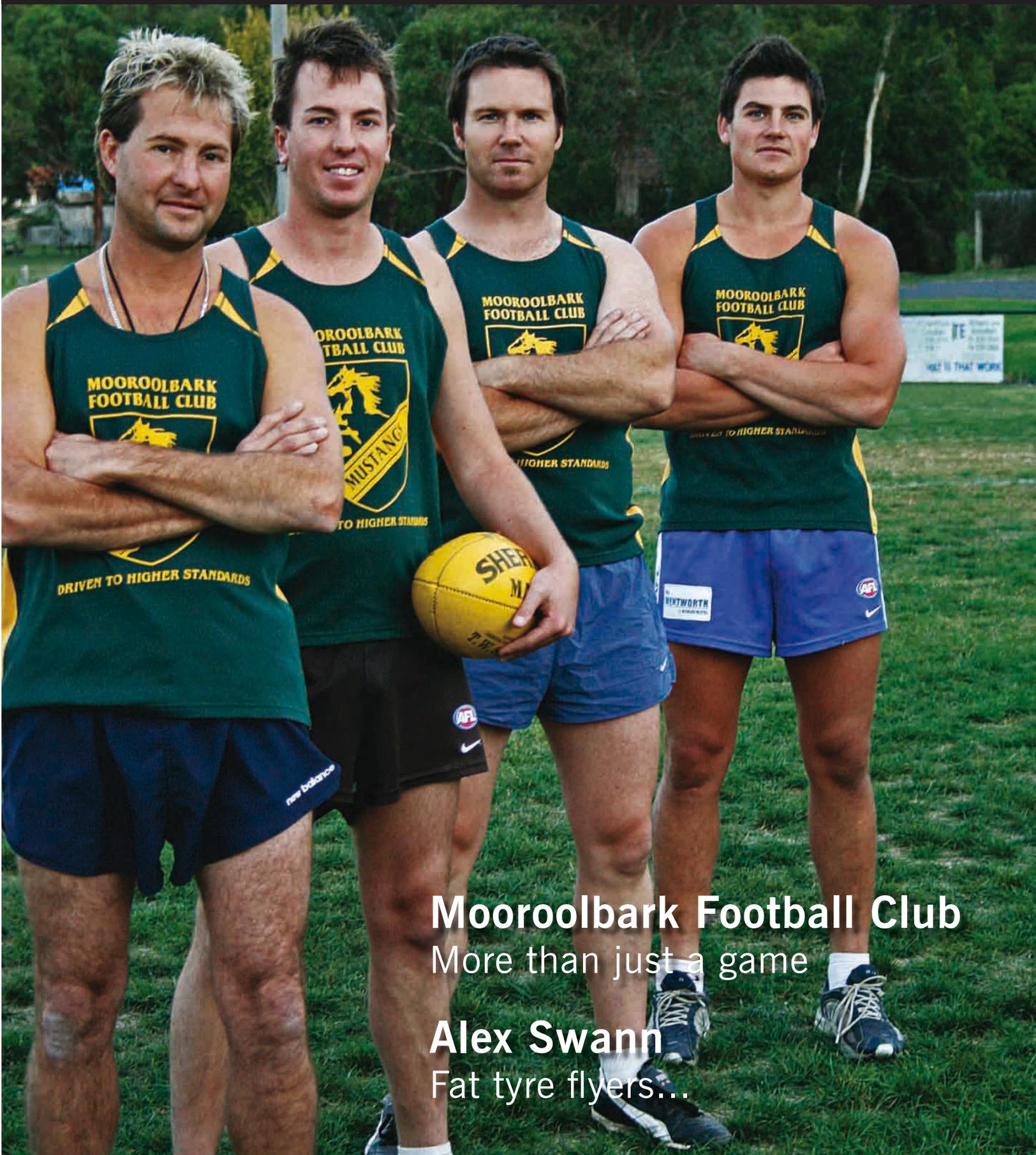


LIVING TODAY

IN MOOROOLBARK/YARRA RANGES

No.18

JUNE
2007



Mooroolbark Football Club
More than just a game

Alex Swann
Fat tyre flyers...

Good advice from the wise!

Have you ever been put in your place by somebody? I have, and recently!

On a rare, rainy day, an elderly Mooroolbark resident and I were both leaving the Terrace shopping centre, and hurrying to reach the shelter of our cars. Noticing that the woman was struggling with one of those supermarket trolleys with a mind of its own, I offered to help. As we careered towards her car she observed, "Lovely rain, isn't it?" I answered, "It'll be beaut if it keeps up." And then she got me! "Let's be thankful for what we've got, before wanting more!"

"Let's be thankful for what we've got, before wanting more!"

When we observe ourselves and others, it's easy to conclude that we could all do with being more thankful. Recently, we expressed our thankfulness for our township, when we came together for Celebrate Mooroolbark. One of our year 7 students – Katie Timms entered an imaginative essay in the Celebrate Mooroolbark Writing Competition. You might enjoy her sense of delighted gratitude for Mooroolbark:

The Air of Mooroolbark

The hustle and bustle of the streets in Mooroolbark, make it look like an ordinary suburb. But it is far more than that. Hidden within its maze of long roads and streets are houses that seem to shimmer in the early morning light. Laughter echoes through the parks and tracks. Mothers hurry by trying to keep up with an enthusiastic child or doing the shopping for tonight's dinner. Groups of teenagers gather by its many milk bars and petrol stations. The schools are temples of brick and wood where every day children go to learn how to keep this beautiful place alive.

In one house – a brick one with large windows and long curtains that brush the ground – a young girl sits at a desk, her eyes glued to the book she is reading. Then the night air wafts through the window. She looks up and smiles. It's the outside world calling her, as it calls her every night. Deliberately she marks her page and goes outside. She walks to the nearest park. Down the hill, across the road and onto the green, green grass that surrounds the play equipment.

A boy walks his dog past the milk bar. The street smells of fish and old leather. He breathes deeply and enters the shop. Behind the counter an old lady with a kind face is standing waiting for him. She knows him. And so she should.

He visits this place every night. But tonight the strange magic that seems to fill the streets of Mooroolbark enters the shop before he can pay for his magazine. Suddenly he knows where to go. Slowly he puts down the magazine and leaves the shop. He leads the dog towards the park. A beautiful young girl is there. Slowly he walks towards her.

Not far away cars rush up and down the black roads, coming home from work. In one car there is a man with a harried expression and the finest business suit. He comes from the city, but as he enters Mooroolbark he stops. A strange feeling is in the air. Like this place knows him and he it. He frowns and gets out of his car. There is a faint singing. He listens closely and gasps. The song is from deep within his memories, buried so deep he can hardly remember it. Slowly he gets back into his car and drives on. But he will return. Mooroolbark has touched him as it has touched thousands of others.

The girl looks up and sees a boy leading a dog walking towards her. She stands but does not run. The boy reaches her and stops. She looks at him and frowns. She feels like she knows him. And maybe she does. The boy ties the dog to the post and stretches out his hand. The girl smiles and takes the hands. Slowly with their eyes glued on each other the two begin to waltz across the ground. It's the magic of Mooroolbark.

The magic that Katie writes about was present during our recent Festival. On a rather bleak, moist March Saturday Celebrate Mooroolbark 2007 was memorable for many because of the hugely increased involvement of our local school communities. It was a wonderfully moving spectacle to see students, teachers and parents from a dozen or more schools and community groups parade



colourfully down Brice Avenue before presenting their banners at the community stage. And then, to see so many people involved throughout the remainder of the day with the many free activities within and without the Community Centre was testimony to the growth of the Festival.

Incidentally, for those who might have missed the news, the winners of the Mayor's prizes for best banner and crowd favourite went to Bimbadeen Heights Primary and Manchester Primary respectively.

We're currently looking forward to Celebrate Mooroolbark 2008 – scheduled for March 15, 2008. Planning has already ▶

www.mooroolbark.org.au launched at last!

During *Celebrate Mooroolbark 2007* our very own community website was launched. Sponsored by the Mooroolbark Lions, Bendigo Bank, the Shire of Yarra Ranges, and this magazine, the website has been developed under the watchful supervision of *Map Mooroolbark Inc.* – a group of community volunteers dedicated to gathering, and making available, information about Mooroolbark without charge. We'd love you to visit the site.

"We'd love you to visit the site"

In fact we hope you'll use the site to find businesses, clubs and services within Mooroolbark.

And most especially, we'd love you to make the site your own, by letting us know about community events that we can publicise, and local business and organisations that aren't currently listed. We'd like to foster links with other local websites – sports teams, churches, service organisations, businesses and the like. We'd also welcome appropriate, brief local news items for inclusion on the site.

Please let us know how we can help your organisation to publicise itself more effectively on the site.

Why don't you check us out?
And contact us at

www.mooroolbark.org.au

"Let us know how we can help your organisation to publicise itself more effectively on the site."

commenced. We'd welcome your ideas and involvement. You could contact us through this magazine.

However, it's important that we follow the advice of my older friend... *Let's be thankful for what we've got, before wanting more!*

So, on behalf of all of us here in Mooroolbark, many thanks to our school communities for their growing involvement in this year's Festival. And thanks, too, for the patient commitment of stall holders, entertainers, and those providing classes and demonstrations, in spite of the difficult weather. In addition, a big thankyou to the organising committee for their perseverance and hard work. Also, to the Shire, Mooroolbark Community Centre, police, politicians, businesses and community groups who were so generously supportive of the Festival through their sponsorship and help.

**Make sure you set aside
March 15 next year, for
Celebrate Mooroolbark 2008
with the theme of
"Our Colourful Nation".**

Looking forward to seeing you there!

Randall Bouchier



*Writing
prize winner*

*Latie
Timms*



Mooroolbark Football Club More than a game...



Mooroolbark Mustangs is a dynamic local club which has over 300 players participating in the ten teams it fields each week during the football season. Its under-age teams ranging from under 9's to under 18's ensure a constant flow of enthusiastic players entering the Seniors and the Reserves squad.

This close-knit club promotes

constant interaction between the teams as one means of ensuring positive future development. Senior players regularly train with junior teams to assist and encourage the younger players and senior's coach, Bernie Ryan, is actively engaged at all levels of player involvement.

The club enjoys great community participation and support. A highlight of each week during the season is the weekly *Juniors' Presentation Nights* which enjoy attendances of anything up to 300.

Over the years the club has had considerable success on the score-board. Every year for the past 6 years it has had at least one premiership amongst its ranks and over the years it has produced 5 AFL players. However, the Mooroolbark Mustangs executive likes to measure its success more in the positive community environment and spirit that is so evident around the Club. Long serving secretary, John Lowry, and seniors coach Bernie Ryan speak passionately about the club youth policy which focuses on personal development through encouraging a sense of fair play, learning about team-work and participating in leadership opportunities. They see this focus on character and skills building as not only helping to ensure a strong club into the future, but also providing an excellent grounding for its young people for their later personal life.

In recent years, MFC has been awarded several **"Quality Club Awards"** by Football Victoria. It is hoped that 2007

Seniors Coach Bernie Ryan has had 14 years of senior footy experience with Upwey-Tecoma, East Burwood, Belgrave and Glen Waverly Hawks, and four years of senior coaching,



will see their top (gold level) award being achieved. The club also participates in the Government and Australian Drug Foundation sponsored **"Good Sports Program"**. This program promotes responsible governance and compliance with accepted community standards in all aspects of the club's activities. Through diligent effort over recent years the club has already achieved the high level award (level 3). As a further step in providing the best possible community environment for its young charges, the club has also recently signed on to the new government initiative, the **"Racial and Religious Tolerance Policy"**

Life at Mooroolbark Mustangs F.C. it is "more than a game". It's about a strong and enthusiastic sporting community working hard to help our young people gain the best possible start to life. The club is to be congratulated on the fine work it is doing in serving our community.

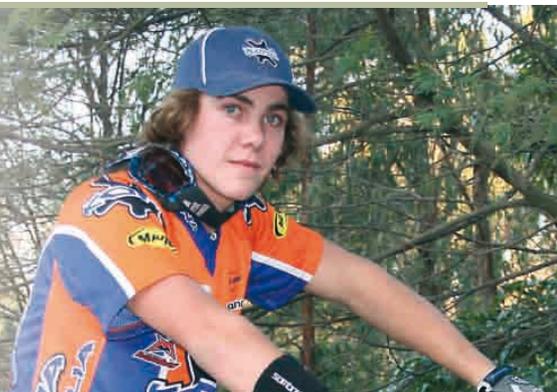
Well done Mustangs!

Alex Swann 'Fat Tyre Flyer'



Mooroolbark's Alex Swann is a member of the "Fat Tyre Flyers", a Melbourne wide club of mountain bike riders. Alex began cross country mountain bike riding at age seven and soon graduated to down hill racing which remains his favourite event.

His club conducts weekly events, throughout the summer, at Long Gully in Healesville, and his training regime includes regular gym work, running and practice at both cross-country and downhill racing. He enjoys competing in annual state and national championships. In 2005-2006 he was ranked second in Australia in the under 19 division. He has also had a number of opportunities to compete overseas, having traveled to New Zealand on two occasions and to New Caledonia, France, England, Canada and the USA. In New Zealand, in



2006, he was ranked 12th in the World Mountain Bike Championships. He has been sponsored for these overseas events by Kona Bicycles, Mt Buller Resort and by his parents. He looks forward to many more opportunities to compete both locally and overseas.

Alex is currently in his second year of a building and carpentry apprenticeship and in his spare time works in the family owned business, Yarra Valley Cycles in Main Street Croydon.

We congratulate Alex and wish him all the best as he pursues his further goals in mountain bike riding.

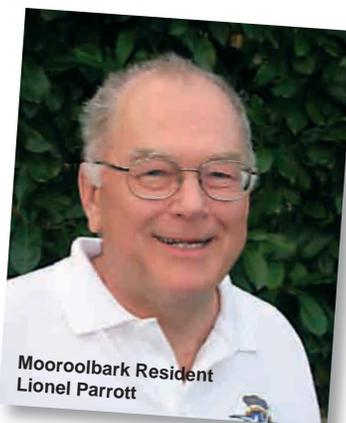
Free career & employment advice

Practical and helpful advice to help in resolving career issues: planning a career; job hunting; presenting for an interview; preparing a resume; employment contracts; redundancy; retirement planning; and much more.

Most education providers, schools, TAFE Colleges and universities offer careers advice services to students seeking information about the options that are open to them and helping them in taking their first steps towards employment. But when you are no longer at school, sources for assistance in careers-related information and advice can be more difficult to find. Much of the advice that is available will be offered on a "user pay" basis, and on occasions, the professional fee required can be a strain on personal resources.

When do people seek career related advice?

- For some, it is when you are out of the workforce and seeking to rejoin it. Often, the pressure to earn income will work against making good decisions. It will also limit the options that you might consider in more favourable circumstances.



- Many people are just not satisfied with their existing role, and may wish to do better for themselves, but are uncertain as to how they should tackle this.
- Other needs can arise from difficult situations in the workplace, where a supervisor seems to take a set against you, or where you are experiencing relationship difficulties with customers or colleagues.
- Sometimes you may be trying to strike a balance between work and other parts of your life, or simply be wondering whether a break from work for, say, an overseas trip or working holiday, might be a good option to take up.
- You could be contemplating retirement, or perhaps considering whether some

extra education might provide your career with an additional boost.

Recognition of these needs led the Montrose Uniting Church (as a service to the community) to create information on its website that might be helpful to individuals needing to resolve career issues.

This information may be accessed by entering Montrose Uniting Church in Google, and looking under Careers and Employment Advice. These articles have been prepared by Mooroolbark resident Lionel Parrott, a university careers counselor for many years and currently an executive search consultant.

Lionel points out that there is a very simple model that can help most people approach career planning with confidence.

Step 1

Prepare a self inventory that helps you understand yourself and your attributes.

Step 2

Scope the options available and see which of them match those attributes.

Step 3

Develop an action plan that will enable you to fulfill yourself and your personal aspirations.

Articles from this website will help you apply the model. Good luck with your next career move!



Advertising for creative artists & entertainers

www.alleycatcreations.com.au

Chirnside Spinal Care



Although established just two years ago, Chirnside Spinal Care, at 3 Landscape Drive Mooroolbark, is already a thriving Natural Medicine Centre.

Services provided include:

Chiropractic, Acupuncture, Naturopathy, Massage (relaxation and sports), Chinese Herbal Medicine, Sports Injuries, Workcover/ TAC Injuries & Womens' Natural Health.

The centre strives for excellence in offering a complete service through working closely with other medical providers to present complementary medical services for the total well-being of each of its clients. It seeks to assist individuals in achieving a balanced health care program through focus on preventative as well as corrective steps. Adequate exercise, appropriate diet and a positive and relaxed state of mind are encouraged.

Spokes-person, Dr Peter McCann, likes to emphasize the importance of balancing these 3 factors as a key to our

"wellness". Peter has been a practitioner for almost 20 years, and has lectured for 7 years at the Southern School of Natural Therapies (Fitzroy). He says that acupuncture has become a growing part of the services the centre provides, noting that this treatment has become much more sought after since it was first registered as a government therapy over 3 years ago. Both Dr Peter McCann and Dr Tania Lamb provide acupuncture therapy as well as chiropractic treatment. Karen Hogan brings 17 years of experience to her services in Naturopathy, Homeopathy and Women's Health. Mary Arends is a remedial

massage therapist offering both therapeutic and relaxation massage. Jodie Goodlet (not pictured) is the practice manager and also a massage therapist. Nyree and Vicki are the centre's receptionists.

FlexEze Heat and Cold (Menthol) Patches

A new therapeutic product the Centre has developed offers a popular range of air-activated, heat patches designed to provide a drug-free alternative to muscle and joint soreness.

Like to know more, or request an appointment? Call Nyree or Vicki on 9726 5554.

Lionel's leather-craft

Have you ever been to "Lionel's Leather Craft" shop in Mooroolbark? It's opposite the bus terminus and owned and run by Lionel Rodney Jessup. Lionel is an Aussie with a heart of gold, who was recently entered for the Sun Herald "Local Hero" award.

I suppose you could refer to the shop as a museum because there are so many things to see and talk about. And if you want a real good yarn about cars, motor cycles, boats, guns, supporting the local community, or creating hand crafted leather goods and equipment for disabled and needy locals to make their lives easier... then Lionel is your man.

Lionel was married on St. Valentines Day 1953 to Margaret who is still with him and they have had 2 daughters and 2 sons.

Lionel had many jobs before settling down to specialising in leather craft and the related skills here in Mooroolbark. His work resum e includes time in a shoe factory, manufacturing cooking utensils, making bricks, lathe work, plumbing and heavy rigging, factory maintenance, lawn cutting, and he has run several garages as proprietor. This varied and rewarding working life has given Lionel many skills which he uses for the "tricky" jobs he gets asked to make at his shop.

One of the many community outreach programmes instigated by Lionel was to ask for groups of underprivileged students from the local schools to attend his shop, 8am in the morning and 4pm in the afternoon and teach them leather craft. They made belts cards and jewellery for their families. Lionel was also able to get boxes of Christmas cards donated to his shop which the students chose from for their families.

By the way, Lionel fed the students as well, all supplied by local Mooroolbark shops. This wonderful enterprise went on for nine years. Thank you again to the Mooroolbark traders

This and many other stories are waiting for you at Lionel's Leather Craft... So why not call in and say hello ?



Lionel R. Jessup (Born August 4th 1931)



A well-earned break

Martin Leddra, along with wife Jennifer, is enjoying a well-earned break after providing legal services within the Mooroolbark community for 34 years.

He first came to work in Mooroolbark in 1973 when he was employed as a solicitor by a Bayswater firm to run a local branch of their practice in Station Street Mooroolbark. In 1975 he took the opportunity to purchase the practice for himself. Over the years he has worked at times with a partner, Robin Westmore, and at other times with employed staff to provide general legal services in the local area.

Martin speaks fondly of his years in Mooroolbark referring to the many good friends he has made and the close associations he has enjoyed with a number of local clubs and organisations that he has supported.

Over those years he has very much enjoyed being a part of community life in Mooroolbark. He has also been deeply involved in the local community at Coldstream where the family have lived for most of those years.

During the last 13 years they have enjoyed many weekend and short breaks in Echuca where they purchased a holiday home. Their two married daughters now live in Echuca. The Leddra's also have a son and 5 grandchildren.

After a good break from the day to day grind of managing his own legal practice, Martin is looking forward to a much more relaxed lifestyle.

We thank Martin for his contributions to community life and wish he and Jennifer well for the future.

The good news...

Despite Martin's retirement, it is business as usual at Leddra Westmore. The practice has merged with a long established legal firm run by Oliver Beaumont. All the staff have been retained, the office is being refurbished and the new management team has ambitious expansion plans.



Martin Leddra

a BATTLER at heart



Jill Hutchison & Christine Fyffe

Christine Fyffe claims that her late father would not be happy that she's a 'tory'. Chris (as she refers to herself) is, of course, the current member for Evelyn – serving her second term, following one term out of office.

Certainly not born with a silver spoon in her mouth in her native England, Chris lived in a small village – Winnoth Dale - amidst endemic poverty, where, until she was 12, there was no electricity available. Up until she was 15, the family carried water from a communal well for household use. The small valley in Staffordshire where she was born and raised was comprised of large numbers of small family farms. Many of the menfolk went to work elsewhere – in the pit, factory or foundry. Times were tough. Many people barely survived, and consequently there was little time or energy for public involvement.

Of her school days in her two-teacher primary school, Chris recalls learning to write on slate, and being inspired by a tiny Welsh teacher who encouraged her students to think and to dream. There were summers of collecting berries – and the occasional schoolchild prank of pinching apples from a nearby farm. And there were times when Chris was kept at home, when the shilling wasn't available for lunch. But, as she says, childhood was a happy time... *you didn't know you were poor... there was no television...* and books from the mobile library were great friends to an avid reader.

In 1967, now married with one child, Chris and her husband immigrated to Australia. Speaking with Chris, there's a chuckle never far away, and there's some self-effacing amusement as she recalled her arrival as a 'proper Englishwoman' – complete with nylon stockings and other clothing better suited to the London snows she had left – only to arrive at Essendon airport – completely ill-equipped for Melbourne's 109°F heat.

For the next 18 months she lived in a Nissen hut at Nunawading migrant hostel, before moving to an 11 square house in Mooroolbark until her first marriage ended. From then on, Chris struggled as a single mum – at a time when equal pay wasn't available

Chris recalls that her work within community and business groups helped her understand that she could make a difference through being involved in the political process.

for women. Sometime later, having remarried, she and husband David and their children developed Yarra Burn – working hard, seven days a week to establish a thriving vineyard and restaurant. And, having barely survived the 'recession we had to have', eventually sold the business.

Some may recall her past involvement with the Victorian Tourist Commission, the Yarra Valley Grape Grazing, political lobbying over potential changes to Yarra Valley zoning, and as one of the Commissioners overseeing the amalgamation of four smaller Shires into the single Shire of Yarra Ranges in late '94.

Chris recalls that her work within community and business groups helped her understand that she could make a difference through being involved in the political process. She herself feels that her original predominantly business focus has changed over the years towards an increasing focus upon social issues. Perhaps because she's had to struggle with poverty early on in life, Chris hopes to be able to well help those in need throughout the townships she represents.

Australia has been kind to Christine Fyffe. She's worked hard for what she calls a 'good life'. And her experience of hard work has helped frame a philosophy that is supportive of people enjoying the success that stems from their endeavours. Fortunately, Chris adds an important caveat - *...as long as they are prepared to help the weak, the aged, the infirm...*

In describing some of the difficulties she encounters at times in seeking help for those who need it, Chris' humour bubbles to the surface again, and she laughs about some frustrations that could well mirror scenes from *Yes, minister*. No doubt the sense of humour helps in navigating the bureaucracy!

We wish you every success, Chris – and trust that the same application that enabled your survival as a single mum, and your success in business will help you achieve your goal of being remembered as someone *who worked hard for the community... for the people of Evelyn.*

Randall Bouchier

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PUBLICATION
PERSPECTIVES





What, me worry?

Of course I do!

Worry, worry, worry - not money - makes the world go round. At least that's the way many of us tend to live. And the satirical catch phrase, "What - - me worry?" - the famous caption to the inane grin of Alfred E Neuman of Mad magazine fame - itself underlines the conventional wisdom that it's insane not to be worried when there's so much to worry about in life and in the world around us.

So to worry often seems a quite sensible thing to do. But when worry takes over our lives and becomes a defining characteristic - as it so easily can do - it can become something more, something distorting and damaging. It is then an ongoing anxiety that can become quite chronic. Surveys have indicated up to a third of the population in any given year suffers from some sort of anxiety episode.

So how do we tell the difference between worry that is normal and natural and worry that has turned into a condition that clinicians call General Anxiety Disorder?

Normal Worry v Anxiety Disorder

A state of nervousness, worry, anxiety can be perfectly normal when we face the challenge of a difficult or new task, such as a special interview or a public speech. Or it may accompany ongoing problems to do with money, family, work. However, worries that are part of a General Anxiety Disorder (GAD) are firstly more persistent. They will be present more days than not in any six month period. They are also more pronounced, more distressing, and tend to focus on potential events and issues which in reality are unlikely to occur. They focus on what might happen rather than what is happening.

Normal anxiety tends to disappear once a triggering event is past, or simply "wears off" as life goes on and our attention moves to other things. But when GAD is present, we find it difficult or impossible to turn off the worry, which may be as non-specific as a vague feeling of apprehension. The worries may appear for no apparent reason. As a result, a sufferer may be told or conclude themselves that it is "all in the mind". However, this in itself is rarely helpful and may do nothing to alleviate the condition. ►

A PERSONAL ENCOUNTER WITH GAD

A person I know who suffered from Generalised Anxiety for years and was recently diagnosed agreed to be interviewed to give insight as to how this insidious condition can affect your life. We wish to thank her for her openness and willingness to share.

What was life like before you knew you had GAD?

It was a life of inner turmoil with feelings of fear, worries, and worthlessness. I could think things through logically, reasonably and know that it was foolish to feel the way I did - but this had no effect on my emotions - as if the brain connection was gone. As time went on I suffered gradually worsening health, losing the ability to function normally or to enjoy doing things, going places.

How did you discover it was GAD you were suffering?

I knew it was not full depression or panic attacks and then read an article on chronic anxiety - the symptoms seemed to fit. This was confirmed in a visit with my doctor.

How did you deal with it?

I first tried taking the recommended vitamins and minerals and it certainly helped. Then some major stress events sent me backwards, resulting in symptoms akin to chronic fatigue. I am now taking prescription medication.

What is different about your life now?

It's as if my brain has re-connected. The emotional side now listens to the reasoning side! I'm sleeping better, feeling better - and smiling on the inside.

Generalised Anxiety Symptoms

Generalised Anxiety is excessive anxiety and worry about the possibility of everyday and real life problems occurring (e.g. job difficulties, financial pressures, being late for appointments, family members becoming ill).

- The anxiety and worry has been present most days over a 6 month period.
- The person finds it difficult to control their anxiety.
- The anxiety/worry has led to the person experiencing at least 3/6 symptoms below: Restlessness, feeling edgy; easily fatigued; difficulty concentrating and mind goes blank; irritability; muscle tension; sleep disturbance.

The above is drawn from the ADAVIC (Anxiety Disorders Association of Victoria (Inc.) website: www.adavic.org.au

Often if a person tries to deal with the situation by consciously making an effort to turn away from the worrying and manage the task at hand, they can then find themselves having trouble with concentration and memory (their mind goes blank). This and other coping mechanisms can trigger a number of secondary symptoms: tension, irritability, restlessness, feeling on edge, fatigue, poor sleeping patterns, and shallow, uneven breathing perhaps punctuated by deep, sighing breaths. Some unfortunately try to deal with these symptoms through self-medication involving alcohol and/or drugs.

Internally a person with GAD often develops their own beliefs about worrying. They may reason that it helps avoid disappointments, helps find solutions, or even takes care of others for them. In this process there is also often a dwelling on personal inadequacies along with a lot of unproductive repetitive thought, ruminating, about the same things, the same worrisome images as to what could happen.

‘General Anxiety Disorder affects about 5% of the population...’

Causes

General Anxiety Disorder affects about 5% of the population, and although it is common among young adults and women, it can affect anyone. As it can remain the same for long periods without getting worse and can be lived with, it often remains unidentified. There appear to be no specific causes which indicate why it affects some people and not others. There may be some genetic predisposition but environmental and cultural factors also seem to play a part. Sensitivity to what other people say and do, for instance, may make some more vulnerable. Stressing situations and events such as conflicts that involve loyalty may be a trigger. It is important to be aware that it may also accompany other disorders such as depression, panic attacks, and social anxiety. But diagnosis still rests upon the symptoms.

Many times it is the secondary physical symptoms which cause a person to seek help. These are not always present but when they are they can be quite concerning. They can include: increased heart rate and blood pressure, excessive fatigue, dizzy spells, headaches and head pressures, sweating, unexplained pains in parts of the body, particularly in the chest, stomach and back, nausea, vomiting, diarrhoea and frequent passing of urine, trembling and shaking, feeling as though you're "losing it". These may last for months and frequently come back again.

As you may recognise, these symptoms could mean a number of things quite apart from GAD. Thus, if you or a member of the family seems to be affected in this way, the first step is a check up with a sympathetic doctor who should not only be able to effect a diagnosis but also advise a course of management, which may include anxiety management techniques and/or medication. This should always be the first step to dealing with the problem.

You can also do your part. Educating yourself about the condition is important. Understanding how anxiety works to produce its effects helps a great deal in your response. Things like an attendant fear of fear, feelings of guilt and frustration are then more easily dealt with. There are a number of places you can go for this. The most easily accessible are the various local agencies which are available by phone, on-line or at their offices. They often provide seminars and support sessions as well as published information.

They include BeyondBlue, Anxiety Recovery Centre Victoria (ARCVic), Anxiety Disorders Assoc. of Vic (ADAVIC), and the Anxiety Network Australia (based in Brisbane). (See right for contact details).

The important thing is that you follow up to find out more if you suspect you or a family member is affected by this troubling and chronic condition.

Terry Villiers



- The anxiety, worry and physical symptoms cause distress and significantly affect social, occupational or other areas of functioning.

Children and adolescents with Generalised Anxiety often worry about school performance and sporting prowess. They may also worry about being punctual or 'acts of God' such as earthquakes, floods, etc. and nuclear war. These children may be perfectionists and require an excessive amount of reassurance about their performance. Generalised Anxiety affects more women than men (2:1), and tends to begin in childhood and adolescence.

SOME USEFUL CONTACTS FOR MORE INFORMATION

1. BeyondBlue

Website: www.beyondblue.org.au
Infoline 1300 22 4636

2. Anxiety Disorders Association of Vic (ADAVIC)

Website: www.adavic.org.au
Ph: 03 9853 8089
(Mon – Fri 10:30 – 4:30)
Email: adavic@adavic.org.au
Postal: P.O. Box 625, Kew 3101

3. Anxiety Recovery Centre (ARCVic)

Website: www.arcvic.com.au
Phone: 03 9886 9400
Email: arcmail@arcvic.com.au
Postal: PO Box 358,
Mt Waverley 3149
Office: 42 High St, Ashwood
3147

4. Anxiety Network Australia

Web: www.anxietynetwork.com.au
Phone: 07 3366 7726
Email: contact@anxietyhelp.com.au
Postal: P.O. Box 94, Indooroopilly,
QLD 4068

SPECIAL NOTE Unfortunately in our last edition of Living Today in Mooroolbark the acknowledgement footnote to the quote in the article The Solitary Sadness was omitted. It should have read:

¹ From "You Can't Fight Depression on Your Own" www.wingofmadness.com/articles/cant.htm

Mooroolbark Community Bank Branch  **Bendigo Bank**

Supporting The Local Community.

When Christians suffer with depression: Part two

We were heartened to receive a number of positive responses to our articles on depression in the last issue of Living Today In Mooroolbark. One was from Katherine Wade, a student at Pembroke Secondary College who wanted to share her experience in the hope it might help others also suffering from this debilitating condition – something we wholeheartedly commend. Thank you, Katherine.

Terry Villiers

"To the editor of Living Today in Mooroolbark, Hi, my name is Katherine Wade and I'm doing my first year of year twelve at the Senior Campus of Pembroke Secondary College in Mooroolbark.

I was really encouraged by the article that appeared the March issue, titled 'When Christians Suffer With Depression'. From personal experience, I know what it feels like to be a Christian suffering with depression. I have suffered from this illness for quite a few years and I'm still trying to find that light at the end of the tunnel. But I have found that God is the only one that can get us through the tough times. And even though some days may be dark, tomorrow's a brand new day.

I would like to share two poems I have written through the times when I just felt like giving up. I have always found that it's better to express your feelings through poetry. So here's a little bit of encouragement from a person who has seen life through the shadows.



This one is the first one I wrote. I was in a really low mood one day, and I just got out my journal and started writing. Just goes to show that God can turn something ugly into something beautiful."

Kath Wade

From Shadows to Sunshine

Sometimes life is so hard
And all hope is out of view,
And you just feel like giving up
But someone's there for you.

Through the shadows and the mist
Our God is always there,
He will lead you into sunshine
With tender, loving care.

So when the trials are too steep
God wants to let you know,
That this darkness soon will pass
And there's not too far to go.

But if things do take a turn
As sometimes they often do,
Just fix your eyes on God above
He's going to get you through!

By Kath Wade, 06

I wrote the second poem when I was going through my highs and lows at school and honestly couldn't find the will to live. But God took me by the hand, and led me to write this.

Today, Tomorrow and the Future

There are days when life's unbearable
And you don't know how to soar
And you're already dreading the day ahead
The moment you close the door.

You can't imagine the future
And you cannot see the light
And you don't even have the strength
To put up your best fight.

But there's something you should remember
God's always by your side,
As you continue on life's journey
And swim against the tide.

So when you're tired and gloomy
This is what God would say
Stay strong, and don't give up
Cos tomorrow's a brand new day.

By Kath Wade, 07

I hope you can use this brief story in your magazine one day because I'm sure it would reach out to those people who are sinking in the shadows.



A life with Mission Aviation Fellowship

A visit with Winston and Ruth Ussher, of Shadowplay Rd Mooroolbark, leaves one wondering, "How much more could I be doing with my life?"

In their sixties now, they are just beginning to plan for their retirement years but finding it hard to make the time available to sort out all of the necessary adjustments as they transition from an extremely busy and committed life to a more leisurely phase.

From a teenager, in the 50s, Winston had a keen interest in flying. He was fortunate enough to participate in the Air Training Corps and received a scholarship to complete his Private Pilot's Licence. He went on to attain his Commercial Pilot's Licence at 20 years of age. After graduating as a primary school teacher, he served for more than five years in Queensland schools and completed a two year Bible College course before beginning training with MAF at Ballarat in 1967.

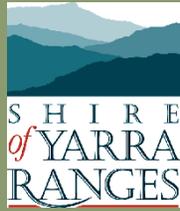
In 1971 they moved to Papua New Guinea as part of Mission Aviation Fellowship. They have continued in this demanding work, both in flying and in administration roles, for 40 years. Over the years they have served in Derby (W.A.), PNG, Indonesia, Borneo, Ballarat, Melbourne and

Cambodia. Their last overseas posting, was to Cambodia. During their 11 years in that country Winston and Ruth both conducted programs in teaching English as a second language in the aviation community as well as establishing the MAF organization "Christian Care for Cambodia. Upon completing that assignment in 2004 they returned to a role of helping represent MAF in Victoria, but continued to travel to Cambodia when needed to assist the new MAF representative. Their retirement took effect in March this year.

Along the way they have managed to raise three daughters, Jenni, Sue and Lynelle. Each of the girls is also deeply committed to a life of serving in various ways which brings a great deal of satisfaction to Winston and Ruth as they watch the next generation's lives unfold. Not the least of this satisfaction comes from the 10 grandchildren they enjoy so much.

They will both keep their close connections with MAF and Winston with his love of flying (he has just renewed his pilot's licence) but hopefully at a more leisurely pace. We thank them for sharing their inspiring story with us and wish them a long and happy retirement season of life.

What about traction?



Do you know a young person who needs to get their life back on track because they have experienced mental health issues?

That's what the Shire of Yarra Ranges Traction program is all about.

Run by the Shire's Youth Services team, Traction offers groups and activities that encourage peer support to empower young people and promote a positive view on mental health and life.

Program coordinator Katharina Verscharen said Traction is a great way for young adults, aged 16 to 25 years who live, work or study in the Shire of Yarra Ranges, to meet new people.

"It also encourages young people to participate in other youth events, and programs," she said.

The program is designed for people who have experienced depression, phobias, anxiety, eating disorders, psychosis, schizophrenia, bipolar or thoughts of self harm.

"Traction is a great starting point for young people to begin moving forward and making connections within their community," Ms Verscharen said.

The program is offered at various locations around the shire and is set up and run in response to young people's interests.

Current Activities include:

Going Places - A group organised by young people focusing on social, recreational, educational and cultural opportunities in the local and broader community.

Steps - is for young people who are experiencing a first episode psychosis. The program relies on peer discussion, education, affirmation and activities.

Creative Arts Group - for young people to express themselves through exploring different mediums such as paints, inks, pastels, silk painting, collage, sculpture, textiles and photography in a friendly and sociable atmosphere. No skill required just your interest.

The Traction program also provides mental illness education to schools, the community and to service providers. Most of the community education is peer facilitated.

To join Traction, contact Youth Services to arrange a time to meet at home, in a café or at Youth Services. The Traction team is available to talk with young people, carers and workers about their individual situations. Contact Traction on 9294 6716 or 0419 312 549 or email k.verscharen@yarraranges.vic.gov.au. Visit Youth Services' website www.yrys.com for more information.

Preps at cutting edge of technology

If you think that the prep children at Manchester Primary School still read John and Betty from their readers like children did 40 years ago... then you are mistaken. Literacy has a whole new look for these little ones because of the amazing Interactive Whiteboards that are putting cutting edge technology within all children's reach. They not only learn to read from texts, but the whiteboards enable teachers to create interactive learning books that can accommodate sound tracks and music that enhances creativity and makes learning far more exciting for these curious little minds.

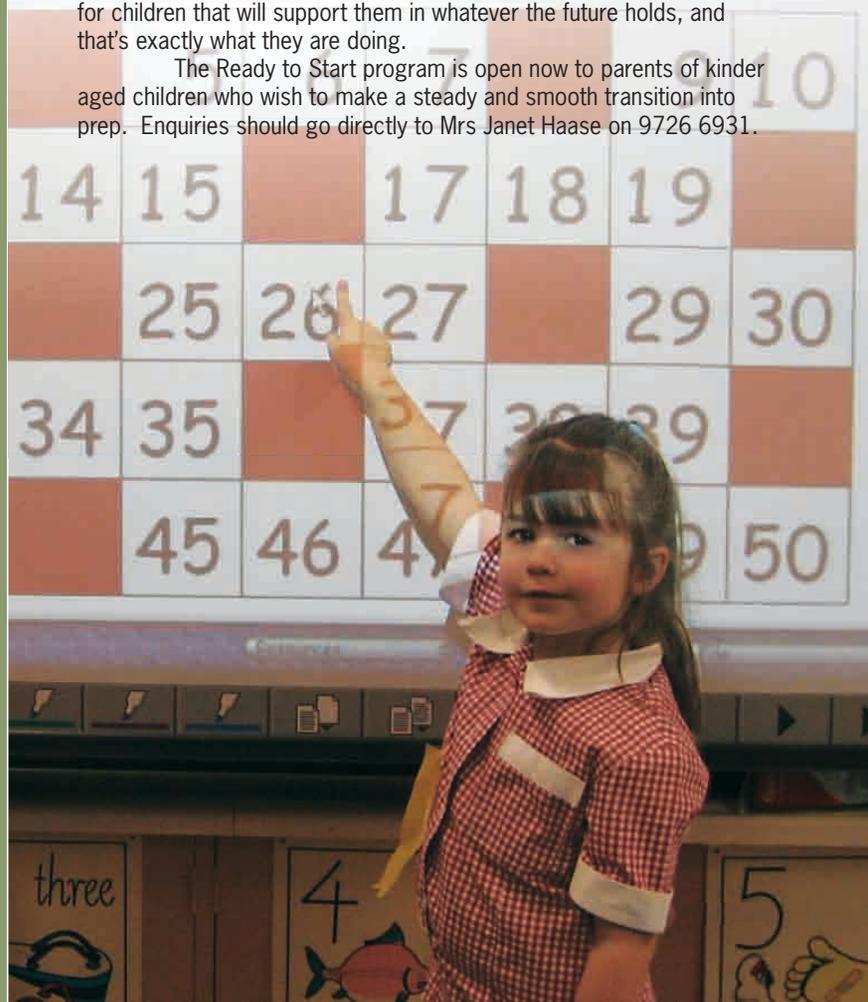
With the use of digital cameras, Manchester Primary School students document classroom activities and excursions and create slideshows, books and movies that are relevant to the children because the learning is from their experiences. Children are able to use the whiteboard screens as touch screens which means they can get immediate responses to their thinking. These children are no longer passive recipients of knowledge in the classroom but are encouraged to think, reason and problem solve.

They are truly the digital "natives" while many of us are still struggling with being digital "immigrants".

At higher levels in the school, children are using computer technologies to document and showcase their learning. They undergo research using internet and web quests, create animated stories using plasticine and a laptop, create powerpoint presentations and digital portfolios. Their faces are alight as they manipulate these technologies like they were born to it. They are truly the digital "natives" while many of us are still struggling with being digital "immigrants".

With children so conversant with these 21st Century skills, it's difficult to imagine where education will be in the next 40 years. Schools like Manchester need to be at the forefront of creating learning for children that will support them in whatever the future holds, and that's exactly what they are doing.

The Ready to Start program is open now to parents of kinder aged children who wish to make a steady and smooth transition into prep. Enquiries should go directly to Mrs Janet Haase on 9726 6931.



Performing Arts in Mooroolbark

Mooroolbark Community Centre

Are you interested on getting up on stage and strutting around under bright lights? Do you think you have a talent for performing in front of people...with pairs of eyes watching your every move? No matter what your age, you might be interested in the performing arts at the Mooroolbark Community Centre.

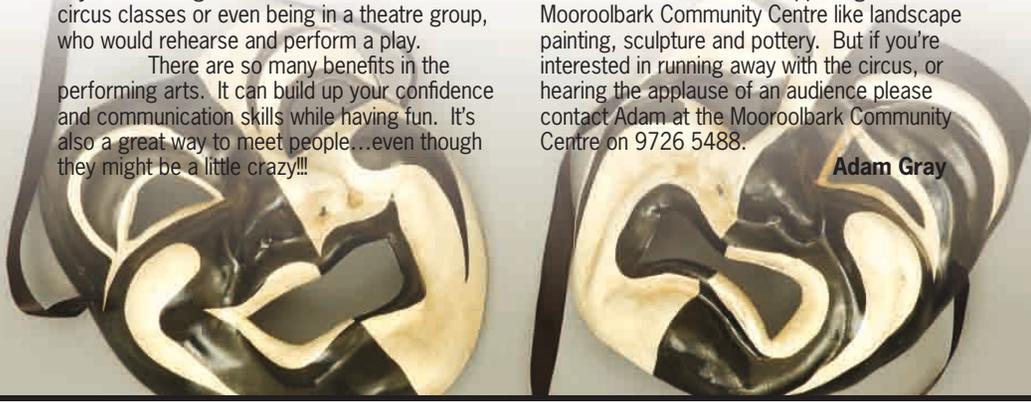
For 20 years Vicki Bowling has been teaching dance at the Mooroolbark Community Centre, but now we are adding youth theatre and circus into the mix. We want to hear from anyone who might be interested in theatre or circus classes or even being in a theatre group, who would rehearse and perform a play.

There are so many benefits in the performing arts. It can build up your confidence and communication skills while having fun. It's also a great way to meet people...even though they might be a little crazy!!!

Mooroolbark has had a long history with theatre as the Mooroolbark Theatre Group has been performing for 29 years!!! It originally started for youth in Mooroolbark to express their creative urges. Now as an adult theatre group they perform two productions a year to sell out audiences. The latest production is titled "Pull the Other One" by Norman Robbins performed from 14th-23th June. Any adults interested in joining the Mooroolbark Theatre Group can contact Arline on 9726 4282.

There is always a wide range of arts and culture activities happening at the Mooroolbark Community Centre like landscape painting, sculpture and pottery. But if you're interested in running away with the circus, or hearing the applause of an audience please contact Adam at the Mooroolbark Community Centre on 9726 5488.

Adam Gray



LIVING TODAY in Mooroolbark

Production

LIVINGTODAY in Mooroolbark is produced by a group of local volunteers



Editor

Doug Lewis

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Contact

Phone 03 9726 8898

Mail PO Box 228 Mooroolbark VIC 3138

Email lewisdm@bigpond.net.au

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Contributing Writers for This Issue

Terry Villiers, Randall Bouchier, Janet Haase, Barry Austin, Adam Gray

Photography

Barry Austin, Laureen Knight, BrigitteDonnini, Des Holman

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Brigitte Donnini

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Like to Contribute?

If you have a good news story about people who you believe are an example to the community, please contact the editor through our church office number or by email (as above)

FREE FAMILY FILM NIGHT

Wednesday July 4th



All Welcome

Come along to Mooroolbark Community Centre on July 4th for the movie

"Meet the Robinsons" at 7.30 pm.

Free ice-cream and tea & coffee!

A snack-bar is open during the intermission with "goodies" at great family prices.

This school holidays program is a joint community service extended to young families in our neighbourhood by Mooroolbark Christian Fellowship, & Mooroolbark Community Centre.

To book tickets contact Mooroolbark Community Centre on 9726 5488. Book early as tickets go fast!!

MOOROOLBARK THEATRE GROUP INC.

By special arrangement with Dominic Pty Ltd

Presents:
the hilarious comedy by
Norman Robbins

PULL THE OTHER ONE

Directed by Arline Myers

MOOROOLBARK COMMUNITY CENTRE
BRICE AVENUE, MOOROOLBARK
14 - 16 & 20 - 23 JUNE 2007
At 7.30 for 8.00 pm
Ticket \$15 and Conc. \$13
Bookings 9726 4282



Professionals

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MISSION STATEMENT

To contribute towards and to help to foster a Growing Community Spirit within our neighbourhood.

We seek to achieve this by:

- Highlighting the many positives within our community
- Encouraging partnership in community initiatives
- Contributing to the process of identifying and addressing community needs and concerns