



# EastsiderNews

Edition Number 18

**FREE**

News, views and items of interest for residents of Melbourne's east

June 2023



## Protecting our forests protects us all

Dr Jennie Mills

In November 2022, the Victorian Supreme Court ruled that Vic Forests, a State-owned business, had failed to protect endangered species and, as a result, had broken the law.

Native forest logging in Victoria will now cease in December this year, ahead of the previous deadline of 2030. This will be disruptive and difficult for affected communities, although some of their expertise will continue to be needed to help with fire management, and tourism will also expand. Options for retraining and assistance with the transition are being offered by the government.

Activists have been fighting for this change for a long time but it is not only about animal welfare, or endangered species such as the greater glider, Leadbeater's possum, native fish and the tree Geebung (*Persoonia arborea*). We all stand to benefit from protecting our forests.

Victoria's old-growth forests are extremely carbon-dense, an efficient means for storing carbon and reducing the emissions linked with climate change. Our mountain ash forests are estimated to store 10 times more carbon than a tropical forest in Brazil, providing they are left unlogged. They trap sediments and help purify our water supply,

which is renowned for its quality. They capture pollutants and can reduce the level of small particulate matter, a risk factor for heart and lung disease, stroke, lung cancer and diabetes if absorbed into the bloodstream.

A healthy eco-system contains a network of diverse habitats for microbes, animals, insects and birds. Insects play an important role in pollination, providing a critical link in our food chain. In the past about 30% of our medicines have been derived from natural sources and many more may yet to be discovered.

It is estimated that about 70% of new infections in humans, globally, have been transmitted from animal species. As habitats are reduced, with deforestation and land clearing, interaction with humans is increased and the risk of spread of infection heightened. Examples include recent pandemics, such as Ebola, Zika, SARS (including Covid-19) and MERS.

While the potential for forests to improve our mental health may not be obvious, even a little far-fetched, research findings repeatedly back this up. The beauty and the majesty of forests are not merely an inspiration for painters and poets but can help to reduce our stress and anxiety. Forests are more beneficial than open green areas. The Japanese recognise the therapeutic benefit of a gentle, mindful walk in the forest, calling it forest-bathing, or *shinrin-yoku*.

More needs to be done. The Environment Protection and Biodiversity Conservation Act (EPBC) as it stands is inadequate to protect biodiversity and is being overhauled. We need new environmental standards and a national Environmental Protection Agency, as well as more funding for environmental protection, including land and sea management programs that are culturally important for Indigenous groups.

## It's not NIMBYs but developers

Michael Buxton



The Victorian government is set to announce the final deregulation of the planning approvals system. Already few uses and developments are prohibited. Mandatory rules on matters such as building heights are not allowed. Now, approvals will be 'code assessed' and allowed by right, removing the need for permits and resident rights.

Local government will become little more than a post box for developers. This will be the final step in a long process aimed at handing Melbourne and the State over to the powerful property sector.

Government's justification for these changes is worthy of Machiavelli. With Melbourne expected to grow by one million more people in just three years, an alleged lack of new housing supply is being blamed for high dwelling prices. But Councils and NIMBY residents block new housing. So, to solve this problem, planning rules must be removed.

All these claims are demonstrably false. There is no simple linear relationship between land supply, demand and price.

Since the apartment construction boom began around 2005, there has been no lack of dwelling approvals. For years, the numbers of attached dwellings and apartments approved in middle ring and established suburbs have been similar to the number of inner-city high-rise and outer urban growth area detached housing. While apartment numbers rose precipitously from 2005, total dwelling supply has been maintained at about 57,000 dwellings a year.

Despite high approval numbers, developers often 'drip-feed' dwellings out, to keep prices high. In effect, developers increasingly control the type, location, standard and timing of new housing.

Planning rules have nothing to do with high dwelling prices – these are caused by factors such as subsidies being added to housing price, and low interest rates inflating demand. The planning system is already highly

deregulated and councils, VCAT and planning panels approve almost all development applications. The fall in new dwelling numbers since late 2022 has been caused by problems in the development sector such as high materials and labour costs and supply chain problems.

### A new planning system

For years, the government has been working to dismantle what is left of the planning system. In July 2016, it commenced the *Smart Planning Program* to 'reduce red tape' and in 2019 commissioned the Red Tape Commissioner to review the approvals system. The property industry was heavily involved in these processes but residents were excluded.

Last year, the government fell out with the property industry on a secret plan to marginalise councils and residents in return for developers agreeing to a social housing levy. However, the jilted lovers have since made up.

The government already has developed a separate planning approvals system for developers. Legislation has given control of strategic planning and approvals over Suburban Rail Loop (SRL) precincts to the SRL Authority and minister. Disaffected developers can have their proposals referred to a standing committee for priority projects and the minister. The planning minister

constantly interferes with council decision making and has even approved applications VCAT has rejected, making a mockery of the normal planning process.

The government is intervening to ensure that major and even small shopping centres are redeveloped, often as high rise centres, under its new framework plans. A new medium density code exempting notice, third party rights and the need for permits is replacing the medium density code, ResCode. Large numbers of residents have already experienced what all this will mean from the impacts of processes such as level crossing removals, private school developments and public housing reconstruction.

There is no housing supply crisis but there is a crisis in affordable and social housing. The irony of using the alleged need for more housing to reject long established principles of citizen consultation and representation is lost on a government which has refused to provide affordable and social housing. If the government had followed the example of California and up to 500 American cities by mandating affordable housing, then the post 2005 Melbourne apartment boom would have delivered over 40,000 affordable housing units. Instead, the government allowed developers to pocket unprecedented profits with no public benefit.

Autocratic government intent on dismantling the last vestiges of a collaborative planning system is the willing ally of ideologues and vested interests determined to obliterate the remains of Marvellous Melbourne. Ultimately, though, democracy may still offer a last recourse to residents.

**Michael Buxton is Emeritus Professor Environment and Planning, RMIT University.**

### In This Edition...

As always, our contributors have sent us a diverse array of material and tackle several important topics of local and more general concern. Every page has something of substance. Articles on proposed changes to planning regulation, and issues with projects such as the NE Link point to a decline in accountability and transparency in our democracy

when we neglect effective community consultation. Our contributors report on measures and local initiatives to protect the environment, changes to local government services, and the wonderful work of community support organisations such as the Kooyong Refugee Support, Koonung Cottage and many others. Keep reading, also to experience the delight provided by our regular contributors – Mike Daly's article on Tina Turner is a humdinger.



## From the Editors

### The EPBC Act and coal mine approvals

On Thursday 11 May 2023, the federal environment minister, Tanya Plibersek announced she had approved the Isaac River coalmine in the Bowen Basin, Queensland. The mine is expected to produce about 500,000 tonnes of metallurgical coal a year for five years.

Metallurgical coal (or coking coal) has been an essential part of the steel-making process since around 1200 BCE. It is used as a reducing agent, an energy source, and to provide carbon in the final product. In recent times, alternatives are becoming available.

At the time of the Isaac River announcement, a spokesperson for Plibersek said 'The Albanese government has to make decisions in accordance with the facts and the national environment law – that's what happens on every project, and that's what's happened here. ... The government will continue to consider each project on a case-by-case basis, under the law.'

It is encouraging to see we have a government that abides by the principle of 'rule of law'. It is distressing, however, to realise that the centrepiece of Australia's

environmental law, the Environment Protection and Biodiversity Conservation Act (EPBC Act), remains so unfit for purpose that it cannot prevent the development of projects that will contribute to our already excessive level of carbon emissions.

This legal deficit continues despite the scathing review of the EPBC Act by Graeme Samuels in 2020. In his report, Professor Samuels stated that 'The EPBC Act does not enable the Commonwealth to effectively protect and conserve nationally important environment and heritage matters. It is not fit for current or future environmental challenges.'

The Samuel review attracted over 30,000 submissions and made 38 recommendations. The Morrison Government's attempt in October 2020 to pre-empt the review outcomes by proposing a transfer of environmental approval powers to the states was unsuccessful. Minister Plibersek's review response, entitled *Nature Positive Plan: better for the environment, better for business*, was released in December 2022.

Much of the Minister's response is yet to be enacted and her department is working on legislation to implement changes. Her commitment to establish an Environment Protection Agency is welcome. The EPA will be an independent statutory authority with its own budget and the powers to decide whether or not developments

proceed and to enforce laws designed to protect and restore nature. Minister Plibersek has confirmed the government would also introduce new national environmental standards against which conservation protection and major development applications will be measured.

The Environment Defenders Office (EDO) sees the Government's response as a 'good starting point containing some long overdue reforms and positive steps forward.' The ACF, the EDO and others are concerned, however that there are critical gaps in the proposed reforms. The most significant include the lack of an assessment trigger for major climate-polluting projects, the inability of communities to challenge approvals of large projects in the courts, and the delayed timing of the legislation until late 2023.

The EDO comments that, 'The devil will be in the detail ... and there is a lot more work to be done before we can be assured that these laws will adequately protect nature.' To ensure that projects such as the Isaac River coalmine are fully assessed for their impact on the environment, we need legislation that is fit for purpose. The most significant threat to our environment is climate change. A proper response to this threat will include '... full mandatory climate impact assessment of projects, as well as comprehensive threat abatement and adaptation planning.'

## Tina

### a performer who was simply the best

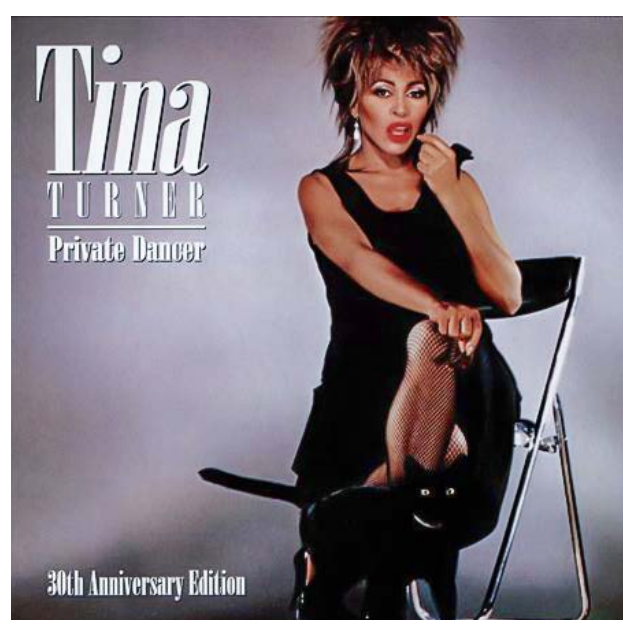
Mike Daly

Tina Turner's recent death, aged 83, reminded me of the many memorable concerts I've been fortunate enough to see during my writing career. They include Bruce Springsteen, Bob Dylan, Neil Young, The Rolling Stones, Pink Floyd, Jeff Beck, Ray Charles, Queen, the three blues 'Kings' (BB, Albert and Freddie), as well as the Modern Jazz Quartet, Weather Report and Miles Davis.

However, the one that I recall most fondly was Tina's 1984 show at Melbourne's Hilton Hotel (since rebranded as the Pullman Melbourne on the Park).

Her career had been at a low point in the wake of her split with abusive husband Ike Turner, but the 1985 breakout solo album 'Private Dancer' (Dire Straits' Mark Knopfler wrote the title song) was to propel her back to stardom. Ahead lay packed-out concert halls and stadiums worldwide, followed by her starring role in George Miller's *Mad Max Beyond Thunderdome* movie and its hit song 'We Don't Need Another Hero.'

Meanwhile, her new Aussie manager, Roger Davies, had already booked Turner for more intimate venues, including the Hilton Hotel gig. I was lucky enough to score tickets and experienced a 'killer' show, as Tina strutted her stuff and belted out hit after hit, from 'River Deep, Mountain High' to CCR's 'Proud Mary',



accompanied by a band led by muscular sax/keyboard player Tim Cappella.

I met Tina after the show and was surprised to encounter a surprisingly different persona off-stage. Gone was the dynamic performer, instead I encountered a small, gently spoken woman. Later Tina would go on to help re-brand the Australian Rugby League image with her 'Simply the Best' promotion, flanked by young, muscled players and, of course, no Aussie wedding is now complete without the obligatory 'Nutmash City Limits' dance!

Now, with her life and songs being celebrated fittingly in a stage musical, we can say farewell, Tina – you were, indeed, simply the best.

### Can you help?

*Eastsider News* is looking for a volunteer to be our Advertising Manager. Your main task will be to contact local businesses and organisations who may be interested in advertising with us. You will be a valued member of our team as we rely on advertising revenue to cover our costs and maintain our longevity.

Key requirements include an interest in meeting and working with a diverse array of people, time to make connections with potential advertisers, and an understanding of the important part local business plays within a community.

You will be included in our editorial team who meet about once a month.

Email us at [eastsidernews1@gmail.com](mailto:eastsidernews1@gmail.com) and we will be happy to discuss the job and answer any questions.

### 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 [here](#).

### Credits and contacts

The informal group who initiated the idea which has evolved into Independent Community News Group Incorporated and *Eastsider News* were Bill Chandler, Michael Hassett, Allan Havelock, Joy Mettam, Anne Young, and John Malvestuto. From this small beginning, a network of community minded people including Mike Daly, Sal Dugan, Glenys Grant, Chris Gray and Callum McNaught have become involved in its ongoing development.

Compilers and editors for this edition are Anne Young, Mike Daly, Glenys Grant, Sal Dugan, Chris Gray and Joy Mettam.

The primary contact point for Independent Community News Group Incorporated and *Eastsider News* is [eastsidernews1@gmail.com](mailto:eastsidernews1@gmail.com)



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## Boroondara Council to review its Christian Prayer Ritual

Penny Trebilcock

Boroondara Council has now opened consultation on its proposal to amend its Governance Rules to remove reference to the Council prayer and to undertake community consultation to enable a final decision to be made. Consultations close on 20 June.

Since the City of Boroondara was formed in 1996 (following the amalgamation of Kew, Hawthorn and Camberwell), every Council meeting has commenced with a Christian prayer. On 27 February this year, the ritual was temporarily halted.

Boroondara residents have been calling on Council to stop opening each Council meeting with a Christian prayer, so that Council meetings can be inclusive and reflect the diversity and values of our community. In 2021, Council received over 100 submissions along with a petition with over 1000 signatories calling for the practice to be removed or replaced with something more inclusive. These requests fell on deaf ears at the time, with Council voting nine votes to two to continue the practice of praying at Council meetings. Councillors who voted against the practice were Victor Franco and Susan Biggar.

The Council decision of 27 February to review its practices and undertake further public consultation was taken in a confidential session closed to the public in response to a letter of demand issued on behalf of Cr Franco. The letter set out the illegality of the practice and threatened court action if the prayer is not removed from the Governance Rules and the prayer ritual stopped. The prayer was said to be unlawful for two reasons. First, the rule requiring it goes beyond the powers given to the Council by the Local Government Act and, secondly, because it is incompatible with the Victorian Charter of Human Rights and Responsibilities.

Cr Franco welcomed the decision by Boroondara to undertake a review. He said 'This practice made everyone present at Council meetings, including staff, management and members of the community, feel obliged to participate. It says to non-believers (like me) and to those who belong to non-Christian faiths that we are not equal, that our beliefs are less important. And importantly it

means we can only participate in the entirety of Council meetings, at the price of having to participate in someone else's religious rituals.'

According to the 2021 census, the combined number of Boroondara residents who are not religious or who have other religious faiths, now significantly outnumber those who identify as Christian. Over 47% of the Boroondara population now identify as not religious, up from a total of 37% at the 2016 census. This is significantly higher than the national average of 38% of residents who currently identify as having 'no religion'.

About half Victorian Councils open meetings with a prayer. In 2021, a survey by Citizens for a Secular Boroondara found that 39 opened with a Christian prayer, 38 with no prayer, and 2 with an interfaith prayer.

This matter will be the subject of an open letter that 35 Victorian councillors, including Cr Victor Franco and Cr Susan Biggar from Boroondara, and Cr Tomas Lightbody from Manningham intend to send to the Premier, Minister for Local Government, Minister for Multicultural Affairs, Victorian Equal Opportunity and Human Rights Commissioner, and other interested bodies. The letter calls for guidance to be issued about the appropriateness of council prayers. It points out that some councillors 'object to being compelled to participate in a religious ritual as part of their role, [and] that others think it is unfair and inconsistent with multiculturalism to favour one religion over others and that others think government bodies should be neutral in matters of religion.'

Consultation closes on 20 June. You can do a survey on-line [here](#). You can also make a submission to [boroondara@boroondara.vic.gov.au](mailto:boroondara@boroondara.vic.gov.au). Of course, you can also contact your Councillor with your views. Their contact details are [here](#).

Penny Trebilcock is a committee member of Citizens for a Secular Boroondara and supports the movement among Victorian Councillors to question the role of prayer in Council meetings. For more information, send an email to Citizens for a Secular Boroondara at [citizens4secularboroondara@gmail.com](mailto:citizens4secularboroondara@gmail.com).

## Tenant Unions a Solution to Victoria's Rental Crisis?

Callum McNaught

Renting in Melbourne has become unobtainable for many people in the city; even the cheaper pockets of the city are now a struggle as potential renters flood demand for available homes.

In the treelined streets of Melbourne's eastern suburbs, it would not be unusual to see hundreds lining up for draughty cottages with mould-ridden closets as students try to move closer to universities, families try to move closer to the schools of their choice and workers trying to keep their weekday commutes to stay within an hour.

According to the last Census, 29.5% of Victorians found themselves renting. While most Victorians own their own property, there are still close to 670,000 Victorians who are uncertain of whether there will be a roof over their head come 2024.

It must be said the Victorian Government has made some attempt to assist those who struggle with the rental system. In 2021, 130 changes were made to Victoria's rental laws to expand the rights of tenants. A ban on rent bidding was passed, minimal standards such as heating

were set, and privacy rights were expanded. The bond you paid is now based on the rental rates for the property and renters can make modifications to their homes with notice to the landlord, among other associated changes.

In comparison to other States, Victoria is a clear winner when it comes to tenant freedoms, but that does not excuse the current situation. Unfortunately, since renting was left in State control, people in other states looking to rent are constantly at odds with dysfunctional real estate agreements and constant raising of rates. At a federal level there is only so much that a government can do to assist.

Despite Australia's unattainable housing market and rental squeeze, there are countries in similar situations who do renting better. Take Germany for instance. Much like with Victoria's rental laws, you pay a deposit and you also have 12 months before rent can be raised. Germany however, has one thing renters here in Australia are not privy to: unionisation.

In Germany, if your landlord treats you unfairly you are encouraged to join a *Mieterschutzverein* (tenants' protection association) which aims to protect your rights as a tenant. In Victoria, the closest equivalent body is Tenants Victoria, but they are limited in their assistance to renters. For a small membership fee, a tenants' protection association in Germany can correspond with landlords on your behalf, provide protection insurance that covers legal costs for tenants and even provide personalised legal advice for tenants.

My question is why does Australia not possess a similar body? Why must unions be confined to job sites and offices? We do have The Victorian Public Tenants Association, but that is limited to those on waitlists for public housing and the most vulnerable Victorians.

The truth is Victoria's rental crisis needs intervention from a national level, as do other States with even weaker laws for tenants. The hinging of the economy on homeowners has meant a lagging behind in rights for a large chunk of the population who, usually by no fault of their own, cannot obtain a mortgage for a house.

We have been told this again and again in national housing strategies: government intervention works and is sorely needed. In 1945, Australia was suffering from a post-WW2 housing shortage, and within 10 years the Commonwealth government built 670,000 homes. Today's housing market is a far cry from 1945, but nonetheless, real long-term action needs to be taken to improve the situation.

Victoria's recent legislation is welcome, but it lacks vision. Tenants are rarely concerned about hanging pictures and differing wallpapers; they simply want a home to live in with the basic comforts of any other house. Now is the time for tenants to consider unionising and creating grassroots action, to make their voices heard while the government continues to drag its heels in response to the worsening rental crisis.

### Ask Izzy helps you find support, now and nearby

Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support, counselling and much more.

It is free and anonymous, with thousands of services listed across Australia. And if you're on the Telstra or Vodafone mobile networks, you can access Ask Izzy on your phone even if you don't have credit or access to Wi-Fi. With Ask Izzy, you can find thousands of support services across Australia right at your fingertips. Visit [Ask Izzy](#) to start your search.



### Quizing Questions

1. Hannah is one of few six-letter names that read the same either way. What's the only common six-letter word with this property? (As a clue, think of one sunbather versus another).
2. Written vertically in capitals, TOMATO appears unchanged as a reflection. What famous American Indian of eight letters can perform the same trick?



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*. You will find the answers on page 16 of this edition.



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# My favourite walks

– Maximillian von Schnauzer

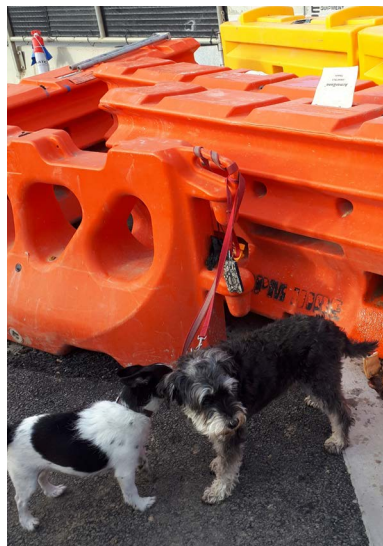


Hi my furry friends,

I hope you're all well and managing to stay warm. I'm back into my winter jacket for walks. It's nice and warm but I don't like wearing it. It's made from an old school blazer and people point at me and make jokes about how smart I must be. Where's the joke in that, I ask?

I have a friend, Wes, here for a sleepover. Have you ever done the same? Its great fun. We run and run – inside and out. He's keen on chasing a ball – not my thing, so we stick to chasing each other. I always win because he hasn't figured out the dog flap, yet! Because we're both boys, piddling is a trifle competitive. I piddle, then he has to go on top, then I have to assume the ascendancy, and on it goes, which can take quite a time.

Mum has hurt one of her paws recently, so Dad has been taking me on most of my walks. And it's the same walk. EVERY DAY. We live near the Mont Albert/ Surrey Hills Level Crossing Removal Project. And Dad is obsessed. Instead of his fixation with the information boards in parks he is now on first name terms with most of the traffic control people. My favourite is Bruce – he has dog treats.



As for the essential coffee, the two-leggeds are spoilt for choice with cafes at both ends of the project – Union Rd, Surrey Hills and Hamilton Street, Mont Albert. Of course, it can be slow going, waiting in line behind all those 'orange jackets'.

But the conversation goes on and on. How much can have happened since the same time the day before, I ask? And then he has to take numerous photos to show Mum. But, if you haven't been around the project, it's a very interesting walk – once. And do make sure you find Bruce.



As ever, please say hello if you see me around. I'm black and silver with a red collar.



## Paw Notes:

For information and progress reports on the Level crossing removal at Surrey Hills, go [here](#).



## Whitehorse Meals on wheels more than just a meal

### Newcastle Meals on Wheels

Meals on Wheels services in Whitehorse are here to stay! When the local main providers decided not to renew its contract, the Commonwealth Department of Health and Aged Care needed to find a new provider for meal delivery.

The new provider is now confirmed as Newcastle Meals on Wheels, one of the largest services in Australia, and an active leader of the Meals on Wheels network. It is well positioned financially and operationally to manage operations in Whitehorse, guaranteeing this essential service continues to deliver healthy meals in the Whitehorse community beyond 30 June 2023.

The new Whitehorse Meals on Wheels service will begin delivering healthy meals to older Australians in Whitehorse from our base at the Nunawading Community Hub from Monday 3 July.

**We are taking the best of what they do up in Newcastle and applying it locally, with local people. And we need your help.**



We're on a mission to deliver 85,000 healthy meals each year to our community, but we can't achieve this goal without more volunteers.

Meals on Wheels is about more than just food. It's about building social connections with our neighbours, who may be unable to leave their homes due to age, disability,

or illness. Our dedicated volunteers are the heartbeat of everything that we do, delivering not only meals but also companionship and care.

We need more compassionate individuals to join our Whitehorse Meals on Wheels team and make a real difference in the local community. By volunteering just a few hours of your time each week, you can have a positive impact on someone's life.

**If you want to help others and have a few hours to spare, we invite you to become a Whitehorse Meals on Wheels volunteer. Contact Rebecca at 0421 230 129 or 1800 718 326, or send an email to [enquiry@mowfuturefit.com.au](mailto:enquiry@mowfuturefit.com.au) expressing your interest.**

If you can't volunteer but still want to show your support, please spread the word about our program. Share this message with friends, family, and neighbours who might be interested in joining our team. Together, we can make a real difference and create a stronger, more caring community.

To celebrate the new Whitehorse Meals on Wheels service, we are inviting the local community to join us for our 'Soup-er Launch' event from 11am to 2pm on Saturday, 1 July, at the Nunawading Community Hub. Join us for delicious soup, friendly conversation, and a whole lot of community spirit at no cost. Bring your friends, family, and neighbours for a memorable time.



## Writeability

### A program of facilitated workshops

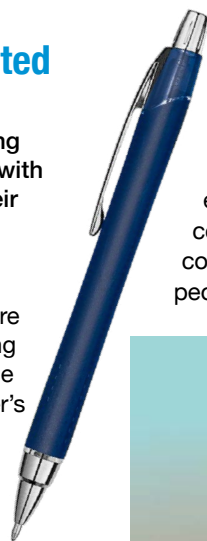
An eight-month creative writing program where young adults with disability are invited to tell their stories

Katie Norton

Local young adults aged 18 to 25 with disability are invited to attend a free eight-month creative writing program at Whitehorse Manningham Libraries. The library service is working in partnership with Writer's Victoria to deliver the award-winning Writeability Goes Local program. The program includes facilitated workshops held monthly from June 2023 to February 2024 at Doncaster Library.

Writeability Goes Local aims to reduce the disadvantages that disabled writers can face due to social isolation, the cost of professional development and the assumption that people with disability need other people to tell their stories.


Guided by local mentor Jenny Hedley, participants will have a safe space to explore writing about whatever they choose. Participants will be encouraged to improve their writing skills through guided exercises and have the chance to workshop their writing if they choose. The group will be joined by award-winning writer Beau Windon at one of the monthly sessions who will present as a guest author.



The Writers Group is open to writers with all levels of experience who self-identify as a person with disability. This includes (but isn't limited to) people with sensory or physical issues, hidden issues, ongoing medical conditions, learning difficulties or mental health conditions. In other words, anyone who has experienced barriers as a result of their particular condition (such as the lack of physical access, communication barriers, discrimination or other people's attitudes).

Writeability Goes Local: Whitehorse/Manningham is a collaboration between Writers Victoria, Whitehorse/ Manningham Libraries and Manningham Council with funding support from VicHealth Jumpstart! For more information and to register visit the Writers Victoria website [here](#). You can join at anytime after the starting date.

Katie Norton is Manager Collections & Information Services, Whitehorse/Manningham Libraries at 379 Whitehorse Road Nunawading. You can contact her by email at: [Katie.Norton@wml.vic.gov.au](mailto:Katie.Norton@wml.vic.gov.au). The website for the Whitehorse/Manningham libraries is [here](#).




# PAUL HAMER MP

STATE MEMBER FOR BOX HILL

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# The Nature Repair Market Bill

## Just a greenwashing opportunity?

Elaine Hopper, ACF Chisholm

The Federal Government is proposing a Nature Repair Market bill intended to protect the fauna and flora of Australia. We are all aware of the fragile state of nature, and the record of threats to species and actual extinctions.

Under this proposed scheme, landholders can get paid to enhance the biodiversity on their land by applying for 'biodiversity certificates' for nature restoration projects. They can then sell those certificates to companies, philanthropists, or governments.



What do we have to fear? One alarm bell set ringing already is that this bill is a reminder of the first iteration of the government's Safeguard Mechanisms.

Those mechanisms would have allowed the Big 215 polluting companies to continue their own polluting processes as usual, and simply buy carbon offsets such as tree-planting to pass compliance tests. An outcry produced more robust regulations.

Tanya Plibersek, Environment Minister, who introduced the Nature Repair Market bill in March 2023, said, 'It will make it easier for businesses, philanthropists and other Australians to invest in these activities that repair and protect nature.' But the bill, as so far proposed, would also allow developers and miners to buy certificates through the market as 'compensation' for nature they destroy elsewhere.

Another alarm bell is that we have no successful models for a nature repair market in Australia. It is a complicated proposition with a need for detailed planning, costly assessment, and robust resistance to rorts. The examples of robust controls and measurement in nature repair schemes in Victoria and NSW are not encouraging.

The Victorian Auditor-General in May 2022 stated that the Victorian scheme 'is not achieving no net biodiversity loss from native vegetation clearing on private land ... The policy objective is quantitative (no net loss) and requires a quantitative performance indicator. Native vegetation reports by Department of Environment, Water, Land and Planning [now known as Department of Energy, Environment and Climate Action] do not include reporting on this outcome.'

The New South Wales scheme, which was established in 2017, was audited in 2022 with the Auditor finding numerous deficiencies in areas such as planning, and the measurement of effects. 'There are no biodiversity-specific outcome measures for the Scheme, such as measures of its expected contribution to maintaining biodiversity at a State and regional level. The Department of Planning and Environment has not made a clear statement on what success for the Scheme would look like in the context of environmental and economic policy priorities, and the progress of major projects.'



The World Economic Forum says that for any scheme to work it must have integrity and strong governance and the support of all stakeholders.

The Australian Conservation Foundation is urging Labor to rule out allowing offsets under the Nature Repair Market, and to focus on the real priorities. Nature urgently needs the government to act on strong new laws with real environmental standards, an independent regulator to enforce the law, and a commitment to ramping up public funding for nature.

After many years of inaction that has allowed the continual decline of nature, the Albanese Government has committed to reform our national nature protection law, the Environment Protection and Biodiversity Conservation Act (EPBC Act). Environment Minister Tanya Plibersek has responded to the recommendations of the independent, 10-year review of the EPBC Act, and accepted the need for 'fundamental reform' of these laws.

This is a big and complex task that is underway right now. Getting strong new national nature laws done is a higher priority than creating a market for biodiversity certificates, and logically should come first as they will set the framework for voluntary actions over and above our foundational nature protection laws.

*Photos by Liz Reen*

# North East Link noise threatens human health

Barry Watson

The North East Link (NEL) will be a freeway-standard road linking the Metropolitan Ring Road (M80) in Greensborough to the Eastern Freeway at Bulleen Road. It will also include a significant expansion of the Eastern Freeway. At this stage, the NEL Project (NELP) remains a reference design or technical blueprint that will be subject to further design refinement wherever considered necessary.

The Project continues to be controversial and has attracted criticism from community and business interests, local government and transport planning experts. Opposition covers its environmental, social, commercial and economic impacts and the unsubstantiated claims of the benefits it will deliver.

One question concerning many residents is how the level of day and night time road traffic noise will be controlled and moderated. Already, many homes and buildings along the Eastern Freeway have had to install double glazed windows to reduce existing noise levels.

**Noise is a health hazard**

Noise can be annoying or disturbing. Over time, continuous loud noise can impact health and wellbeing, especially when sleep is disrupted. The World Health Organisation has reported that night noise above 55 decibels is likely to cause adverse health effects, including cardiovascular disease. According to Victoria's Environment Protection Agency ongoing noise can also cause headaches, increased blood pressure, fatigue, irritability, poorer reading comprehension and attention in children, and hearing damage if the noise is loud.

**Proposed noise level limitations**

The Government has adopted a set of objectives for maximum day and night time noise levels they consider to be both achievable and sufficient to protect human health. The objective for daytime noise on all parts of the project is no more than 63 decibels. The initial objective for night-time noise of 55 decibels was subsequently increased to 58 decibels. Authorities claim these noise objectives are based on comprehensive information collection and modelling that mapped existing noise and future conditions.

**Are these noise level objectives achievable and sufficient?**

Critics have cast doubts on the process by which these objectives were identified and their adequacy to protect human health.



Information on the noise near overpasses and ramps and other known high noise locations was not collected. Nor was information on aggravating factors such as downwind noise and increased noise at the upper level of building structures measured. Data from the NELP Environment Effects Statement (EES) which identified that 155 properties at different parts of the project would experience noise exceeding 63 decibels, appears not to have been acknowledged.

Scoping Requirements for the EES, particularly for night-time noise, referred to the 2009 World Health Organisation (WHO) document, which recommends 40 decibels for night-time at the upper level of a building. This appears not to have influenced the collection of information. Nor, apparently, has the NSW Policy, which

sets noise levels for night-time at 50 decibels for new roads and 55 decibels for existing roads, both at the upper level of a building.

**Are these objectives fit for the long term?**

Authorities should be aware that associated road traffic noise may increase over time. The matter was discussed in 2019 at the North East Link Project Inquiry and Advisory Committee (IAC) meetings.

One IAC meeting report questioned whether '... the quoted diurnal difference which has been estimated from actual measurements to date will hold true in the long term, especially as the Project is espoused to be a major freight route.' The report pointed to the likelihood that freight trucks '... could potentially be drawn to the Project during non-peak times during the night. If traffic volumes during night-time periods are substantially different from existing traffic levels, then the anticipated decrease in night-time noise levels may not occur.'

The claim that most properties would be protected by upgrading existing noise walls, building new high-quality noise walls and applying other approaches such as low-noise road surfaces should also be challenged.

Open grade low noise asphalt already exists on the Eastern Freeway and will not contribute to any further improvements. Current advice is that vertical concrete wall systems, that do little to absorb noise, will continue to be used in preference to best practice solutions such as Swiss acoustic noise walls.



ADVERTISEMENT

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## Letter to the Editors

The Editors of *Eastsider News* welcome letters from our readers and supporters. We want to provide you with a platform where you can express your concerns and share your insights on the things that matter in our communities. All we ask is that you keep them polite, well written, short at no more than 250 words and factually based. We will not publish anything that is intended to promote misinformation or falsehoods.

Please note, while we welcome a spread of topics, views and opinions, the specific responses expressed by individual writers do not necessarily reflect the views of the Editors, Independent Community News Group Incorporated, or any other organisation.

Dear Editor

### Spare us the North East Link: a petition

I invite your readers to consider and sign a petition I have set up on change.org. The petition is entitled *Demand Andrews' Government and Federal Ministers support public review of North East Link* and is addressed to the Federal Minister for the Environment Tanya Plibersek, the Federal Minister for Infrastructure Catherine King, and the Victorian State Government.

It calls on the Victorian Government to establish urgently a public review of the North East Link and to develop alternatives for the corridor, consistent with environmental sustainability and economic prosperity. It also asks the Government to implement the provisions of the Transport Integration Act 2010 (TIA), which came into effect in July 2010 'to create a new framework for the provision of an integrated and sustainable transport system in Victoria.'

The petition argues that the proposed North East Link would collapse if the clear lack of public transport along much of the corridor were corrected. Many have called for Doncaster Rail for decades. Now is the time to call out

the wrong priorities. If not now, when? It is time to call out unsustainable transport builds. It is time to save 26,000 mature trees, wetlands and habitat for native fauna and flora, due to be bulldozed under Victoria's big build.

Your readers can add their name to the open letter/petition at <https://chng.it/VvLT8VXS> and connect to our facebook group at <https://www.facebook.com/groups/spareusthenelink>

Cynthia Pilli – Doncaster East  
Dear Editor

### Carbon capture is not the answer

Rather than chart a new course for their businesses, gas industry players such as Woodside and Santos, with help from APPEA, are focussed on applying an expensive band-aid to their emissions problem. Their push for carbon capture zones was recently reported in the public media.

A more clear-sighted view would suggest that they should, instead of protecting a business model that is flawed in the carbon-constrained future sense, be starting a structural diversification into green energy initiatives. Presumably best done initially by acquisition, the branching to green ammonia, green hydrogen, solar and wind farms and possibly even transmission network industries must be seen as more viable business structures for the latter half of this century.

Capturing carbon dioxide gas, compressing it and then injecting it into underground wells is an inherently expensive process that is a significant energy user in itself. Creating higher risk, expensive energy is clearly not what shareholders want, as Woodside bore witness to at their recent AGM. The concept of gas as a transition energy source should not translate into expensive white elephant investments that detract from long term shareholder value.

Robert Brown – Camberwell

Dear Editor

### Obvious Answer to Federal Government's Infrastructure Costs Inquiry

The Federal government is conducting a review into a number of large infrastructure projects, including those in Victoria with a view to withholding funding for dud projects and cutting wasteful spending.

At the same time the Andrews government is putting much needed public transport measures such as the Airport Rail Link and the high speed train to Geelong on hold because it is in financial trouble. The Victorian budget is looking to cut costs wherever it can, but Deputy Premier Jacinta Allan says 'the budget won't hurt working families.'

Instead of cuts to public transport measures and other socially beneficial projects such as public housing, I can think of one dud project which would save at least \$18 billion on current estimates from the initial \$10 billion in 2016.

By dumping the North East Link project and reinstating already destroyed parkland not only will we help 'working families' but we will prevent a host of other environmentally damaging impacts in Melbourne's north east. These include increased air and noise pollution, increased climate change impacts, the loss of thousands of trees and considerable parkland and massively increased traffic congestion, particularly on feeder roads to name a few issues.

The Andrews 'Big Build' has all the wrong priorities. NE Link is an environmental disaster and will not solve traffic problems.

John Young – Blackburn North

## The Pirates of Penzance

Gilbert and Sullivan's *The Pirates of Penzance* is coming to the Alexander Theatre in Clayton from Friday 25 August to Sunday 27 August. It is a light-hearted farce following a group of English peers of the realm who decide to become pirates and then take on an apprentice, Frederic, by mistake.

Frederic does his duty by the pirates until he turns 21, when he informs his former master, the Pirate King, that it will now be his duty to hunt them until they are wiped from the earth. Mayhem erupts as he joins a nervous band of policemen to clash with the gung-ho pirates.



And, to add further confusion and complication, Frederic also falls in love with Mabel, daughter of Major-General Stanley, but the small print of his indenture papers puts the wedding plans of the happy couple into utter disarray.

Who will win out: the pirates or police? Will the lovers, Frederic and Mabel, ever be re-united?

To find out, come and see the new production from local company, Gilbert and Sullivan Opera Victoria,

directed by Ron Pidcock OAM and with musical direction from Trevor Henley. This production pays homage to the highly acclaimed 1981 Broadway interpretation and remains faithful to Gilbert's witty and delightful story and rightly famous songs such as *Poor Wand'ring One*, *I am the Very Model of a Modern Major-General*, *With Cat-like tread* and *A Policeman's Lot is Not a Happy One*.

To choose your times and purchase your tickets for *Pirates of Penzance*, go [here](https://gsov.org.au).

## Indigenous (In)justice

### Sentencing indigenous offenders in Victoria



Humanists Victoria invite you to a public presentation by Arie Freiberg AM, Emeritus Professor, Monash University and former chair of the Victorian Sentencing Advisory Council, to discuss the need for a fairer system of justice as it applies to Indigenous people.

The event is being held on Thursday 22 June from 7.30pm to 9pm at Balwyn Library Meeting Room, 336 Whitehorse Road, or via Zoom. This will be an opportunity to meet other Humanists and discuss this important issue in person.

Indigenous Australians are disproportionately represented in Victoria's prisons, either on remand or under sentence. This has long been the case and reflects long-standing social and political problems including colonialism, socioeconomic disadvantage, substance abuse and systemic intergenerational trauma.

In his talk, Professor Freiberg will critically examine current sentencing principles, processes and sanctions that apply to Indigenous offenders and discuss a range of possible reforms that may reduce Indigenous incarceration rates and produce a fairer system of justice.

If you want to join the presentation on line, please register [here](https://www.humanists.org.au).



**The Pirates of Penzance**

*It is a Glorious thing to be a Pirate King!*

**Maidens, Police, Major Generals, and Pirates make an ideal piece of musical theatre for all the family.**

**Director: RON PIDCOCK OAM**  
**MD: TREVOR HENLEY**

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**All Tickets and Details: [gsov.org.au](https://gsov.org.au)**

**Bookings now open for:**      **In a Persian Garden 7 Oct**      **Ages Ago 23-26 Nov**





## Surveying our precious bird populations

The state of Victoria boasts the splendour of 450 species of birds, a source of pleasure for residents who share their environs with so many beautiful birds. Birds are practical indicators to monitor biodiversity. Surveillance is important and needs to be done regularly to keep track of changes that may be occurring in our bird populations.

Monitoring bird populations regularly over a long time enables scientists to detect trends. Critically scrutinising these trends leads to statistics that can help local environment managers make informed decisions on how to preserve and protect ecosystems within parks, wildlife sanctuaries and bushland.

Results can also provide valuable insights into the behaviour, distribution, and abundance of bird species, as well as helping to improve conservation efforts and protect bird populations.

City of Whitehorse residents are enthusiastically involved in many types of bird surveys, as the area is known to be home to many native birds, common or rare, large, small and eaters of fruit, seed, grain or meat. Regular bird surveys are done in Whitehorse. These include Breakfast



Musk lorikeet



Hoary Headed Grebe



Eastern Yellow Robin

with the Birds, bird walks, and bird counts like the Citizen Science Aussie Backyard Bird Count, scheduled for Spring. It's common in our bushland to see bird survey experts leading their groups, walking around with cameras, binoculars and survey sheets to record their bird findings. It also is quite a community social event.

Bird surveys are done in a non-invasive way to study birds without disturbing them or their habitats. Unusual sightings are always of interest, but long-term trends are probably more important.

Changes to diversity and abundance of many bird species can reflect and be an indicator of a wider change in the local environment. This can include the loss of availability of food, habitat or shelter, or possibly the dwindling of other species groups such as the insects they prey on.

An increase in the sightings of aggressive birds such as noisy miners, rainbow lorikeets, currawongs, or a decrease in sightings of some honeyeater species are a concern. Perhaps all the small birds are disappearing from an area due to its sudden demise of bushy shelter or middle canopy trees.

These concerns are likely to be met with action to change management practices in an attempt to reverse the situation and improve outcomes. The action may be to revegetate a site with native plant species and encourage the regeneration of native tree, shrub and ground cover plants to influence the types and numbers of birds over time and in different seasons.

Many surveys have been carried out in Whitehorse recently. Blackburn Lake Sanctuary and Creeklands committees have just completed their Autumn bird surveys. Monthly community-based bird surveys are carried out at Yarran Dheran Nature Reserve in Mitcham. Surveys are also carried out by several environment groups on a regular or seasonal basis. Noted sightings this season include musk lorikeets in Blacks Walk, Hoary headed Grebes in Blackburn Lake Sanctuary, and Eastern Yellow Robins in Yarran Dheran.

The photos of several recent sighting were taken by Ian Moodie. For more information on the many parks and nature reserves in the City of Whitehorse, click on this link [here](#).

## City Nature Challenge

Glenys Grant

From 28 April to 1 May 2023, Whitehorse City Council joined many other cities around the world in the annual City Nature Challenge. Local citizen scientists taking part in this bioblitz-style competition photographed plants and animals found in the Whitehorse area. The 56 participants used the iNaturalist app to record 1921 observations comprising 542 different species.



Citizen science participant using iNaturalist to record an observation

The City Nature Challenge is a competition between cities all over the world to see who can make the most observations of nature, find the most species, and can engage the most people. Whitehorse City Council joined the Challenge in 2021 by partnering with other local councils in the Greater Melbourne region. In 2023, Greater Melbourne came 20th in the world for number of observations and species, and

13th for number of observers. An amazing effort by all those involved.

Citizen scientists observed and recorded their observations in their local parks or reserves, or even their backyard. Activities and events were also run for those

who wanted support to observe and record findings and there was even a prize for greatest number of observations and species at the Flora and Fauna Treasure Hunt event at Bellbird Dell. These events were run by Council and by environmental volunteer groups such as the Yarran Dheran Advisory Committee and Greenlink Indigenous Nursery.

City Nature Challenge recordings of flora and fauna are important as the information allows Council, State



Flora and Fauna Treasure Hunt winners with their prize of a worm farm for most observations recorded.

Government, and researchers to adapt their management and research actions to ensure we can protect important species and discover where we might need to alter our management actions.

Everyone is encouraged to join a bioblitz such as the City Nature Challenge no matter what level of knowledge they have. The iNaturalist app suggests visually similar species to enable easy identification and to assist in learning as you go as long as you take several clear photos.

There are more opportunities to get involved later in the year, such as the Great Southern BioBlitz which runs from 24 to 27 November. If you would like more information or want to get involved, please get in touch at [enviro.volunteering@whitehorse.vic.gov.au](mailto:enviro.volunteering@whitehorse.vic.gov.au).

Further information on the City Nature Challenge can be found [here](#). To find out about the iNaturalist app, go [here](#).



## Bungalook Nursery

Winter is here, the time to rug up and get out into the garden. Plants put into the ground now may sit for a while, but as soon as the warmer weather comes, they'll be ready to shoot away. We specialise in indigenous (native) plants suitable for local gardens in the eastern suburbs.



As well as being open every Wednesday and Friday from 9.30am until 1pm (except Christmas Day), we are now open on the last Saturday of every month (except December) from 10am until 12.30pm.

We have a range of quality stock, at only \$2 per tube. You are welcome to come and browse, chat to our volunteers, and purchase a few plants for your garden or as a gift.

Bungalook is at 107 Fulton Road, Blackburn South (Wurundjeri Walk towards Holland Rd). For more details email [wcipp@yahoo.com.au](mailto:wcipp@yahoo.com.au); visit our website [here](#); or phone 0473 122 534.



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# Goats helping the environment

Glenys Grant

Don't let any of the myths about goats fool you – they are smart. They are also kind to the environment, so are being used in woodland areas to help reduce and deter a wide range of invasive weeds that threaten biodiversity if left unchecked. Goats have an insatiable appetite for difficult to manage weeds such as Wandering Trad, English Ivy and Blackberries, preferring them to some indigenous plants.

The goat weed eradication program started in the City of Maroondah 15 years ago and quickly caught on in other areas. Currently it's in use in many areas of Melbourne, including Whitehorse (10 years now), Boroondara, Knox, Casey, Maroondah and by Melbourne City Council.

The goats are also widely used by Metro Trains and several places associated with train line upgrades in Hallam and Pakenham, on the verges of the EastLink Freeway, in Springvale Botanical Cemetery and by Parks Victoria.



## Why are goats being used?

- The need for use of toxic weedkilling sprays is reduced.
- They prefer introduced weeds to some indigenous species.
- They reduce undergrowth that could otherwise accelerate fires in our woodlands.
- They can cope with difficult, inaccessible terrain.
- Their efficiency and working capacity are not lessened by bad weather.
- Manpower normally used for spraying toxic sprays can be put to better use. And...
- They are extremely popular with the public, especially children, who love to pat them.

## How are they used?

Goats come and go at sites where weeds are a major problem due to fertile growing conditions. A form of 'pulse grazing' is used where they are brought into an overgrown area to rapidly knock down invasive weeds and give the native grasses a chance to compete. Then their expert handlers determine the right time to remove the goats before they move on to eating everything. After that they come back occasionally to help, as needed.

The goats are fenced in by a variety of fences, both permanent and portable, with the latter tending to stay in place for at least 12 months. They are rigorously supervised at all times, either by the contractor's staff or by the authority that owns the land, but mostly by the public, who tend to take ownership of them and let authorities know immediately if there is a problem.

Colin Arnold, of the private enterprise GrazeAway, has 200 goats altogether, with 30 currently in Lookout Trail in Whitehorse and about the same number in Patterson Reserve in Boroondara. Abbey Walk is scheduled soon. The goats get moved around a lot so locations can change from week to week.

Colin says, using goats brings many advantages. They easily reduce the amount of fuel build-up which can dramatically decrease the risk of fire. Chemical herbicide use is kept to a minimum, making it much safer for any wildlife such as birds, local skinks and insects. Also,



there is little or no negative impact on the soil, which is important for fungi and the microorganisms living below the surface.

While goats eat a wide variety of flora and can certainly have a negative impact on many native and indigenous plants, they prefer to target invasive species of weeds. If well managed they can control vegetation and improve some areas of native habitat in a more sustainable way

Goats can be a very useful and cost-effective tool and there is a definite niche where they can be very effective, but they are certainly not the full answer as far as land management goes. For instance, fencing has to be used and is expensive. On the other hand, areas that are set aside for habitat improvement, to the exclusion of people and particularly dogs, means these areas should be fenced off anyway to keep safe whatever wildlife is there.

Simpson Ward Councillor Cr Prue Cutts, Deputy Mayor of Whitehorse, and Chair of the Environment and Sustainability Reference Group invites you to go and visit the resident goats at Abbey Walk in Vermont down by the Dandenong Creek. It's a beautiful part of Whitehorse if you haven't been before. The goats are such an unusual attraction.

# Staying warm without breaking the bank

Energy savings tips to comfortably get you through this winter

Joshua Jansen

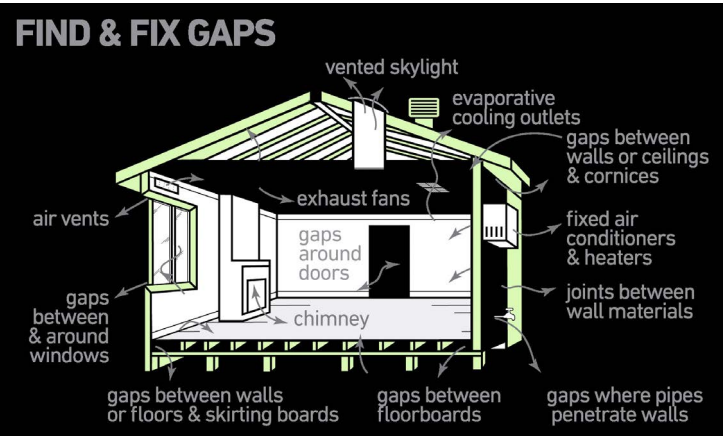
As Victoria comes into winter, and cost of living pressures continue to rise, soaring energy bills are becoming a major concern for Melburnians. Improving one's home energy efficiency has arguably never been more important. However, steps to maximize home energy efficiency are sometimes mistaken as being out of reach to the everyday person.

Sustainability Victoria has released the latest version of its *Household Energy Action Guide* just in time for winter. This guide aims to provide simple, yet practical energy savings tips anyone can implement today. Not only will these tips save you money, but they will also improve your comfort whilst helping the environment.

## Efficient heating

Heating is at the core of any household energy budget. According to the Department of Energy, Environment and Climate Action (DEECA) Victorian households on average spend up to \$800 annually, or a third of their energy bill, on heating.

Heating your home with your reverse cycle air conditioner, instead of central gas heating, has huge energy efficiency advantages. Reverse cycle air conditioners are at least 4 times more efficient at producing heat compared to gas



ducted heating systems. Additionally, they provide heat at approximately a third the cost of gas ducted heating. Cleaning your air conditioner's filters from time to time will further maximizes its performance.

## Preventing heat leakage

The benefits of efficient heating will, however, be lost if your home is susceptible to drafts or is poorly insulated. Sustainability Victoria estimates that a home which is fully insulated could reduce the cost of heating and cooling by around 40-50% (compared to one without insulation). Australian homes unfortunately have a poor track record when it comes to maintaining a thermal envelope. Single-glazed windows, drafts under doors, open vents and insufficient or absent insulation are commonplace throughout Victorian households.

Low cost or DIY solutions can greatly reduce heat leakage. Weather stripping around doors and windows,

sealing gaps and using door snakes are quick and inexpensive actions you can take to improve the comfort of your home and reduce your energy bills. Heavy floor to ceiling drapes with a pelmet or magnetic overlays can effectively reduce heat loss through windows.

Thermal imaging cameras, which can be borrowed from the City of Boroondara Library, can identify drafts in your home and give you an idea of where to start. Rebates from the Victorian Government regarding weather sealing and window glazing for households can be viewed [here](#).

By following these simple steps, you're likely to notice a reduction in your energy bill this winter, without sacrificing your comfort. To find out more, visit Electrify Boroondara [here](#) and discover more ways to save money on power bills, reduce emissions and create a safer future for our kids.

If you haven't already, take advantage of the [Victorian Government's Power Saving Bonus Program](#). It only takes 10 minutes and by comparing your household's electricity bill with other retailer's offers you can pocket \$250, whether you choose to switch or not.

I am a student studying environmental science at Monash University. Recently, I began volunteering as a part of the Lighter Footprints Electrify Boroondara Working Group after becoming interested in climate change mitigation strategies. Coming from an electrical trade background, this interest began many years ago, as I often found myself fascinated by the capabilities and potential of renewable energies.

Currently I live in Hawthorn East and hope to be able to participate in delivering sustainable energy solutions to my local council and community.



# Overstory

## an art exhibition inspired by Maroondah's natural habitats and birdlife

Till 23 June 2023 at the Maroondah Federation Estate Gallery, 32 Greenwood Ave Ringwood.

Drawn together by their love of birds and the natural environment, printmaker Karen Neal and painter Bron Elmore present *Overstory*, an exhibition in direct response to the artists' exploration of local reserves throughout Maroondah and the birds and plants that inhabit these precious and beautiful ecosystems.

Bron Elmore, *Wetlands Reflections*, 2023, mixed media



Karen Neal, *Looking Up*, 2019, cut print and mica powder

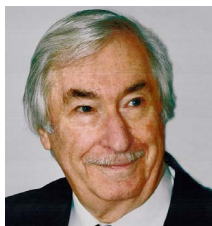




## Kenneth Jacob Lyons OAM

26 February 1924 to 13 March 2023

Glenys Grant OAM



Ken Lyons died earlier this year, but his legacy and legend live on. Throughout his long life, he worked tirelessly for others. He was inexhaustible, reasonably healthy, always ready to listen or lighten the atmosphere when needed. There was no slowing down the retired local pharmacist and World War II veteran, until he got COVID and never quite recovered.

His memorial service was held at the RSL, Box Hill and, as a testament to the man and his lifetime of service, almost 200 people attended. Friends from the RAAF, Rotary, Probus, Scouts, Lions, schools, church, pharmacy, community radio, acting, as well as family, gave tributes telling some of his life story.

In his 98 years there were so many highlights and awards. He received a Medal of the Order of Australia in 2012 for 'services to veterans and their families and to the community



through a range of volunteer roles.' In 2017, Ken was awarded Victorian Senior of the year.

Other awards included the Australian Sports Medal, the National Medal, the Distinguished Flying Medal, a Paul Harris Fellow with Rotary, the State Emergency 25-year Service Medal, International Year of Volunteer's Award, the 2010 Senior Achievers Award, Mountain Views Newspaper Honoured Citizens Award, and the Victorian Volunteer State Award.

### A life of almost 99 years dedicated to serving the Australian community

Ken's voluntary contributions were exceptional. He took lead roles in many organisations including Rotary, RSL, theatre groups, Carols by Candlelight, Senior Citizens groups, Probus Club, Scouts, children's groups, State Emergency Service, School, Hospital and Nursing Home support, SIDS, Red Cross and the Good Friday Appeal for the Children's Hospital.

He made radio programs on health matters for seniors on Community Radio and hosted a light entertainment program on 3WBC 94.1 FM. He was a committee member of the Eastern Suburbs branch of the Association and Deputy Chair.

The Stroke Foundation was a charity close to Ken's heart after he lost his wife of more than 60 years, Jill, to stroke. He raised funds and awareness as long as he was able, including competing in Run Melbourne

at least four times. At 97 years of age, Ken was the oldest competitor taking on the 6km run.

Ken, the family man, loved his family and his family loved him. At his memorial service, stories of the real life, genuine, generous, caring Ken were told. His tolerance of fellow human beings was well known, and he never said a bad word about anyone.

Ken was an optimist, enjoyed life and was occasionally a prankster. In the days before packaged medications, women would come into his pharmacy for a draft of over-the-counter headache drink. He would mix it up and bring it fizzing in a glass. He would always offer it while holding a bottle in his other hand. The moment they drank it he would shout 'Oh God, wait,' while looking at the bottle. This caused lots of shocked coughing and spluttering by the customer. He would then just smile and say 'Just kidding.'

Ken was an adventurer, a creative, a connector and a joker. In the 1970s he and Jill went to live in London

and travelled Europe. Why? Because 'that was where the action was, and we wanted to be a part of it.' He told many tales of London and their travels around Europe and the world, including skinny dipping at the luxurious Mountain Grand Resort, Warburton and toga dress up parties.

Ken was still exploring the world in his 90s, riding rickshaws in Sri Lanka, exploring underground tunnels in Vietnam and swimming with turtles in Mauritius. As he said 'when you're my age you won't remember what the travel cost, but you might remember that trip to Sri Lanka.'

He was a multitasking artist. A natural performer, he loved the stage and radio. He made paper tole and collage, wrote poetry and stories, usually with a cliff-hanger ending. Even in his 90s he was having new ideas and actively making things. He was still doing radio slots and performing poetry at the Espy as recently as last year. What a guy!



DONCASTER  
Camera Club

## Autumn in Melbourne

Pamela Rixon

The Autumn colours in Melbourne and our leafy Eastern suburbs this year were truly spectacular. We at the Doncaster Camera Club have encouraged our members to capture these stunning colours. In May we held a club outing to the Yarra Valley where the local wineries and gardens put on an impressive display of colour. The resulting images shared by our club show the beauty and diversity members were able to enjoy and photograph.

Our next outing will be a Winter one and we look forward to photographing aspects of winter in Melbourne. Do check out our website and social media pages. Enquiries and visitors to club activities are always welcome.

To find out more about the club, go to our Instagram site at [doncaster.camera.club](https://www.doncaster.camera.club) or our Facebook page at doncaster camera club – Melbourne. Our website is at [www.doncastercameraclub.org.au](https://www.doncastercameraclub.org.au). To make contact, you can email us at [doncastercameraclub@gmail.com](mailto:doncastercameraclub@gmail.com), phone the President Michael Walker on 0412 252 387, or our Secretary, Pam Rixon on 0421 813 531. Write to us at Pam Rixon, Secretary DCC, PO Box 2043 Box Hill North VIC 3129.



## Chicken and Crabmeat Pies

Elizabeth Chong



These pies are great favourites in Hong Kong's yum cha restaurants. The traditional Chinese pastry is very sweet, but I prefer to use short pastry which has a light crumbly texture. The filling is absolutely delicious, and if you can get fresh crab meat do so, as the flavour will be even better. Serves 4 to 6.

### Ingredients:

2 tbs peanut oil  
185g minced chicken  
2tbs chopped spring onion  
¼ cup water chestnuts, finely chopped  
¼ cup bamboo shoots, finely chopped  
90g crab meat, drained and flaked with a fork  
500g ready-rolled short pastry  
A little beaten egg for glazing.

### For the seasoning, mix together:

2 tsp corn flour mixed with 2 Tbs water  
1 tbs shaohsing wine (Chinese rice wine)  
1 tsp sesame oil  
½ tsp salt  
¼ tsp pepper  
½ tsp fresh ginger, minced.

### Preparation:

Heat the peanut oil in a pre-heated wok, until just smoking. (This is called the breath of the wok). Stir fry chicken mince until colour begins to change, then add spring onions, water chestnuts, bamboo shoots and crab meat.

Toss together over a high heat for a minute, then make a well in the centre and stir in the seasoning. Continue to stir until mixture thickens. Remove to a plate and allow to cool completely.

Using an 8 cm scone cutter, cut out approximately twenty pastry rounds, to make about ten pies.

Pre-heat oven to 200 degrees C. When meat mixture is cold, place about two teaspoons into each pastry round and cover with another round. Press edges to seal then pleat together to make a plaited finish. Brush with a little beaten egg to glaze.

Place the pies on an ungreased tray and bake for 15 minutes. Alternatively, they can be deep-fried in moderately hot oil for five minutes.





## Fellowship for all

### A discussion of the Voice to Parliament

Rosalind Kentwell

Positive energy, good discussion, respectful listening. All these were present in the Fellowship Room at Koonung Heights Uniting Church in Balwyn East when members of the congregation and others shared thoughts and

questions about the referendum on the First Nations Voice to Parliament.

Congregation members provided lunch and our Social Justice Group organised resources. Each table had a copy of the *Statement from the Heart*, a pamphlet put together by the Social Justice Group from resources on the Statement website, a copy of the Federal Government pamphlet explaining the process, a list of possible questions, and a copy of the book by Thomas Mayo and

Kerry O'Brien, *The Voice to Parliament Handbook*.

The meeting happened on Pentecost, Sunday, 28 May. This is the day that Christians believe the Spirit of God descended on Jesus's gathered disciples with tongues of fire. The warmth and energy of our event clearly celebrated the Spirit among us, working for a positive outcome and justice for our First Nations People.

For more information on the Koonung Heights Uniting Church community, go to their website [here](#).

## Meet the Locals: Ron Brooks

Glenys Grant

Have you ever come home from overseas travel and found a pile of useless coins and notes in your luggage? And tossed them in a drawer, along with other useless items?

Ron Brooks found a solution to this in 2015 when he started a project to collect foreign currency for UNICEF. This project has continued to grow over the years and, to date, he has managed to collect over 700 kgs of coins and notes with a value to UNICEF of over \$26,000. The money has gone to fund a 'Give Every Child a Future' project which UNICEF is running over three years to immunise 100,000 children in the South Pacific against pneumococcal disease, cervical cancer and rotavirus.



The foreign currency has been donated by over 25 Rotary clubs mainly in the eastern suburbs of Melbourne, some Bendigo Banks, a Sikh temple, The Basin Hindu temple, some Probus clubs, church groups, Mitcham Community Centre, and many Rotary friends.



The Basin Hindu Temple's coin/note handover

### Who is this inspiring man?

Ron Brooks was born in Liverpool, England in 1942 of Ukrainian/Lithuanian 'boat people' parents. He has a BSc, MSc and PhD in chemical and microbiological engineering. He holds the world record for the fastest crossing of the English Channel by bicycle (now that's a story!).

He arrived in Australia in 1970, met a quiet Australian nurse Robbie, married in 1973 and decided to stay. After

working in brewing beer, rum and sugar-making in Qld, he designed water and waste treatment plants. He then starting a successful one-man consulting business in 1996 concentrating on food processing, environmental management, waste treatment, energy, abattoir and dairy work. He has also worked in 15 different countries for global engineering companies, World Bank, Asian Development Bank and ESCAP.

Ron joined Rotary 38 years ago and has achieved much since then. He has held all club positions at the Rotary Club of Forest Hill, hosted 10 international exchange students who still keep in touch, and over the years sat on and chaired numerous District committees and international programs. An innovative thinker, he started



Put a smile on these children's faces. Give your foreign coins/notes to Rotary for UNICEF

up the Model United Nations Assembly for Year 11 students in 1999; the Potential Rotary Leaders District 9810 Seminar; and the aforementioned UNICEF foreign Currency collection in 2015.

Ron loves his family, likes fine dining, good entertainment and travel. Cycling is a lifelong passion, which he has managed to continue to do in a number of countries. He swears by it for his continued good health and fitness. In 2004 he initiated the District 9810 Cycling Fellowship,

which he still coordinates. He will take on any cycling challenge offered to him, including the week-long Rides for Medical Research.

For his contributions to the global and local community Ron has been honoured with six Paul Harris Fellows, is a Companion of Australian Rotary Health, a Centurion, and a Rotary benefactor.

He collects used stamps from friends, family, and colleagues and takes them to a Rotary collection point, where they are sold to raise

money for eradication of Trachoma, the blinding eye disease found in some indigenous Australians. So please, if you have used stamps, stamp albums you don't want anymore, or foreign currency, think how you can support this amazing man in his endeavours.

For more information, or coin pick up contact [foresthillrotary1975@gmail.com](mailto:foresthillrotary1975@gmail.com)

## Treasures and Tastes at Trinity Market

Treasures market now in its 15th year successfully returned in mid-May after the level crossings in the area re-opened, to be followed on June 17 with 40 stalls covering craft and food in the warm halls, and plants outside on Union Road. The market is held at Holy Trinity Anglican Church complex, Cnr Union Road and Montrose Street, Surrey Hills on the third Saturday of every month except January from 9am to 1pm.

### Upcoming market dates

Our market dates for the rest of 2023 are July 15, August 19, September 16, October 21, November 18 and December 16 from 9am to 1pm.

Things you are likely to find at each monthly market include lovely hand-crafted gifts and jewellery for all ages, candles, soaps, warm scarves, quilts, children's clothing and toys, bags, dried flower arrangements, cards and much more. And you will never go hungry with a huge choice of cakes, slices, biscuits, honey, jams, chutneys, teas, eggs, and freshly made crepes.

You can enjoy a sausage or hamburger from the BBQ in the courtyard, or a Devonshire tea in the Treasures Café.

For market updates please check our [facebook page here](#).



### BOX HILL HISTORICAL SOCIETY



### Upcoming events

#### Flags, arms, and emblems of Box Hill and Nunawading

On Sunday, 16 July 2023 Ralph Bartlett, Secretary of the Flag Society of Australia, will be discussing his research into *Flags, arms, and emblems of Box Hill and Nunawading*.

The event is being held at 2pm, at the Box Hill Library, in the Bert Lewis Room (Meeting Room 1), which is on the

1st Floor, 1040 Whitehorse Road, Box Hill. Visitors are always most welcome. Admission costs just a gold coin donation. Enquiries can be made by phoning 03 9285 4808



#### Second-hand Book and Ephemera Sale, 30 July

As part of the 2023 Open House weekend in July, the Society will be conducting a second-hand book and ephemera sale in the lower hall of the Box Hill Town Hall. There will be a large range of good quality books on a variety of topics, as well as some old timber

picture frames, a selection of old cigarette cards, and much historical Box Hill ephemera, such as items commemorating various events.

This will be cash sales only, as we do not have credit card facilities. Please come along and browse our selection and support your historical society's fundraising efforts.

The event is being held on Sunday 30 July 2023, from 10am to 3pm in the lower hall at Box Hill Town Hall. The cost is free, but a ticket in our hamper raffle would be appreciated.

To find out more about the Box Hill Historical Society and to become a member, go to their website [here](#).

## H.M.S. Pinafore

### Sunday, June 25 at 2pm

At Holy Trinity Anglican Church, Cnr Union Road and Montrose Street, Surrey Hills.

Something for you to come and enjoy with your friends and family in a warm church, as the Singularity Choir returns to Holy Trinity with a performance of Gilbert and Sullivan's popular *H.M.S. Pinafore* (or *The Lass that loved a Sailor*).

Singularity is a 30 voice SATB (soprano, alto, tenor bass) choir and Cecily Woodberry is its Musical Director and Conductor.

Admission cost is \$20 (payable at the door) which includes light refreshments afterwards. Net proceeds will go to CCELA (Care for Children's and Elders' Life Association), a charity in Ethiopia that Holy Trinity supports. Inquiries: 9890 2165



## Staying connected in the community

Almost 40 seniors clubs operate in the City of Boroondara, offering a rich variety of activities including music, art, dancing, discussion groups and of course plenty of socialising. They provide a great way for older members of the community to meet with others who have a shared interest, take up new hobbies, make friends and develop new skills.

For the full range of clubs in your area, including addresses, contact information and activities on offer, visit our [Seniors Club](#) page. You can also find out more by:

- emailing [active.ageing@boroondara.vic.gov.au](mailto:active.ageing@boroondara.vic.gov.au)
- calling our Customer Connect Team on (03) 9278 4444
- picking up an 'Add Friends to Your Years' information booklet from a Customer Service desk or your local City of Boroondara library.



# Greythorn's history comes alive through StoryTowns podcasts



A great reason to visit the Greythorn Central shopping centre is to meet Ferdi, Don, Albert, Maddie, Maria, Lily and Evie. These six larger than life statues tell the story of Greythorn through the people who lived and worked in the area from the late 1900s to the mid 1960s when the current bustling shopping centre was built.

The Faces of Greythorn statues depict Ferdinand Finger, a well-known orchardist of the early 1900s; Donald Wood, a notable pharmacist at Greythorn; Albert and Maddie, a father and daughter, representing one of the many families who have settled in the area; Maria, an older lady; Lily, one of the young, hip and fashionable youth of Greythorn; and Evie, representing one of the many businesswomen who set up fashionable shops at Greythorn in the 1950s.

This ambitious project was commissioned by the Greythorn Traders Association and the statues were installed along the Greythorn Central shopping strip in 2022.

## Story Towns Podcast

The Greythorn Traders Association have engaged StoryTowns to tell the story of the Faces of Greythorn statues. Download the Storytowns app and you can listen to six, five-minute podcasts that chronicle the story of each of the statues.

Listeners are transported back in time to when the shopping strip was citrus, cherry and apple orchards, and through the stories of each statue travel to the 1950s and 60s when the shopping centre was developed and



Ferdi



Maria



Evie



Albert and Maddie



Don



Lily

became a model of modern architecture with legendary architect Robin Boyd designing some of the buildings.

Each podcast finishes with details of some of the longest serving shops at Greythorn. There are numerous Greythorn businesses which have been operating for 20 to 40 years

## A star walk

Not only are the Faces of Greythorn statues a podcast for visitors to enjoy at any time or as they meander along the shopping strip, but Walks Victoria recently named the Faces of Greythorn statues one of their star walks. A map is available on their website. (See below.)

## Greythorn's history

Greythorn's history is as rich as it is diverse. Over time, it has moved from the 1900s when the area was a highly productive citrus orchard, to being home to a violet farm, to a koala sanctuary onto the 1950s where the highly fashionable women of Greythorn made a name for themselves with their high fashion, couture and coiffures. It has now grown into a thriving shopping and community hub which has attracted families from all around the world wanting to live in this prized location in Melbourne's inner eastern leafy suburbs.

## Connection to community

The Greythorn Shopping Centre still retains close ties with the local community, and celebrates its mid-20th

century modern ambience. This is highlighted by the crazy paving garden plantings and new interpretative plaques and seating for pedestrians, which were installed by the City of Boroondara at the western end of the centre in 2018/2019.

This was a major upgrade of the precinct that cost nearly a million dollars and was fully funded by Boroondara City Council. In 2018, the RSL Memorial Hall was redeveloped into the Greythorn Community Hub at a cost of \$17 million, funded by Boroondara City Council and the Federal Government.

To read more of the history of Greythorn, please go to the Greythorn Central website [here](#). Discover the walk path [here](#) and download the Storytowns app [here](#).



## Who is Storytowns

The Storytowns team is a bunch of travel-loving adventurers, who love to get off the beaten track, meet the locals and throw themselves into new experiences. We are an App that showcases local stories for the travelling tourists in an interactive geo-located podcast tour. To find out how to download the Storytowns app, go [here](#).



# ANZAC Day Dawn Service in Surrey Gardens

Yvonne Bowyer

The annual Surrey Hills ANZAC Day Dawn Service has been held in Surrey Gardens since 2015, when the Surrey Hills Progress Association decided to honour the service men and women who fought in the First World War. Dawn services were held in 2015, 2016, 2017 and 2018 which represented the centennial commemoration of World War I (1914-1918).

The service was so highly valued, the decision was made to continue and our Association (now known as Surrey Hills and Mont Albert Progress Association) welcomed the assistance of others to co-organise the event. This year we thank the Rotary Club of Mont Albert and Surrey Hills and the Surrey Hills Historical Society for their assistance.

Since its inception, the focus of our service has been on the involvement of young people. This year, Boroondara Young Citizen of the Year Award recipients Mike and Ben Zhou were guest speakers, students from four local schools recited speeches and laid wreaths, Benji Sametz, our long standing trumpet player, once again participated, and for the first time, we had a young piper play.

Whilst we reflect and pay our respects to all those who have served and currently serve in time of war and in war-like conflict, we also like to consider our local history. This year's theme 'Untold Stories of the Shrine' highlighted



stories of some of the young people from the local community who are listed on the Shrine's honour board and who served in the First World War. Also mentioned were the people who worked to create and maintain the Shrine as a permanent memorial to those who served.

Our Association, the Rotary Club of Mont Albert and Surrey Hills, and the Surrey Hills Historical Society, would like to thank all those that participated, attended, supported and sponsored this year's Surrey Hills ANZAC Day Dawn Service. We would especially like to acknowledge and thank Boroondara

City Council, Navy Health, Bendigo Bank, Ross Hunt Real Estate, George Petrou Design, Surrey Hills Neighbourhood Centre and Red Rooster.

The speeches from this year's service can be found on our website [here](#).

Yvonne Bowyer is the Secretary of the Surrey Hills and Mont Albert Progress Association



# Zelman Memorial Symphony Orchestra

Zelman Symphony celebrates its 90th anniversary in 2023, but the orchestra's history goes back 117 years to 1906 when Alberto Zelman Jnr founded the first orchestra ever named the Melbourne Symphony Orchestra.

In 1932, Bernard Heinz, with professionals from Zelman's orchestra, formed the ABC's first fully professional orchestra, which became today's MSO. In 1933, the remaining musicians formed the Zelman Memorial Symphony Orchestra in honour of their beloved Alberto who had died all too early in 1927.

In more recent years, Zelman Symphony has become known as amongst the best of Melbourne's not-for-profit community orchestras and probably its most daring one.

The current orchestra comprises some 60 to 80 players in a full symphonic ensemble. They perform classical,

romantic and twentieth century symphonies and concertos with fine guest soloists at each concert. The orchestra performs under the leadership of its Artistic Director and Principal Conductor, Rick Prakhoff, and its Concertmaster, Susan Pierotti.

Musicians have ranged in age from 12 to 92 and include both amateur, professional and retired professional musicians. It fosters young musicians and gives emerging and established composers opportunities to have their works premiered. It also gives many of Australia's best singers and musicians, along with a few international soloists, opportunities to perform with the orchestra.

Zelman Symphony is run by volunteers with just a couple of key people being paid on a sessional basis. The Orchestra is based in Kew and usually holds four concerts a year in Melbourne and one concert at a Victorian regional centre. They are always looking for more players to join them.

The Orchestra is celebrating its anniversary with performances throughout 2023. Its Horns a Plenty concert on 17 June at MLC Kew featured works by two female Australian composers Margaret Sutherland and May Lyon. At its 90th Birthday Concert on Sunday 10 September, it will perform Mahler's *Resurrection Symphony No.2 in C Minor*. And on Saturday 25 November, the Orchestra will perform double concertos by Sdraulig and Bruch plus Sibelius' *Symphony No 2*.

To find out more about the orchestra, how to become a member or to attend a performance, check out their website [here](#).



# Horns a Plenty

## Zelman Symphony Orchestra's 90th Anniversary Season

Saturday 17 June 7.30pm at Methodist Ladies' College, Kew

Zelman Symphony Orchestra returns to the concert stage in its 90th anniversary year. The conductor is Rick Prakhoff.

Their Winter Treat program includes a Concerto for Two Horns and Orchestra *Opal* by popular young Melbourne composer May Lyon; *Haunted Hills* (1950) by another of Australia's best loved composers, Margaret Sutherland, Beethoven's Fidelio Overture representing the climax of the classical era; and an epic romantic favourite in the shape of *Brahms Symphony no.1*.

Tickets: Adult \$46 |Seniors, Pensioners \$40 |Youth 18-24 \$29 | Under 18 \$15,

Buy your tickets [here](#) or by phoning 8899 7445



## Never die wondering The fight for Melbourne's first safe injecting room

Jennie Stuart

*Never die wondering* was something that Judy Ryan's widowed mother, with eight children to raise, often said as a spur to tackle her many challenges. This thought has continued to motivate Judy.



Judy, a Richmond resident, started campaigning for a safe injecting facility in her area with just the support of her husband and a neighbour. She had become distressed by seeing young people suffering and sometimes dying from drug overdoses outside the public

toilets, known locally as the unsupervised injecting room, and worrying about the danger from discarded syringes, especially to school children.

In 2016, there had been 34 fatal overdoses in the district and, despite support for a safe injecting facility by a few members of parliament during the previous five years, the project had stalled. Sydney had had a safe injecting facility since 2001, with an impressive track record of saving lives and helping people to reduce their dependency.

The over-arching view of drug dependency was that it is a criminal matter. Many local Richmond traders argued that the solution was to increase the police presence and install more surveillance cameras. This simply shifted the favoured injecting sites into residential streets, where it became customary for householders to remove the taps from their garden water-pipes to make it more difficult for those injecting to dilute their drugs in the shelter of their garden.

Judy, affected by the stories from friends and family, saw the issue through a wider lens. She talked to the staff in Sydney, and to a range of politicians and doctors. She saw the need for help rather than deterrence. Slowly her support base widened and change became possible. Finally, a trial of the Medically Supervised Injecting Room (MSIR), which is attached to the North Richmond Community Health Centre, was launched in June 2018. Last month, after five years of operating on a trial basis, it was officially made permanent.

There has not been a single death on the premises, despite there being usually four or five overdoses each day. The staff are trained to deal with these by administering oxygen and assisting with breathing, or using an opioid antagonist drug, if necessary. In recognition of the many pressures that frequently accompany the use of drugs there is easy access to legal advice, medical and dental care, and assistance with housing. A supply of clean syringes is readily available and also counselling and daily or monthly

treatment to come off drugs. The banner in the main area of MSIR says, *Not just injecting but connecting*.

Judy and other concerned residents are now hoping that a second supervised injecting room will soon be opened in the CBD. There are 120 similar facilities around the world. Vancouver, in Canada, for example, which has a population of 2.7 million residents, roughly half that of Melbourne, has twelve.

Judy has recently published her account of the journey in her book, *You Talk, We Die*. She will also be the guest speaker on Thursday 27 July at 7.30 pm at the monthly public meeting of Humanists Victoria. *How Narrative can change minds – and legislation*. This will be a hybrid meeting – an opportunity to meet personally at Balwyn Library, 336 Whitehorse Road, Balwyn (next door to Mac Donald's) or online.

To register for the online session, go [here](#).

*Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has – attributed to Margaret Mead, American anthropologist.*

Jennie Stuart is a member of Humanists Victoria. To find out more about the Humanists, go to their website [here](#)

## STROKE and the need to act FAST

Shannon Nelson and Glenys Grant

Statistics show that more than 100 stroke events occur in Australia each day. The two main causes of stroke are a blocked artery (ischemic stroke) or the leaking or bursting of a blood vessel (haemorrhagic stroke). Some people may have only a temporary disruption of blood flow to the brain, known as a transient ischemic attack (TIA), that doesn't cause lasting symptoms.

Stroke can happen to anyone at any age, anytime, anywhere. It happened to Shannon Nelson in early middle age. This is her story.



Shannon and husband Stewart

Stroke happened to me at 45. I was a mother with two teenage children, working hard – and I suffered a stroke. My husband, Stewart, not only had to deal with the trauma of me having a stroke but he had to continue working and looking after our family.

My first inkling that something was wrong was as I awoke one morning about 5.30am. I was thrashing around in the bed and then fell out. Stewart tried to pick me up.

### Learn the F.A.S.T. signs of STROKE



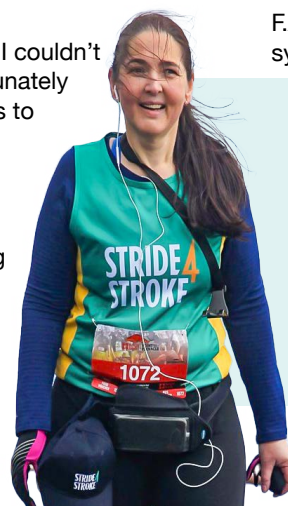
I was paralysed down my right side, I couldn't speak and I had a facial droop. Fortunately for me, Stewart knew the FAST signs to look for in the event of a stroke. He recognised what was happening to me immediately. All the signs of stroke, Face, Arm, Speech, Time, were present. I remember him calling 000 and saying 'I think my wife is having a stroke'. He saved my life. Stewart is my FAST hero.

I am well now, and an advocate for the Stroke Foundation and for awareness of how to recognise a stroke.'

### What is FAST?

It's the easy way to remember how to recognise the early signs of a stroke. Warning signs may be one or a combination of these. F.A.S.T. stands for:

- **FACE:** Can the person smile? Has their face or eye drooped?
- **ARMS:** Can the person lift BOTH arms?
- **SPEECH:** Is their speech slurred? Can they understand what you're saying?
- **TIME:** If you see any of the F.A.S.T. signs, act FAST and call triple (000) immediately.



If you see any of these signs  
Act FAST call 000 (triple zero)

### Emergency medical treatment is crucial

Mention to the triple zero operator the signs you see and that you think it might be a stroke.

F.A.S.T. signs of stroke account for 80% of stroke symptoms. Other signs may include:

- Weakness, numbness or paralysis in the face, arm or leg on either or both sides of the body.
- Dizziness, loss of balance or unexplained fall.
- Loss of vision, sudden blurred or decreased vision in one or both eyes.
- Headache – some people suffering a stroke do develop a headache. It may be mild or severe. A sudden onset severe headache can indicate bleeding around the brain.

### The bad news:

Stroke is one of Australia's biggest killers and the leading cause of disability. Stroke kills more women than breast cancer and more men than prostate cancer. About 75% of strokes occur in people 65 or older, but rates of ischemic stroke have increased substantially among younger individuals over the past few decades.

### The good news:

More than 80% of strokes are preventable. Things we all need to do include making time for a health check; eating well; staying active; drinking alcohol only in moderation; and not smoking.

For more information contact the Stroke Foundation at [strokefoundation.org.au](http://strokefoundation.org.au)

To book a Stroke Safe Speaker like Shannon go [here](#).

## Umbrella Dementia Cafes – An opportunity to socialise

Nelson Knight

The April 2023 social meeting of the Blackburn Lions and Donvale Lions featured two guest speakers from Umbrella Dementia Cafes. Their topic was dementia and its many forms. Dementia, for which there is currently no cure, is a disease with many types affecting both older and younger members of our community.



Don Lucas, President Blackburn Lions club with Lyn Young volunteer, and Kirsty Porter, CEO, Umbrella Dementia Cafes

The speakers were the CEO Kirsty Porter and volunteer Lyn Young. A major theme of their presentation was the importance for people with dementia to socialise, whether newly diagnosed or in more advanced stages. Umbrella Dementia Cafes offer the opportunity for sufferers to connect with each other and to share their experiences, socialise, have fun with music and learn to understand how to live better with dementia.

Umbrella Dementia Cafes are in Sorrento, Blackburn, Blackburn North, Box Hill South, and Rosebud and they all empower people with dementia.

For further information contact [enquiries@umbrelladementiacafes.com.au](mailto:enquiries@umbrelladementiacafes.com.au) or go to their website [here](#).



## Boroondara Literary Awards

The Boroondara Literary Awards are hosted by the City of Boroondara in conjunction with the Rotary Club of Balwyn. They celebrate the creativity of writers and poets within the City of Boroondara and Victoria.

Entries for the 2023 Boroondara Literary Awards are open until Friday 30 June. Prizes are given across various age groups in the Young Writers' category, and for the Open Short Story category.

Winning stories from each category will be published in the Boroondara Literary Awards Anthology. The anthology can be found at your local Boroondara library to purchase or borrow, at the State Library of Victoria and the National Library of Australia.

To enter and for further detail on our categories, visit [Enter the Boroondara Literary Awards here](#). For more information, please email [bla@boroondara.vic.gov.au](mailto:bla@boroondara.vic.gov.au) or contact the Literary Awards Coordinator on (03) 9278 4036.



# Building Healthy Habits for Men's Health

Koonung Cottage Community House

The keys to a healthy life are healthy habits that form part of our everyday life. From our food choices to regular exercise and stress management, there are many contributors to physical and mental health. What is often underestimated however, but which came to the fore over COVID lockdowns, is the importance of social interaction for maintaining health and wellbeing.

Socially connected people live longer than those who are socially isolated. Sadly, almost a quarter of Australian men have no close friends or relatives and many find it hard to make friends in later life. Thankfully, Neighbourhood Houses offer many opportunities for men to connect socially and boost their physical and mental wellbeing.

Koonung Cottage Community House in Blackburn North runs Strength Training classes three times a week, helping participants build and maintain muscle and balance, both essential to healthy aging. For those looking to develop skills in fostering a calm and resilient



mind and managing stress, they also offer weekly Meditation and Mindful Movement sessions. On the first and third Saturday of the month, the Blackburn Men's Walk and Talk meet at 8am at Blackburn Station for a 5km walk.

These group activities, which focus on healthy habits, also allow men to become part of the Cottage community and develop important social connections and a sense of belonging. The cottage also offers other social opportunities for men to meet and socialise.

Koonung Woodturners is a social group that meets weekly at Koonung Cottage and makes use of the onsite workshop and tools to create from wood. Beginners are encouraged to come along on Thursdays between 1pm and 3pm to find out what all the fuss is about and try their hand at this time honoured and addictive craft.

For more information contact Koonung Cottage on 9878 6632 or [admin@koonungcottage.org.au](mailto:admin@koonungcottage.org.au) or check out their website [here](#).



# Monbulk community takes health into its own hands

With the number of Australians trained in CPR at record lows, one regional Victorian town is taking matters into their own hands to improve survival rates from sudden cardiac arrest.

The community of Monbulk, in Victoria's Yarra Ranges may be home to just over 3,600 people but it's well on its way to becoming Australia's safest town.

Local Craig Vandenberg is assisting to roll out defibrillators across town and even keeps his own CellaED - a brand new, Aussie-made miniature defibrillator - in the glovebox of his car. He said:

When my father-in-law needed a defibrillator to save his life, the only one nearby was at a fish and chips shop; but the battery had gone flat so we were lucky the ambulance was close and thankfully he survived.

I've spent years volunteering as a team leader at Monbulk Emergency Management Group and always find myself in the wrong place at the right time so have had to use CPR and now having access to an AED will improve the likelihood of being able to save someone's life.



That's why I travel everywhere with a defibrillator now that small ones are on the market and why I want to ensure community members are never more than a minute away from a defibrillator, in case they should go into sudden cardiac arrest.

There are around 10 defibrillators in the town, and the Monbulk RSL with Ranges Training Solutions hosts CPR training and refresher courses at the club. These initiatives play an important role as sudden cardiac arrest kills 55 Australians every day and less than eight percent survive. Less than five percent of Australians know CPR;

on a global scale that is one of the lowest rates in the world according to the latest data from the Australian Red Cross.

'Using a defibrillator within the first minute of sudden cardiac arrest can potentially bring the chance of survival rate up to 90%', said CellaED spokesman Luke Starr. 'Of the thousands of Australians who purchased a CellaED defibrillator for their home, nine in 10 did so because they or someone they know has a higher risk for cardiac arrest. We know that most instances of Sudden Cardiac Arrest occur at home, that's why we have developed an affordable, easy to use defibrillator that can be kept at home.'

## About CellaED

Rapid Response Revival® created CellaED, a personal defibrillator in the hope of tackling the unacceptably low survival rates of sudden cardiac arrest. CellaED is designed to be deployed in seconds and costs up to one-tenth the price of conventional AEDs. This technology has taken more than five years and more than \$30 million in private investment to achieve. Priced from \$359, it weighs only 300 grams with simple snap, peel, stick technology, versus hospital use defibrillators that weigh a kilo and cost upwards of \$2,000, making it accessible to homes and workplaces around the country.



**Whitehorse Orchestra**  
presents...

## 2023 Children's Concert

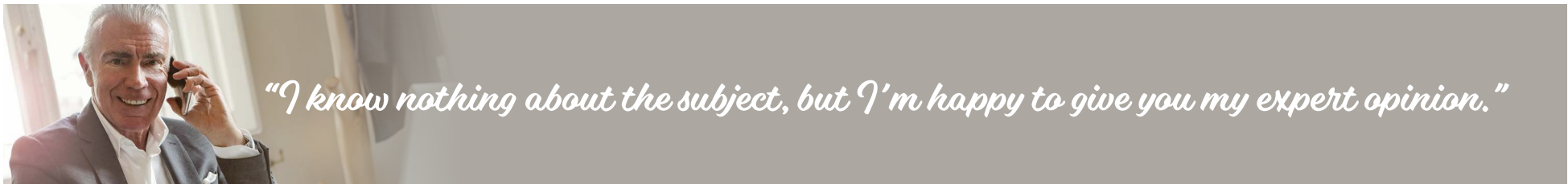
Whitehorse Orchestra under the direction of Gerald Keuneman OAM presents two brilliant Australian compositions for children.  
**"The Old Man who Loved to Sing."**  
by Michael Dooley  
**"The Bells of St. Mary's."**  
by Terence Stokes.  
Narrated by **Douglas Heywood OAM & Veronica Iredale**

**Tickets**  
**Adults \$15**  
**Children \$10**  
(free entry to children under 3)

Online bookings through TRYBOOKING at our website  
[www.whithorseorchestra.org.au](http://www.whithorseorchestra.org.au)  
Or call 9459 2670  
email: [enquiries@whithorseorchestra.org.au](mailto:enquiries@whithorseorchestra.org.au)  
[www.facebook.com/WhithorseOrchestra](http://www.facebook.com/WhithorseOrchestra)

**Saturday 24 June 2023 2 pm & 3:30 pm**  
**Kingswood College**  
**355 Station St, Box Hill South**  
(enter off Piedmont Street)

We acknowledge the bequest made by the late Angela Glover a long-time member of the orchestra.  
Whitehorse Orchestra is proudly supported by:  
Whitehorse City Council, Box Hill Community Arts Centre, RMBL Investments, Bows for Strings, Donvale Optical, Kingswood College, HK Accounting, Pointe Nation Adult Ballet, Jacinta Walsh Ballet Arts Academy, Oursteps, Officeworks Bayswater







## Misunderstood Road Rules

Graeme Daniels

The likes of RACV and the TAC occasionally publish details of the most misunderstood road rules in an effort to improve road safety and, in some instances, to reduce congestion. However, I have never seen advice from them regarding what could be our most frequently broken road rule in Melbourne.

When driving along a road that is shared with trams, there are normally broken yellow lines painted on the road surface to the left of the tram tracks. So, are these yellow lines actually lane dividers designed to separate a left lane from a right lane, the latter of which is usually shared with the trams? One only needs to look at the vehicles in front of you to see that many drivers take no notice of those yellow lines, presumably unaware that they may indeed be lane dividers.

Most motorists are usually very careful to stay within a lane and avoid straddling when the broken lines are



coloured white, but many ignore broken yellow lines. VicRoads' website is usually good at explaining and clarifying road rules, but I could not find anything that seemed definitive about the status of broken yellow lines.

I emailed VicRoads and got the following response from one of their Senior Project and Policy Officers:

The relevant rule is road rule 146 with the subsequent rules of Division 4 of Part 11 of the Road Safety Road rules 2017 covering other relevant matters about marked

lanes. A marked lane according to the road rules is, an area of a road marked by continuous or broken lines, or rows of studs or markers, on the road surface that is designed for use by a single line of vehicles. A broken yellow line is the same as a broken white line.

So, there you go. Many of us are probably regularly breaking one of our road rules due to lane straddling without realising it and also by not indicating when changing lanes.

But why? Is it just that we don't know or are there other factors? For example, parked cars in the left lane complicate things, particularly if there is a tram ahead, as many of us then straddle the lanes so we can see if there is a gap in the parked cars ahead that will allow us to get past the tram safely. And, of course, some vehicles become unstable when driving along tram lines, particularly when they are wet, so I assume those drivers feel they need to straddle the yellow broken lines for safety reasons.

My hunch is that this rule will very rarely be policed which probably means that there is insufficient incentive to change habits of a lifetime.



The presiding diety Sri Vkrathunda Vinyagar or Lord Ganesha

## Sri Vkrathunda Vinayagar Temple visit

Glenys Grant

Have you ever thought about exploring the concepts of another religion? The Rotary Club of Forest Hill has been doing just that, and I have been lucky enough to be part of this journey. A recent talk was on Hinduism.

Guest speakers Ramana Akula and his son Keiran gave presentations on the Sri Vkrathunda Vinayagar Temple. They began with an introduction to the basics of Hinduism, included a visual tour of areas within the temple open to the public and ended with an invitation to visit, to better understand the faith, culture and traditions.

Soon after the talk, our group did visit the temple located on the Mountain Highway at The Basin. It was a cold, wet

windy night and I, for one, wasn't sure I was really up to the evening but once shoes were off, and we were inside, we were warmly welcomed by the community.

The Sri Vkrathunda Vinayagar temple was the first traditional Hindu temple to be built in Melbourne. Since 1992, the temple has fulfilled the spiritual and cultural aspirations of thousands of Hindus in Victoria. The idea for a temple began in the 1980s when a 'breakaway' group from the Hindu Society of Victoria, decided to build a Vinayagar temple.

Fundraising was needed and all members contributed, some even mortgaging their homes because their need for a place of worship was so strong. At the opening ceremony in 1992, thousands of devotees came to see the first Hindu temple consecration in Victoria.

As the congregation grew, more facilities and extensive renovations were needed and the Temple was able to secure a total of \$250,000 in grants from the Government to build a multi-purpose cultural hall, and kitchen. The members took on the mammoth task of rebuilding the temple in granite and completed the upgrade in 2021. This temple is now the largest granite temple in the southern hemisphere.

Today, Sri Vkrathunda Vinayagar remains firmly in the hearts of devotees and a part of their lives. During major festivals, such as the annual chariot festival, thousands of devotees gather and come forward to help the Temple and uphold their traditions. What started out as a dream – to build the first Vinayagar Temple – has now become a reality.

We were given a comprehensive tour of the Temple. This included discussion on Hinduism and its presence in Australia, the Hindu gods, the festivals and the importance of Hindu philosophy within the community.



The first Rotary club to visit the temple

It helped us understand Hinduism as a way of life with spirituality manifested in every aspect of life.

After the tour we adjourned to the cultural hall where delicious traditional Southern Indian vegetarian food was brought from the kitchen, served by volunteers.

The desire for a strong, cohesive and active Hindu community in Australia, aiming to live in harmony with other religious and cultural communities while also devoted to preserving, promoting and sharing Hindu faith, culture and traditions with others in the society is well practised at the temple. All visitors are welcome, irrespective of their faith and values.

*If you want to learn more about the Hindu philosophy, festivals, prayer times or to visit the Temple try this link. To contact the temple, email [templeoffice@mvhs.org.au](mailto:templeoffice@mvhs.org.au) or phone them at 0436 001 881*

## MUC Knitters

Every month, women with a common interest in knitting come together at the Manningham Uniting Church and Community Centre. They create warm garments and soft toys for newly arrived refugees and asylum seekers and enjoy afternoon tea together. The Community Centre is at 109 Wood St, Templestowe and the next meeting is on 26 June from 1.30pm to 3pm.

Can't attend, but are a keen knitter? Or have an abundance of wool? Feel free to download the square knitting pattern from the MUC Knitters

website. Knit away at home, and then drop your squares in at the Manningham Uniting Church and Community Centre where they will be joined together to make blankets.

If you have any spare wool, you can drop it off at the Manningham Uniting Church and Community Centre and your wool will be utilised in the creation of warm garments and soft toys.

**Everyone is welcome to attend, knitter or not. Contact Helen on 03 9846 2012; [info@manninghamuc.org](mailto:info@manninghamuc.org). To download the square knitting pattern, go to the MUC Knitters website [here](#).**



## HOT PIES courtesy Blackburn Lions

Nelson Knight

Mitcham Community Meals is a volunteer organization that provide tasty meals for up to 80 needy people in our community. The fresh food is sourced from a variety of organisations then prepared, cooked and served every Sunday night free of charge.



Several service groups assist Mitcham Community Meals in preparing and serving the meals. Recently Blackburn Lions Club donated towards the purchase of a pie and food warmer, which will open up the menu for mains and

desserts, provide guests with new food options, make the food preparation much faster and help keep food warm. To find out more, go to the [Mitcham Community Meal website](#) or to the [Blackburn Lions website](#).



At the presentation of the new pie warmer – (L->R) Deb Longman, organiser, Lions members Frances Page-Zeidler, John Zeidler, Lyn Lucas, Don Lucas (Blackburn Lions President), Ben Frawley, organiser.





# Kooyong Refugee Support

– Sophie Flynn

Imagine yourself chancing a crossing over a lengthy ocean strait, in the pitch black on a flimsy raft constructed of scavenged styrofoam, wood, tar and cloth. Or trekking overland, through dry desert or thorny undergrowth. Why would you do this?

Maybe you are fleeing your home country because you have a well-founded fear of persecution, belong to a religious minority or hold a different political opinion to the government and simply want to tell your story.

There are many reasons why people seek asylum outside their home country including race, religion, nationality, membership of a particular social group or political opinion. These can make the perilous voyage worth undergoing in pursuit of refugee status. Still, you would need to look long and hard at that makeshift raft or at your calloused feet and think ‘Is it worth it, should I make this journey?’ If facing likely persecution back home, the answer may be a resounding yes.

*Total forced displacement of people the world over exceeds 100 million. Among these people are nearly 27.1 million refugees, with around half under the age of 18.*

As new situations emerge and existing ones flare up or are at a stalemate, there is a growing need for durable solutions. Resettlement involves the transfer of refugees from an asylum country to one that has agreed to admit them and ultimately grant permanent residence. This gives refugees protection and an opportunity to safely rebuild their lives with dignity.

Australia has a long history of humanitarian resettlement, providing safety to more than 930,000 people since World War II. Australia has benefited immensely with refugees making immeasurable contributions to Australia across all spheres including the arts, sports, media, science,



research, business and civic life. Some of Australia’s most respected citizens like Frank Lowy, Anh Do, Les Murray and Dr Karl Kruszelnicki came to Australia as refugees.

How can a local community make such people feel genuinely welcome? To do this, Kooyong Refugee Support (KRS) has come together to sponsor a family referred by the United Nations High Commissioner for Refugees as refugees in urgent need of resettlement.

KRS is part of Community Refugee Integration and Settlement Pilot, a Federal Government scheme run by the registered charity Community Refugee Sponsorship Australia. The pilot is a community sponsorship program based on the Canadian program that has seen 325,000 refugees sponsored over 40 years. The program represents a practical way for local people to respond to the global refugee crisis.

KRS is looking to increase its capacity to support the everyday practical, emotional and financial needs of the refugee family for their first 12 months in Melbourne. The current focus is on fundraising. This will help to provide



short-term accommodation, household and personal goods, and to support costs associated with education and employment.

KRS is asking our local community to help us support this family. A warm welcome will assist the refugee family to settle in, contribute and thrive in their new home. Improved community integration and the fostering of positive attitudes towards refugees will emanate far beyond our community.

Indeed, when that person chancing multitudes of ocean crossings or dusty deserts on foot reflects back and asks: ‘Was it worth it, should I have made this journey?’, the answer may well be a resounding yes.

Kooyong Refugee Support is a group of locals from Melbourne’s east ranging from ages 14 to 70 plus, preparing to support a refugee family moving to our community. *To find out more about KRS, go to our Instagram account: kooyong\_refugee\_support or email us at krsgroup23@gmail.com.*

*To make a donation, go to Shout for Good. All donations over \$2.00 are tax deductible. To learn about the sponsorship program, go here.*

# Camberwell Magpies Cricket Club celebrates members’ achievements

The Camberwell Magpies celebrated the achievements of its playing group and volunteers in season 2022/23 at a recent get-together at The Hawthorn Hotel. This included the acknowledgement of two new life members, Anton Ponnampuruma and Ben Rowles for their playing careers at the Camberwell Magpies.

Anton has been an integral part of the Fourth XI and social fabric of the club, having played with and



supported many young players coming into the Magpies for the first time. Ben’s role as a leader has been on show in the last couple of years in the first XI but he has shown and lived that role long before the on-field role. His commitment to making Camberwell a better place will be felt for years to come and hopefully in early retirement due to work he won’t be lost to the club.

Congratulations to the many award winners, especially Liam Fitzpatrick with his many awards including the Stackpole Medal. We look forward to seeing the playing group strive to set higher standards and chase more team glory in season 2023/24.

*More information is available at the Magpies website here.*

# Kew Croquet

– Clare Newton

Since the start of last year, membership of the Kew Croquet Club has increased by over 50%. After the long lockdowns people are again enjoying outdoor activities and events. Some new members play croquet socially, while other new members hone their skills and strategies for competition success.

The Kew Croquet Club, located in Victoria Park, 500 High Street, Kew, is unusual in offering four different mallet sports. Games are held every day and include a social version unique to the Club called Kew Croquet. This is the version introduced to high school students and at corporate team-building and social events hosted by the Club. Members enjoy playing Kew Croquet on Mondays and Wednesdays followed by morning tea.

The Club has players skilled in the original croquet sport of Association Croquet and the newer version called Golf Croquet. Association Croquet is the traditional, tactical croquet sport, which is somewhat like billiards on grass. The newer game of Golf Croquet is simpler to learn but also requires good skills in using mallets to position balls accurately, hit an opponent or run a hoop. It has been described as akin to snooker on grass.

The fourth mallet sport played at Kew Croquet Club is Gateball, a 30 minute team game with players having just 10 seconds to play their ball. This game uses a smaller court and 10 smaller balls to play through three gates. This mallet sport was developed in Japan after WWII and is played by over 10 million people across the world. The Victorian Gateball Championship was hosted this year



by Kew Croquet Club with Kew entering two teams. Kew Gateball teams, led by Philip Brown as Captain, are current Australian, NSW and Victorian champions. If Association Croquet is like billiards and Golf Croquet is like snooker, then Gateball is akin to chess on grass.

Tennis, golf, and hockey players bring transferable skills to Croquet and progress quickly in the game, but even those with no previous sporting experience beyond their school years learn to play successfully. Training is a mix of formal and informal with more experienced players helping new players during social games. More formal training is available for each sporting code along with many online resources.

The Club has been hosting an increasing number of corporate team-building events as well as social events in the recently restored historic Clubhouse building.



The courts are nestled amongst mature gum trees. Members and visitors alike appreciate audiences of sulphur-crested cockatoos often appearing during games.

Get in touch with the Club at [kewcroquetclub1@gmail.com](mailto:kewcroquetclub1@gmail.com) if you would like to become a member, run an event or just have a go. Equipment and training are supplied for beginners. More information can be found on the [Kew Croquet Club](https://www.kewcroquetclub.com.au) website.

*Clare Newton is President of Kew Croquet Club*



# Blackburn Lions, books and vision dogs star at Bunnings

Nelson Knight

Saturday 13 May, the day before Mothers Day, was the occasion for a great community event at Bunnings in Nunawading. Organised by Blackburn Lions and Leos, the event featured a barbecue. Dogs and handlers from Vision Australia Seeing Eye Dogs were on show and free children’s books were handed out courtesy 123 Read To Me. Visitors to Bunnings took part in an arts and crafts childrens’ activity centre and tucked into an array of delicious cakes and sandwiches all provided by the Blackburn Lions.





## Five common items



## you shouldn't keep in your car

– Neighbourhood Watch Whitehorse

### Sunscreen

Keeping sunscreen in your car isn't the best idea as the active ingredients in sunscreen break down when exposed to heat. Over time, the lotion will become less effective until it is pointless to apply.

### Glasses and sunglasses

Don't keep glasses or sunglasses in your car. Overheated cars can warp plastic frames, permanently damaging the fit, and make metal frames scorching hot against your skin. By leaving them on the dashboard, you could also unintentionally be setting up a fire hazard: sunlight through the windshield shining through the lenses is similar to catching the sun with a magnifying glass. Designer frames left on your dash is a security risk, as opportunistic thieves may spot them and break into your car.



### Medicine

Avoid keeping medications in your car, whether prescriptions, over-the-counter pills, or vitamins. Heat, cold and moisture can all make medicines less effective, or even totally inactive. If you must travel with medication, store it in an air-conditioned compartment or wrap it in a cool, dry compress.

### Aerosol cans

Deodorants, air fresheners, hairspray, spray paints and other aerosol cans all have storage temperature recommendations printed on their sides for good reason. As the temperature increases, the pressure inside the can does too, running the risk of the can exploding. Their contents are also highly flammable.

### Electronic devices

Many modern electronics run on lithium-ion batteries, which can spark fires when not charged correctly or damaged. High temperatures in the car can damage your electronics so that they can't charge as efficiently or retain battery life. Overheated lithium-ion batteries could leak, rupture, or even catch fire. Keep your electronics cool with air conditioning and take them with you when you leave your car. If they get too hot, wait for them to cool down before turning them on again. Leaving valuable electronics in the car also presents an opportunity to thieves.

*This article is a shorter version of one previously published in Neighbourhood Watch Whitehorse E-News May 2023. The original article was published in the RACV's magazine Royal Auto.*

## The Voice to Parliament

– The Editors

'We invite you to walk with us in a movement of the Australian people for a better future.' These words from the Uluru Statement from the Heart represent a graceful invitation from First Nations People to fellow Australians to respond with open hearts when they vote on the Voice referendum proposal later this year.

In recent times, the debate over the proposed changes to Australia's constitution has become quite divisive as more conservative forces seek to use this process for purposes quite unrelated to the intention of this modest but important change. The vote refers only to the constitutional text, not the implementing legislation. Any legislation arising from this principle will be subjected to scrutiny under normal parliamentary processes and open to input from the Australian community.

In contrast to many other national constitutions, Australia's is primarily a functional document to establish the processes by which a specific range of matters are to be determined. The late Professor Brian Galligan said, 'The constitutional founding of the Australian nation was



not an occasion either of great patriotic moment or grand institutional innovation. It was a more pragmatic piecing together of established parliamentary practices and available federal institutional arrangements.'

The Constitution was written by men of British background or birth with the overriding goal to preserve the sovereign identities of the colonies while providing for a division or sharing of powers between the states and the Commonwealth. Sovereignty was seen strictly in geographical

terms and made no recognition of that which grants First People their rightful status as the original people.

Indigenous leader Thomas Mayo and acclaimed journalist Kerry O'Brien have written a handbook to answer the most commonly asked questions about why the Voice should be enshrined in the Constitution, and how it might function to improve policies affecting Indigenous communities, and genuinely close the gap on inequalities at the most basic level of human dignity.



*The Voice to Parliament Handbook* is an easy-to-follow guide to what a Voice to Parliament actually means. It offers simple explanations, useful anecdotes, historic analogies and visual representations, so you can share it among friends, family and community networks in the build-up to the referendum.

*Published as a paper back by Hardie Grant Explore in May 2023, it will cost \$16.99 at all good bookshops.*



## Ningaloo/Nynggulu

### a beautiful film worth watching

– Barbara Fraser

The 3-part ABC documentary series *Ningaloo/Nynggulu* explores a stunning marine treasure off the Western Australian coast under threat from human activity. Nynggulu is the name given by First Nations people. The rest of us know it as Ningaloo.

The film is narrated and written by Australian author Tim Winton and directed by Peter Rees. It gives a fascinating glimpse of the reef which has World Heritage status and protection. Also covered are the Cape Range and Exmouth Gulf which should have protection but lacks it.

The documentary is a powerful reminder of the need to value the natural world for its wonder, beauty and vital

contribution. The Gulf is huge, full of marine life and one of the world's last wild places, but its fate may now hang in the balance.

Winton urges everyone to protect such areas from mining and over-fishing so each wild place can flourish, enjoying its own being and benefiting us. *The film is now available on ABC iview.*

### In the next edition

The deadline for articles for the next edition of *Eastsider News* is 25 July 2023, with the edition due to go online mid June. We try to maintain diversity and give priority to those which are time relevant, so make sure you submit your article as soon as possible at [eastsidernews1@gmail.com](mailto:eastsidernews1@gmail.com).

*We encourage you to send us photographs and images that relate to your contribution. To get adequate resolution, please try to make them at minimum 250Kb and preferably larger at around 400Kb or more.*

### Page 3 Quizling Answers

1. Redder
2. HIAWATHA



## EastsiderNews

## Guidelines for writing articles

### The guidelines for writing for *Eastsider News* are:

- Length and quality: ranging from 400-700 words, occasionally longer, but always well written, and concise. Letters to the Editors may be shortened if they are longer than 250 words.
- Relevance: local public interest, but sometimes with a broader context
- Style: personal, but varied – story, humour, technical, creative, cartoons, etc
- Evidence-based: transparency about whether it is factual or opinion
- Language: can be expressive, but respectful and non-defamatory, with a focus on information, ideas, or issues,
- Text to be submitted as an unformatted Word document by email
- Photos and graphics: to be submitted as stand-alone jpegs by email to [eastsidernews1@gmail.com](mailto:eastsidernews1@gmail.com). To get adequate resolution, we ask that your image has a resolution of 300dpi and is at least 250kb and preferably larger at around 400Kb or more.
- Author's information: name and suburb for publication, an email address for follow-up but not publication. An author's headshot and short bio is optional
- The Editors will usually accept material as written, but may make minor changes to improve clarity, readability, or focus.

### The types of articles are expected to include:

- General interest: local environment, planning and development, social issues, health, etc
- Local activity centres and organisations: community centres, schools, churches, social groups, sports clubs, business, service clubs, universities, etc
- Socio-demographic groups: eg ethnic, age, ability, household types, etc
- Council business: Boroondara and Whitehorse ward reports, consultations, etc
- Personalities: interviews with interesting 'ordinary' people, and related events
- Culture, hobbies: art, music, recipes, eating out – and more.

We publish a new edition online every two months. We will also add to and update content on our website, and plan to do a limited print edition for community distribution when funds become available. Go to our website at [www.eastsidernews.org.au](http://www.eastsidernews.org.au) to check out the current and past editions.