliative care only begins when death is imminent. “Palliative care is not just about dying, it’s about symptom management, improving quality of life and helping people live as well as possible for as long as possible,” she said.

Why early conversations matter

Nicole believes one of the most important messages of National Palliative Care Week is the value of talking about care preferences early. “Having early information helps us make decisions with greater clarity and gives more control over what happens next,” she said.

Another common misconception is that palliative care is only for cancer patients. While cancer represents a significant proportion of EPC’s referrals, the organisation also supports people living with heart failure, chronic obstructive pulmonary disease (COPD), dementia, motor neurone disease (MND), kidney disease and liver disease.

“Some people believe that starting palliative care will shorten someone’s life because of the medications involved. That is simply not true,” Nicole said. “There is evidence suggesting that earlier palliative care intervention can improve quality of life and, in some cases, even help people live longer because symptoms are better managed.”

Supporting a diverse community

Melbourne’s eastern suburbs are home to highly diverse communities, and cultural beliefs can strongly influence how people experience palliative care. Nicole said some families ask staff not to use the word ‘palliative’ because of stigma or cultural interpretations. In some languages, there is no direct translation for the term. To provide culturally safe care, EPC draws on a multicultural workforce and staff continually learn about different cultural and religious practices.

Nicole also highlighted the challenges faced by carers, many of whom experience emotional exhaustion, financial pressure and the demands of providing round-the-clock care.

For her, the key message is simple: palliative care is about support, dignity and quality of life. “The earlier people seek information and begin conversations, the more opportunities there are to plan care around what matters most to them and their loved ones,” she said.

For more information about palliative care services in Melbourne’s east, visit [Eastern Palliative Care](#) or speak with your GP or healthcare provider.



[Return to Contents](#)

Victorian Budget

Small Wins for Public Transport

Zaki Feyzullayev

THE Victorian Government's latest State Budget delivered what transport advocates describe as “encouraging first steps” for Melbourne’s eastern suburbs – but they warn the bigger transport problems remain unresolved.

The Eastern Transport Coalition (ETC), which represents councils across Melbourne’s east, says the 2026/27 Budget includes some positive investment in rail and bus services, particularly for commuters on the Belgrave and Lilydale train lines.

But according to ETC Chair Mitch Mazzarella, the announcements amount to “bits and bobs” rather than the large-scale transport transformation residents need. “The funding for extra evening services on the Belgrave and Lilydale lines is welcome,” Cr Mazzarella said.

The ETC says duplicated rail tracks on both the Belgrave and Lilydale corridors should become a major priority ahead of the 2026 Victorian election. Currently, sections of both lines still operate with single-track bottlenecks, restricting the number of trains that can run and limiting timetable flexibility.

Transport advocates argue that duplicating the remaining sections would increase service frequency, reduce delays, improve reliability and allow for future population growth in Melbourne’s outer east.

The budget also includes funding for new bus services in Melbourne’s south-east, particularly around the Dandenong region. The ETC welcomed the move, saying it signals the government is finally recognising the importance of bus networks in fast-growing suburban communities.

For years, outer suburb residents have argued buses remain one of Melbourne’s weakest public transport links, with infrequent services, poor operating hours and limited connections between suburbs.

While rail and buses received modest attention, the ETC says active transport infrastructure, including cycling routes and pedestrian connections, continues to lag behind. Councils across Melbourne’s east have already identified major opportunities for upgraded walking and cycling networks, but advocates say state funding has not matched community demand.

Mazzarella said active transport should be treated as a core part of the transport system rather than as an afterthought: “The State Government needs to do more to connect our communities and realise the health, safety, economic and precinct-activating benefits that active transport investments can bring”.

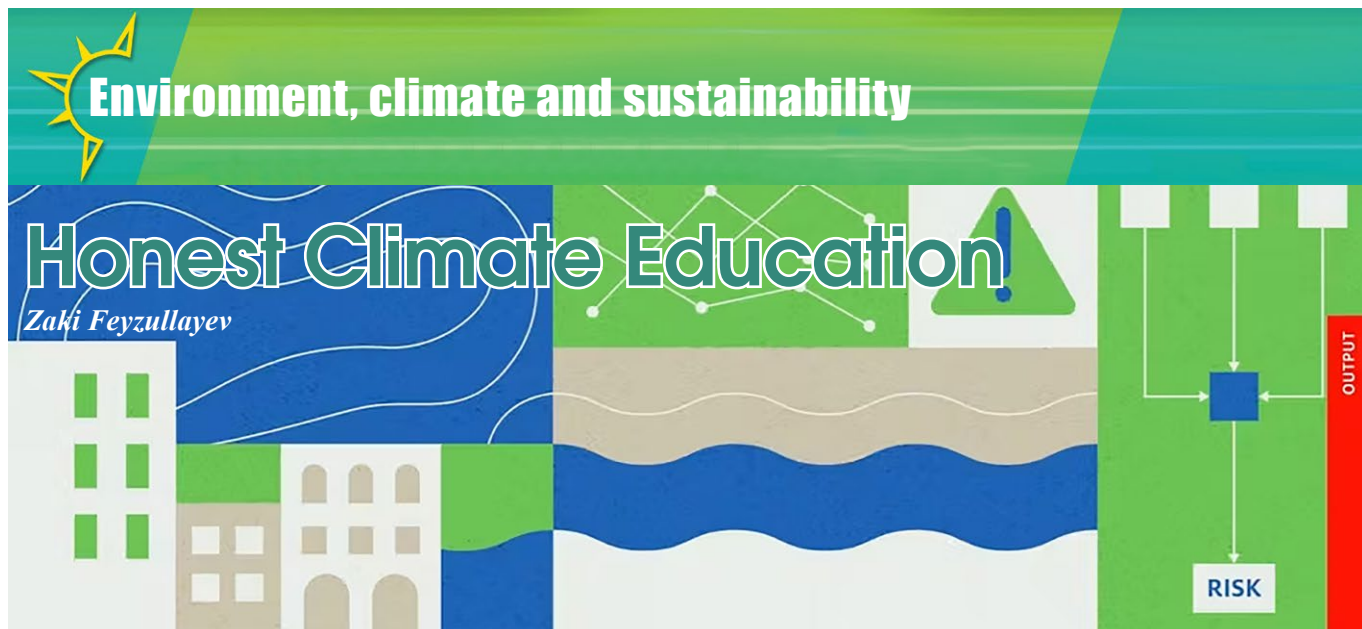
Transport planners increasingly argue that safer cycling paths and pedestrian-friendly precincts can improve public health, reduce congestion, support local businesses and create more vibrant neighbourhoods.

The ETC says it will continue lobbying all political parties ahead of the 2026 Victorian election for stronger commitments across public and active transport. Its campaign priorities include rail duplication projects, increased train frequencies, expanded bus services, safer transport infrastructure and better walking and cycling connections.

[Return to Contents](#)



Picture: Zaki Feyzullayev



MORE than 300 climate scientists, mental health experts, educators and community leaders are calling for Australian schools to provide honest, age-appropriate climate education, arguing that children are already living with the effects of climate change and need support to understand it.

The open letter warns that avoiding conversations about climate change may leave young people more vulnerable to anxiety and confusion as extreme weather events become more common across Australia.

Experts say children today are growing up surrounded by bushfires, floods, smoke and heatwaves, while also consuming constant information through social media and news platforms.

Dr Cybele Dey, Child and Adolescent Psychiatrist and researcher at UNSW Sydney, said many young Australians are already showing signs of climate-related distress. “My patients are suffering,” Dr Dey said. “Many are distressed by what is happening in the world they are growing up in. They have watched their towns flood. They have stayed home from school because the air was dangerous to breathe.”

Former Federal MP and Educational and Developmental Psychologist Dr Fiona Martin said children are not harmed by learning about climate science. “Children are not made more anxious by understanding the science,” Dr Martin said. “They are made more anxious by experiencing the reality of climate change without the support and tools to process it.”

A separate review of school-based climate and mental health programs found no evidence that climate education negatively affects children’s mental health. Researchers found some programs actually improved wellbeing, particularly those focused on nature, practical coping skills and First Nations knowledge.

In Victoria, climate change is already part of the school curriculum, particularly through Science,

Geography, and Sustainability topics. Students learn about the difference between weather and climate, how human activities affect climate, the impacts of climate change on ecosystems, communities, and Victoria's environment and actions that can reduce environmental impacts and build sustainability.

The Victorian Government's education strategy also states that schools have a role in building climate awareness, resilience, and skills for responding to climate-related challenges. The Education and Training Climate Change Adaptation Action Plan specifically includes developing resilience in children and young people and embedding climate considerations into education.

Regarding the statement that “understanding climate change helps children cope with environmental anxiety”, Victorian education guidance recommends: Discussing climate change honestly and based on evidence, recognising that some students may feel anxiety or grief about environmental issues, giving students opportunities to take positive action and focus on practical solutions, which can help reduce feelings of helplessness.

Researchers behind the open letter argue that schools are one of the safest places for children to learn about climate science in a structured and supportive environment, even though, in Victoria, there is ongoing debate about how much should be taught and the best way to teach it.

The campaign comes as climate disasters continue to affect communities across Victoria and the nation, with researchers warning that younger generations will experience significantly more extreme weather events than previous generations.

According to research cited in the statement, 67 per cent of young Australians are concerned about climate change, while 84 per cent of Australians have been directly affected by climate disasters since 2019.

[Return to Contents](#)

Working to clean our creeks

Mark Landmann



THE KooyongKoot Alliance (KKA) is a not-for-profit community-based organisation comprised of some 24 Friends Groups in the Gardiners Creek/KooyongKoot Catchment, from Blackburn Lake to the Yarra, working together to heal the KooyongKoot, its waterways and ecosystems.

Since our inception in 2020, in our efforts to reduce litter and pollution the waterways we have held more than 30 Clean Up Australia Day events; staged two Clean Waterways Expos with impressive speakers and significant community and stakeholder group representation; represented the community on the Gardiner Creek/KooyongKoot Regional Collaboration, whose 14 key stakeholders (including

five Councils) have developed a strategic plan for the catchment. Litter and water quality management are key elements of the plan.

Crucially, we have also formed the KKA Clean Waterways Subcommittee, which has been developing systematic strategies and processes to reduce litter consistently in public spaces; thereby reduce litter entering streams in the KooyongKoot (Gardiners Creek) Catchment and ultimately the lower Yarra River and the bay.

More specifically, the KKA Clean Waterways subcommittee's objectives are to work with communities, businesses and statutory bodies to implement targeted education programs to reduce litter at source; and to develop 'replicable' ongoing litter and data collection programs on the ground throughout the catchment.

By 'replicable' we mean we are creating a multi-faceted model for reducing litter and pollution that can be broadly applied in many hotspots throughout our catchment.

An important part of all this is actual on-the-ground litter collection and recording of data, and here we are pleased to announce that with the kind support of Whitehorse City Council we have now commenced clean-up activities in a known litter generation and accumulation hotspot in Box Hill where, through consultation with various agencies, we will help local businesses and residents to understand how litter and pollution move from streets to drains to waterways.

If you are interested in our work in any way and/or would like to become involved in any capacity, please feel free to call Mark on 0408 354 070, Graham on 0407 994 000, or email CWSC@gmail.com

Reducing the incessant accumulation of litter in our precious waterways requires us as a community to think and act locally and holistically.

Mark Landmann is chair of the KKA Clean Waterways subcommittee and a 30-year resident of Box Hill.

[Return to Contents](#)

TIM RANDALL
FOR ASHWOOD

THE TIME FOR CHANGE IS NOW

greens.org.au/vic/StateAshwood
tim.randall@vic.greens.org.au
[@timrandallgreens](https://www.instagram.com/timrandallgreens)
[facebook.com/timrandallgreens](https://www.facebook.com/timrandallgreens)

Authorised by M. Shield, Victorian Greens, 1/05/20 Queen St, Melbourne VIC 3000.

Menzies for Climate Change

Sally Moseby

MENZIES for Climate is one of a number of environmental groups in the local area working to create positive change. Some groups work on the ground, figuratively and literally, planting indigenous plants for our native wildlife; some educate through nature walks to build awareness and appreciation for our plant life and wildlife; some have clean-up days to improve the livability of the environment for people and nature.

Menzies for Climate's *raison d'être* is to inform and educate people about, and advocate for, climate action, renewable energy, and protection of our natural environment.

One of our core values in this endeavour is to bring people together as it provides more hope when we join with others. It also helps us to hear and understand other voices in the world we share.

Menzies for Climate recently had the privilege of running a film night at Box Hill Community Arts Centre with a focus on First Nations' connections with nature. The evening started with a Welcome to Country by a young First Nations man, Kai Lane. He then played the didgeridoo (*yidaki*) for us, replicating sounds we hear in nature – the kangaroo in its natural environment, and its baby joey hopping behind to keep up with mother, were two examples.

We saw a short film by the “Bees and Blossoms” man, Clancy Lester. The film, entitled *7 Seasons*, was an affirmation of the connection of First Nations people to Country and the need to factor in Indigenous knowledge when considering the health of our environment and different ecosystems. Kai and Clancy then talked about their work to an audience that was mesmerized hearing stories of the interdependence of Mother Earth and those who respect and nurture her.

The second half of the evening comprised another short film, *More Than a Fish Kill*, which reinforced the message. It related the story of the deaths of millions of fish in the Darling (*Barka*) River near Menindee in 2019 and 2023. The film does not just depict these devastating events but shows how they brought people together, demonstrating connections that bind us – between ancient knowledge, science, community, and Country.

We also learnt that the mental health of First Nations youth is adversely affected by climate change events like those shown in the film, and it is at these times they can lose their way.

We are very grateful to Kai Lane and Clancy Lester for taking us on this journey.

Sally Moseby is the co-convenor of Menzies for Climate.



Urban Forests

Robert Pettit with Faye Retchford

LEFT: Dandenong Road Pond (Picture by Robert Pettit).

URBAN forests are oases in suburbia. They are vibrant gems with their many and joyous trilling of birds. Along with their native trees and plants, they are places of beauty, peace and serenity where citizens can be enveloped in their surroundings.

The City of Stonnington has two: located at Glenburn Bend Park, Glen Iris and at East Malvern. East Malvern has existed for 40 years.

These urban forests are a haven for bird and animal life and seek to preserve our unique, local flora and fauna. Glenburn Bend Park has both a resident breeding pair of kookaburras and a goanna and is visited during the year by Yellow Tailed Black Cockatoo groups of about twelve in April/May, Superb Fairy Wrens, Eastern Spinebill, Eastern Rosella, Red Rumped Parrot, Tawny Frogmouth, King Parrots both male and female pairs.

Continued on page 11

[Return to Contents](#)

RIGHT: White Faced Heron (Picture by Faye Retchford).

Urban Forests

(Continued from page 10)

The East Malvern Urban Forest has a pair of resident White-Faced Herons and at times the ponds are alive with the clattering of Striped Marsh Frogs and the plucking call of Pobblebonks. Last year Native Fish Australia involved the Friends group in introducing 100 rare Southern Pygmy Perch into one of the ponds. The Forest has also been the venue for walks and talks with an Entomologist, an Urban Ecologist and a Fungi specialist.

The East Malvern Urban Forest features extensive native tree plantings, a wildflower meadow, a grassy picnic and Bush kinder play area, two ponds, bridges, pedestrian and cycle paths. Glenburn Bend features many varieties of native trees and plants interspersed by grassy areas and a gravel path.

In partnership with the local council two volunteer groups (Friends of Gardiners Creek Valley and Friends of the Urban Forest East Malvern) care year-round through weeding, mulching, planting, aided by propagation of native plants by volunteers (FVGC) and installation of bird boxes (East Malvern). One of the most pleasing aspects is the natural regeneration of native plants and trees.

These groups offer the opportunity of making friends, contributing both to the greening of the local environment and the well-being of all those who pass through.



The urban forests also offer educational opportunities for preschoolers and school aged children as well as creating the opportunity for working bees for school and TAFE students and company and institutional employees.

There is space to create urban forests in the City of Boroondara.

Donations of time and/ or money are appreciated.

Robert Pettit

Committee member

Lighter Footprints (LF)

0417 546 942

Robertpfred1954@gmail.com

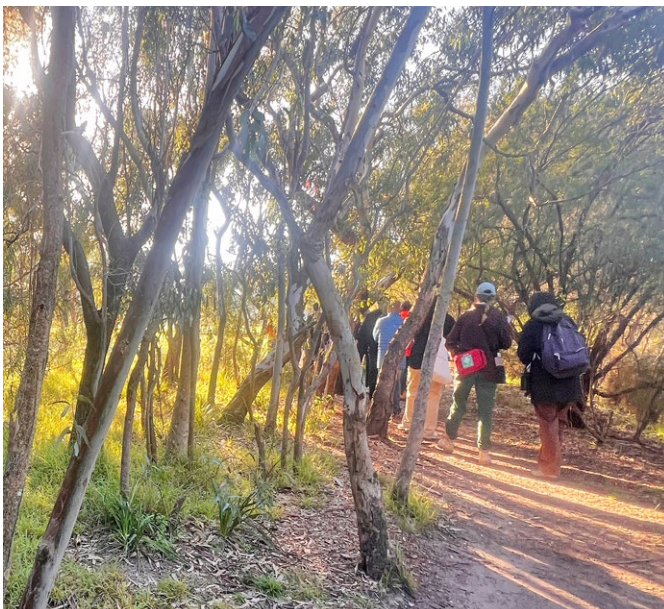
Links: <https://www.stonnington.vic.gov.au/Community/Find-a-community-group/Friends-of-Gardiners-Creek-Valley> and <https://www.stonnington.vic.gov.au/Community/Find-a-community-group/The-Friends-of-the-Urban-Forest>

It's sometimes difficult in the throes of Winter to even think of going on a nature walk, or even to think that when the weather fines up we will rediscover the delights of the bushland and nature. Here is a delightful reminder...

Nature comes alive in Nettleton

Ruthie Scharley of Back2Nettleton Friends Group

BELOW: Early autumn morning in the bushland.



IN late autumn, 27 enthusiastic participants, ranging from five to 84 years old, joined naturalist Callum Clarke from Life Gone Wild for an inspiring guided nature walk through Nettleton Park, auspiced by the City of Boroondara.

Blessed with a warm sunny morning, the group enjoyed a fascinating exploration of the park's rich biodiversity. Participants were delighted to spot an impressive range of birdlife, including gang-gang cockatoos, currawongs, tawny frogmouths, king parrots, musk lorikeets, swallows, spotted doves, galahs, kookaburras, butcherbirds, crested pigeons and more.

It was fortunate to have Callum as guide. He is a well-known natural born educator of environmental science, a bushland regenerator and safe habitat builder for native birds and animals.

(Continued on page 12)

[Return to Contents](#)



Nature comes alive in Nettleton

(Continued from page 11)

LEFT: Callum Clarke guiding the group.

He shared his extensive knowledge throughout the walk, pointing out the nesting boxes installed high in the eucalypts in 2023, explaining how these have already provided homes for ringtail possums and a pair of Rainbow Lorikeets. He also identified a drey—the leafy nest of a brushtail possum, where they rest and sleep and where the Tawny Frogmouths sometimes perch.

The event attracted strong interest, with most attendees learning about the walk through the Boroondara Bulletin e-news. Interestingly, no participants reported seeing the notices displayed in the park. Most attendees were local Boroondara residents, although five participants travelled from outside the municipality. Apart from members of the Friends

Group, many participants came from outside the Glen Iris 3146 postcode area, demonstrating the wider appeal of the event.

The walk also reflected the diversity of our community, with more than half of attendees born overseas. One participant came with his son, who kindly acted as interpreter, while several visitors from Brazil enthusiastically enjoyed practising their English as they explored the park together.

Everyone was highly engaged and enthusiastic, with many commenting on the quality of Callum's descriptions and the enjoyment of discovering wildlife in such a special local setting. The event was a wonderful reminder that nature has the power to bring people of all ages, backgrounds and cultures together.

Special thanks to Callum Clarke and Life Gone Wild, and the City of Boroondara, for making this community event possible.

[Return to Contents](#)

Gilbert and Sullivan Opera Victoria

PATIENCE

Alexander Theatre, Clayton
Friday July 10 7.30pm
Saturday July 11 2pm & 7.30pm
Sunday July 12 2pm



Sullivan's most beautiful music and Gilbert's brilliant satire on the Victorian obsession with poets: *Patience* is adored by two rival poets. Neither of them is who he pretends to be! Mirth ensues as the love triangle unravels.



Details + Tickets:

gsov.org.au 0490 465 009

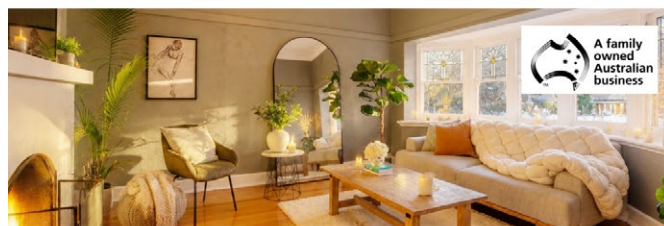
Season 2026

Ross-Hunt real estate

Why winter is a smart time to sell property

Winter presents a great opportunity to sell, with serious buyers still active and fewer properties on the market. Our team is achieving **outstanding results** and is here to provide **trusted guidance every step of the way.**

Call us today or pop into our office for an updated market appraisal or to discuss your selling plans with confidence.



A family owned Australian business

Sales **Rentals** **Owners Corporation**

99 - 105 Union Rd, Surrey Hills | **9830 4044** | rosshunt.com.au

Protecting our trees

Ray Peck

It is estimated that humans have removed roughly half of Earth's original forest cover. While the dominant cause is agricultural expansion, in Australia, urban sprawl is also a significant contributor.

In urban areas, the shade from trees is a major way to combat the "heat island effect" where buildings, roads, and concrete absorb and re-radiate heat. A [recent study](#) has found that trees and greenery can cool cities by as much as 18°C.

While Boroondara's tree canopy is better than many other local government areas, the distribution of trees is unequal as shown by the aerial photograph below.

Arbor Carbon's 2022 study revealed that across Boroondara tree canopy ranged from around 31 per cent in Canterbury to about 22 percent in Hawthorn East. But even in leafy Boroondara, the tree canopy is under threat and decreasing. Each year, around 700 trees on private land and 800 trees on public land are [removed](#) due to their age, poor health, structure or location. While 2,000 new trees are planted each year by Boroondara's tree team, it takes decades before their canopies match the size of the mature trees lost. If you have a place on your nature strip for a new tree or two, you can put in a request online. There is also advice on [how to plant a tree at your place](#) with species suggestions – simple ways to keep your home and neighbourhood looking good and staying cooler in summer.

Illegal removals

But sadly, some of Boroondara's trees are removed illegally, either deliberately or out of ignorance. In the period 2021-25, there were 72 prosecutions. Most, 45, were in the last two years and 44 were in just three suburbs: Balwyn North, Kew and Camberwell. The [prosecution details are recorded here](#). Visit Boroondara's [Our tree canopy today](#) page for more

information about what tree canopy is and why it is important.

When is a permit required?

Trees on private land are protected by the Tree Protection Local Law and Clause 52.37. A permit is needed to remove or do works less than two metres from the trunk of a canopy tree, or to prune, remove or do works within the Protection Zone of a significant tree. Further details of protected trees and permit requirements can be found here: [Tree works permits | City of Boroondara](#)

Some trees are designated as significant because of their impressive size, age, rarity, ecological value or cultural and historical significance. Boroondara's significant trees can be located on the [interactive map](#).

The Council's new Tree Protection Local Law and planning enquiry tool, myLot, is a useful online first guide to permit requirements.

Planting opportunities

To get involved in local tree and biodiversity planting join a Friends Group.

[KooyongKoot Alliance](#) (KKA) supports 24 Friends groups in the Gardiners Creek catchment and is a great place to start.

To get involved in planting new biodiversity corridors on the outskirts of Melbourne contact the [Tree Project](#). The people, lunches and scenery are brilliant.

"It's surely our responsibility to do everything within our power to create a planet that provides a home not just for us, but for all life on Earth."

David Attenborough

Ray Peck is a member of the Lighter Footprints Forest Working Group and a member of the newly formed Tree Canopy and Biodiversity Community Group supporting Boroondara Council to achieve its tree canopy and biodiversity targets.



[Return to Contents](#)

ResourceSmart Schools

Sal Dugan

ESTABLISHED in 2008 by the Victorian Government, the ResourceSmart Schools program was designed to integrate sustainability into the daily lives of students. The comprehensive program also tackles how waste can be reduced and how that leads to cost savings both at school and beyond.

This year 29 primary and secondary schools competed for a 2026 Sustainability Award, with the theme 'Our Sustainability Community'.

Sustainability Victoria chief executive officer, Matt Genever said our sustainable community celebrates teachers, students, and stakeholders sharing knowledge, passion, and commitment to drive sustainability for a thriving environment.

Since its inception, students have planted more than 5.1 million trees, saved over \$68 million through energy, waste and water savings, diverted 170,000 cubic metres of waste from landfill and avoided over 110,000 tonnes of greenhouse gas emissions.

This year's winners were announced at a prestigious awards ceremony held at the MCG and hosted by TV personality Dirt Girl. 29 schools were vying for an award with 11 schools taking home the top prizes.

Five schools in the Eastsider News readership area were named as finalists: Box Hill High, Camberwell Girls Grammar, Camberwell Grammar, Boroondara Park Primary School and Kew High School.



Although all had excellent programs, only one was selected as a winner.

Box Hill High School was announced as the winner of the Curriculum Leadership School of the Year (Secondary) at the 2026 ResourceSmart Schools Awards held in Melbourne on Wednesday, 11 June.

The award recognises schools that embed sustainability across lesson plans and units of work, with Box Hill High recognised for its intersectional curriculum, inclusion of First Nations perspectives and creative engagement through topics relevant to young people.

Through its curriculum and co-curricular programs, Box Hill High builds students' capacity for critical thinking, social responsibility and meaningful participation in environmental action.

Judges praised the school's global outlook and strong student connection. "This curriculum is engaging, thoughtful and future-focused," the judges said.

The 2026 Resource Smart Schools Awards would not be possible without the generous support of sponsors, CDS Vic, Bank First, Department of Education, RMIT and Premier Waste.

[Return to Contents](#)

Paul Hamer MP

STATE MEMBER FOR BOX HILL

Here To help.

paulhamermp

Authorised by P Hamer, 24 Rutland Road, Box Hill 3128.

 24 Rutland Road, Box Hill 3128

 paul.hamer@parliament.vic.gov.au

 9898 6606







ANYONE interested in community history will have spent time exploring the local cemetery, perhaps discovering headstones for people of historic importance or simply ones who may share their own names. Inevitably their visit will be saddened by the rate of infant and childhood mortality from 150 years or so ago.

Historically, Victorians have paid for the right to be buried which means that cemeteries are obligated to honour that right in perpetuity. However, this means visitors may find the cemetery somewhat bleak. So many of our cemeteries in perpetuity are left bereft of care, the more so when they have outlived not only their occupants, but also their occupants' descendants.

When initially planned, these cemeteries were sited on the outskirts of towns or suburbs, but as development encroached over the decades many now lie in the midst of large housing estates and associated community essentials such as shops, businesses, schools. Many are now effectively derelict, no longer places to visit loved ones, but uncared for spaces of desolation creating heat islands in the midst of lively communities.

Architect and landscape architect Dr Isabel Lasala recently received her PhD on the premise that cemeteries in perpetuity are among the most consistently overlooked urban spaces. She remarks that cemeteries have long been central to our relationship with death and are traditionally viewed as sacred, untouchable and static. But she asks "what if we reimagine cemeteries as dynamic, hybrid spaces shaped by time, memory and ecological processes?"

Instead of being desolate acreages of decay, cemeteries in perpetuity could become vibrant community spaces, with walkways creating shortcuts connecting one part of a suburb to another. Pathways could be cracked to allow indigenous planting to encourage birds, bees and insects to thrive in an otherwise barren environment. These would also allow water to penetrate, which in turn would support stormwater management. We have all witnessed similar transformation of our nature strips, many of which are no longer planted with unproductive grass. Instead, they have been converted into biodiverse natural landscapes of carefully planned indigenous plantings.

Dr Lasala advocates cemeteries being transformed from abandoned or forgotten spaces to ones of community enjoyment. Places where we can all enjoy a walk and reflect on our departed loved ones who may be interred interstate or overseas, or we can spend time admiring the structural architecture of the plots,

A vision for Cemeteries

Sal Dugan

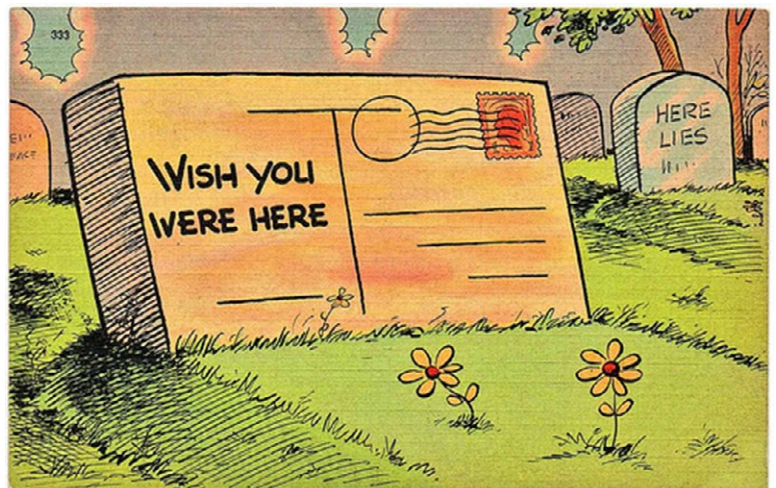


Dr Isabel Lasala

from the simplest of headstones to the grandiose burial sites that are found in many cemeteries.

I met Dr Lasala at the Kew (Boroondara Memorial) Cemetery, a place of great calm, stunning gardens, architectural and sculptural splendour. Open daily for all to enjoy. How fitting was that!

Rather than viewing their gradual decay as failure, we could explore design-driven alternatives that merge the contrasting forces of grief and play transforming decay into a catalyst for civic engagement.



[Return to Contents](#)



BOROONDARA PARK

PRIMARY SCHOOL CARE | LEARN | SHARE

Adam Miller

BOROONDARA parents of incoming prep students are encouraged to tour Boroondara Park Primary, one of the area's leading educational institutions, to see if the school would be an ideal fit for their family.

Led by Principal Anthony Rowe, Boroondara Park Primary "delivers an evidence-based, explicit teaching model that supports every student at their point of need.

"Through a strong focus on wellbeing, attendance, and engagement, we create the conditions for every student to thrive academically, socially, and emotionally", Mr Rowe told Eastsider News.

The success of this approach is evident in their NAPLAN results, where, in 2025, the school averaged above the national average across all five sections.

Aside from the traditional core subjects, there is a comprehensive list of alternative subjects available to students, including Digital Technologies, Integrated Inquiry Units, Music, Performing Arts, Visual Arts, as well as interschool sport.

School tours, which are led by Mr Rowe, are held at 9:30am every Tuesday and Wednesday and can be booked either online or by calling the school's reception.



Do you remember?

Camberwell showtime

Foundation 10

THE 'BP' (Baden-Powell) at Mafeking Arena display at the 7th Australian Jamboree in 1964/5 was memorable for many things, but especially for Camberwell scouts, as it was the nucleus for the first Camberwell Showtime, held in August 1965 at the Methodist Ladies College Assembly Hall. The production was led by local scouts Stuart Levens, Graeme McCoubrie and Ray Hodge.

So, 60 years later, 'Foundation 10 Showtimers' plan to recognise the beginnings of Camberwell Showtime at an anniversary dinner on Saturday, 22 August this year for an evening of visuals, CDs, photos, documents etc, all relevant to the first 10 years. This will be held at the Waverley Masonic Centre.

Those formative years catered for scouts from Ashburton, Glen Iris, Camberwell, Canterbury Surrey Hills, Balwyn and North Balwyn. If you were one of their number, and have memories, memorabilia, contact details for others you recall being part of the first 10 years, please contact the organisers of CST Foundation 10.

For further information, or to provide recollections and informatin, please email us at cstfoundation10@gmail.com or mail to PO Box 336 Ashburton Vic 3147 with your details together with any other Showtimers you are still in contact with or know where they are now?



PICTURES: (Above) Boers firing at the British, 7 January 1965; (Below) The foundation production team.

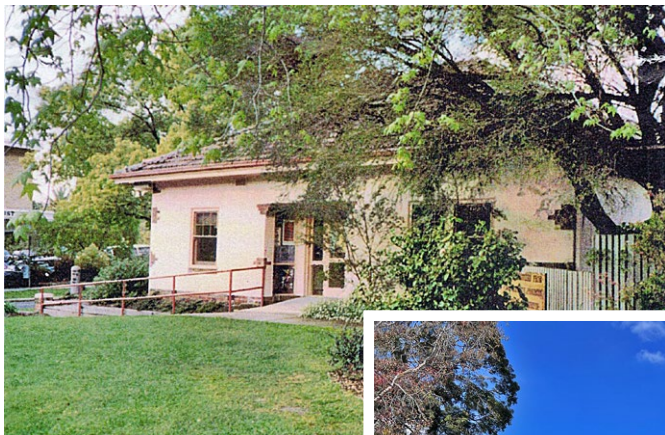


[Return to Contents](#)



Ashburton Community Centre turns 40

Priya Mohandoss



The Centre (above) in 1999 and (right) today.

THIS year, Ashburton Community Centre (ACC) celebrates its 40 years as a vibrant part of the community. Today it stands as a modern complex in High Street Ashburton, co-located with the Ashburton Library. Being a hive of activity, it offers a diverse range of classes and programs, social groups, events, room hire, environmental initiatives and community partnerships. More than just a facility, it is a place where people come together to learn, relate and assimilate.

“The strongest theme throughout ACC’s history is the sense of connection and belonging it creates,” said local historian Sarah Craze. “Many staff, volunteers, tutors and members describe the friendships, community spirit and supportive environment as the best part of being involved with the centre”.

During the early 1980s Ashburton was in need of a space for people to assemble in order to strengthen social contact, acquire new skills and cater for community support. In November 1983, after much impetus from local residents and advocates, the then Camberwell Council acquired a former doctors’ surgery to house what became known as the ACC, which officially opened its doors in May 1986.

“Originally, the Centre was intended to provide leisure, recreation and educational opportunities for

the local community, particularly for women, older residents and people experiencing social isolation. Early activities included arts, crafts, fitness, cooking, languages and community groups”.

In 2013, Boroondara Council invested in a major renewal of the ACC, transforming it into a purpose-built community structure integrated with the Ashburton Library. Completed in 2014, the redevelopment began

a new chapter while honouring its history. A significant feature that remained throughout this transformation was the striking Angophora Costata (Smooth-barked Apple or Sydney Red Gum). A well-known local landmark, the tree became an enduring symbol of identity and its deep-rooted connection to the community, eventually inspiring ACC’s official logo.

For its festivities,

ACC will honour this milestone as part of their Annual General Meeting in September, along with the installation of historical displays highlighting its contribution to the community. Special recognition will also be given to long-term tutors and volunteers, while past and present members will be invited to reconnect and mark the centre’s lasting impact over four decades.

Cr John Friend-Pereira, Solway Ward, praised its ongoing contribution and said, “ACC’s success is a credit to the staff, volunteers and locals who have made it such a valued and welcoming part of Ashburton life. Boroondara Council is proud to support this important local organisation as it celebrates 40 years serving the community.”

If you have a story or memory of the Ashburton Community Centre that you would like to contribute to its history, they would love to hear from you. Please contact the Centre on 9885 7952 or email office@ashburtoncc.org.au

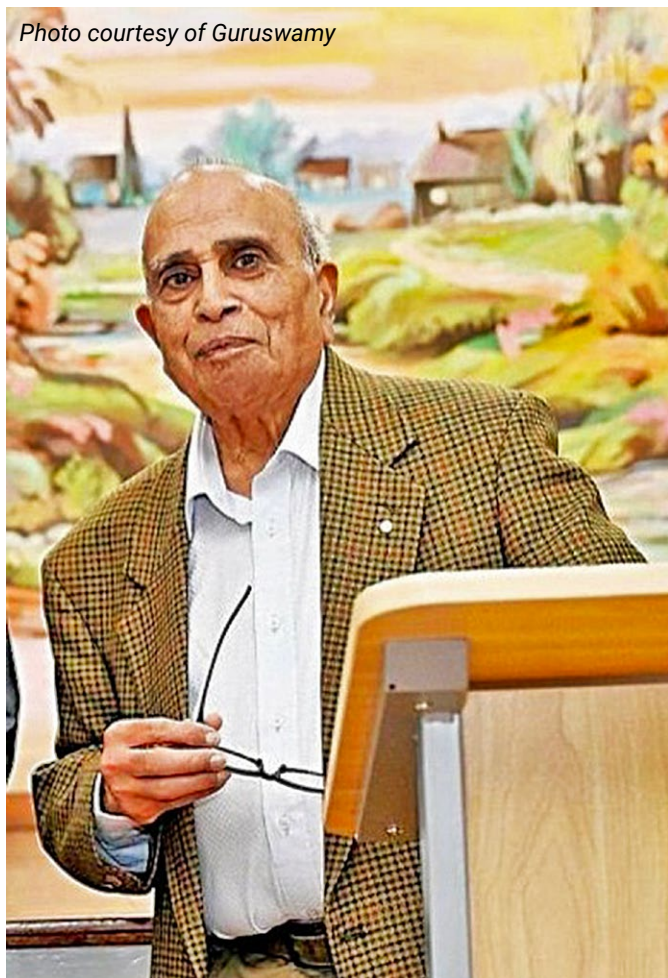




Dr Santosh Kumar OAM

Glenys Grant

Photo courtesy of Guruswamy



DR Santosh Kumar is a Boroondara resident whose varied endeavours include being an advocate for the elderly. He believes the three Rs used in waste management, being Reduce, Reuse and Recycle, should also apply to the way society treats our older citizens.

He says “We do not give them a chance to give back to society to the full extent of their capabilities. They should never be thought of as old, useless rubbish to be thrown away, but rather respected as a valuable resource. The community should **Reduce** this waste by using the talents, experience or skills of our older community members, perhaps find new ways to **Reuse** them in their previous work areas. Or perhaps help them **Recycle** their professional expertise and use it in different ways, leading to a more effective workforce.”

Dr Kumar obtained his Masters in Mathematics at Vikram University, then studied part time for his PhD (Operations Research) while working in Defence Research and Development Organisation in Delhi.

He wanted international experience and so, in 1970 he, with his wife and young son, chose Australia as their first professional advancement opportunity, leaving household goods in India for an easy return. He expected to be here for two years following his appointment at RMIT as a lecturer in Mathematics before moving on to another university, another country. The Kumar family arrived in Australia knowing no-one, settled in, and loved it.

Coming to Australia and RMIT opened up a new world of opportunities. He visited many other countries, teaching and giving lectures at conferences. He spent a year’s sabbatical in the USA at two universities with his main mentor the inventor of Dynamic Programming, Professor Richard Bellman.

In 1989 RMIT became a University and Santosh was selected to be part of the RMIT Foundation Professoriate as an Associate Professor. While he was happy at RMIT he hoped for career advancement and eventually a full professorship. He waited... Here he explained another of his philosophies “Disappointments in life are good as they create an opportunity for advancement”

In 1993 he received an offer to be the Professor of Applied Mathematics at NUST- the National University of Science and Technology in Zimbabwe and in 1995 he and his family took the huge step of settling there.

He never regretted the move “The six years there were the most professionally productive in my life. I loved my research and developments in the new area of Discreet Mathematics in the field of Operations Research, and made many friends and colleagues in the Southern African region with whom I am still in touch today”. For this work he was recognised with an award in 2011.

The family returned to Australia in 2001 and Santosh has remained busy in retirement. He received an OAM in 2021 for services to the Indian senior’s community. He mentors PhD students here and overseas, has published five books and is about to embark on an overseas lecture tour. Oh – and at 90 his activities include line dancing, which he loves!

He says “Everyone should maintain a purpose in life and, if possible, keep mentally and physically active”.

[Return to Contents](#)



Gurduara – prayer hall

Who are the Sikhs?

Glenys Grant

FEW people in the community know much about Sikhism, Sikhs, their places of worship, or their beliefs. What is known is their generosity and amazing ability to help others in crisis situations. During the Covid epidemic and the recent bush fires, for example, the Sikh community stepped up, tirelessly working at the forefront to feed those who needed support.

To learn more, and as part of a group, I visited the Sikh Gurduara (place of worship, temple) in Blackburn. Warmly welcomed by a team of volunteers, we first learnt of the fundamental aspects of the religion, prior to a tour and a nutritious vegetarian lunch.

Sikhism is the fifth largest religion in the world with more than 30 million followers. It was founded in around 1500 AD in Punjab by Guru Nanak and, while the youngest, is known to be one of the fastest growing religions in the world. It is a separate faith, not a branch of other religions.

Sikhs arrived in Australia in the second half of the 19th century, and a census in 2021 showed there were 210,400 in Australia with 92,000 of those in Victoria.

Sikhism promotes a holistic life which embraces work, worship, service and family life. The basic principles are daily meditation, honest earnings, not to be a burden to fellow human beings, and sharing time, wealth and food etc with others, including those less fortunate.

Sikhs believe in one God, who loves and sustains all humanity. Their values and beliefs include social and spiritual justice, respect and equality for all genders, faiths, ethnicities, races, castes or those of varying social status. The Gurus actively encourage participation of women in all fields of life. They are considered equal to men in worship, in society, in any religious activities and in freedom of speech.

Any member of the congregation can read from the Sri Guru Granth Sahib scripture and conduct services.

This is done in the Gurduara prayer hall where a number of religious ceremonies, hymns and prayers occur. To enter certain protocols are observed.

We were told about the Langar, or free kitchen – an essential and practical service provided to all. It's a community kitchen and hall where all can sit together and eat their fresh cooked and wholesome vegetarian food. It can also be used as a facilitator of rescue in times of crisis. This practice dates from the first guru as a practical expression of the Sikh ideal of brotherhood, equality and sharing.

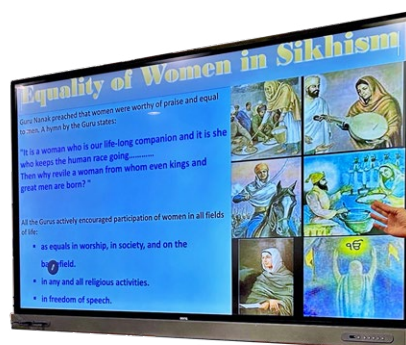
The presenter explained: “The five articles of faith are Good deeds (symbolised by the wearing of an iron bracelet), Liberty and justice (a sword), Self-discipline (special underclothes), Spirituality (uncut hair and turbans for males), and Cleanliness (comb).

“We do not believe in fasting, superstitions, ritualism, the caste system, smoking, drinking alcohol or taking of any intoxicants”

Sikhism is a moral and spiritual way of life, open to all.

For more information email:

info@gurdwarablackburn.com.au



Pictures: Glenys Grant

[Return to Contents](#)



Ask A Vet with Dr Suze

Dr Susanna Gamage

How often should I wash my dog?

IF you have a healthy dog with no skin problems, then you can probably get away with never washing your dog at all! However, speaking from personal experience, most dogs will at some point roll around in something you do not want brought back to the house! Healthy dogs only need to be washed if they are dirty or starting to smell; but there is no harm in more frequent bathing. If your dog has a history of skin problems or allergies, then it's best to discuss these details with your veterinarian.

Is it OK to use human shampoo on dogs?

The short answer is NO. There are so many products on the market for both humans and dogs it can be easy to assume there is not much difference between the two, however here are a couple of reasons why it is preferable to use a product formulated for your canine friend.

Dogs and humans have different skin pH balances. Dogs have a more neutral skin pH balance between 6.2-7.4 and human skin has a more acidic pH balance of 5.5-5.6. This thin acid layer plays an important role of protecting the top layer of skin from external pathogens which can be bacterial, fungal, parasitic or viral in nature. Maintaining the correct pH balance is critical for effective protective function. This acid layer also helps retain moisture in the body by absorbing water and reducing water loss from the skin through evaporation.

Bathing washes this protective acid layer away. To counter this, many shampoos and soaps will contain moisturising agents that temporarily protect the skin while the acid layer replenishes its self. Using human shampoo on dogs can disrupt this acid layer, reducing its protective function. It can leave your pet's skin feeling dry, leading to scratching and abrasions which make the skin vulnerable to infection. Canine skin is three times thinner than human skin and more sensitive to harsh chemical products.

Did you know... The average cat can spend 16 hours sleeping and up to 50% of their awake time grooming?!



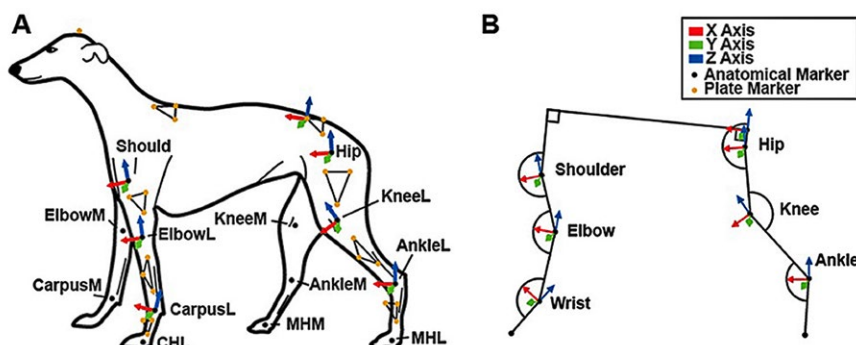
Dr. Susanna Gamage BVSc MRCVS has over a decade of international veterinary experience and is the founding director of Dr. Suze – My Visiting Vet, a mobile veterinary business in the Eastern Suburbs providing caring, personalised and professional veterinary care in the comfort of your own home, keeping things convenient for you and comfortable for your pet. If you have a general pet question you would like answered by Dr. Suze to be featured in Eastsider News or to find out more about our services, please contact us via the website: www.drsuzemyvisitingvet.com.au Please note the information in this article is of a general nature and is not intended to be a substitute for professional healthcare advice. If you have specific concerns about your pet, you should always seek advice directly from your veterinary healthcare practitioner.

[Return to Contents](#)

Cold paws, achy joints

is winter affecting your dog?

Georgina Frazer of Evervet, Hawthorn



IN the winter months, ‘slowing down’ is something a lot of dog owners notice. While your companion may still have a wagging tail and be keen to go on a walk, they might end up dragging behind, looking uncomfortable or have a slight limp. They might be pausing or trying a few times before jumping onto the couch, or maybe they’re not chasing their ball with the same enthusiasm as normal.

All of this leads us to the question: is my dog ‘just’ getting older, or is there something else going on?

Much as we wish it weren’t the case, our dogs age much faster than us. For a little cavoodle, 12 years old is equivalent to about 65 years old in a human, while in a bigger dog like a labrador, 12 is closer to 80 years old. There is of course a normal decline in mobility with age; there is a reason we don’t see seniors’ AFL! However a lot of the time in our four-legged friends, this decline is both accelerated and worsened by osteoarthritis.

Osteoarthritis (OA) is a degenerative condition of joints, where chronic joint inflammation causes cartilage breakdown, scar tissue formation inside joints,

and boney growths. In some dogs it is caused by trauma or previous injury (e.g. a dog that has had a cruciate ligament rupture will develop OA in that knee, even with surgery to repair the ligament). OA can also happen in dogs with no prior history of joint issues, due to wear and tear.

Dogs often don’t ‘show pain’ in ways we would expect. They can be very stoic, still eating happily and wagging their tails despite being in pain. They

very rarely vocalise (yelp, whine) when in pain. As their owner and the person who knows them best, it is up to you to notice the more subtle signs, and recognise that this means they may be in pain. Your vet can then help figure out where and why they are painful, but you are best placed to notice subtle changes that could mean your pet is uncomfortable.

Signs of osteoarthritis:

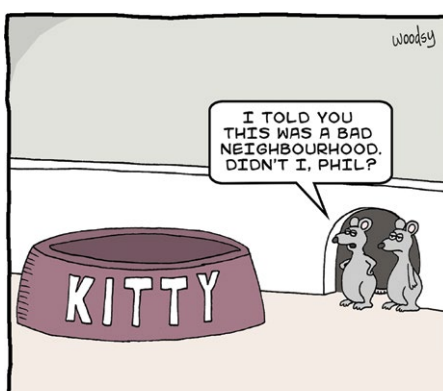
- Limping, or favouring one leg;
- Looking slow or stiff especially when getting up in the morning or after a nap;
- Reluctance or inability to jump into the car or onto the couch;
- Lagging behind on walks, coming less tolerant of grooming, being patted, or rough play.

If you have noticed your dog showing any of these signs, it’s best to book a vet visit as there are many different options available to help manage your pet’s pain. You can give Evervet Hawthorn a call on 9813 4755, or visit our website evervet.com.au to book today. Your dog will thank you for it!

[Return to Contents](#)

woody

insert brain here



Emus and kangaroos roam among us

Elaine Hooper



ON Saturday 6 June 2026, over 100 people enjoyed discovering one of Melbourne's best-kept secrets, the Nangak Tamboree Wildlife Sanctuary, hidden within the La Trobe University campus at Bundoora. Eastern Rosellas, a community group of the Australian Conservation Foundation (ACF), invited children, their parents and other adults to enjoy nature in the suburbs, as part of our promotion Soft-Hearted at Art competition for children. Eastern Rosellas is based in the Chisholm and Menzies areas of Melbourne.

The Wild at Art Competition asks primary school children to choose an endangered Australian plant, bird or animal, tell its story in a paragraph, and draw or paint a picture of it.

Our event attracted a big crowd with everyone enjoying the opportunity to be in nature and see wildlife, including emus and kangaroos. It was a bit damp at times but not enough to stop the enjoyment.

Nangak Tamboree is an inspirational place to encourage people to value nature and protect it. It is described by LaTrobe University as "a living laboratory for students, staff and the wider community; its waterways connect with the local creeks, attract wildlife and support native flora."

The reserve of 30 hectares was formed from an amalgamation of old farm land, and the former recreation grounds of the Mont Park Psychiatric Hospital. Over time the area had become the dumping ground for 120 old cars. It is now protected by a Trust for Nature Conservation Covenant and a predator-proof fence for the protection of the fauna and flora inside.

The Reserve is generally open from 10am to 3pm and has parking, toilets and some shelter onsite. You can buy indigenous plants for your garden, too, to encourage critters into your own yard.

Days like this remind us how important spending time in nature is for our well-being. Nature provides us with the air we breathe, the water we drink and the food we eat. So, it makes sense that we should have high standards for protecting it.

We've seen the draft standard for Matters of National Environmental Significance (MNES), as part of the revised Nature Laws that passed last year, and the message is clear. This draft standard currently does not lift the bar for nature.

The final standards are still being drafted so now's the time to let Environment Minister Murray Watt know how many of us care about really protecting Nature.

[Nangak Tamboree Wildlife Sanctuary, La Trobe University](#)

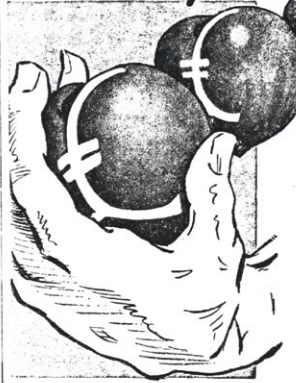
[Wild At Art | Australian Conservation Foundation](#)

<https://www.acf.org.au/our-work/nature/email-minister-watt-environment-standards>

Blackburn and Mitcham Reporter 7 June 1935

There's Good Money in Fruit!

Don't let it slip through your fingers



Control the ravages of Peach Aphid, Red Spiders, Scale and Caterpillars in the egg stage, and count on bigger crops, better fruit and more profits.

I.C.I. WINTER WASH

I.C.I. Winter Wash can be relied upon to protect your trees from hungry insects — recent tests in Victoria have proved it 100% effective. I.C.I. Winter Wash is a dormant-period, tar-distillate spray, converted into a creamy emulsion that emulsifies in the hardest water. I.C.I. Winter Wash is not an added expense — it saves its cost many times over in more and better fruit. Order now, from your local dealer.

Report of Ardmore test published in Journal of Agriculture, Victoria, Vol. 31, Part 6, June, 1933.

LOCAL AGENTS:

G. S. GROVER	— — — — —	DONCASTER	— — — — —	I. MATHIESON	— — — — —	RINGWOOD
SMITH BROS.	— — — — —	TEMPLESTOWE	— — — — —	I. SAUNDERS	— — — — —	VICTORIA MARKET

Wholesale Distributors: RAMSAY & TREGANOWAN LTD., 469 Latrobe St., Melbourne.

A PRODUCT OF

Imperial Chemical Industries

OF AUSTRALIA AND NEW ZEALAND LTD.

380 Collins Street, Melbourne 277 Clarence Street, Sydney

[Return to Contents](#)

Growing up in Surrey Hills

Learning to cook

Gill Bell



IT was a Sunday afternoon in February 1960 and I was with my mother, leaning on the counter in our cosy kitchen in Sherwood Rd, Surrey Hills. We were expecting visitors for afternoon tea. The dining room table was set with a lace cloth, delicate floral china and a bunch of flowers from the garden.

Now my mother had decided it was time to teach me how to make the perfect sponge cake.

The kitchen was small, but the hub of our house. Here our mother showed her love for us every day by the food she prepared. She would rise at six every weekday to prepare breakfast for the family: porridge, or sizzling bacon, eggs and toast. Six nights a week she would produce delicious two-course meals, and on Sundays it was high tea. She made half a dozen incredibly varied batches of biscuits each week. There were Anzacs, coconut ice biscuit slices, chocolate Florentines...The list was endless. Mum sometimes made bombe Alaska, an amazing confection of ice cream baked inside soft meringue. At Christmas Mum would make shortbread, rich plum puddings and iced fruit cakes.

However, today the focus was on the sponge cake being prepared for our afternoon guests. Mum sifted the flour and baking powder into a bowl.

"You need to sift it three times," she said. "We'll leave the window open. It helps make the cake lighter." My mother's voice was soft. The breeze puffed in from Wattle Park across the valley. It carried wafts of music from the Sunday afternoon brass band concert.

I loved this special time with my mother. The kitchen was where we were taught important lessons. Here we were told the facts of life, and on one memorable occasion the story of the Second World War.

Mum carefully cracked four eggs, separating the whites from the yolks. "Be careful not to get even a

speck of yolk in the white," she warned, "or the eggs won't beat properly." She poured the egg whites into the small bowl of the black and white Mixmaster and added sugar. I watched the creamy pure white mixture spinning on the turntable of the machine. I was looking forward to scraping the bowl later.

Mum folded the flour softly into the creamy foam of the whipped egg mixture, then delicately spooned the mixture into the two prepared tins and placed them in the oven.

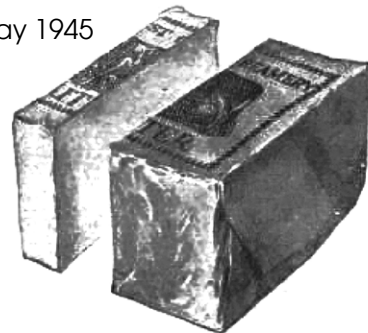
After exactly 28 minutes she removed the light-as-air sponge cakes from the oven. The two halves cooled on the cake rack. Meanwhile I was making the caramel icing. I melted butter and added icing sugar, golden syrup and powdered ginger. I stirred the mixture carefully on the stove. The little kitchen smelled deliciously of melted butter and golden syrup. Mum joined the cake halves together with whipped cream, then smoothed the cooled icing over the cake.

Finally, the cake was complete. It would make a superb centrepiece, surrounded by a selection of iced yoyos, chocolate caramel slice and almond bread. It was a splendid display of baked goods, made with skill and served with love.

The lesson that afternoon was about more than cake. It was about gentleness, warmth and caring. There may be many ingredients to a dish, but the key ingredient is love.

Readers, if this has prompted any memories to share, do send them to Eastsidernews1@gmail.com marked to the attention of Sal Dugan

Herald 8 May 1945



FAIR SHARE FOR AUSTRALIA . . . NOT TO BE EXCEEDED

You get 6 ounces of butter a week. The people of Britain get 4 ounces. In other foods, too, Australia is better off — better off, in fact, than almost any other country at war.

In the face of this, we can hardly do otherwise than cheerfully accept the small food sacrifices that war makes necessary. As a nation, it is one of our main war jobs to send at least sufficient food to ensure the maintenance of the low-level rations of the people of Britain, as well as to help supply the huge land and sea forces fighting in the Pacific.

To meet these needs we must produce all the food we can. We must not plunder the nation's food resources by buying on the black market. We must conserve all we can and waste nothing! Always bear in mind that —

FOOD IS STILL A WEAPON OF WAR

[Return to Contents](#)

The Creeks Beneath Our Feet

Boroondara's Hidden Waterways and Histories

Leigh Naunton

Map of original route of Glass Creek

0m 250m

Source: (Collins Street Directory, 1936; MMBW, 1960)

Kilby Road

High Street

Burke Road

Severn Street

Balwyn Road

Jacka Street

Hosken Street

N

MOST Boroondara residents will know of Gardiners Creek. Fewer realise that beneath our streets, parks and sporting grounds lies a network of forgotten waterways, creeks that have been piped, diverted or buried as Melbourne expanded.

These hidden watercourses still shape the landscape. They appear as drainage reserves, unexpected valleys, flood-prone areas and strips of open space. Even where they no longer flow in the open, they continue to carry water through Country.

For the Wurundjeri Woi Wurrung Cultural Heritage Aboriginal Corporation, waterways are not drainage assets. Their Whole of Country Plan describes water as a living entity and emphasises the need to restore relationships between people, Country and water.

That perspective raises important questions about naming.

The naming of places is never neutral. Consider William Lonsdale, after whom CBD streets and Point Lonsdale are named. As the first government representative in Port Phillip, Lonsdale administered the colony during a period when Aboriginal people were suffering profound displacement, food insecurity and social disruption. Records of the Port Phillip Protectorate reveal repeated disputes over expenditure on Aboriginal welfare and relief, with concerns about accountability and cost taking precedence over urgent humanitarian need.

Boroondara's map includes many names of colonial administrators, pastoralists, landowners, early municipal leaders, and members of the British establishment. Roads and localities commemorate figures such as John Gardiner, John Maling, Henry Elgar, Governor Richard Bourke (commonly assumed to be the person Burke Rd is named after), the Earl of Belmore and Prince Albert.

Waterways are no exception. Gardiners Creek commemorates John Gardiner, an early pastoralist who arrived in the Port Phillip District in 1836 from Van Diemen's Land via Sydney, droving cattle. Gardiner participated in the 1830 "Black Line" campaign, the largest military-style operation mounted against Aboriginal people during the "Black War" in Lutruwita

Tasmania that resulted in catastrophic population loss, dispossession and cultural destruction, and is widely regarded by historians as constituting genocide.

Alongside the registered name Gardiners Creek, the Victorian Register of Geographic Names records Kooyong koot as an historical name associated with the watercourse. The existence of both names reflects a wider question: should official public memory continue to privilege colonial figures, or should it give greater prominence to the longer history of Country and perhaps inform the community about our colonial history?

The story of Melbourne's best-known waterway shows how Indigenous names and knowledge were lost during colonisation. The river now known as the Yarra was known to the Wurundjeri as Birrarung. Surveyor John Helder Wedge recorded Aboriginal people using the expression "yarra yarra" and mistakenly believed it was the name of the river. He later acknowledged that he had misunderstood what he had been told, but by then the name had become established in colonial usage. Even Melbourne's most famous waterway therefore bears a name born of colonial misunderstanding, while the traditional name Birrarung was largely displaced for nearly two centuries.

Today, Boroondara faces an opportunity. Rather than treating waterways as anonymous infrastructure, councils and communities can recognise them as living parts of Country. That does not necessarily require removing existing names. It may instead involve restoring historical names, acknowledging Aboriginal names alongside colonial ones, and telling fuller stories about the people whose names already appear on our maps.

Many of Boroondara's buried waterways no longer have recognised names at all. Yet they continue to flow beneath roads, parks and suburbs. Water still follows ancient paths beneath concrete and asphalt. The hidden creeks beneath Boroondara remind us that landscapes remember. Perhaps our place names and public signage should remember those deeper histories too.

Leigh Naunton is an organiser with the Boroondara Reconciliation Network, contact reconcileboroondara@gmail.com

[Return to Contents](#)



SOCIAL HUB

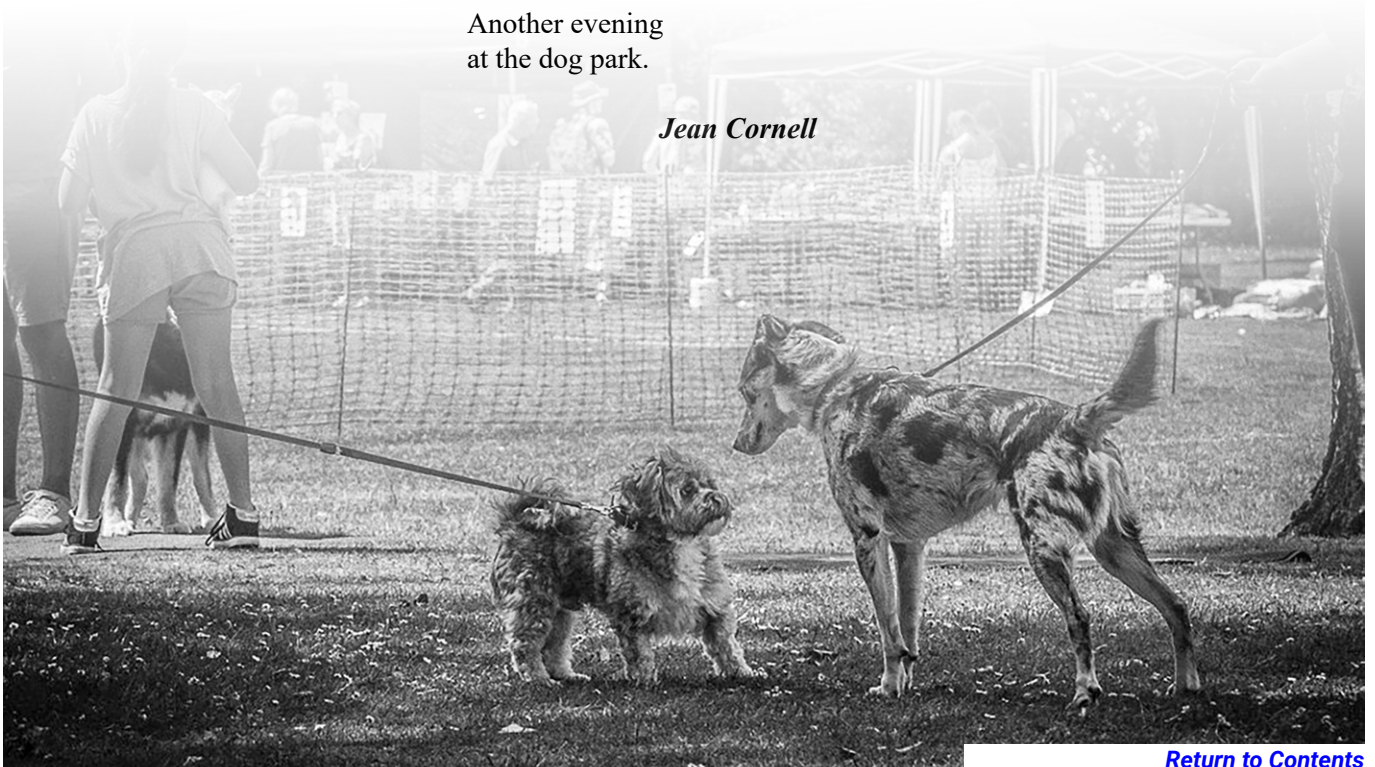
There's a buzz in the air
anticipation
 excitement
every arrival
assessed for status
friendship
gossip
 rivalry
 even sex

Some
out for a good time
 dressed to impress
others wary
 unsure of protocol

Motley groups form
and shift
 leaving their marks
others are restless
 boisterous
chasing their quarry
to submission.

Another evening
at the dog park.

Jean Cornell



[Return to Contents](#)



Sunday, 5 July 5pm

Choral Evensong

Holy Trinity Anglican Church 177 Union Road, Surrey Hills

This month's theme is "The Lord is Faithful", and through scripture, prayer, and inspiring music we will reflect on God's steadfast love and faithfulness in every aspect of our lives.

All will be warmly welcomed, and we hope that you will be able to stay on afterwards for wine, cheese and fellowship in the Parish Hall which, like the church, is heated.

Monday 6 July 4 – 6pm

Aboriginal Community Gathering

Mumong First Peoples Gathering Place in Glen Iris

Mullum Creations paella will be served during the gathering.

Monday 6 July 2 – 4:30pm

NAIDOC Week Collaborative Community Painting workshop

Hawthorn Library, 584 Glenferrie Rd, Hawthorn

Join contemporary Aboriginal artist N'Dene Riley. during the winter school holidays for a relaxed, creative session celebrating First Peoples culture, while working on a collaborative community painting. This is a FREE, all-ages event – families, young people and community members are encouraged to come along. Everyone is welcome!

Reserve your spot: <https://www.boroondara.vic.gov.au/events/naidoc-week-collaborative-community-painting>

Tuesday 7 July 6 – 7pm

Treaty Community Talk with Djaran Murray Jackson

Balwyn Community Centre 412 Whitehorse Rd Surrey Hills

Sharing insights on Treaty in Victoria and what it means for community, this session offers a welcoming space for all community members to come together, listen and learn. Attendance from both First Peoples and non-Aboriginal community members is encouraged. This is a FREE event but registrations are essential: [Treaty Community Talk](#)

Wednesday, 8 July 7.30pm

Kew Historical Society speaker

Just Theatre, Kew Court House, 188 High Street Kew

We'll show a movie of Kew in 1974 made by a local resident with glimpses of many streets, churches, retailers, schools, bridges, sporting venues, and other points of interest.

Friday–Sunday 10 – 12 July

Gilbert and Sullivan Opera Victoria presents Patience

Alexander Theatre, Monash University Clayton Campus, 48 Exhibition Walk, Clayton

Featuring Sullivan's most beautiful music and Gilbert's brilliant satire, the rapturous village maidens seek beauty and perfect artistic expression, spurning their confused military suitors for Bunthorne, a moody and handsome poet. However, Bunthorne only has eyes for the milkmaid, Patience. But she is in love with her childhood sweetheart, Grosvenor, who really is a poet, but she feels she cannot marry him because he is just too perfect. How will this romantic love triangle unravel? With full live chorus and orchestra. Tickets and further details on gsov.org.au

Saturday, 11 July 12 – 5pm

Perry Fletcher's "80 Years Young" Art Auction

Vermont Reserve Clubrooms, Terrara Road, Vermont

Locals are encouraged to come along and view the spectacular collection, and take home a piece of living history from a local legend. For a sneak peek of the artwork up for auction, visit Perry's website at perryfletcher.au.com or check out his Facebook page at facebook.com/fletchertheetcher. Admission: Free.



[Return to Contents](#)

Murnong First Peoples Gathering Place (MFPGP) are pleased to announce the following events at 100 High Street, Glen Iris, adjacent to St Oswald's church.

Saturday 4 July 9 – 11am

Caring for Country Wominjeka Garden

Now showing – until 29 July

Russell Shiells' Exhibition "Truth 'N' Treaty – All in for Reconciliation"

Gallery Opening Hours: Wednesdays 11am to 3pm; Fridays 5pm to 7pm; Saturdays 11 am to 3pm.

Friday 31 July to Saturday 1 August

"Keep the Fires Burning". Wominjeka Garden. Murnong's Annual sleepout.

Saturday 1 August 9am to 11am

Caring for Country Wominjeka Garden

Saturday 22 August 11am to 2pm

Father's Day Koorie Market

Murnong First Peoples' Gathering Place 100 High Street, Glen Iris adjacent to St Oswalds

Sunday, 19 July 2pm

The Box Hill Tweedie Family

Box Hill Library, 1st Floor, 1040 Whitehorse Road

Catriona Tweedie will tell us about the rich connections of The Box Hill Tweedie Family.

Sunday, 16 August 2pm

Box Hill Historical Society AGM

Box Hill Library, 1st Floor, 1040 Whitehorse Road

The BHHS will hold its AGM, and launch its 2026/27 social history of the Box Hill Town Hall project.

Tuesday 18 August 11am – 12pm

Vietnam Veterans' Commemoration Service 2026

Box Hill Gardens, Nelson Road Box Hill

The Box Hill RSL invites you to attend the VIETNAM VETERANS' COMMEMORATION SERVICE, to be held at the World War One Memorial in Box Hill Gardens, Nelson Road, Box Hill. The ceremony will commence promptly at 11.00am as we gather in quiet reflection to commemorate and honour the service and sacrifice of our fallen comrades. Free, Members of the public are warmly invited to attend the service in the gardens.

Herald 8 May 1945



[Return to Contents](#)



Community Notices

From the March issue of Eastsider News, we have introduced a new section: **Community Listings**. This is a free listing for local clubs and organisations to advertise their programs and meeting times. Because of space limitations in the PDF, we will provide up to six lines, plus a small logo, with a link to a longer description/article on our website, if required.



Love Our Street (Beach Patrol) is a volunteer organisation and we aim to bring people together as a community to look after our environment, to keep our streets beautifully clean and stop litter reaching Gardiners Creek and yOUR oceans. We host monthly clean-ups at litter hotspots across various postcodes.

Contact Moira Tobin at email: 3147@loveourstreet.co.au

ACF Community Eastern Rosellas

Independently organised ACF group



We are a group of passionate people, living in Eastern Melbourne in and around the electorates of Chisholm and Menzies, who are standing up for action on climate and nature. Our group is part of the Australian Conservation Foundation Community Group Network. Email acf.eastern.rosellas@gmail.com



Ashgrove Calisthenics Club is a community club offering classes from Tinies (3 years) to Masters. Calisthenics is a uniquely Australian sport blending dance, ballet and gymnastics. We welcome all abilities, building confidence, teamwork and strong technique – backed by over 60 years of history. Ashburton Uniting Church, 3 Ashburn Grove, & Glen Iris Community Centre, 200 Glen Iris Road.

Email ashgrovecalisthenics@gmail.com Web: <https://www.ashgrovecc.org.au/>



KOORYONGKOOT ALLIANCE

Back2Nettleton Friends Group Be part of a friendly group of volunteers that work to improve the native habitat and biodiversity of Nettleton Park with the help of council. We are a member of the KooyongKoot Alliance (KKA). Join us every Thursday and the 2nd Sunday of the month from 9 to 10.30am. Email back2nettletonfriends@gmail.com



Balwyn Rotary has since 1972 brought people together to create positive change. Known for the Camberwell Sunday Market, Boroondara Council Community Strengthening Grants and Biodiverse Nature Strip transformations, the club supports community projects locally, nationally and internationally with energy and heart.

Email info@balwynrotary.org.au



Blackburn and District Tree Preservation Society (BDTPS), first formed in 1959, continues to encourage the preservation of the local natural environment, protect areas of remnant bush, and stop the loss of the decreasing tree canopy within the City of Whitehorse. Meets bimonthly on the 4th Wednesday of the month at Blackburn Lake Sanctuary Visitor Centre, Central Rd Blackburn. Feb, April, June, Aug, Oct 3rd AGM (see website). Web: <https://bdtps.wordpress.com> or contact the secretary at bdtps@gmail.com

[Return to Contents](#)



Blackburn South Probud If you'd like to enjoy retirement with friendly people, good conversation, plenty of laughs, and a wide choice of activities, our Club could be just what you are looking for. The club meets at 10.00 am on the first Wednesday of each month from February to November at the City of Whitehorse Horticultural Centre, 82 Jolimont Road, Forest Hill. Web: probudblackburnsouth.org.au or call 0408 801 624.



Boroondara Hard Rubbish Rehome

Grassroots Action, Sustainable Solutions, Community Connections.

BHRR helps keep pre-loved items in use and out of landfill while building meaningful, local community connections. Find us on Facebook or email boroondarahardrubbishrehome@gmail.com



Box Hill Ballet Association Inc. is a Not-for profit organisation established in 1951. We offer Classical ballet (Cecchetti), Jazz, Tap, Folk, Wu Tao. Students 3yo–adult. Adult beginners. Grow Confidence. Build Friendships. Feel the Joy of Movement. w. <https://www.boxhillballet.com.au/>



Box Hill Community Gardens is allotment-based. The gardens were established around 30 years ago on council land. There are 34 plots, three of which are standing plots. Most people grow vegetables for their own use. As at January 2026, there was a waiting list of 1-2 years. To discuss any aspect of the garden, contact Dennis Fitzgerald by email boxhillcg@gmail.com or phone 0438 527017.



Box Hill Historical Society was formed in 1963. We hold mainly paper-based records such as photographs, manuscripts, books, ephemera and loose newspaper cuttings, with some small artefacts. We focus on the suburbs of Box Hill, Box Hill Nth & Sth, Mont Albert, Mont Albert Nth, Burwood and part of Surrey Hills. We meet 2pm on the 3rd Sunday in the month, in the Bert Lewis Meeting Room of Box Hill Library, 1040 Whitehorse Rd. Ph. 0480 651 323. e: boxhillhistory@gmail.com



Box Hill Scottish celebrates its 70th Anniversary in 2026. We meet Tuesday evenings in Surrey, Hills lead by teacher Matthew and we love to welcome new dancers. All you need is soft shoes and a reasonable level of fitness. No partner required, we dance in sets. Scottish Country Dance is for normal people, not athletes! Please call Secretary Susie on 0425 883 218 or boxhillscottish@gmail.com Website boxhillscottish.com



Bungalook Nursery has an abundance of indigenous plants thanks to our volunteers who have been busily propagating trees, shrubs and ground covers, and a range of wetland plants. We are open on Wednesdays and Fridays from 9am until 1pm and on the last Saturday of every month (except December) from 10am until 12.30pm. For more details email: wcipp@yahoo.com.au web: <https://www.wcipp.org.au> or phone 0473 122 534.

[Return to Contents](#)



Friends of Blackburn Lake Sanctuary. We hold regular working bees, the Visitor Centre is open Sundays 2-4pm. Melb. Water Watch monitoring, guided walks – wildflowers, night walks & bird walks, assist with Whitehorse Environmental Education program. Visit our analemmatic sundial, yarning circle, playground; wander through bushland spotting birds & wildflowers in season. Volunteers always welcome. Contact blackylakesanctuary@gmail.com for more details or see the website for the latest activities <https://blackburnlakesanctuary.org>



Friends of Belmont Park meet on the 2nd & 4th Saturday of the month at 11am to protect and restore this unique park of pre-settlement trees – right in the heart of suburban Balwyn! The group focuses on increasing mid-storey planting, which

- Boosts biodiversity
- Provides habitat for birds and small wildlife
- Strengthens the natural ecosystem
- Supports long-term resilience of the park.

Email friendsofbelmontparkvictoria@gmail.com



Friends of Markham Forest Be part of a friendly group of volunteers that work to improve the native habitat and bio diversity of Markham Reserve with the help of council. A member of the KooyongKoot Alliance (KKA). Join us every 1st Sunday of the month from 9.30 to 11.30am. For updates join WhatsApp 'Friends of Markham Forest'. Email fomf3147@gmail.com



Nestled along Back Creek, South Surrey Park is a cherished green corridor between Riversdale and Union Roads. The **Friends of South Surrey Park** volunteer their time to plant indigenous species, remove weeds, and keep the area clean – creating a flourishing bushland haven for both people and wildlife. Join us in caring for this special place at one of our regular working bees on a Tuesday or the last Sunday of the month 10 am to 12 noon. Email southsurreypark@gmail.com



Founded in 1958, **Kew Historical Society** is one of the oldest continuing historical societies in Melbourne. It works to stimulate interest in our history and heritage, publishing information and resources to inform people about Kew's history, as well as organising events relevant to our heritage. We meet 7.30pm on the 2nd Wednesday in the month (June, July August) and 8pm in the other months, in the Just Theatre, Kew Court House 188 High Street Kew e: info@kewhistoricalsociety.org.au web: <https://kewhistoricalsociety.org.au/khs/> Facebook: <https://www.facebook.com/kewhistoricalsociety>



The **Kew Philharmonic Chamber Choir** is an early music community (auditioned) choir which rehearses at 7.45 pm on Monday nights at the Holy Trinity Anglican Church Kew under the direction of Stephen Kerr. We present our concerts both at HTK and at the Hawthorn Arts Centre. New singers welcome. <https://kewphilharmonicchoir.weebly.com/>



Menzies for Climate is committed to working for a safer future. We care about our community, and one of our goals is to bring people together to work towards positive action on climate, renewable energy and our natural environment. Activities include Community Cafe events, speaker nights, market stalls, visits to Local, State, Federal politicians, and support for other local groups' work. Email menziesforclimate@gmail.com

[Return to Contents](#)



Mitcham Tennis Club is a community tennis club with 5 courts at the corner of Whitehorse and Dunlavin rds, Nunawading. Our friendly club offers social tennis (any age or ability), competition, coaching (juniors to adults). Play as much as you like for a low annual membership fee. Courts also available for general public booking from our website.

Website: <https://play.tennis.com.au/mitchamtennisclub>

Email: secretary.mitchamtc@gmail.com

Facebook: <https://www.facebook.com/mitchamtennisclub>



Mont Albert North Probus Club Inc. Fun and Friendship in Retirement. 'Enriching our Lives' is our focus. We meet at 10am, on the 2nd Tuesday of the month. Regular group activities include walking, book clubs, coffee club, Sunday breakfast, arts and crafts. Highlights in our calendar are social occasions, outings to fascinating places and our annual three-day Getaway. If you're interested to find out more go to <https://manprobus.org.au/> or email montalbertnorthprobus@gmail.com



Murnong First Peoples' Gathering Place invite you to care for country in our Wominjeka Garden. First Saturday of the month – 7 March 9–11am; 4 April 9–11am; 2 May 9–11am; 6 June 9–11am. We welcome new and regular volunteers to care for our Wominjeka Garden followed by a cuppa and a yarn. We recommend you wear comfortable work shoes, protective clothing, sun hat and apply sunscreen. Gardening tools provided. Location: 100 High Street, Glen Iris.



Probus Club of Donvale Hill. Friendship and fun for retirees who enjoy dining, chatting over coffee, walking, going on day trips and excursions, live theatre, etc. Phone Rob: 0417 453 761 or email: thomprwt@bigpond.com



The Rotary Club of Nunawading. Want to make your community a better place; want to make new friends, networks and learn new skills. Varied opportunities for you to volunteer. Contact rotarynunawading@gmail.com



Rotary Box Hill Burwood is a welcoming local club of volunteers bringing people together to create positive change locally and globally. We support youth programs, mental health initiatives, cultural connections, and service projects that strengthen our neighbourhood. New members and visitors always welcome. Meet at the Box Hill RSL, 1st and 3rd Tuesdays of the month at 6:30pm. Email Secretary@boxhillburwoodrotary.org.au



The Rotary Club of Hawthorn meets at Kooyong Lawn Tennis Club from 12.30–2pm on Tuesdays (except second Tuesday of the month). We have a variety of guest speakers and guests are very welcome. Please contact clubservice@hawthornrotary.org.au for more details.

[Return to Contents](#)



U3A Hawthorn provides opportunities for seniors to learn, teach, share and to give mutual support to each other in a friendly and warm environment. Our courses cover a wide range of interest areas, from academic to physical and artistic activities. U3A Hawthorn is open to anyone over 55 who is retired or no longer working full time. Courses are listed at u3ahawthorn.org.au/
w: u3ahawthorn.org.au e: mail@u3ahawthorn.org.au/courses-activities



Probussouthpacific is a small, friendly Probussouthpacific group meeting 2nd Tuesday each month at 10am in the Willis Room, Whitehorse Council. Meetings are short, terrific speakers and include morning tea. w: <https://microsites.probusouthpacific.org/microsites/mitchamnunawading/Welcome>



Speaking Made Easy is a club for women where you will learn the skills to communicate with confidence. We offer a friendly place to practice writing speeches, learn voice production and how to use gestures and descriptive word pictures to enhance your presentation. We meet 12:15–1:45pm in Meeting Room 1, Camberwell Library on the 4th Thursday of the month. Our meeting dates for 2026 are 27 August, 24 September, 22 October, 26 November and Saturday 5 December. Enq.: vic.membership@speakingmadeeasy.com.au Mb Sherrilyn Ballard 0459 186 670.



Surrey Hills & Mont Albert Progress Association is a voluntary group made up of residents concerned about the future amenity and liveability of our local area (defined by the suburbs of Surrey Hills and Mont Albert falling within postcode 3127). We advocate to governments and other decision makers for the proper consideration of the impacts of their policy and project initiatives in our area of interest. Email shmapa3127@gmail.com



Vermont Garden Club was established c1930 by Vermont Scouts to grow vegetables during the great depression. In 95 years we've gained substantial gardening knowledge & experience & love sharing it! We meet monthly (except Jan) on the 2nd Thurs at the City of Whitehorse Horticultural Centre, 82 Jolimont Road, Forest Hill. Annual memb.: \$25 single, \$35 family. All members receive monthly newsletter. Further info: Ph. Louise on 0401 431 239 or email vermontgardenclub@gmail.com



Box Hill/Mitcham VIEW Club One of our undertakings is to support the Smith Family's "Learning for Life" program. We regularly hear from one of "our" 9 students and share in their successes and plans. We meet on the 4th Sunday of the month at Poppies, in Canterbury Rd, Blackburn; also Morning Coffee at Forest Hill Shopping Centre, on the 2nd Monday; or Happy Hour from 5-6pm at The Platform Pantry, Railway Road, Blackburn, on the 3rd Friday. Email at maxval60@gmail.com



The next edition

The next edition of *Eastsider News* will appear in September. The deadline for contributions will be 20 August, 2026.

But don't wait till then. We love hearing from you at all times and we will continue post your articles, newsworthy material, stories and other content on our website. Whenever you are inspired, please send us your contributions, written and visual to eastsidernews1@gmail.com

We encourage you to send us photographs and images that relate to your contribution. Send them as a separate jpg/jpeg file and to get adequate resolution, please try to make them at least 250dpi and preferably larger at 300dpi or more.

Your opportunity to get published

We encourage our readers to also become writers for Eastsider News. Guidelines are available on our website at <https://www.eastsidernews.org.au/guidelines/> When writing your article, please consider our editorial values at www.eastsidernews.org.au/editorial-values/

If you have any queries, email us at eastsidernews1@gmail.com

If you value Eastsider News, please consider volunteering with us

The Eastsider News team is facing the distinct possibility that this is the last edition of our beloved newspaper unless we can attract more members to our team. We desperately need your help and hope you will put up your hand to become involved in the production of *Eastsider News*.

We need volunteers to contribute in many ways. This includes administrative tasks such content receipt and management; editorial duties; advertising manager, website management and maintenance; local news reporting; and people with new ideas on and experience in digital publishing.

We are sad that we have reached this stage. Please respond to our plea for help. All positions are voluntary and unpaid. Get in touch so we can chat about making best use of your skills and time at eastsidernews1@gmail.com

Guidelines for writing articles

Guidelines for writing for Eastsider News are on our website at www.eastsidernews.org.au/ All contributions should be emailed to eastsidernews1@gmail.com We will always acknowledge receipt.

In summary, we prefer articles of no more than 600 words or 250 words for letters to the editor. Submit your article as a word document and images as a jpg. Editors will usually accept material as written, but may make changes to improve clarity, readability, or focus. Please be respectful, non-defamatory and factual in your writing and choice of topic. As a community newspaper, we seek material of local interest or with a broader context if relevant.

Disclaimers

Eastsider News is a means by which people in Whitehorse, Boroondara and adjacent areas including Manningham and Monash can share information, opinions and experiences. A spread of interests and views that reflects the diversity of people in the area is encouraged, but views expressed in Eastsider News by individual writers do not necessarily reflect the views of the Editors, Independent Community News Group Incorporated, or any other organisation.

Copyright © 2026. Copyright rests equally with the named authors and Independent Community News Group Incorporated. All rights are reserved but, consistent with the community spirit of the venture, a Commons approach to reproducing material is taken on the understanding that it is accompanied by an attribution which refers to both *Eastsider News* and the author, and a copy of the reproduction is sent to eastsidernews1@gmail.com

Responsibility for material related to elections is taken by named authors and Independent Community News Group Incorporated. We accept advertising in good faith, but readers need to apply *caveat emptor*.



Quizling Answers

1. apathy/voluntatis defectio, casino/aleatorium, dancing/ludus saltatorius, flirt/amor levis, gateau/placenta farta, shampoo/capitilavium
2. EMBRYO-HOMBRE-MOTHER-OTHERS-FOSTER-FOETUS (Other gestations are possible)

Contact Eastsider News

Eastsider News is the business name for Independent Community News Group Incorporated. The primary contact point for ICNG and Eastsider News is eastsidernews1@gmail.com or PO Box 392, Mont Albert Vic 3127.