

# UPPER BEACONSFIELD VILLAGE BELL

June 2022



‘Moonlighting’



# Landscaping at Elephant Rock

At last, thanks to Cardinia Shire Council and Melbourne Water, Elephant Rock has been tidied up.

The car park has been levelled, bollards placed to protect certain areas, grasses, shrubs and trees planted and picnic tables installed.

Two information signs display the history of the rock and reservoir, and a third sign reads "Report illegal dumping". We hope with the new look people will respect the area and keep it tidy.

To celebrate the work the UBA together with local artist Katherine Brandenberger (top right) painted the rock. Bunnings Pakenham kindly donated the paint and Katherine did an amazing job on a very hot day. Sadly the artwork was quickly overpainted, as per normal.

**JENNY PRITCHARD**  
**UPPER BEACONSFIELD BEAUTIFICATION GROUP**



## Anzac Day

Every year on 25 April we are reminded of the day when the Anzacs landed on the shores of Gallipoli. Now, Anzac Day is a day when we remember those who served and died to protect our country. Those who made the ultimate sacrifice will always live on in the Anzac legacy and in the hearts of all Australians. **BETHANY (BUPS GRADE 6)**



Upper Beaconsfield Fire Brigade



## Debbie and Ian Pinney Upper Beaconsfield Citizens of the Year 2021



Since 1977 the Upper Beaconsfield Association has honoured those in the community who provide leadership in our town, which benefits the whole community.

Congratulations to Debbie and Ian Pinney, making them the forty-third COY awardees. UBA President Andrew Rewell announced joint Citizens of the Year 2021 at an enjoyable presentation and dinner held on 12 May at the Pine Grove Hotel. There were many former citizens of the year in attendance. Cr Brett Owen presented the award

and thanked them for their wonderful contribution to Upper Beaconsfield.

There have been several joint citizens of the year, representing couples who have both shown leadership in our community. Since moving to Upper Beaconsfield about 20 years ago Debbie and Ian have volunteered in many community groups.

Andrew Rewell said,

*"Australia is powered by volunteers. You will find them in the armed services, emergency services, schools, hospitals, kindergartens, gardens, sporting clubs,*

*the arts, and every other facet of our society. We could not function without volunteers. Yet whilst this sounds enormous, outside of this room, many people do not contribute, they leave the work to the few.*

*The people who do turn up to help, give their time, their intellect/knowledge and frequently some of their own money. I know Ian and Debbie have done all three.*

*That's where you will find Debbie. Debbie was treasurer of the scouts,*

*continued on page 5*



### Easter bonnet parade

On the last day of term 1, students took part in an Easter bonnet parade. Preps to grade 2s created their masterpieces at school and grades 3-6 designed their bonnets at home. We had a special visit from the Easter bunny. Students paraded their bonnets and prizes were handed out. Everyone left with a yummy chocolate egg thanks to our hard-working PFA.



## Rainfall on St Georges Road

### Of drought and flooding rains

I haven't checked where Dorothea McKellar was when she penned these words, but if alive today, it might have been the coast of NSW or QLD. These areas have been catastrophically drenched by flooding rains.

We however have not. Most who I speak to locally, proclaim how dry it has been for our current reporting period of February, March, and April. Well, the anecdotal rain reports are sort of right. February was very dry with only 4 mm of rain for the month... "of drought" says Dorothea.

Then, March and April brought some more wet with 82 mm and 90 mm respectively, no flooding, certainly no La Niña, but no drought.

Over the three months we received 175 mm of rain, which is 12 mm above the 163 mm we received for the same period last year, and 26 mm below the longer-term average. The snapshot is – wetter than last year by a little, drier than average by more.

As the jargon goes, looking forward, the BOM predictions for May to July in our neck of the woods is for rainfall and temperature to both be above the

Month	45 yr av.	2021	2022
Jan	63.6	106.3	64.0
Feb	58.4	19.0	4.0
Mar	64.2	80.4	81.8
Apr	78.3	63.3	89.5
May	86.1	71.5	
Jun	80.3	90.0	
Jul	78.6	79.6	
Aug	85.7	55.1	
Sep	90.6	139.4	
Oct	94.3	129.4	
Nov	86.5	118.3	
Dec	80.4	32.0	
<b>Total</b>	<b>947 mm</b>	<b>984 mm</b>	

median. That is, higher than normal. We will of course take this with a grain of salt. In today's world, predictions should be renamed as vague possibilities. And, the BOM does not state whether "higher than" is against the old wetter normal, or the new drier normal. We shall wait and see.

As the climate dries, a re-release of McKellar's famous poem could be "of drought and drought and some flooding rains". A sunburnt country is most likely what is coming. A possibility for sure.

ANDREW REWELL

## CWA – drive for new members

### Woorinyan Country Women's Association (Upper Beaconsfield)

We are made up of a friendly group of women of all ages and nationalities

Join us in helping to improve conditions for all women and children, lobby for change and become a part of a network dedicated to supporting local communities.

We meet here in Upper Beaconsfield at St John's on the 4th Friday of the month at 1 pm.

In between our monthly meetings members participate in craft groups,

attending lunches, social issues, raising funds to support the community, and most of all having fun.

If you can't make it on a Friday afternoon we can put you in touch with other groups meeting either at night or on another day

Please contact Tracy Kyle (president) 0407 810 271 or Barbara Reid (secretary) 0403 577 720



## Support your Village Bell

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 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!

**Thank you** Sue Benson; Andre Bokos; Boura family; Eric Bumpstead; Linda Burrridge; Nancy and Matthew Collins; Andrew & Melinda Conn; Kay Cox; Adrienne Griffin; E T Hemme; Cathy Hermans and David Bolch; Bob Grant; Jasmin Hewson; Peter A Hill; Carina and Fredy Huisman; G and D Jones; Sue Keon-Cohen; H and G Kneen; Noel Ling; Jacqueline Lydi; Neil and Pam McDonald; M and D O'Brien; John Patterson; V and M Steidle; Wendy Summons; Trish and Peter Trewin; Christa White; Kellie Williams



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## Debbie and Ian Pinney Upper Beaconsfield Citizens of the Year 2021

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treasurer of the basketball club and is treasurer of the CFA and CFA Auxiliary. She doesn't just count the money, she earns it by immersing herself into a huge array of fundraising activities, continuing to do so as one of the leaders of the CFA Auxiliary. With not enough to do, Debbie and 6 others founded Caring Connections to help those in need during Covid.

Another saying ... behind every great woman, there is a good man – did I get that right?

Ian has contributed to Auskick, the cricket club (coach), basketball, scouts (leader) and the CFA (captain). The role of a CFA captain is not just about putting out fires, it includes fire prevention, community engagement, leading people, teaching people, managing people, fund raising, and equipment management etc. Not much to do!

When I think about what you have done, both individually and together, it can only be described as amazing and I am proud to not only announce you both as winners of the UBA COY, but proud to say on behalf of your community... thank you!"

### Their nomination stated:

During Ian's stint as captain since 2018, he has demonstrated a strong focus on community preparedness and one of his main achievements was facilitating the hugely successful CFA CBX exercise at the BUPS school hall in November 2018. Over 350 locals attended.

He has connected the local brigade to the community through events



Local Citizens of the Year welcome the new COYs at the Pine Grove Hotel

such as the Village Festival, Carols by Candlelight, Clean Up Australia Day, and a significant fundraiser at Carlei Winery. His recruitment efforts have resulted in an increased number of active firefighters in Upper Beaconsfield.

Debbie and Ian together oversaw the redesign and refurbishment of the CFA office, including new monitors and automated garage doors, making it more efficient, user friendly and professional.

Ian advocated successfully for the brigade to secure its new Ultralight vehicle through a VESEP grant (plus some fundraising). Recently the brigade acquired iPads for Tanker 2 and the Ultralight. These help with navigation,

communication, incident control and planning during turnouts and on strike teams.

Ian volunteers for interstate and local strike team deployments including to NSW in 2019/20 for which he was awarded a New South Wales Emergency Citation.

Both Debbie and Ian are well known and respected members of our community. They have taken on leadership roles in their groups and are valued members of their teams. They work together as part of the broader volunteer community to help keep Upper Beaconsfield safe, connected and thriving.

## Is there a future for the Village Festival?

Many new residents may not be aware that pre-Covid we held a fabulous community event every February – the Upper Beaconsfield Village Festival. The day incorporated the Tower Fun Run, Village Festival Art Exhibition, and loads of rides and activities for the whole family.

Due to Covid lockdowns, and the retirement of some of our key members of our committee, the future of the festival is not looking good!

I am writing this as a committee member in a hope that we can get some new blood on the committee with new ideas and the motivation to work to bring it all together. The festival may not be the same format as it was, but

it would be a great shame to lose it altogether.

I have been approached by the Community Centre to get the art exhibition going as an independent event, so the community has something other than Carols on Christmas Eve. But I am unsure it would create enough interest on its own. I am certainly not saying I wish to lead the committee, but we need a committee before we can do anything. This group would operate under the auspices of the Community Centre, as in the past.

I would love to hear from anyone who would be willing to put up their hand up and help to organise and run an event. I realise that people are time poor these

days but if we can get a group of enthusiastic hardworking people together the time commitment won't be that much.

Any ideas or suggestions would be greatly appreciated. I can be contacted on [gailkelly2809@gmail.com](mailto:gailkelly2809@gmail.com)

I look forward to hearing from some of the amazing people we have in this community.



GAIL KELLY

# Empowering local communities

The UBA organised visiting speaker Jeff Barlow from **Healesville Community Renewable Energy Inc** – Healesville CoRE – to come to speak to residents at the Upper Beaconsfield Hall on 28 April about how communities can transition to renewable energy.

Healesville CoRE is passionate about solar energy, reducing energy consumption, and supporting everyone in Healesville to access clean renewable energy at the most affordable price. In fact, their vision is to turn Healesville into a Net Zero carbon town within 10 years, and they are well on the way to achieving this.

This group has been operating since 2017 and has tirelessly worked to educate residents and promote ways and means of becoming independent in the provision of power. They set up the organisation, applied for a grant to get going, which allowed them to incorporate. They developed programs and workshops to increase energy efficiency in residents' homes and have a website for people to look up information.

from Sustainability Victoria to further develop their ideas. It appears the state government is offering paths for growth of community/regional renewable energy platforms, as opposed to the federal government that Jeff described as 'frustratingly absent'.

With the grant we have seen the emergence of the **Yarra Valley Community Power Hub**, (one of seven operating in Victoria). It holds events and provides publicity, group purchasing offers, revolving funds, household assessments, and education programs – they are well on the way to developing a TAFE course for local campuses. Their industry partner is Komo Energy.

## Installing renewable energy made more simple and affordable

The group purchasing offers are local bulk buys of household solar, batteries, and hot water heat pumps – this translates into very economical pricing for the customer. Jeff described all such products as well and truly tried and tested. They also provide advice on

electric vehicles and chargers, microgrids, energy efficient split systems, and other home energy efficiency services. Such deals are offers on the open market, and Jeff always states that customers are more than welcome to seek quotes from elsewhere before deciding.

Revolving funds are a Victorian government grant, used for making no interest loans to people or organisations in order for them to install

recommended solar systems. As they begin saving money on power with the solar, they use these savings to pay back the loans. The re-payments are then used to provide more no interest loans, and so on. As loans are usually repaid before the end of the working life of the solar systems, the former borrower then has several years of reduced power bills using clean energy.

With such offers you can consult friendly community organisations, who at present make no percentage

on deals offered, and ask questions, instead of dealing with cold callers

trying to get you to sign on the dotted line, and not giving you time to check out what alternatives are available.

## Creating a renewable energy hub in Upper Beaconsfield

Local generation of power stored in a multitude of batteries – car, household, commercial, community – with some transmission in-and-out over the grid is the future, purely on the basis of cost.

The transition to renewable energy is a pressing issue, especially for our young people. Great civilisations, more than you can count on your fingers and toes, have repeatedly turned rapidly to ruin due to a local environmental collapse that they themselves largely contributed to. Our connected world is now one great civilisation, and through polluting emissions, it has changed the surface temperature of the globe by 1.3 degrees. This has unleashed wild weather that will no doubt affect the world's ability to maintain a food supply, shelter and protect the last pockets of nature still left.

It makes sense that a rapid investment in highly economical, renewable energy is needed – everywhere! A handful of people in Healesville, just up the road, over five years have created all the material covered in this article – quite impressive. There is a group in Bunyip looking into it, and another group in Pakenham is researching the feasibility of a solar farm on unproductive land.

The UBA would like to know if the Upper Beaconsfield, Dewhurst and Guys Hill communities have any interest in pursuing a similar green energy pathway. With other towns in Victoria already doing this, it is not as if you must reinvent the wheel. Like any new project it needs people of all ages with drive and/or expertise to start a group and make renewable energy happen.

If you wish to help make our township's energy supply greener, cheaper and more reliable, please let us know. You can email the UBA secretary on [helen.r.smith@iinet.net.au](mailto:helen.r.smith@iinet.net.au)

For further information:

**Yarra Valley Community Power Hub**  
[www.yvcommunitypowerhub.org.au](http://www.yvcommunitypowerhub.org.au)

**Healesville CoRE**  
[www.healesvillecore.org.au](http://www.healesvillecore.org.au)

**HELEN SMITH AND CAMERON ROCKE**



Left to right: Event organiser Mike Hall, UBA president Andrew Rewell, and guest speaker Jeff Barlow of Healesville CoRE

They were successful in gaining another grant to set up software to enable a township (hub) to communicate with the major energy retailers and distributors (poles and wires companies), and maintain quality governance of such a system. This pioneering work has been completed and is shelf ready to be replicated to other interested townships at little or no charge.

In December 2020 Healesville CoRE successfully won another large grant



## CWA Woorinyan's biggest morning tea

### Guest speaker: War on Wasted Talent

The Woorinyan branch of the Country Women's Association organised a biggest morning tea on 23 May 2022 to raise funds for the Cancer Council.

The morning was introduced by deputy mayor Cr Tammy Radford, who told us that council will create opportunities for women, girls and gender diverse people in our community to have a voice and inform their decision making.

We heard from guest speaker Janine Pickering of the social enterprise 'War on Wasted Talent'. They support experienced professionals 45+ through mentoring, dispelling the myths the

workforce has about mature-age workers. They are establishing an employment platform where mature workers can list their talents, so that prospective employers can find them, rather than the dead end that so many personnel agencies give you, effectively presuming that you are worthless. A modest charge applies to join this service, and there are different levels of membership to the scheme. Web: [www.waronwastedtalent.com.au](http://www.waronwastedtalent.com.au)



## A wonderful gesture of support!

Over the years thieves have targeted the Upper Beaconsfield Foodworks Supermarket operated by Anita and Pramod Patel. They come in at night, smash the doors, and grab goods from the store and get away before anyone has noticed. After the most recent break-in, someone on one of the local Facebook pages decided this was enough, and asked how can residents support them?

Nick and Jo Pastras initially put out the Facebook post asking for help. They received many positive comments and suggestions. Then Kate Williamson set up the Go Fund Me page. Within a short time, a substantial amount was raised – no-one expecting such an excellent result.

As Kate said, "This result reflects the amazing generosity of this beautiful town and our love for Pramod and Anita. The money from the Go Fund Me has been passed onto them and they also received cash donations from people going into the store". Meanwhile local contractors are helping them to organise a new roller door. Anita and Pramod are waiting on quotes for the works they want to do, but delays are expected on some of the components of the new door due to shipping delays.

Hopefully this will happen soon, and the Village Bell will publish a photo in the next issue. Note a quick search of the Village Bell online archive found an article introducing Anita and Pramod as the new owners of the supermarket in June 2004 – how time flies!

See the searchable archive Village Bell at <https://upperbeaconsfield.org.au/village-bell>

**HELEN SMITH**

Top (from left):

Cardinia Shire Deputy Mayor Cr Tammy Radford, guest speaker Janine Pickering from War on Wasted Talent, CWA president, Tracey Kyle, Barbara Reid, Heather Bertuna

Left:

The CWA outdid themselves again providing a sumptuous morning tea.



# All about the Community Centre

Meet Centre manager Lee Swann



Lee's previous roles included managing social and exercise programs for older people in the City of Casey and managing a day centre for adults with disabilities. Lee also writes grants as part of her role on the kindergarten committee. Her family is building a new

home locally and their two children attend kinder and the primary school. Lee says, "I am passionate about social connectedness and I'm really looking forward to working with the community of Upper Beaconsfield".

## What does the Centre do?

The Upper Beaconsfield Community Centre located in Salisbury Road is a community driven, not for profit organisation that offers a variety of quality programs and services that cater to the community's needs. Community centres play a valuable role in linking and supporting people in the community, through access to programs as well as volunteer or educational opportunities.

The major service offered at the Community Centre is childcare at the Upper Beaconsfield Early Learning Centre. Programs offered include yoga, meditation, circuit, pilates, craft, toy library, community garden, school holiday programs, and first aid training. The vision of the centre is about connecting people so we'd love to hear from you about any new program ideas that we could deliver to ensure we are meeting the community needs. Council Maternal Child Health appointments also take place at the Community Complex.

The Community Centre is managed by a voluntary committee of



management who meet monthly to oversee the operations of the centre. The members of this committee are elected yearly at the annual general meeting. This year's AGM has already taken place and we welcome the new committee members. We receive funding from the Department of Families, Fairness and Housing as well as the Cardinia Shire.

The Community Centre is the major tenant of the UB Community Complex. The facility is on a crown land reserve under the Department of Environment, Land, Water and Planning. The Upper Beaconsfield Community Complex Buildings & Grounds Committee is the CoM for DELWP.

## New staff at the Community Centre

The Community Centre has recently undergone staffing changes. Aimee Romero is the new director of the Early Learning Centre and Lee Swann is the new Community Centre manager. Both Aimee and Lee have extensive experience and knowledge in these areas and are looking forward to being part of the team. Please feel free to drop in and say hello.

# Outdoor fun before the weather turns

## Kids fun day

A fresh autumn day at the Community Centre gave us the opportunity to offer



an outdoor event for the local children. With older siblings dropped at school, the younger ones were invited to our Kids Fun Day at the recently upgraded Keith Ewenson playground. The gorgeous collection of fluffy mini farm animals from Animals on the Move led to squeals of excitement and gentle hands with an abundance of cuddles.

The weather held off and we were able to bring out some toys and equipment from the toy library for the kids to use.



We were lucky enough to have our talented local author / educator Kelly Wilson attend the event and capture the attention of the children for story time. They were an engaged audience captivated by the stories of Hudson Houdini Escapologist Extraordinaire and Lady Lu Lu.







### Easter school holiday wrap

Science and art activities were held in the hall. A specially designed chemistry workshop involved making different batches of slime and learning about their properties. It was sticky and fun

and just a little bit messy. Heather from Prime Sci took the enthusiastic scientists on a fantastic journey of discovery. And then, they took all their slime creations home!

Easter craft saw the group making



woven paper baskets, decorating bunny ears, origami and sneaking in a few chocolate eggs. Thanking the effervescent Faye once again for volunteering her time and creative flair to the school holiday program.

### Special thanks

A special thankyou to our wonderful volunteer Marie who continually looks after the Upper Beaconsfield Toy Library – meticulously keeping things in order, communicating with members, entering loans and returns and joining up new members. Marie is a pleasure to work with and we thank her for the dedication she continues to offer the centre.

JANELLE SALE

## Early Learning Centre news

We have had lots of exciting changes here at the ELC. New director Aimee has come on board with a wealth of experience and knowledge to bring exciting changes to our community. We are reviewing our practices and the enriching experiences we can provide in collaboration with our local community. On Tuesday 3 May we welcomed mothers and other wonderful

special people in our children's lives to celebrate Mother's Day with an activity packed morning tea. There was excellent feedback from all involved, and it was wonderful to have our community together again after these past few years. We hope to host more events like this in future.

We are proud to announce we are hosting our very first trivia night on

Saturday 6 August in the hall. Doors will open at 7 pm for a 7.30 pm start. We will be offering a silent auction, and mini games with many exciting prizes up for grabs. All proceeds will go towards new sustainable resources for our indoor and outdoor environments, as we are a not-for-profit community run centre.



Thank you to all the local businesses who have participated in donating prizes for the evening, if any other businesses can assist please contact Jacqui on [elcevents@ubcc.org.au](mailto:elcevents@ubcc.org.au)

Currently we have limited vacancies on Thursday and Friday, with more available places on Monday and Wednesday. We offer full day, and half day sessions at a discounted rate. Please give our director Aimee a call on 5944 3484 to arrange a tour today!

Upper Beaconsfield Community Early Learning Centre

10 Salisbury Road, Upper Beaconsfield

Ph: 5944 4349

Email: [elc@ubcc.org.au](mailto:elc@ubcc.org.au)





# Little creatures who live amongst us

## Painted button quail (*Turnix varius*)

About a month ago I spotted something in the garden I had not seen for about ten years: just a couple of round patches of bare dirt among the leaf litter under some trees. The next day I came across the culprit heading out of the bush and across our driveway. A painted buttonquail! He viewed me suspiciously and marched on, disappearing into the undergrowth of the garden.

Buttonquail (or hemipodes) resemble but are not related to true quail. They are ground-dwellers and live in forests and woodlands from the Atherton Tablelands and down the coast to the Eyre Peninsula and into the Flinders Ranges and Tasmania. There is a separate population in southwest Western Australia.

During the evening they set out in small family groups to forage for insects, fruits, and seeds in the deep leaf litter of the forest floor. Their feeding style is unique to say the least. They stand on one leg, spinning around while using the other leg to scratch away at the leaf litter. No, I'm not sure how fast they spin! But the end result is a platelet: a 15 cm round bare depression among the leaves, and hopefully, dinner.

Given they are nocturnal feeders it is unusual to see them; often the only sign that they are around are the

platelets. They are well camouflaged and quite shy. Small and plump, their base colour is grey, overlaid with black and white scalloping, white spots with chestnut highlights on the wings and neck. The female is larger.

When it is time to start a family, usually September to March, the female builds a nest out of leaves, sticks and grass, at the foot of a tree, a rock or under a tussock of grass. She lays three to four eggs, and the male incubates them. At about day 17, the eggs hatch and the chicks leave the nest. The male feeds them for a week or so and then they are on their own. By day ten they can fly. Meanwhile, the female, being polyandrous, courts another male and the process is repeated. In captivity she may have three or four mates.

Little is known about their conservation status. In Victoria and NSW they are thought to be secure, but with numbers declining. In SA they are vulnerable and endangered in WA.



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Damien.cook.frog, CC BY-SA 4.0 <<https://creativecommons.org/licenses/by-sa/4.0>>, via Wikimedia Commons

Another illustration to show why there are good reasons to keep your cats inside so these little birds can survive.

**CARO LETTS**

UPPER BEACONSFIELD CONSERVATION GROUP

## Rambling on

Winter rambling – let's have a focus on 'funky fungi'! There are so many extraordinary fungi popping up all over Upper Beaconsfield's gardens and forests. It is worth while trying to see how many different ones you can spot on an outing. Shapes – there are puffballs ranging from golf-ball to soft-ball sizes, more-or-less classic mushroom/toadstool shapes, tall thin stems with pointy caps, tall thin stems with 'knitting needle' caps, hemi-spherical bracket fungi on trees or dead wood and absolutely enormous toadstools that look like young wombats.

And then the colours! Over the years I have seen all the usual combinations of whitish-grey, the classic 'fairy toadstools' of bright cherry red with white warts, cream ones, pale yellow to mustard yellow, bright tan, dark brown, forest green, royal purple, pale to nearly

neon orange; in fact, every colour except a true blue.

The pictured fungus is a 'stinkhorn anemone'. It would have to be my total favourite for its bizarre shape and rich red colour. Look at the star



shape, the central cavity, the 'claws'. I mean seriously! It may have more useful botanical functions but I think its creator's main purpose is to make us smile.

The gang gang cockatoos have moved down from the high country for winter so keep an ear open for their creaky-gate calls in treetops. There seem to be more black cockatoos seasonally as well, with their more musical calling and dramatic plumage, particularly when you see those yellow tail feathers under-lit. I have had one sighting of a pair of scarlet robins which are also here over winter. The currawongs seem to have become resident over the past few years, but there are more now during winter with their extraordinary wild, musical calls ... and those scary beaks. It makes it so worthwhile to unplug your earbuds for a while during a walk and see how much birdlife you can identify around you. Happy rambling.

**ROSZ SMITH**



## Wildlife at the nursery!

Green Circle Plant Nursery had a treat recently when one of our customers visited us and gave an impromptu display of Australian fauna.

Karah, manager at Animals of Oz, a business based not far from Upper Beaconsfield, had called in to purchase some native plants which are used to give to children as part of the educational display put on by Animals of Oz. She was on her way home after visiting a kindergarten and had her stars on board. Our excited volunteers

had a close up view of some of the stars of the educational show, including a squirrel glider, baby crocodile, tawny frogmouth, and python.

We always say native plants are best for attracting wildlife to our gardens. Now is a good time to plant, as we have had some autumn rains. Planting now will give the plants time to get established before the weather heats up before next summer.



Find us at  
1 Halford Street  
Upper Beaconsfield.



## Deer vegetation impact survey in progress

After more than a year in the planning, and a couple of false starts, the vegetation impact survey is finally underway. We were cruelled by Covid restrictions in the middle of 2021 that prevented the ground survey from being carried out around the same time as the aerial survey that used thermal imaging cameras to count deer sightings. (See Village Bell Issue No. 225 for more details).

This was a real blow, as the intent was to gather data on the faecal scat count and vegetation browsing damage along 150m long ground transects that were under the flight path used for the aerial survey. This would allow scientists to correlate deer density from the sightings with the ground level scat count and vegetation impact data. Future ground surveys could have then been carried out to assess deer growth numbers with a high level of reliability, without the expense of aerial surveys. Even though that ideal alignment of the two surveys wasn't possible, the

research modelling of deer numbers can still allow for performing the vegetation impact survey data at this later time.

The vegetation survey locations and assessment method has been designed by a researcher at Deakin University, and a hardy group of 20 volunteers have attended training sessions during April so that we could focus on performing the survey over 66 sites during May and June.

Volunteers will work in pairs by driving as close as possible to a survey site, then walk to start point navigating with a combination of Google Maps and handheld GPS units. At 5 m points along a compass bearing from the start point, surveyors will count the number of scat pellets in a 1 m circle and record whether it is deer, kangaroo/wallaby, or wombat.

The closest woody plant in quadrants around the point will be identified, measured for height and an assessment made of the amount of



foliage that has been eaten. Whilst having a knowledge of the local plants is an advantage, we have been able to match up experienced volunteers with those less skilled, and those who haven't been able to attend training sessions with someone who knows what to do.

A transect is expected to take about 2-3 hours to complete, so is a pleasant experience in the outdoors and contributing to scientific research at the same time. It's not too late to join in if you want to volunteer. Get in contact via [info@cardiniadeer.org.au](mailto:info@cardiniadeer.org.au) if you'd like to know more.

We hope to share the results in the next issue after the Deakin researcher analyses the data.

**DES LAVERY, VICE-PRESIDENT,  
CARDINIA DEER MANAGEMENT COALITION**



# Vale – Dorothy Mae Grant 1937-2022

Dorothy Luke was raised in Brighton, attended Brighton Primary School and then Brighton Technical School, completing form 3 (grade 9 in today's standard). Dot was keen to finish school and get into the workforce, so that she could be independent and earn her own money to go shopping.

Dot began her working life at Manton's department store in Melbourne, she then transitioned to Leviathan department store to work as a ledger machine operator, responsible for entering the stock and controlling the profit and loss records from the sales dockets. She was nearly sacked for the terrible crime of seeking an autograph from an Olympic gold medallist during a uniform parade.

After working in that environment, Dot learnt the value of a good sale. Her mantra was "it's smart to be thrifty". Why buy anything at full price when you can buy it off the sales rack.

Dot met Bob Grant at a dance at St Kilda Town Hall, and they married on 1 November 1958 at the Church of Christ at Brighton, where Dot sang in the church choir.

First they lived in a bungalow at



Moorabbin. After the birth of the first of three children they bought a block of land at Mount Waverley where they built their first home. When the children were young, Dot worked mainly as a volunteer at the Citizen Advice Bureau in Mt. Waverley.

In 1975 the Grants sold their house and purchased land on a hilltop in Wheelers Hill for their next home where they stayed until 1984.

After Dot had obtained her driver's licence, she decided to re-join the workforce as a kindergarten director's assistant, first at the Somerville kindergarten in Ashburton, then at

the Emmanuel Anglican kindergarten in Oakleigh. She also trained as a swimming teacher.

When their children were leading independent lives the Grants decided to move again. After the Ash Wednesday bushfires, they purchased 'Amesfield' on St Georges Road, a property where the historic house had been lost to the fires.

The breathtaking view attracted Dot, as it could never be built out like in the suburbs. They built a new home there.

From the daffodil paddocks in the foreground they could see right across to Western Port Bay.

Dot's mother became a resident at Salisbury House. Dot would take bunches of daffodils to lighten up not only her room, but also those of many other residents. She continued to do so even after her mother's death.

From the early 1980s Dot developed a passion to recreate flowers, initially using porcelain and then mastering the art of sugar art. One of her creations is pictured below. She was a member of the Casey branch of the Victorian Cake Decorating Society.

Dot would often work on her flowers in the lounge during the day to take in the view. Every night, often in the very early hours of the morning, Dot would gaze at the view enjoying the dancing lights, sometimes with a cup of tea.

Dot loved a long conversation, and was interested in everyone she met. She loved a mystery, and was intrigued by anything suspicious. She also had a penchant for watching crime shows, and would work studiously hard to solve them before the end of an episode.

While in hospital she was intrigued by a patient in the room opposite who was under police guard. Because she could not get out of bed, she requested a discrete photo of the situation so that she could muse over the mystery.

Dot told a story of their dog Sally running away during a thunderstorm. After searching for her for some days, Dot finally found her at a house in town, where she had been very well cared for by some boys who lived there. Sally would return there regularly after that. The 'boys' in question were those commonly known to manufacturing illicit substances. When Dot found out who they were, she couldn't stop laughing at the irony of it all.

Everyone who has ever met Dot will miss her.





# The Goffs of Harpfields

William Henry Goff was born to a protestant family in County Roscommon in Ireland in 1842. Little evidence can be found about his upbringing.

It was known that a Mr Goff – likely his father – was assistant schoolmaster at the workhouse in Roscommon. Local newspapers in their regular reports about the workhouse eagerly reported floggings of pupils and other inmates, William Goff's family was likely related to a wealthy Rev Thomas Goff, who among other properties owned an estate called 'Carrowroe Park' near Roscommon.

It is not known when William's father died, but his mother, Ellen Goff, remarried when William was 13 years old. Her new husband, William Daniels was a lance corporal in the 41st Regiment. At the time Ellen was described as a schoolmistress.

It is likely that William was educated in a school of the 'Incorporated Society for promoting English Protestant Schools in Ireland'.

Under the patronage of the Incorporated Society these schools selected a limited number of boys aged between twelve and sixteen from scriptural schools by examination. The successful boys then had the privilege of being educated in English and sciences for four years at no cost to their families. After the four years, those boys who passed a creditable examination won the right to go to the Incorporated Society's Training, Scientific and Commercial Institution at Santry near Dublin, which offered three years of more advanced education. By merit, William Goff received some form of scholarship that enabled him to earn the grade of 'mathematical scholar' at Santry.

Goff must have been a very able scholar, as in December 1862, aged only twenty, he was teaching at the Dublin English Scientific, and Commercial Day School, which the Incorporated Society had established in 1856 at their headquarters. This school was to give boys instruction in the highest branches of an English, scientific and commercial education, including grammar, geography, history, arithmetic, book-keeping, mapping and surveying, mathematics, natural philosophy and modern languages. Pupils were also reading the holy scriptures daily.

In 1866 Goff started attending evening

classes in chemistry at the Museum of Irish Industry (Royal College of Science), where he won a first prize at the final examinations. Only two weeks later, aged 24, William was appointed headmaster.

Helen Rosa Clayton, also known as Ellen, was born in Winchester, England, on 21 November 1845. She was the daughter of James Clayton, a soldier. Her mother, Mary Ann Rose, was born on a farm called Harpfields, near Burford in Shropshire. James Clayton retired from the army in 1859 to move to Dublin, where he established himself as a merchant.

On 30 Dec 1867 William Goff and Helen Rosa Clayton married at St Philip's, Milltown in Dublin.

William and Helen's first daughter, Harriett was born in November 1868, and their son Maurice in August 1870 – who died two weeks after his birth.

## Migration to Melbourne

On 14 October 1870 William, Helen and Harriett Goff boarded the 'True Briton' in Gravesend on the Thames to sail to Australia. Their quarters would have been reasonably comfortable, being saloon (first class). Their journey was long, but enjoyable, and when they disembarked on 19 January 1871, they together with their fellow saloon passengers sent a letter of thanks to the captain of the ship.

It has not been established what made the Goff family to come to Australia, however, around the time of their departure All Saints' Church in St Kilda started to hold lectures



in aid of a building fund for a church school "for the boys of the parish and neighbourhood [with] the advantages of a commercial, mathematical, and elementary classical education, combined with the religious teaching of the church."

On 22 Apr 1871 applications for the position of master were called for. Goff was an ideal candidate, as his experience as a teacher in a similar school in Dublin showed. He was appointed and the school commenced on 1 June 1871. From reports published in the newspapers it was a success and by the end of the first year there were 48 pupils enrolled, at the end of the second year the number had doubled. Goff stayed on as headmaster of All Saints' Grammar until the end of 1902 – nearly 32 years. He had taught 1420 boys, among them were a large number of men later occupying prominent positions either as barristers, solicitors, doctors, engineers, or surveyors.



State Library Image H39357/212



Goff was not averse to punish his pupils with the cane if he felt it necessary. A student in the 1890s recalled that Goff would send the boy to receive the caning to the nearby asylum for the blind to collect a good strong cane from their workshop. His familiar greeting was “I wonder what this boy wants?” He had a ritual involving swishing a cane through the air for practice. Looking the other way while caning a boy, his accuracy was not much of a priority for Goff. Once he missed and smashed a window. At least, here the local newspapers had no interest in reporting such cruel treatments to children.

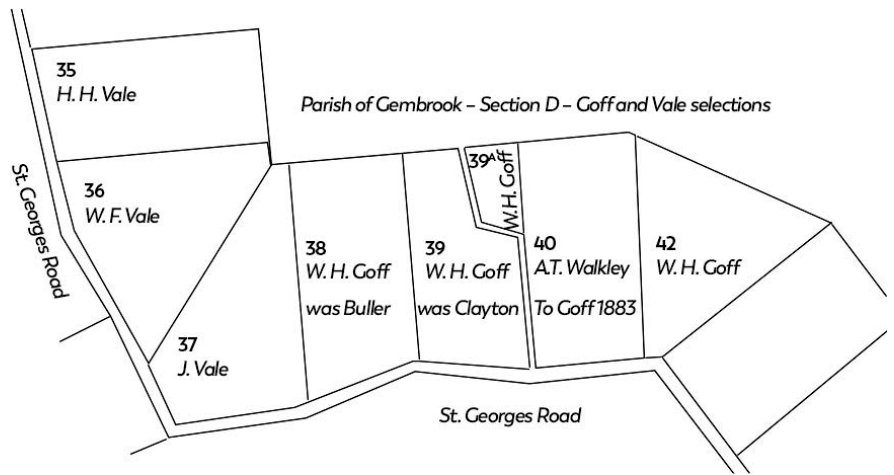
The early success of the school did not last through the major 1890s recession. Other schools in competition with All Saints’ Grammar suffered a similar fate. The Goffs had six more children after their arrival in Australia – William Henry junior, Florence, Herbert Clayton and Charles Edward. Lillie and Walter died in infancy.

In December 1875 William Henry Goff bought land at the corner of Dandenong Road and Williams Road, Prahran – not far from All Saints’ Grammar. A 12-room, two-storey brick house was built c1878, named “Carrowroe”, most likely named after “Carrowroe Park”. The Goffs also offered lodgings at their house for pupils at the school who lived further

away.

### Upper Beaconsfield

Speaking of places far afield, on 5 July 1877 Goff applied for a 18-acre selection in the Parish of Gembrook, being allotment 42 of section D, situated along St Georges Road. The father of one of his students, John Vale, was a real estate agent and neighbour, and probably headed Goff in our direction, not to mention Upper Beaconsfield having a reputation as an accessible place to build a weekender. In 1878 Goff and Albion Walkley, the selector of the neighbouring property, agreed that the frontage of Goff’s property should be widened. In exchange Goff would give up the same width of land at the back of the property.



Most of the 20-acre allotments in Upper Beaconsfield were selected in 1877. After selection the land had to be improved. It had to be fenced and partially cleared, before a crown grant could be obtained. The selection was then put up for public auction, where the original selector had first option to buy the land at £1 per acre in most instances. There were always people on the lookout for blocks of land where the selector had not fulfilled the conditions the government had set. William Brisbane was someone who knew the local area intimately, and he wrote letters to the Lands Department alerting them to such selections, requesting that they should be forfeited and made available to other selectors. For Brisbane, a land agent



Harpfields c1883



and sawmiller, it was an opportunity to make money from a new selector. Given that a selector could only obtain one property under the land act concerned, they would often apply for such nearby properties in the names of relatives or friends. Along St Georges Road there were a few selectors who hadn't complied with the conditions of selections: Curiously allotment 38 was selected by George Buller, a teacher working at All Saints' Grammar School, and allotment 39 by Goff's brother-in-law George Clayton. The crown grants of the two lots were obtained by William Goff at the public auction. In 1883 he also bought Walkley's property, allotment 40. Eventually he owned 73 acres. By 1882 Goff had built a house on allotment 42. They named it Harpfields, after the birthplace of Ellen Goff's mother.

In 1879 allotments 35, 36 and 37 were snapped up by John Vale and his family. Over the years the Goffs would have further dealings with the Vale family. Curiously the Vales' three lots were owned by Goff by 1892, and returned to Mary Vale in 1905.

Although Goff had considerable landholdings in Upper Beaconsfield and a large house in Prahran, he was not one of the very wealthy residents. The title certificates to his properties show that he regularly obtained mortgages on his properties, some of which appear to have been foreclosed. In 1902 he was sued for £183 by a firm of butchers at Windsor. As a result, caveats were put

on some of the titles of his properties until the debt was paid off.

### **Assembly Hall**

With the family spending more time in Upper Beaconsfield, William Henry Goff with other residents saw the need for a public hall. In 1883 Goff was appointed one of the trustees of a 1-acre lot that had been gifted to the local people for the purpose of a hall by Thomas Jacques Martin. Goff, the honorary secretary to the trustees, was enthusiastic in raising the funds for the building of the hall that we still treasure today. In 1888 it was reported that the building and furnishing had cost £1150, with most of the funds raised by subscription from the local residents and by fundraisers. At the time there was a residual debt of £190 that they hoped to clear shortly.

### **Berwick Shire - a fourth riding**

With his mark stamped on the community, Goff soon was ambitious to be elected as a councillor of the Shire of Berwick. In 1886 the residents of Upper Beaconsfield and those further north to Gembrook were eager to form a fourth riding of the shire. They felt that they had to pay rates which were largely of benefit to the people of Berwick. Their own riding would see their rates spent for their own needs. Six candidates contested the election in August 1886, and the three local contenders were elected – William Brisbane, William Henry Goff and Jessey Sykes.

Goff was a popular councillor, and in

1892 he achieved a road being opened to connect St Georges Road to Narre Warren Road (now Foott Road), then known as Lawes' Road. On his retirement from council in 1897 he was remembered as being "universally respected and liked, and [that] his good-humoured jollity many times served as a pleasant break to the often dull monotony of the council meetings." He had served as shire president for two terms, 1890/91 and 1895/96.

### **Beaconsfield Grammar School**

After his retirement from All Saints' Grammar the Goff family moved to Upper Beaconsfield permanently. For a short time he ran a private school at his property called Beaconsfield Grammar School. Ill-health prevented him to continue his private venture. On 28 May 1906, William Henry Goff died at Harpfields, aged 61. Three sons and a daughter survived him. His widow Ellen Goff remained at Harpfields until her death in 1928. Their son, also called William Henry Goff, inherited the Upper Beaconsfield property, and passed it down to his two unmarried daughters, who regularly spent time here. Sadly, Harpfields was lost in the Ash Wednesday Fires. A new Harpfields was built a short time later.

In 1964, a name was sought for the road that is now known as Harpfield Road. It was first suggested to name it Goff Road, but as there was already a Goff Street in Beaconsfield, Harpfield Road was chosen instead.

**MARIANNE ROCKE**





# Don't be lulled by the mild weather

Predominately uneventful sums up the recent fire season with a late start and early finish to fire restrictions. So uneventful was it that in East Gippsland Shire they didn't even have fire restrictions this season at all. A vast cry from what occurred during the Black Summer of 2019/20.

As predicted, areas of the state to our north and west that dried out quicker and experienced both hotter windier days took the brunt of any major fire activity that took place. There were a couple of smaller isolated fires closer to home but no large campaign fires.

We shouldn't be lulled into a false sense of security though. There will be periods of high-risk fire weather that we will need to be prepared for. It may not have happened last summer, but it may happen next!

## CFA during autumn and winter

Whilst the bushfire risk subsides at this time of year, home safety is important for those with wood heaters. There are many debates about the effects on the environment that wood heaters contribute to. For many living on rural land with an abundance of natural supply and no connection to mains gas, wood heaters remain a popular and viable source of heating.

With any type of heater, it is the homeowner's responsibility to ensure that the appliance is functioning both

efficiently and safely. Gas heaters should be inspected at least every 2 years by a licenced gasfitter for carbon monoxide leakage. This is a deadly gas that you can't see or smell. Wood fire chimney flues and fire boxes should be cleaned out and inspected at least once a year. You would be surprised at the amount of creosote build-up inside a chimney flue and cap.

Creosote is a black, tar-like substance that forms inside your chimney and flue cap when the smoke doesn't entirely escape. Creosote builds up and can cause blockages restricting air flow and not allowing the wood in the fireplace to burn effectively. Creosote is highly flammable and can cause chimney fires, which may ultimately lead to house fires.

## What causes creosote?

- Slow burning wood (try and heat your fireplace up to burn hotter)
- Wet or unseasoned wood (allow wood to dry out for at least 6-12 months before burning)
- Incomplete combustion (not enough oxygen). If the smoke can't escape the chimney, it creates the perfect environment for the build-up of creosote.

All wood fires create creosote. To remove it have your chimney flue and cap cleaned and inspected annually by a chimney sweep. If you have already

started using your wood fire is it too late to have the chimney cleaned? Absolutely not! We recommend you get onto it sooner rather than later.

## Turnouts

The brigade has had 22 turnouts since the last Village Bell

- 4 x monitored alarms (Salisbury House)
- 4 x motor vehicle accidents (2 with injuries)
- 11 x grass & scrub fires
- 1 x fence fire
- 1 x powerlines fire
- 1 x breathing apparatus support to Yallourn Power Station fire

## Fuel reduction burns

Fuel reduction burns take place in autumn around the state. The burns are conducted in strategic locations to reduce fuel loads to modify the behaviour of a potential bushfire should one occur in that area. Generally, it is not expected to stop a bushfire, but to slow its spread and reduce its intensity to allow for more effective suppression, limit ecological damage, and reduce damage to assets such as houses.

The stable autumn weather conditions provide the perfect conditions for low intensity burning. The downside of this is often the smoke generated from such



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activities can sometimes affect those with respiratory conditions.

There were no specific fuel reduction burns carried out in Upper Beaconsfield this autumn. The closest one to our location was a burn in Chambers Reserve Pakenham Upper. We also sent two of our brigade members across to French Island to assist FFMV with a large fuel reduction burn over there.

### Fire fighters over winter

Winter is often the time for many of our members to enrol in courses to further their skillset and knowledge. Courses like: Crew Leadership, Suppress Wildfire, Breathing Apparatus, Low Structure, First Aid refresher, and Advanced Pumping. We encourage all our members to continue to train year-round to ensure they maintain their competency with all our appliances and equipment.

### New community safety coordinator

Congratulations to Jenny Hall who was recently elected to the position of Community Safety Coordinator with the brigade. This important position is often the conduit between the community (residents) and the brigade when it comes to planning and coordinating events where the brigade is involved.

### Personnel changes

We have two new recruits about to undertake the General Fire Fighter

course. This course is the minimum qualification required by CFA to ensure our new recruits are adequately skilled to turn out to incidents safely with the brigade. We wish Patrick and Matt all the best as they progress through their CFA journey.

On the other side of the coin, we have seen the departure of several members for a variety of reasons. Barrie and Pauline Gray left us in March to explore greener pastures in Maryborough, Queensland. Barrie was captain of the brigade for 4 years between 2011-2015 and both he and Pauline made a significant contribution to the brigade and wider community in their time whilst residing in Guys Hill.

Also leaving us recently was Claire Pagenstecher, Annaliese Bristol, Dustin Hesse, David Mylius and Natasha Ziemer. We thank them for their service and wish them all well with their future endeavours.

In early March sadly we learned of the passing of long-time brigade auxiliary member Lynette Lameris. Lynette served on the brigade auxiliary for 11 years often helping with fundraising activities such as the Village Festival. Lynette was also a well-respected member of the Woorinyan CWA here in Upper Beaconsfield.

### Recruiting

We are always on the lookout for more volunteers. It doesn't matter what age or gender you are or what you have

done in the past. Everyone brings something unique.

If you have a little bit of time and a desire to help the community you live in, this is the perfect way.

Brigade training is held on a Sunday morning from 9.30–11.30 am and/or a Wednesday evening from 7–9 pm all year. If you are interested or would like to know more, please get in touch with the brigade via Facebook PM or leave a message on the fire station answering service on 5944 3303 with your details. Alternatively, you can email [ian.pinney@members.cfa.vic.gov.au](mailto:ian.pinney@members.cfa.vic.gov.au) and we will make contact.

Stay safe.

IAN PINNEY, CAPTAIN

### Fire Brigade rag collection resumes

The Fire Brigade Auxiliary is now accepting donations of rags again.

We accept clothes (preferably cotton), sheets, towels, etc. that can be cut into rags suitable to wipe machinery or clean up spills. We also accept articles that can be given to the Berwick and Pakenham Op-shops, who are generous supporters of the Upper Beaconsfield Fire Brigade.

Woollens, curtains, socks, underwear etc are not suitable.

Tradespeople can support the brigade by buying a bag of rags at \$3/kg.



## ASH WEDNESDAY BUSHFIRE EDUCATION CENTRE



### Help needed

The Ash Wednesday Bushfire Education Centre (AWBEC) in Cockatoo tells the story of the Ash Wednesday fires that devastated many communities in Victoria including Cockatoo and Upper Beaconsfield. The centre is open to the public free of charge on Saturdays and Sundays and is completely managed and staffed by volunteers. To ensure we can continue doing this we desperately need more volunteers. No experience is needed and if you would like more details about what's involved please contact Leticia on 0439 339 298 or email [volunteerawbec@gmail.com](mailto:volunteerawbec@gmail.com)



# About brain function and ageing

Dementia is collection of symptoms affecting the function of the brain – like thinking, behaviour, personality, or retaining memory. It interferes with person's normal social and working life. It is a chronic progressive condition. Dementia can be early onset (under 65 years of age) or late onset (more than 65 years of age).

- According to the Australian Bureau of Statistics, dementia is the **second leading cause of death** of Australians.
- Dementia is the **leading cause of death** for women, says the Australian Institute of Health and Welfare.
- Approximately **70% of people with dementia** live in the community.
- **More than two-thirds** of aged care residents have moderate to severe cognitive impairment.

## Types of dementia

1. Alzheimer's disease
2. Vascular dementia
3. Frontoparietal dementia
4. Dementia with Lewy bodies

## 5. Alcohol related dementia

### Causes of dementia

Dementia is caused by damage to brain cells. This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally, thinking, behaviour and feelings can be affected.

Different types of dementia are associated with particular types of brain cell damage in particular regions of the brain

There are several conditions that produce symptoms like dementia. These include some vitamin and hormone deficiencies, depression, medication clashes or overmedication, infections, and brain tumours.

### Signs and symptoms of dementia

Memory loss has long been accepted as a normal part of ageing. The early signs of dementia are very subtle and vague and may not be immediately obvious. Some common symptoms may include:

- Progressive and frequent memory loss

- Confusion
- Personality change
- Apathy and withdrawal
- Loss of ability to perform everyday tasks
- Difficulty in performing complex tasks
- Difficulties in judgement and planning, analytic thought
- Problems in finding one's way around familiar places
- Impairment in language – problems with expressing themselves or getting "lost" in conversation



### How is dementia managed?

Although there is no cure, it's possible to slow the progression of dementia. It is helpful to make changes to a person's home environment to help them feel less disoriented. For example, provide clear instructions on how to open doors, and use alert devices if someone is prone to getting lost.

Psychological therapies like talking therapy, music therapy, validation therapy, things like remembering or reminiscing good memories.



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Saturday	9.00 am – 2 pm



Medications can help with memory, thinking and daily function. Medications can help with sleep, depression, anxiety, delusions, and hallucinations.

### Can dementia be prevented?

Because the causes of dementia are not yet fully known, there is no sure way to prevent dementia. However, you can reduce the risk of dementia by caring for your:

- **Heart health** – What's good for your heart is good for your brain. Have a healthy diet and stop smoking.
- **Body health** – Regular physical activity increases blood flow to the brain. Keep an active lifestyle.
- **Mind health** – An active mind helps

build brain cells and strengthens their connections. Stay social, play games like puzzles and crosswords, and take up new hobbies and languages.

**Recommendations** for reducing risk for cognitive decline by the World Health Organisation:

1. Be physically active
2. Stop smoking
3. Eat a balanced diet, like the Mediterranean diet
4. Drink alcohol in moderation
5. Cognitive training
6. Be socially active
7. Look after your weight
8. Manage any hypertension
9. Manage any diabetes

10. Manage any cholesterol
11. Manage depression
12. Look after your hearing and manage hearing loss.

Please see your GP if you have any concerns about your memory and they can assess and investigate to help.

**DR ANSHU MALHOTRA**

**DR PUNEET MALHOTRA**

**UPPER BEACONSFIELD GP PRACTICE**

### References-

1. Australian Family Physician (AFP), Royal Australian College of General Practitioners (RACGP)
2. Dementia Australia
3. [Alzheimers.org.au](https://www.alzheimers.org.au)
4. Health Direct



### Neurodiversity celebration

At Beaconsfield Upper Primary School, we celebrated Neurodiversity Week and the unique way each and every one of our brain works. The students participated in a whole school art collaboration, where they painted a rock to represent their brain and express their individuality.



### House cross country

The Beaconsfield Upper Reserve was filled with colourful and eager participants as part of the school's annual House Cross Country.





## Men's Shed report

The second quarter has seen a return to near normal operations for the shed. Whilst there were still some hangovers and cancellations that resulted from the two years of Covid, overall, we have moved into a period of activities and meetings and are looking forward to the future.

We held our AGM, and a new committee was elected: Noel Ling (president), Ron Kerpen (vice-president), Ron Stevens (treasurer), Ron Van Vliet, Paul Higgott, Mark Knight, and Peter Bradley (committee). Unfortunately, we are still lacking a secretary, whose tasks are being covered by the president.

At the AGM we also awarded our first life memberships to two of our long serving, hard-working members Eric Bumpstead, and Tony Knight. Both members have made constant and major contributions to the success and harmony within the shed, and this award is an expression of our appreciation of their efforts over a long period.

### Shed activities

We have held monthly sausage sizzles at Coles in Berwick and another one

at Bunnings. The monies gained in these activities allow us to replace and maintain tools and purchase materials that we use for various community activities.

Men's Shed members over the last quarter have:

- Completed installation of 3 fine dust filters
- Extended our current machine sawdust filter collection setups
- Upgraded our printing setup which was "past its use by" date
- Performed some major repairs on a caravan
- Collected some rusted metal stands that were being put out for rubbish



collection, sanded and cleaned

them up, welded mesh to top, and placed them at the local Green Circle Plant Nursery as plant stands

- Continued making hiking poles from 80-year-old recycled timber
- Made boot stands according to a community member specs, again from recycled timber
- Collected wood in preparation for a winter wood raffle
- Used a CNC router to precisely manufacture precision gearing cogs that were then used as mechanism in a rope spinning machine
- Completed several small metal work projects
- Enjoyed "gourmet" meals in the Shed, prepared and cooked by members
- Each Wednesday, over a 2-hour period, we solve all the world's problems, then promptly forget them till the following Wednesday!

We would like to note that where



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possible, we respond and welcome requests from the community to repair, rejuvenate or make various items. We offer tool sharpening services for a small donation. Obviously, there are limits to our capabilities – our average age is 77 – but there is a heck of a lot of knowledge and know-how amongst our members, and even if we can't assist, we can probably give advice that may be useful. We prefer materials to be supplied or paid for by requestors, and will happily accept a donation if offered. We would also like to thank the various locals who have donated us tools and materials. This helps us to provide a service to others as economically as possible.

### **New members are welcome!**

Men's Shed is open from 9–4 Tuesday, 9–3 Wednesday,

Thursday – on request. Come up on Wednesday morning, where we have a meeting of all members, and share a coffee and biscuits and a bit of humour with us and find out about our activities. We don't bite! Location is in Halford Street with parking in RSL carpark.

Facebook <https://www.facebook.com/>

UpperBeaconsfieldMensShed/  
Web Site <https://sites.google.com/site/upperbeaconsfieldmensshed/>  
Contact Noel Ling on 0414 443 735, or email [secubms@gmail.com](mailto:secubms@gmail.com) for more info.

**NOEL LING**



## **Much more than a choir**

On 2 April a term's hard work culminated in Melbourne Youth Choir's 35th Anniversary Concert featuring Melbourne Youth Chorale's choirs, Daughters of the King (DOTK) and The Velvetones. A beautiful expression of community harmony, it was a celebration of 35 years of the gift of music. We were proud to honour the legacy of MYC's founder, the late Jean Heriot OAM, whose belief has become

MYC's motto "Every child deserves the gift of music".

We're having a much quieter term 2 with a focus on learning through games and enjoying the freedom to engage in deeper learning of the repertoire. There's a busy term 3 coming up, with performances with Casey Philharmonic Orchestra in July, our Big Sing community workshops event in August (all welcome!) and performing

with Opera Australia in Barber of Seville in September.

MYC provides music education through choir rehearsals and musicianship tutorials to children and young people aged 6 to 20 on a "donate what you can afford basis". We rehearse at Beaconsfield Neighbourhood Centre on Wednesdays after school.

MYC is much more than a choir. It's a complete music education program using the voice as the instrument. While we take pride in our quality music-skills development program, we also value our community, and the way children and young people develop self-confidence and thrive in a positive, growth-oriented environment.

As well as five non-auditioned choirs and a chamber choir, MYC runs a therapy choir for children with an intellectual disability. Children aged 8 to 12 are invited to explore communication and socialisation skills through music.

For more information or to enrol choristers, visit [www.melbourneyouthchorale.com.au](http://www.melbourneyouthchorale.com.au)

**KERRY ALEXANDER**  
**PRESIDENT MYC**





# Cardinia Council updates

## Recreation Reserve public toilet facilities

Council officially opened the Upper Beaconsfield Recreation Reserve new public toilet facility for the local community. Cardinia Shire Council and the Federal Government jointly funded this project. The works replaced the previous public toilet at the reserve.

For more information about major projects happening in Cardinia Shire visit [www.cardinia.vic.gov.au/majorprojects](http://www.cardinia.vic.gov.au/majorprojects).

## BMX upgrade underway

The Upper Beaconsfield BMX upgrade is rolling ahead. Council is seeking approval from the Department of Environment, Land, Water and Planning as the landowner to commence works. The new park will feature:

- Two key starting platforms accessed from the car park
- An asphalt pump track designed to connect with the existing dirt track
- Resting and viewing platforms
- Berms, roller, step down/up double roller, and rollable hipped tabletop



## Linking with locals

Ageing Well Community Connectors provide support to older residents experiencing loneliness or social isolation. Volunteers are ready, willing, and able to link older people with local activities.

Residents can participate in this pilot program. For more information call Council's Ageing Well team on 1300 787 624 or email [ageingwell@cardinia.vic.gov.au](mailto:ageingwell@cardinia.vic.gov.au)

## Applications now open for the 2022 Cardinia Community Leadership Program

The free program provides up to 22 participants with an opportunity to gain experience with their leadership skills and networks, and learn from a

host of guest speakers, local leaders, and program alumni. The

course runs from July to November and is designed to prepare participants for success in their community leadership roles.

This includes learning how to effectively contribute to decision-making processes, think creatively and logically about addressing community challenges, and how to strengthen relationships through valuing and respecting diversity and inclusion. Applicants should review the information available on Council's website [www.cardinia.vic.gov.au/leadershipprogram](http://www.cardinia.vic.gov.au/leadershipprogram) to ensure they are eligible and able to commit to the program requirements. Applicants must be a Cardinia Shire resident, 18 years or over, already involved in the local community in some way, and able to attend all program sessions. Applications close on Friday 3 June.

CR BRETT OWEN

## Contact Cr Brett Owen

Email

[b.owen@cardinia.vic.gov.au](mailto:b.owen@cardinia.vic.gov.au)

Phone

0418 993 370

Facebook

Councillor Brett Owen - Beacon Hills Ward, Cardinia Shire

## Waste management

### Free green waste drop-off

Residents can drop off garden waste for free at Council's next event in June, the third one for this year!

Friday 17 to Monday 20 June 2022

Time: 9 am to 4 pm each day

at Future Recycling Transfer Station, 30-32 Exchange Drive, Pakenham

Residents must present photo ID as proof of residence within Cardinia Shire to access the free service. Waste will only be accepted from residential vehicles and trailers; commercial business operators cannot use this service. More info: [www.cardinia.vic.gov.au/dropoff](http://www.cardinia.vic.gov.au/dropoff)

### Free chemical drop-off

170 residents came to Detox Your Home free chemical drop off held in Pakenham last month. These were common household chemicals found in garden sheds, kitchen, laundry, and bathrooms

– such as weed killers, cleaning products, acids, cosmetics, fire extinguishers. If you missed it register now for the next local event held in Cranbourne on Saturday 25 June. More info: [www.cardinia.vic.gov.au/dropoff](http://www.cardinia.vic.gov.au/dropoff)

## Recycling

Future Recycling Pakenham accepts electrical items (e-waste), batteries and scrap metal for free, any time of year, so make the most out of your trip! Check out their second hand "tip shop" while you are there too.

## School programs

Calling all Cardinia Shire teachers! Bookings are now open for FREE waste incursions for kindergartens and primary schools. Hosted by our talented educators, we have a range of topics that are in line with the current curriculum. Visit [www.cardinia.vic.gov.au/educationprograms](http://www.cardinia.vic.gov.au/educationprograms) to find out more and access free activity sheets and other resources.

## Damaged bins

Does your bin need TLC? Let us know if you have a damaged council bin and we will repair it for free. Broken bins and lids can cause rubbish to escape or allow wildlife into the bin in search of food. Always ensure your bin is in good condition, the lid closed, and the bin does not overflow. For more information, or to report your broken bin, call 1300 787 624 or visit [www.cardinia.vic.gov.au/misssedbin](http://www.cardinia.vic.gov.au/misssedbin)

## Clean Up Australia Day

A big thank you to everyone involved in this year's Clean Up Australia Day events! 27 sites were registered across the shire with seven schools, one business and 19 community groups. Approximately 22 cubic meters of rubbish was collected and removed from our community.

Note you do not have to wait until next year to get involved. You can register a clean up with Clean Up Australia any time of year and we can help remove any collected waste!



# Come and join the fun!



Scouts is back and we cater for boys and girls aged between 7 and 25! Find adventure and fun with local people. Have you seen our scout group out and about the community? This year we are focusing on getting outdoors, away from the screens, teaching new skills, exploring, camping as much as possible and more. From a zombie night to working on a racecar – we can do it all and the best part is you pick the adventure!

So far we have invested 15 new members across all sections and there is plenty of room for more.

If you are interested in joining us, find us on Facebook [www.facebook.com/1stupperbeaconsfield](https://www.facebook.com/1stupperbeaconsfield) or feel free to come along to one of our nights at the Scout Igloo. We have Cub Scouts, Scouts, Venturers and Rovers.

ANDREW, JUSTIN AND BONNIE

All sections of our scout group meet at the Igloo, Upper Beaconsfield Recreation Reserve.

**Cubs** (7-11 years) Monday 7-8.30 pm

**Scouts** (11-15 years) Tuesday 7-9 pm

**Venturers** (15-18 years) Monday 7.30-9.30 pm

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

Adults welcome too as we are always looking for leaders or assistants to help enable the kids to lead the fun.

We asked some of the youth what they love about scouting and here is what they had to say.

*"I like the activities we do!"*

*"I love scouting because of how many new friends and memories I've made. I do it because it's a great hobby to learn new skills and push myself out of my comfort zone."*



Top: Scouts testing a raft that they had constructed while on a camp at Lang Lang.

A few of our Cubs with other Cubs in the district tubing down the river during a District Group camp at Caringal Scout Camp near Erica in Gippsland.

Right: During a mine tour at Walhalla gold mine

Left: At one of our many great Cub nights we have in the igloo near BUPs primary school





# Reflections from St John's

What do you find most refreshing? What brings you peace? For me, it's Easter. I know as we read this, Easter is long gone, and we are heading towards Christmas, and it will be here before we know it! However, I want to reflect on it. Easter means many things to many

people and for my 6-year-old, who no doubt is still munching on eggs as you read this, it means family. The pure joy of hanging out with Nanny, hunting eggs with his cousins and even waiting at the top of the stairs with his sister on Easter morning to see if the bunny

had left a trail, are memories that I want him to treasure always.

At St John's we had a series of services leading up to Easter day and it was for me, my happy place. People gathered together, experiencing the wonder and joy of the journey Jesus took, the horror and the peace that he found. It moves me to tears every year. It is my happy place because I find in it a place where I don't have to be perfect. I can take my worries and my doubts and my fears and my loneliness and anger. I can lay it all out before



God and say ... yep this is me. Raw and real. Take me as I am. There is no pretending as you stand before the Cross on Good Friday. And in that, there is freedom. Real freedom to see who I could be, what I want to be, and how God can help me be that. How I can be forgiven and given a fresh start and have help to pick up the pieces. So yes, it is wonderful. It is my refreshing place, and I am still riding on the high.

Faith is a journey for all that take it. But faith in Jesus is not in a "I hope God is there" kind of faith, faith in Jesus and the Easter story is a faith that we know he will answer. Faith in assurance that he will be there when we need him. It can be hard to start any journey of faith or to explore this story of Jesus, so at St John's, in the Chapel, we have started a meditation group.

It meets at 10.30 am on the second Wednesday of the month. Everyone of faith or no faith is welcome. It is a gently guided meditation time, where you can sit in the stillness and take a breath and stop. You do not have to believe in God, or Jesus to come. You come as you are. Whole, broken, longing, tired, lost, at peace or happy. All are welcome. You are welcome. Come and be refreshed.

**REV SHANNON LEE**



## St John's Op Shop update

All the volunteer staff as well as our regular and occasional customers have been really missing our little Op Shop – closed during Covid lockdowns and now that we can open again, closed due to flooding from rain run-off! We have lost some stock and all the storage shelving from the rear half of the shop as it absorbed water and went mouldy. The rest of the stock and the solid shelving has been packed up and sent for storage while we await the Diocesan Insurance people to organise repairs to floor, walls, roof and drainage. But wait, on a brighter note,

we have (after the third flood) found the primary source of the water entry and been able to divert the flow until a permanent 'fix' can be effected. Did I say we were waiting ... ?

We will keep the community posted via FB pages as progress is made and we are looking forward to having a 'grand re-opening' in the future. We are thinking of ideas to make the Op Shop a fun and useful place to visit and how to be more directly useful to the community. Any practical or brilliant ideas from the community will be most gratefully considered. In the meantime, please DO NOT leave any donations as there is nothing we can do at the moment except discard them.

Looking forward to seeing you all, from the Thursday and Friday St John's OpShop Teams.

**ROSZ SMITH**





## Brad Battin

As we wind our way through autumn and move into winter, the season reflects the vibrancy in the air. There is certainly a presence of change in the community, as autumn brings on a shift in the colours and movement around us. As your Liberal member of parliament, I will also be a part of this change as I work for you to help our communities recover and rebuild as we continue to move forward.

Together, we have overcome so many challenges and achieved so much on a personal, business and community level. I know for some of you, there is still a fair way to go, and this is where I offer you my voice as your member of parliament to help in the recovery and rebuilding of our communities.

As a community, we offer so much to each other to help strengthen our community relationships, build new ones, foster business growth, and provide safe places for socialising. This can only be achieved as we continue to work together and support each other through engagement with our many sports clubs, children's groups, arts programs, social groups, and volunteer organisations

I continue to strongly support buying a coffee, meal, product, or service at our local businesses and helping the people and their business in our community through the Think Local, Support Local philosophy. Together we will recover and rebuild, which will strengthen and grow our community.

If you would like to share your thoughts or any concerns with me, please feel free to contact me on 5953 0216 or



[brad.battin@parliament.vic.gov.au](mailto:brad.battin@parliament.vic.gov.au)

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**BRAD BATTIN MP**  
**MEMBER FOR GEMBROOK**

## Back in full swing!

The Upper Beaconsfield Tennis Club is back in full swing with all junior/senior weekend competitions up and running, as well as our midweek ladies and 4 nights of in-house tennis competitions.

First and foremost, congratulations to our Berwick & District Tennis Association Junior Section 15 premiers' team (photo below) – Abel, Louie, Ethan, Hunter, Jack, Jack, and Alexander! A great achievement for only your first season of tennis, well done! We look forward to seeing you grow and play across the years to come.

Our new season of Junior BDTA has started. With five teams across both Saturday and Sunday, this is the most juniors we've had playing for UBTC in

a few years. Yay! We wish everyone a great tennis season.

We recently held our postponed 2021 Junior Single Club Championships, and what a great day had by all! Congratulations to the following: girls – Avril winner, Mathilda runner-up; boys – Jordan winner, Hayden runner-up; B Grade – Jack winner, Ethan runner-up.

Our new season of Senior WDTA is back on Saturdays. With both a men's team and mixed team, if you are walking past the tennis club on a Saturday afternoon, be sure to cheer them on.

Our postponed 2021 Senior Club Championships finals (singles and doubles) were held in late February. Congratulations to the following: Ladies – Chloe winner, Caitlin runner-up; Men's – Sam winner, Jonathan runner-up; Ladies doubles – Elke and

Mathilda winners, Claudia and Caitlyn runners-up; Men's doubles – Damien and Lindsay winners, Jonathan and Matt runners-up. It was fantastic to see such great tennis across all matches.

Interested in playing night tennis? UBTC offers 4 nights of in-house tennis competition, and we are always looking for new players to join. Please note: Monday, Tuesday and Thursday night competition tennis are continually looking for emergency tennis players. If you are an UBTC member who can't commit to a particular night but would like the option to be called upon to fill in occasionally, please let us know! You'll be sure to get a hit.

Finally, our coaching team at UBTC offers a full range of programs for all abilities including Hot Shots, group lessons, semi-private lessons, private lessons, squad coaching, cardio tennis, and school holiday programs. For anyone interested in coaching please contact Karen on 0403 454 554 or email [Karen@ultimatetennismelbourne.com](mailto:Karen@ultimatetennismelbourne.com)

If you are interested in playing tennis or joining the UBTC community the club offers a wide range of tennis activities to suit everyone! Please get in contact with any queries you need answered at [upperbeaconsfieldtc@gmail.com](mailto:upperbeaconsfieldtc@gmail.com), and [www.facebook.com/upperbeaconsfieldtennisclub](http://www.facebook.com/upperbeaconsfieldtennisclub)

We hope to see you at the courts!

**CAITY BUTLER**  
**UPPER BEACONSFIELD TENNIS CLUB**





# Upper Beaconsfield Horse and Pony Club

*“We didn’t realise we were making memories; we just knew we were having fun.” (Winnie the Poo – AA Milne)*

For many of us that rode during our childhood, that time in our life created precious memories, including the endless hours spent with our steeds, to the fun times shared with friends, horses were our life. It is so delightful to see the happiness that pony club brings

to next generation as they learn, grow, and encourage each other during club meets.

The annual Twilight Games Rally – held on a glorious summer evening in February – was as fast and exciting as ever. Competing in club teams, riders

is cleverly designed to encourage riders to take responsibility for cleaning their horses and gear – essential for the health and safety of both riders and horses.



raced each other in several mounted games. As they galloped and weaved their way around obstacles, they were cheered on by family, friends, and instructors from the sidelines. Congratulations to the Wilson (Red) House for their overall win.

Reverting to a normal schedule in March, our riders practiced their skills in cross country, dressage and show jumping. It is a real privilege for members to learn from top instructors including Michelle Despax, Adam Wooten, Kathy Kinder and Sinead Conlon. We are grateful for their knowledge, patience, and skill in supporting our riders through the many challenges riding presents. A new initiative, Best Presented, was introduced at the March rally. The award

## Rider Profile

Chloe Westerveld (age 12)

Horse's Name: Star

Horse's Breed: Arab x Welsh

Favourite PC activity: XC and Polocrosse

2022 riding goal: To compete grade 3 horse trials



## Competition results

Congratulations to our members:

Avril Charman, Emily Bekker and Sarah Laukart for qualifying for the Pony Club State Championships held in Sale. Avril Charman and Emily Bekker won C grade for West Gippsland. Avril Charman placed in the B-Grade composite team with East Gippsland

Lola Rutherford and Chloe Westerveld for attending Mini Tooradin, their first horse trials. Lola came 8th overall (and 1st place overall in her team), and Chloe won the dressage.

Lola Rutherford, Saffron Allday and Sienna McPherson all competed at Tooradin Horse Trials and all placed in Grade 5.





The April rally was a real treat (literally), with an chocolate egg hunt held over the lunch break. There was a stampede as riders raced to find as many eggs as possible hidden among the club grounds. Judging by the smiling faces, everyone was pleased with their chocolate loot, which could very well last until next Easter!

Best Presented March 2022 Rally – Adele Marriner

Best Presented April 2022 Rally – Jake Davey

**Like to join us? Come and Try day available!**

Upper Beaconsfield Horse and Pony Club meets on the third Sunday of the month. Families are welcome to come and try what's it's like for a day. For enquires please email Lauren Wilson via email [membershipsubpc@gmail.com](mailto:membershipsubpc@gmail.com) You can also find us on our Facebook!

*JESSICA MARRINER*

## Busy schedule at Cardinia Beaconhills Golf

As the autumn leaves turn to red around the Beaconhills clubhouse, many events have been finalised.

**Club championships:** After four weeks of club championship stroke play, Craig Perkins is our new 2022 club champion and Jenny Chandler, the women's champion. Jenny also won the Veteran's Championship for women and then also triumphed away from home,

winning the prestigious Vi Teasdale Trophy (nett event) in the 36-hole Golf Australia Autumn Tournament played at Bright and Myrtleford over two days, plus finishing runner-up in the gross event! Andy Conn is the Veteran's Champion and the Junior Championship was won by Zelan Timmins. The B grade trophies for men and women were won by Matt van der Kraan and Michelle Desaulniers and C grade by Neville Rangikauhata. In the play-off amongst monthly medal winners, Ian Matthews won the Fred Paice Medal of Medallists and Heather

Hamilton the Midweek Medal of Medallists.

**Balcombe:** Following the championships, the top eight in each grade play-off for the matchplay championship. The results after the final round played over 36 holes were as follows:

A Grade: Craig Perkins defeated Joe Marsiglio 8/7

B Grade: Peter Campbell defeated Court Dore 6/5

C Grade: Neville Rangikauhata defeated Peter Lockman 4/3

**Twilight:** The 9-hole 2021-22 season results have been tallied and the player with the best overall nett score was Mark Evans with an average of -2.7 under par. Sharon Lowden -1.6, John Makarucha -1.35, John Barker -1.3, and Darren Richmond -1.25 made up the top five. The top gross scorers had an average close to par.

2022 Club champions Craig Perkins and Jenny Chandler

*continued on page 28*







continued from page 27

Michael Jackson 0.2, Craig Perkins 0.3, Mark Griffin 0.8, Ryan Hocking 1.8, and Brian Meneilly 2.5. The top five best putters were Mark Griffin 13.2, Ryan Hocking 13.4, Craig Perkins 13.6, Sharon Lowden 13.8 and Steve Mancer 13.9.

**Pro Am:** A four-way tie was a feature of the 2022 Beaconsfield Pro Am held on 18 March. Golf professionals Michael Isherwood, Kyle Michel, Ben Paine, David McKenzie and Simon Hawkes all shot four under to share the purse. The amateurs team winners with 55 points were Heather Hamilton,

Ros Harding and Karenne Gregory. Individual amateur results: 1st. Neville Rangikauhata (14) Score: 39 2nd. Brendan Tupper (13) Score: 39 3rd. Emil Ackaoui (12) Score: 37.

**He Hits it She Hits It:** There was a great turn out with 128 players turning out for the annual novelty nine-hole event. A player with a golf handicap teams with a player who does not have one and does not regularly (or ever) play. As always, it was a fun day with plenty of laughter. Best pair on the day were John and Cheryl Fynn who made sure to thank the handicapper.

**2022 Virtual Masters:** Another novelty event at the club pairs a local competition golfer's score through the week with a pro in the final round of

the Augusta Masters championship. Andrew Parker shot 41 points and had the satisfaction of seeing his drawn player C Morikawa equal his score. The pair came in just ahead of Alex McKay and Sue Ogilvie sitting on 42 and 40 points respectively. S Lowry scored 39 for Alex and M Fitzpatrick 38 points for Sue.

To find out more information about golf clinics or lessons please phone the Pro Shop on 5945 9230 or email [proshop@beaconsfieldgolf.com.au](mailto:proshop@beaconsfieldgolf.com.au)

**Hospitality news:** Bistro meals available Fridays, bookings: 5945 9210  
\*No BYO due to licence

MATT VAN DER KRAAN, CLUB MANAGER

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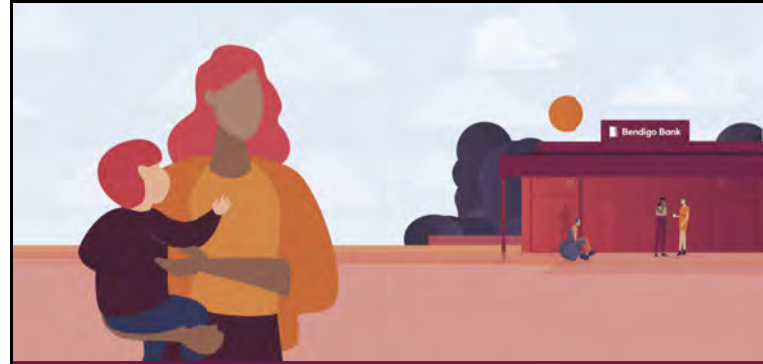
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**My Expert®** is an award-winning Home Loan, Conveyancing and Financial Advice business owned by well-known Upper Beaconsfield local, Brett Wadeldon. Our Expert team can help you with your home or investment loan, refinance, debt consolidation, property settlement and personal insurance to help you grow and protect your financial future.



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This information is general in nature only and does not constitute personal financial advice.



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### Why get immunized against the flu (also called influenza)?

The flu is a very contagious infection of the airways. It is especially serious for babies, people over 65 years old and pregnant women. In some cases it can even result in death. By getting vaccinated against the flu, you can also help protect other people, especially people who are too sick or too young to be vaccinated. The more people who are vaccinated in your community, the less likely the disease will spread.

### Who should get immunised against the flu?

It is recommended for anyone above six months of age and should be administered every year. This is because the most common strains of the virus that cause the flu change every year.

### When is the best time to get the flu vaccine?

Most people will develop immunity within two to three weeks of vaccination. Experts have advised there is recent evidence suggesting that protection following influenza vaccination may begin to wane. As influenza usually occurs from June, with the peak around August, vaccinating from mid-April will allow people to develop immunity before influenza transmission is at its peak. You can also speak to your doctor for advice on the best time to receive your vaccine, based on your individual circumstances.

**UPPER BEACONSFIELD GP PRACTICE**  
*Better care together*

*Flu vaccine can be co-administered with the Covid vaccine*

**Dr Anshu Malhotra**  
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GP Principal

**Dr Puneet Malhotra**  
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GP Principal

#### Opening hours:

Mon, Wed - Fri	8 am - 5 pm
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