

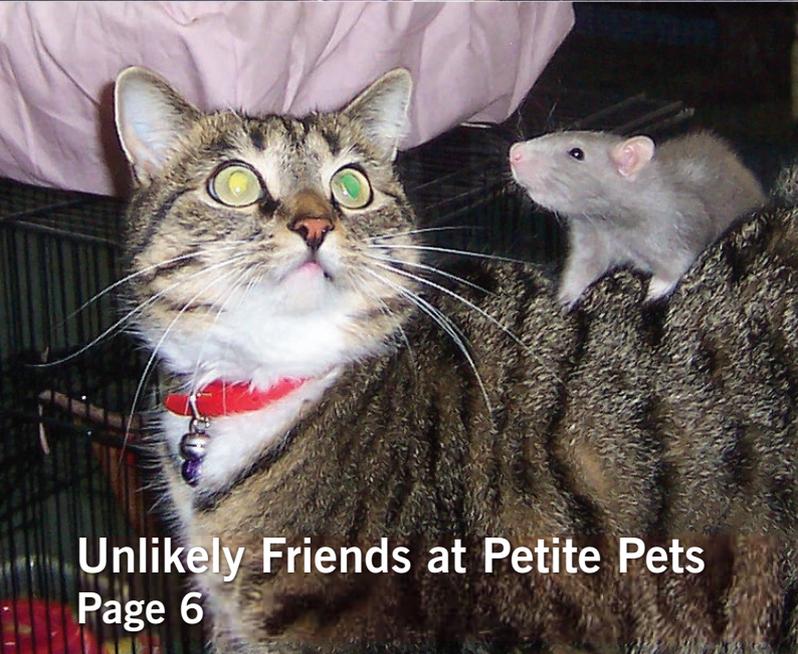
# LIVING TODAY

IN MOOROOLBARK/YARRA RANGES

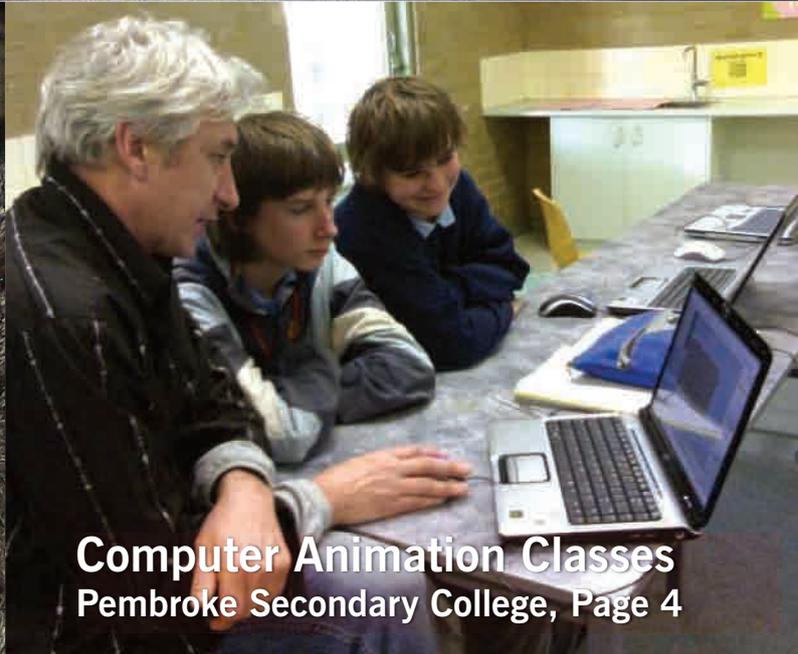
No.21 SEPTEMBER 2007



Mooroolbark Early Childhood Development Centre



Unlikely Friends at Petite Pets  
Page 6



Computer Animation Classes  
Pembroke Secondary College, Page 4

# Woman at work!



until 1949.

The third of four children, Elsie recalls a very happy childhood: "I lived on an orchard and adored it... Springtime was absolutely beautiful..."

From an early age, her work ethic became firmly ingrained when she became part of the family business. Aged two or three, Elsie recalls helping her father harness their Clydesdale – Nugget - the draughthorse the family used for ploughing and hauling. She recalls her father handing her the end of the heavy leather strap that would be attached around Nugget's girth. She'd walk under the placid horse, handing her father the buckle end of the strap as she emerged on the other side.

Nugget knew exactly where to go when dad used a single-furrow plough to break up the ground between the rows of trees.

And then, during the war years, Elsie and friends from school earned pocket money by assembling fruit cases from packs of pre-cut wood delivered to the orchard. "We each made 10 shillings a week – at a farthing a box. That was good money! There were plenty of sore fingers for a while, but I became very adept with a hammer. We became very quick at knocking up the boxes. We had to make thousands... There were over 80 acres of fruit coming off that orchard."

She recounts other chores: "You never went for a walk without picking up some kindling for the wood stove... Dad bought me a small axe to help. Mum would leave the vegies out for me to peel and prepare when I arrived home from school, or I'd set the fire and have hot water ready for her when she came in from the orchard... I learned to cook and to iron the starched, freshly washed clothes.

"We used to dry our own apples. We'd sit around the table at night peeling and slicing the Granny Smiths and dropping them into salted water for an hour or an hour and a half to prevent discolouration. We'd thread them on strings criss-crossing the packing shed – each piece of fruit separated from the other... They'd keep for years.

"We were never idle, we bottled and preserved and made jam out of everything... Mum loved to enter the shows. My little hand would layer the cherries in the bottling jars so that no stalk marks showed.

"There were a lot of eels in the lily-ponds up at Yarra Glen. The boys used to put thick bran bags over their shoulders and go away on their bikes and bring home eels.

"Bath day was only one day a week - Saturday night - so here were these eels swimming around in the bath until they

got cooked. It was unnerving seeing them when you'd go to the bathroom for the early morning wash. They were big things – like your arm... they reminded me of snakes."

Elsie is profoundly grateful for the values her parents modelled and taught: "My father was a very quiet man – he taught me my love of nature. We would walk for hours in the bush – hardly saying a word to one another and then he'd say, "Watch that leaf when you go to school, it's going to have a wild flower on it..." and I'd watch it – and that's how I got my love of flowers in the bush.

"He had a very Christian attitude to everybody. Some of the old chaps who'd come to work on the orchard would be invited in for a meal. He taught me to see the best in everybody.

"He was only once angry with me – I deserved it – I'd told a lie! I never forgot it – and never told another one.

"He taught me to be honest, true and trustworthy, to always tell the truth. He said: 'Make your words soft and sweet, you never know when you'll have to eat them.'"

Elsie's parents were stalwarts at the Croydon Church of Christ. Her grandparents had been among the original group that started the congregation in the late 1800s.

Even though time was precious - the

orchard was full time, 24 hours, 7 days a week - they managed to organise their lives to help others.

Following in their footsteps, Elsie, like her parents before her, became involved in the things her children were involved with – Guides, Scouts, church, school...

And she has good advice for us: "Find an interest in something you'd like to do. Don't be afraid to step forward. Take your interests a little further than your own four walls. You can get locked in too severely, become too isolated. Be venturesome – take a step into the unknown.

**"Don't be afraid to step forward. Take your interests a little further than your own four walls."**

"Community means friendship, lots and lots of friendships... working with other people to find out what's needed within a community. Community is getting people together, and working together as a whole to put things into the community that are useful for people.

"When we arrived at Mooroolbark, I wondered what on earth I was bringing my family into, because there were so few amenities around.

"We became involved with the Mooroolbark Development Association in the sixties, and even though my husband couldn't go to meetings because he was ill, I used to do the leaflet drop for them. You can always help in some way! The more people help, the closer the community – the more knitted together. It all works better!"

I could tell you of how Elsie nursed her mother in the final years of her life – or of the committed and demanding nursing of her husband through the years of his debilitation through MS – or the way she nursed her second husband for some years before he died of cancer.

Or I could tell you about the formation of the Disabled People's Company – a



local group of people with disabilities who meet to provide mutual support and encouragement that Elsie has helped to facilitate for 18 years. Or about Elsie's involvement with MAP Mooroolbark. Or her passion for local history.

But instead, I'll conclude with her nearly 50 year commitment to guiding. With a friend, Elsie started the South Croydon Brownie pack in 1960. She became involved locally after moving to Mooroolbark in 1966. In 1976, she served as District Commissioner, becoming Regional commissioner between 1981-86. She continued as a representative on State Council from 1986-90, and, several national and state awards later, continues to serve as the President of Callamondah Trefoil Guild, representing the Acheron Region. Members help in assessing badge work, and occasionally assist with local group meetings.

At its peak, Mooroolbark was home to four Guide companies, four Brownie packs and a Ranger group – all supported by an impressive local parent association.

And her greatest enjoyment in guiding? "You meet so many families. It's been quite a privilege to get to know the families well, because you're involved with the girls for some years. You keep up the friendships – they don't stop when the girls move out of guiding.

"It's been such a wonderful pleasure because now I'm meeting the young girls that I used to have, and they've got their own children and they're so excited, and



they say: 'Oh, I've started my little one in Gumnuts...' They were very rewarding years!

I just love meeting people... I just enjoy meeting with people and talking with them..."

And of her 48 years in Mooroolbark? "In 48 short years, so much has grown from when I first came here... the development of schools, and the opening of the Community Centre, the library, the Senior Cits. I've seen changes, development. And when you live in a little township like this, you get to know all the shop owners and they know you. It's quite a pleasure to go down the street. It's very friendly!

Elsie continues to be an example to us all. She's still a Woman at Work!

**Randall Bourchier**



## Community tree planting

A big thank-you to the 80 plus people who contributed to our annual community tree-planting day at Balcombe Reserve on Sunday 29th July.



## A GREAT JOB EVERYONE!

# Mooroolbark Early Childhood Education Centre

M.E.C.E.C., situated in Charles Street Mooroolbark, is funded through government grants, assistance from Human Services and parent fees. It offers main-stream kindergarten and specialised help. Its published aim is...

*“To promote, support, develop and sustain early childhood education.”*

The Centre's welcome book states, “We believe that the early years of childhood are vitally important in giving children the best possible start in life. Their experiences over this time-period shape their lives to a degree unparalleled at any other time of their development. M.E.C.E.C. has a vital role to play, along with you the parents, in ensuring that our children have the best start possible - for their formal education at school and for their future as happy, well-adjusted people.”

The Centre offers an extensive range of programs and services to assist families with younger children to help make the most of this formative time in life.

**Programs include:**

- *Early Intervention Guidance and Support* – Assistance for families experiencing difficulties. This unique service brings together professionals with expertise in a number of areas including speech therapy, physiotherapy, special needs, etc. to assist families in addressing specific problems. Typically, children are helped in groups of about 4-5, to work through the problems they present. Often these children are referred to the centre by doctors or maternal health agencies and services, etc. However, local families with pressing concerns are invited to personally contact M.E.C.E.C. to see if any assistance can be made available to them.
- *4 Year-Old Kinder* – Several 4-year-old groups are provided for throughout the week. Each group attends for 10.5 hours divided into three sessions – a mix of mornings and afternoons. Interested parents are welcome to visit the Centre at any time to see these programs in action. They are also invited to contact the Centre for information on aims, programs, enrolments, charges or any other matters.
- *3 Year-Old Kinder* – This program is run by a qualified kinder teacher and an assistant. In addition two parents are rostered on each session to maintain a high adult-to-child ratio. The maximum group size is generally 20. Children participate in one or two sessions per week. Each session, lasting for two hours, is play-based (the most appropriate way for children to learn). Most of the time they will be participating in activities that they have chosen for themselves. Interested parents are invited to call or visit the Centre for further information.
- *Toddler Group* – “A great introduction to kinder.” The program for this group provides a range of learning activities based on toddler's physical, social, emotional and cognitive needs. Children may attend when they are 20 months old, and continue until they are 3 years old or join 3 year old kinder. A parent or carer attends and participates with the child throughout the two-hour session. The emphasis is on special parent-toddler time but these sessions also provide an opportunity to get to know other parents with similar aged children. Young babies are welcome at these sessions which are conducted on Wednesday or Friday 9:15 – 11:15am. Children participate in one session per week.

A committee of parent volunteers meets monthly to attend to enrolments and all administrative matters. It also monitors progress of all groups, addresses concerns raised, attends to grants applications and arranges fund-raising activities, etc.

The current president, Heidi Miskowicz welcomes enquiries from the community and input from parents. She can be contacted at the Centre.

**Mooroolbark Early Childhood Development Centre- 9726 7392**



Enjoying a Special Dress-up Day to aid the SIDS appeal



## Students Excelling in the Art of 3D Computer Animation

Year 8 boys at Pembroke Secondary College, Cambridge Campus are enjoying being involved in a 3D Computer Animation project that allows their imagination to come to life and teaches them skills that are far in advance of their years. Funded by the Shire of Yarra Ranges School Focused Youth Service the course uses *Maya*, a production quality program, widely used by most of the professional studios including PIXAR. The skills provided are a basis for careers in 3D animation, interactive media, graphic design and architecture.

Students are fortunate to have one-on-one tuition from Mal Brown who has been working in the field of cartooning and animation for the past decade. He is currently a cartoonist for the Herald and Weekly Times and some of his animation works include the opening banner for the Cronulla Sharks website and a TV pilot for ARL football league. They also benefit from coaching by other students who are experienced in animation. This peer tutoring builds students' skills working in collaborative and team situations.

The boys are excelling in building 3D figures and learning to animate them using this highly sophisticated program which requires concentration and



A model, built by the boys and animated



Metin Musa and George Jordanou Animation Students

persistence to master. The program also reinforces skills learned in subjects including Mathematics, Science and Visual Communication. Janice Marks

# Mooroolbark junior tennis

Mooroolbark Junior Tennis is a vital and lively part of a very busy and friendly club. The Juniors have over 40 young people involved in seven teams. The age of participants ranges from 8 -18 years and the standard of play varies from “beginners” to “advanced”.

Its Club home is situated behind the Hawthory Road Swimming Pool.

Junior coordinator, Cynthia McKenzie and assistant Andrew Prigmore explain that the philosophy of the Junior Club is to ensure that fun and enjoyment come first. There is no pressure for young people to perform – but plenty of opportunity to improve in their game if they are keen to do so.

Cynthia and Andrew work closely with club coach, Daniel Barker, to provide the best developmental opportunities for all of the juniors and to encourage keen participants to go on to play Saturday Seniors or night competition as they get older.

For the Juniors, everything possible is done to help parents cope with the logistics of having their children participate. Games are held on Saturday mornings and always start and finish at the home courts. Each week, half of the teams play at home whilst the other half travels to meet other clubs in the competition. Transport for “away” games is handled by pooling of drivers. Available parents are rostered to help with this task.

Come along any Saturday morning and

*Special activities throughout the year include 'Fun Days', Inter-club Tournaments and Club Championships. They have much to offer for young people.*

you will see that a great social atmosphere is evident as the young ones prepare for their early games. Obviously the club offers a lot more than just the opportunity to play tennis.

Special activities throughout the year include 'Fun Days', Inter-club Tournaments and Club Championships. They have much to offer for young people.

Anyone seeking further information about the Junior Club (or the club in general) is invited to contact Cynthia McKenzie on 9779 6514.



Joshua, Josh, Nathan, Rosie, Kate Fiona Caragh

## A committed businessman

### Putting back into his local community

Graham Reynolds has lived in the local area all his life. Born in Ringwood, he moved to Lilydale in the early 1980s after starting his first business in Lilydale in 1979.

Over many years Graham worked hard to establish a car retail business, growing the business over multiple sites and expanding into motor scooters, before their popularity took off.

Graham has long held to a principle of helping children and in the late 1980s, he turned his attention to the Variety Club. Variety is a children's charity and exists to improve the quality of life of Australia's sick, disabled, and disadvantaged children. Variety's emphasis is to support the communities in which the money is raised, so Graham quickly set about fundraising for this terrific cause.

*Graham has long held to a principle of helping children.*

In 1989 Graham held his first fundraising event and has been fundraising for Variety ever since.

Graham decided to switch format to a fundraising lunch and organised the first major luncheon event in 1996. It was so successful that he continues to run a major lunch function every year.

Last year this event raised a staggering \$51,000 and at last count, a modest Graham Reynolds confides that he, together with the generosity of the local business community, has raised nearly \$600,000 for this children's charity.

Not bad for a local, committed business man who puts so much back into our community. He holds great pride in knowing that he has assisted many thousands of Australian children with very special needs.

Graham is not afraid of hard work and returned to night school to earn the qualification to allow him to practice as a licensed real estate agent. In 2006 he

purchased his first real estate office and now operates his own Ray White franchise in Lilydale.

Graham lives locally in Mooroolbark with his wife and family and plans to continue his contribution to the local community.

**By David Hodgett**



## Mooroolbark! Have you visited your new community website?

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



[mooroolbark.org.au](http://mooroolbark.org.au)  
an initiative of MAP Mooroolbark



Shirley and Sandra



## Petite Pets

Shirley Meissner and Sandra Rinderhagen are sisters who grew up in Kilsyth. They have both been veterinary nurses for their entire working lives.

Two years ago they decided to go into partnership together by establishing their pet-shop business, 'Petite Pets' in Mt Dandenong Road, Kilsyth. In May of this year they relocated the business to Brice Avenue Mooroolbark and have been most pleased and encouraged by the warm reception they have received from many Mooroolbark shoppers.

Petite Pets sells vaccinated, microchipped and desexed kittens, rats and mice. They also stock budgerigars, canaries and a wide variety of fish. Hermit crabs and scorpions are some more unusual, but popular 'pets' they offer.

In addition they maintain a supply of fresh meat for pets and a comprehensive range of pet accessories. Both hydrobath and clipping services are available by appointment.

A special service that Shirley and Sandra are able to offer is their professional "vet-nurse advice". This can be most helpful when customers are uncertain of what action they should take in dealing with problems that their pets present.

Why not call in and see for yourself all that Petite Pets has to offer?

## Sassy Scissors Hair Design

Sassy Scissors- Hair Design is situated at 19 Paul Street, Mooroolbark. It opened its doors to the public of our neighbourhood in 2006. Mano and Jackie are a brother and sister who have a family background in hair-design. They provide what they like to refer to as "a high quality but very down to earth service."

Their motto is: "No client should ever leave the salon without feeling like they have had the experience of a lifetime."

They present an atmosphere which is welcoming & sincere and offer a warm smile and a sympathetic ear to all.

Sassy Scissors provides services for all of the family- from the simple haircut to the more elaborate preparations for those "special occasions". Acrylic bio-sculptured nails is a specialty service they offer.

Mano and Jackie ensure that there are no hidden extras in the services they provide, and special discount rates are available to pensioners.

### Business Hours

Mon-Wed 9am – 5.30pm

Thurs-Frid 9am – 9pm

Sat 9am – 5pm

Call for appointments on 9723 7133



PROUDLY SUPPORTING THE COMMUNITY

SINCE 1964

## Strange goings-on in Mooroolbark!



Walk into any supermarket these days and you're likely to be confused by the range of choices. Bread... mountain bread, rye, whole grain, sliced, unsliced, raisin, pitta, wholemeal, white... Which to buy?

But it hasn't always been like that! For Mooroolbark residents in the 40s and early 50s such choices were unheard of. And you'd go close to being certified, if you suggested that such a thing would be a future reality.

For starters, until the early fifties, there was only one store in Mooroolbark. Former stationmaster Andy Bell recalls: "...there was one general store, post office and newsagent combined – a little shop opposite the railway house. It was also the only place in Mooroolbark where you could make a telephone call. You would give your number, the store-keeper would ring Croydon exchange and book the call, and if you were lucky you would get through within the hour. At that time, the Lilydale bakery delivered bread to the Mooroolbark store three times per week."

Andy Bell again: "...when Lilydale bread was delivered three times a week, you were sometimes eating bread three or four days old."

In the early 50s, R.E.H. Wyatt built a milk bar in Mooroolbark.

Mr Wyatt was among the newcomers to Mooroolbark in the early 1950s and he built the milk bar, which has since been demolished. We

then tried to get an improved bread supply and arranged to get bread from the bakery in Croydon. Some choice, at last!

However, acting on complaints from the Lilydale bakery, the baking regulatory body – the Master Bakers Association - insisted that bread deliveries from Croydon cease, and threatened to stop the Mooroolbark baker's supplier of flour if he continued to serve the Mooroolbark shop. Local residents, though, had enjoyed their brief opportunity for greater choice!

They determined on a clandestine action to remedy the situation! Long-time locals still recall with some amusement, how they would drive to Croydon and buy bread, and, sometimes under cover of darkness, furtively deliver it to the milk bar in private cars. Eventually, acting on more complaints, the Master Bakers came to see what was going on. The Croydon baker got another threat, and could only supply us with our personal needs if we went in. It seems, that with some in Mooroolbark continuing to buy their bread in Croydon, the Lilydale baker had to lift his game. Not to be outdone, the Lilydale bakeries decided to supply fresh bread daily to the other little general store, so we then had a choice of bread!

Strange, but true!

<sup>1</sup> All quotes from: G.F. James. *Border Country – Episodes and Recollections of Mooroolbark and Wonga Park*. Published by the Shire of Lillydale. 1984, pp. 59-60; 27, 28.



Photograph sourced from *Border Country- Episodes and Recollections of Mooroolbark and Wonga Park*. G.F. James. Shire of Lillydale, 1887.

## Mooroolbark Station

2007 marks the 120th anniversary of the opening of the Mooroolbark Station.

1882 had seen the opening of the Lilydale line. G. F. James writes: *Lilydale was now within an hour and a half of the city, with trains twice daily. The delays and discomforts of coach, dray or cart were no longer unavoidable; regular arrival of the morning newspaper and the overnight mails was assured; isolation was ended.*

Up until tenders were called for the construction of Mooroolbark station in December 1886, local farmers had transported their produce three miles or so, to the nearest station. Of course, this was both expensive and time-consuming.

For farmers in Mooroolbark, the opening of the station was of even greater significance. Its importance was evident, however, night and morning, when the Mooroolbark dairy farmers drove up with their milk and cream for despatch to various dairies between Box Hill and Melbourne. Many of them could now



separate comparatively small amounts of cream, and establish a profitable piggery on the basis of the skimmed milk.

And today, Mooroolbark station continues to provide transport services, although of a different nature from 120 years ago.

Happy anniversary!

Randall Bouchier





# Motherhood. Help!

**Motherhood happens. And unlike the storybooks, it doesn't always happen easily, comfortably, or happily. Motherhood can be, and was meant to be, one of the richest, most fulfilling events in a woman's life.**

But many new mums today find themselves very much alone, disconnected from networks of support and help. They often struggle to try to be that ideal mum that seems to manage everything so competently and successfully. Yet we all know it isn't that easy. And unless you've had some previous experience, it can be quite daunting to arrive home with a newborn stranger who immediately turns your home life upside down.

In previous generations there were usually older mums around to pitch in and help – from the immediate and extended family, next door neighbours, grandmas and aunts.

Today this is unfortunately very much the exception. Often mums find themselves stranded. Family may be too far away or estranged, neighbours too busy with their own lives, a partner working long hours, and community agencies that are unknown, difficult to access if you don't know the ropes, or simply seem too impersonal.

Then there are the other pressures. Should I go back to work? If so, how soon? Where does the baby go? What are the costs? If not, how do we cope financially? How do we manage? And on and on. Then there are the anxieties. Am I feeding the baby right? Why is it crying? How do I get some sleep myself? And the rest of the family??

## Mother Wisdom

Fortunately there are many mums who have fought these battles and not only survived but won. They're around, reachable in all sorts of ways, and ready to help – even right here in Mooroolbark. One

easy, non-threatening way to get help is from what is available in print. Two mums in Sydney found themselves thrown ill-equipped into motherhood. They struggled and eventually succeeded, and then went on to put together a book telling their story. And not only their story, they canvassed their family, friends and hosts of other connections to put together *Mother Wisdom*, a chronicle of their experiences and the lessons they learned on the way. It's designed for mums to pick up, enjoy and relate to, while providing encouragement and answers that help new mums not to feel so isolated and alone. The idea is to provide a real picture of things not normally discussed, even in parenting manuals, as well as all the essentials. And to raise a smile or a knowing giggle from a tired mum. You can look for it at your local book shop under the authors' names, Katrina Cook & Susie Cameron. (It's published by Pan Macmillan).

**Fortunately there are many mums who have fought these battles and not only survived but won.**

## Library Resources

At present, being a newly published book, it isn't yet available in the local libraries. However, there are a number of other titles worth following up. Such as: *Kidwrangling* by Kaz Cooke, *When Your Kids Push Your Buttons* by Bonnie Harris, and three titles by Michelle Kennedy: *Don't Cry*, *Sleep Tight*, and *Stay Dry*. They also have *The Fat Ladies Club: Facing the First Five Years* by Hilary Gardner & Sarah Groves. ("Fat Ladies" refers to their first publication dealing with the rigours of pregnancy.) Like *Mother Wisdom* it's an enjoyable read as well as being informative. While you're there, you could ask for similar titles to be pointed out in the parenting section of Mooroolbark Library (found in the children's area). There's more than you would imagine.

## Personal Help

If a mum wants a helpful ear and a chat, the place to go is Mooroolbark Terrace (Yarra Ranges Health Care Centre), found at Shop 31, 66-74 Brice Avenue, Mooroolbark. There you can meet Heather West and her team, offering maternal and child health support, who are more than ready to listen and who, if they don't have the answers themselves, can point you in the right direction.

For instance they can put you in contact with specialist services such as Early Parenting Centres if extra assistance is needed. You can also access additional activities tailored for your family's needs and circumstances. An enhanced maternal and child health worker can visit in your home if need be. There are parent groups such as new mums' groups which meet weekly for 7 weeks. These provide both information and the chance to meet other parents in the local area.

For young single mums there's also a Starting Out group at Ringwood. You can contact the Centre by phone (9726 7393) to book a time with or without your child. Or just drop in.

For those with twins & triplets (or more!) there's also the Outer Eastern Multiple Birth Association which provides support and information, as well as coffee/playgroup mornings at the Rolling Hills Childcare Centre in Landscape Drive. It can be contacted at PO Box 299, Mooroolbark 3138 (phone 9513 9300).

## Online Information

The third avenue for help is almost infinite – the world of the internet. If you don't have access yourself, again the place to go online is the library. (Though you may need to book ahead at busy times.) One of the best places to start is [motherinc.com.au](http://motherinc.com.au), "the online glossy magazine for modern mums", which is a mine of information itself, and through its Link Library page provides an even vaster array. It printed out over seven pages of addresses for me, all helpfully arranged under subject headings such as *Balancing Work & Families*, *Networking*, *Parenting Resources*, and *Shopping*, as well as general areas such as *Children*, *Child Care*, *Health and Mental Wellbeing*. Articles currently featured include titles such as: *Relationships – How's Yours?*, *Daddy Does Housework*, and *Work/Life B-A-L-A-N-C-E?*.

If it's pure information you want, then there's heaps of it at Victoriaonline ([www.victoria.gov.au](http://www.victoria.gov.au)). Try going to Health & Community, then Children and selecting *Children's Health* or *Parent and Guardian Resources*, where you'll find fact sheets and links to all sorts of local services. In particular you'll find links to



Parentline (a phone-in counselling/help service for parents) and the Raising Children Network – the Australian parenting website.

Other helpful sites include Mum's The Word ([www.mumstheword.com.au](http://www.mumstheword.com.au)) which specially focuses on the needs of mums with new babes, "written by a neonatal intensive care nurse/midwife/registered nurse and mother". A lot of good information from child experts can be found on at Parenting Solutions ([www.fisherprice.com.au/parentingsolutions](http://www.fisherprice.com.au/parentingsolutions)) provided you can handle lots of advertising.

## Finding Friends

But best of all is friends, real friends – whether they be related to you or not. So if you find yourself isolated in a community, the best thing is to find a group that suits. Churches, service groups, charities, sports and hobby clubs abound across our community. To get an idea of what's available have a browse of [www.mooroolbark.org.au](http://www.mooroolbark.org.au) and click on Clubs, Groups & Churches to see what's available. There are over a hundred separate groups to choose from.



Terry Villiers

## help!

### Bookshops

*Mother Wisdom* by Katrina Cook & Susie Cameron (Pan Macmillan) \$19.95

### Internet

[www.motherinc.com.au](http://www.motherinc.com.au)  
"the online glossy magazine for modern mums"  
[www.victoria.gov.au](http://www.victoria.gov.au)  
Victoria Online Health & Community Children.  
See also links to Parentline: 13 22 89

(8am to noon Mon-Fri, 10am-10pm Sat-Sun) & the Raising Children Network.  
[www.mumstheword.com.au](http://www.mumstheword.com.au)  
"Mum's the Word" specially catering to new mums.  
[www.fisherprice.com.au/parentingsolutions](http://www.fisherprice.com.au/parentingsolutions)  
Parenting Solutions - information from child experts.  
[www.mooroolbark.org.au](http://www.mooroolbark.org.au)  
Look for Clubs, Groups & Churches for somewhere to make contacts and friends.

### Mooroolbark Library (in the Parenting Section)

*Kidwrangling* by Kaz Cooke  
*You are Your Child's First Teacher* by Rahima Dancy  
*When Your Kids Push Your Buttons* by Bonnie Harris  
*Be Calm: Strategies for Dealing with Bad Behaviour* by Michelle Kennedy  
*Don't Cry* by Michelle Kennedy  
*Sleep Tight* by Michelle Kennedy  
*Stay Dry* by Michelle Kennedy

### Agencies

*Mooroolbark Terrace* (Yarra Ranges Health Care Centre) Shop 31, 66-74 Brice Avenue, Mooroolbark  
Contact: Heather West  
Phone: 9726 7393.  
*Outer Eastern Multiple Births Association*  
PO Box 299, Mooroolbark  
Phone: 9513 9300  
Meets at: Rolling Hills Childcare Centre in Landscape Drive, Mooroolbark.

Mooroolbark Community Bank Branch  Bendigo Bank

Supporting The Local Community.

# Unmasking male depression

(Extracted from a longer article of the same name by Archibald D. Hart)

Do men get depressed? Certainly. But male depression is widespread, deeply misunderstood, and too often misdiagnosed. For a long time, society saw depression as a woman's condition. Yet for men the symptoms are different. To put it succinctly: women feel their depression; men act it. Men give vent to depression through frustration and anger. They become irritable and moody. They don't connect, but withdraw, retreating into their cave while they give their loved ones the "silent treatment". As a result, a lot of spouse abuse could have depression as the cause or trigger. This "masking" of depression characterises male depression.

## How men mask depression

What are the common masks? Here are four to help you understand what men do.

- **Anger, rage & pent-up resentment:** This mask is the dark side of male depression. Road rage, work rage, even rage in high school classrooms are all examples of this.
- **Workaholicism:** Work can be a major distraction when it totally engrosses you. But overwork not only causes depression, it also serves as a mask.
- **Avoidance of intimacy:** A depressed male does not want to "connect". He withdraws and clams up. Then, searching for reasons for feeling down, he can take it a step further in fault finding and blaming his immediate family.
- **Sexual compulsions:** A way to relieve depression's pain, at least temporarily, is sex. It becomes a way for the male to medicate himself.

## Stress as a cause

Loss in a person's life can cause depression. Genetic factors can cause depression. But with the epidemic of male depression we are now seeing, the only explanation is that stress is the culprit. The good news is that it is reversible by lowering stress and, if necessary, using the same medications that are effective for the genetic forms.

## A Christian perspective

It is unfortunate that many depressed men, including those who are Christian, refuse to go to seek treatment. So what is the most important thing a woman can do for a depressed male in her life? Without a doubt it is to communicate love and acceptance with all the power she can muster. It may take divine intervention. She will want to go to God for the grace and patience that will be needed. She needs to understand that the male's "bad" behaviour is coming from his depression, not himself.

With God's help, unconditional love can make a difference in the long run to both partners and other family members. For more detail and for information on how to deal with the depressed man in the life of a wife or mother, see the full article as it appeared in *Christian Odyssey* magazine at [www.christianodyssey.com/06/0608depression.htm](http://www.christianodyssey.com/06/0608depression.htm). Or you can request a printed copy from the Editor (PO Box 228, Mooroolbark 3138. Ph: 9726 8898).

Archibald D. Hart is Senior Professor of Psychology and Dean Emeritus, Dept of Clinical Psychology, Fuller Theological Seminary, Pasadena, Calif. USA

Terry Villiers



## We will all miss you Kate!

It's hard to think of Pembroke Primary School without thinking of Kate Perkins. In fact, many would never have experienced a time when she was not an integral part of the school scene and the embodiment of the many good things that the school is known for.

From her appointment in 1984, until August of this year, Pembroke has been her "other home". During those many years she has carried out an amazing variety of roles and responsibilities including class teacher, specialist teacher in Art/Craft, Phys Ed and Music, and co-ordinator of Reading Intervention & Individual Needs programs.



In addition, she has held the position of Assistant Principal since 2000, and has stepped up to the Acting Principal role on several occasions. Alongside all of this she has played a significant role in Professional Development for staff, co-ordination of student teacher training, and leadership roles in cluster groups.

Perhaps the area in which her star has shone the brightest is that of Student Welfare. Kate's capacity to seek understanding, extend unconditional compassion and provide strong encouragement to even the most troubled (and troublesome) of children is legendary. Over the years she has left an indelible mark in the lives of many students, and their families, as she helped them through difficult times.

Her commitment to, and her strong support of the on-going Kid's Hope mentoring program has been just one more example of her selfless concern for young people who struggle in a variety of ways.

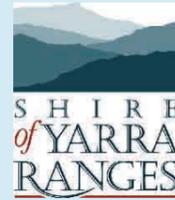
Referring to her years at Pembroke, Kate says, "They have been happy, challenging and fun times... there is always something new around the corner. The community, staff and the students are amazing, caring, inclusive and dynamic as a team. I have built life-long friendships with people here and have been mentored by the best."

Kate adds that her two daughters attended Pembroke and remember their time fondly.

Kate has accepted the challenge of an Assistant Principal role at Yarra Road (Croydon) Primary School and transferred there in August. We wish her every success and happiness in her new position. We know that her strong leadership qualities and unquestioned organising skills will make a positive impact on future life at Yarra Road Primary School.

Every best wish for the future Kate. We will miss you!

Doug Lewis



# Tell us your skills



## Mentor group at Mooroolbark East Primary School

As part of our commitment to providing an educational experience that is best designed to meet the needs of all students and to support them in achieving their best, this year we are operating a Mentor group at Mooroolbark East Primary School.

We have been very fortunate in linking up with a gentleman who has extensive experience in running these kinds of groups. He is a retired teacher, Mr Neil Preston, who has taught extensively throughout the primary school and has operated similar programs at neighbouring schools for many years. We have also been fortunate in obtaining a grant from the local Lions Club that covers the costs of most of the activities that the group will undertake.

The program involves a small group of students who meet for a mixture of whole and half days about once a month and are involved in a range of different activities that are largely hands-on and activity-based. They are designed to enhance students' leadership attributes and to develop in them co-operative and team-related skills. The activities include things like woodwork, billy cart building and racing, cooking on a scale



Billy-cart enthusiasts, Harry, Matthew and Ben

How often have we heard employers say: "if only I could find the right person?" Or for that matter people with skills and experience lamenting the fact that they can't get a job, or that they would like to work closer to home.

Well a new Shire of Yarra Ranges initiative called *Tell Us Your Skills* aims to make it easier for local employers to find local skilled workers. The free web-based program puts people with skills in touch with employers looking for skilled people.

*Tell Us Your Skills* allows employers to leave a profile of the skills they are looking for and members of the community the opportunity to list their skills and qualifications. The profiles are then matched, putting employers in touch with the best people for the job.

The program is one of many new initiatives undertaken by the shire's Economic Development Unit, to identify any skills gaps in the region as well as any skills shortages facing local business. It is also a great way of helping local people to find local jobs.

The shire's manager of Economic Development, Kim Swinson, says the program was implemented in response to the growing number of enquiries from local businesses keen to find skilled workers.

"The shire works closely with many local businesses to help support their training needs. We also play a key role in assisting

with business attraction, retention and expansion. Over the past few years we have witnessed an increase in the number of local businesses seeking additional staff to meet their expanding needs," Kim says.

"The *Tell Us Your Skills* program is a great way for the shire to continue to support the needs of businesses and our local community.

The program allows people to see employment opportunities available in the Yarra Ranges and leave a detailed summary of their skills and qualifications on file for prospective employers to view," Kim says.

The shire's Economic Development Unit provides more than x programs and services including assistance in getting started in business, home based business support, an online business directory, a monthly e-bulletin, workshops and networking events, business mums network, sustainable business forums and support, support for local trader and commerce groups and much more.

To find out about the *Tell Us Your Skills* program or to register visit [www.yarraranges.vic.gov.au/tellusyourskills](http://www.yarraranges.vic.gov.au/tellusyourskills) or contact the shire's Economic Development Unit on 1300 368 333 to learn more about the extensive range of programs on offer.

Economic Development Team Members: Kim Swinson (Manager), Simon O'Callaghan & Donna Donovan **James Martin**

large enough to feed the whole school and visits to places of interest. The students are involved in the planning and organization of activities.

At the moment our very enthusiastic group of students are in the process of building and refining their billy-carts ready to race in the upcoming Lilydale Billy-cart Grand Prix. This is an annual event which

will be held on Sunday, August the 26th. The students have worked in teams to build their billy carts and are moving on very keenly to the decorating and racing part of the exercise.

It is terrific to see students of different ages, with different skills and abilities working together so productively to achieve their goal. **Debbie Nelsson**

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PUBLICATION PERSPECTIVES



## 'Life with a triple A rating!'

Early in 1991, I became a resident of Mooroolbark. My late mother Margaret and I had previously lived in Warburton with my four sisters and twin brother. And for part of my life, my Nanna was also part of the family. The home we occupied in Warburton was ideal for a large family. As the family progressed through childhood to adulthood, inevitably each of my siblings "left the nest" to build lives of their own.

Moving from Warburton to Mooroolbark enabled us to settle into a smaller house. We were also closer to other family members. In due course, I made contact with members of the Disabled Peoples' Company. This vibrant group meets each Wednesday morning at the Mooroolbark Community Centre. We meet from 10:30 a.m. to 12:30 p.m. We enjoy each other's company in a comfortable venue. Thanks to Elsie Bolwell we partake

of a delicious morning tea. Our President, Frits Van Reyersdael, inspires me with his enthusiasm and his great capacity to see a need and do something about it. Indeed, part of the reason the Disabled Peoples' Company exists, is to improve access to community facilities for people with disabilities. Through their personal encouragement, I acquired my first electric scooter in 1996 and in August last year this was replaced by a new one. I frequently travel by train from Ringwood where I now live, to Mooroolbark on a Wednesday morning to attend the DPC.

Another significant connection I have Mooroolbark is my friend Melinda Smith. We actually both attended Yooralla in 1968. Although back then, we were not aware of how our paths would cross in the future. Mel steered me in the right direction when I was investigating ways of gaining

independent accommodation. Periodically mum would remind me, "I won't be around forever you know." She wisely prepared me for the inevitable change that her absence would mean. Thanks to Mel, I was introduced to the services of the Housing Resource and Support Service, now based in Carlton. They in turn liaised with Community Housing Limited, based in Box Hill.



I moved to Ringwood in April 1999 and paid my first installment of rent on April Fool's Day!! But I do not regret the decision. Life takes some funny twists and turns sometimes. Not long after I moved to Ringwood, Mel moved to Mooroolbark! Thankfully, we still keep in touch and I'm grateful for Mel's positive approach to life. Thanks for your genuine friendship Mel and concern for others' needs beyond your own.

My family is an unfailing support to me. Thanks for being there for me! Life is more beautiful because of you! I have Cerebral Palsy. If I had the choice, I would have preferred a life without Cerebral Palsy. But I didn't have that choice. Cerebral Palsy is an integral part of my identity. However, it isn't the only way I define my self. For me life has purpose and meaning because of the significant relationships I have developed within my community. We all face difficulties in life (you can name your own). For me, the most useful way to deal with my disability is to examine my attitude. Effectively, to give it a TRIPLE "A" RATING (AAA). We don't always have control over what happens to us in life. But I believe we can determine our attitude to life's circumstances. I recommend an Attitude of Gratitude with a triple "A" (AAA) rating!

By Geoff Panckhurst

## LIVINGTODAY in Mooroolbark

**Production**  
LIVINGTODAY in Mooroolbark is produced by a group of local volunteers



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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 October 3rd

all welcome



Come along to Mooroolbark Community Centre. The filming of "Shrek The Third" commences at 7.30pm. The usual free ice-cream and tea & coffee will be offered. A snack-bar is open during the intermission with "goodies" at great 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 reserve seats please contact Mooroolbark Community Centre in person, or ring on 9726 5488*

See ya there!

## MISSIONSTATEMENT

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