

# Monty Matters

**MARCH  
2019**

## **Next Food Swap,**

**7th April, from 10:30am to  
11:30am**

**at Were St . Montmorency**



## **Steering Group**

### **Convenor:**

Katherine Barling

### **Co-convenor:**

Claire Holm

### **Treasurer:**

Garry Shilg

### **Secretary:**

Alan Cuthbertson

### **Minute Taker:**

Margaret O'Dowd

### **Editor:**

Alan Cuthbertson

### **Ordinary members:**

Jennifer Helmich

Pam Rowley

Vicki Jordan

Kay Tilley-Schilg

## **Araluen Power Generation**

	Dec & Jan	Since Installation
Power generated	3.3 Mwh	52 Mwh
Savings	\$500	\$9,000

## **What's on**

- **Sun 7th April** — Food Swap
- **Fri 12th April**— Candidates talk (pg 5)
- **Mon 15th April** — Climate Extinction (pg 7)
- **Various**—Activities for us oldies (pg 8 -10)

## **NEXT Meeting:**

Wed 3rd April

### **For info, contact:**

email:

[montymoves@gmail.com](mailto:montymoves@gmail.com)

### **Mob:**

Katherine - 0413 941 170

### **Website:**

[www.transitionmonty.org](http://www.transitionmonty.org)

### **FaceBook:**

## **Children's School Strike**

Could this actually make a difference?

Could us older people listen to what our children are saying? It is their future.

For full details, see page 2


## Children's Climate Strike

Several weeks ago I attended the most inspiring rally ever—20,000 students showing they care. They set an example for our older generation who think it is all too hard.

It was great to see Monty families on the train and I love the many home made signs.

And I love Greta, the 16 year old from Sweden who started it all. She sees things differently to most people and I guarantee you can't watch her speech to the UN without shedding a tear. <https://www.youtube.com/watch?v=VFkQSGyeCWg>

Greta has been nominated for the Nobel Peace prize



"ADULTS KEEP SAYING, 'WE OWE IT TO THE YOUNG PEOPLE TO GIVE THEM HOPE'. BUT I DON'T WANT YOUR HOPE. I DON'T WANT YOU TO BE HOPEFUL. I WANT YOU TO PANIC. I WANT YOU TO FEEL THE FEAR I FEEL EVERYDAY. AND THEN I WANT YOU TO ACT... I WANT YOU TO ACT AS IF YOUR HOUSE IS ON FIRE. BECAUSE IT IS."  
- GRETA THUNBERG

***Greta's thoughts. I would vote for her to be Prime Minister***



**20,000 students in Melbourne**







***Our Banner—a work of art***

## **Banyule Parade**

Last Sunday, 15 energetic locals promoting Monty Biodiversity Group, and Friends of Monty Bushlands, carried a colourful banner, placards, plants and climbing gear, as they participated in the Banyule Parade down Burgundy Street. Over previous weeks Julia Davis & Lascelle Lines, led a team of volunteers, to create and collect colourful, decorative, promotional props. Participants commented that this activity had given them a great connection and community feeling.



***Tree climbers looking the part***



## TIRED OF JUNK MAIL?

Unwanted junk mail that appears in our letterbox is a waste of water and paper resources. Sometimes it is blown away by the wind, creating litter in streets, drains and streams.

To minimise this waste, you can take the following steps

- Place a No Advertising Material sticker on your letter box. These stickers are available free of charge from the Distribution Standards Board. Call 1800 676 136 for more information.
- Report irresponsible distribution of junk mail to the Distribution Standards Board on 1800 676 136. Report any junk mail which is littered, delivered in duplicate or delivered to a letterbox with a No Advertising Material sticker on it. Report offenders. For more information about the board visit: <https://www.therealmediacollective.com.au/dsb-standards/>



*Franciscus Henri's contribution*



## **PUBLIC MEETING**

**Australians are soon to vote in a federal election!**

***Where do the parties stand on issues that matter?***

***What would you wish the next Government to achieve?***

**Hear our Jagajaga candidates respond to issues of policy on:**

**FOREIGN AID**

**ASYLUM SEEKERS AND REFUGEES**

**INDIGENOUS AUSTRALIANS**

**CLIMATE CHANGE**

**Candidates:**

**Kate Thwaites, Australian Labor Party**

**Paul Kennedy, The Greens**

**Liberal Party nominee (tba)**

**Bring your questions and join the discussion.**

**Date: Friday April 12th, 7.30 -9.30pm**

**Venue: Parish Hall, St Francis Xavier Catholic Church,**

**86 Mayona Road, Montmorency**

**Free Entry – Tea and coffee provided**

**Enquiries: Cathie Roby [cpr.rge@bigpond.net.au](mailto:cpr.rge@bigpond.net.au)**

**Eltham Bookshop will have a table with relevant books for sale**

Organised by: Amnesty International, Diamond Valley Oxfam, Grandmothers Against the Detention of Refugee Children (Jagajaga Group), Montmorency Asylum Seeker Support Group, Nillumbik Reconciliation Group, #RightTrack Jagajaga Conversation Project, Social Justice, Eltham Montmorency Uniting Church, Social Justice Group, St Francis Xavier Catholic Parish Montmorency, Transition Network in Banyule.



***Getting down and dirty at Peck's dam***

## PECKS DAM UPDATE

The surrounds of Pecks Dam are flourishing at the moment, with so many plantings over the last 2 years. Wattles, grasses and other small plants are growing well. In February, volunteers donned their waders to plant aquatic plants around the edge of the dam. The 132 plants will provide habitat for aquatic birds and frogs, increase the diversity of species and provide protection from predators such as cats and foxes. The rain garden was also planted out with a variety of plants.

Thanks to all the volunteers, who were not deterred by the heat.

## Clean Up Australia Day

A small but dedicated group of individuals helped us to collect 10 bags of rubbish from around Monty. It was a very hot day but that didn't deter us.



***The Stop Adani Bike in Heidelberg***

## Bikes against Adani

After last month's request, Margaret donated an old bike that was languishing in her garage.

It now sits near Jenny Macklin's office reminding her for the need to take action on Climate Change





## Extinction Rebellion

The Rebellion started last Friday when demonstrators, led by the Climate Guardians, presented a list of demands on our government including:

- Tell the truth about Climate Change
- Zero net emissions by 2025
- A citizen's assembly to direct action on Climate Change

If the government doesn't act (which I suspect they won't) we will be holding a fortnight of action from April 15th to show that we demand action.

***Note: This is my personal project and is not necessarily endorsed by the Montmorency Community Group.***

Alan Cuthbertson



***Our banner on the Eastern– The police visited and let us leave it up for 2 hours***



# Premier's Active April

## What's on in Banyule

Premier's Active April is part of the Victorian Government's commitment to promote healthy and active lifestyles and get Victorians to join in the fun of increased physical activity.

This April, get more active, more often. Step up the amount of physical activity you do, all it takes is 30 minutes of physical activity a day. For more information visit [banyule.vic.gov.au](http://banyule.vic.gov.au)

### Bush Dance

Friday 12 April, 7pm - 10pm  
Bellfield Community Hall, 231 Banksia Street,  
Ivanhoe

This is a free event, BYO nibbles and drinks  
Are you over 50 and remember the bush  
dances at La Trobe University and the Show  
Grounds? Would you like to enjoy that  
experience again with your friends?

We are holding a bush dance with support  
from the Ringwood Folk Dancing Club.

Come along and have a dance or just enjoy  
the band.

Limited tickets available (max. 4 per  
household). Bookings **9490 4222**.

### Ivanhoe Aquatic Centre

We have something for everyone this April.

### Living Longer, Living Stronger - Council on the Ageing (COTA)

Monday, Wednesday & Friday, 11am-12pm

A strength training program specifically  
designed to meet the needs of older adults  
(50+ years). Please wear suitable footwear  
(e.g. runners) and comfortable clothing.

**A medical clearance may be required prior  
to starting.**

### Seniors Strength and Stretch

Fridays, 9.30am

A light, full body workout that can be taken at  
your own pace with a variety of equipment.  
Gain confidence exercising and have fun with  
others!

Visit Ivanhoe Aquatic Centre at 170  
Waterdale Road, Ivanhoe for a  
complimentary pass or phone **9490 7111**.

### WaterMarc

#### Senior Strength Classes

Between Monday 1 April and Friday 5 April  
for a gold coin donation to the Belgravia  
Foundation, you can participate in any senior  
strength class.

For further details on what classes are  
available contact WaterMarc on **9422 6111** or  
visit [watermarcbanyule.com.au](http://watermarcbanyule.com.au)

### Waterslide experience, super exciting!

Thursday 4 April 2019, 12pm – 1.30pm

WaterMarc, 1 Flintoff Street Greensborough

Free event for people over 50 years.

Things to note for waterside use for the  
senior community. There are four flights of  
stairs with approximately 60-70 steps to the  
top. WaterMarc staff will be available to carry  
the rafts up the stairs.



# Connecting in Banyule

## Seniors Coffee Connect

### Starts in April

Are you an older adult living independently in the community who would be interested in joining a coffee club group? We will meet on a fortnightly basis for a chance to chat, with morning tea provided. Three venues have been chosen for this activity – Ivanhoe, Watsonia and Montmorency.

Transport can be arranged.

For more information contact Carolyn Jury, 9433 7767 or [agefriendly@banyule.vic.gov.au](mailto:agefriendly@banyule.vic.gov.au)



## Activity Directory for Older Adults

The Activity Directory for Older Adults aims to encourage Banyule residents to discover a broad range of interesting and enjoyable activities for older people; linking them with groups, clubs or associations within the municipality. This project has been driven by our Age Friendly Champions (volunteers).

To find an activity or to let us know about your club, visit [banyule.vic.gov.au](http://banyule.vic.gov.au) and search for Older Adult Activities.



## Active April for older adults

This April, step up the amount of physical activity in your life and get more active, more often. Here are some special activities happening for older adults.



### Check out our leisure centres

#### WaterMarc

For a gold coin donation to the Belgravia Foundation, enjoy a senior strength class during 1–5 April. For specific sessions and times, call WaterMarc on 9422 6111 or visit [watermarcbanyule.com.au](http://watermarcbanyule.com.au)

People over 50 years can enjoy a waterslide for FREE! Thursday 4 April, Noon–1.30pm. Note: You need to climb up 70 steps but staff will carry the rafts!

#### Olympic Leisure Centre

Throughout April, you can enjoy free: yoga and aqua classes; the Living Longer, Living Stronger program; and a family swim (limit one per family).

#### Ivanhoe Aquatic

Also during April, Ivanhoe Aquatic is offering free Seniors Strength and Stretch classes, and the Living

Longer, Living Stronger program. Plus members can receive a 'Bring a Friend pass' for LesMills classes.

### Bush Dance

Who is over 50 and remembers the bush dances at La Trobe University and the Show Grounds? Would you like to enjoy that experience again with your friends?

Council is holding a Bush Dance in the tradition of those days with support from the Victorian Folk Music Club and the Billabong Band.

📅 Friday 12 April

🕒 7pm–10pm

📍 Bellfield Community Centre, Cnr Oriol Rd and Banksia St, Bellfield

💎 Free event. Limited tickets available. BYO nibbles and drinks

📞 To book call 9490 4222. More info at [agefriendly@banyule.vic.gov.au](mailto:agefriendly@banyule.vic.gov.au)

## Coffee Club Connections

Is it sometimes a challenge for you to get out and meet new people?

Older Banyule residents are invited to join a small group fortnightly for an informal coffee and a chat in Ivanhoe, Montmorency and Watsonia. Transport can be provided.

**Contact Carolyn  
Jury 9433 7767  
or email  
[agefriendly@  
banyule.vic.  
gov.au](mailto:agefriendly@banyule.vic.gov.au)**





**CONTRIBUTIONS** to our newsletter are welcome. Please send articles of interest to the newsletter coordinator by the 10th of each month. The newsletter is issued on the 15th of the month.

Please email to [montymoves@gmail.com](mailto:montymoves@gmail.com) and send a copy to the Editor [alan@diydoublinglaze.com.au](mailto:alan@diydoublinglaze.com.au) .

Please use the subject line "Newsletter - (then add anything else after that)

**ADVERTISING**

Advertising is \$10 per quarter page but must be in line with the MCG ideals of community and sustainability.

Newsletter coordinator is Alan Cuthbertson

Email: [alan@diydoublinglaze.com.au](mailto:alan@diydoublinglaze.com.au)

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## **Montmorency Community Group Inc. Membership Form 2018–2019**

You are invited to become a financial member of the Monty Community Group, by filling out this form and posting it (with your membership fee if you would like to pay by cheque) to the Monty Community Group at the address below.  
Your membership will help to support initiatives of the Monty Community Group and our Transition Town program.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Membership Fee: \$10 per individual/household, \$5 concession, \$25 per business.

Payment Methods: Bank Deposit: Receipt Provided No. \_\_\_\_\_

Bank Account: Montmorency Community Group

BSB: 633 000

Account No: 140371089

**When making a bank transfer, please ensure your name is noted so we can reconcile your payment with your application.**

Payment by Cheque: Payment Enclosed: \$\_\_\_\_\_

Cheques payable to: Montmorency Community Group  
PO Box 87 Montmorency 3094