

UPPER BEACONSFIELD

# VILLAGE BELL

Upper Beaconsfield Association  
[www.upperbeaconsfield.org.au](http://www.upperbeaconsfield.org.au)

Issue No. 218  
December 2019







*Above and right: Elite training jockey from Bart Cummings' stable, Joe Agresta, was a natural with the kids from Pony Club and the school alike. See page 20.*



*Left: Open day at the fire station on 27 October sees Rev Shannon Lee experience the power of a charged 38 mm canvas line.*



*\*\* Carols in the park \*\*  
Xmas Eve  
See you there!!*



*The fire station's entrance bathed in flowers thanks to the efforts of Upper Beaconsfield's Beautification Group.*

**"Drive like they matter and their lives won't be shattered"**  
For injured wildlife please contact Sarah at WISH 0402 393 667



# Can you afford to rebuild should you lose your house? Under insurance puts homes at risk

## Mitigating against the destruction that bushfires can cause to our homes

Have you checked your insurance recently to see if you could afford to rebuild following a disaster? Does your insurance allow for the Bushfire Attack Level (BAL), which determines the type of construction should you need to rebuild? The Sunday Age (3/11/2019) reported figures from the Insurance Council of Australia that 'four-in-five home owners say their standard of living would drop if their property was badly damaged or destroyed because they don't have enough insurance' (p11). Living in a bushfire prone area, means we need vigilance in securing appropriate insurance to ensure we will not only rebuild our homes to how they were prior to a fire, but also to the new building standards. When considering building costs we need to make allowances for the cost of adhering to new building standards, clearing our sites and removal of debris, consultant's fees, design fees, and future increases in the costs of building materials and labour. These costs never go down!

The Victorian Building Authority provides details about Australian Standard AS 3959-2018 – *Construction of buildings in bushfire-prone areas*, which is the residential building standard for bushfire protection that aims to improve the ability of a building to withstand a bushfire attack. This provides greater protection for occupants, who may be sheltering inside while the fire front passes. The standard divides bushfire prone areas into six bushfire attack levels. The BAL

takes into consideration a number of factors, including the Fire Danger Index, the slope of the land, types of surrounding vegetation and its proximity to any building.

The following list outlines the baseline data for Bushfire Attack Level.

### **BAL-LOW** Insignificant (Very Low risk)

The risk is **very low** and radiant heat on the building is not significant enough to warrant specific construction requirements; however, ember attack may still occur. If you are in a designated BPA and your bushfire attack level is BAL-LOW, you must still construct to a minimum BAL-12.5

### **BAL-12.5** (0 to 12.5 kW/m<sup>2</sup>)

Primarily **risk of ember attack**; risk of radiant heat is considered low.

### **BAL-19** (12.5 to 19 kW/m<sup>2</sup>)

**Moderate risk** with increasing levels of ember attack and burning debris ignited by wind borne embers; increasing likelihood of exposure to radiant heat

### **BAL-29** (19 to 29 kW/m<sup>2</sup>)

**High risk** with increasing levels of ember attack and burning debris ignited by wind borne embers; increasing likelihood of exposure to radiant heat

### **BAL-40** (29 to 40 kW/m<sup>2</sup>)

**Very high risk** with increasing levels of ember attack and burning debris ignited by wind borne embers; increasing likelihood of exposure to radiant heat and some direct exposure to flames possible

### **BAL-FZ** (40 kW/m<sup>2</sup> plus) - Flame Contact

**Extreme risk** with direct exposure to flames from fire front is likely in addition to high levels of radiant heat exposure and ember attack



## *Public meeting*

**Wed 4 December at 7.30 pm**  
at BUPS Stadium

**Do you want to learn about  
insurance for bushfire prone areas?**

**What are Bushfire Attack Levels?**

**Need to know more?**

Come to the last UBA meeting for 2019 to ensure your preparedness for the 2019/2020 Summer Fire Season.

We will have:

- A speaker from the Insurance Council of Australia will speak about insurance, protecting your property in a bushfire prone area, and the real cost of rebuilding;
- An expert will share his experience about determining Bushfire Attack Levels (BAL), and
- A builder will discuss rebuilding in bushfire prone areas. In particular, he will outline the new building standards that need to address the appropriate BAL rating, which can result in significant additional building costs.

This information session relates to all residents living in bushfire prone areas.

*continued on page 5*



## Rainfall on St Georges Road

Month	45 yr av.	2018	2019
Jan	63.6	54.6	13.2
Feb	58.4	8.5	25.2
Mar	64.2	35.9	36.0
Apr	78.3	23.0	22.8
May	86.1	98.2	98.4
Jun	80.3	61.0	66.6
Jul	78.6	67.2	75.0
Aug	85.7	69.8	98.8
Sep	90.6	48.8	66.4
Oct	94.3	43.4	47.2
Nov	86.5	124.8	
Dec	80.4	70.4	
<b>Total</b>	<b>947 mm</b>	<b>705.6 mm</b>	

Rainfall for August, September and October was a mixed bag.

August rain of 98.8 mm continued our run of better than average rainfall, up 29 mm on last year and 13.1 mm above the long term.

September and October rains were also both up on last year, but did not get close to the long term averages.

This is particularly for October, which historically is the wettest month. The changing climate patterns mean that monthly rain expectations more frequently do not relate to the past.

For the year to date we are at 549.6 mm which is significantly below the long term average of 780.1 mm, but above last years YTD of 510.4 mm.

However, for the broader spring period this year, we should be grateful as Upper Beaconsfield is lush and green. This is quite anomalous with many other regions that are experiencing significant drought.

The dryness and heat will surely head our way as summer approaches, but for now, take some time to enjoy our beautiful environment in its prime.

ANDREW REWELL

## CWA invites you

The Woorinyan Branch of the Country Women's Association Vic invite new members to join our friendly group. The branch meets on the fourth Friday of the month at St John's hall, corner St Georges Road at 1 pm.

For more information contact: Lynette Lameris (president), mob 0478 129 833 or Barbara Reid (secretary), mob 0403 577 720, email [barbarareid@iinet.net.au](mailto:barbarareid@iinet.net.au)

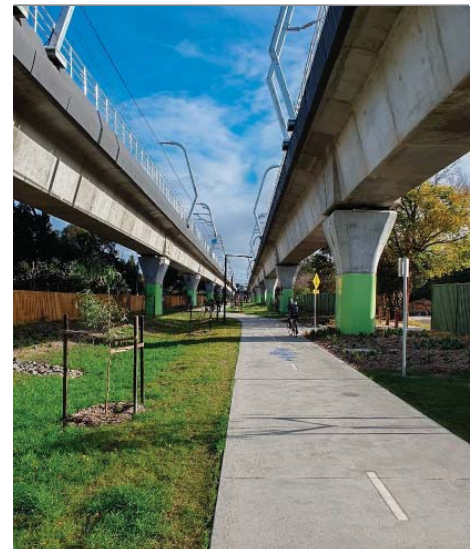
We are participating in the **Cardinia Community Kitchen** free workshops.

Our masterclass preserves has "sold out" quickly, but there are other workshops coming up. Check them out at <https://www.trybooking.com/eventlist/cardiniacommunitykitchen>

### CARDINIA COMMUNITY KITCHEN



HOSTED BY LOCAL BRANCHES OF:  
The Country Women's Association of Victoria Inc.



## Cycling group

Upper Beaconsfield Peddlers meet every third Sunday of the month for a social bicycle ride mainly on rail trails, shared pathways locally and inner city.

There are choices of a shorter ride of 30 km or longer ride of 50 km and we always stop for refreshments along the way.

This year we have ridden The Capital City Loop, McClelland Gallery to Moorooduc, Muln Muln Trail, Djeering Trail (new sky rail from Dandenong to Caulfield) (pictured) and the O'Shannessy Aquaduct Trail.

The only cost is Upper Beaconsfield Community Centre's annual membership of \$10.

Contact Cathy on 0421 556 560 for more information.

### Thank you to our supporters:

D & R Appelberg; Lesley Davidson; Cathy Hermans; Carmel McKenna; Jürg Pfister; M & S Schweizer

**Village Bell support** If you like reading the Village Bell, please help to fund it. All we ask is for households to pay a yearly \$5 support towards producing the Village Bell.

You can pay \$5 at the Community Centre, General Store or Post Office, or pay by

internet banking to Upper Beaconsfield Association Inc., Bendigo Bank, BSB 633-000 account number 162 580 112.

Tag your payment with your name so we know who sent it. If you live outside the local area we can mail the Bell to you for \$15 per year. Thank you!

**Village Bell Editorial coordinator** Helen Smith tel 5944 3219 – **Layout** Marianne Rocke – **Photo editor** Cameron Rocke – **Advertising** Helen Smith and Kaylene Cox – **Subscriptions** Julie Born – **Mailing list** Cheryl O'Gallagher

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**Send articles by** 7 February 2020 to [editor.villagebell@gmail.com](mailto:editor.villagebell@gmail.com)

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*the voice of the community*

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continued from page 3

Should any of us need to rebuild our homes, whether due to bushfire, house fire, or any other major damage or renovation, we need to comply with the construction requirements for the respective BAL classification.

### What can you do to protect your home and contents from bushfire this season?

The following information from the Insurance Council of Australia provides useful steps to help protect our families: The Council advises that: 'It's usually too late to check your insurance cover, or buy a policy, once a bushfire is heading towards your property'. So:

- Prepare and follow the advice of your local fire service. Make sure you have the appropriate insurance cover to avoid severe financial loss in the event your home or contents are destroyed by bushfire
- Make sure valuable assets are adequately protected and ensure the sum insured matches the value of these assets
- Now is the time to reassess the value of your home and contents, vehicles and any outbuildings you have on your property, and the level of cover

you need to financially protect them

### How do you know if your insurance covers your assets for bushfire damage?

- Most household insurance policies cover you for bushfires
- Make sure you understand what coverage you have, as well as any exclusions or limits that may be a part of your insurance policy. It is important to be aware of these exclusions and to query any part of a policy you do not understand
- Australia has a highly competitive general insurance market, which means you can shop around and find an insurance policy that best suits your individual circumstances

### Some exclusions, terms and conditions to be aware of in household policies include:

- Embargoes or no coverage for a set time at the commencement of a policy
- No cover for loss or damage where no flame damage has occurred, such as scorching, melting, heat, smoke, ash or soot
- Coverage for a burning building within a specified distance of your home
- Loss mitigation clauses, such as

taking all reasonable precautions:

- o For the safety and protection of your building and the site
- o To prevent injury or damage to your building or property
- o To ensure compliance with all statutory obligations, by-laws or regulations imposed by any public authority relating to the safety of persons or property

References and useful links

#### Cardinia Shire – Preparing for an emergency

[https://www.cardinia.vic.gov.au/info/20019/fire\\_flood\\_and\\_emergencies/56/preparing\\_for\\_an\\_emergency](https://www.cardinia.vic.gov.au/info/20019/fire_flood_and_emergencies/56/preparing_for_an_emergency)

#### Insurance Council of Australia

<https://www.insurancecouncil.com.au/>  
For Bushfire Management Overlay see Vic Plans

<https://www.planning.vic.gov.au/policy-and-strategy/bushfire-protection/building-in-bushfire-prone-areas>

#### Victorian Building Commission

<https://www.vba.vic.gov.au/consumers/bushfire-protection>

**Be prepared, be protected, be connected and know your fire plan.**

CAROLINE SPENCER, PRESIDENT, UBA

## Christmas Carols

Everyone looks forward to our Upper Beac carols on Christmas Eve. Bring a picnic and blanket and head on down to Keith Ewenson Park in Salisbury Road, at the rear of the community hall.

On the way to the park, Santa and the CFA truck will visit

**Grant Court** approximately 7 pm

**Burton Road** at 7.15 pm

**Paul Grove** at 7.30 pm

Santa makes his grand entrance at the park at about 7.45 pm to distribute bags of lollies to the local children. A great line-up of local talent will then lead you through the community singing.

The regular sausage sizzle and refreshments will be served from 6.30 pm throughout the evening—thanks Men's Shed.



## Around town news snippets

### A hefty fine

Authorities are serious about the dangers of throwing cigarettes out of car windows. Cardinia Police apprehended a driver in Upper Beaconsfield recently and issued an on the spot fine of \$661.

### Bushfires and arson

Most bushfires in south-eastern Australia are caused directly by human activity. The more densely populated the area you live in, the more chance of fires caused by human activity. This coming summer everyone in the community needs to look out for any suspicious activity in our local area.

A September ABC News article referred to the Queensland fires. Dr Paul Read, from the National Centre for Research in Bushfire and Arson, said that about 85 per cent are related to human activity, 13 per cent confirmed arson and 37 per cent suspected arson. Of the deliberately lit fires, criminal arsonists over the age of 30 are likely to light fires on high fire danger days and closer to

populated areas. Taskforce Overcross, which was set up by Queensland police this month, found 23 bushfires in that state were thought to have been deliberately or carelessly lit, with action taken against 21 juveniles and 9 adults.

ABC News: Bushfires deliberately lit by 'cunning, versatile criminals', more common in school holidays, expert warns, 22 September 2019

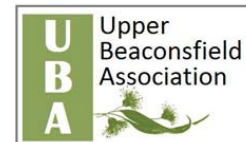
### New phone tower soon?

A new Telecom phone tower is being planned at Guy's Hill. A planning permit application is currently advertised on Cardinia Council's website for "buildings and works and native vegetation removal associated with a telecommunications facility".

### New roof for the Early Learning Centre

A new zinc alum roof was installed by contractors on the ELC in August, after years of periodic leaks. Thank you to Cardinia Shire Council which organised and funded this project.

# UBA Community Resilience Committee



The Community Resilient Committee (CRC) met on 29 October 2019 with the Upper Beaconsfield Fuel Management Leadership Group. The prime purpose of this meeting was for the CRC to receive reports from three working groups from the Upper Beaconsfield Fire Management Program following the return of the project leadership from Cardinia Shire to the Upper Beaconsfield community under the management of the UBA CRC. Each group leader provided a short report about progress to-date:

## Community Fire Guard Promotion Cameron Rocke

Cardinia Council printed 3000 flyers to support the community fireguard group and provided \$300 to the Village Bell for advertising to support community fireguard promotion.

Cameron spoke about defining Community Fire Guard: What it is; what it isn't; what it means to be a local CFA brigade organiser; what a CFA Community Fire Guard facilitator is; who's in charge; identifying current groups; and, weaving a path through the multiple roles to complement Community Fireguard.

Cameron noted that the Black Saturday fire was the "Fire that changed the rules" and that contemporary Fire Guards are:

- based on local streets;
- have a 'Fire Tree' communication list;
- led by a local facilitator;
- usually have a street party in February each year; and,
- offer other social support to connect neighbours and help look after each other, ie the concept of a community CommGuard.

New Fire Guard groups are encouraged to participate in the CFA led Fire Guard course of 6-8 hours to learn the basics of establishing and sustaining a Fire Guard group. Thereafter, a CFA facilitator can provide annual updates. Cameron encouraged all Fire Guard groups, new and existing, to send a representative to this course.

## Fuel Management Zoning Glenn Brooks-MacMillan

Since the last meeting, Glenn received a Casey Cardinia Foundation award for \$3K to engage an expert to assist in developing a guideline for fuel management zones in Upper Beaconsfield.

The original application requested more funds. However, with \$3K we might need to develop more of a brief while we seek more funds to do the more detailed assessments and recommendations early next year. The group will pursue a consultancy to develop a guideline for fuel management zones in Upper Beaconsfield.

## Open Air Burning Advocacy Harry Jensen

The recent UBA General Meeting provided a letter to Cardinia Council in support of the Open Air Burning Advocacy Group for the review of this policy. The community feedback period has now closed.

Council passed a temporary easing of OAB laws for this November only.

## The committee also discussed

- A successful UBA / UBCC application to Australia Post Community Grants worth \$10,000 to Mobilise Upper Beaconsfield Community to Co-design Neighbourhood Connections to Strengthen Community Networks and Capacity. A combined UBCC / UBA group will meet to advance this exciting venture.
- Heatwave – implications for Upper Beaconsfield Community
- Recreation Reserve – a Council grant facilitated further work to clear the remaining sections of the Reserve to enable a re-assessment of the Reserve as a Bushfire Place of Last Resort.
- A local Fire Guard leader expressed her appreciation for the invitation to attend the meeting as she had gleaned lots of useful information to take back to her group.
- The CRC suggested an agenda for the December UBA general meeting to invite representatives from the Insurance Council of Australia explain insurance in bushfire prone areas, and include speakers to explain new building regulations and BAL Ratings along with rebuilding costs

## Useful links

Council Website – Council has updated its website with the key information from the fuel management and resilience projects. Attendees are encouraged to share this throughout the community. See <https://www.cardinia.vic.gov.au/resilienceprojects>

CFA defending your property: Specifically note the Defending your property - Bushfire survival planning template link. This is a valuable interactive resource: <https://www.cfa.vic.gov.au/plan-prepare/stay-and-actively-defend>

CFA Register your burn off: <https://www.cfa.vic.gov.au/contact/register-your-burn-off>

CFA burning off guide: <https://www.cfa.vic.gov.au/plan-prepare/burning-off>

Cardinia Shire: Emergency Preparedness – Are you prepared sessions: [https://www.cardinia.vic.gov.au/news/article/401/are\\_you\\_prepared\\_emergency\\_preparedness\\_sessions](https://www.cardinia.vic.gov.au/news/article/401/are_you_prepared_emergency_preparedness_sessions)

**CAROLINE SPENCER, CHAIR,  
COMMUNITY RESILIENCE COMMITTEE**

## Citizen of the Year— nominate an adult or young resident

The 2019 Upper Beaconsfield COY award nominations will open soon for both adult and young residents (under 21). Nomination forms will be available from the Post Office, Community Centre, and General Store. Electronic forms are available from the UBA secretary [helen.r.smith@inet.net.au](mailto:helen.r.smith@inet.net.au)

The purpose of the award is: To encourage and recognise the importance and value of community service in Upper Beaconsfield, and honour and acknowledge those citizens who have given meritorious service for the progress and development of this community and its residents.

The nominee/s will be a person(s) who:

- Has been a resident of Upper Beaconsfield for at least 5 years (adult only) and is still a resident within the year of nomination
- Has made a significant contribution to the community
- Has not already received an Upper Beaconsfield Citizen of the Year award and
- Is of good character

Please consider nominating someone you know who is doing great work within the community **by 31 December 2019**. Anyone previously nominated but unsuccessful, can be renominated. A UBA sub-committee will assess all the nominations in January. The 2019 COY award will be presented at the Village Festival on 16 February 2020.

## A community working together

Looking back over this year the Upper Beaconsfield Association and residents have been involved in a wide-ranging number of discussions and activities. A special thanks to Cr Brett Owen for his willingness to attend meetings and follow up issues. It shows that a lot can be achieved when everyone works together.

Residents raised the issue of wildlife being killed on local roads and that more wildlife signs were needed to warn drivers to slow down. Council erected some more signs but could do with more. The gathering of statistics of animal deaths by a local group of volunteers should help the cause.

Many residents have been involved in the Upper Beaconsfield Fuel

Management project, auspiced by Cardinia Council. This is progressing slowly, but surely. Thank you to Cameron Rocke, Harry Jensen, Glenn Brooks-MacMillan and many others. The Resilience Group led by Caroline Spencer has been active, and Mike Hall and the Cardinia Deer Management Coalition are working hard to look for solutions to the feral deer problem and has kept residents informed with presentations at UBA meetings.

Thank you to resident Kate Cannizzaro who initiated a petition following a series of accidents and close shaves at the St Georges/Emerald /Salisbury Roads intersection. The petition asked the Department of Transport to investigate safety improvements at

the intersection. Thank you to Jenny Pritchard and the Beautification Group for the working bees through the year. The good winter-spring rain has enabled good growth of new plantings. Investigations about a mural in the town are ongoing.

The Village Bell has been published by the UBA since 1978. This is our way of keeping residents informed and provides a valuable record of our local history. Thanks to the editorial group and the printing and collating teams. We appreciate the community groups and the many residents who contribute articles and photographs each issue.

Residents continue to support and participate in the Carols in the Park on Christmas Eve, the Village Festival and Upper Beaconsfield Citizen of the Year.

Best wishes to everyone for the festive season and keep safe during summer!

*HELEN SMITH*



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**ECOALLIANCE**

### Local medical clinic receives accreditation



Upper Beaconsfield GP Practice received a national award of accreditation in October, demonstrating its commitment to quality and safety within its practice. The Australian General Practice Accreditation Limited (AGPAL), the leading not-for-profit provider of general practice accreditation services conducted an extensive on-site review to evaluate the practice against standards set by the Royal Australian College of General Practitioners (RACGP). To be awarded accreditation the practice must demonstrate how they meet all the standards and criteria set by the RACGP.

*HELEN SMITH*

### Pick up your parcels promptly

Residents please collect parcel deliveries promptly from the Post Office.



There are many parcels at this time of year and storage space is limited.

**YOUR POST OFFICE**



# VILLAGE FESTIVAL

## Sunday 16 February 2020

Activities and fun for all the family from kids to grandparents!

- ◆ Unlimited rides for kids
- ◆ Stalls and displays
- ◆ Delicious food
- ◆ Jumping castle, rides, games
- ◆ Live entertainment
- ◆ Animals display
- ◆ Fun Run
- ◆ Art show



## ART SHOW

We are seeking entries from visual artists of any medium

- Children and adult sections
- Entry up to 4 per artist. Table space available
- An opportunity to showcase your work
- No need for works to be for sale

Full details and entry forms see Village Festival website <http://ubvillagefest.org.au> Art Show enquiries contact Gail 0419 385 322

## Trash talk: Village Festival

The war on waste has been embraced across the planet, so it would come to no surprise that our very own waste-wise event, the Upper Beaconsfield Village Festival, is upping the ante on the anti-waste front.

This year there will be a strong emphasis on 'zero waste' in order to reduce our ecological footprint.

Sadly, the recycling industry in Australia is broken, and no longer can we rely on 'recycling' to solve our problems. A great amount of energy and resources go into the initial manufacture of single use waste packaging, and then again when it is processed. Furthermore, so-called compostable bioplastics, made from vegetables, require commercial facilities

that do not currently exist in Victoria.

In response, our community, along with the Cardinia council, is working to make this the most sustainable festival we have ever had. By doing our very best to refuse and reduce our waste, eradicating plastic, converting organic material into compost, and relying less on polluting fossil fuels, we can drastically reduce our impact on the environment.

Of course, this requires a collaborative effort. It is essential that we bring our own refillable water bottle, bowls and cutlery, keep cup and carry bags to the festival. We will be working with the stall holders to make sure waste is minimised behind the scenes. It is also imperative that any disposables be placed in the correct bin so they can

be dealt with responsibly. Furthermore, we encourage those who can walk or ride to the festival do so, rather than drive.

We live in such a beautiful part of the world, in connection with nature. The best way to deal with waste is to refuse it from the beginning.

Let's think global and act local, making this the best and most sustainable festival yet!

**CARL HIRST**

### Village Festival local crafts and produce

Are you are interested in joining a local showcase of crafts and products at the festival? Contact Jenny Pritchard on 0425 855 660



**22nd Annual Run**

**Sunday 16th Feb 2020**

Run/Walk 6km or 12km

Over 40 Stalls - Kids Activities - Art Show

**\$15 Student, \$30 Adults, \$80 Family**  
\*Enter now for early bird saving\*

To register visit <http://my.raceresult.com/139621/>

**[www.ubvillagefest.org.au](http://www.ubvillagefest.org.au)**

Supporting Upper Beaconsfield CFA, Scouts & Men's Shed

## Tower run entries now open

The festival plans are going great this year with funding again from the Cardinia council and other sponsors. It promises to be a fantastic day full of fun and excitement.

## Help still needed

We do need some more sponsors or prizes and there are only a few stall spots left. Please call us now as this is a great opportunity to support your community. If you have an hour or two a month to assist the committee, or you can help in setting up the festival, please give us a call. Contact Malcolm Graham 0418 338 444

### Tower Run—thinking of getting some training in?

The "Upper Beaconsfield Runners" group meet every Friday at the school to run at various paces to the Tower. They meet at 6 am once a month at the bakery for a run and coffee. So if you want to get some training in with some others, headed by Drew Dunstone, please join their facebook group for more information and for when they next get together at the bakery.



# Heatwaves and health: the other side of bushfires and preparedness

In the setting of Upper Beaconsfield and environs, every year the community is advised of the risks of the upcoming summer period—the focus being on bushfire preparedness. However, there is another risk over summer that warrants our deliberate attention—preparing for heatwaves.

In terms of bushfires we are told to look after our own risk as families/individuals if a bushfire incident eventuates, although we are all advised to leave the area on days of 'Code Red', and possibly 'Extreme' days. Some residents also use days of 'Total Fire Ban' as their trigger to leave the area.

There is now a similar process for heatwaves. However, on days where a 'Heat Health Alert' is declared, the extreme heat WILL affect us ALL. As for bushfires, it is how well we are prepared to mitigate and adapt to a heat event—for ourselves, our family and our neighbours—that will also make the difference to our collective safety.

The Bureau of Meteorology has predicted that experiencing the challenges of one or more heatwaves (and a consequent Heat Health Alerts) is a high probability for us over the coming summer. There are no nationally agreed criteria for a heatwave. Generally, some would say three or more continuous days

of 40C or higher defines a heatwave, or heatwave type conditions exist when we have uncomfortably high temperature days and high overnight temperatures—you know, the ones when it is too hot to sleep.

The Victorian Chief Health Officer, who has the responsibility of assigning a Heat Health Alert, uses a temperature threshold where heat related illnesses increase substantially. An average temperature of 30C is the threshold of defining a heatwave in the Central District. This average is calculated on the daytime high temperature and the following overnight minimum temperature. For example, the average of a 40C day and a 20C night would trigger a Heat Health Alert in the Central District. The Central District nominated for Heat Health Alerts is the geographically identical area to that used by the CFA to publish Fire Danger Ratings and proclaiming Total Fire Bans. Upper Beaconsfield lies in the Central District.

Keep alert to the normal media outlets who will advise Heat Health Alerts, however, individuals can subscribe to the Heat Health Alert System at <https://www.melbourne.vic.gov.au/community/safety-emergency/emergency-management/Pages/heatwaves.aspx>

Heatwaves need to be regarded with a high degree of public concern. More than twice as many people died as a result of heat, than in the fires of Black Saturday in 2009. A similarly bad year occurred in 2014. Last fire season in Victoria, there were more frequent hot days leading to 74 Heat Health Alerts, the highest number on record.

Those of us at particular risk are the young, the elderly, pregnant women, the unwell, and those of us on some

medications eg blood pressure tablets. Those working, or active out-doors in the heat are also at risk. Serious effects from heat exposure may include, but are not limited to: dehydration; feeling light-headed and faint; a drop in our blood pressure and collapse; convulsions; and renal impairment—all of which may be life threatening.

In the same way as we have a personal or family bushfire plan, we should also have a personal or family heatwave plan. This plan should not only include ourselves and our immediate family members, but should also consider an awareness and a will to look out for our neighbours, especially if they are vulnerable to heatwaves, as listed above.


Heatwaves also potentially impact our home and local environment: overworked and malfunctioning air conditioners; loss of power supply; pets and livestock; bushfire risk; and risks to native animals.

Just as our personal Bushfire Plan may suggest we clean our roof gutters at this time of the year, likewise our heatwave plan should include checking our window blinds and our air conditioner systems. We could use our established Fireguard phone trees to communicate with our neighbours on days of Heat Health Alerts.

To help you shape a personal and family heatwave plan, the Cardinia Shire provides extensive and valuable guidelines to Keeping Safe in Extreme Heat in its Cardinia Shire Municipal Heat Health Plan available at [https://www.cardinia.vic.gov.au/info/20019/fire\\_flood\\_and\\_emergencies/57/understanding\\_heat\\_health](https://www.cardinia.vic.gov.au/info/20019/fire_flood_and_emergencies/57/understanding_heat_health)

Let's all keep safe in extreme heat events this summer.

FRANK ARCHER



*Annual  
General  
Meeting*

**Wed 5 February at 7.30 pm**  
**Community Complex**

With guest speaker. All welcome!



**DO YOU KNOW  
THE 5 TIPS TO  
#SURVIVETHEHEAT?**

**#SURVIVETHEHEAT**  
Visit [betterhealth.vic.gov.au](https://www.betterhealth.vic.gov.au)

**VICTORIA**  
State Government

Survive the heat this summer with these five simple tips:

- **Drink plenty of water**
- **Never leave anyone in a car**
- **Stay somewhere cool**
- **Plan ahead**
- **Check in on others**

<https://www.betterhealth.vic.gov.au/campaigns/survive-the-heat>



## Ready or not—the fire season is here

Where did the year go? It's summer already and that means we are now in the fire season. By now being the good citizens that you all are, living in one of the most fire prone areas of Australia, you will have all done your annual cleanup around your properties and fire season preparations. That means getting rid of the branches and leaves that have fallen around the property, moving wood piles away from houses or structures, mowing or slashing the grass to a short level, cleaning the gutters, checking and maintaining the fire pump including ensuring there is adequate fuel to run the pump, checking water storage levels, ensuring you have a battery radio on standby (with spare batteries), downloaded and set up the Vic Emergency App, and if you are on Facebook, maybe even liked our brigade page to receive updates.

The message this season is no different to any other year. **Be prepared.** Have a plan and if you are planning on leaving early then leave early. Don't leave it until it's too late! Many people at the Bunyip fire complex earlier this year made the decision to leave when the fire was on their doorstep. That's too

late. Smoke can block roads causing disorientation and trees and power lines can come down in high winds.

### Community Warnings

There are 3 levels of community bushfire warnings issued by the authorities:

1. **Advice**—An incident is occurring or has occurred in the area. Access information and monitor conditions.
2. **Watch and Act**—An emergency is developing nearby. You need to act now to protect yourself and others.
3. **Emergency Warning**—You are in imminent danger and need to act now. It is too late to leave. You will be impacted.

Many people mistakenly believe the 3rd level Emergency Warning is the trigger to leave. Wrong! The 2nd level Watch and Act means just that—watch what is going on and act upon it. If leaving is the best option, then that is the time to be doing it. Not when it's too late!

Remember, the warnings don't have

to start with the lowest level. In an emergency it might go straight away to a Emergency Warning level. Stay informed. Have a radio, check the Vic Emergency App and be prepared if the situation changes. Know your trigger point, have a plan and act upon it. Make sure you know what your family and neighbours are doing. If you're leaving, ring someone when you are leaving and again when you get to your destination.

### Brigade Open Day

We held our Community Open Day on Sunday 27 October, which was a great success. The day started with a free breakfast for residents, some skills demonstrations from our members but the highlight of the day was the official launch and handover of our new Ultralight Tanker appliance from MP Ms Harriet Shing. The new appliance and brigade members even received a blessing from the local Rev Shannon Lee to wish us well this upcoming fire season. Thank you to all those who attended to make it a success.



**Radiant heat from bushfires  
can kill from 300m away.  
Being prepared for fire could  
save your life.**

**How well do you know fire?**

**Plan. Act. Survive.** Go to [vic.gov.au/knowfire](https://vic.gov.au/knowfire)

Authorised by the Victorian Government, 1 Treasury Place, Melbourne







### Need a fire pump on wheels?

Now that the brigade has the new Ultralight tanker in service, we are disposing of the old Slip On appliance. The appliance is a 2011 Nissan Patrol diesel 5 speed manual 4WD with just 41,000kms on the odometer. It comes with the tray and lockers including the 400lt water tank, petrol driven firefighting pump and hoses and tow bar. Would be ideal for a large property or a business perhaps. The vehicle and fire pump have been serviced and maintained regularly by the CFA maintenance department in accordance with the manufacturer's requirements. The vehicle will be sold "as is" unregistered and without a RWC (it is a government requirement). The CFA lights, radios and badges will be removed first. The sale process will be by private tender whereby a tender form will be available to complete and submit with the proposed buyer's details and a price. The highest bidder that meets the brigade's reserve price will get the vehicle. If you are interested or know someone who might be, please get in touch with the brigade on 5944 3303 or email [ian.pinney@members.cfa.vic.gov.au](mailto:ian.pinney@members.cfa.vic.gov.au)



### Women's training day at Sale

Several of our brigade members were invited to attend a regional training day for women at the West Sale training ground in October to demonstrate a range of practical skills. The day was specifically organised for members of the CFA from across the South East Region. Our brigade members demonstrated basic hose bowling and pump operations for the attendees who learned valuable lessons and gained valuable skills.

### Vale Graeme Macgowan

On 17 September we received the sad news that former brigade captain and longtime local resident Graeme Macgowan had passed away. Graeme

was captain of the Upper Beaconsfield Fire Brigade from 2001 to 2011 and held the positions of 3rd lieutenant, 4th lieutenant, comms officer and group delegate. He made a significant contribution to not only the CFA but to the entire community. Widely known and liked, Graeme was very helpful to those often in need. In recent times, Graeme had suffered ill health and moved into a unit in Pakenham before being admitted to hospital in Berwick where he passed away. We send our condolences and best wishes to his family and loved ones.

### Interstate deployment to NSW

Over the Melbourne Cup long weekend I was lucky enough to be part of a crew of 18 volunteers from the district who were deployed to Kempsey in NSW on a five day strike team assignment, to assist our northern neighbours who have been facing horrendous conditions fighting fires for 10 weeks. We departed Melbourne at short notice and worked three night shifts in the national parks area to the west of Kempsey. It took over two hours to reach the fire line each day driving NSW Rural Fire Service 1200lt water tankers in low range 4wd on winding mountainous bumpy tracks.

Our job was to maintain and strengthen control lines high up in the mountains working on ridgelines and performing back burning operations to prevent the fires spreading into other area of unburnt land. The NSW Rural Fire Service looked after and fed us very well and they were very complimentary of our efforts. There was lots of camaraderie amongst the group, most of whom had never met each other prior to forming just days earlier. We do these tasks knowing that our colleagues from other interstate fire services would do the same thing for us if asked when the chips are down.

The Brigade is always looking for more volunteers. We train Wednesday nights and Sunday mornings. If you would like to help please get in touch with us on 5944 3303 or email [ubcfa@hotmail.com](mailto:ubcfa@hotmail.com)

Merry Christmas to all our residents and we wish you a safe and happy festive season. Stay safe this summer.

**CAPTAIN IAN PINNEY**





## Community grant success!



The Upper Beaconsfield Association and the Upper Beaconsfield Community Centre collaborated and were successful

in gaining a 2019 Australia Post Community Grant. The aim of the grant is to increase community connections and stronger social networks. The grant enables a structured approach to mobilise people and neighbouring communities to achieve long-term sustainable change by encouraging collaboration between community groups and local business to co-design

neighbourhood connections that overcome barriers to participation in a high-risk bushfire area. Significant to this project is reducing isolation by connecting with new residents who are unfamiliar with bushfire risks typical to this area thereby achieving a connected community that survives and thrives.

CAROLINE SPENCER

SARAH STICKLAND

## Metropolitan Partnerships Community forum at Cardinia

On 15 October, community members attended the Southern Metropolitan Partnership at the Cardinia Cultural Centre and took a deep dive into key issues for our local region.

The Victorian Government established the Southern Metropolitan Partnership as an advisory group to engage local communities with state and local governments, to advise the Victorian Government about key issues including jobs, services and infrastructure across the region.

Groups of community members rotated

around posters and provided feedback on specific questions:

### Social Inclusion

- What would make you feel connected?
- Why do some people unconnected in the south?

### Jobs and Skills

- What new initiatives are out there?
- What is currently working?

### Transport

- How can we better connect people to jobs, education and services?

- How can we improve transport connections?

The Partnership intends to become part of the government's key decision-making processes. Reports from the Cardinia, Dandenong and Frankston forums will provide advice to the minister in November and the final report will be released next April/May 2020.

CAROLINE SPENCER, PRESIDENT, UBA



# UpperBeaconsfield

P H A R M A C Y

**53 Beaconsfield-Emerald Rd**

**Upper Beaconsfield**

**Phone 03 5944 3881**

### Opening hours:

<b>Monday</b>	<b>9 am – 6 pm</b>
<b>Tuesday</b>	<b>9 am – 7 pm</b>
<b>Wednesday</b>	<b>9 am – 6 pm</b>
<b>Thursday</b>	<b>9 am – 6 pm</b>
<b>Friday</b>	<b>9 am – 6 pm</b>
<b>Saturday</b>	<b>9 am – 2 pm</b>



# The hazards of wood smoke

Many people assume smoke from burning off and wood fires is natural, a nuisance but not very harmful, with only short-term effects. Unfortunately smoke from burning vegetation (biomass) including wood, even when dry, is well understood by scientists to be toxic air pollution with serious health impacts. Biomass smoke has high levels of harmful toxins including dioxins, polycyclic aromatic hydrocarbons (PAHs) and benzene (the sweet smell of wood smoke).

Most harmful components of smoke are invisible to the eye. If you smell it you know you are breathing it. Not only does smoke get into our lungs, the tiny toxic particulate matter, referred to as PM2.5, crosses into our bloodstream and is transported throughout the body where it can accumulate and cause inflammation and disease.

There is an extensive evidence base associating it with a broad range of

diseases—much broader than any of us would previously have imagined. Biomass smoke is associated with cardiovascular disease (including high blood pressure, heart attack and stroke) and lung disease (including asthma, pneumonia and COPD). There are also links to various cancers, premature and low-weight birth, cognitive impairment, increased incidence of type 2 diabetes and dementia. This list continues to grow as more research is undertaken.

Studies estimate the premature deaths in Australia due to general air pollution range from three to over four thousand per annum.

For more information on wood smoke see:

- **Australian Air Quality Group**  
<http://woodsmoke.3sc.net/news>
- **The Conversation**  
<https://theconversation.com/au>  
(search for wood smoke)

- **Doctors and Scientists Against Wood Smoke**  
<https://woodsmokepollution.org/references.html>

Smoke air pollution from biomass burning is a serious health hazard which is also contributing to global warming. Our Victorian and local governments are lagging in clearly informing us of these dangers, so we can make informed choices for our own health, the health of our families, our neighbours and community.

## FAMILIES FOR HEALTHY AIR

This is a group co-founded by Dandenong Ranges resident Kate Forster and others concerned for community health and well-being, and our right to be fully informed decision makers.

Contact: FamiliesForHealthyAir@protonmail.com

We strive to provide high quality clinical care using our knowledge, skills and passion. We put patients at the heart of everything we do and provide optimum personalised care that makes a difference to the patient's experience at our clinic.

We now have a Clinical Psychologist, Podiatrist, Dietician and Exercise Physiologist at the clinic. We also do cosmetic skin injections and fillers.



## UPPER BEACONSFIELD GP PRACTICE

Family Medicine

Chronic Disease Management

Pathology Services

Skin Check

Diabetic Clinic

Emergency Care

Child and Women's Health

Men's Health

IUDs and Sub Dermal Implants

Minor Surgical Procedures

Hepatitis B and C Treatment

Smoking Cessation

Ear Syringing

Immunisations

Travel Clinic

Iron Infusion

Pre-Employment Check

Commercial Licence Medical

### Dr Anshu Malhotra

MRCGP (UK, 2008), FRACGP, DFSRH, DRCOG  
GP Principal

### Dr Puneet Malhotra

MRCGP (UK, 2010), FRACGP, DFSRH, DRCOG, PG Dip HCL  
GP Principal

### Opening hours:

Mon, Wed–Fri 8 am – 5 pm  
Tues 8 am – 7 pm  
Sat 9 am – 2 pm



**Accredited General Practice**

51 Beaconsfield-Emerald Rd  
Upper Beaconsfield, Vic 3808

[www.ubgp.com.au](http://www.ubgp.com.au)  
[info@ubgp.com.au](mailto:info@ubgp.com.au)

Ph : (03) 9044 0750  
 Fax: (03) 9111 8502



## The inevitable

About six years ago we heard a new sound in our valley. Kind of like a buzzy, lasery sort of sound. Sometimes we'd be working in the garden, marvelling at the variety of bird calls coming from the bush gully. Kookaburras, crimson rosellas, currawong, black cockatoos, grey fantails, whistlers, whipbirds, ... hang on ... we don't have whipbirds in our particular gully! What the ... ?

I had recognised that buzzing sound as I used to live in Sassafras, and knew it well. That and the myriad of other bird calls coming from the same spot pointed to one conclusion, lyrebirds were back. They hadn't been in our part of the valley on the north side of St Georges Road since the Ash Wednesday fires wiped them out in 1983—about 36 years ago. We were so pleased they had finally returned.

Soon we started seeing them, sometimes deep in the bush, sometimes knocking on our neighbour's window, or in our garden, almost ringing our doorbell. (Though with mimicry as good as theirs, why should they bother?)

We discovered that the stories told about lyrebirds are largely true. They can mimic up to 20 different bird calls and also human generated sounds, such as cameras clicking (including a motor drive on film cameras) chainsaws, wood chopping, car alarms, horses clopping along a hard road and a lot more.

So what was with the whip bird call in a valley devoid of whip birds? Lyrebird

chicks hatch with a clean song sheet. Everything they sing is learned, either passed on from their parent's song, other lyrebirds or birds they hear in their own environment. They never forget a song. We can only surmise that this bird had either just moved in from a nearby valley which had whip birds or learned the call from another lyrebird.

A couple of years later we began to hear competing calls from either side of our property. It was like we were caught in the middle of both a laser skirmish and a songbird contest. The bush has cleared out a lot since then, not sure if it's all deer damage or roos too, but we haven't heard the new lot calling for a couple of years. But our original bird was active as ever, even came to "help" our neighbour weed the gully below his house. Actually, it turns out lyrebirds have been found to play a significant role in reducing bushfire risk by reducing the amount of forest floor leaf litter by about 25% (this equals around 1.6 tonnes. Ha!)

Our lyrebird won't be fulfilling that role this year. He was found at the bottom of the gully a few weeks ago by our neighbour's young boy. Dead. Given he was only partly eaten and by the claw marks, we are presuming he was the victim of a cat. It's hard to explain how sad this has made us. We loved seeing him and we loved listening to him doing his thing. Occasionally we were lucky enough to see him perform. His mate remains but we don't know how long she'll survive with the cat likely still on the prowl.

What can you do?

**MIKE HALL & CARO LETTS**

## Join us in conservation

The Upper Beaconsfield Conservation Group has recently carried out volunteer maintenance works at Sutherland Park and E.A. Owens Reserve\*. There are several excellent walking trails in the area, and everyone is encouraged to explore the beautiful surrounds that we are so fortunate to live amongst. If you are lucky, you may just see a swamp wallaby, a koala, or some rare native orchids. Twitchers will be treated with sightings of black cockatoos, bower birds, musk ducks, and lyrebirds this time of the year.

We are also proud to announce a once a month working bee, happening on the first Sunday of the month. This includes all things conservation—like exploring the walking tracks and making sure they are in good condition,

identifying plants and animals, weed management, recording the impact of invasive species, and discovering the rarer species that exist in our locale. Joining the "green gym" is amazing for your physical and mental health, and it's free!

And let's not forget about the people you can meet, the knowledge and stories you can share. Making friends in the neighbourhood fosters community sustainability and builds resilience.

\*Sutherland Park is located behind the Tennis courts, and E.A. Owens is situated on Dickie road.

For more information contact Fergus O'Gallagher at [fergusogallagher@bigpond.com](mailto:fergusogallagher@bigpond.com)

**CARL HIRST**

## Cardinia Deer Management Coalition



In an auspicious occasion, it was nice to mark the end of the group's first year of activity with our inaugural Annual General Meeting. A "nice AGM" might seem an oxymoron, as AGMs tend to be, well, boring. But – it was a good meeting, with a good attendance, good atmosphere and good outcomes.

Some important outcomes were the decisions to incorporate and set up our own bank account and to carry out the election of office bearers; the results of which being:

**President** Mike Hall

**Vice-president** Glenn Kostiuik

**Secretary** Carl Hirst

**Treasurer** Andrew Rewell

Many thanks to those who have put up their hands for the various positions and thanks to all those who turned up to the meeting to help with the democratic process. Special thanks also to Karen Chipperfield, representing MLA for Gembrook Brad Battin, who officiated during the election of office bearers. For those wishing to read the full president's report, it can be found on our website: [www.cardiniadeer.com](http://www.cardiniadeer.com)

In a nutshell then, the CDMC is in a good place; we've secured two lots of funding to help us pursue our goals and we are well on the way in helping landowners in their efforts to link up with controllers to reduce deer numbers on their properties.

Our priorities for the coming year are: to increase the number of properties culling deer, to use expert advice to develop and implement methods of assessing deer numbers, environmental damage and/or recovery and to advocate for better government policy in addressing the problem of feral deer in the Australian environment.

If you are a property owner wishing to address the problem of feral deer on your property or wishing to know more about the issue, please contact us. All correspondence will be strictly confidential.

**MIKE HALL, PRESIDENT**

Cardinia Deer Management Coalition

E: [cardiniadeer@outlook.com](mailto:cardiniadeer@outlook.com)

W: [www.cardiniadeer.com](http://www.cardiniadeer.com)



## Recycling small things

Once a fortnight we pick up a few boxes of fruit and vegetable scraps and bread from the Gethsemane Church charity. Around 450 people benefit daily from Kerrigan La-Brooy's food pantry, now in Cranbourne. Volunteers sort out the produce collected from local supermarkets that is deemed no longer fit for sale. Much is offered in the food pantry; the overflow is available to farmers for their cattle, pigs, or in our case goats and chooks, and for our compost.

There are curious food items in there, like minced cauliflower called cauliflower rice, or chopped lettuce with a sachet of dressing and plastic fork added. These may save a person some food preparation time, but they are very perishable creating so much waste. In last week's collection we



ended up with fifteen aluminium and about twenty plastic trays. On top of that there were rubber bands, soft plastics

and bread tags. These tags are not only used for closing bread bags, but are also used on a variety of bundled vegetables.

Some of this packaging material can be recycled through the kerbside recycling system or the larger supermarkets.

**Soft plastics** can no longer be bundled in a bag and added to your recycling bin. Please take these to supermarkets to be recycled through the REDcycle program. There is a comprehensive list

of what they accept at <https://www.redcycle.net.au/what-to-recycle/>. Please have a look at it, as there are some interesting types of soft plastics they can recycle.

Cardinia Council advises that Polytrade, with whom they have a short term recycling contract, will now take all of the yellow bins' content.

But what do you do with smaller items like those bread bag tags?

This led me to Hills Recycling which lists a number of places in the hills that collect a variety of materials. <https://hillsrecycling.wixsite.com/hillsrecycling/item-directory>

Some of the more unusual items that can be recycled are bottle tops, pens and marker pens, toothbrushes and toothpaste tubes, and bread tags. Depending on where you take your bread tags they are sent to two different places, either "Aussie Bread Tags for Wheelchairs" or "Terracycle Keep Australia Beautiful". Fernlea Opshop (at the old Emerald police station) collects bread tags and bottle caps, while Emerald's Community House accepts household batteries, printer cartridges, cds/dvds, toothbrushes and tubes and corks. This is a far from exhaustive list of all the things you can recycle that your yellow topped bin rejects.

While everyone should strive to reduce the plastics they use in the first place, at least there are committed people and charities helping to divert these items from landfill.

If a trip to the scenic Dandenongs with all its nurseries, gardens

and restaurants is a semi-regular destination for you, why not drop off your additional recyclables at the many participating collection points. Your waste will be made into new products.

The Monash Waste Transfer and Recycling Station, 380 Ferntree Gully Rd, Notting Hill accepts various recycling materials for free. Besides engine and cooking oils, paint, light globes, batteries (both household and car), you can also take up to half a cubic metre of polystyrene.

MARIANNE ROCKE

## Envision Hands

Hi I'm Finn, and I'm a grade 5 student at Beaconsfield Upper Primary School (BUPS). Did you know that bottle caps with the recycling numbers 2 and 4 can be used to make prosthetic hands



and arms for children? I am collecting the bottle lids (only number 2 & 4) for a charity called 'Envision hands', they use the lids as the raw product for 3D printing of the aids which then gets sent to children-in-need. If you have kids at BUPS they can donate bottle caps in their class room, or you can donate money to help this charity by visiting [www.gofundme/envision-hands](http://www.gofundme/envision-hands).

FINN (BUPS GRADE 5)

<https://envision.org.au/envision-hands/>

## Plants for many projects

The Green Circle Plant Nursery volunteers had a busy year producing plants for many schools and kindergartens from as far afield as Noble Park. These groups took advantage of council and government grants for environmental programs such as bush foods and frog and bee gardens. Our regular and new customers stocked up on plants for their gardens and revegetation projects.



Plant orders for next year are already coming in, which is essential when there are large numbers involved, to guarantee that we collect enough seeds and cuttings to fill the order. The nursery is now closed until early February 2020. Our volunteers will be treated to Christmas lunch and a gift at one of our favourite nurseries in Mount Evelyn to say thank you for their wonderful support.

From all of us at the Green Circle Plant Nursery we thank you for your support and wish everyone a safe and happy Christmas and New Year.

SUE SIMMONS

GREEN CIRCLE PLANT NURSERY



# Ranges ward report Cardinia Shire Council



## Tennis club goes solar

A 10kW solar electricity system has recently been installed at the Upper Beaconsfield Tennis Club. The system will save the club about \$2000 per year in energy costs and reduce emissions by 13 tonnes of CO<sub>2</sub> per annum; this is the same annual emissions as 3 average cars.

The system is being partly funded through Council's Community Capital Works and Major Equipment Grants Program. This dollar-for-dollar grants program delivers up to \$35,000 in

funding for building works and \$20,000 for major equipment purchases, to help community groups make improvements to community and recreational facilities in Cardinia Shire. More info: [www.cardinia.vic.gov.au/ccwg](http://www.cardinia.vic.gov.au/ccwg)

## Preparing for the bushfire season

Have you got a written bushfire plan? It will help you think ahead about how you'll respond if threatened by fire. Your plan should include things like which fire danger rating is your trigger to leave, where you'll go, what route you'll take, plans for pets and livestock,

how you'll get warnings and updates, and what you'll do if there's a fire in the area and you can't leave.

You can prepare your property by:

- cutting grass and remove fallen branches within 30 metres of buildings
- removing leaves and twigs from gutters
- cutting back trees and shrubs hanging over or near buildings
- ensuring your home and contents

*continued on page 17*

# Obesity and its health risks

Excess body weight is common worldwide and if you are obese or overweight, you have a higher risk of developing various health problems, including cancer, diabetes and heart disease. Even a modest amount of 5% weight loss can help to reduce that risk. Adults can find out whether they are overweight or obese and whether their health may be at risk, by calculating body mass index (BMI) and measuring waist circumference.

People are of different heights and builds so weighing alone cannot be used to decide if your weight is healthy. BMI is the measurement of your weight related to your height and it is a better indicator if your weight is putting your health at risk. You can find the BMI calculator easily on internet.

Ideal (normal) BMI is 18.5 to 24.9 Kg/m<sup>2</sup>. 25 to 29.9 is overweight. Above 30 is obese grade I, 35 to 39.9 is obese grade II and above 40 is morbidly obese (or grade III). The more overweight you are the more the risk to your health.

BMI may be less accurate in very muscular people and it is because of muscle weight is heavier than fat. Hence a very muscular person may have high BMI due to muscle mass but have a proportionally low and healthy amount of body fat.

Fat around your waist is even a higher risk of developing health problems particularly cardiovascular disease and type 2 diabetes. Waist circumference is measured by placing the tape around the waist at belly button level. As a rule, for a man, waist circumference of 94cm or above increases the risk to health and there's a higher risk for waist circumference of 102cm or above. For women it is 80cm or more for increased risk, and 88cm or more for even higher risk.

In 2014-15, 36% of all Australians aged 18 or above were overweight (BMI 25 to 29.9) and 28% were obese (above BMI 30 or more), which means 64% of Australians adults were either overweight or obese!

So, what is this increased risk? People who are obese or overweight have an increased risk of developing type 2 diabetes, high cholesterol, high blood pressure, angina and heart attack, stroke, sleep apnoea, infertility problems, polycystic ovarian syndrome, complications during pregnancy, urinary incontinence, gall stones, acid reflux, cancers including kidney, colon, breast and womb cancer, gout, fatty liver with abnormal liver function tests, chronic kidney disease, erectile dysfunction, asthma, osteoarthritis due to increased weights on joints, and psychological problems like depression, low self-esteem. It can also cause breathing difficulties, joint pains, back pain, tiredness, excessive sweating and insomnia.

## Causes of obesity

The cause may sound quite straightforward in that it depends on how much energy you take in and how much energy your body burns up. However, it is not that simple and there are many complex interactions that go inside the body that work together to keep body weight the same.

Broadly, unhealthy food choices include processed food, sugary food and drinks, more energy dense food, and alcohol. Lack of exercise and physical activity—too much TV, gadgets, overuse of cars, certain medical conditions and certain medicines are the main culprits in increasing the prevalence of obesity. Genetics play a role in certain people which can make losing weight more

difficult. However, it certainly does not make it impossible.

## Losing weight

The best chance of losing weight and keeping it that way is to commit to and persevere with a healthy lifestyle. Perseverance is the key here as most of the people lose some weight by making some changes but only few maintain this loss over a long time. Motivation is crucial. Set clear and realistic goals with specific timescales. Losing even 5 to 10% of body weight can reduce your risks significantly.

Aim to lose weight gradually (about 0.5kg to 1kg per week). Special diets for weight loss are not usually helpful on a long run. Changing to a healthy balanced diet for good will help you. Be careful about what you drink. All sugary drinks contain unnecessary calories and one of the easiest ways to cut calories is simply to drink water as your main drink.

Increase your physical activity and aim for at least 2.5 hours of exercise a week. Every little bit helps. For example, use stairs instead of lifts, walk or cycle if possible, park further away from entrances, stand up every so often if you have a sitting job and don't spend hours in front of the television. Sometimes you may need professional help. Speak to your GP if you think you need help or if you want to make sure that it is safe to follow this advice. There are some medicines available as well for weight loss which may be an option for some people.

**DR PUNEET MALHOTRA**

**DR ANSHU MALHOTRA**



insurance is adequate

More info: [www.cardinia.vic.gov.au/prepareforemergency](http://www.cardinia.vic.gov.au/prepareforemergency)

### Splash into summer

Cardinia Shire's four outdoor pools are now open for the summer season:

- Emerald Lake Wading Pool
- Garfield Pool
- Koo Wee Rup Pool
- Pakenham Outdoor Pool

All outdoor pools will be open every day in January, regardless of the temperature. On days when the forecast temperature is below 26 degrees, the pools will open from midday for at least three hours. Staff will then decide whether to keep the pools open for the rest of the day if the weather is good or the pools are well attended.

You can buy casual visits and seasonal passes for adults, concession/child and families at each outdoor pool. Aquatic memberships are available to buy at Cardinia Life, and include access to all four outdoor pools. The pools will again be hosting themed parties and other family-friendly activities this summer. More info: [www.facebook.com/cardiniaoutdoorpools](https://www.facebook.com/cardiniaoutdoorpools)

### Beaconsfield Emerald Road, St Georges Road and Salisbury Road intersections

The Department of Transport has advised council that it will be investigating this intersection to determine if there are any treatments that could be developed to address Council's and the community's concerns. Council is committed to working with the Upper Beaconsfield community to advocate to the Victorian Government and the Department of Transport for the installation of safety improvements to this intersection.

### Civic Centre closure

Council offices will close for the Christmas and New Year break at 5pm on Tuesday 24 December. Normal business hours resume on Thursday 2 January. For urgent matters during this time, call the after-hours service on 1300 787 624.

### Merry Christmas

On behalf of Cardinia Shire Council, I wish all residents a very merry Christmas. Enjoy this festive season with family and friends and please stay safe. All the best for 2020.

CR BRETT OWEN

## Neighbour Day in November

(they're normally in March)

The best thing just happened in our neighbourhood today. We held our first Neighbour Day party. We're not trend setters here, nor especially clever, but we were lucky enough to snare a \$50 Council grant at the Village Festival back in February to hold a Neighbour Day event.

It was as significant as it was simple. We printed out invitations from a website template, posted them in 20 neighbouring letterboxes, picked up our voucher and bought the bangers 'n' bread. Today we chucked them on the barbie, and waited for the people to come. In the end over 20 came, some with their kids, most brought food and the quick one and a half hour sausage sizzle turned into a four hour party as we got to meet and get to know the people who only lived within a couple of hundred metres of each other.

Not sure where the concept came from, but the Council's intent is to increase the connectedness of the community and to enhance community resilience. Well, while we were chatting and chomping and laughing and having meaningful discussions, I think all that serious stuff was going on in the background. Whatever, we all agreed

we wanted to do it again. And again.

If you are thinking of something similar, can I just say – Do it! Even if you can't get the \$50 grant. What's \$50 when you get a chance to get know your neighbours and make new friends, and all this connectedness and resilience stuff gets thrown in for free!



For more information on Neighbour Day, check the webpage: <https://neighbourday.org/>

Go for it!

PS We used the opportunity today to discuss setting up a Fireguard group in our little neighbourhood. If you are thinking of doing this or would like some information, contact Cameron Rocke, phone 0400 769 786.

MIKE HALL

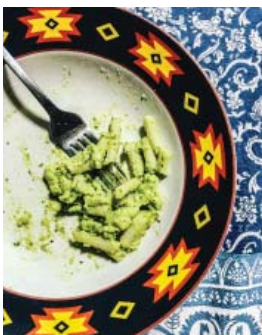
## Community Garden pesto

### Ingredients

*From the garden:*  
Broad Beans  
Mint  
Lemon (or Lime)  
Garlic

*From the kitchen:*  
Persian Feta  
Pine Nuts  
Extra Virgin Olive Oil  
Salt and Pepper

Remove the broad beans from their pods and blanch in hot water for 2 to 3 minutes, strain.



In a mixer/blender add beans, a big handful of mint, a clove or two of garlic, a good squeeze of lemon, a

decent chunk of Persian feta, some toasted pine nuts, a good glug of EVOO, and season.

Blitz it all up, and stir it through your favourite pasta.

Equally nice for stirring through vegetables, stuffing mushrooms, or on some crusty, toasted sourdough.

Come down and check out our community garden, plant some produce, and take a few goodies home with you for dinner!

CARL HIRST





# Looking out for your neighbour: “Jack the Digger”

As we are in the process to make our community more connected, it is interesting to reflect on how neighbours looked out for the less fortunate members of Upper Beaconsfield in the early days of our settlement.

In 1893 our prolific article writer “Todea Africana” (believed to be Thomas Cole Mackley) told the readers of the South Bourke and Mornington Journal about Jack the Digger, an old miner, living in the fern gullies of Upper Beaconsfield. The “Hermit of Haunted Gully” shared his sparse hut and his bed with a little wiry-haired Scotch terrier, and spent his days looking for gold. We are not certain what Jack’s real name was, but he was a Frenchman from the northern coast town of Le Havre, who ran away to sea when still a boy. He spent some time whaling in the Bering Straits and the Arctic Regions before the gold-fever drew him to Australia in the 1850s. When the old man’s health started to deteriorate, his friendly neighbours looked out for him and arranged a visit to a doctor in Melbourne. Jack was apprehensive of what could happen to him in the big town all by himself. He thought of being beaten or run over by a cart. He only felt comfortable in his bush home.

Luck would have it that Mr Jacques, a French visitor to Upper Beaconsfield, offered to meet Jack the Digger when he arrived in Melbourne by train, and take him to his doctor’s appointment. It seems old Jack was advised to be better off at a charitable institution than in the bush. His compatriot made arrangements so that Jack was offered the next available vacancy in the home of The Little Sisters of the Poor, a French Order in Northcote. On the digger’s return to Upper Beaconsfield Jack mentioned that Mr Jack was too particular for him as regards the use of buttons, etc., such attention to details being beneath the notice of the old bushman—“We never take any notice of that sort of thing in the bush, you know.”

Not long after, TC Mackley wrote to council asking for assistance, and was given some funds to buy clothing and other necessities for the old man. This was in anticipation for Jack’s imminent move to Northcote.

In late May “Todea” reported that a place had become available, and Jack had left Upper Beaconsfield for Prince’s Bridge railway station. Unfortunately Mr Jacques was unable to meet him as promised, but a fellow traveller guided

him to his new home in Northcote. After a short interview with one of the nuns, Jack declared that he had left his swag at the station and that he needed to fetch it, but that he would return the following day. Needless to say this was a ruse and nothing was heard of him for some weeks. Our local friends grew anxious, but could do little more than hope that Jack was alright.

“Todea’s” article at the end of June reports Jack’s reappearance in Haunted Gully. Although his old friends were disappointed that he had not taken up the offer of a comfortable home with the nuns, they welcomed him back into the community.

However, by late August Jack’s health had deteriorated to a degree that TC Mackley contacted council again for help, asking for medical attendance. Council referred the matter to the police.

Jack the Digger had found shelter at Mrs Tyson’s home, Wood Grange, on what is now Reed Avenue. According to


“Todea” Mrs Tyson “had kindly given him shelter, [and] has been indefatigable in her attention to the sick man’s wants, and the neighbours have watched by his bedside day and night. In fact, nothing that careful nursing and nourishing food could do has been left undone.”

When the weather turned a bit warmer it was decided to convey Jack to hospital. For this he was placed in a covered waggonette to Berwick and thence, accompanied by Constable Roberts to the Melbourne Hospital.

In mid October news reached Upper Beaconsfield that Jack the Digger had died. Since being admitted to hospital he had been lingering on between life and death. The Little Sisters of the Poor visited him there almost daily, and in the final days of his life took him to their home until he breathed his last.

Without a caring community, old Jack would certainly have suffered a worse fate.






MARIANNE ROCKE




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Upper Beaconsfield, Vic 3808




**Opening hours:**

Mon, Wed-Fri	8 am – 5 pm
Tues	8 am – 7 pm
Sat	9 am – 2 pm

**Dr Puneet Malhotra**  
MRCGP (UK, 2010), FRACGP,  
DfSRH, DRCOG, PG Dip HCL  
GP Principal

**Dr Anshu Malhotra**  
MRCGP (UK, 2008), FRACGP,  
DfSRH, DRCOG  
GP Principal



## Meet Anna

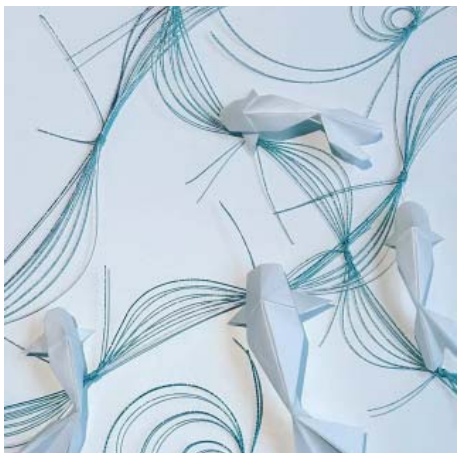
Anna Konecny's story and journey has many interesting twists and turns. She travelled from Japan to Australia in 2005, to learn about teaching disabled people to ride horses in Bunyip. She had to learn English as well, as she couldn't speak it when she arrived.

Later she met an Aussie bloke called Adam, and they hit it off. The Konecny family live in Upper Beaconsfield. In fact, Adam and his sister Heidi took over managing the local café in 1992 — his Krash burgers were legendary. Anna and Adam married in 2007 and of course that is how she ended up in our town, fortunately for us! They have three children, all of whom now go to the local school. The three children kept her very busy, but during this time she realised she loved making things for her



children. This developed into an interest in crafts using Japanese fabrics and other materials. Anna, being outgoing and industrious, started making things for friends and family and taking her creations to sell at markets.

She now has an online business to market her handmade items. Her business has the catchy name of "Anna Japana"— Japanese inspired art and crafts. She is self-taught and demonstrates great creativity. Her jewellery is made from special Japanese



knot making cord called mizuhiki, an ancient Japanese art form. The cord is created from washi paper, that is tightly wound, starched to give it stiffness, and then coloured. She takes workshops teaching her crafts. She also creates framed artwork using the cord and paper origami which provides a three-dimensional effect. Just google her business name to find her Facebook page, website and Instagram page. The beautiful photos on her pages showcase her work, and she chats with her many Facebook followers.

Last October she had a stall at the Japan Culture and Art Festival in



Collingwood and exhibited at an exhibition in Fitzroy in November. She is having an exhibition "The World of Mizuhiki" in Bunjil Place in Narre Warren from 16 December to 17 February next year.

In the meantime, she has become involved in the Upper Beaconsfield Community Centre. She coordinates the Boomerang Bags group there. These active ladies have already made over 300 bags for the next Village Festival. Her adult Japanese classes are held at the Community Centre too and she also teaches Japanese to private students.

Anna will be participating in the 2020 Upper Beaconsfield Village Festival Art



Show in February, and organisers are hoping several local crafty people will showcase local products and crafts.

Finally, as if she hasn't already got enough to do, Anna volunteers one day a week at a wildlife shelter in Narre Warren and helps looking after joeys, possums, and various native birds!

HELEN SMITH



### Overlocker Wanted!

Do you have an overlocker you do not need and can donate to the Community Centre? The Boomerang Bags ladies need one to assist them in their sewing projects. Fabric donations are also gratefully accepted. Contact the Community Centre 5944 3484.



# Upper Beaconsfield Pony Club wins the Melbourne Cup

The Pony Club has had one of the most exciting and enthralling couple of months made especially memorable with the Melbourne Cup visiting us. Centred around the visit was the introduction to some of our riders of the Racing Victoria and Pony Club Victoria Ride-To-Time initiative.

In July some of our riders were at Cranbourne Racecourse for the first of two qualifying trials. They were being



*Calming work before the big event*

coached in riding their horses to a specific time for a specific distance. The smiles told it all and the riders cannot wait until next May when Ride-To-Time starts again. Qualifiers will compete in the final at Moonee Valley racecourse.



*Lola holding The Cup*



Then there was The Cup! No-one who was part of the visit will forget it. Horses, ponies, riders, cameramen, television crews, school kids, parents, neighbours and 'workers' all milled around our middle arena. They listened enthralled to Victoria Racing Club identity Joe Agresta, telling of his life and times at the legendary Bart Cummings stables. The Cup was passed around so everyone could look and hold it, white gloves being mandatory. The Pony Club became a part of the Cup history. And that same Cup now belongs to the owners of VOW and DECLARE the 2019 Melbourne Cup winner at Flemington.

Some of our riders then appeared at Pakenham Racecourse that evening, they paraded in the mounting yard, they posed for pictures with the Clerk-of-the-Course horses (one ridden by one of our junior riders' mother), they were shown the jockeys' room, they spoke to the members about their involvement with horses, they were interviewed by the on-course television racing channel presenter and they met with the winning owners of the second race the Upper Beaconsfield Pony Club Plate. Phew.



*Jordan being interviewed by Channel 10 news reporter Candice*

Then there was Cup Day! Our club's major fundraising day. One thousand dollars from the raffle, well-done comments from outside riders, lovely prizes for winning riders and only a few drops of rain. This day is growing and growing in the show jumping events calendar and is enticing more and more participants each year. The course is built by a professional—a terribly important fact.

Yesterday the pony club held its rally at Pakenham Pony Club grounds—so different, so challenging, but so good for our riders, irrespective of age, to experience these wide open spaces. Oh, Crossword one of the little ponies associated with UBPC (pictured below) has retired from pony club duties after needing to sleep for two weeks after his Cup promotions. Probably started with attending the Lexus cocktail party....

**HELEN COLLIVER**



## Pony Club thanks sponsors

Upper Beaconsfield Pony Club would like to thank our very generous event sponsors Horseland Narre Warren and Equinade, plus our Club sponsors Upper Beaconsfield Pharmacy, Beaconsfield Timber and Hardware, Kaye Charles Real Estate, Victorian Equestrian Centre, Horserail Fencing, Hairy Pony products, NRG Products, Lokaway, Markfi Gates, Westlink Consulting, CD Wilson, Bendigo Bank Beaconsfield, Berwick Physio, Pakenham Racing, Bare Equestrian, Cootes Quarry Products, Greystone Vacuums, and South East Caravan & Float Repairs. Also a big thank you to Horseland Narre Warren, South East Equine Hospital, Hayes Products, Kleev Homes and Pakenham Produce for purchasing sponsor showjumps. Your support means so much to our club and enables us to make some much needed improvements to our grounds and facilities.





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Many voices

Beaconsfield Upper  
Primary School  
Excellence In Learning  
Community & Environment

Thank you to all the wonderful community members  
who have supported us in a terrific year at BUPs



# Sawdust is man glitter

Upper Beaconsfield Men's Shed is back to full membership strength now that the weather has shown signs of warming and our sun-chasing travellers have returned to the roost. Just in time too, as we have been very busy in the Shed over the past months making heaps of Man Glitter in the construction of various projects.

## Our community projects

Tepees for the Beaconsfield Upper Primary School. We designed, constructed and installed three wooden tepees for their beautification project; read more on this on the next page.

Graduation Tree (also for BUPs). We designed and constructed a wooden tree to hang wooden leaves on with names of graduating students to be on display at the school in December. This continues our happy association with the school that started with the manufacture of musical instruments, building a chook house for the chickens, and making bug hotels with the Prep grade to put around the school to encourage bees and other bugs to make themselves at home.

We put up a frame/trellis in the Community Garden for the kiwi fruit. The plants had grown haphazardly along the ground without any substantial support to keep them elevated. This will enhance the fruit quality and abundance of future crops for the community.

We constructed a brushtail possum box



*Bill, Ron and Paul with the finished graduation tree*

for the Country Women's Association to present to the BUPs for inclusion in their beautification project.

The Upper Beaconsfield GP Practice asked for advice on the design and construction of an occasional corner table.

Well-known residents needed an emergency repair of a ride-on mower.

We got some promotion on radio station 3MDR when our Secretary joined long term member Peter for a discussion about our Shed. Peter has hosted a music program on the station for some years—97.1 FM based in Upwey.

## Meetings

We attended the Victorian Men's Shed Association AGM held in Bendigo in November. At present there are 387 officially registered Sheds across Victoria, with five in Bendigo alone. There are also cluster meetings; we are in the West Gippsland Cluster and attend meetings held every two months at various Sheds or adjoining venues. We will be hosting the June 2020 Cluster meeting, hopefully in the Community Hall.

## Shed projects

An electronics bench has been set up for electronics-based projects. Affectionately known as the Tardis, this will cater for the electronically inclined among us and encourage those who want to learn. Upcoming projects may include computer repairs of varying types, small appliance repairs, 3D printing and a valve amplifier—let the imagination run wild! Thanks to Bert for his inspirational leadership.



A monthly SHEDbrief Newsletter is produced. It includes items of interest to men, men's health articles and local interest stories. There are three editions so far, available online at: <https://sites.google.com/site/upperbeaconsfieldmensshed/resource-center>

A lending library has been established; it has an eclectic collection of books and DVDs donated by the members available for the price of a gold coin. Funds raised go toward our general fundraising drive of updating tools and equipment for the Shed.

We are supporting one of our members who has spent some time in hospital and is facing a lengthy rehabilitation. Ray is keen to do his own garden and lawn maintenance but is currently unable to. This has bought into sharp focus one of the founding purposes of the Shed: to address issues of health and wellbeing that affect men in the community.

IT courses—we are running weekly IT courses in the Shed on Monday evenings from 11 November. Get help with anything from social media Facebook, Instagram, Pinterest to photo handling and storage. Come along if you are interested, contact Noel on 0414 443 735.

Carols by Candlelight—the Shed runs the sausage sizzle at this event on 24 December. Come along and join in the celebration and enjoy a gourmet sausage with the family.

## Where are we?

The Shed is located at the rear of the Community Complex with entry from Halford Street. We are open Tuesday, Wednesday and Thursday from 9 am–4 pm. New members are always welcome, come along on a Wednesday morning when we have a meeting of all members. Share a coffee and biscuit and a yarn with us and find out more about the Shed. For more information contact:

- Noel Ling on 0414 443 735, or email [secubms@gmail.com](mailto:secubms@gmail.com)
- Facebook [www.facebook.com/UpperBeaconsfieldMensShed/](https://www.facebook.com/UpperBeaconsfieldMensShed/)
- Website <https://sites.google.com/site/upperbeaconsfieldmensshed/>

**PETER SIMMONS, VICE PRESIDENT**



*BUPs students Hunter and Raf*

## “Just a simple job!”

The Men's Shed this year embarked on a project to make some tepees for the primary school. To look at it, a tepee seems a simple structure. After all, the American Plains Indian used to construct them, then pull them down and relocate them in an easy manner. Of course, their version was covered with animal hide, which is slightly easier than using timber for cladding.



The following are the steps and complications that the Shed eventually overcame.

### PROJECT: Construct 3 tepees out of recycled timber

- a. We managed to source a donation of 12 pallets from Amara from Springvale. Our task was then to dis-assemble them. However, the timber used for pallets was of varying thicknesses and dimensions. Boards were triple nailed and glued to supports. Each pallet took many hours to dis-assemble!
- b. Meanwhile, Paul Higgott, our master draughtsman and designer, came up with a pentagonal sided design based on various pictures found on the internet. At this stage the pentagonal design, and two-way slope of the sides suggested that we may have a spot of bother with angles. And you can bet your bickies, that is what happened. Thanks to the Mr Ikea concept, we decided to construct each tepee side separately so we could use a flatpack method of transport to site.
- c. Various teams made up frames for each of the 5 sides of our beta version, and we erected our first version. It looked good, but some legs didn't touch the ground, and sides were unequal. We promptly pulled it apart, discussed several options over and over, and Paul re-designed. We repeated this, until we thought we had it right, then set up a template to guide us.
- d. At this stage Paul went on one of his annual sojourns to the outback—and we now know why!
- e. Anyway, more teams got stuck into the construction of 3 tepees using the template. And it worked, eventually, with various adjustments being made as we progressed. We bolted the frames together and they actually looked good.
- f. Next part was cladding the sides with the recycled timber from the pallets. This was a bit of a nightmare. Each level had to be a different length because of the slope of the sides, and each piece of timber had to have sloping angles cut so that they would butt up against one another. All this with recycled timber, that was of varying thicknesses, and widths. Many hands still didn't make it easier. It was achieved without too much cursing and no injuries. Finally, we adjusted them to make sure that they were stable, sanded them and gazed in wonder.
- g. Unfortunately, they were now in the Shed, and needed to go to the Primary School. The original intention to flatpack them was quickly discarded, so we grabbed a large trailer from one of the members and decided to lay each tepee on its side and transport to school. Three trips later they were ready to manoeuvre into final position at the school.
- h. The school had arranged some parents and teachers to be at the school to assist with hole digging and location of tepees—this was good. It went like clockwork. We had estimated most of a Saturday to transport and set tepees in place. We started at 9.30, and were finished by 11, a mere 1.5 hrs later.

### NOW: what did we learn?

- Never use recycled pallets again
- Never use a pentagon design again
- Ikea doesn't necessarily have the answer with flatpacks
- The American Indians certainly knew more about tepees than us
- Our guys learnt new skills and enhanced their teamwork abilities
- Never let Paul go on holidays again. He returned a week after installation, and made some comment like “I knew it was a simple job”

### AND: after all that

We are very pleased with outcome; especially given the school reaction.

NOEL LING

## Terrific tepees a hit at BUPS

Kids of all ages are enjoying playing in and around the new tepees, an exciting feature in the grounds at BUPS.

With the great support of the Upper Beaconsfield Men's Shed (led by Noel, Paul and Peter), ideas were discussed, plans designed, and recycled materials sought, the tepees were built and then finally constructed on site. Many, many hours went into ensuring the tepees were made to last the distance.

Thanks go to Annabel Hilton for the initial research and design and to the support of parent volunteers (Annie, Craig, Gil, Paul, Katie, Ben and Trudie) who assisted the Men's Shed crew in the placement at BUPS.



BUPS students Katie, Maddy, Charisma, Summer and Madi

Our kids are extremely lucky to have such a great new area to explore, stimulating their creativity and imaginative play. In future we plan a dry creek bed to snake through the tepees, making it an even more realistic place to 'camp'. Our heartfelt thanks to all involved, especially the Men's Shed for their time, expertise and effort. Thank you!

SHERRIN KIRBY

### Congratulations ...

to BUPS for being a winner in the 2019 Victorian Schools Garden Awards. BUPS won the “Most Engaging Garden for Play Award”. Read more about it in the next Village Bell in March.





# Will Upper Beaconsfield Toy Library be part of your family in 2020?

We are currently looking at what both our members and the community want from their toy library membership and the hours we operate. We feel that the \$40 annual membership fee which includes the Upper Beaconsfield Community Centre annual membership is very affordable for a year supply of fun, interactive and educational toys. There is also an optional non-duty levy for members unable to do the one hour duty each term (a yearly total of 4 hours per full membership), but...

## It's not just about the toys!

The majority of members who choose to assist with duty or decide to join the committee find it rewarding and enjoyable. They find that our Toy Library:

- gives them an insight and inside knowledge of "all things" that are available for babies to toddlers and beyond, such as party ideas and events, best toys to buy or to try before you buy,



- provides helpful information about recommended kindergartens, schools, etc., health services and suggested play activities and events in and around town,

- is a great source of getting to know local parents, clubs, leisure and support groups and centres,

- feel connected and important and open to other network opportunities.

## And just in case you need more reasons to consider joining....

Toy Libraries encourage play which we know promotes physical, social and mental health in infants, children and

those with a disability. It benefits adults and the elderly and encourages family interaction with all ages.



Toy libraries contribute to the planet's health too, by reducing landfill through fewer toy purchases and the recycling and maintenance of toys.

The Upper Beaconsfield Toy Library has been operating since 1983 which means 37 years in 2020! It would be a shame to see it close forever.

The library will be closed for the summer school holidays after our last session on Thursday 12 December. We will be extending our open hours on this day from 10.30 am to 12.30 pm.

For reopening dates in 2020 and more information please follow and like the UBTL and UBCC Facebook pages.

THANK YOU to our wonderful members and the community for all your support this year.

The toy library is located in the Community room at the Upper Beaconsfield Community Centre  
Phone: 5944 3484

MARIE ROGERS



## JOIN YOUR LOCAL TOY LIBRARY

[www.toylibraries.org.au](http://www.toylibraries.org.au)



- Access great quality toys
- Meet other young families
- Be part of your community
  - Help the environment
  - Try toys before you buy
- Hire party toys
- Save money
- Save space



## Upper Beac Early Learning Centre

We have been having so much fun here at Upper Beaconsfield Early Learning Centre so far this year!

In the second half of the year, we have celebrated many different community events such as Book Week, Science Week, Dental Health Week and Nutrition Week.

As an extension of the children's interest in cooking, we have been incorporating many different healthy cooking experiences into our program. The children have been involved in planting vegetables within our community gardens and incorporating this produce within their cooking.

We have been exploring many different forms of literacy within the ELC throughout this term, including indigenous stories and acting out stories such as, 'We're going on a bear hunt'.

We have recently welcomed quite a few new friends within our ELC which is fantastic to see!

We have limited vacancies available for full and half days so come in for a free orientation session with our friendly team of educators and see

how wonderful the centre is for you and your children.

Contact the ELC at the Community Centre on 5944 3484, email us on [elc@ubcc.org.au](mailto:elc@ubcc.org.au) or visit us at 10-12 Salisbury Road, Upper Beaconsfield. More information can be found on our website [www.ubcc.org.au](http://www.ubcc.org.au).



UBC Early Learning Centre



## Spring changes at Kinder

Spring is the season of new beginnings and this has certainly been the case for our kindergarten.



After sixteen incredible years as lead teacher, Therese Collings resigned to take on a new and exciting role with the Department of Education.

Therese is the kind of person that epitomises community. She has a warm, large heart and always opened the kindergarten door with a big smile. She is the first to offer a helping hand when needed and her shoulders have comforted many tearful children and parents, grandparents, aunts and uncles. She worked passionately

and tirelessly at creating an exciting, stimulating and diverse program that catered to the children she taught.

Over 400 people attended a farewell event at the BUPS' stadium on 4 September to show Therese how much she is appreciated and will be missed. She was led through a guard of honour of over 200 previous students and their families. We hope Therese got a snapshot of how many lives she has touched in our community. Thank you Therese, we wish you all the best.

We now look forward to the appointment of a new lead teacher for 2020. In the interim we are lucky to

have an amazing team of educators across both kindergartens. Our children are as happy, engaged and, well it is term four, so as cheeky as they have ever been! They are ready to take on school with confidence and character. We thank the entire teaching team at both three and four-year-old kindergarten for coming together and supporting each other, parents and children, during what has been a big change for us all. You are truly inspirational.

We enjoyed welcoming our new families to the kindergarten at our AGM and BBQ in October and can't wait to share all that is our kindergarten with you next year.

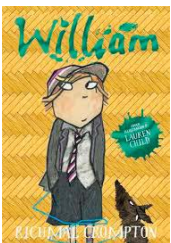
Leah Henzen

Photograph used with permission Amy Allday Photography



### "Just William" celebrates an important centenary

Last week I was in nearby Berwick, which still has a Mechanics Institute Library, one of the few left in the state. I knew that in the past they had some *Just William* books by Richmal Crompton in the children's section and yes! they still had three.



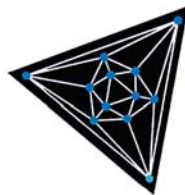
I read the hilarious *William* books as a child and still have a wallow every few years. William is an eleven-year-old anti-hero in a typical English village, who, like Bart Simpson, remains the same age through the decades.

His creator is the JK Rowling of her day. Hypocrisy and self-importance in the adult world are exposed through William's exploits.

They were not written as children's books; the language is sophisticated and obviously for grown-ups. When it became clear that children had discovered the books, Richmal Crompton didn't change her style or write down to her younger readers. I remember, as a twelve-year-old, asking my mother what 'ejaculated' meant. I wondered why she was embarrassed.

I am looking up William just now because this year is significant in the William saga. It is the centenary of the publication of the very first William story in *Home Magazine*, a UK monthly, in August 1919. Altogether, there are 385 stories collected into 38 books, translated into seventeen languages and at one stage were outsold only by the Bible! The latest collection, published by Pan Macmillan in 2016, is simply called *William*.

ELISABETH MIDDLETON



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# Out and about with scouts

The Upper Beaconsfield Scouts are selling fresh **Christmas trees** this year! To pre book please call 0418 334 140 or email [xmastrees@1stupperbeaconsfield.com](mailto:xmastrees@1stupperbeaconsfield.com). Pre booking helps us to plan, so to support the Scouts and enjoy the scents of Christmas, please order your trees **before 30 November**.

I am pleased to welcome Bonnie Beard, our new Cub leader in training who has bravely decided to join the pack and is fitting in well with all the cubs and leaders. I would also like to thank retiring Scout leader Ian Pinney and wish him all the best for the future. He gave many years of service and is moving on to pursue other community responsibilities.

This year Scouts have enjoyed the Igloo's new heaters. During past winters we needed to run around just to keep warm. The kitchen is looking resplendent after the renovations were completed and other upgrades have been undertaken to make the scouting experience better for the youth and easier for the leaders. We are in the planning stages of renovating the Igloo toilet facilities. As a joint project between the Cricket Club and the Scout Group we intend to make some major upgrades—watch this space!

Cubs are currently preparing the kids for the upcoming Cuboree, which is a four-night camp at Gilwell Park at Gembrook in September 2020. This camp has a prerequisite of some night under canvas and badgework. The Joeys also have a camp called the Kangaree which will be held in March next year. These types of extended camps are the driving force for teaching the skills and confidence for the younger kids to leave their comfort zone and go out and have some fun with other kids their own age.

Scouting is a great way to make new friends, learn life skills and have fun, both for children, youth and adults. Join us for a free trial and be part of the adventure. For more information, contact our Group Leader, Andrew Ewenson on 0418 334 140 or at [leader@1stupperbeaconsfield.com](mailto:leader@1stupperbeaconsfield.com).

Alternatively, check out our website [1stupperbeaconsfield.com](http://1stupperbeaconsfield.com) or follow us on Facebook.

1st Upper Beaconsfield Scout Group thanks the Upper Beaconsfield community for their support and wish everyone a safe and happy festive season.

**ANDREW EWENSON GROUP LEADER  
1ST UPPER BEACONSFIELD**

## Joeys

Term 3 and term 4 have been a busy time for our Joeys! Joeys had a sleepout at the Igloo, enjoying some games and spotlighting and dessert was a big hit! Joeys also went for a one-night camp to Gilwell Park with 60 other Joeys from Cardinia District. A night of rain and wind was exciting but didn't dampen any spirits.



Joeys participated in an exciting bowling night; many Joeys scored higher than the adults! The Joeys have polished their skills on our local bike track, learning some valuable bike safety tips along the way. Oh, and let's not forget a spooky Halloween night with sweets and games.

The Joeys even held their own mob council to have their say about what/when/how activities are run. It's lovely for our Joeys to have the opportunities and input into their scouting experiences. We welcomed a few more new Joeys into the mob, so Joeys are going from strength to strength!

**OLIVIA WEBLEY**

## Cubs

Hip, hip hooray, everyone's favourite time of the year is here. Daylight savings and summer is on the way! We are taking advantage of extended

daylight at Cubs this term. We enjoyed a mini Olympics night and a billy cart Olympics night, and a gruesome, scary Halloween night. Leaders and Cubs enjoyed Halloween themed games in costumes to scare and we brought along water guns for a water fight. And just to get into the gruesome theme, we added a flour fight!



Later in term 4 we honoured Remembrance Day with a night hike to the Cenotaph and a presentation about army life from Jason Webley. Later a bike ride is planned to Berwick Springs and to top off the term, a two-night bike, beach camp at Cowes, Philip Island. We look forward to a Christmas break with all our families at Lysterfield Lake and the last fun night for the year at Clip 'n' Climb.

**KARA BENTLEY CUBS LEADER**

## Scouts

It is great to get out and about with summer now upon us. Scouts have their Gilveroo camp in the coming weeks, an action-packed three-day patrol

All sections of our Scout Group meet at the Igloo, Upper Beaconsfield Recreation Reserve.

**Joeys** (5-7 years) Monday 5.30-6.30 pm

**Cubs** (7-10 years) Monday 7-8.30 pm

**Scouts** (10-14 years) Tuesday 7-9.00 pm

**Venturers** (14-17 years) Monday 7.30-9.30 pm

**Rovers** (18-25 years) Thursday from 7.30 pm

activities camp attended by over 2000 scouts from across Victoria. We recently participated in the local Cardinia District Fire on the Lake camp near Lang Lang.

With extra daylight hours, we are regularly out of the hall and doing activities such as mountain biking and canoeing at areas such as Lysterfield Lake and hiking in Emerald. Over the Christmas break we are planning a chilled-out muck around beach camp at Phillip Island or along the Mornington Peninsula. We welcome any newcomers whether they be friends or family of other scouts or have no experience but want to be part of adventurous, non-competitive group.

**CAMERON MCPHEE SCOUT LEADER**

## Venturers

The Upper Beaconsfield Venturer unit enjoyed the hiking competition Armstrong 500, which was themed around Harry Potter. The camp was a challenging yet rewarding experience, as Upper Beaconsfield Venturers demonstrated their magical prowess whilst walking through the mud, rain and hail, all while completing stunts which included construction, first aid, initiative and puzzles. As a unit we were fortunate enough to come away with a hard-earned second place, against some fierce competition.

The Venturers look forward to upcoming opportunities including the state-wide Venturer camp Vic Gathering held at Mafeking, and our annual beach camp early next year. In addition, the unit has been busy planning our next big trip in which we aim to circumnavigate Victoria during the April holidays 2020.

**MAX WALTON BRIGGS VENTURER**

## Rovers

Our varied activities included a visit to other crews in Western Australia and we attended the Melbourne area Regional Ball. We had a joint night with other crews on a scavenger hunt in the city. Some of the crew camped at Wilson's Prom, Mt Buller and spent a weekend in Deniliquin. Coming up we are hosting a region meeting as well as planning to attend the Dandenong Show, a race event at Mafeking Rover Park and a go-kart night.

**LACHLAN McDONALD ROVER ADVISOR**

# Cardinia Beaconhills Golf



The Berwick Volkswagen King/Queen of the Hills Tournament was a great success with 133 players entering the 27-hole tournament. Crowned "King of the Hills" for shooting the best gross score of the day was Matt van der Kraan. On a countback from Suzanne Van Strien, Laura Griffin returned the best gross score amongst the women and Sharon Lowden the best nett. Khoa Nguyen (A Grade) and Bruce Williams (B Grade) were the nett winners for the men.

However, the luckiest winner of the day was Michael Utting whose one ticket was selected from the 500 in the club's major raffle. Michael won the Volkswagen car without swinging a club. We are very grateful for the support we received from Berwick Volkswagen in running this event.

The Volkswagen Scramble was held on 12 October with Brad Zealley, Troy Tranter, Che Timmins and Ky Timmins winning. The boys will be off to the regional finals which our club won last year. We wish them the best of luck. Pictured below are Che, Brad and Ky.

At the club's Annual General Meeting, elected unopposed were: president, Mick Martin; treasurer, Phil Hooke; board members, Peter Lipshut, David Moseley, Brad Vigilante, Brian Andrews, John Makarucha and Tom McQualter (Cardinia Shire Council representative);



captain Jenny Chandler and vice-captain, Craig Perkins.

The flag by the first tee was lowered once again last month in respect

for the passing of our esteemed member, Bill Stewart. Bill, an Upper Beaconsfield resident, joined the club in 2002 and will be sadly missed.

## Major event results:

2019 John Barker Winter Cup winners (four ball handicap matchplay): Brad Zealley and Troy Tranter defeated Khoa Nguyen and Paul Ricardo.

GPV Men's Foursomes Champions played at Moonah Links: Joel Simons and Jordan Denereaz. Jordan and Joel won this district event with four over par in a play-off.

Founders Trophy: Ray Pund defeated Craig Holland.

Beaconhills Open Winner: Aaron Le Dan 149 (left). Runner up: Jye Kruyer (Yering Meadows) 153. c/b Nett Winner: Aaron Le Dan 145. Runner up: Andrew Barcham 146.

The Dot White Perpetual Trophy (introduced in 1996 in appreciation of Dot White's contribution to the club and to the women of Beaconhills): Jenny

Chandler and Bev Eckhardt.

2019 Foursomes Champions: Men, Aaron Le Dan and Matt Carey. AJ Barker Nett Champions: Andrew Barcham and David Coates. Women, Suzanne Van Strien and Delanie Lewis (above). Nett Champions: Sharon Lowden & Lee James.

The start of daylight savings heralds the return of Twilight Golf, a nine-hole competition where no handicap or booking is required to play. There is a rolling start from 3 pm until 'it's too late to complete nine holes' and it only costs \$14 for visitors and \$9 for members. Bistro meals from 6 pm continue to be popular. Please ring 5945 9210 to speak to Andrew Conn, Nat or Vicki to reserve your table.

**MATT VAN DER KRAAN**





# A serve from the Tennis Club

The winter season has just wrapped up and we have seen awesome results from our junior and senior teams. In the junior section this season, we were able to bring home two premierships and runners up Pennant. Congratulations to Sections 5, 8 and 15 on their fantastic achievements. In the senior teams, mixed rubbers A Reserve 1 team played against Wheelers Hill in the grand final and was able to come home with the Premiership Pennant.

If you are interested in playing tennis the club offers a wide range of tennis

to suit everyone! This includes night tennis, mid-week ladies, juniors and senior competitions. If you are interested in any of these please get in contact with us and we will be happy with any queries.

upperbeaconsfieldtc@gmail.com  
www.facebook.com/  
upperbeaconsfieldtennisclub

## New head coach

We are also pleased to announce the appointment of our new head coach. Karen Webber (Butler) from Ultimate Tennis Melbourne has been appointed to run the coaching program at the UBTC. Karen is offering a full range of programs including: hot shots, group lessons, semi-private and

private lessons, squad coaching, cardio tennis, a school program and holiday programs. Those interested in organising coaching please contact Karen on 0403 454 554 or Karen@ultimatetennismelbourne.com

On behalf of the UBTC committee, I would like to wish everyone a merry Christmas and a Happy New Year.

SCOTT COLLARD, UBTC



## Christmas party

The club Christmas party will be held on Saturday 7 December 2019 from 6 pm, with the singles and doubles club championships finals from 7 pm. Santa will be making an appearance at approximately 6.45 pm with lolly bags for the kids. All members and their families welcome.



Section 5 (top); section 8 (middle); section 15 (bottom)



## Major upgrades

We have just completed some major works around the club, including the resurfacing of courts 4, 5 and 6 (pictured left) and the installation of a 10kw solar electricity system (pictured below). This will save the club in energy costs and reduce CO2 emissions by 13 tonnes per annum.





## St John's Anglican Church

Christmas is fast approaching and with two kids (4 and

9 years old) it is a very exciting time of year. Our calendars get fuller and fuller and before we know it there is something on every weekend, along with the things we swore NEVER to do again (I'm looking at you 'elf on a shelf'). Every day we remember another person we need to buy for, and don't mention Christmas cards to write, the pudding we need to make, or the tree

we need to buy and decorate. There is something I have tried the past few years and it seems to work. I schedule the most important things into my diary first. The family dinner with Great-Aunt Jo, the school Christmas concert, getting our tree. Then I can decide if I have the energy for the other 10 things my kids 'have to do or they will die'.

The same principle is applied here at St John's. We are taking time this Christmas to look at the important things. The forever things, not just the urgent things we need to schedule

into our life. When we dwell and rest in the reason for Christmas, the birth of Jesus and why he came, it is easier to stop and breathe a little. An eternal perspective truly changes the pressure and urgency we all feel. If this idea makes sense to you, or you would like to know more, you will be warmly welcomed at any of our Christmas events. We are joining with the 'Just Harmony' choir at our 'Story of Christmas and Carols' on 22 December at 2 pm. Our Christmas Eve service is at 6 pm, and Christmas day at 9.30 am.

REV. SHANNON LEE

## Brad Battin MP

Thank you to those in the Upper Beaconsfield community who completed the community survey. We received an overwhelming response and identified the majority of residents are in support of the introduction of natural gas to the township and would use—or could see themselves using—a public bus service in the future. With community support for these two initiatives I will take these matters to the relevant Ministers and will keep you updated on my progress. If you did not receive a community

survey and would like to fill one out, it is not too late. You can still access it via my website [www.bradbattin.com.au](http://www.bradbattin.com.au)

As I write this, it is Fire Action Week, and a timely reminder as we head into the 2019/2020 fire season. Make sure you and your property are prepared. Take the time to sit down with your family and review, revise and rehearse your fire action plan. If you have any questions about what to do in the event of a fire at your property or in the wider township contact the Upper Beaconsfield Fire Brigade for expert advice and assistance. Preparation is vital in keeping safe.

I would also like to send my sincere thanks to Captain Ian Pinney from the Upper Beaconsfield Fire Brigade and other members of District 8 who selflessly made their way up to our neighbours in NSW to help them in their time of need. We are so very lucky to have wonderful local champions in our community.

I wish everyone a Merry Christmas and Happy New Year and a safe fire season. I look forward to continuing my work with you all in the new year.

BRAD BATTIN MP

LIBERAL STATE MEMBER FOR GEMBROOK

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