

THE FAWKNER TIMES

Volume Three

Winter/Spring Edition



Pictured: Bonwick Street Mural

The Great Idea Program

From parent & bub exercise classes to local science activities for the whole family, Fawkner is home to many great ideas. Read more on page 6.



Eat. Do. Go. See!

Creating something new and delicious in the kitchen is an exciting experience that you can do on your own, with your kids, or even with friends via video chat!



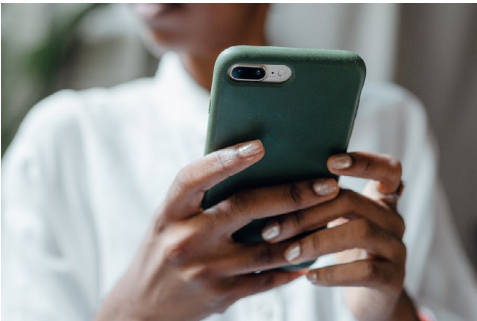
Sustainability in Fawkner

A professional background in Information Technology (IT) has never stopped John Englart from being involved in sustainability.



Harmony Day

Earlier this year, 50 Fawkner residents received \$100 grants through the Hello, Fawkner! Harmony Day Party Program to hold parties for their friends, family and neighbours.



Fawkner "Best Of" Facebook

Given this will be our final printed issue (see the Letter from the Editor on page 2), we thought this would be a good time to highlight some of the other ways to stay connected in Fawkner!

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LETTER FROM THE EDITOR

Welcome to the third and final edition of The Fawknor Times!

These last few months have brought many changes into our lives as a result of COVID-19.

While the way we connect, communicate and engage may have changed, Fawknor's sense of community has not.

We've seen businesses giving out free meals, neighbours buying groceries for those who are more vulnerable, people connecting on social media like never before and so much more.

In this edition of The Fawknor Times, we bring interesting and inspiring stories from local beekeepers, librarians, environmental activists, cooks, and even

some friends who you may recognise from previous editions.

We know you'll love reading about your Fawknor neighbours as much as we loved writing about them!

We need you!

The Fawknor Times is a community newspaper and e-newsletter brought to you by Hello, Fawknor! – a project of Merri Health which finishes mid-2021. In order for The Fawknor Times to continue, it will need to be taken over by an interested community member, group or organisation. If this sounds like something you'd be interested in, please get in touch by emailing hellofawknor@merrihealth.org.au or calling

1300 637 744. We would love to discuss this further with you.

To find out more about Hello, Fawknor! or to view previous editions of The Fawknor Times, visit www.merrihealth.org.au/hello-fawknor

Due to the ever-changing nature of the COVID-19 situation, please understand that some of the information may have become outdated since articles were written, but all information was correct at time of printing. To stay up-to-date with the COVID 19 outbreak, visit www.vic.gov.au/coronavirus

LETTERA DELL'EDITORE

Benvenuti alla terza e ultima edizione di The Fawknor Times!

Questi ultimi mesi hanno portato molti cambiamenti alle nostre vite a seguito di COVID-19.

Mentre il modo in cui ci connettiamo, comunichiamo e interagiamo potrebbe essere cambiato, quel senso di comunità di Fawknor no è stata cambiata.

Abbiamo visto aziende distribuire pasti gratuiti, vicini che facevano spese per i più vulnerabili, le persone che si connettevano sui social media come mai prima e molto altro ancora.

In questa edizione di The Fawknor Times, presentiamo storie interessanti e motivanti di apicoltori locali, bibliotecari, attivisti ambientali, cuochi e persino

alcuni amici che potresti riconoscere dalle precedenti edizioni.

Sappiamo che ti piace leggere dei tuoi vicini Fawknor tanto quanto noi amiamo scrivere su di loro!

Abbiamo bisogno di te!

Il Fawknor Times è un giornale della community e una newsletter elettronica offerti da Hello, Fawknor! - un progetto di Merri Health che terminerà a metà del 2021. Affinché The Fawknor Times possa continuare a esistere, dovrà essere rilevato da un membro della comunità, un gruppo o un'organizzazione interessata. Se questo suona come qualcosa di cui potresti essere interessato, ti preghiamo di contattarci inviando un'email a

hellofawknor@merrihealth.org.au o chiamando il numero 1300 637 744. Ci piacerebbe discutere ulteriormente la questione con te.

Per saperne di più su Hello, Fawknor! o per visualizzare le precedenti edizioni di The Fawknor Times, visitare www.merrihealth.org.au/hello-fawknor

A causa della natura in continua evoluzione della situazione COVID-19, si prega di comprendere che alcune informazioni potrebbero essere obsolete da quando gli articoli sono stati scritti, ma tutte le informazioni erano corrette al momento della stampa. Per rimanere aggiornato sull'epidemia di COVID 19, visitare www.vic.gov.au/coronavirus

ایڈیٹر کی جانب سے ایک مراسلہ

The Fawknor Times کے تیسرے اور آخری ایڈیشن میں خوش آمدید!

COVID-19 کے باعث ان گزشتہ چند مہینوں نے ہماری زندگیوں میں بہت سی تبدیلیاں رونما کی ہیں۔

اگرچہ ہمارے رابطے، گفت و شنید اور میل جول کا طریقہ تبدیل ہو گیا ہو، لیکن Fawknor کا احساس کمیونٹی تبدیل نہیں ہوا ہے۔

ہم نے کاروباری اداروں کو مفت کھانے دیتے ہوئے دیکھا ہے، پڑوسیوں کو ایسے لوگوں کے لیے راشن خریدتے دیکھا ہے جو اس وائرس کے خطرے کی زد میں زیادہ ہیں، لوگوں کو سماجی میڈیا پر ایک دوسرے سے اتنا رابطے کا حامل دیکھا ہے کہ پہلے کبھی نہیں دیکھا تھا اور اس کے علاوہ بہت کچھ دیکھا ہے۔

The Fawknor Times کے اس ایڈیشن میں، ہم

hellofawknor@merrihealth.org.au پر ای میل کر کے یا 1300 637 744 پر کال کر کے رابطہ کریں۔ ہمیں اس حوالے سے آپ کے ساتھ مزید بات چیت کر کے خوشی ہوگی۔

Hello, Fawknor! کے بارے میں مزید جاننے کے لیے یا The Fawknor Times کے گزشتہ ایڈیشنز دیکھنے کے لیے www.merrihealth.org.au/hello-fawknor ملاحظہ کریں۔

COVID-19 کی ہر دم بدلتی صورتحال کے باعث، براہ کرم سمجھیں کہ آرٹیکلز لکھے جانے کے بعد سے کچھ معلومات ممکن ہیں غیر مستند ہو چکی ہوں، لیکن طباعت کے وقت تمام معلومات درست تھیں۔ COVID 19 کی وبا کے حوالے سے واقف رہنے کے لیے، www.vic.gov.au/coronavirus ملاحظہ کریں۔

مقامی شہد کی مکھیوں کے فارمرز، لائبریرینز، ماحولیاتی کارکنوں، باورچیوں اور حتیٰ کہ ان چند دوستوں سے جن سے آپ گزشتہ ایڈیشنز سے واقف ہوں، سے دلچسپ اور متاثر کن داستانیں لے کر آتے ہیں۔

ہم جانتے ہیں کہ آپ اپنے Fawknor پڑوسیوں کے بارے میں پڑھنا اتنا ہی پسند کریں گے جتنا کہ ہم ان کے بارے میں لکھنا پسند کرتے ہیں!

ہمیں آپ کی ضرورت ہے! The Fawknor Times

ایک کمیونٹی اخبار اور ای نیوز لیٹر ہے جسے آپ تک Hello, Fawknor کی جانب سے پہنچایا جاتا ہے! - Merri Health کا ایک پروجیکٹ جو 2021 کے وسط میں ختم ہو جائے گا۔ The Fawknor Times کو جاری رکھنے کے لیے، اسے دلچسپی کے حامل ایک کمیونٹی رکن، گروپ یا ادارے کی جانب سے لیا جانا ہوگا۔ اگر آپ کو لگے کہ آپ اس میں دلچسپی رکھتے ہیں، تو براہ کرم

Hello,
Fawknor!

Ciao,
Fawknor!

Merhaba
Fawknor!

शालो,
फकनर!

ہیلو،
فوکنر!

مرحبًا
یا فوکنر!

Γειά σας,
Fawknor!

Ciao,
Fawknor!

EAT / DO / GO / SEE



Creating something new and delicious in the kitchen is an exciting experience that you can do on your own, with your kids, or even with friends via video chat!

With many recipes available online it's easy to get overwhelmed. So, why not try something that comes recommended by your fellow Fawkner neighbours instead?

In this edition, our friends, neighbours and Fawkner locals have shared their much-loved recipes. Ranging from hearty salads to meatballs, there really is a local recipe to suit everyone's tastebuds.

On page 8 you'll find some of our favourite Fawkner recipes, which will hopefully teach you a new skill and delight your household with an exciting new dish from the comfort of your own home.

As many of us have been spending much more time at home recently, now is the perfect opportunity to try something new in the kitchen and learn a little bit more about different cultures in the process.

Fawkner's food producers, growers, sharers and suppliers have a range of fresh and delicious produce to help you on your mission to creating something incredible, whether it's a trip to the Fawkner Food Bowls, Leanda Smith's share box, The Community Grocer or even a visit to the new-look Bonwick Bakery.

So, roll up your sleeves, clear the benches and get cooking!



The last few months have changed the way we interact with each other, with dinner parties replaced by video chats, trips to the park with online messages and online shopping now taking the place of visits to the local shops.

These changes haven't stopped people in Fawkner from connecting, with a number of online communities (some of which you'll read about on page 11) bringing like-minded community members together.

Facebook pages like Fawkner Fairly Good Karma Network, Fawkner and its Sister Suburbs, Sustainable Fawkner and many more, have continued to bring people together in a time where leaving the house is, at times, not an option.

These pages don't just exist as a virtual meeting place when you can't go out, they are a constant support network full of friendly members that are always willing to lend a hand, listen to a problem or just have a chat.

So, if you're looking for a new network to connect with, if you need someone to talk to, need a favour or you just want to feel closer to your neighbours, log on to Facebook and join one of these welcoming Fawkner groups. You'll find our full list of recommendations on page 11.



Pictured: Leanda Smith and her Share Station

Leanda Smith has been living in Fawkner with her husband for seven years. The pair believe that growing your own food, with minimal waste and a generous attitude, is a simple solution to the world's growing sustainability crisis.

Leanda's garden is inspired by her personal attitudes to life which include caring for the earth, caring for others and sharing with the community. Food swaps are just one great way to share her produce with the community, which is why Leanda started her 'share station'; a box on her front gate where she puts fresh produce (and other goodies) for her neighbours to take as they pass by.

"My garden produces more than we need at times, so I share it, it would be a shame for it to go to waste.

"I started the share box because I wanted to share with my community, encourage conversations and to assist elderly

neighbours with their well-established gardens, providing them with a space to share their excess produce.

"So far the share station has been received really well and has started so many fabulous conversations at my front gate!" Leanda said.

In the future, Leanda would love people to use her share station more often, encouraging community contributors to share their own produce also. The idea of a share station centres around community and avoiding waste as much as possible.

The share station is always open and is situated on Denys St, between Welch and Boston St, out the front of the leafiest house on the street! It's a game of chance as to what might be available at any given time, but it's guaranteed to be seasonal and delicious!



SEE: MOOMBA PARK RESERVE

As physical distancing measures came into place earlier in the year, Fawkner's beautiful parks gained more interest than usual by the community, with many looking to get some fresh air in their neighbourhood greenspaces, like Moomba Park Reserve.

Located in the north-eastern part of Fawkner, just off McBryde Street, Moomba Park Reserve is a spacious and tranquil park with sweeping views of the area and access to the popular Merri Creek Trail.

Home to the Moomba Park Tennis Club, the park boasts six synthetic grass tennis courts which, during regular circumstances, are available to be hired to both members and non-members via the club.

"Our club was established in Fawkner in 1975, and we have six synthetic courts

with LED lights. We provide social tennis, competitions and coaching for all members of the community.

"We are a friendly club with great facilities in a lovely setting, just near the Merri Creek, with loads of trees behind us," said Moomba Park Tennis Club life member Shirley Peake.

More information about the Moomba Park Tennis Club can be found at: play.tennis.com.au/MoombaParkTennisClub

The Moomba Park Reserve is the perfect location for families, with children able to enjoy the open space, as well as the natural beauty of the Merri Creek Trail.

Starting at the northern area of Moomba Park, the trail can be followed south all the way into Coburg, Northcote, Fitzroy and eventually into the city via Yarra Bend Park.

SUSTAINABILITY IN FAWKNER

WITH JOHN ENGLART



Pictured (L-R): John Englart outside Bicycleta Verde on his way to COP25, John Englart next to a Eucalypt tree in Santiago, Chile.

A professional background in Information Technology (IT) has never stopped John Englart from being involved in sustainability.

After moving to Fawkner, John became involved in Sustainable Fawkner, a group undertaking monthly food swaps at CB Smith Reserve and the Fawkner Neighbourhood House. To help boost their activity, John established the Sustainable Fawkner website and Facebook page, which helps communicate about the climate, sustainability and social justice issues within Fawkner, as well as the wider Moreland community.

"I have been writing about climate change since 2004, with a background that dates back to the 70s, at the pinnacle of advocacy for moving to solar and wind as alternative technologies," said John.

"Since my youth, I've had a deep concern for our human impact on the environment and conservation.

"I'm naturally an introvert, but the level of this crisis is at such a high level that I've had to come out of my shell, to write, to speak and to engage with my community about how we can move forward."

John believes we can all help solve climate issues just by doing the following simple things:

1. Riding a bike wherever and whenever we can
2. Eating locally from local businesses
3. Growing our own food
4. Being involved in conversations about climate change
5. Trying to maintain minimal waste

His own passion for helping curb the climate crisis and keeping the environment healthy has inspired him to make a difference within his community, not only benefitting him, but many others.

"Much of my work is collaborative, so success is shared with those organisations and as part of a wider movement," John said.

"The Climate Emergency movement was fostered in 2016 here in Victoria by the Victorian Climate Action Network, a grassroots co-ordination of local climate

groups. The formative work blossomed to a global movement."

In recent years John's work has included being an Environmental Observer for the Climate Action Network Australia, participating in the UN Climate Change conferences in Paris, where the Paris Agreement was formulated, and most recently attending the UN Climate Change conference in Madrid in 2019.

In 2019, John received the Sustainability Award from Moreland Council at the Moreland Awards for his significant advocacy on climate and environment – a highlight of his sustainability journey thus far.

To keep up to date with Sustainable Fawkner, go to www.fawkner.org

To get involved with Climate Action Moreland, join their Facebook group via: www.facebook.com/groups/climateactionmoreland

COMMITTED COMMUNITY COORDINATOR

10 MINUTES WITH FAWKNER LIBRARY'S RITA HARDY



Pictured: Fawkner Library's Rita Hardy

The Fawkner Library is one of the many places in Fawkner that has adapted to cater to all of the changes we have experienced this year.

A move to online services, one-on-one sessions and electronic resources were some of the key changes the library made to ensure the community of Fawkner could continue to access the library's resources during this period.

Having always played an important role in the community, the library is a popular place among older citizens who gather to share stories, children who come along to hear tall tales and students who bring their work to study in a friendly and supportive environment.

The library has also started offering tailor-made one-on-one sessions for older residents of Fawkner, in order to teach them to confidently use technology so they can access the online resources and interact with the library online.

The move has been gladly received by many people who visit the library daily to read the newspaper.

"We have one gentleman who comes in every day to sit down and read the paper – he is lovely, he always stops to talk to staff," explains team leader Rita Hardy.

"He's actually been coming here for decades, he even helped with the construction of the library over fifty years ago!"

Rita Hardy, who has been team leader of Fawkner Library and Glenroy Library for seven years, explains how the library has changed.

"We started moving our catalogue online so people could still access it, which is something that has been invaluable to us over the past few months.

"We have a huge number of e-resources that people can use, including books, magazines, videos, audiobooks, online newspapers - whatever it is they need.

"The community has always depended on the library and we want to ensure we can still be there for them even if they can't physically come inside.

"For older residents we are currently offering one-on-one sessions, which allow the person to come in, sit down with a staff member, learn how to use their personal device and how to access the new online library," Rita said.

The library has an extensive network of local community groups that it works with, including local schools, kindergartens and the Fawkner Neighbourhood House.

When its doors re-open, the library staff are looking forward to running their regular activities again, including craft groups, book chats, author talks, cooking classes, informative sessions, workshops and more.

Fawkner's eLibrary can be found at www.moreland.vic.gov.au/libraries/elibrary

For up-to-date information about the Library, visit www.moreland.vic.gov.au/libraries

FAWKNER'S SELF-TAUGHT BEEKEEPER



Pictured above: Matt Pring and kids

Matt Pring and his partner moved to Fawkner five years ago and have always enjoyed working in the garden together. Matt used to be a professional gardener, with a background in permaculture and a love for growing food. Over the years, their garden has grown with their expanding family, becoming an oasis for produce and local wildlife.

After deeply considering the pros and cons of beekeeping, Matt decided to build a beehive as a way to increase pollination in his beautiful garden. Initially he thought the investment would be expensive and time consuming, however he found a top tier beehive was both efficient and easy to build.

Having built his own beehive for approximately \$50 and purchasing a colony of bees for \$200, Matt found his first hive thrived so much that he had to build a second! Last season, Matt's bees harvested 25kg of honey, allowing him to keep a large surplus to carry the bees through the winter months, when flower supplies are low, and honey is relied on by the bees for energy.

Matt loves to give back to his community and educate his neighbours on the beauty of beekeeping. He gives jars of honey to his neighbours, friends and family. He uses it in his own home instead of sugar and is hoping to look

into ways of utilising the excess beeswax in the future to minimise waste. In the coming months, Matt hopes to make beeswax candles, wraps and even soaps.

"The kids and I get suited up to open the hives and it's definitely a great educational activity for us," Matt said.

"Friends and community members who I talk to have expressed interest in building their own hives, which I feel is a cool community building activity that is both creative and sustainable - and it is good for my own mental health.

"My garden has become an oasis for my family and the wildlife in my area and I love it!"

As well as bees, Matt also keeps chickens in his garden and provides his neighbours with eggs as well as honey, so they benefit from his sustainability projects and learn to appreciate that local produce rewards both the environment and the community!

THE GREAT IDEA PROGRAM

Claire Bowman and Alex Dathe

Great Idea: Mumz, Dadz & Bubz

Personal trainer and dance teacher Claire has always had a passion for fitness, health and exercise. When Claire became pregnant, she was motivated to create an exercise program for parents and kids that would bring people together in a fun and exciting way.

Working closely with her husband Alex, Claire came up with a program that would allow mums and dads to exercise with their babies.

Noticing a lack of family-friendly exercise activities in her local area, Claire was motivated to start the program and it now runs weekly at Fawkner Bowls Club.

"The classes are aimed at mums and dads in Fawkner. They're fun and exercise-based classes and are such a great way for people to come together, meet new people, stay healthy and enjoy all the benefits of exercise.

"We wanted to make sure there was a group fitness option for parents in Fawkner. There are a few around but they are usually a bit of a drive to get to, so we wanted to launch something closer to home," Claire said.

Claire has trained and worked as a personal trainer, Aqua Aerobics instructor and dance teacher, spending the last 10 years teaching dance.

Alex handles the administrative side of the business, helping Claire with scheduling the classes, planning timetables and also managing attendees.

"Claire is amazing, and everyone loves coming along to her classes! I really just run the behind-the-scenes component of the business – things like organising classes, keeping track of attendance numbers and other logistics.

"The classes are a chance to get out into the community, we just want everyone to come along and have fun and meet some new people – it is a safe, inclusive space for people to come along and get active.

"I also work as a chef at the Fawkner Bowls Club, so it's a bonus for me that Claire can run her classes there as well," Alex said.

The program incorporates musical and dance elements, with Claire's passion for dance leading to a memorable and fun program for all attendees.

To learn more about this project, visit www.resist-dance.com.au

We are excited to announce the new participants of The Great Idea Program, which is a program by Hello, Fawkner! that supports community-led initiatives. These two groups were chosen by a panel of Fawkner residents, and are currently receiving support and funding from the Hello, Fawkner! team.

Have you got a great idea that you want to share with others in Fawkner?

Over the last couple of years, we have had the privilege of supporting some amazing Fawkner residents to bring their ideas to life, including cultural cooking program Cook Dine and Shine, The Fawkner Wholefoods Collective, social media recipe-sharing campaign 'of Fawkner' and more!

Your idea might be for a community artwork, a community space, an event, a service, or something we haven't seen before!

As part of the program, the Hello, Fawkner! team will support you in seeing your idea come to life, providing up to \$5,000.

Applications will open again soon, so if you are interested in being part of the next round of The Great Idea Program, get in touch with the Hello, Fawkner! team at hellofawkner@merrihealth.org.au or 1300 637 744.

Alternatively, subscribe to our monthly e-newsletter at www.merrihealth.org.au/hello-fawkner for announcements.



Pictured: Claire from Mumz, Dadz & Bubz

Faiza Afrin and Thasleem Banu

Great Idea: Discover Nature's Secrets

Faiza and Thasleem met through their children who go to school together in the nearby suburb of Broadmeadows.

Faiza is a qualified engineer specialising in electronics and communications, and Thasleem is a strong supporter of STEM (Science, Technology, Engineering and Mathematics) engagement.

"We noticed that there was a gap in STEM education and not enough ways for students to learn science in an enjoyable way, so we started a club for the local school," Faiza said.

"We thought this STEM club would be a great help for the community to learn more about science, especially for young children to help them prepare for high school," Thasleem said.

The program, which has been named Discover Nature's Secrets – Creating Positive Differences Through STEM, started from the volunteering that the team at their children's school with the STEM club.

Since the early days of the club, the team has expanded the program to focus on nature, biology, chemistry, electronics, coding and more.

The pair is also lucky to have a third team member in its project team: former Fawkner resident Arjumand Khan - a fellow member of the school community and environmental scientist!

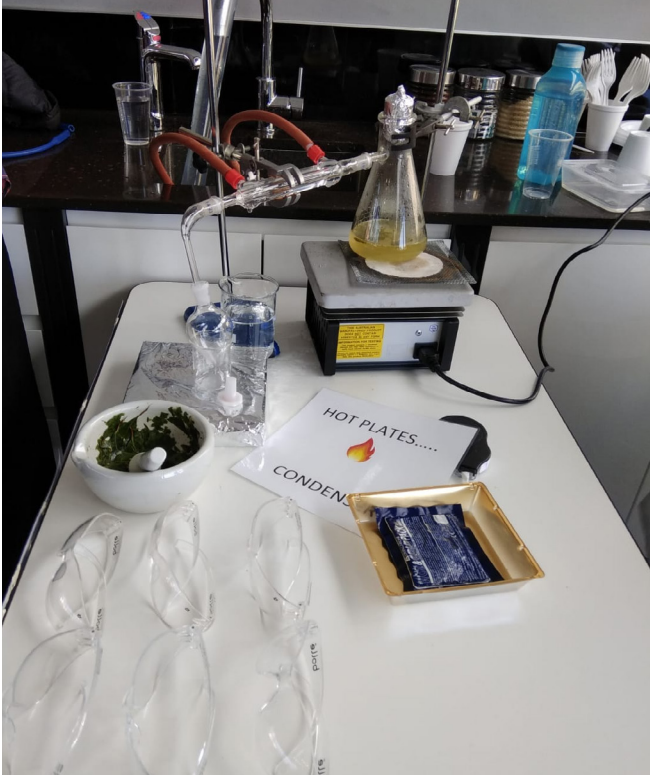
"The STEM club and Great Idea project evolved from something we were working on in 2017-2019, which was focused on science for migrants and once we saw the opportunity, we decided to bring it to our children's school," Arjumand said.

The program allows students the opportunity to experience scientific tools and equipment that they would not normally find in their own homes, making the experience one to remember for younger students.

"The program is mostly aimed at students, but they are welcome to bring their parents along as well – it's a lot of fun for families!" Thasleem said.

"We've always had an overwhelming response from our school presentations - students go home and tell their parents how much they enjoyed using the equipment and learning science by experimenting with things themselves."

The feedback from students and parents alike has so far been incredible, with the program being described



Pictured: STEM Catalyst workshop in action

as "brilliant", "amazing", "refreshing" and more by school children. Mums and dads are loving what their children are learning, with one mother believing her daughter was taught valuable critical thinking skills by Faiza, Thasleem and Arjumand.

The team is looking forward to delivering even more fun and exciting science to the community of Fawkner in coming months, as the program continues to go from strength to strength. Keep an eye out for Discover Nature's Secrets – Creating Positive Differences Through STEM!

THE GREAT IDEA PROGRAM 2019: Cook, Dine & Shine

WHERE ARE THEY NOW?



Pictured: Sana Imran Abdani and Zavi Fatima

Zavi Fatima and Sana Imran Abdani have been working hard on Cook, Dine & Shine, a project which celebrates culture through food.

Zavi and Sana have made it their mission to make people feel more confident in their cooking ability, all over Fawkner, with the pair feeling proud of their community and how far they have come in the past year.

"Our favourite thing is when we see somebody who starts a bit of cooking at home and then brings their cooking along for everyone to enjoy, just because our platform made them feel more confident and empowered to do so," Zavi said.

"Our biggest highlight of the last few months was the Christmas meal session in December; it was a huge achievement for cultural harmony as Muslim

organisers and mostly Muslim attendees were introduced to hearty meals that are typically served at Christmas.

"The last few months have been a bit different for obvious reasons, however our group is still very close, to the point where we have a WhatsApp group for sharing recipes and we are even thinking about introducing some competitions or YouTube videos for our members to help them stay connected.

"We have been speaking to a local organisation which provides care to people with disabilities and will hopefully be inviting attendees from there once we are able to get our sessions up and running again."

'of Fawkner'

'of Fawkner' is the brainchild of local residents Ben Webber and Domenica Grasso.

The duo launched the Hidden Recipes of Fawkner series with a stall at the Fawkner Festa in 2019, offering a free one-off vintage tea towel to any new member who signed up on the day.

"The day was lots of fun - we had hundreds of people visit the stall and around 60 people sign up, which was an even better result than we were expecting!" said Ben.

Since the spring/summer edition of The Fawkner Times, life has been very busy for the pair; forming a project team, raising two young children, a surprise diagnosis of Celiac disease for Ben, plus the evolving COVID-19 situation.

"2020 has been tough for everyone in the community and our household is much the same as everyone else's.

"Being a food-based project, my complicated relationship with gluten has forced us to change the direction of the project slightly, but we're still really excited about the 'of-Fawkner' concept, and about telling the stories of our community and its people!

"of Fawkner' will be back at some stage this year and we're really looking forward to working on it when things settle down a bit," said Ben.

Stay up-to-date with 'of Fawkner' on:

- Facebook www.facebook.com/offawkner
- Instagram www.instagram.com/offawkner

Or, you can visit the 'of Fawkner' website: www.offawkner.com.au

The Fawkner Wholefoods Collective

The Fawkner Wholefoods Collective had their first trial under physical distancing restrictions in April! They distributed ethically sourced local flour, chickpeas, nuts, oats, olive oil, honey and bread, amongst other goodies like chocolate-covered pumpkin seeds to locals from the Fawkner Bowls Club.

For more information, contact Sam and Katherine at fawknerwholefoodscollective@gmail.com or stay up to date by joining their Facebook group at www.facebook.com/fawknerwholefoodscollective



HARMONY DAY

Earlier this year, 50 Fawkner residents received \$100 grants through the Hello, Fawkner! Harmony Day Party Program to hold parties for their friends, family and neighbours.

While many of the events were delayed due to physical distancing measures, some Fawkner residents were still able to host fabulous events that celebrated friendship, community and cultural diversity.

One of those events was hosted by local woman Domenica Grasso. Bringing together several families in her home, Domenica's event included several traditional dishes from a range of cultures, such as Nepalese dumplings, eggplant parmigiana and pancit – a Filipino noodle dish.

"We had many different backgrounds present, we had Italian, Nepalese, Filipino and Australian heritage in the group – it made for a delicious day!" Domenica said.

Another Fawkner local, Nikhat Sultana and her husband Mohammed Saleem, held an event at the Fawkner Food Bowls.

The event saw dozens of families attend on the sunny autumn day, with guests bringing something with them that held significance to their culture.

"We had such a good turnout and the weather was beautiful. It was so nice to see everyone and celebrate together.

"We had three tents set up with lots of activities for families like quizzes, puzzles and craft. There was also a nearby park which was popular for the children.

"Kids and their parents joined together to make the colourful Harmony Day tree, while henna and face painting also took place – but the most popular thing on the day was definitely the delicious food!" Nikhat said.

The Fawkner community can't wait for next year's Harmony Day and to be able to spend time with friends and family to celebrate all together again!

Applications for the Harmony Day Party Program open again soon! If you are interested in being part of the next round of small grants, get in touch with the Hello, Fawkner! team at hellofawkner@merrihealth.org.au or 1300 637 744.

Alternatively keep up to date by subscribing to our monthly e-newsletter at www.merrihealth.org.au/hello-fawkner

Pictured below: Harmony Day festivities



A TRUE TASTE OF FAWKNER

PUMPKIN, SPINACH AND ROASTED HAZELNUT SALAD BY RUBA KHAN



Fawkner resident and avid cook, Ruba Khan prepares this delicious recipe for her friends and family when she wants to make something hearty for the chilly winter months.

This warming salad makes good use of simple ingredients while upping the flavour with roasted spices and hazelnuts. You can read an interview with Ruba on Page 10

Ingredients

- 1 cup hazelnuts
- 1 tablespoon baking soda
- ¼ butternut pumpkin, peeled and cut into 2cm cubes
- 2 tbsp olive oil
- Salt to taste
- ¼ tsp ground cumin
- ¼ tsp smoked paprika
- 4 loosely packed cups of baby spinach leaves, washed and drained
- 1/2 red onion, peeled and finely sliced
- Juice of 1/2 lemon
- 75g feta cheese

Method

1. Pre-heat oven to 190C.
2. Boil the hazelnuts in 1 cup of water with baking soda for 3-4 minutes. Remove the skin (the skin should easily come off).
3. Toss the pumpkin in olive oil and season with salt. Place on a tray lined with baking paper.
4. Place the hazelnuts in a separate tray.
5. Place both the pumpkin and hazelnuts in the oven.
6. Roast the hazelnuts for about 15 minutes until they are golden and crispy.
7. Roast the pumpkin for about 30 minutes (tossing every 10 minutes) until the pumpkin is soft and caramelised.
8. Toss the pumpkin, paprika, cumin, hazelnuts and any oil and juices from the baking pan with the spinach and onion, allowing the oil to slightly wilt the spinach.
9. Squeeze over some lemon juice.
10. Crumble over the feta cheese to serve. Enjoy!

BOOM FOODS BRAISED BEEF MEATBALLS BY ALEX DATHE

Alex Dathe (who you can read more about on page 6) runs Boom Foods out of the Fawkner Bowls Club kitchen. The meatballs he makes are always a crowd pleaser, loved by adults and children alike because of their rich and delicious flavours.

Alex enjoys this recipe because the meatballs are so versatile and pair perfectly with potatoes, pasta, or polenta.

Ingredients

- 500g minced beef
- 1.5 cups panko breadcrumbs
- 2 tbsp olive oil
- 3 eggs
- 1 diced brown onion
- 3 cloves garlic
- 2 tbs fennel seeds
- 2 tbsp fresh rosemary
- 2 tbsp smoked paprika
- 2 tbsp chilli flakes
- 1 jar of tomato passata
- Parmesan cheese to garnish
- Fresh basil to garnish
- Salt (to taste)
- Pepper (to taste)

Method

1. Dice the onion and garlic and cook until soft. Once softened, add fennel seeds, paprika, pepper and cook for 1 minute. Set aside to cool.
2. In a large bowl add mince, eggs, breadcrumbs, rosemary, salt, chilli flakes and the cooked onion and garlic mix.
3. Mix well to combine all ingredients and roll out into golf ball sized meatballs.
4. Place meatballs into a baking dish and pour tomato passata and olive oil to cover meatballs. If they are not totally covered, add a bit of water.
5. Add a dash more salt to taste and add more chilli for a kick.
6. Cover dish with foil and bake for 1 hour at 180 degrees Celsius.
7. After 1 hour remove the cover. If sauce is still thin cook uncovered until reduced.
8. Serve with grated parmesan cheese and add some fresh basil. Serve with potato mash, pasta or a fresh garden salad!

Find out more about Boom Foods and their delicious local meals at www.facebook.com/boomfoods8



Pictured above: Alex Dathe of Boom Foods

Pictured below: Boom Foods Braised Beef Meatballs



SIMPLE TIPS TO ACHIEVE SUSTAINABILITY WITH GOLAM KIBRIA

Golam Kibria is a resident of Fawkner and a Global AM Pollution Watch Scientist who has planned and led pollution risk assessments in seven countries, including Australia. Golam has also written three books covering topics such as chemicals, climate change and pollution. Speaking with us recently, Golam provided some simple tips to help us create more a sustainable outlook in our everyday lives.

"Climate change is a long-term shift in weather patterns, such as a rise in temperatures, which is mainly caused by human activity – and already we're seeing its danger, you just have to look back at the bushfire crisis from early this year to see why we should all be taking this seriously," Golam said.

With a strong belief that the community can play a key role in reducing the impacts of climate change, Golam says that simple measures such as walking or riding to work can help make a significant difference.

"We can reduce our individual emissions of greenhouse gases via simple measures such as walking or biking to the office or to the shops, as well as buying locally grown food, installing energy efficient appliances at homes and eating locally grown and plant-based foods."

GOLAM'S TOP TIPS FOR REDUCING OUR GREENHOUSE GAS EMISSIONS INCLUDE:

1. REDUCING PLASTIC WASTE

Plastic waste is a global problem, with plastics making up 80 per cent of marine litter that can harm fish, birds and turtles. We can all reduce plastic waste by reusing and recycling plastics such as water bottles and plastic shopping bags. Use alternatives where possible; this could include fabric shopping bags, metal straws and cutlery options, and supporting sustainable and local businesses via your purchasing habits.

2. BE MINDFUL OF WATER CONSUMPTION

How many of us don't think twice about turning on the tap for drinking, cooking, washing the clothes or watering gardens? Not to mention how many other industries like agriculture, livestock, firefighting and the wider community all require water on a daily basis. Water is a precious resource and we can all do our bit to conserve our supply and use only what we need. Where possible, re-use dish water and shower water for things such as watering the garden. Keep showers limited to under two minutes per person (try making a game with the kids to see who can beat their time!) and look into long-term options such as fitting a rainwater tank or water efficient products such as dual flush toilets or low-flow showerheads.

3. ENGAGE IN FOOD SHARING AND SWAPPING

Food is another industry that experiences massive amounts of waste. Our changing food habits and the rise of food delivery services means our fridges can often be filled with unused fruit and vegetables at the end of the week, so why not try out a food swap with your neighbours! An example of this is Leanda Smith's share station, which offers a space for the community to donate and share produce that they grow in their garden or have in their house, or the monthly food swap at the Fawkner Food Bowls. Think about donating excess food to charities before throwing it away, and if you are throwing away food, ensure it's recycled in the food waste (green) bin, so it doesn't contribute to our greenhouse gas creation unnecessarily.

Golam donated a copy of his book "Chemicals and Climate Change" to Moreland City Libraries. We encourage you to borrow it for more wisdom on how to be a sustainability warrior!



Pictured: Golam Kibria

Did you know?

Last July, Moreland Council introduced brand new organic waste bins, reducing the amount of consumable food that goes to landfill every year. If food is thrown into a standard rubbish bin, the landfill process that eventually breaks it down creates odorous gases and methane, both of which have a devastating impact to the environment and global warming.

The new bins mean that food waste can instead be turned into compost, which actually benefits the environment, instead of harming it.

If you haven't got a new food waste bin from the council yet, visit www.moreland.vic.gov.au/environment-bins

NEW TO FAWKNER BY SHABANA THAHASEEN NOORUL ALEEM

Vannakam! (Greetings in Tamil).

I am Shabana, a resident living in Fawkner. I would like to tell you of my experience being a newcomer in this welcoming community. When I first stepped into Fawkner, I felt a bit lost and would sometimes even forget where I lived, but apparently this is common for those who move far away.

Early on in my Fawkner life, I enrolled at a nearby school called Darul Ulum College of Victoria. Being an introvert, I sometimes found it hard to make friends, especially as I enrolled mid-term - and it's not an exaggeration to say that my accent used to be much stronger, which also made making friends a bit more difficult.

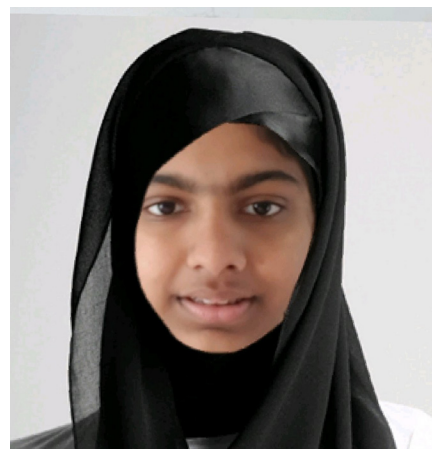
During my time here I have met some wonderful people in Fawkner, including Sarwat and Nazish, who have both made my life in this area even more enjoyable. I was fortunate my parents joined a group specifically for Tamil

Muslims when we arrived, so we never felt isolated.

One of the women from the group, who is my mum's friend, made my move to Fawkner so easy - she was very welcoming. I won't mention her name here to protect her privacy, so I'll just call her X! X and my mum are good friends and I get along very well with her daughters.

As hard as moving was, it was a great challenge for me and my parents; it tested their unity and challenged their views on life. For me it was mostly a culture shock and I missed my old friends. Many Fawkner residents told my mum she would not feel homesick. She did at first, but everyone was so friendly that she was able to overcome it.

My mum, Rehena, has been awesome – she knew how to handle my feelings of homesickness, we would sit together and watch Tamil movies. It brought us closer together.



*Pictured left:
Shabana Thahaseen
Noorul Aleem*

My dad, Noorul, is quiet, and he would rather not be mentioned for everything he has done, but he comforted us, helped us make friends and he loves us. My sister Sabrin found it rather easy to adapt, something I am sometimes jealous of! She is not into newsletters, so she may never read this, so I don't think she will ever know! The librarians at Fawkner have also always been so nice.

This is just one new person's perspective on Fawkner – it is a wonderful place with generous hearts, good people and inviting spice shops. Best of all, the Biriyani is never scarce!

FAWKNER GROWS, FAWKNER EATS



Kelly and Sally of the Fawkner Food Bowls have secured a social cohesion grant from Moreland City Council towards their new program, Fawkner Grows, Fawkner Eats – which is designed to bring Fawkner's multicultural community even closer together.

Currently, Fawkner Food Bowls is a resident-led group with a focus on growing food, sharing skills and socialising in a family-friendly space.

The Fawkner Grows, Fawkner Eats program will see more diverse produce grown and gardeners of different cultural backgrounds coming together and sharing food preparation skills, giving members the opportunity to share this with the broader community.

"We've been working with this incredible woman Rani Begum, who has an amazing garden just near Batman Station," Sally Beattie of Fawkner Food Bowls says.

"She's been developing her garden for 13 years! She previously worked in Bangladesh, cultivating strains of plants and produce - she's an inspiration.

"With Fawkner Grows, Fawkner Eats, we'd like to bring more culturally-relevant food into our garden. We've started this already with 3-4 different types of gourd, okra, taro and chickpeas. We started with traditional European vegetables, but we really want to branch out and be inclusive to those who live in Fawkner and produce ingredients relevant to the foods the community is cooking at home.

"We also have plans to create a welcoming entrance decorated with Karachi truck art as an extension of friendship to our Pakistani community. One of our committee members, Hira Salman, is a talented illustrator and we've commissioned her to develop it in the coming months."

The project aims to strengthen social cohesion across the diverse communities of Fawkner by:

- Inviting newly arrived and diverse communities to Fawkner Food Bowls
- Promoting intercultural connection through gardening, cooking and the sharing of food and food knowledge
- Holding food events, activities and workshops organised with residents from multicultural communities

For more info, please visit: www.moreland.vic.gov.au/community-health/multicultural-services/social-cohesion

RUBA KHAN

INTERVIEW BY NIKHAT SULTANA

Fawkner is home to many interesting people who love spending time with their community, their neighbours, their friends and their families. One of those people is Ruba Khan, who is a member of the Cook, Dine and Shine group and has spent time working with many other community groups in Fawkner.

Ruba recently sat down with Nikhat Sultana, a Fawkner local with a passion for meeting people, cooking and supporting her community. The pair discussed Ruba's personal journey within the community, what she loves most about Fawkner, and of course their mutual love of Ruba's famous pavlova recipe – a community favourite.

Ruba moved to Fawkner nine years ago and has come to be an important part of the community, becoming involved with groups such as Count Me In Too – a program that provides opportunities for women and girls from culturally diverse backgrounds to participate in sports – and the local Urdu speaking women's group.

"I love living in Fawkner, there are so many lovely people around! There are great markets, it's very multicultural and the community vibe is great.

"Everyone is very accepting of other cultures and their religious beliefs; it's a very welcoming place to live.

"It's also in the perfect location - the city is so close, and we have great access to so many incredible

restaurants and shops on Sydney Road and Bonwick Street," Ruba said.

Ruba believes that Fawkner is a particularly great place for new migrants to settle, with so much support on offer for them.

"There are so many resources available for newcomers, as well as existing residents as the support network here is very strong.

"All the groups and services in Fawkner are very easy to get involved with and they have so much to offer for new migrants," Ruba said.

Ruba met many friends at Cook, Dine & Shine, which is a program launched by local women Zavi Fatima and Sana Abdani as part of The Great Idea Program in 2019. (You can read more about what Zavi and Sana are up to on page 7.)

It was in this group that Ruba's cooking started to become well-known within the community, with her friends and family regularly asking her for recipes, like the ones featured on page 8.

Ruba is looking forward to joining her friends once again at their beloved Cook, Dine & Shine group once physical distancing measures are lifted.

To learn more about our community interviewer Nikhat, continue reading below.



Pictured: Ruba Khan and kids

MEET NIKHAT OUR COMMUNITY INTERVIEWER

Fawkner resident, Nikhat Sultana, has lived in the community for five years, spending most of her time in her favourite place; the Fawkner Library.

When she's not at the library, Nikhat balances her time between designing henna, cooking mouth-watering food and learning more about her fellow community members and their different cultural backgrounds.



Living with her husband and son, Nikhat is a big part of the Fawkner community and is involved in volunteer programs with Merri Health, hosting Harmony Day events (which you can read about on page 7) and dedicating time with a range of community groups.

In a typical week, Nikhat spends time gardening with the Fawkner Food Bowls, meeting people at the Fawkner

Neighbourhood House and attending library activities, food swaps and community playgroups.

As part of this edition of The Fawkner Times, Nikhat became a community contributor, interviewing fellow resident Ruba Khan. You can read the piece above.

We give our thanks to Nikhat for her work on this edition of The Fawkner Times!

Pictured: Nikhat Sultana and her family at a Harmony Day event

FAWKNER “BEST OF” FACEBOOK

Given this will be our final printed issue (see the Letter from the Editor on page 2), we thought this would be a good time to highlight all the other ways to stay connected in Fawkner!

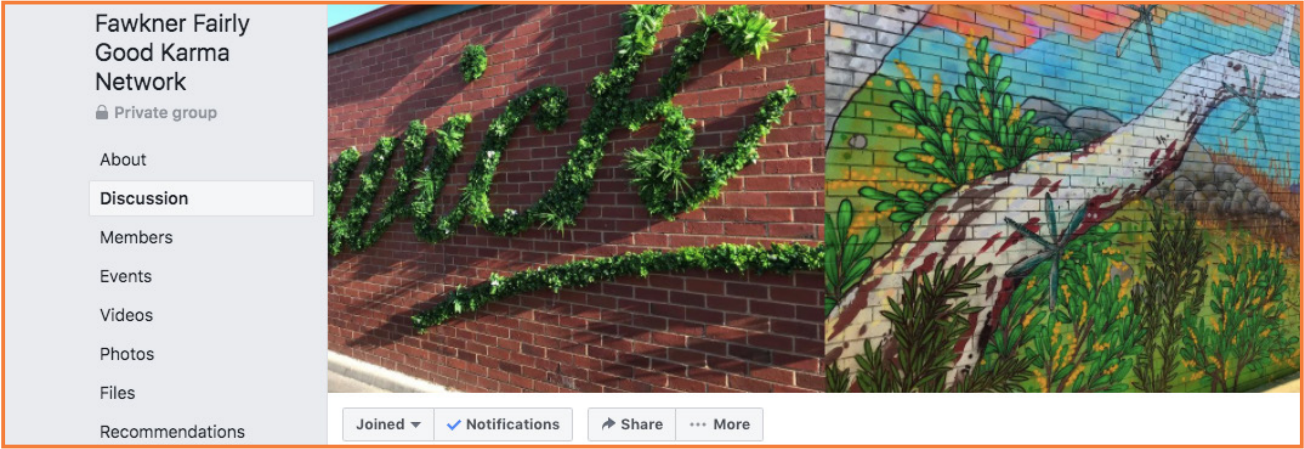
FAWKNER FAIRLY GOOD KARMA NETWORK **TOP PICK!**

The main purpose of the Fawkner Fairly Good Karma Network is to connect the community and create a forum where people can ask and give help, whether that be advice about finding a good tradesman or giving unneeded furniture to someone who can use it. There's a focus on doing things with a "good karma" attitude.

Local resident and group admin, Sam Watkins, said the idea came from a project called the Good Karma Effect.

"This project was inspired by a set of Facebook groups in other residential suburbs around Melbourne called the Good Karma Effect. The groups were designed around strict rules on what is and isn't allowed to be posted and I thought they were a bit restrictive.

"I set up Fawkner Fairly Good Karma Network as an alternative for people who want to exist in a space of free speech and community. Other 'good karma' groups don't allow local businesses to post, as they are against commercial advertisement. Our group is different. We



Pictured: Fawkner Fairly Good Karma Network Facebook Group

believe in supporting our small businesses, especially as so many of them are owned by locals of Fawkner," Sam said.

Although Sam is an admin of Fawkner Fairly Good Karma Network, he doesn't feel he can take the credit for its ongoing success.

"By being open and welcoming to everyone, the group has grown naturally and really hasn't required much effort at all! There are members who post frequently about general news, many local business owners utilise it to share any events or specials, and others who participate to mainly offer or ask for help," he said.

Over the last couple of months, in the wake of COVID-19, people have been sharing even more across the Fawkner Fairly Good Karma Network; Leanda Smith has been sharing regular updates about the contents of the share station in her front garden, people have been posting free toys for children and Fawkner's home cooks have even been making meals to distribute to members of the group who need them.

To join the Fawkner Fairly Good Karma Network, please visit www.facebook.com/groups/fawknerkarma

FAWKNER AND ITS SISTER SUBURBS

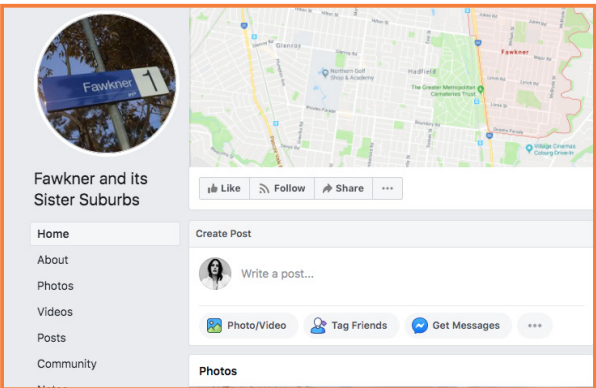
The Fawkner and its Sister Suburbs page is a learning experience for all past, present and future residents of Fawkner, to find out more about the area. It also includes Fawkner's "sister suburbs" in the wider City of Moreland area, extending the community spirit to our fellow neighbours.

The bulk of the content for this page is sourced from the admins' personal knowledge – having grown up in Fawkner - along with other blogs, council pages and published books. It regularly features photographs taken

by the admins, along with submissions from invested residents of Fawkner and/or other communities.

The aim is to promote a communal love for Fawkner and inspire interest in the history of the suburb and all it has to offer!

If you would like to follow the Fawkner and its Sister Suburbs page, please visit www.facebook.com/Fawkner-and-its-Sister-Suburbs-1059586960732909



Pictured: Fawkner And Its Sister Suburbs Facebook Page

SUSTAINABLE FAWKNER

Founded in February 2010, the Sustainable Fawkner Facebook page is a grassroots community group encouraging sustainability, environmental conservation and community cooperation.

It presents an open forum for current happenings in Fawkner and its natural environment - positive, negative

and everything in between. It allows the community of Fawkner to be actively involved, while providing a space for open communication, news updates and avenues to get physically involved in council projects and public conversations.

The Sustainable Fawkner page is also a place where links to local events and meetups are shared, further enhancing a sense of community and togetherness.

In close alignment with www.fawkner.org and Climate Action Moreland, you can find the Sustainable Fawkner page here, www.facebook.com/SustainableFawkner



Pictured above: The Fawkner Times online newsletter

There are so many great social media pages and online newsletters that can help you stay up-to-date with your fellow Fawkner residents. Other than the ones listed above, you might like to check out some of these:

Facebook:

Boom Foods, Fawkner Commons, Fawkner Food Bowls, Fawkner Neighbourhood House, Fawkner Outdoor Playgroup, I Love Fawkner, Merri Health, Moreland City Council, Moreland City Libraries, Of Fawkner, Open Table, The Community Grocer, The Fawkner Bowling Club, The Fawkner Leisure Centre, and The Fawkner Wholefoods Collective.

Online newsletters:

- The Fawkner Times – This monthly online newsletter from Hello, Fawkner! is filled with local news, events, stories and opportunities to get involved with the community of Fawkner. Sign up at www.merrihealth.org.au/hello-fawkner
- What's on for Fawkner families – from Early Links. This online newsletter promotes family-friendly, free or low-cost activities in Fawkner and surrounds. Sign up by emailing earlylinks@mcm.org.au

RECOMMENDATION FAWKNER RESIDENTS ASSOCIATION

This Facebook group acts as a communal messaging group for residents of Fawkner, keeping people updated with everyday activities, community events and council decisions. For anyone invested in their suburb, this group is an absolute must!

To join the Fawkner Residents Association, please visit www.facebook.com/groups/422543641440717



Artwork by local designer Domenica Grasso

*Hello, Fawkner! is a project of Merri Health
- funded by the Australian Government
Department of Social Services and the
Victorian Government Department of
Health and Human Services*

Sign up to receive The Fawkner Times monthly e-news-
letter at www.merrihealth.org.au/hello-fawkner

*All information was correct at time of printing