



# MONTMORENCY COMMUNITY GROUP

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

September 2014

## Featuring

- Mens' Shed
- Walk Against Climate Change
- Monty Foodswap
- Power Up
- Homestay Needed
- Spiritual Day
- Evening with Fr. Shay Cullen
- Asylum Seekers Lunch
- Classifieds

## *MCG is a Transition Town*

We are connecting local people with ideas, vision and action to move from oil dependency to sustainable communities.

Be part of this vibrant group and help create a community that YOU would like to live in:

Growing food  
Community gardens  
Climate change action  
Transport advocacy

The Transition Town (TT) movement is a global network of localised TT groups.

MCG aims to inspire and enhance connectedness and sustainable living within community.



## Steering Group

**Convenor:** Alan Cuthbertson

**Co-convenor:**

Katherine Barling

**Treasurer:** Kate Landers

**Secretary:** Pam Rowley

**Member Secretary:**

Alison Johns

**Ordinary members:**

Barbara Jackson

Rohan Johns

Blaise van Hecke

Karl Bates

Margaret O'Dowd

Jane Oldfield

## For info, contact:

montymoves@gmail; or  
phone Alan on 9439 8205 or  
Katherine on 0439 652 680

## Community Veterans Mens' Shed



Normally each month we write a profile of a person that lives in or around Montmorency. This month we write about a group that is tucked away in Main Road.

The Community Veteran's Mens' Shed is a support group that is supported by the Greensborough RSL. It receives funding from Veterans affairs and exists to help support war veterans. Around 30

ex servicemen visit their home in Main Road, Lower Plenty each Monday and Wednesday. Here they can talk and work away on their various projects. They have a well equipped workshop with drills, planers and lathes which turn out an enormous range of wooden articles. Some are kept by the people making them but many are given away to needy groups.

The group was set up to provide a place where ex servicemen could meet and share their stories and their problems. Some come for a short period, others stay for years. All find the place a supporting environment. The group of the group is Lee Webb who is also president of the Greensborough RSL .

Last month the group worked on assembling 35 nesting boxes for our Sugar

Glider project. We had cut out the boxes, they then assembled them. Jane and I collected the boxes and were impressed with the workmanship. Lee complained that the pieces weren't cut exactly to size, but we felt that the sugar gliders wouldn't complain.

The Montmorency Community Group would like to thank them for their support in assembling the sugar glider boxes and wish them well for the future.

If any ex-servicemen would like to be involved in the group they can contact:

Lee at [President@rsl-greensborough.com](mailto:President@rsl-greensborough.com)

## **Sun 21st September – Walk against Climate Change**

Things are hotting up for the big walk! You may not be aware that Sunday 21st September has been designated as "International Day for Action on Climate Change" I would like to think that it was because they heard I was starting my walk to Sydney on that day, but that seems unlikely! But it does mean that we have a good springboard for the walk. We will be heading off immediately after the Rally being held in the city, so come along and join in.

I have 4 people walking with me for the whole distance. There will be others joining us for shorter periods of the walk. I am aged 64 and I am the youngest! I was doing a radio interview last week and the host said "I see you are walking with June Norman from Brisbane – She may be a 74 year old grandmother, but you will have trouble keeping up with her!"

### **Sun 21st will be a big day:**

**City Rally:** This will start at 11:00 at the State Library. It will be a big rally organised by 350.org and Getup. The rally will walk to Treasury Gardens where there will be some speakers. At the end of the rally they will introduce those walkers heading off to Canberra and we will regroup at the Fitzroy Gardens, near the Tudor Village. Just look for the Turtle!

**Walk to Fairfield:** After lunch at around 2:00 we will head off to Fairfield, picking up the Yarra trail in Abbotsford. This is about 6 km and everyone is invited to join us.

**Climate talk:** At 7:30 we will hold a Climate Talk at the Lower Plenty Scout Hall. You will have a chance to meet the walkers and talk about Climate change.

This should be a great day so please join us.

For more information, you can go to [www.climatewalk.org.au](http://www.climatewalk.org.au)

or follow us on FaceBook [www.facebook.com/climatewalk](http://www.facebook.com/climatewalk)

or email me on [alan@climatewalk.org.au](mailto:alan@climatewalk.org.au)

*Alan Cuthbertson*



## **Monty Foodswap**

Our September food swap was well attended given it was Fathers' Day and people had other commitments to fit in. An abundance of lemons and winter greens, as well as amaranth seed and parsley and coriander were soon swapped and shared with delight. It's amazing how often I hear "Ooh I don't grow that, is it easy to grow, and could I have some?"

We also enjoyed the opportunity to have an encouraging demonstration by the wonderful Julie French on making a simple sauerkraut in a jar, using mostly arm power and a bit of salt to set it up. Julie also showed us a way to preserve lemons for use later in the year when they are not so abundant, and how to use them in a couscous for added yummy flavour. Thanks to Monty Primary School for their generous support, and for the use of their

buildings over the autumn and winter months.

From October we will be back at our sunny Were Street location in the park.

See you on Sunday October 5th, from 10.30am to 11.30am in the Were Street park.

If you can come a little earlier to help with set up, that would be fab. Bring your excess seedlings, herbs or greens, or perhaps some jars or a recipe or worm tea to share. If you have an idea to demonstrate something (planting, cuttings, making a herb tea or whatever), please call Katherine with your ideas. Everyone is welcome.

*Katherine*

0439 652 680

## Power Up

Get Up and Greenpeace have been recommending that Victorians 'make the switch' and change power companies as many providers have been trying to get rid of the RET (renewable energy target). Greenpeace have created a guide to help people understand what the different companies stance on green energy is so that people can choose their energy provider accordingly. Greenpeace have ranked Powershop as number one as it is owned by Meridian (100% renewable company) and it is the only company that is actively fighting to save the RET. I switched to Powershop for my electricity and to Red Energy for my gas.

Here is the guide:

<http://www.greenpeace.org/australia/en/what-we-do/climate/The-Green-Electricity-Guide/?src=GP1>

## 3-6 MONTH HOMESTAY NEEDED

I am looking for a 'homestay' host in the Banyule/ Nillumbik area for Abbas, a 24yo single man living on a bridging visa. A homestay host would need to provide a basic room with a bed and table and the opportunity to share household life and participate in social activities. I would recommend Abbas as a "house mate" as I have found him to be responsible, honest and trustworthy.

Abbas is a very polite, cooperative and respectful young man. He can speak, read and write English at a basic level, but his visa denies him the right to work, receive English lessons or undertake job training. Abbas has begun to attend a community school, which he will attend on weekdays.

Abbas can pay for basic household expenses. He can cook for himself if needed and help with house cleaning, dish washing and food shopping.

Contact Pam on 94391853 or 0417110837. Please pass on to your networks.

This would be a private arrangement, not arranged through an agency such as ASRC. I have accommodated 2 young men in similar situations before, and I could provide support to the homestay host if needed.

## NEXT MCG STEERING GROUP MEETING

**all members welcome**

Wednesday 1 October at  
Busybird Publishing  
Studio Gallery  
2/118 Para Road  
Montmorency  
7.00pm-8.30pm

## EVENTS

### Open Mic Night

Busybird Publishing  
Studio Gallery  
2/118 Para Road  
Montmorency 3094  
Wednesday 17  
September  
7.00pm-9.00pm  
Entry by gold coin donation,  
includes supper.  
For more information call  
Blaise on 0416 157 281.

### Friends of Monty Bushlands (FOMB)

Saturday 4 October  
10.00am-12.00noon  
Ratray  
MAP 21 E6  
Meet at Top of Reserve:  
Handweeding through this  
year's plantings at the top  
section.  
Contact Pam on 9439 1853  
or [prowley@chariot.com.au](mailto:prowley@chariot.com.au)

### Monty Food Swap

Sunday 5 October  
10.30-11.30am  
Montmorency Primary  
School

**DON'T FORGET  
THAT DAYLIGHT  
SAVINGS START  
ON SUNDAY 5  
OCTOBER!!**



# DADIRRI

*Inner Deep Listening and Quiet Still Awareness*

*An afternoon of reflection and contemplation  
based on the Dadirri message of  
Miriam-Rose Ungunmerr-Baumann*

*a spirit filled Indigenous woman from Daly river.*

*Led by Revd Libby Delbridge.*

**Where:** *Gawa Trail, Yarra Glen Road  
Watson's Creek. Melways: p272,D4*

**When:** *Saturday October 4th, 1.30 - 4.00pm  
Limited numbers. Cost: \$5.00*

*Drawing materials, tea & coffee will be provided. Bring a  
folding chair if possible & wear comfortable shoes. You will  
have personal time to reflect, write, draw, walk.*

*Followed by afternoon tea at the  
Watson's Creek Cafe - at your own cost*

***Be attentive to the Spirit in everyday life***

*Booking essential by: 26th September 2014*

*Ring: Diana 94398565 or*

*St. Margaret's Parish Office: 9439 9238*



St Francis Xavier Catholic Parish, Montmorency

**INVITES YOU TO AN EVENING WITH  
FR. SHAY CULLEN**

HEAR FR. SHAY, TRIPLE NOMINEE FOR THE NOBEL PEACE PRIZE,  
SPEAK OF HIS WORK AMONGST THE POOR AND ABUSED IN THE  
PHILIPPINES.

St Francis Xavier Parish Hall

Mayona Rd, Montmorency

Wednesday 22nd October, 7.30pm

LEARN OF THE WORK OF THE PREDA FOUNDATION which Fr. Shay founded in 1974. The People's Recovery, Empowerment and Development Assistance Foundation works to bring freedom and new life to children who are in jails, in brothels and on the streets.

PREDA also aids trafficked women, battered women and indigenous people. It seeks to protect the environment and alleviate poverty by micro-credit and fair trade projects.

**Hear Fr Shay's insights into how we can make a difference.**

Enquiries: Glenys Gayfer- 0411 196 395

All welcome by gold coin donation



Franciscus Henri

## **M A S S G**

Montmorency  
Asylum Seekers  
Support Group



### ***Lunch with a difference***

On Friday August 29th, 102 people gathered for lunch at Bridges Restaurant in a beautiful bush setting just out of Hurstbridge. They had come together to support asylum seekers who must rely on charity for even their most basic needs. In this pleasant atmosphere over a delicious meal, it was difficult to imagine the situation faced by asylum seekers living in the same city- unable to work, unable to study or to get their claims for refugee status assessed- and in particular to those locked up in detention centres both in Australia and in Nauru and Manus Island. Organised by the MASSG, this event was held in support of the food bank at the ASRC (Asylum Seeker Resource Centre) and a total of nearly \$2000 was raised.

After lunch, they heard from Sameneh, a young woman from Iran, who is now living in Melbourne on a bridging visa, which does not allow her or her husband to work, forcing them to rely on a small government allowance and charity. Sameneh told how she and her husband escaped from Iran to avoid religious persecution, with only 3 days warning that her husband was to be imprisoned or worse, as punishment for changing his religion. She described their difficult time in Indonesia and the terrifying boat trip from there. She mentioned her experience of detention on Christmas Island and in Adelaide, which was too dreadful to describe in detail. Sameneh's future goal is to use her academic qualifications and experience in English language and teaching to contribute to the Australian community.

The next meeting of the MASSG will be on Monday, 15<sup>th</sup> September at the Uniting Church, Montmorency. **All welcome.** Contact Maree on 94320190.

***Pam Rowley***

## **Friends of Montmorency Bushlands**

**Want to help restore and beautify our nature reserves?  
To find out how, or to receive our 2014 calendar, ring Pam on 9439 1853  
or email [prowley@chariot.com.au](mailto:prowley@chariot.com.au)**

**We are now on Facebook!  
[facebook.com/friendsofmontmorencybushlands](https://facebook.com/friendsofmontmorencybushlands)**



**NO SERVICE CALL CHARGE FOR 3094 RESIDENTS**

& pay in **Diamonds** with **LETS** (Local Energy Transfer System).  
See [www.communityexchange.net.au](http://www.communityexchange.net.au) for details\*.

Check out our website [www.baulchplumbing.com.au](http://www.baulchplumbing.com.au) for service details.

Like our Facebook page [www.facebook.com/baulchplumbing](http://www.facebook.com/baulchplumbing) to be keep up to date with our plumbing specials.

\*LETS members only. Baluch Plumbing LETS member #2346.



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\* known universe may possibly be an exaggeration... but we do have LOTS & LOTS!

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8850 3030

## UNLOCK the WRITER in YOU

7-9 November 2014

**What is the key to transforming your ideas and experiences into compelling and engaging stories?**

No matter what vision you have for your writing, you can move beyond self-doubt and procrastination to fully express your writer's voice with the help of industry professionals.

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- ✦ Create characters that are interesting but real
- ✦ Write prose that is magnetically engaging
- ✦ Learn good writing practice
- ✦ Learn about structure in story
- ✦ Participate in 'table talk' to grow your ideas
- ✦ Learn how to polish your work, ready to publish
- ✦ Leave with all the tools needed to write your story.

**What is your legacy?** This program will help you discover it. Join this small group at the gorgeous Karma Kinglake 7-9 November.

**Only \$950 (includes GST)**

All accommodation and meals included.

**Contact Blaise for more details:**

**T:** 03 9434 6365

**E:** [busybird@bigpond.net.au](mailto:busybird@bigpond.net.au)

**W:** [www.busybird.com.au](http://www.busybird.com.au)



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publishing

**Your writing journey is about to begin.  
If not now, when?**



**Please send us your  
contributions for the**

**Monty Community Group  
Newsletter.**

**What is your burning issue?**

**Do you want to:**

- Form an interest group?
- Write a paragraph on your favourite topic?
- Advertise a community event?

**Keep the Monty Community  
informed.**

Email us at: [montymoves@gmail.com](mailto:montymoves@gmail.com)

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





## **Vision and Purpose**

### **Montmorency Community Group – A Transition Town**

The Montmorency Community Group acts as a catalyst to bring together residents and locally-based groups that share a common goal of building a stronger more resilient local community. It utilises the Transition Town model to help create a community that is socially, environmentally and economically sustainable, in the face of changes brought about by Climate Change and Peak Oil.

It achieves this through:

- awareness raising activities
- building strong networks to build an inclusive community
- undertaking practical projects to reduce our impact on the planet,
- promoting the well being of local residents.

The Montmorency Community Group is guided by principles of social justice, the valuing of differences, a respect for all views and personal and community empowerment, and principles embedded in the Universal Declaration of Human rights and The Earth Charter.



LIKE us on Facebook

<https://www.facebook.com/MontmorencyCommunityGroup?fref=ts>

**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.

**ADVERTISING**

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

Newsletter coordinator is Blaise van Hecke

Email: busybird@bigpond.net.au

Please ask permission to reproduce material. Montmorency Community Group endeavours to publish great content but holds no responsibility for opinions held or wrong information.

## **Montmorency Community Group Inc. Membership Form 2014–2015**

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  
c/- 251 Old Eltham Rd, Lower Plenty, 3093