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COVER: Burwood Tennis Club Page 5



FROM THE EDITOR

COMMUNITY Groups and Churches are invited to submit details of upcoming Christmas/New Year events to editor@burwoodbulletin.org by our deadline of 24 October. These can be listed on What's On Locally and might even have a half-page article in our summer issue. However, as we are already allocating space for that edition, contact us now if you have something you'd like to submit.

This issue has a volunteering focus and we hope readers will be encouraged to get out in the spring sunshine and volunteer to do something they're interested in, or even passionate about. There are so many opportunities – driving, gardening, tutoring, childcare helper and so much more. Offer your services and see what happens next.

We have contributed articles from the Australian Philatelic Society, Burwood Tennis Club and Peridot Theatre Company. As always, we welcome suggestions for, or submission of, articles from our readers.

Burwood Neighbourhood House turns 35 in October – happy birthday BNH!

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(see page 7 for Advertising rates)



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- Joan Camberwell

N 25 February 1907, Councillor Cattanach addressed the Camberwell City Council seeking permission to make a tennis court on the reserve at Burwood, known as Fiddler's Green. The motion passed, and with the stroke of a pen and the uttering of a few profound words, the Burwood Tennis Club was born. An asphalt court was laid in April 1907, with the court enclosed in chicken wire fencing along with erection of a ramshackle lean-to shed, which would be the clubhouse for several years. The club immediately began to grow in popularity and two years later a second court was added. It is a curiosity that had Councillor Cattanach made his plea fifty years earlier, the club could well be known today as the Ballyshanassy Tennis Club, as this was the distinctive name of the district at the time, briefly changing to Norwood, before settling on the name Burwood in 1879.

The club has since grown to be one of the most progressive, inclusive, and respected suburban clubs in Melbourne, named the Tennis Victoria Metropolitan Club of the Year in 2002, and has received numerous other accolades along the way. The expansive fully airconditioned clubrooms are the envy of most competing clubs, from the large floor to ceiling glass windows offering unfettered view of the tennis, to an onsite pro-shop servicing all player needs, be that simply purchasing a can of balls, sweatbands, a new grip, to restringing of racquets, even the purchase of a new racquet.

Burwood Tennis Club has a partnership with TopTenn Tennis Academy, Melbourne's largest and most progressive tennis school with a team of fully accredited coaches. We provide coaches for all standards from beginners to budding champions. Skill levels, cultural background and age are no barrier at Burwood, there is a program for everyone. The club has five newly laid synthetic grass courts, which offer a cushioned surface under foot to allow comfort for all players, not just the young, but the young at heart.

Burwood has recently opened the Fran Coggins Terrace, in honour of an outstanding club servant of over 30 years, who passed away last year. This SunSmart outdoor entertainment area is perfect for use all year round. It offers shade under a massive five-point shade sail, together with table and bench seating, waist high round pedestal tables to mill around, and bar stools along the balustrade to watch the tennis, or similarly turn around watch the cricket and football on the adjoining oval.

Spring is the perfect time to get out your racquets and start playing a bit of tennis, then sit outside with your feet up glass in hand from the licensed bar in the company of friends. Could life be any better?

To learn about joining us at Burwood Tennis Club, please phone 9830 6618.

COLIN EDWARDS

The ball's in our court



PICTURES: (Left) 1936 A-Grade Ladies Premiers; Group photo taken outside the club house earlier this year.



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Gardening

SING gardening for therapy is the cornerstone of Kevin Heinze¹ GROW (KHG), a social enterprise operating in Doncaster. This organisation is definitely a Sustainability Champion.

KHG delivers high quality training and development to a range of participants through the lens of gardening activities. Participants are school-aged to senior years, with diverse learning needs, including autism, dementia, ABI (acquired brain injury) or stroke or may be traumaimpacted or have some other disability.

Staff use the framework of therapeutic horticulture² to deliver over 750 hours of individual service to over 70 individual participants. Participants come from all over Melbourne and many find it's the only place that really works for them. Training programs incorporate therapeutic horticulture to great success and to an extent unseen elsewhere in Australia.

A key concern for KHG is water use so they aim to use as little potable water as possible. This is facilitated through the installation of large water tanks and use of the overland flow which runs into the local council retarding basin. Additionally, grey water management is being explored.

KHG's philosophy is to reuse what is out there in the community so it doesn't end up in landfill. Recycling nursery pots, smart plant choices and water retention approaches in the garden and nursery are examples of this.



Kevin Heinze (1928 -2008) was a pioneering gardening presenter on Australian TV. From 1967-1988 he hosted "So What", mostly filmed at his one-hectare Montrose home garden. He was an advocate for gardening in schools and initiated the School Garden Awards scheme in Victoria. He was later patron of Kevin Heinze Garden Centre in Doncaster which provides gardening activities for people with disabilities.

to grow

Native Australian plants are prioritised as are plants that offer rich sensory experiences for participants. Plants are sourced from sustainable and ethical providers such as Scotsburn Nursery in Keysborough. KHG also provides gardening workshops to educate participants and the local community.

It can be relatively expensive to implement sustainable approaches, especially for a not-for-profit where resources are tight. Installing water-saving measures and a solar system complete with battery require initial capital investment in order to yield cheaper ongoing running costs and it has been through government grants and other support that KHG has been able to make the challenging transition to greater energy efficiency.

There are some sustainability areas identified as needing improvement including food miles, meaning KHG will continue to buy and source sustainable food supplies locally. KHG would also like to explore the best plants to help them adjust to a warming climate, while still providing sensory plants for programs. They will look for greener options – they may transition to coloured pots to enable easier recycling and consider greener choices such as cow pots (made from cow manure) or planting seedlings into empty toilet rolls.

KHG is committed to being sustainable into the future because they understand the importance of meeting the challenges of a warming climate.



2. Therapeutic horticulture is the use of garden environments as a therapeutic intervention. This can include the growth, care and maintenance of these environments as well as the simple act of spending time in gardens.

Source: sgaonline.org.au/using-gardening-for-therapy



Every quarter – summer, autumn, winter and spring – 5000 copies of *The Bulletin* are delivered to local businesses, council offices, libraries, community centres, neighbourhood houses, op shops, cafes, banks, council service centres, rotary and lions clubs and many other locations – see 'Find your copy of *The Bulletin'* elsewhere in this issue.

Being local we'll reach your target audience.

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Banner (cover): \$400

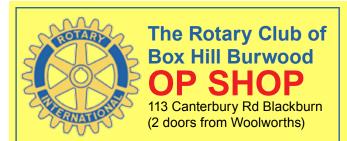
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Pre-booked print-ready ads must be submitted by our advertising deadlines of 1 February, 1 May, 1 August and 1 November. Otherwise, should you wish to have *The Bulletin's* Graphic Designer assist you with your ad – there is no charge for this service – the deadline is two weeks prior. A completed booking form is required to allow us to allocate space in the magazine.

We also have our Local Business Directory – see the middle pages for prices.

Email advertise@burwoodbulletin.org or phone 0431 482 270

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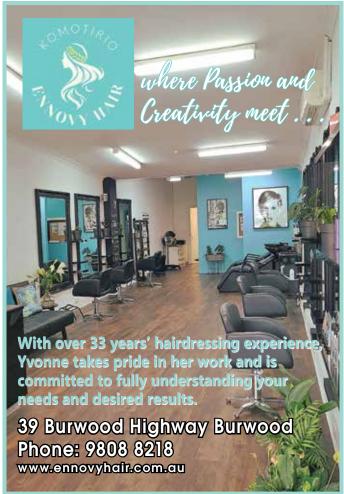
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Philately can get you everywhere EOPLE collect all kinds of things: books, postcards, gains model care and one of the aldest stamps. The

PEOPLE collect all kinds of things: books, postcards, coins, model cars and one of the oldest, stamps. The Australian Philatelic Society was formed over 40 years ago for collectors of stamps and, in particular, collectors who are interested in postal history. We'll come to postal history later, but first, stamps.

The first pre-paid postage stamp was issued in 1840 in the UK. Within fifteen years many countries in Europe, the Americas and most of the Australian colonies had issued postage stamps. Lots of the early issues are rare and valuable. Unfortunately, that also gave rise to a thriving forgery industry, so collectors can be well advised to steer clear of some of them.

Fortunately, there are plenty of later stamps that are safe collecting areas, until we come to recent years when postal administrations have flooded the market with new issues. Australia is one of those. Still, people who are drawn to stamp collecting can look through world stamp catalogues that are found in most council libraries to find a collecting field that appeals to them.

Some collectors choose themes: examples are stamps with flowers, motor cars, film stars, musicians, paintings, etc.

Others choose a particular country or a particular period of a stamp-issuing country.

2.

Where can a collector get stamps? There are stamp dealers in shops or who sell from home by mail. They can be found in the business telephone book or by a Google search. There are also weekend suburban stamp and coin fairs. These can be found in the collectors' magazine *Stamp News* or via Google.

We now come to postal history. The Australian Philatelic Society got started with collecting post marks, especially rare ones of small Australian villages and settlements. That's one form of postal history. Another one is stamps commercially used (not souvenir postmarked) on whole envelopes or postcards. Some postal history can be quite rare, as many people's instinct is to throw an envelope in the bin or to tear off the stamps for collectors.

Some postal history examples, sometimes rare survivors, are shown here. The themes for postal history are nearly endless.

If you'd like to join the Australian Philatelic Society, we meet bi-monthly in Canterbury at the Memorial Homes Hall, 152 Canterbury Road. We welcome visitors and new members. If you like to know more, phone me on 9889 1385.

JOHN YOUNG

(Above) Unlike the more famous (and common) Penny Red

ONE PENNY

first issued in 1854 – the actual first stamp was the 1840
 Penny Black. As the UK was the first to issue a stamp as we know it, it is still the only country not to identify itself on its stamps.

(Below) 1. An example of the colourful stamps now being issued by countries; 2. The first official Air Mail service between Australia and Papua-New Guinea in July 1934; 3. Philately often celebrates moments in history, as shown by this New Zealand cover commemorating the end of WWII.











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Food for (more than) thought





PICTURES: (Left) Food collected at the Scout Hall in Noble Park; (Above) Interact and Rotary members with the donated Budget truck.

INGSWOOD College Interact Students wanted to conduct a Food Drive to assist groups or individuals in need. Their leadership group asked our Rotary Club for assistance with identifying a suitable group they could assist.

Rotary Club of Box Hill Burwood's Youth Coordinators gave a presentation to the Interact Leadership group where they provided details of their Club's food projects during the Covid pandemic (e.g. Food for International students and Rooming House Projects).

RCBHB's Food Project Coordinator suggested assisting Afghan Refugees as he was already helping a small group of Refugees in Dandenong with food. The Interact Students had no hesitation in choosing the Refugees for their "Food Drive".

RCBHB then became aware of an Afghan Refugee Welcome Day at Dandenong. This event gave our rotary club the opportunity to meet with some key individuals from the Afghan community and also City of Greater Dandenong including the Mayor, Community Advocacy Coordinator and Afghan Refugee representative, Arif. After hearing about the Kingswood Interact Students' Food project, our rotary club was provided with a

suitable location where the food could be delivered for distribution to the Afghan refugees. This location was a Scout Hall in Noble Park.

Earlier this year, Kingswood College conducted their "House Challenge" on the oval at the school which involved each "House" placing their non-perishable foods in a line on the oval; points being allocated depending on the length of their line. The total length of all food spread out on the oval was an amazing 322 metres.

With the assistance of a Budget truck kindly donated by one of our members, our Youth Coordinators drove the truck to Kingswood College and joined the teachers and students on the oval during the "House" Food challenge. Following the presentation to the winning House, all the food was collected and loaded onto the truck by all the Kingswood Interact students. RCBHB then delivered the food to the Scout Hall for distribution to the Afghan Refugees.

What a fantastic effort by all Kingswood College Interact students in supporting our Afghan Refugees in Dandenong. All our Rotary Club of Box Hill Burwood Rotarians are extremely proud of their excellent efforts.

RAY MCLEOD-DRYDEN

WHAT IS INTERACT? Interact is a service club for youth ages 12 to 18 who want to connect with other young people and have fun while serving their communities and learning about the world. Clubs are sponsored by local Rotary clubs. Interact clubs organise two projects every year, one that helps their school or community and one that promotes international understanding. Members of sponsor Rotary clubs mentor Interactors as they carry out the projects and develop leadership skills.



of the hive-destroying Varroa mite, Rural Aid has launched *Buy a Bee* campaign, with the support of the Australian Honey Bee Industry Council.

Australia's smallest livestock, its precious European honey bees, are under siege from the hive-destroying Varroa mite. The parasite was first detected in hives at the Port of Newcastle but has quickly spread to multiple locations.

The campaign, under the HiveAid umbrella, will assist beekeepers as they take on the Varroa mite. Rural Aid chief executive John Warlters said the situation is volatile and distressing for beekeepers across the country. Rural Aid is offering beekeepers and their families free counselling through its nation-wide team of qualified counsellors and also financial assistance in the form of \$500 pre-paid Visa cards. Mr Warlters encourages people to show their support by donating to Buy a Bee.

"Beekeepers are in an awful state right now as they anxiously wait for news on how far the Varroa destructor mite has spread," he said. "The Department of Primary Industries has identified mental health strain as the biggest issue currently facing these primary producers. Rural Aid is proud to be able to offer beekeepers immediate assistance in this area."

Agriculture Victoria's Varroa mite surveillance¹ concluded six weeks after the bee parasite was detected in cargo at the Port of Melbourne in June 2018.

The Victorian State Quarantine Response Team, comprising members of the beekeeping community, worked alongside Agriculture Victoria's Incident Management Team (IMT) to conduct beehive surveillance after the detection. The team successfully conducted four rounds of surveillance in every known hive within a 2km radius of the Port of Melbourne detection.

Long-term sentinel hives continue to be monitored as part of the National Bee Pest Surveillance Program at high-risk locations: Port of Melbourne, Geelong and Portland.¹

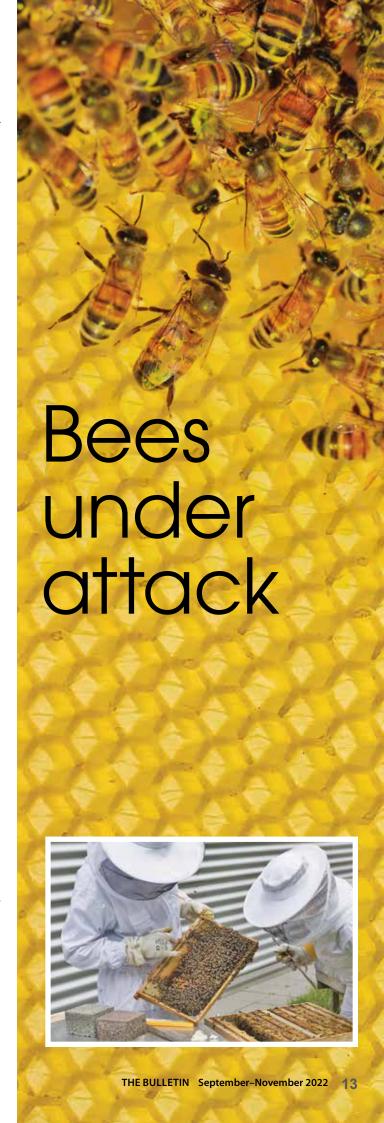
Australian Honey Bee Industry Council chairman Stephen Targett said the contribution of honey bees to agriculture through pollination services is estimated at up to \$20 billion – "and the start of the pollination season is just weeks away, which demonstrates what an enormous threat this crisis poses to our industry". [Stated July 2022]

"Without urgent support, some of our beekeepers will struggle to survive financially," he said. "We are calling on the public to back our beekeepers now, not just for their sake, but for the sake of Australia's entire agricultural and food production industries."

Donations can be made at www.ruralaid.org.au/hiveaid If you see or suspect varroa, you must notify Agriculture Victoria by calling the Exotic Plant Pest Hotline on 1800 084 881.

 https://agriculture.vic.gov.au/biosecurity/pest-insects-and-mites/ priority-pest-insects-and-mites/varroa-mite-of-honey-bees/ varroa-mite-detection

Source: The Senior





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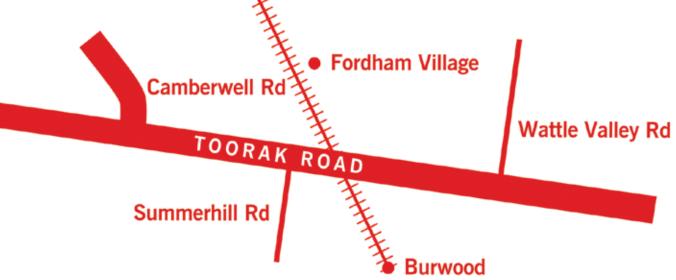


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ESTABLISHED in 1987, Burwood Neighbourhood House (BNH) is situated on the borders of three municipalities: Whitehorse, Boroondara and Monash. Over the past 35 years, it has become a thriving hub within the local area, serving the community.

When Cheryl was asked to be a committee member of BNH she became its treasurer; just nine months later in 2000, she was BNH's Coordinator, managing all its day-to-day operations.

The Neighbourhood House was an old council-owned home housing six community groups, including *The Bulletin*. Cheryl created a centralised office and initiated policies and procedures to look at meeting expanding community needs; she developed new activities for the Neighbourhood House and then she publicised it all. In 2022, BNH oversees 60 community activities.

Infrastructure was another area Cheryl had to address for the house. A range of funding was sought and confirmed over the years, which allowed for the original bare backyard to be renovated into a lush playground with safe swings, slides, climbing frame and synthetic grass for all seasons; the fitting out of a community computer lab; a new centralised kitchen and much more. Hundreds of thousands of dollars were raised by successful campaigning for funds.

"I'm proud to say that we've transformed an old house into a community centre that now operates five days a week with house usage at around 60 hours each week," said Cheryl in 2016. "These days we are getting requests from universities to take workplace students, requests

What is a Community?

community is a group of people who share the same things, such as where they:

- live
- work
- · play.

It is also a place where people solve problems together.



from schools to take students into the VCAL admin program, and we have volunteers knocking on our door to help."

"Community" is something different to everyone and that is what makes a community so special. Burwood Neighbourhood House has been serving the Burwood community for 35 years welcoming all ages, abilities and walks of life," says Cheryl. "Many community groups use the House, and we are the home of our most valued community magazine – *The Bulletin*".

BNH provides support to several community projects that service the local area. One is Knitted Knockers Australia (see p.45 for details).

Most deservedly and understandably, Cheryl became 2018 Senior Victorian of the year – COTA awardee.



You are invited to the Burwood Neighbourhood House for a celebratory luncheon to commemorate our 35th anniversary

> Place: 1 Church Street, Burwood Date: 21 October 2022 Time: after our AGM at 11:30am

Bookings essential: Phone 9808 6292 (for catering purposes)





OLUNTEERS are the backbone of many local not-for-profit organisations including The Bulletin. Without our band of deliverers there'd be no magazine and many worthwhile causes would cease without volunteer assistance. Listed below are just a few in need of help. Check them out - there must something that is just the right fit for you. For many seniors, volunteering at the local op shop, neighbourhood centre, environmental and other groups, is the highlight of their week. For some Lockdown put an end to this, with family members concerned for their welfare.

"... Evidence continues to demonstrate the mental health and wellbeing benefits of volunteering including combating social isolation and loneliness."... Mark Pearce, CEO, Volunteering Australia.1

Volunteers had a higher level of life satisfaction prior to C-19 than non-volunteers, with those continuing to volunteer during C-19 faring much better. Volunteering relates to better mental health, social interaction and sense of purpose.1

Volunteering can help develop transferable skills and new research² shows there's a positive hiring attitude toward volunteering, with 75% of hiring staff agreeing volunteer experience is an advantage in a job interview. Frame your volunteer experience to show how you can fit into their workplace.

Check out our Community Notices 'Volunteer' column, p.53 - there are more listings to view there.

- https://relationships.org.au
- 2. volunteer.com.au

General

Environmental Education Program Volunteers, Blackburn

Lead children on guided walks, help with games and enviro-themed activities at Blackburn Lake Sanctuary, Yarran Dheran and bushland sites.

whitehorse.vic.gov.au/waste-environment/education/environment-volunteers

Knitted Knockers

Proudly made possible by volunteers - Admin Assistant required. Knitted knockers are free 100% cotton prosthesis hand knitted in Australia and provided to breast cancer women who've had a mastectomy. Kits are available for volunteers who like to knit. Phone Head Office to join 9808 6292.

IT Coordinator. Camberwell

IT Coordinator to finish implementation of our new website and assist on ongoing basis. Contact Margaret at Lions Club of Boroondara Central, 1350c Toorak Road, Camberwell, Ph. 0409 389 927.

Gardens for Wildlife

Volunteer Garden Guides, who visit locals' gardens, have a passion for the conservation of indigenous plants and animals. Register your interest at whitehorse.vic.gov.au/wasteenvironment/trees-and-gardens/gardens-for-wildlife

Meals on Wheels

Volunteer as driver or jockey. Two hours shifts 10am-noon weekdays. Relief volunteers also required. Must attend min. two training sessions per year. whitehorse.vic.gov.au/ about-council/jobs/volunteers/volunteer-meals-wheels

Peridot Theatre Inc.

Community theatre company in the eastern suburbs for 35 years. Along with general volunteers, we'd welcome secretarial and bookkeeping assistance. Go to peridot.com.au or phone Helen: 0429 115 334.

Uniting East Burwood

Assist with support, referrals, and emergency relief for people in need. Community Workers assist individuals and families experiencing personal and financial difficulties. Important qualities are empathy, good communication skills, a patient listener. Must complete a nationally recognised training course (seven online sessions), on-site mentoring, undergo a Police Check and hold a current Working with Children Check (WWC). Course calendar: cisvic.org.au/training/community-support-workers-course For more info Ph. 9803 3400.

Other General Ideas

- Pick up rubbish in local park or waterway; walk a dog or collect sheets, towels or rags for local animal shelter.
- · Donate to your local street library; help in a community garden or joint neighbours to create one.
- Write letters to refugees in detention or older people in aged car.
- Knit blankets for the homeless or rescue animals; knit some squares and with friends create warm rugs for the homeless.

Neighbourhood Houses & Centres

Amaroo Neighbourhood Centre, Chadstone

Amaroo is managed and maintained by a dedicated team of volunteers and staff. If you'd like to become a volunteer, phone 9807 2625.

Ashburton Community Centre

Events Volunteers for Foreign Film nights; A-Fair; Community Festival; Bookfest, Int. Women's Day. Need to be organised, flexible, helpful. Office Assistants to support office team: open 9am-2pm (mornings pref.). Front desk enquiries; man phones, take enrolments; rooms set up; maintain promo displays; data entry. Training provided; basic computer skills; friendly manner. Management Committee. Volunteer application form: https://ashburtoncc.org.au/our-volunteers

Avenue Neighbourhood House @ Eley, Blackburn South

Volunteer bus driver needed, just two hours per week, midday – 2pm. ANH provides community transport two and from Blackburn station and nearby kindergartens. Ph. 9808 2000 or e: info@theavenue.org.au

Bowen Street Community Centre, Camberwell

We need volunteers in childcare, office administration, Committee of Management, Vice President, staff liaison and Treasurer. Ph. 9889 0791 for more details. www.bowenstreet.org.au

Box Hill South Neighbourhood House

Volunteers needed for upcoming sensory garden project, and Committee of Management. Ph. 9898 8270.

Burwood Neighbourhood House

IT Coordinator required for new 'Burwood Connections' social media Facebook. Admin assistance in the office, chef for social functions, gardening support, handyman support. Foodbank support, computer teacher for seniors. e: burwoodnbigpond.net.au Ph. 9808 6292.

Canterbury Neighbourhood Centre

Volunteers are at the heart of our Centre; as we prepare to move into our new location in Canterbury Gardens, now is an ideal time to join us! Volunteering provides a great opportunity to make new friends, build your skills and enrich your local community. Go to: canterburync.org.au or call 9830 4214.

Craig Family Centre, Ashburton

Be a homework tutor, committee member, community gardener, childcare or kinder helper at the Craig Family Centre. There are lots of volunteer opportunities! e: enquiries@craigfc.org.au Ph. 9885 7789.

Power Neighbourhood House, Ashwood

A small friendly community house, our mission is to achieve community participation by providing support, referral and activities in a friendly non-judgemental environment. We need new committee members from all walks of life to help us to keep our house welcoming and open to all. If this is of interest to you, phone 8849 9707.

Op Shops

Ashy Op Shop, Ashburton

285b High Street. We fund local aged care services. Volunteer any week day or Sat. or Sun. just three hours a week. You'll gain valuable retail and customer service experience. Diverse volunteer program. Phone Margaret 9885 3815 or go to https://samarinda.org.au/volunteers

Boroondara Central Lions Club Op Shop

Volunteer just three hours per week; make new friends; learn new skills and use your existing skills; chat with customers in our shop. Please call into Op Shop, 1350c Toorak Road, Camberwell. Ph. 9809 4950, or Margaret 0409 389 927.

Uniting Op Shop, Forest Hill

Op Shop Volunteers – we support many local and international causes. Open Tues–Sat 9:30am–1pm. Ph. Don on 0411 490 365. 333a Canterbury Rd, Forest Hill.

Youth Education Support Inc. (YES Op Shop)

Help disadvantaged youth gain an education by volunteering in our Op Shop. Office assistance also sought. 100% of donations support young people in need. Shop hours: Mon-Fri: 9:30am-5pm; Sat: 10am-4pm. 53 Mahoneys Rd Forest Hill. Ph. 9894 0992.

NB: address links will be active to click on our website.

Have you claimed your \$250 Power Saving Bonus?

The Power Saving Bonus is a one-off \$250 payment to help ease cost-of-living pressures on households. Applications are open until 30 June 2023.

For help with your application, you can book into one of the official outreach providers listed below. You can also can contact my team if you have any questions about the program, or would like some assistance with applying.

Power Neighbourhood House

54 Power Ave, Ashwood Please phone or email to book, or drop-in on Tuesdays.

P: 03 8849 9707

E: PSBPowerNH@gmail.com

Amaroo Neighbourhood Centre

34 Amaroo Street, Chadstone Please book in by phone or email.

P: 9807 2625

E: coordinator@amaroonc.org.au

Will Fowles MP - Member for Burwood - 1342 Toorak Rd, Camberwell VIC 3124 will.fowles@parliament.vic.gov.au - 9809 1857



Home Care Packages

This program is subsidised by the Australian Government for older people who require ongoing care and support to live independently at home.

There are four levels of Home Care Package depending on your assessed needs, ranging from very basic care through to high care. Samarinda can assist you with contacting My Aged Care, the Australian Government aged care entry system. We can even be with you through the assessment process if needed.

How to get started

Our professional staff will assist you to make informed decisions, design your care plan, select your service providers, develop your individual budget and ensure that services enable you to live independently at home for as long as you can.

What will it cost?

For people in receipt of the full pension, Samarinda has opted not to charge any fees, however if your income level is above the Government determined threshold then we are required to collect an

income tested fee set by Centrelink. For a confidential chat or more information, please contact the Coordinator Tel: 9058 6064 Email: intake@saas.org.au

286 High Street, Ashburton • Tel: 1300 591 464 • www.samarinda.org.au



A little 'Gem' makes a fresh start...

fter 35 years, Peridot Theatre Company has moved from Mount Waverley to Clayton and is on the lookout for a new permanent home. The move has opened the door to new possibilities for us and we are excited about what this means for our theatre company, as well as our patrons.

Upcoming 2022–23 productions will be performed at the Clayton Community Centre – Theatre, a comfortable 132-seater, with convenient parking and easy access on the corner of Cooke Street and Clayton Road, Clayton.

Next up is *War of the Worlds*, written by Howard E Koch, based on the novel by HG Wells and directed by Pip Le Blond.

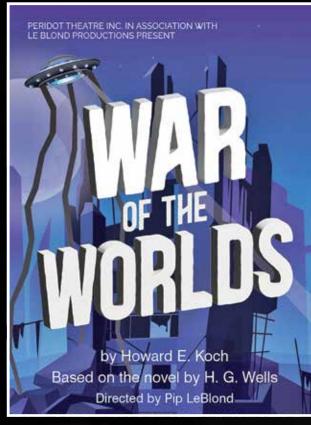
Broadcast from New York's Mercury Theatre in 1938, this infamous radio play, had many terrified listeners convinced that an actual alien invasion of Earth was taking place!

Presented in collaboration with Le Blond Productions, *War of the Worlds* returns after a sell-out season in 2021 and runs from 22 September to 2 October at the Clayton Community Centre Theatre.

Following this, the comedy *Curtain Up!* written by Peter Quilter and directed by Tony Bird will also be performed at Clayton from 10 to 20 November. *Curtain Up!* is the hilarious story of five women who inherit equal shares in a dilapidated theatre and plan to bring it back to life again.

We look forward to warmly welcoming you back to the theatre, as Peridot Theatre Company embarks on this new and exciting chapter. For bookings: <u>peridot.com.au/book-a-show</u> or telephone 0429 115 334.

ANNA RUTH LAIRD Peridot Theatre Company, Publicity Manager





ANNOUNCEMENT



SOME years ago *The Bulletin* had few Probus Club listings –we now have 20 separate 'fluctuating' listings. Clubs often come, go, merge or split.

Probus Clubs worldwide work to provide regular gatherings to retired or semi-retired business or professional people who value opportunities to meet others with similar interests. Clubs are autonomous, simple in structure, free of constraints and obligations of service clubs and involve members in minimal cost. Primarily provide fellowship

between members. ... Source: Wikipedia

CN Probus Clubs please note from this issue Probus Clubs will revert to being in the Friendship & Activities section, with only a Probus Clubs heading and a direction to our website: https://burwoodbulletin.org/probus-clubs

Also please remember to advise us of contact changes for your club.



BURWOOD WALKS Back in Burwood

HIS walk is about 5 or 6 km, and almost entirely within Burwood. If you have a Melway map, the walk is wholly on map 61. This time, we start at the corner of Station Street and Burwood Highway (C6), and there are options for the finishing point, one of which is also the starting point. You can buy lunch at these shops here, and I noticed that a copy of The Bulletin was in the reading racks in the sandwich shop where I bought lunch for myself. The 75 tram route runs along Burwood Highway, and there are several bus routes in this area which you can use. Bring your Myki with you on this walk.

E start our walk on the southeast corner near the serviced apartments and tram stop 64. This is a complex intersection with the footpath elevated on the northwest corner. Look around for trees, many of them very attractive, both "Aussie" and "imported". As is common in these suburbs, much of the housing is in a state of change, however some of the current owners have attractive displays of flowers.

We walk south along undulating Station Street where we pass St Thomas's Anglican Church (which also has some tall eucalypt trees). The rock in this cutting is a mixture of siltstone and sandstone of Silurian age (very old!). As we continue south, we notice that Station Street is picturesque, with Mount Waverley some distance away.

After we cross Leonard Street, the walk changes, as we reach the Lundgren Chain Reserve on the left, and we take the easterly path through one of the true gems of Burwood. We walk a short distance to a popular playground, and the reserve opens up with street access to Highbury Road. Here there is also a small shopping strip across Highbury Road, and you will notice that several lights in this park are solar powered. Our walk keeps to our easterly trail, crossing Finch Street, Gracehill Avenue, Sunhill Avenue and Sparks Avenue, where the trail is much narrower. The trail stops at the next street (Malvina Street) beside yet another playground, where we turn left (north) for a very short distance before turning left again into Cypress Avenue, now heading west. Again, Cypress Avenue has some great Eucalypts to admire. It is a level street, and very pleasant walking, with views to the South (Mount Waverley again). Cypress Avenue takes us to Finch Street, where turn right (north) into Finch Street, then right (east) into McCubbin Street, then

left into Pheasant Street (north) to return to Burwood Highway near St Scholastica's School/Church.

For safety, cross Burwood Highway at the traffic lights just to the east. At this point, you can choose one of three options.

- 1. Catch the city bound tram back to our starting place, or walk back.
- 2. Continue east to the Burwood Heights Shopping Centre, by Vermont South tram or walking, where you can buy food. There is also a toilet in Woolworths.
- 3. Walk through one more open green space.

I chose option 3, so that I could see one more bushy reserve. After crossing Burwood Highway, walk east just 100m to a walkway (fenced on both sides) heading north, and going through to Poole Street. Continue downhill (towards Box Hill, in the distance). Poole Street is also so quiet compared to Burwood Highway. It is a lovely stroll. At Murra Street, you will see another path (between two houses) which will take you into the final reserve. You can also access it from Poole Street. There is a seat here.

Walk westerly, along a boardwalk near the playground, and other areas, which are also interesting. Walk west to the end of the reserve near a roundabout to your right in Bronte Avenue. Continue west to return to Station Street. I chose the southern side (under the trees) of the road, in Bronte Avenue, which also has a seat for a break before reaching Station Street. Rainbow Lorikeets nest in these trees. At Station Street, turn left (south) to return to our starting point.

MARK LEARMONTH

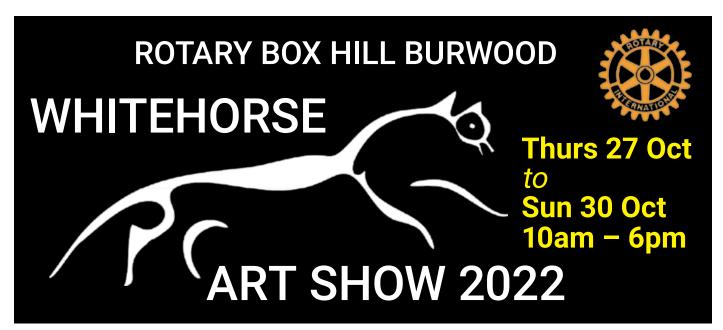






PICTURES (Clockwise from left): Silurian rocks in cutting near St Thomas's Church; "Undulating" Station Street; A walker along the trail; Solar powered lights and playground along the trail.





More than 550 exhibits by over 160 artists on display seeking the historic McCubbin 'Best In Show' Award at the iconic **Box Hill Town Hall.**



Gala Opening Night Dinner

Wed 26 Oct

6pm: preview all art

7pm: three-course dinner

\$85 inc. refreshments

The Show will be opened by a Celebrity Guest and the principal beneficiary is to be a local project supported by the Stroke Foundation.



\$15,000 art prizes, quality art auctions, door prizes, music, silent auctions, demonstration artists & much more.

For details google Whitehorse Art Show



HE Whitehorse Historical Society Heritage Family Day is returning after a two-year Covid hiatus and will be held between 11am and 4pm on Sunday 11 September at the Schwerkolt Cottage and Museum Complex, 2-10 Deep Creek Road, Mitcham. Heritage Family Day is a major part of Whitehorse Heritage Week and entry and all activities are free.

To assist with social distancing, displays this year will primarily be in marquees around the property; however, our ever-popular old-fashioned children's games and picnic races will still be held in the cottage garden.

There will be the opportunity to see lost trades such as woodturning and blacksmithing together with demonstrations of lacemaking, tatting and basket making, plus a display by the Box Hill Spinners and Weavers. Tours of the cottage and grounds will be available and you'll discover where the original houses were on the property.

Brumbies Bush Band will play their fabulous music, plus there'll be an animal farm, story-telling tent, Chinese brush painting and a craft activity provided by the Box Hill Community Arts Centre to keep the kids entertained. A brand-new attraction will be a Giant Bubble experience where both kids and adults can have a hands-on opportunity to make their own giant bubbles and also watch a giant bubble demonstration.

The Vintage Drivers Car Club will display their vehicles and Whitehorse Square Dancing Club will have demonstrations during the day.

With such a fun-packed day, make time to enjoy a delicious Devonshire tea from the kitchen in the Local History Room or enjoy a sausage from the Rotary Sausage Sizzle. Delicious coffee will be provided by Vivere Coffee and goodies will be available at the Society's cake stall where everything is homemade at extremely reasonable prices.

KATHY INNES

PICTURES from the 2019 Family Day (Clockwise from top): Old-fashioned children's games; The *Brumbies* Bush Band; Blacksmith at work.







Sessional care, Kindergarten, Playgroups and more...



At the Craig Family Centre we provide all children with outstanding early education. We offer Sessional care, kindergarten for 3- & 4-year olds, playgroups and more. We value diversity and inclusivity in all our programs, where our team of highly qualified educators and facilitators are sensitive to individual needs.

We work in close partnership with families and support services to ensure a safe, welcoming environment. Children at the Craig have fun at our centre of excellence and learn while having a wonderful time with their friends.

Our playgroups are a wonderful way for families to play together and connect with other local families in a social, supportive environment. They can share experiences and form friendships at their own pace. Playgroups are a great way to gently re-introduce children to social/educational activities after Melbourne's many lockdowns. Playgroup friendships for parents are just as important – we encourage parents to come and meet new people, create support networks and share experiences. Mums, dads, grandparents and carers are all welcome to join in!

PLAYGROUPS

Spanish playgroup:

Mondays 9:30am - 11am

Mums 'n' bubs yoga:

Mondays 11:30am - 12:30pm

Tuesday morning music with Jo: Tuesdays 9.30am - 10.30am

Creative play with Squiggle Kids:

Tuesdays 11am - 11:45am

Mandarin playgroup:

Wednesdays 9:30am - 11am

Bush playgroup:

Wednesdays 9:30am - 11:30am

Gumnut music with Louise:

Wednesday 11:30am - 12:30pm

Baby Playgroup:

Wednesdays 1:30pm - 3pm

Friday parent-led playgroup:

Fridays 9:30am - 11:30am

All The Doo Dah Day,

music & movement:

Fridays 1pm – 2.30pm

PRIMARY-AGED CHILDREN & TEENS

Screen and Stage, Grade 3 and 4: Mondays 4:30pm – 5:30pm

Screen and Stage, Grade 5 and 6: Mondays 5:30pm – 6:30pm

Acting and Singing for Teens, Year 7 to 9:

Mondays 6:30pm - 8pm

Bright Brains homework club, Year 1 to Year 10:

Wednesdays 4pm - 5:30pm

Mandarin languages classes:

Monday to Sunday, various times

FAMILY SERVICES & SPECIAL EVENTS

- Bike Maintenance Workshops
- CFC Multicultural Film Festival
- Christmas Wreath Making Workshops
- Cross Cultural Parenting Seminar
- Jobs Advocacy Service
- 'Safe Seats, Safe Kids' child car restraint fittings
- Spring Planting Event

CHILDCARE & KINDERGARTEN

Sessional childcare:

Monday to Friday: 8:30am-3pm (2022) 8.30am-4.30pm (2023)

3-year-old kindergarten:

Monday, Wednesday, Thursday: 8:30am-3pm (2022) Monday, Wednesday & Friday: 9am-3pm (2023); Tuesday & Thursday: 8:30am-4:30pm (2023)

4-year-old kindergarten:

Monday, Wednesday and Friday: 8:30am-3pm (2022) 9am-3pm (2023) or Tuesday & Thursday: 8:30am-4:30pm (2023)

SPECIAL INTEREST GROUPS

- Al-anon
- Ashburton Food Forest
- Australian Breastfeeding Association
- · Women's GOLD Group
- Lions Club of Boroondara-Gardiners Creek
- Edge Community Fund
- Victorian Guild of China Painters
- Victorian Egg Decorators Guild





Craig Family Centre
7 Samarinda Ave, Ashburton VIC 3147

Telephone: (03) 9885 7789 Email: enquiries@craigfc.org.au Website: www.craigfc.org.au

Cake from the colonies

T was 75 years ago that a joyous post-war Royal Wedding took place on 20 November 1947 at Westminster Abbey when Princess Elizabeth married Lieutenant Philip Mountbatten. Although WWII was over, rationing persisted in Britain until 1954. Among the items rationed were bacon, biscuits, butter, sugar, meat, tea, jam, breakfast cereals, cheese, eggs, lard, milk, and canned and dried fruit – many of the ingredients of a traditional wedding cake.

Both the Country Women's Association (CWA) and the Girl Guides zeroed in on the royal wedding cake. The Guides sent ingredients, the CWA a finished cake – one of 11 or 12 cakes to make an appearance on the day.

Princess Elizabeth had been active in the Girl Guide movement and was Chief Ranger of the British Empire in 1946, so Australian Guides naturally wanted to send a wedding gift. Someone on the Federal Council suggested a wedding cake and Guides all over Australia contributed their pennies to purchase the necessary ingredients. They were prepared to give up their butter and sugar ration coupons too, but the 'authorities' gave special dispensation for these to be 'off the ration'.

Seven crates of produce were procured in Melbourne and shipped aboard the *Stratheden* on 13 August 1946. They were delivered to McVities & Price of Edinburgh who were to bake the official royal wedding cake. The ingredients despatched were: 56 lb icing sugar; 70 lb castor sugar; 50 lb plain flour; 6 tins powdered milk; 10 ozs ground cinnamon; 10 ozs mixed spice; 6 bottles lemon essence; 28 lb tin almond meal; 60 lbs sultanas; 10 lb lemon peel; 15 lb seeded raisins; 10 lb crystallised cherries; 12 lb currants; 1 x 7 lbs self-raising flour; 1 bottle best Australian brandy; 20 lb brown sugar; 10 lb almond kernels; 12 dozen eggs; 30 lb butter.

The official cake was unveiled to the press five days before the 20 November wedding. It weighed 500 lbs and stood nine feet high. It was revealed that in addition to the Australian ingredients it contained flour from Canada, butter from New Zealand, rum from Jamaica, sugar from Barbados. South Africa was said to have sent just a half bottle of brandy.

Compared to this nine-foot monster, the CWA contribution was a 'supplementary cake'. The six-tier cake was made in Sydney and each of the six tiers carried the name of an Australian state. The RSL Renmark branch supplied the fruit. The CWA cake was sent, for some reason, via Jerusalem where the bottom tier was discovered to be damaged. Newspaper articles reported with relief that it was "being repaired by Jerusalem's leading confectioner".

Some cake was returned to Australia with thanks from the happy couple after the wedding. A whole tier of the official royal wedding cake was sent to the Australian Girl Guides and was delivered to the Extension Branch, Victoria. However, there is no record of who ate it.

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T is August 1944, and although WWII still rages, housewives need to maintain their homes. In *The Herald*'s article below, there are tips that may still be useful in 2022. A reminder of war time shortages is evident – 'Use your own favourite polish (if you can get it)'.

SPRING CLEANING TIME IS HERE

NOW is the time for spring cleaning.

It is important, but it means a lot of work and a lot of time, so be patient about time and content to stretch things out. Getting overtired is not worthwhile, so plan jobs for different days.



Before you begin operations, overhaul brooms, brushes, polishing and cleaning rags, and collect other essential cleaning materials. Clean, efficient tools lighten the work and save time.

Turn out cupboards and drawers in all rooms. Scrub the insides and clean and sort the contents. Harden your heart against hoarding, and give every spare scrap of fabric, metal, paper, and other odds and ends to your salvage collector. Put china and silver to soak in soapy water with a little ammonia added, then dry and polish it.



Avoid disorganisation as far as possible in all rooms. Start with the ceiling in each room and work down, not forgetting picture rails. Wipe the backs of pictures and see that they are hanging safely. Wash the surface of oil paintings with warm water and very little soap and dry thoroughly.

Mahogany can be washed over with vinegar and water or cold tea, and walnut responds to a few drops of paraffin on a soft rag. Use your own favourite polish (if you can get it), and clean, soft cloths for furniture. A quick method of cleaning mirrors, windows, and plate-glass surfaces is rubbing them with sheets of newspaper (damp and then dry) until they are dry and clear. Pick a dull day for your window cleaning. If your carpets look a bit grubby shampoo them with warm, soapy water.

Remember that the idea is to remove dust permanently, not from one place to another, so a slightly damp cloth is best for shelves and cupboards.



Do the kitchen in easy stages. Clean the stove one day when you are feeling energetic. Take it apart and soak all removable parts in hot water in which soda has been dissolved. Scrub them with a brush, dry, and replace. Wash paintwork

with hot, soapy water, and, while you're in the kitchen, see if your iron, toaster, refrigerator, or icechest need attention. If so, this is the time.

It is a little early to discard woollens, but have an empty drawer ready, and, after washing them, put them in and sprinkle with Epsom salts. They'll be fresh and ready for next year.



On a fine day take blankets, pillows, rugs, and cushions out of doors. Shake them thoroughly and hang in the sun for a while. This is the time to wash or send to laundry blankets that can be spared and curtains.

Leave eiderdowns out of doors for a few hours, but out of the sun which will fade them. Put them away with some anti-moth substance until you need them.



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Prices per issue: Five-Line Box ad \$42; Six-Line Box ad \$50.50; Line ad \$17.30. (GST incl.) Email advertise@burwoodbulletin.org or phone 0431 482 270.

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SCAMS: don't be frightened - be ready!

HESE days it is difficult to operate a business, or even one's personal life, without the aid of a computer. The latest trends show that people use their mobile phones, iPads/tablets, laptops and computers to store an enormous amount of information about themselves.

The aim of scammers is to take advantage of situations which will bring them money. Australia is a wealthy nation – if you own a motor car you are considered to be in the top 1% of wealthy people in the world. Although hoaxes and scams come in hundreds of ways, they all share the aim of depriving you of your cash. Some recent scams: surveys, fake charities, phishing, advance fees, lotteries, unemployment, overpayment, dating, pyramid schemes and Covid-19.

Older Australians are generally paper-based (they like to read a hard-copy of *The Bulletin!*); may not be computer savvy; are very trusting, and can be very vulnerable – or there's the stress of the loss of a life partner; and health issues such as Alzheimer's disease.

Nearly half of all threats, scams and hoaxes originate from a phone call. It may be a random caller wanting to 'fix' your computer; alternatively, you could click on a nefarious email or website link. If you let scammers pressure you over the phone to do the "right thing" and allow them to help you "fix" computer problems, it is not going to end well for you! When a caller says they represent NBN, Telstra or Microsoft and want to help us, we trust them.

Once a scammer has you on the phone, they will demand that you to carry out their orders; these people are well-trained and know your weaknesses. They are not to be trifled with, or even played with, as you'll always be on the losing end. Even though it goes against the grain,

there is only one solution – hang up immediately and never allow anyone access into your computer.

Figures released by the Australian Competition & Consumer Commission (ACCC) show that men and women in fairly equal proportions are taken in.

Apart from an annoying loss of your time, what is the worst that could happen?

- 1. Need to have computer cleaned & serviced (at your own expense)
- 2. Computer downtime and slow PC
- 3. You act as a robot or mule for criminals
- 4. Your Facebook profile is cloned
- 5. Your identity is stolen
- 6. PC commandeered and your photo taken
- 7. Computer locked and useless (repairs can be costly)
- 8. Loss of photos, emails, letters and data
- 9. Huge financial loss
- 10. Prison (money laundering and Federal offences)

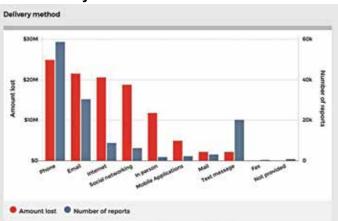
So if you have that deep sinking feeling of dread, embarrassment, panic and confusion that you've been caught out:

- Hang up do not talk anymore.
- Don't panic; stay calm.
- Turn off your PC and modem.
- Phone your bank's fraud line, now.
- Contact your computer repairer.

The ACCC is very helpful and whilst they do not investigate frauds, they keep statistics on trends details and amounts of frauds.

STEVE POLGAR, STEV-Computer

(Below): Graphs show the recent incidence of scam activity.





ATTLE flower season has arrived! The trees around my farm have burst into bloom, like patches of golden clouds.

Australia is known as the land of the wattle. More than 1070 species have been identified; almost all of them endemic to Australia.

And it's not just a tree with a pretty flower.

The Australian wattle offers such a variety of possibilities that it's grown in about 70 countries across the world, and has tremendous environmental, economic and social benefits.

The strong, high quality Blackwood timber is used for house construction and making furniture. I'm waiting to try my hand at some amateur furniture making with the timber of one of the fallen trees.

The use of wattle seeds among Aboriginal communities

is widespread, as acacia seeds are said to have a high nutritional value and are also a good source of protein and carbohydrate. They are also good in diabetic diets. Also, its therapeutic effects have been known to indigenous cultures for centuries.

Wattle produces a tannin that is used for tanning leather, and can also be used to make adhesives, dye, corrosion inhibitors and is also used in pharmaceutical products.

And, of course, the bright, fragrant flower is famous in the cut-flower trade.

For me, it's an immense joy to see these golden blooms, with bees abuzz all around them.

The *Sydney Morning Herald* once said, "To many Australians wattle stands for ... every instinct that the heart most deeply enshrines". Do you agree? I do!

YOSHANTHI WELLAWA





ATTLE Park celebrated its 105th anniversary earlier this year. The state government has allocated \$4.3 million for its upgrade but apparently not all locals are onboard with this. Plans include upgrades of the park's walking tracks, a 'playscape' to replace the existing playground, and 24/7 lighting for part of a combined walking/cycling trail.

The Bulletin does not wish to take sides but as a reader directed us to an online petition opposing the changes to Wattle Park, we advise that you can view the petition at: change.org/SaveWattlePark

Embracing student success

HE world of education is embracing a new era post the pandemic and Embrace Education is calling out to thoughtful individuals who want to share their knowledge and aptitude to lift the learning abilities of disadvantaged students around Melbourne.

This year Embrace Education celebrates 16 years since the club began in 2006, the brainchild of Monash student Emil Kogan and a group of Monash University students. True to its original mission, university students provide quality education to disadvantaged high school students around Melbourne, free of charge.

The pandemic has created new educational needs for students and the club is in urgent need for more tutors and financial support.

The importance of co-learning assistance in the classroom is a bonus to teachers. Forest Hill Secondary College teacher Chrissie Chen, a teacher of 15 years, says the Embrace Program has brought a higher level of confidence among her students' ability to grasp new concepts.

"Embrace Education tutors are often willing to spend their own time preparing for the additional help students need," Chrissie Chen says. "Studying has been made tougher for students in recent years. Only a small number of students were able to study effectively with the online learning delivery during the pandemic. Tutors make a difference in many disadvantaged students' lives and I encourage more university students to join as tutors."

Embrace Education tutors Lia Greenhalgh, a thirdyear medical student and Qirui Soh who is studying engineering and design, both at Melbourne University, provide educational assistance to students in need. Both believe that every student deserves equal access to education and encourage more people to think about joining Embrace Education, giving up a little bit of their time to make a difference in a student's life.

"I wanted to help out. Every student deserves access to education and help when they need it, so giving up a bit of my time in my weeks, seems like nothing to help them out," says Lia.

Every child deserves an opportunity to be able to access education. Quality education is a right and Embrace Education works to help disadvantaged students access free tutoring which gives them an opportunity to access resources and strengthen their knowledge.

Our mission is to empower more disadvantaged students and we need your help. Every donation makes a difference in a student's life. We are extremely grateful for every support and assistance we receive from our community. Your donations will go towards strengthening Embrace Education's impact, such as tutor recruitment and training, coordinating the programs and helping supply resources to students and tutors.

Anyone interested in tutoring or sponsoring Embrace Education or wanting more information is invited to contact Jack Petereit, President – South East Chapter on mobile: 0426 210 558; or email:

president.monash@embrace-education.org or enquiries@embrace-education.org





Whitehorse Farmers' Market

Whitehorse Civic Centre, 379-397 Whitehorse Road, Nunawading

Organised and managed by the Rotary and Rotaract Clubs in the City of Whitehorse, the Whitehorse





Farmers' Market features a range of stalls selling fresh seasonal produce. The market takes place in front of the Civic Centre building and occurs on the second Sunday of the month, between 8am and 1pm.*

Blackburn Station Craft Market

Blackburn Train Station - South Parade, Blackburn Handcrafts, art, plants, fruit and vegetables, gift items, and jewellery. Ample parking nearby; a village atmosphere with plenty of cafes. The hearty sausage sizzle will always be available.

Opening Hours: 9am until 2pm, 2nd Saturday of the month (No Market in January).

For more information, visit http://www.foresthillrotary.com/

Nunawading Market – Quality Art, Craft and Produce

379-397 Whitehorse Road, Nunawading
Nunawading Market is held in the grounds of the
Whitehorse Civic Centre on the fourth Sunday of each
month from February to November, 9am to 2pm, with
a special Christmas Market on the second Sunday of
December.

Nunawading Market's motto – Make It, Bake It, Grow It, provides community access to a diverse range of goods ranging from babywear, candles, baskets, clothing, toys, jewellery, gifts and plants to gourmet foods and fresh produce. It is managed by Arts Nunawading Inc. – a not-for-profit organisation. Funds raised are dispersed to local cultural, performing and visual arts groups, to young people furthering their artistic development through the Dick Lack Memorial Scholarship or to support the Whitehorse Centre.

For more information, visit https://www.artsnunawading.org.au/*

^{*} See also p.54 (What's On Locally) of this magazine.



■ XPERIENCED by more than 140 000 Australians, Aphasia affects one's ability to communicate; ✓ it typically occurs after a stroke or head injury affecting the language centres of the brain. Aphasia is also called Dysphasia (dis-phaze-yuh) and Anomia (difficulty finding words). The condition has been in the spotlight this year following Hollywood actor Bruce Willis's diagnosis of the disease.

The research of Queensland Aphasia Research Centre (ARC), one of the largest specialist rehabilitation services in the southern hemisphere, will enable researchers and clinicians in aphasia rehabilitation to develop innovative treatments that maximise use of technology and tailor support to individuals.

ARC director Professor David Copland said people with aphasia often experienced depression and social isolation, often leading to reduced quality of life. "An eight-week therapy program called CHAT is tailored for individuals and delivered in a variety of ways, including in the participant's home via tele-rehabilitation."

CHAT participants have shown major improvements in their communication, confidence and quality of life. A sufferer's carer said "He had no numbers, no alphabet and he answered every question with yes, but he had no idea what people were talking about. The improvement in his speaking after the program was massive."

Professor Copland said donations enabled extension of the network of clinicians and researchers across Australia. "These generous donations have allowed us to develop a community of over 450 people with aphasia, family members, researchers and clinicians, engage with over 300 research participants, and work with over 40 healthcare sites as part of our research."

People with aphasia may have difficulty with talking; listening (understanding what others say); reading; writing; using numbers and using gestures. It may affect everyday communication, relationships and everyday living.

Head injury, tumours, or infections, and inflammation in the brain can cause aphasia. It affects people differently - some have mild difficulties, others have very severe communication problems.

People with aphasia -

- are competent and intelligent
- still have thoughts, opinions and emotions
- can still solve problems
- can still hear and see
- can still make decisions
- often know what they want to say, but have difficulties getting their messages out.

Visit the Stroke Foundation – https:// strokefoundation.org.au - to learn more about the causes and management of aphasia, as well as support, treatment and prevention programs.

Local Aphasia Groups

Box Hill, Carrington Health, 43 Carrington Road, Box Hill We Chat - 2nd and 4th Tuesdays. For people with mildmoderate aphasia. Contact: Janette Cunningham 8843 2247, jcunningham@carringtonhealth.org.au

We Communicate - Wednesdays (monthly) 10am-11.15am. For people with severe aphasia. Contact: Andrea Mckenzie, AMcKenzie@carringtonhealth.org.au

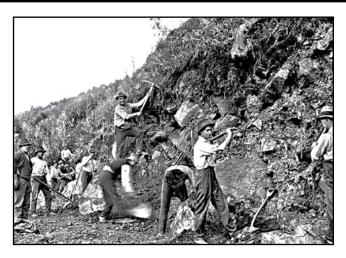
IMPACT3 - 3rd Tuesdays. 10am-11.30am. IMPACT2 - 1st Tuesdays of month 10am-11.30am. For people with Primary Progressive Aphasia. Contact: Ffion Walker 8843 2322, fwalker@carringtronhealth.org.au

Chadstone, Link Health & Community

Aphasia Support Group - Alternate Thursdays 10:30am-12:30pm. Batesford Hub, 94 Batesford Road, Chadstone. Contact: Jessica del Porto 8822 8351, jdelporto@linkhc.org.au

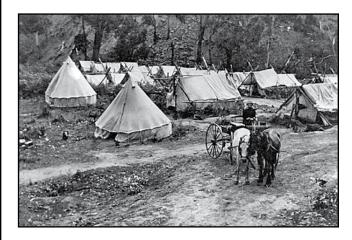
Chatterbox - Wednesdays 11am-12:30pm and 1pm-2:30pm. 533 High Street, Kew. Contact: Tina Probert 8529 5307. bssghub@gmail.com

Sources: aphasiavic.org.au; https://aphasia.org.au/about-aphasia; thesenior.com.au



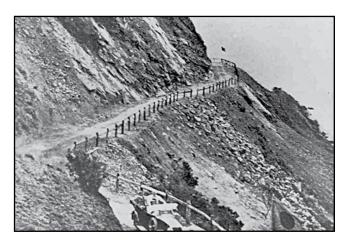


(Above) Diggers working on Great Ocean Road circa 1922





(Left) Workers' camp; (Right) Hairpin Bend, the Great Ocean Road circa 1930.





(Left) Great Ocean Road - Devil's Elbow, 1922; (Right) The Great Ocean Road circa 1930.

Building the Great Ocean Road

ONSTRUCTION of Victoria's Great Ocean Road commenced in September 1919. To provide for their families, ex-soldiers worked on the dangerous road after returning from WWI's horrors; many of their sons grew up to be involved in WWII which began only seven years after its completion.

Built between 1919 and 1932, it was dedicated to soldiers killed during WWI. It is the world's largest war memorial. Winding through varying terrain along the coast it provides access to several prominent landmarks, including the Twelve Apostles. In 2011 it was National Heritage listed and in December 2020, the "Great Ocean Road Environs Protection Act 2020" was enacted.

Stretching 240km along the south-eastern coast between Torquay and Allansford, much of the road hugs coastline, with views of Bass Strait and the Southern Ocean. The road traverses rainforests and beaches, and cliffs composed of limestone and sandstone, susceptible to erosion, travelling via Anglesea, Lorne, Apollo Bay, and Port Campbell. There are tall, almost-vertical cliffs near Geelong.

The Great Ocean Road was first planned towards the end of WWI, when chairman of the Country Roads Board asked the State War Council for funds for returned soldiers to work on roads in sparsely populated areas in the Western District. At the time, the rugged south-west coast of Victoria was accessible only by sea or rough bush track. It was envisaged that the road would connect isolated coastal settlements and become a vital transport link for the timber industry and tourism.

In 1918 the Great Ocean Road Trust was formed as a private company under the helm of president Howard Hitchcock. The company secured £81,000 in capital from private subscription and borrowings, with Hitchcock contributing £3000. Drivers would be charged a toll until the debt was cleared; the road would then be gifted to the state.

An advance survey team progressed through dense wilderness at about 3km a month. Construction was done by hand using explosives, picks and shovels, wheelbarrows, and some small machinery, and was at times perilous; several workers were killed on the job. The final sections along steep coastal mountains were the most dangerous to work on. Anecdotal evidence from ABC archives in 1982 suggested workers rested

detonators on their knees during travel, as it was the softest ride for them.

The ex-soldiers were paid 10/6 for eight hours per day, plus a half-day on Saturdays. They used tents for accommodation throughout, and made use of a communal dining marquee and kitchen; food cost up to 10/- a week. Despite the difficulty involved in constructing the road, the workers had access to a piano, gramophone, games, newspapers and magazines at the camps.

Officially opened on 18 March 1922, the section to Lorne was then closed for further work, opening again on 21 December. The toll charge was 2/- for motor cars, and 10/- for wagons with more than two horses.

In November 1932 the entire road was officially opened with Victoria's Lieutenant-Governor Sir William Irvine holding a ceremony near Lorne's Grand Pacific Hotel. At the time, The Age commented, "In the face of almost insurmountable odds, the Great Ocean Road has materialised from a dream or 'wild-cat scheme', as many dubbed it, into concrete reality".

In its original state, the road could only comfortably fit a single vehicle at a time. Areas with sheer cliffs were most hazardous, with few places for drivers to pull over to allow others to proceed in the opposite direction. On 2 October 1936 the road was handed to the State Government, with the deed for the road presented to the Victorian Premier at a ceremony at the Cathedral Rock toll gate with the tolls removed.

In 1962 the Tourist Development Authority deemed the road to be one of the world's great scenic roads. Despite improvements, the road was still considered a challenging drive.

Over its life, the Great Ocean Road has been susceptible to natural elements; in 1960 the section at Princetown was partially washed away during storms. It experienced landslides in 1964 and 1971. It was also closed due to bushfires in 1962 and 1964, particularly in areas near campsites. In January 2011 a section of the overhanging cliffs collapsed due to heavy rain.

In 2004 the Great Ocean Walk opened, connecting 104km of walking trails that follow the coastline near the Great Ocean Road, stretching from Apollo Bay to the 12 Apostles.

RAINE BIANCALT

Box Hill Art Group Inc. 70th Anniversary Exhibition

in conjunction with Whitehorse Arts Association at the Box Hill Lower Town Hall

Friday 30 September to Sunday 2 October

Opens Friday at 8pm Saturday 10am-5pm — Sunday 10am-4pm Come and see artists creating original works



Purchase an original artwork



Neighbourhood Houses and Op Shops

URING my lifetime I have worked in various industries in paid employment and in voluntary positions.

In the last two years, I have become more aware of the important role that neighbourhood houses and Op shops play in the community.

In some centres during lockdown people could still attend and collect free bread and some meals which had been donated by other generous members of the community. Fruit and vegetables were often freely available. While other community centres had to completely close down until the lockdown was over.

At this time in our history I believe that one of our most precious resources is for people to donate some of their time to reach out to their fellow human beings through volunteering in an op shop or attending classes or learning a new skill or sharing music or a meal.

It has become obvious how isolated and lonely we have been but now we can leave our homes again. Some of us have lost contact with our families and friends and our neighbours, and it is reassuring to know that we can again gather together in a way that can soothe our loneliness and our basic need for contact in a safe and caring environment. Or just say hello to another human being.

Neighbourhood houses and Op shops are always looking for volunteers. I believe that one of the most precious gifts we have to offer to our fellow human beings is through friendship and acknowledging one another just through a smile or saying "hello".

MARGARET CRUTCH



Harvest at Home

had heard rumours that there might be food shortages and price hikes. So, being cautious, I bought some vegetable punnets and seeds. I've never seriously grown food before because there's so much in the shops. Nevertheless, Pete and I picked a sunny spot against a fence and built a raised bed using sleepers. Gardening is never one quick job: I upended every struggling pot plant and tipped their old soil into the base of the new vegie garden. When we bought the bags of soil and potting mix, I refilled the pot plants first – so they are boosted for Spring.

Preparing the new bed, we tipped in layers of sheep manure, straw and garden soil, mixed them and kept adding until it reached the right height. A good watering and rest overnight – and ready to plant the seeds and seedlings the next day.

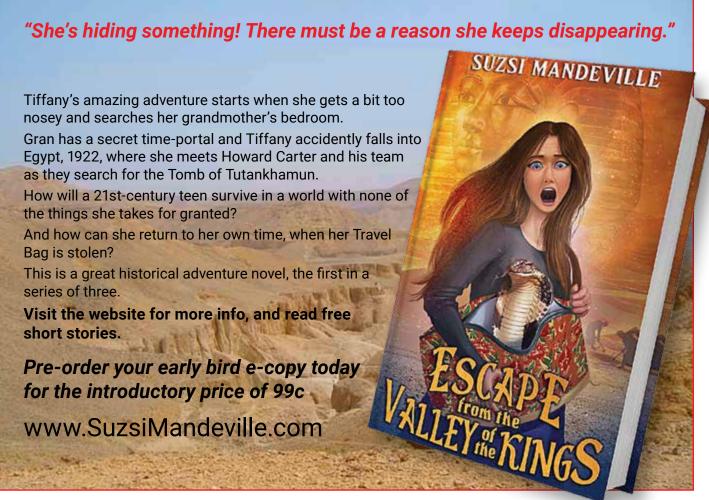
I used potting mix to give the seedlings an easy start. Tall climbers at the back, bushy in the middle, quick growing plants at the front. The plan is to have diversity. Plants that mature quickly will be harvested to make room for those that take longer. Bean seedlings are already climbing between a mixture of lettuce, silver beet, cauliflower, carrots and zucchini.

Because of the cold nights, I have pegged large strong plastic bags across the chicken wire, which has created a micro-climate, retaining the warmth and protecting against wind. For my first serious vegie garden, I'm pretty pleased with the results. So far, still fine.

Tasty Gardening!

SUSZI MANDEVILLE



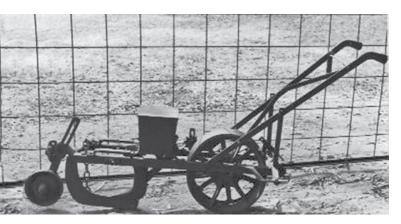


LEADING ORCHARDIST



Mr H. E. Tainton

BELOW: Horse-drawn, chain-operated, hand -guided planter which forms farrow, plants beans and firms down trench (used on the Tainton orchard in Canterbury Road, Forest Hill, circa 1920); Family photo, circa 1926.





When fruit

In the 19th and

ORN in 1850 in Gloucestershire, Joseph Tainton married at Vermont in 1877. He and his wife had 14 children – six boys, eight girls. He obviously brought his market gardening know-how with him from the 'old country' as around 1880, he pioneered the fruit industry at Tally Ho (East Burwood).

Wanting to provide for his sons, in 1908 Joseph purchased an extensive portion of heavily timbered Forest Hill land at £20 an acre. According to a *Weekly Times* article of 23 August 1930 headed 'Wide Range of Production in Forest Hill District', the municipal valuation of the uncleared areas in the locality at that time was £70 an acre.

The Weekly Times: "... the fertile land is being worked very profitably by orchardists, flower growers, and market gardeners. There also are large, well-managed poultry farms. ... Some of the finest cut flowers which reach the Melbourne markets are grown at Forest Hill."

Following in their father's footsteps, Joseph's sons each had a valuable property within easy reach of the area planted by their father in 1882. After the land had been cleared, Harold Ernest, the second youngest son, planted five acres with Jonathan and Five Crown apples. The trees did remarkably well and Harold became one of the area's most successful growers, on 36 acres.

In 1929, the mains from the O'Shanassy scheme were installed, and water for irrigation was made available at the reasonable rate of 1/- per 1000 gallons. Previously the primary producers had to rely on catchment dams, which sometimes gave out and autumn crops failed.

"In addition to fruit, Mr Tainton gives vegetables attention in five acres, and also has four acres of flowering plants, principally gladioli and chrysanthemums. These and the orchard furnish supplies for the Melbourne markets practically all the year.

"Fruit is the mainstay, and from the time when cherries ripen early in November until the end of autumn motor truckloads of high-quality produce are taken to the city markets three times a week. Large quantities of apples and pears are placed in the cool stores at Blackburn, East Burwood and Doncaster. These keep splendidly.

"With the water now available Mr Tainton is confident that the returns from flowers and vegetables

flowered in Forest Hill . . .

early 20th centuries, Forest Hill was a fertile area for orchardists, market gardeners and flower growers.

can be increased considerably, if not doubled, and the irrigation of the orchard during autumn will greatly augment the yields of fruit.

"It cost Mr Tainton £170 to bring the water through two-inch pipes from the large main which goes through the district, but the outlay is regarded as small compared with the benefits derived. In six dams constructed at different parts of the property is storage for 500,000 gallons of water. Pipes from the main keep the dams filled."

At considerable cost, Harold installed a scheme of drainage – "throughout the orchard are two-inch agricultural pipes in every second row at depths varying from two to four feet. These are connected with three-inch mains which discharge at the lowest portions of the block. Effective drainage is held to be equally as important as irrigation."

Unlike most growers at the time, Harold believed in growing smaller trees, closer together. "Smaller trees", he contended, "are much more easily managed, and will bear equally as heavy crops as if treated properly and supplied with the right kinds of plant food. Thorough cultivation and properly drained land are regarded as the main essentials to success with fruit trees, flowering plants, or vegetables."

"The fruit trees are 16 feet apart in rows 18 feet wide. These distances are considerably less than the growing space favored by most growers, but Mr Tainton points out that the trees do not attain such large size and bear satisfactorily. He has noticed that in orchards where the trees are 20 feet apart each way, on the square system, they have a tendency to make wood at the expense of fruit. This necessitates heavy pruning in the following season, and a consequent loss of valuable tree vigor.

"Mr Tainton believes that the producers of apples for export wall be compelled to pay more attention to the quality of the consignments than hitherto. In the past season he sent 400 cases to the overseas markets, and the first lot, by the steamer Port Bowen, gave a net return of 8/- a case.

"Experience has demonstrated that it is unwise to overfeed apple trees with nitrogenous manures such as blood and bone, or sulphate of ammonia. Excesses of the fertilisers not only prevent Jonathans and other red apples from becoming sufficiently colored, but lessen the quality greatly. More attention to cultural work, and less dependence on forcing manures, is urged by this observant orchardist.

"He contends that the development of the export trade should be undertaken generally by compelling every orchardist to export a quota of each season's surplus on similar lines to those which govern the export of dried fruits."

Joseph Tainton and Mary Jane (Polly) Course (born in Camberwell in 1877), had six sons and eight daughters, all born in Burwood. It appears that all their children married, as a group photo (see left) around 1926 shows Joseph and Polly with 23 grandchildren. Polly died in 1928.

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Alamein Alamein Learning Centre, 49 Ashburn Gr. Ashburton Library foyer, 154 High St.; Hi-Clean Dry Cleaners, 409 High St.

Ashwood Power N'hood House, 54 Power Ave.: Flakey Jake Fish & Chips, 499 Warrigal Rd.

Balwyn Balwyn Library, 336 Whitehorse Road; Balwyn Community Centre, 412 Whitehorse Road, Surrey Hills.

Bennettswood Bennettswood N'hood House. 7 Greenwood St.

Blackburn Stev-Computer 8 Wirreanda Court. Blackburn Sth The Avenue N'hood House @ Eley, 87 Eley Rd; Library, Blackburn Rd.

Box Hill Whitehorse Service Centre, 1028 Whitehorse Rd; Library, 1040 Whitehorse Rd.

Box Hill Sth Box Hill South Family Centre, 1228A Riversdale Rd; Dan the Minuteman, 2/193 Middleborough Rd.

Burwood Burwood Neighbourhood House, 1 Church St; Boroondara Lions Op Shop, 1350C Toorak Rd; Camberwell East Medical Centre, 236 Warrigal Rd; Pebble-Mix, 84 Highbury Rd.

Burwood East East Burwood Travel, 6/2 Burwood Hwy; Sofia's Restaurant, 299 Burwood Hwy; Burwood Heights Uniting Church, 347 Blackburn Rd.

Camberwell Bowen Street Community Centre, 102 Bowen St, Garvey Real Estate, 195 Through Rd; Library, 340 Camberwell Rd.

Canterbury Canterbury N'hood Centre, 2 Rochester Rd.

Chadstone Amaroo N'hood Centre, 34 Amaroo St. Forest Hill Whitehorse Service Centre, Forest Hill Chase; Neil Angus, MP, 2 Brentford Square; YES Op Shop, 53 Mahoneys Rd.

Hartwell Hartwell P.O., 1166 Toorak Rd; Fordham Ave Milk Bar, 116 Fordham Ave.

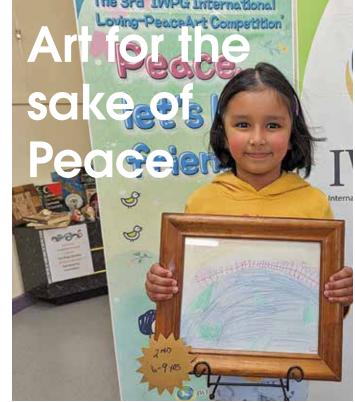
Hawthorn Library, 584 Glenferrie Rd.

Malvern East Phoenix Park N'hood House & Phoenix Park Library, 22 Rob Roy Rd.

Mont Albert The Boulevard, 369 Mont Albert Road; Mont Albert Post Office, 1a Hamilton St.; Mont Albert Florist 1 Hamilton Street, Mont Albert.

Surrey Hills N'hood Centre, 157 Union Rd.

Wattle Park Rotary Recycle Op Shop, 1113 Riversdale Rd.



HE International Women's Peace Group (IWPG) Melbourne Victoria hosted the '4th International Loving-Peace Art Competition' at Amaroo Neighbourhood Centre on 4-5 July.

This international art competition for the realisation of peace fosters children and youth to become leaders in promoting a culture of peace. Children aged 6–13 from schools across Melbourne created artworks expressing: 'World United by the World of Peace'.

"It was great! I love drawing and it's my first trophy ever! I want to participate next year. I drew the world with the sunset and people holding hands on the earth." - Jaanvika (6)

"Our thought process to make the artwork was of two women on a field, making peace sign, supporting each other. It was very fun!" - *Kaylie* (13)

Janine Saligari, Coordinator for Amaroo Neighbourhood Centre says: "Amaroo loves you and together we will do wonderful things, I'm excited for next year too".

IWPG's vision is to leave a legacy of a world of peace rather than war and conflict for all future generations by uniting the 3.7 billion women around the globe. For more information about IWPG visit: www.facebook.com/IWPGVictoria





The Reporter, Box Hill, 13 December 1889

Racing 'Foreigners'

T is interesting in 1889 that two men named Ledoloff and Cosminskey were labelled as 'foreigners' when most people at the time were born elsewhere than Australia. Also, interestingly, there are no other records for these two people (in **Trove or Ancestry)** – perhaps their names were recorded incorrectly.

DANGEROUS RACE.

The Box Hill Court was occupied for a considerable time on Friday in adjudicating upon a case in which two foreigners named Nicholas Ledoloff and Oscar Cosminskey were concerned. The defendants were charged on the information of Constable Norwood with creating a disturbance on White Horse road on the 24th November, just as it was getting dusk. They had been imbibing rather freely, and in order to vary the monotony of life in Box Hill, arranged a race for one pound, the distance to be about a mile.

Both the defendants were driving a horse and cart, and could not speak English very distinctly. The evidence did not state what sort of a start they made, but it was clear that the defendants yelled at their horses in their mother tongue in such a manner that they soon attracted a crowd of people, who were under the impression that the men were mad.

As might be expected in such a race, a collision took place. The two carts collided with such force that one of the drays sustained serious damage. The Bench was of opinion that such conduct as the defendants were guilty of was dangerous to life and limb, and must be prohibited in the streets of Box Hill. They were each fined 40/- with the option of 14 days in durance vile.



P Did you know?

Never Say 'Yes'!

If you receive a phone call from a stranger, especially if they start off with 'Can you hear me?" Don't reply 'yes', 'okay' or such. Scammers can copy your voice and use it to gain access to bank accounts, etc. It's best to just hang up!

Fish leather - made from invasive species

Lionfish, with no natural predators, devour about 79% of young marine life within five weeks of entering a coral reef system. Aarac Chavda and a team of ecologically aware fellow scuba enthusiasts established Inversa, which turns lionfish into fish leather. On World Oceans Day, the team was recognised as one of nine finalists in the Global Ocean Resilience Innovation Challenge.

Eye Colours

Brown eyes represent 70-79% of the world's population. About 7-10% have blue eyes and just 2% green eyes. In Ireland and Scotland 86% of people have one of these two colours.

New online concession card calculator

A wide range of concessions exist, with complex eligibility rules. Benefits vary via state and local authorities and often retirees don't know concessions exist. A Concessions Calculator from National Seniors Australia is at https://nationalseniors.com.au/services/concessions-calculator. Input basic details and see the concessions for which you may qualify.

CSIRO research identifies the best local government strategies

Australia produces 2.5 million tonnes of plastic waste yearly. A new CSIRO study found plastic pollution on our coasts has decreased by 29% since 2013; although some surveyed municipalities showed an increase in local litter up to 93%, while others decreased up to 73%. Clean Up Australia Day and surveillance programs involving the community were effective. The CSIRO's Ending Plastic Waste Mission aims for an 80% reduction in plastic waste entering our environment by 2030.

Plant a Tree

Trees suck Earth-warming carbon out of the atmosphere far more efficiently than any machine and could become an even more potent weapon in the battle against climate change.

Feral & pet cats kill millions of animals each year

Cats in Australia: Companion and Killer: 'each feral cat in the bush kills about 740 animals per year. In total, cats kill more than three million mammals, two million reptiles and one million birds every day. Australia's mammal extinction rate is by far the highest in the world. Cats have been a leading cause of at least 20 of our mammal extinctions over the last 200 years.' abc.net.au/news/2019-07-15/cats-kill-billions-of-animals-each-year-in-australia/11307684

Recycling Toilet Paper Rolls

Toilet rolls are great for starting seeds. Plant them straight into the ground and the rolls will biodegrade.

Microplastics found in fresh Antarctic snow,

For the first time, scientists have found microplastics in fresh Antarctic snow, highlighting "the extent of plastic pollution globally". Researchers at NZ's University of Canterbury collected snow samples from 19 Antarctica sites; all contained the tiny plastics. Of the 13 types of plastics, most common was polyethylene terephthalate (PET), used to make clothes and drink bottles.

California requires Plastics Makers to pay for Recycling

The landmark legislation also restricts single-use plastics. Because California's economy is so big, experts say the law could have far-reaching effects.

Foods that Never Go Off

White rice; honey, dried beans, 100% pure maple syrup; non-fat powdered milk, virgin coconut oil, soy sauce, cornflour, hard liquor, salt, popcorn, pure vanilla extract; bouillon cubes, vinegar.

Food and Garden Organics Service

Whitehorse Council's Food & Garden Organics Service: you can add food scraps to your lime green-lid organics bin – including raw and cooked food, meat and bones. Special kitchen caddies and a year's worth of compostable liners are supplied to local households. For your kitchen caddy and education materials, ph. 9262 6333.

Numbers

No number from 1 to 999 includes the letter "a". One, two, three, four, five, ... twenty, thirty, forty, fifty, sixty... You can keep going, but you'll not an 'a' until you hit "one thousand".





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SOCIAL ACTIVITIES Bookings essential!

SENIORS WEEK - Large Community Bus Trip

Celebrate Seniors week by treating yourself to a trip to the Tulip Festival in Spring Fever week tickets only \$18, normally \$28.

6 October leaving at 9:30am.



COMMUNITY BUS TRIPS

Monthly Bus trips to various destinations. Book early the bus fills quickly. Bookings

HEALTH & WELLBEING CLASSES

Yoga (<i>Hatha Style</i>)	Monday	9:05am – 10:05am
Yoga (<i>New class</i>)	Monday	7:00pm - 8:00pm
Meditation	Monday	10:15am – 11:15am
Social Walking	Wednesday	10:30am - 11:30am
Social Scrabble	Wednesday	10:00am - 1:00pm
Strength Training	Thursday	10:00am - 11:00am
Tai Chi	Thursday	11:30am – 12:30pm
Zumba	Friday	9:30am – 10:30am

Come along and try one of our free "Come and Try" sessions!

- Stay healthy, keep moving and join classes that are affordable!
 - · New instructors contact the office with your skills.

OTHER ACTIVITIES

WORK EXPERIENCE PLACEMENT: We support work experience for job seekers in admin and accounting. VOLUNTEERS welcome in all aspects, admin, Foodbank, War Against Waste Project, cleaning, gardening, supporting Knitted Knockers Australia in admin, order requests and dispatch.

PLAYGROUP New groups and individuals welcome.

Large room and backyard. Low-cost sessions am/pm. Lots of equipment, covered sandpit and cubby

CHILDREN'S PARTIES - Playgroup yard is great for booking a children's party; lots of play equipment. We have a large room and kitchen available.

35 Years Celebrations Luncheon

All community welcome! New and Past members

AGM held at 11:30am, stay for lunch and then Celebrate with us 35 years of being a vital community resource.

Meet the Neighbourhood House Founders, hear stories and recap on how far we have come to offer 61 activities to support the community. See before & now pictures.

FRIDAY 21 October at 11:30am Bookings required

OUR COMMUNITY PROJECT



KNITTED KNOCKERS - AUSTRALIA

"Communities Helping Women" Like us on Facebook & Instagram

FREE 100% cotton prosthesis available.

PINK LADIES: Come and write a pink lady message for someone who is missed. All Pink Ladies will be displayed on the Box Hill Town Hall Lawn. Whitehorse Community Houses supporting Women's Health

COMPUTERS & I.T.

Seniors learn the clever things you can do with your computer, iPad, iPhone and Android Smartphone. You can also update your computer skills in Microsoft Word or Excel on your laptop or our computers.

- COMPUTERS FOR BEGINNERS Class Learn all the basics to get you started using a computer. Individual sessions, work at your pace, book when required.
- IINTRODUCTION TO WORD INTRO INTO EXCEL EBAY / GUMTREE WORKSHOP JOB SEEKERS - refresh your computer skills

FOOD BANK We have pre-cooked frozen meals, located in our Freezer and we also have, out the front, non-perishable foods. Please call the office to pick up a frozen meal.

As there are more people suffering in the community, donations to the Foodbank/pantry are needed.

FROZEN TAKE AWAY FOOD available.

Donated by catering companies. Pick up Monday to Friday during Office Hours: 10:00am to 3:00pm.

*Check the office for any day or time changes. Like us on Facebook & Instagram PHONE: 9808 6292 1 Church Street Burwood. Office Hours 10:00am-3:00pm Monday-Friday

Community Centres & Activities

Alamein N'hood & Learning Centre

49 Ashburn Gr, Ashburton. Marketing, Event Mgt, English & literacy classes, Yoga, Pilates, Meditation, Mosaics, iPads, Computers, MS Office, Career/Employment, Volunteering. Men's Shed Tues & Thurs. Shopping bus & seniors excursions. e: admin@alameinnlc.com.au w: alameinnlc.com.au Ph. 9885 9401.

Amaroo Neighbourhood Centre

34 Amaroo St, Chadstone. Room Hire, ACV GARDS Metro Support Group for Asbestos, Art Therapy, Indian Dance, Board Games, Scrapbooking, Young Women's Arthritis Support, Seniors Strength, Circle for Natural Aid. Free Fruit, Veg & Bread, Haircuts, Comm. Lunch, Op Shop. Volunteers Welcome. Ph. 9807 2625 e: coordinator@amaroonc.org.au

Ashburton Community Centre

160 High Street. Ph. 9885 7952. Our modern centre offers term-based courses, casual classes & social group activities. Free trials. Room hire for meetings, workshops & training avail. Includes registered kitchen. Details & online enrolments avail. e: marketing@ashburtoncc.org.au w: ashburtoncc.org.au

Avenue N'hood House @ Eley

87 Eley Rd, Blackburn Sth. Activities & classes incl. exercise, crochet, mahjong, writing, yoga, computers, poetry, ukulele, iPads, meditation, line dancing, scrabble, social cards, sketching, bingo, carpet bowls & Pilates. Weekly cafe (Fri), accr. programs for special needs; Refresh for teens. Ph. 9808 2000. e: info@theavenue.org.au w: theavenue.org.au

Balwyn Community Centre, Surrey

Hills 412 Whitehorse Rd. Ph. 9836 7942 Classes/workshops incl. art; crafts, cooking, language (Italian, French, German); fitness & exercise, Pilates, Yoga, Tai Chi, meditation. Special interest groups, monthly Vege Swap and community groups meet at the Centre. Function Centre and small room hire. w: balwyncc.org.au e: reception@balwyncc.org.au

Bennettswood N'hood House

7 Greenwood St, Burwood. Ph. 9888 0234. Welcoming & inclusive; participate in social groups & activities: arts, music (ukulele/singing), Be Connected technology training, gentle exercise, dementia-friendly lunches & venue hire for community groups, children's parties/classes. e: info@bennettswoodnh.org.au w: bennettswoodnh.org.au

Bowen Street Community Centre

102 Bowen St Camberwell. Activities incl Playgroups, IT help, Italian, Yoga, Sewing & Language Conversation classes. CCS Approv. Childcare 3 & 5 hr Wed & Fri. Party/meeting rooms for hire. Ph. 9889 0791. e: info@bowenstreet.org.au w: bowenstreet.org.au

Box Hill South N'hood House

47 Kitchener Street. Ph. 9898 8270. w: bhsnh.org.au Wide range of programs including fitness (Yoga, Pilates, Strength training), Art/crafts (watercolour, botanical drawing, craft). Languages (Spanish, French, Italian). Group & social activities, computer training. Urban Food Harvest Swap. Umbrella Dementia café. Room hire. e: info@bhsnh.org.au

Camberwell Community Centre

33 Fairholm Grove. Pottery, Watercolour, Drawing, Mandalas, French, German, Spanish, Art History, Yoga, Tai Chi, Pilates, Strength & Stretching, Walking Group, Book Club, Bridge, Solo, Mahjong, Youth Art. Ph. 9882 2611; e: contact@camberwellcc.org.au; w: camberwellcc.org.au

Canterbury Neighbourhood Centre

2 Rochester Road. Watercolour, open art, upholstery, literature, writing, history, yoga, Pilates, Tai Chi, Zumba, walking groups, book clubs, French and Italian language classes, mah jong, bridge, garden club and more. Free trials available. Ph. 9830 4214 w: canterburync.org.au

Clota Cottage Neighbourhood House

31 Clota Ave, Box Hill. Ph. 9899 0062. Computer Courses; Horticulture; Office Skills; English for Work & Personal Presentation. Funded childcare service; exercise classes; social groups & activities; activities for seniors; community events. e: admin@clotacottage.org.au w: clotacottage.org.au

Craig Community Centre

7 Samarinda Ave, Ashburton Ph. 9885 7789. w: craigfc.org.au Occ. Care & Kinder programs, Facilitated Playgroups, Primary & Secondary homework support, Seniors Activities, Volunteer Opportunities, Hall Hire. e: enquiries@craigfc.org.au

Kerrimuir Neighbourhood House

57 Linda Ave Box Hill Nth. We provide a range of classes & activities to suit all ages. From Art Classes to Strength & Fitness Classes. See our website for more details: Ph. 9899 7660. w: kerrimuirhouse.org.au

Koonung Cottage Community House

109 Koonung Rd, Blackburn Nth. Classes & workshops incl. Exercise, Meditation, Botanical Illustration, Craft, Spinning, Mahjong, Book Groups, Childcare, Grandparents' Playgroup, support groups and venue hire. Ph. 9878 6632. e: admin@koonungcottage.org.au w: koonungcottage.org.au

Louise Multicultural Comm. Centre

Suite 8, Town Hall Hub, 27 Bank Street, Box Hill. Ph. 9285 4850. w: louise.org.au, e: info@louise.org.au Classes & activities: EAL/ESL (beginners, inter., advanced), Mandarin, Computer/iPad, Conversation Groups, Korean Drumming, Knitting, Social interest, Aust. Culture & History, Chinese & Korean Calligraphy; Dancing for Fitness.

Mount Street N'hood House

6 Mount St, Glen Waverley. Ph. 9803 8706. Drawing/Painting, Mosaic, Decoupage, Paper Tole, Patchwork & Quilting, Yoga, Strength Training, Pilates, Gentle Exercise, Meditation, Seniors IT – basic & advanced computer skills, Tablets, Smartphones. e: mountst@msnh.org.au w: msnh.org.au

Phoenix Park N'hood House

22 Rob Roy Rd Malvern East. Walking groups, Pilates, Yoga, Tai Chi, HeartFIT, Zumba gold. iPad /Tablets classes. Art classes adults/children. Writers, Discussion, Film & photography groups. Mahjong, Singers, Art & Craft. Hrs 9–4:30/3pm Fri) Ph. 9530 4397 w: phoenixparknh.org.au

Power Neighbourhood House

54 Power Ave, Ashwood. Ph. 8849 9707. e: office@powernh.org.au English Language, Art for Health & Wellbeing, Gardening, Children's Storytime, Chinese Social Group, Art & Craft, Carer Support, Connecting Teens, Yoga, Crochet & Knitting, Book Group, Homework Club, Asperger's Vic., C'well Salvos, Free Bread Tuesdays, Public Computer Access, Wheelchair access. w: powernh.org.au

Samarinda Community Centre

296 High St Ashburton. Ph. 1300 591 464. Exercise programs include: Gentle exercise, Line dancing, Zumba Gold, Qui Gong. Social activities include: Bus excursions, Table Games, Craft, Art, Entertainers & guest speakers. w: samarinda.org.au

Surrey Hills Neighbourhood Centre

157 Union Road. Ph. 9890 2467. e: enquiries@surreyhillsnc.org.au w: surreyhillsnc.org.au Mon-Thu 9am-3:30pm Fri 9am-2:30pm. Venue hire. Playgroup, drop in m/tea, disc. groups, laughter, painting & drawing, craft, cooking. Active: Tai Chi, bike riding, Pilates, walking, yoga, Qi Gong, strength training, short courses, workshops.

Waverley Community Learning Centre

5 Fleet St, Mt Waverley. Ph. 9807 6011. Programs & activities include: children's art, pottery, creative writing, technology courses, pilates, strength training, yoga, Spanish, calligraphy, yoga, painting, English for migrants & more. w: wclc.org.au e: info@wclc.org.au

PLACES OF WORSHIP

ANGLICAN

Camberwell South Anglican

Cnr Toorak Rd & Bowen St. 10am Sunday. Rev David Huynh. Ph: 9889 4813. e: info@csac.org.au

Church of the Ascension, East Burwood Cnr Blackburn Rd & Witchwood Cres. Sun. 8am, 9:30am; Wed. 10am; Fri. 9:30am. Ph. 9802 4863.

w: ascensionchurch.org.au

Holy Trinity, Surrey Hills

Cnr Union Rd & Montrose St. Sun 8am, 9:30am, weekly on Wed 10am. 1st Sun 11.15am Kids' Church; 5pm Choral Evensong. Vicar: Rev. Mark Pearce. Office: 9890 2165. w: holytrinity.sh

St Dunstan's, Camberwell

163 Wattle Valley Rd. Vicar: Fr. Jobby John. Services Sun 9.30 am. Other activities, subject to prevailing COVID restrictions. w: stdunstans.org.au

St Edward's, Blackburn South

59 Edinburgh Rd. Sun. services 8am & 10am. Vicar: Rev. Rob Culhane Ph. 9877 3665 Mb 0412 832 328

St Faith's, Burwood

6-8 Charles St., Glen Iris. e:office@stfaiths.org; w: stfaiths.org; Sun 8 and 10am; Wed 10am; labyrinth open daily. Govt Covid and Vac compliant.

St Matthew's, Ashburton

334 High St (cnr Warrigal Rd). Communion: Sun. 9:15am (English) and 10:30am (Malayalam).

St Oswald's, Glen Iris 100 High St, Glen Iris. Vicar Rev. Glenn Loughrey e: vicar@stoswaldsgleniris.net.au Ph. 9885 1125. Sun 8am and 10am (5th Sun 9:30am only), Wed.10am Holy Communion.

St Peter's, Box Hill 1030 Whitehorse Rd. Rev Shane Hubner. Ph. 9890 2721. Services: Sun. 8am, 9.30am, (10am 3rd Sun.), 11:30am, 2pm. Wed. 10:30am, Fri. 7:30am. w: anglicansboxhill.org.au

St Stephen & St Mary, Mt Waverley 383 High Street Road, Vicar: Rev. Dianne Sharrock. Sun. 8am and 10am (esp. for

Ph. 9807 3168; 0407 334 928. w: stephenandmary.org.au

kids). Thurs. 10am.

St Thomas's, Burwood 44 Station St. Vicar: Rev. John Carrick Ph. 9808 3250, 0412 438 021. Sun. Svcs: 8:30am, 10:30am, 10:30am (Cantonese), 2pm (Mandarin), 7pm. e: johnc@sttoms.org



BAPTIST

Ashburton Baptist 8 Y St, Ashburton. Services: Sun 10am (incl. Sunday Club). Ph. 9885 8210 w: ashburtonbaptist.org.au e: info@ashburtonbaptist.org.au

Camberwell Baptist Cnr Riversdale Road and Wills St, Hawthorn East. Sunday Service 10am. Ph. 9813 0538. e: office@camberwellbaptist.org

Crossway Baptist, East Burwood

2 Vision Dr. w: crossway.org.au Eng.: Sat. 5pm; Sun. 8:45/10:15/11:45am. Mandarin: Sat. 5pm; Sun. 10:15am. Cantonese: Sun. 8:45/11:45am. Korean: Sun. 11:45am. Indonesian: Sun. 10:15am.

East Camberwell Baptist

Cnr Highfield & Hunter Roads, East Camberwell. Sun. 10:30am. Pastor: Murray Hogg. Ph. 9836 6063.

Syndal Baptist 588 High Street Rd, Glen Waverley (park off Tricks Ct) Sun. 8:30am, 10.30am & 6pm. Ph. 9803 9144, e: admin@sb.org.au w: sb.org.au

CATHOLIC

St Benedict's, Burwood 299 Warrigal Rd. Ph. 9808 2492. Fr Daniel Serratore. Mass 6pm Sat, 10am & 5pm Sun. 9am Tue-Sat, 7:30pm Wed. e: admin@stbenedicts.com.au, burwood@cam.org.au

St Michael's, Ashburton 268 High Street. Parish Priest: Fr Laurence Cortez. Ph. 9401 6345. Mass: Sat 6:30pm, Sun, 9am, 10:30am. Tues/Wed 10am. Thurs 10am, Fri 10am e: ashburton@cam.org.au

St Scholastica's, Bennettswood

348 Burwood Hwy. Father Thanh Tran. Ph. 9808 1006. e: stschpar@bigpond.net.au Tues 9am Wed 11am; Thurs/Fri 9am; Sat 9am, 5:30pm; Sun 9am, 11am, 5:30pm.

Uniting/Presbyterian

Ashburton Presbyterian cnr High St & High Street Rd, Opp. 391 High St. Pastor: Rev. Barry Oakes. Sun. 10am. w: ashburtonpc.org.au e: office@ashburtonpc.org.au

Ashburton Uniting

3 Ashburn Grove. Ph. 9809 1795. Rev. Lavingi Tupou. Sunday Service 10am, 4th Sunday Messy Church 5pm. w: ashburton.unitingchurch.org.au

Burwood Community Presbyterian

Cnr of Greenwood & Tennyson Sts. Sunday worship 11am Rev Dr John Elnatan 0431 662 869 e: john@bcpc.net.au

Burwood Heights Uniting

Cnr Burwood Hwy & Blackburn Rd. Burwood East Ph. 9803 7631. Rev. Keith Dobson. Sunday services: 9:30am and 6pm (informal service).

Burwood Uniting 1 Hyslop St. Worship Sun 10am

Hall Hire: Pam 98092917 e: burwooduc146@gmail.com http://burwood.ucavictas.org.au

Glen Iris Rd Uniting Church &

Community Care 200 Glen Iris Rd. Ph. 9885 8219. Rev. Gareth Darlow. 10am Sun. services. BBQ & Communion 1st Sun of month. w: gleniris.ucavictas.org.au/ e: office@gleniris.victas.uca.org.au

St Luke's Uniting, Mt Waverley

94 Essex Rd. Office: 9807 2656. Sun. 9.30am. Fun at Five: 5pm 3rd Sun: craft, song, soup, shared meal - families. Ph. Amy 9803 4462.

e: jamesdouglas@ozemail.com.au

Surrey Hills Uniting Cnr Canterbury Rd & Valonia Ave, Surrey Hills.Sun. Svc 10am (incl. Sunday School). Rev. Rob Gotch, e: robgotch@optusnet.com.au Ph. 9898 1097 w: surreyhillsuniting.org

OTHER CHRISTIAN CHURCHES

City Edge, Surrey Hills YWAM Base, 19 Middlesex Rd. Pr Ian Gould. Ph. 0490 946 655. Services: Sun. 10:30am. w: cityedgechurch.com.au

Grace Christian Community, Box Hill South 234 Elgar Rd. Sun. Service 11:30am (incl. lunch), activities, children's programs, English conversation Pastor: Tim Grant 0402 295 691. w: gracechristiancommunity.org.au

The Salvation Army, Camberwell

7–11 Bowen St. Sun. worship 10am & 5pm. All welcome. Sun/School 10am school terms. Ph. 9889 2468. w: salvationarmy.org.au/Camberwell

Wattle Park Chapel 234 Elgar Rd, Box Hill South. Pastor: Richard Coombs. Ph. 9808 2728. Sun. 10am. Kids' Club & Seniors' outings, group Bible study. e: office@wpchapel.org

Other Faiths

Bao Lin Chan (Zen) Buddhist Monastery 94A High Street, Glen Iris. Non-profit Buddhist org. Free meditation classes - learn the art of mindfulness. Free but please register. Ph. 9813 8922 w: chungtai.org.au

Shree Shirdi Sai Mandir Melbourne

32 Halley Ave, Camberwell. Glorious Sai Baba Temple. Mon-Sun 9am-1pm; 5pm-9pm. w: shirdisai.net.au

Community Notices

Childcare & Activities

Aurora School, Blackburn South

Specialist school for young deaf & deaf blind children. Mon-Fri 9am-3pm. Early intervention staff visit families in homes. 96 Holland Rd. Ph. 8878 9878.

Avenue N'hood House @ Eley, **Blackburn Sth** Occ. care 9am–3pm Mon-Fri (bookings essential). Bubba Beats music group for children 0–4 yrs. Thurs morns. Ph. 9808 2000. w: theavenue.org.au

Blackburn South Playgroup

St. Edwards Church, 59 Edinburgh Rd. Thurs mornings 10am-noon. New members welcome. Ph. 0418 537 955 e: suzanne.marazzato@bigpond.com

Facilitated Grandparents' **Playgroup** Koonung Cottage Community House 109 Koonung Rd, Blackburn North. Wed. school terms 9:30-11:30am. \$45 per term. Ph. 9878 6632. e: admin@koonungcottage.org.au

French Playgroup in Camberwell "Le jardin des enfants". Camberwell South Anglican Church, 101-103 Bowen St. Wed 10-11:30am. \$5 per family. Ph. 0450 676 537. e: french@csac.org.au

Grandparents/New Families Playgroup, Camberwell Bowen Street Community Centre, 102 Bowen St. Various times.Ph. 9889 0791. e: info@bowenstreet.org.au

Playgroup at Burwood Heights Uniting Church Cnr Burwood Hwy & Blackburn Rd East Burwood. Wed. 10am school terms. Ph. Edith 0410 756 203 or Marg 9955 4532.

Playgroups & Kids' Club St Thomas's Anglican Church, 44 Station St, Burwood. Thurs, 3:30-6:30pm, \$5, dinner incl. School aged, yrs 1–6. Playgroups Tues & Thurs 10-noon. e: Rachel, rachelgh@sttoms.org.

Community Music & Singing

Blackburn North Sing Australia Group

Thurs 7:30pm. Community Centre Forest Hill Village, 264 Springvale Rd. Perform for comm. orgs. 1st wk free; no auditions.Ph. Mick 0414 484 080.

Box Hill Chorale Friendly & welcoming community choir meet Mondays 7.30pm at Box Hill Community Arts Centre. To join: www. boxhillchorale.org.au

Celtic Jam, Box Hill Box Hill Community Arts Centre, 470 Station St. Ph. Judy 0422 868 680. Wed. 7:45-9:15pm. Easygoing jam session; learn a tune p.w. New members welcome. \$10.

Community Singing at Bennetswood N'hood House 7 Greenwood St, Burwood. Sing & String-along Mon. 11:30am-12:45pm. Fees vary Book at office or ph. 9888 0234.

Creativity Australia – With One Voice, Ashburton Ph. 8679 6088 Ashburton Baptist Church, 8 Y St. Wed. 6:15–7:30pm. Supper incl. e: withonevoice@creativityaustralia.org.au

Majellan Singers, Ashburton Like to join a small, friendly women's choir? Rehearsals in Ashburton Wed. 7:30-9:30pm. \$450 p.a. For info or audition Ph. Rosemary 0416 267 500.

Open Door Community Singers Habitat Uniting Church, cnr Burke & Mont Albert Rds, Canterbury. Mon 7:30–9:30pm. \$85 pa (admits to all Open Door choirs), \$8 per night. Ph. 0419 894 340.

Open Door Gospel Singers Details as above. Thurs 7:30-9:30pm.

Scotsglen Singers Inc. Ph. Elizabeth 0407 542 680. All-female choir entertains shut-ins, raises money for charity. Rehearse Glen Waverley Thurs pm. Perform regularly in local area. Membership: \$85.

Sing Australia Choir, Camberwell Camberwell Uniting Church, 314 Camberwell Rd. Community-based choir. Tues. 10am-noon. Annual sub., plus \$7 per visit. No auditions. Ph. 0439 381 091.

Sing Australia, Hawthorn

Burwood Uniting Church, 1A Hyslop St, Glen Iris. Tuesdays 7.30-9.30pm. No auditions. Annual membership + weekly fee. First 2 weeks free. Contact Sally 0417 014 433.

Treble Tones Join ladies who enjoy singing. Rehearsals Wed mornings, Burwood. Membership: \$110 pa. Ability to read music desirable. Ph. Lorraine Pollard 9807 5936.

Ukulele & Singing (BUGSS)

Bennettswood Neighbourhood House, 7 Greenwood St, Burwood. Mon. 11:30am-12:45pm. Ph. 9888 0234. e: info@bennettswoodnh.org.au

Victoria Welsh Male Choir, Blackburn South Wed. 7:30–9:30pm St Edward's, Edinburgh Rd. Ph. David on 0413 077 573. Looking for men who can hold a tune. Great camaraderie. w:vicwelshmenschoir.com.au

Yarra Gospel Community Choir A friendly group who sing inspiring songs, enjoy a wine & cheese supper and meet Thurs. 7:15pm St John's Camberwell. ALL welcome w: yarragospel.org

Community Shopping

Animal Welfare Op Shop, Camberwell

1355 Toorak Rd. Mon-Sat 11am-5pm. Shop, donate, recycle. Nothing over \$20. Quality new/recycled clothing, books, etc. We can pick up. 9889 9435 shop hours.

Kindilan, Mont Albert 9 Hamilton Street, Ph. 9899 5431. Mon-Fri 10am-5pm, Sat 9:30am-1.30 pm. Boutique Op Shop. Welcoming volunteers.

Lions Club of Boroondara Central Op Shop 1350C Toorak Rd, Camberwell. Ph. 9809 4950. Bric-a-brac, clothes, furn., etc. Mon-Thurs 10:30am-4:30pm (Fri-4pm), Sat 9:30am-12:30pm. Proceeds to community. **Rotary Recycled Treasures Op Shop, Blackburn** 113 Canterbury Rd. Ph. 0451 200 237. Books, clothing, jewellery, bric-a-brac. Accept elec. goods. All funds to Charity Projects. Mon-Fri 10am-4pm, Sat 10am-1pm.

Rotary Recycle Op Shop, Surrey Hills 1113 Riversdale Rd. Excellent range of books/bric-a-brac/ladies wear. All profits to community projects. Mon-Fri 10am-4pm; Sat 10am-1pm. Volunteers welcome.

Salvation Army Thrift Shop, **Ashburton** 401 High St. Books, toys, clothing, bric-a-brac. Accept elec. goods, not monitors/TVs/scanners. 8:30am-5pm. Mon-Sat. Leave goods at Shop rear bus. hrs. Ph. 9885 4965.

Samarinda The Ashy Op Shop Cnr High St & Welfare Pde. Mon-Fri 10am-4.30pm, Sat. 9:30am-4pm, Sun 11am–3pm. Easy drop off. All proceeds help aged locals. Ph. 9058 6050.

Uniting Op Shop, Forest Hill 333A Canterbury Rd. Newly renovated Op Shop, Open 9.30am-1.00pm, Tues-Sat. Friendly volunteers. All funds to local & O/S charities.Ph. 9878 3222.

Vinnies Mont Albert 24 Hamilton St. Ph. 9898 0720. Mon-Sat 10am-5pm. A unique Op-shopping experience with a great range of clothing, homewares, books etc.

YES Op Shop, Forest Hill

53 Mahoneys Rd. Ph. 9894 0992. Youth Education Support Inc. sponsors young disadvantaged people. Shop, donate, volunteer. Books, toys, clothing, bric-a-brac.

Crafts & Hobbies

Abbey Girls of Victoria Phone Margaret on 9886 0232. Bennettswood N'hood House, 7 Greenwood St. Club based on Elsie J. Oxenham's books.

Australian Philatelic Society

Memorial Homes Hall, 152 Canterbury Rd, Canterbury. Meets bi-monthly. Interesting displays at meetings. Visitors/ new members welcome. Ph. John Young 9889 1385.

Box Hill Art Group Inc. NFP. Highly qualified tutors. Flexible classes: beginners/ experienced in watercolour, oils, pastel, acrylics, etc. Ph. Eric 0424 775 540. w: boxhillartgroup.com.au

Box Hill Hand Spinners & Weavers Box Hill Community Arts Centre, 470 Station St. NFP group meets weekly to share knowledge in spinning, weaving, etc. Ph. Margaret Dimelow 0400 669 383.

Camberwell Camera Club Rutherford Rm, St John's Anglican Church, 552 Burke Rd. Ph. Wolf 0428 398 446. 7:30pm, 2nd/4th Mon. Speakers, comps, outings. w: camberwellcameraclub.org.au

Camberwell Film Society 3rd Wed (Feb-Nov), 2nd Wed Dec with party. Prompt 7:30pm start. Camberwell Community Centre, 33 Fairholm Gr. Includes tea/coffee. Must be 18 years+. Ph. Bill Kerr 9347 6969.

Crochet or Knitting for Beginners

Mon. 1-2:30pm. Koonung Cottage Community House, 109 Koonung Rd, Blackburn North. Ph. 9878 6632.

Dream Stitches St Aidan's Church Hall, 10 Surrey St, Box Hill Sth. Friday 9:30am-noon school terms. Communitybased sewing for migrant & refugee women. w: dreamstitches.org.au

Forest Hill Woodturners Sat 9:30noon; Mon (2 sessions) 9:30-noon & 12:30-3pm. Warrawong Annex, 32 Richmond St, Blackburn Sth. Learn & practise woodturning with quality equip. & skilled instructors. w: fhwt.org.au

French Book Club in Camberwell

Camberwell Sth Anglican Church, 103 Bowen St. Relaxed chat about French books & novels with other French speakers. Sun. 2-3pm. Ph. 0450 676 537 e: French@csac.org.au

Jane Austen Society of Melbourne **Inc., Ashburton** Purves House, 303 High St. Meet 2pm last Sat. Feb, Apr, Jun, Aug, Oct, Nov. Guest speakers, afternoon tea, raffle. Guests welcome. Charge \$5. Ph. 0407 985 614. w: jasm.org.au

Melbourne Numismatic Society Inc.

Box Hill Community Arts Centre, cnr Station/Combarton Sts. 2nd Thurs, exc. Jan. Learn about coins, notes, badges, medallions. Ph. 9725 0945 e: monica.deknecht@bigpond.com

Needlework Tapestry Guild of Victoria Inc. Box Hill Comm. Arts Centre, 470 Station St. Sat 8:30am-3pm 2nd Wed 11am-3pm. Ph. Anne Bryan 0400 644 086 or 9728 3256. e: eannebryan@gmail.com

Nunawading & District Lapidary Club

Nunawading Community Hub, 96 Springvale Rd. Club night 2nd Wed. Mineral group 3rd Wed. Juniors (12-16) Sat 1-4. Cut & polish gems & silver work. ndlc@ndlconline.asn.au

Power N'hood House Book Group

54 Power Avenue, Ashwood. Chat about books over a cuppa. Meets 3rd Wed, 10-11:30am with bestsellers from free Monash Library Book Group. All welcome. w: powernh.org.au

Victorian Button Collectors' Club

Burwood Hts Uniting Church, cnr Burwood Hwy & Blackburn Rd. 2nd Tues 8pm. Ph. Robyn 9884 5675. w: vicbuttonclub.com.au

Waverley Film Society, Mt Waverley Church hall, St John's Uniting Church

Virginia St. 7:45pm 2nd Wed Feb-Dec. Older "classic" films. Ann. m/ship \$30 (1st visit free). Ph. Brett 9807 3426. w: waverleyfilm.org.au

Waverley Gem Club Central Reserve, Glen Waverley. Wide range of activities: gem cutting, silver smithing. Training at Mt Waverley. Ph. 9561 4027 w: https://tinyurl.com/y5qp8s4j

Waverley Scale Modelling Club

Wadham House, 52 Wadham Pde, Mt Waverley (behind library). Meet 2nd Tues, Feb-Dec, 7:30–10:30pm. NFP for Scale Model builders. Ph. Edward Russell 9857 6891.

Whitehorse Film Society, Willis Rm, Whitehorse Civic Centre, 379 Whitehorse Road, Nunawading, 7:45pm, 1st/3rd Sat. Feb-Dec \$55. Ph. Pat 9877 1474 w: whitehorse.filmsociety.org.au

Dance & Exercise

Box Hill Ballet Association Inc.

NFP. Classical ballet (Cecchetti), Jazz, Tap, Folk, Wu Tao. Students 4yo-adult. Adult beginners. Ph. 0407 524 278. w: boxhillballet.com.au e: boxhillballet@gmail.com

Dance for Fitness Box Hill Community Arts Centre, 470 Station St. Mon, 1–2pm. Low impact informal dance class for those who don't like gym. Ph. 9895 8888. w: bhcac.com.au

Dance for Parkinson's, Camberwell Uniting Church, 314 Camberwell Road.

Fridays 10-11am. \$5 donation. e: quixoticdancetech@gmail.com

English Country Dance Bennettswood N'hood House, 7 Greenwood St, Burwood. Tues 8-10pm. \$5. All dances taught. Partners not nec. Think Pride & Prejudice. Ph. George on 9890 5650.

Hong Kong Club Tai Chi Group

Evergreen Centre, 45 Talbot Ave, Balwyn. Tai Chi & Qigong classes – various forms. Sat. 8:30am-1pm. Ph. Sam 0418 101 937 e: hongkongclub.taichigroup@gmail.com

Introduction to Tai Chi, Blackburn Nth

Mon. 11:30am–12:30pm. Koonung Cottage Community House, 109 Koonung Rd. Ph. 9878 6632. e: info@koonungcottage.org.au

Melbourne Colonial Dancers

Ashburton Uniting Church Hall, 3 Ashburn Gve. 3rd Thurs 7:30-10pm w/ supper. \$6, Members \$5. Ph. Coral 9885 6109. e: coralmary@tpg.com.au

Scottish Country Dancing, Surrey Hills

Surrey Hills Uniting Church, 679 Canterbury Rd, Tues Mar–Nov 7:30–10pm. \$7. Beg. & exp. welcome. Flat, soft shoes. Ph. 0425 883 218.

e: boxhillscottish@yahoo.com.au

Surrey Dance St Matthew's Church Hall 334 High St. Ashburton. Friendly & welcoming venue. Ballroom, New Vogue & Latin. Wed 7–10:30pm Ph. Fred 0418 340 111; Debbie. 0412 297 025.

Let's TAP Cardio & Low Impact Tap Dancing Classes Experience not req, enthusiasm & energy essential. \$22 a session, \$100 per 6-class pass. Ph. Lisa 0431 887 697 w: LetsTAP.com.au pass.

Education/Self-improvement

Boroondara Toastmasters Burwood N'hood House, 1 Church St. 1st & 3rd Thurs 7:30pm Communication, leadership and self-confidence skills. e: boroondara.toastmasters@gmail.com Ph. 0408 008 801.

Glen Iris Toastmasters Club Glen Iris Community Centre, 200 Glen Iris Rd. 2nd/4th Wed 7:15pm. Improve leadership, public speaking, self-confidence. Ph. 0420 846 853. e: vidhu1001@gmail.com

MPower Me Homework Club

54 Power Ave, Ashwood. A fun group with qualified tutors supporting primary school children with homework on Tuesdays during school term 3:30-5pm. Ph. 9807 3589.

Speaking Made Easy, Camberwell

Camberwell Library, 340 Camberwell Rd. 4th Thurs 12 for 12.15pm start. Public speaking for women; communicating with confidence; meeting procedures. Ph: 0459 186 670 w: speakingmadeeasy.com.au

U3A, Box Hill 29 Strabane Ave. Learning & social activities for seniors. Art, exercise, games, history, iPad, languages, literature, meditation. Ph. 9898 3336. w: u3aboxhill.com.au

U3A. Hawthorn 26 Sinclair Ave. Ph. 9821 0282. Educational, creative courses for retirees/semi-retirees, 90 courses/activities. Low annual fee. 10:30am-1:30pm Mon-Fri. w: u3ahawthorn.org.au

U3A, Nunawading Ph. 9878 3898. e: admin@u3anunawading.org.au Semi & Retired people; 250+ classes: IT, languages, art craft, humanities, science, exercise etc. w: u3anunawading.com.au

ESL (English as a Second Language)

Box Hill

1010 Whitehorse Rd, Box Hill (car park entrance 17 Bank St). Thurs 10am (Beginners-Intermediate). Ph. 9890 2993. e: corps.boxhill@aus.salvationarmy.org

Burwood East

Crossway Baptist Church, 2 Vision Dve. Sat 10am-noon. Ph. 9886 3700. e: mtai60@gmail.com

Burwood Heights Uniting Church, Burwood Hwy & Blackburn Rd, Practise English in friendly way. Sun. Ph. Barry 0419 302 334

Hawthorn East

Let's Talk English @ Camberwell Baptist Church, cnr Riversdale Rd & Wills St. Free classes Sat 9.30-11.30pm school terms. e. office@camberwellbaptist.org

Next Community Notices deadline: 24 October 2022

Email: freenotices@burwoodbulletin.org or phone Chris on 0413 412 844.

Community Notices

Environment & Gardening

Ashwood College Permaculture Food Garden Open 10:30am Wed & Sat. New volunteers always welcome First Ashwood High entry off Vannam Dr. (30m on right at end of school drive). Ph. Lynda 0404 083 272 or Facebook.

Australian Plants Society, Waverley 3rd Thurs 8pm, Wadham House, 52 Wadham Pde, Mt Waverley. Speakers on range of topics re growing Aust. plants, & environment. Garden visits. Virginia Barnett 9803 4502

Bellbird Dell Reserve, Vermont Sth Ph. 9262 6333. Working bees 1st Sat. 10am-noon, m/tea. Dig and make friends! Check Dell noticeboard, take garden gloves, tools provided. e: info@bellbirddell.org

Box Hill Garden Club Meets at Springfield Park Pavilion (cnr Dorking & Springfield roads) 3rd Tues 10am. Guest speakers. All welcome. Ph. Yvonne Chapman 9874 3293.

Bungalook Nursery, Blackburn Sth Propagate indigenous plants and more with friendly volunteers plus social events. Open Wed 9:30-noon, Fri 9:30am-1pm. e: wcipp@yahoo.com.au

Camberwell Morning Garden Club Camberwell Petanque Club rms, Wakefields Gr. (Mel. 60F4) 9:45am-noon, 2nd Thurs, Feb-Nov. Plant stall, outings. Visitors welcome Ph. 0413 790 051 e: cmgcvic1979@yahoo.com

The Field Naturalists Club of **Victoria Inc.** Groups hold monthly meetings 1 Gardenia St, Blackburn. Visitors welcome for small fee. Groups: Botany, Fauna, Geology & more. Special juniors group. w: fncv.org.au

Friends of South Surrey Park 909-911 Riversdale Rd, Surrey Hills. New volunteers welcome to working bees. Last Sun. & every Tues. 10am-noon. w: facebook.com/southsurreypark Ph. 0437 959 013.

Greenlink Box Hill Indigenous Plant Nursery Indigenous plant nursery run by volunteers in nursery or parklands. Open Tues/Wed 9am-noon. Ph. 0479 121 653 (Tues/Wed) e: greenlinkboxhill@gmail.com

Lighter Footprints – Climate Action Group Guide Hall, Faversham Road, Canterbury. All welcome. Last Wed. 7pm for 7:30-9:30pm. Help keep the planet safe. More info: 0411 115 186. w: lighterfootprints.org

Waverley Bonsai Group 3rd Tues 8pm, St Johns Church Hall, 37 Virginia St, Mt Wav. All levels plus weekend workshops. Annual show in August. New members welcome. Ph. Bruce Wensor 9802 8529.

Waverley Garden Club Mt Waverley Community Centre, 47 Miller Cres. Meets 1st Fri 7:30 for 8pm. Monthly guest speakers. Ph. Gill Read 0409 568 422. E: info@waverleygardenclub.com

Winton Road Food Forest, **Ashburton** A community-maintained food forest at Winton Road Reserve growing food organically & sustainably. Working bees 9–11am every 2nd & 4th Sat. morning. 38 Winton Rd. Ph. 0420 961 695.

Flowers & Floral Art Groups

Box Hill Floral Art Inc. The Pavilion, Box Hill Hawks FC cnr Middleborough & Whitehorse roads. 1st Thurs. Workshops 10am, demos by designers 1pm. BYO lunch. All welcome. Ph. 9898 2483.

Camellias Victoria Inc. East Burwood Uniting Church Hall, cnr Burwood Hwy & Blackburn Rd. Meets monthly 8pm 2nd Wed, Mar-Nov inclusive. Visitors welcome. w: camelliasvic.org.au

Chrysanthemum Society of Victoria Inc. Burwood Heights Uniting Church Hall, Cnr Blackburn Rd & Burwood Hwy. 2nd Sat 2:30pm. (excl. June). Cultivation specialist society to exhibition standards. Ph. 9898 5458.

Early Morn African Violet Group, Alvie Hall, cnr Alvie & High Street rds. Mt Waverley, 1st Mon. at 8pm & 3rd Wed. at 10am. Learn how to grow African violets, and make new friends. Ph. 5678 8814.

For Teens

Australian Youth Band, Ashwood Musical standard no lower than AMEB 5th Grade or equiv. Rehearsals Sat. 9amnoon, Parkhill Primary School Recreation Hall. Ashwood. w: ayb.org.au

Bao Lin Teens Meditation Class 94A High St, Glen Iris. Sat 7–9pm fortnightly. Learn lost art of mindfulness & discover happiness through Zen meditation. Classes free! w: chungtai.org.au Ph.9813 8922

Box Hill Jiu Jitsu Self defenceoriented martial arts training held at Aqualink Box Hill. Wed evenings & Sat afternoons. Beginners welcome. e: dan@bhjj.com.au w: bhjj.com.au

Connecting Teens, Ashwood Social group (13–18 yrs); Power N'hood House, 54 Power Ave. For all teenagers esp. high functioning with Autism, Asperger's, ADHD. Ph. 9807 3589; e: office@powernh.org.au

Cruzin Study Homework Support Program Free homework support during school terms for 12-25 year-olds. Secondary, TAFE, uni subjects. Thurs 4–6pm, Box Hill Library, 1040 Whitehorse Rd. Ph. 9898 9340.

Epee and Sabre Fencing Learn Olympic sport of the sword: Fencing! Beginner classes every term. All equipment provided. Sat. 10-11:30am; Tues. 7:30-9pm. w: whitehorsechevaliers.com Ph. 0450 556 330.

Homework Help Club, Surrey Hills Run by young adults during school term, free tutoring Yrs 7-10: Maths, English, Science. Fri. 5:30-7pm. St Stephen's Presbyterian Church, Canterbury Rd.

Monash Youth Services Info, support, referral, range of programs/ activities for 10-25 y.o. Free service. 14 Bogong Ave, Glen Waverley. 9am-5pm, Mon-Fri. Ph. 9518 3900. w: myfs.org.au

Nunawading & District Lapidary Club Nunawading Community Hub, 96 Springvale Rd. Club night 2nd Wed. Mineral group 3rd Wed. Juniors (12-16) Sat 1-4. Cut & polish gems & silver work. ndlc@ndlconline.asn.au

Scouts Make new friends, expand your world. Offers an exciting & varied program for youth (boys and girls) aged between 5–25. w: scoutsvictoria.com.au

Waverley Gem Club Central Reserve, Glen Waverley. Ages 11 upward. Learn working with gemstones. Join us for field trips with parents & find your own gems. Ph. 9561 4027.

e: waverleygemclub@gmail.com

Youth Education Support Inc.(YES) Gain work experience in various areas, window display, admin., etc., while assisting disadvantaged young people. Location: Forest Hill. Ph. 9894 0992.

Friendship & Activity Groups

Avenue N'hood House @Eley, Blackburn Sth 87 Eley Rd. Social groups meet weekly for interests incl. sketching, scrabble, crochet & cards for social players. Ph. 9808 2000. w: theavenue.org.au

Association of Independent Retirees Ph. 9886 8516. For those who intend or do fully/partly self-fund their retirement. Social meetings in Forest Hill. w: independentretirees.com.au

Boroondara Life Activities Club. Camberwell Mon: mahjong, solo, golf. Tue: scrabble. Wed: p.m. table tennis. Thu: table tennis. Fri: day trips, dine outs. Sat: Ent. Sun: t/tennis. 'Life is better together.' Ph. 9836 8027.

Box Hill Senior Citizens' Club Inc. 79 Carrington Rd. Ph. 9890 4979. Mon 1:30pm cards, bingo. Tues: mahjong. Fri 1:30pm concerts \$10. Lunch noon M-F. Sub \$8.90 pa.

Burwood Ladies Social Group Come meet new people and plan outings over tea or coffee. Monthly first Tues at 1pm, Ph. 9808 6292.

Camberwell Italian Senior Citizens 405 Camberwell Rd. Outings/bingo/ lunches. Ph. Teresa Donato 0412 840 703. **Coffee Connect @ Camberwell** Baptist Friendship time over coffee Wed. morning in Fellowship Centre; enter Riversdale Rd. Weekly during school terms 10am-noon. Share & make new friends. Ph. Margaret on 0412 422 309.

Frenz-in-Deed Don't be lonely Sat nights. FID is an Eating-Out Group mainly for senior singles & couples. Thai, Chinese, Indian, German Viet, Italian, French Rest'ts & hotels. Ph. Robin 0407 548 116.

Friends Getting Together Inc. A NFP active social club for single people 55+. Full calendar of events every month. For info: w: friendsgettingtogether.org.au.

GOLD (Growing Older Living Dangerously) Friendly, supportive women over 55. Fun, new experiences. 10:35am-12:30pm 2nd Thurs. Craig Centre, 7 Samarinda Ave, Ashburton. Ph. 9885 7789. e: craig.cd@craigfc.org.au

Vietnamese Senior Cultural Assoc. Inc, Ashburton 296 High St. Tues 9am-5pm. Exercises, singing group, lunches, dancing, table tennis. All welcome. Ph. Yen 0412 157 228. w: vietsca.wixsite.com/vsca

Wominjeka Garden, High St Glen Iris St Oswald's Anglican. Med/Prayer 8am Mon Tues Thurs. 7:30am Wed. Night Conv./Shared Meal (bring a plate) fortnightly Wed 6pm. w: stoswaldsgleniris.net.au/events

Probus Clubs

For information about local Probus Clubs please go to our website at burwoodbulletin.org/probus-clubs

Health & Support Groups

Anxiety Recovery Centre Victoria (ARCVic) OCD & Anxiety Support Group. 1st/3rd Tues 7:30-9:30pm Hawthorn Community House. 32 Henry St, Hawthorn. Ph. 9830 0566. e: admin@arcvic.org.au

Aphasia Support Group Link Health & Community – Batesford Hub, 94 Batesford Rd, Chadstone. Fortnightly group for Aphasia sufferers & their families. Ph. 1300 552 509. w: linkhc.org.au

Betting On A Better Life!

MonashLink Community Health project. Gambling concerns? Activities. Ph. Judy Avisar 0426 245 897 or 1300 552 509. e: javisar@monashlink.org.au

Blackburn Take Off Weight Naturally Club Avenue N'hood House @ Eley, Eley Rd. Friendly Weight Loss Support. NFP weight loss club can help you. Meets Mon, 9:30-11:30am. Ph. Rene Gale 9874 4043.

Box Hill Prostate Cancer Support Group 9:30–11:30am, 3rd Tuesdays. Box Hill RSL Upton Room, Nelson Rd. Onsite parking. Ph. Bert Alesich 0418 344 057

Day Respite for People Living with Dementia Samarinda's Elsie Salter House, 11 Marquis St, Ashburton. Day respite for carers of those living with dementia, memory loss or confusion. 4 days p.w. Ph. 1300 591 464

Disability Support & Respite Program Social groups for young people 16 yrs up with intellectual disabilities. Group fitness, cooking, outings. Tues. afternoons & Sat. Ph. Leza, Craig Family Centre, 9885 7789.

Eastern Suburbs Widowed Support Our Group helps widows/widowers recover after their loss. Weekly meetings incl. guest speakers; social outings. Ph. Lesley 9725 6843 or Nonie 9802 2316.

Evening Warm Water Exercises Mon/Thurs, Peter James Centre. \$9 per session. Run by physiotherapists. For people with musculoskeletal disease. Eastern Suburbs Hydrotherapy Inc. Ph. 0467 631 835.

Kara House Outreach Service

Domestic Violence Support Agency. For women experiencing domestic violence. Support to women from diverse cultural & linguistic backgrounds. Ph. 1800 900 520.

Melbourne East Disability Advocacy, **Surrey Hills** Provides individual/citizen advocacy to those with intellectual disabilities in Boroondara, Monash, Whitehorse. Ph. 9808 8633. e: office@meda.org.au w: meda.org.au

Melbourne Osteoporosis Support Group Inc. Newsletters posted to all members. Phone Janeene 5282 2767. w: melbosg.org.au and Facebook.

Nunawading Take Off Weight Naturally Club Friendly, low cost, support group for men & women. Meets Forest Hill Uniting Church Wed 6:30-8pm. Ph. Margaret 9894 4942.

Parkinson's Victoria Inc.

Boroondara Camberwell Support Group, Meet last Mon. 10am-noon. Ph. Parkinson's Victoria 1800 644 189.

Personal Helpers & Mentors Program, Monash Lvl 1, 12 Hamilton Pl, Mt Waverley. Ph. 9692 9400. Community-based outreach support for people with mental illness, Referrals/selfreferrals welcome. Free program.

Reconnexion NFP Counselling, group therapy, phone support, anxiety disorders, depression, pills dependency. Ph. 1300 273 266. w: reconnexion.org.au e: info@reconnexion.org.au

Whitehorse Activities Group

Various groups: dancing, sporting activities, cards, walking groups, board games and golf. New members welcome. Joy 0450 977 633/893 3591 or Sue 0427 987 320/9873 2054.

Whitehorse Community Support Register Feel safe and secure at home. Confidential Whitehorse Register designed to help elderly, disabled or isolated. Ph. 8892 3385 (Mon-Fri 10am-noon).

History Groups

Box Hill Historical Society Inc. Mtg Rm 1, Library, 1022 Whitehorse Rd.

3rd Sun. (Feb-Nov) 2pm. Archives Box Hill Town Hall Tues. 11am 1st Sat. by appt. Ph. 9285 4808. e: boxhillhistory@gmail.com

Camberwell Historical Society Inc.

Meeting Room, Camberwell Library, 340 Camberwell Road, Camberwell. Meets 4th Tuesdays 8pm. New members welcome. w: chs.org.au Ph. 9885 9927.

Family History Connections

1/41 Railway Rd, Blackburn. Ph. 9877 3789. Weekdays, online access, books. Research services, seminars, free beginners' classes. e: info@familyhistoryconnections.org.au w: familyhistoryconnections.org.au

Hawthorn Historical Society Local History Room, Hawthorn Library, Glenferrie Rd. 2nd & 4th Weds 11am-1pm. Members work & to learn about materials in collection. Ph. 9278 4666. e: hawthornhistoricalsociety@gmail.com

Surrey Hills N'hood Centre Historical Society 157 Union Road, Surrey Hills. Ph. 9890 2467. Third Tues 8pm. All welcome. \$4/session with \$15 centre membership. e: enquiries@surreyhillsnc.org.au

Waverley Historical Society Inc., Above Mt Waverley library, Miller Cres (lift avail.). Have queries about Waverley's history? Visit Wed. pm. Ph. Norma 9802 9332. e: waverleyhsvic@gmail.com

Whitehorse Historical Society Inc. Local History Rm, Schwerkolt Cottage & Museum, Deep Creek Rd, Mitcham. Open for research Wed 10:30am-2:30pm. e: whitehorsehistory@hotmail.com Ph. 9873 4946. All welcome.

Local Markets

Boroondara Farmers' Market

1st, 3rd & 5th Sat, 8am-12:30pm. Patterson Reserve, Auburn Rd, Hawthorn. Entry \$2. Fresh pasta, organic fruit/veg etc. 60 stalls of fresh produce from all over Vic. Ph. 9278 4879.

Hawthorn Makers Market 1st Sun. (Mar-Dec) 10am-3pm. Free. Hawthorn Arts Centre, 360 Burwood Rd. Handmade homewares, jewellery, fashion, pot plants, gourmet food etc.

Mt Waverley Rotary Art & Craft Market Mt Waverley Village car park, Stephensons Rd. 2nd Sun each month 9am-2pm. Usually about 60 stalls of art, craft & food. Proceeds to many local and international causes.

Nunawading Market – Craft & **Produce** 4th Sun. Feb-Nov 9am-2pm. Dec. 2nd Sun. 1-5pm. Toys, clothing, jewellery, gifts, plants, gourmet foods, fresh produce. Whitehorse Civic Centre, 379-397 Whitehorse Rd.

Community Notices

Treasures & Tastes@Trinity

3rd Sat, 9am-1pm. Holy Trinity Anglican Church, 177 Union Rd. Surrey Hills Indoor boutique makers' & growers' market. Ph. 9890 2165.

e: treasuresandtastes@gmail.com

Whitehorse Farmers Market

2nd Sundays (8am–1pm) Whitehorse City Council's Civic Centre precinct, 379-397 Whitehorse Rd, Nunawading. Fresh fruit & vegetables, eggs, meat, fish, game meats, from the grower to you.

Mainly for Men

Alamein Men's Shed Alamein N'hood & Learning Centre, 49 Ashburn Grove, Ashburton. Tues/Thurs, 9:15am to noon. \$30 per term. Ph. 9885 9401.

Aviation Historical Society of Australia Meets 4th Wed. 7:30pm at Air Force Association, 24 Camberwell Rd, Hawthorn East. w: ahsa.org.au e: membership@ahsa.org.au Ph. 0418 530 001

Box Hill Prostate Cancer Support Group 9:30–11:30am, third Tuesdays. Box Hill RSL Upton Room, Nelson Rd. Onsite parking. Men diagnosed with prostate cancer welcome. Ph. Frank Blackwell 0408 366 268.

East Malvern Men's Shed 51A Ivanhoe Grove. Tues & Wed 9am-3pm. Place for active retired men to meet those with similar interests. e: info@eastmalvernmensshed.org.au

Hand Tool Preservation Association of Aust. Inc. Box Hill Community Arts Centre, 470 Station St. 7:30pm. 3rd Tues of Jan, Mar, May, Jul, Sep, Nov. Visitors welcome. Ph. 9803 9871. e: secretary@htpaa.org.au

The Historical Radio Society of **Australia** We collect and restore radios. Visit one of our monthly meetings or radio auctions, usually in Ashburton. w: hrsa.asn.au Ph. Kevin 9558 3652.

Koonung Woodturners Guild Friendly group, 4th Sat. 9am-noon. Beginners' tuition Thurs. p.m. Koonung Cottage, 109 Koonung Rd, Nth Blackburn. Ph. 9890 9201 w: koonungwoodturners.com

Australian Model Railway Assoc. Vic. Branch Inc. 92 Wills St. Glen Iris. New members welcome. For membership & activities. Ph. 9885 7034. w: armavic.com

Monash Men's Shed 77 Bogong Ave, Bogong Reserve, Glen Waverley. Mon-Sat 9:30am-3pm. Activities for all ages. Drop in for a cuppa. Ph. 9561 8557. e: info@monashshed.org.au

Number Plate Collectors' Club

Plate enquiries welcome. All welcome to attend meetings & ask general questions. Contact David West. Ph 0417 993 369. e: davidwest3152@gmail.com

Waverley Woodworkers

2 Windsor Ave, Mt Waverley (opp Jordanville station). Open 7 days, 9amnoon & some afternoons. New members welcome. w: waverleywoodworkers.org.au

Service Clubs

Blackburn Evening VIEW Club

Supports Smith Family & Learning For Life students. Meets for dinner, Bucatini Rest'nt, 454 Whitehorse Rd Mitcham 2nd Thurs 7 for 7:30pm. Ph. Hazel 0407 845 292.

Box Hill/Mitcham Day VIEW Club

Supporting the Smith Family & Learning for Life Students. 11:30am for Lunch 4th Mon Bucatini Restaurant, 454 Whitehorse Rd Mitcham. Visitors Welcome Ph. Elaine 9878 3211

Burwood Evening VIEW Club

Bucatini Restaurant, 454 Whitehorse Rd, Mitcham, 7pm 2nd Wed. Dinner/guest speaker. Visitors welcome. Ph. 9885 2336. e: burwoodeveningviewclub@gmail.com

Burwood RSL Sub Branch

Cnr Myrniong & Hyslop Sts. Meets Mon & Thurs 11am-4pm. Activities incl. billiards & snooker. Visitors & new members welcome. Ph. 0412 392099 e: iim@ilfs.com.au

Lions Club of Ashwood-Mt Waverley Lionsville Hall, 100 metres into Lionsville Senior Citizens Village, 88 Winbirra Parade, Ashwood. Meet first Wed, 7:30pm. Ph. Heather Lauder 0407 813 979.

Lions Club of Blackburn

Men/women all ages. Friendly active club. Bus. Meeting: 1st Wed. 7pm Blackburn North Bowls Club. Social Dinner: 3rd Wed. 7pm "The Coach" Ringwood. New members welcome. Ph. Kate 0434 254 607.

Lions Club of Boroondara Central

Glenferrie Hotel, 324 Burwood Rd, Hawthorn. Men/women all ages meet 2nd Tues, 6pm for 6:30pm. Friendly dinner/ business mtg. Ph. 9836 0541 or 0409 389 927.

Lions Club of Boroondara Gardiners Creek Bus. Mtgs: Craig Family Centre, Samarinda Ave, Ashburton, 2nd Mon, 7:30pm. Dinner Mtgs: Glenferrie Hotel, 4th Mon, 7pm. Ph. 9885 2682 or 0419 880 616.

Rotary Club of Box Hill Burwood

Meets Upton Room, Box Hill RSL, 26 Nelson Rd, Box Hill, 1st, 3rd & 5th Tues 6pm-7:15pm. Social meetings 2nd & 4th Tues. Ph. Ray 0408 857 924.

Rotary Club of Box Hill Central

Prof. women/men who enjoy helping the community/sharing fun times. Breakfast Wed 7:30am – no charge for 1st two visits. Box Hill Golf Club. Contact Liz Stinson. e: info@boxhillcentralrotary.org.au

Rotary Club of Mont Albert and Surrey Hills Box Hill Institute Nelson Campus, Room G32 Nelson Rd. Community service, friendship, interesting guest speakers. Tues 6:45 for 7pm. e: info@rotarymash.org.au

The Country Women's Assoc. of **Vic. Inc.** CWA Ashburton Branch. Meet

1st Tues 7pm. The Craig Family Centre Inc. Friendly active group.

e. cwa.ashburton@gmail.com

Sporting Clubs

Ashburton Bowls Club Enter off Warner Ave. Two grass greens; free coaching. 1st Sun. Barefoot bowls. Oct-April. Indoor winter bowls/cards. Memberships. Ph. 9885 4788. w: ashburtonbowls.com.au

Bennettswood Bowling Club

179 Station St. Burwood. Ph. 9808 4373. 2 Tift Grass Greens. Summer/winter bowls (indoor mats). Barefoot Fri evening. Free coaching. e: benwoodbowls@gmail

Burwood District Bowls Club

Barefoot Friday nights; function catering, fully licensed, Pennant bowls, Tue/Sat New members welcome.

Ph. 9889 5931 w: burwooddistrict.com.au

Burwood Tennis Club

Enter off Queens Pde. A progressive & inclusive club offering coaching, competition, plus social tennis day & night, on five synthetic grass courts. Ph. 9830 6618.

Camberwell Central Bowls Club

14 Bowen St. Ph. 9889 4813 "Come Bowlin' on Bowen". Bowling all year. Summertime night bowls Free Coaching. New Members welcome. w: camberwellbowlsclub.com.au

Camberwell Petangue Club

Wakefields Grove. Ph. 0408 700 550. w: onpisteup.com Summer/Fri. pm. Winter/Sat. noon. Funny name, great game. Free coaching, social play &/or comps, home & away.

Camberwell Target Rifle Club

Tuesday nights from 8pm. Coaching and equipment supplied. Ph. Ron 9808 5606, or Loris 0403 346 044. e: camberwelltrc@gmail.com



Although space is limited, if you have a suitable Community Notice listing, please email: freenotices@burwoodbulletin.org or phone Chris on 0413 412 844.

East Burwood Masters Athletics

Bill Sewart Athletics Track, East Burwood Reserve, Burwood Hwy. Thurs 7–9pm. Fun athletics & supper. Ph. 0403 910 183. w: vicmastersaths.org.au/vma-venues/ east-burwood-masters-athletics/

East Malvern Senior Citizens Bowling Club MECWA Hall, 57 Fisher St. Thurs 1:30–3:30pm. Indoor carpet bowls on two mats. Outings, more than just a bowls club. New members all ages welcome. Ph. 9555 8639.

Monash Croquet Club Electra Community Centre, Electra Ave, Ashwood. Friendly atmosphere.

Beginners' lessons. Ph. Ros, 9802 6545. e: monashcroquet@gmail.com w: croquetvic.asn.au

Phoenix Park Table Tennis Club 26 Rob Roy Rd, Malvern East. Mon & Thurs 5.30–9.30pm coaching/comps all ages. 10am–1pm seniors. Ph. Paul

Bronstein 0412 804 036.

Unquenchables Rugby Union

Part of Box Hill RUFC. 35yo+. Less strenuous rugby. Exp. opt. Sat pm & Thurs eve. Refreshments and laugh after. w: unquenchables.com

Whitehorse Chevaliers Fencing

Club Nunawading, Vermont South. 'All ages' beginners, coaching & equipment provided. Free trial sessions available. Ph. 0450 556 330.

w: whitehorsechevaliers.com

Volunteer

Ashburton Community Centre

Vacancies: Events Volunteers; Office Assistants 9am-2pm (flexible). Mgt Committee Members. Application form: https://ashburtoncc.org.au/ourvolunteers

Ashy Op Shop, Ashburton

285b High St. We fund local Ashburton aged care services. Volunteer weekday or Sat/ Sun. Men and women welcome. Just 4 hours a week. Ph. Margaret 9885 3815. w: ashburtonsupport.org.au

Avenue Neighbourhood House @ Eley

Volunteers always welcome & form a vital part of our program. Opp. avail: reception, classes assist, drive small community bus, committees. Ph. 9808 2000 or e: info@theavenue.org.au

Boroondara Central Lions Club Op Shop

1350C Toorak Rd, Camberwell (Burwood Village) Volunteers needed morning & afternoons, also emergencies. Ph. Margaret 0409 389 927 or leave details in Op Shop.

Bowen Street Community Centre, Camberwell Family-focused centre.

Need volunteers in childcare, office admin., Committee of Mgt, Vicepresident, staff liaison, Treasurer. Ph. 9889 0791. w: bowemstreet.org.au.

Burwood Connections Website

IT Coordinator for new 'Burwood Connections' social media website. e: burwoodnbigpond.net.au

Canterbury Neighbourhood Centre

Volunteers interested in book clubs, dementia support; community mag. distribution. We're moving to Centre in Canterbury Gardens. Ph. 9830 4214 e: enquiries@canterburynh.org.au

Craig Family Centre

Be a homework tutor, committee member, community gardener, childcare or kinder helper. There are lots of volunteer opportunities! Ph. 9885 7789 e: enquiries@craigfc.org.au

Eastern Emergency Relief Network Inc.

Volunteer one morning per week. Drivers, Warehouse Coordinators & Assistants, Sorting/Pantry Crews, whitegoods servicers and qualified electrical testers, office admin. Ph. 9874 8433.

Greenlink Box Hill, Box Hill North

Indigenous plant nursery run by friendly volunteers in nursery or parklands. We produce over 40 000 indigenous plants each year. Sow seeds, take cuttings, etc. Open Tues & Wed 9am-noon. Ph. 0479 121 653 only on Tues & Wed. e: greenlinkboxhill@gmail.com

Inclusion Melbourne

Support adults with intellectual disabilities. Seeking volunteers as art mentor, friendly visitor, leisure buddy or tutor. Commitment of 6-12 months. Ph. 9509 4266 or email: volunteer@inclusion.melbourne

Knitted Knockers Australia, Burwood Admin Assist. (KKA supports breast

cancer survivors). e: knittedknockersaustralia@gmail.com

Louise Multicultural Community Centre, Box Hill Tutors (English &

Computer), Office Admin. & Project volunteers. Help support and encourage social harmony in a safe environment. Ph. 9285 4850. e: ckung@aanet.com.au

MND (Motor Neurone Disease)

Victoria Provide care and support for people with MND, including services to support their carers, etc. Volunteers undertake a range of roles/ responsibilities. Ph. 9830 2122.

MS Community Visitors Scheme

Just like you but older - Would you like to visit older people who would benefit from friendship? We have people who live in aged care homes or their own homes waiting to be matched to a visitor for friendship and companionship. Ph. 9845 2729.

Neighbourhood Watch Ashburton

Volunteer for 'Caring for Communities'. Support local area groups. Ph. Bryan 0415 356 575 e: Bryanporter59@gmail.com

Neighbourhood Watch Whitehorse

Volunteer for 'Caring for Communities'. Support local area groups. Ph. Ray 0418 596 831 e: whitehorse@nhw.com.au

Peridot Theatre Inc.

Community theatre co. in eastern suburbs for 35 years. Interested in theatre? Secretarial/bookkeeping skills highly valued. w: peridot.com.au Ph. Helen: 0429 115 334.

Power Neighbourhood House,

Ashwood Our mission is to achieve community participation by providing support, referral & activities in a friendly non-judgemental environment. Committee members needed. Ph. 8849 9707.

RSPCA, Burwood East

3 Burwood Hwy. Ph. 9224 2222. Many volunteer roles: office admin, events, grounds maint. Or attend info session re animal care. Min. age 15.

Samarinda – local for local

Meals-on-Wheels drivers, Bus excursions, Seniors transport to attend activities. Gardeners, kitchen/café assistants, Ashy Op Shop staff. Ph. 1300 591 464. e: volunteer@saas.org.au

Uniting East Burwood

Community Workers - info: https:// burwoodbulletin.org/volunteer-2/ Complete training course in seven online sessions, on-site mentoring, police check, current Working with Children Check. Ph. 9803 3400.

Uniting Op Shop, Forest Hill

Volunteers needed to join the team at our newly renovated Op Shop. Phone Don on 0411 490 365 for details.

Wesley Do Care – Active Ageing

Works with elderly people/disabled who want to take part in interests & social activities. We need volunteer happy to share interests, activities & companionship. Ph. 9794 3000.

Youth Education Support Inc. (YES)

Help disadvantaged youth to gain an education. Volunteers for Op Shop needed, 53 Mahoneys Rd Forest Hill. Ph. 9894 0992.



VHAT'S ON LOCALL'

To publicise local once-off events, markets or theatre productions, etc. in our summer issue (December-February) please email editor@burwoodbulletin.org

VENUE KEY:

ACC – Ashburton Community Centre, 160 High St, Ashburton.

ACRA – Parkhill Primary School. 4a Parkhill Drive, Ashwood.

AL – Ashburton Library, 154 High St, Ashburton.

BFM – Boroondara Farmers' Market, 484 Auburn Rd, Hawthorn.

BHAC – Box Hill Community Arts Centre, 470 Station St, Box Hill.

CFS - Camberwell Film Society, Camberwell Community Centre, 33-35 Fairholm Grove, Camberwell.

CMS – Camberwell Music Society, Camberwell Uniting Church, 314 Camberwell Rd. (w.trybooking.com/BVEEV)

CT&T – Car park adjacent to Station St and Riversdale Rd, Camberwell (behind Burke Rd shopping strip).

HAC – Hawthorn Arts Centre, 360 Burwood Rd. Ph. 9278 4770.

MTC – Malvern Theatre Co., 29a Burke Rd, Malvern East, Tickets: 1300 131 552.

PT – Peridot Theatre, Clayton Community Centre, 9 Cooke St. tickets@peridot.com.au or 0429 115 334.

NM – Nunawading Market – Craft & Produce, Whitehorse Civic Centre, 397 Whitehorse Rd, Nunawading.

WFM – Whitehorse Farmers' Market, Whitehorse Civic Centre, 397 Whitehorse Rd, Nunawading.

WFS – Whitehorse Film Society, Whitehorse Centre, 397 Whitehorse Rd, Nunawading.

WPB – Wattle Park, corner Riversdale & Warrigal Rds, Surrey Hills (stop 59). Free entry; weather permitting; limited parking available.

SEPTEMBER

Until Sat 24 Sep 'The Cartoon Chronicles of Sandwich Bag Dad' by Dave Blumenthal Boroondara dad, Dave Blumenthal, has drawn cartoons on his kids' lunch bags since 2012. What started as an idea to add some fun to his daughter's school day has become a collection of thousands of cartoons & a global social media following. Free. [HAC]

Every Sun 6:30am-12:30pm Camberwell Trash & Treasure About 370 stalls; second-hand goods, antiques, bric-a-brac, collectibles, hardware, preloved, vintage/ retro clothes and shoes, books, music. [CT&T]

Sat 3 Sep 7:45pm Trash UK/Braz/Ger,2014, 114 mins, M. Set in Brazil, three kids who make a discovery in a garbage dump soon find themselves running from the cops & trying to right a terrible wrong. [WFS]

Sat 3 & 17 Sep 8am-12:30pm Boroondara Farmers' Market Fresh fruit & vegetables; herbs and olives; seasonal organic produce; meat and eggs; honey; bread and cakes; dips and sauces; wine and beer. [BFM]

Sun 11 Sep 8am-1pm Whitehorse Farmers' Market Fresh fruit and vegetables, eggs, meat, fish, game meats, from the grower to you. [WFM]

Sat 17 Sep 9:30am-2:30pm Ashburton-a-Fair @ Ashburton Community Centre Quarterly event presented by ACC and Rotary Chadstone/East Malvern. Browse market for gifts, sign up for a fun art & craft workshop, drop in to participate in a range of free creative activities for all ages, enjoy Devonshire Tea/sausage sizzle. [ACC]

Sat 17 Sep 2022 10am-2pm ACRA Ashburton Artisan Market. 35 stalls. High quality Australian handcrafted products. Contact via w: Facebook.com/AshyCRA or acraashburton@gmail.com. Come and support local crafters at the Artisan Market. [ACRA]

Sat 17 Sep 7:30pm Camberwell Music Society Minah Choe (cello) and Daniel Herscovich (piano) playing Beethoven: Sonata for cello & piano No. 2 in G minor, Op.5 No.2; Brahms: Sonata for cello & piano No. 2 in F. Op.99; Chopin: Introduction & Polonaise Brillante in C, Op.3; Mendelssohn: Variations for cello & piano in D, Op.17. [CMS]

Sat 17 Sep 7:45pm Cold War UK/POL/FR, 2018, 89 mins, M. Set in the 1950s Cold War in Poland, Berlin, Yugoslavia & Paris, the film depicts an impossible love story in impossible times. Drama/History [WFS]

Mon 19 Sep – Sat 29 Oct Wild City Wild City is a special community artwork developed by Kathy Holowko & the children of Boroondara. Through interactive workshops, Kathy helped children envision a city where all humans, plants, & animals live together, inspiring solutions for coexistence. Free [HAC]

Tues 20 Sep - Sat 29 Sep 'Streets of Your Town' by Geoff Cunningham Community exhibition features spray paint/stencil-based paintings. Transports viewers through Melbourne's city streets laying bare the weathered heritage buildings, power lines and laneways, and other often overlooked traces of modern life. Free [HAC]

21 Sep 7:30pm Mrs Lowry & Son UK. British artist L.S. Lowry (Timothy Spall) lived all his life with his overbearing mother Elizabeth (Vanessa Redgrave). [CFS]

22 Sep - 2 Oct 8pm War of the Worlds Based on the novel by HG Wells. Broadcast from New York's Mercury Theatre in 1938, this infamous radio play had many terrified listeners thinking an actual alien invasion of Earth was taking place! [PT]

Sun 25 Sep 9am-2pm Nunawading Market Toys, clothing, jewellery, gifts, plants, gourmet foods, fresh produce. [NM]

Tues 27 Sep - Sat 5 Nov 'Painting Place' by Madeleine Thornton-Smith Through pressing clay against textured surfaces of local buildings and making moulds of small found objects, the artist attempts to capture a sense of Boroondara. The collected impressions are recreated as ceramic paintings via slip-casting. Free [HAC]

30 Sep-2 Oct Box Hill Art Group's 70th Anniversary Exhibition in conjunction with Whitehorse Arts Association. Opens Fri 7:30pm, then Sat 10am-5pm and Sun 10am-4pm. Venue: Box Hill Lower Town Hall.

OCTOBER

Every Sun 6:30am-12:30pm Camberwell Trash & Treasure About 370 stalls; second-hand goods, antiques, bric-a-brac, collectibles, hardware, preloved, vintage/ retro clothes and shoes, books, music. [CT&T]

Sat 1, 15 & 29 Oct 8am-12:30pm Boroondara Farmers' Market Fresh fruit and vegetables; herbs and olives; seasonal organic produce; meat and eggs; honey; bread and cakes; dips and sauces; wine and beer. [BFM]

Sat 1 Oct 7:45pm The Guilty Den, 2018, 85 mins, M. Alarm dispatcher answers an emergency call from a kidnapped woman. The call is suddenly disconnected and the search begins. [WFS].

Sat 8 Oct 10am - 2pm Spring Fete Anglican Parish of St Stephen & St Mary, 383 High Street Rd, Mt Waverley. Enter via Norman Court. Cash only preferred. Treasures, plants, books, cakes, jams, BBQ, etc. Info: Graeme 0419 150 099.

Sat 8 Oct 9:30am – 4pm Buttonfest The Victorian Button Collectors Club's annual display – 2022 is "Plastic Fantastic"; sales of antique, vintage & modern buttons. Approx. 25 vendors; fun activity for kids. Venue: Burwood Heights Uniting Church Hall, cnr Burwood Hwy & Blackburn Rd, Burwood East.

Sun 9 Oct 8am-1pm Whitehorse Farmers' Market Fresh fruit and vegetables, eggs, meat, fish, game meats, from the grower to you. [WFM]

Sat 15 Oct 7:45pm Leave No Trace USA/Can, 2018, G A father and his 13-year-old daughter live an ideal existence in a vast urban park when a small mistake derails their lives forever. Drama. [WFS]

Wed 19 Oct 7:30pm The Divine Order Switzerland 1971 where women were still denied the vote. [CFS]

Sun 23 Oct 9am-2pm Nunawading Market Toys, clothing, jewellery, gifts, plants, gourmet foods, fresh produce. [NM]

Sun 23 Oct 2:30pm 82nd season of Wattle Park Band -Big Band. [WPB]

27–30 Oct 10am – 6pm Whitehorse Art Show 2022 Over 550 exhibits by 160 artists on display seeking the historic McCubbin 'Best in Show' Award. Gala Opening Wed 26 Oct - \$85 includes 3-course dinner. Quality art auctions, door prizes, music, silent auctions and demos. Venue: Box Hill Town Hall.

NOVEMBER

Every Sun 6:30am-12:30pm Camberwell Trash & Treasure About 370 stalls; second-hand goods, antiques, bric-a-brac, collectibles, hardware, preloved, vintage/ retro clothes and shoes, books, music. [CT&T]

Sat 5 Nov 8am-12:30pm Boroondara Farmers' Market Fresh fruit and vegetables; herbs and olives; seasonal organic produce; meat and eggs; honey; bread and cakes; dips and sauces; wine and beer. [BFM]

Sat 5 & 19 Nov 7:45pm *The Insult* Fra/Lebanon +, 2017, 108 mins, M. An emotional exchange between a Lebanese Christian and a Palestinian refugee escalates and what should have been a trivial incident reverberates through their families and communities. [WFS]

Tues 8 Nov 10:30am Camberwell Music Society Sutherland Piano Trio – international prize winners, Pianist Caroline Almonte, violinist Elizabeth Sellars, cellist Molly Kadarauch have played with some of the world's best ensembles, including ACO. Beethoven: Piano Trio No.4 in D, Op. 70 No.1 "Ghost"; Suk: Elegy in D flat, Op.23. [CMS]

10-20 Nov 8pm 'Curtain Up!' is the hilarious story of five women who inherit equal shares in a dilapidated theatre and plan to bring it back to life again. [PT]

Sun 13 Nov 8am-1pm Whitehorse Farmers' Market Fresh fruit and vegetables, eggs, meat, fish, game meats, from the grower to you. [WFM]

Wed 16 Nov 7:30pm To Kill a Mockingbird USA. Alabama in the 1930s. The children Scout & Jem play in the street, while their lawyer father Atticus Finch defends a black man accused of raping a young white woman. The racist culture of the Deep South leads the townsfolk to turn against Finch and his family. [CFS]

Thurs 17 Nov 4–8pm ACRA Ashburton Artisan Twilight Market High quality Australian handcrafted products. Contact via www.Facebook.com/AshyCRA. or acraashburton@gmail.com. Come and support local crafters at the Artisan Market. Venue: Alamein Neighbourhood & Learning Centre, 49 Ashburn Gr, Ashburton.

Sat 19 Nov 7:30pm Camberwell Music Society piano recital by the long-time CMS favourite, Ke Lin, playing Beethoven: Sonata No. 8 in C minor, Op. 13 (Pathetique); Debussy: Two Arabesques: No.1 in E and No.2 in G. He'll also play some works by Mozart and Medtner. [CMS]

Sat 19 Nov 7:45pm Nomadland USA, 2020, 107 mins, M Stars: Frances McDormand, David Strathairn. Fern (Frances McDormand), a woman in her 60s, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. She explores a life outside of conventional society. [WFS]

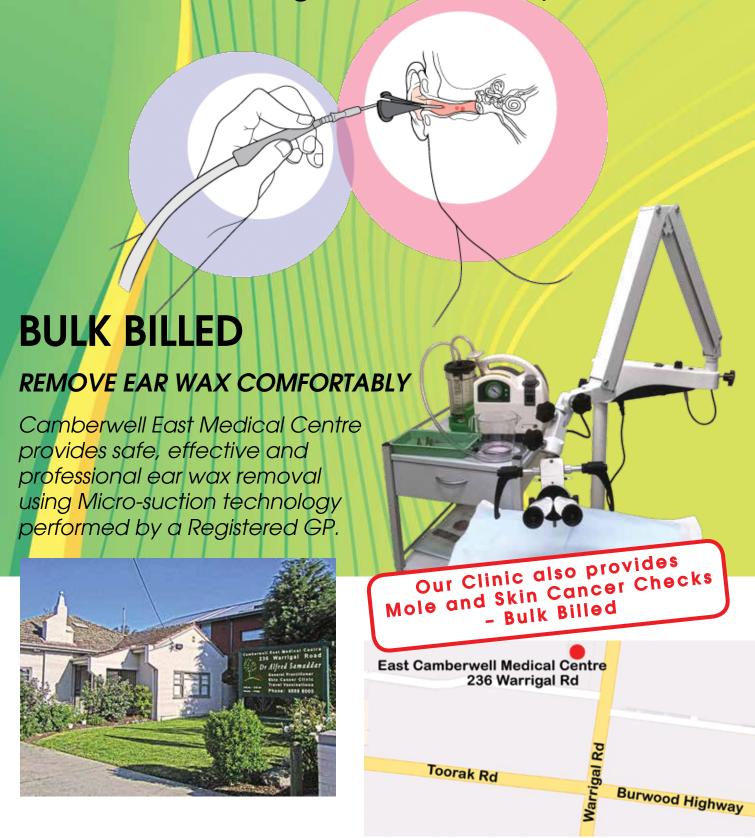
20 Nov 2:30pm 82nd season of Wattle Park Band -Brass Band. [WPB]

Fri 25 Nov Dance for Parkinson's (Neurobalance) free catered reception following its noon dance class at 1pm. Further enquiries contact Paris Wages, e: quixoticdancetech@gmail.com or 0449 058 360 [DFP]

Sun 27 Nov 9am-2pm Nunawading Market Toys, clothing, jewellery, gifts, plants, gourmet foods, fresh produce. [NM]

Wax-Blocked Ears

Having trouble with your ears?



CAMBERWELL EAST MEDICAL CENTRE

236 Warrigal Road Burwood Phone 9889-8000