

# THE FAWKNER TIMES

Volume One

May 2019



Pictured: The beautiful Merri Creek

## Friends of Fawkner

Multiculturalism is something to celebrate – especially in Fawkner. Read more on page 4.



### Eat, see, go, do!

Chances are if you live in Fawkner you've visited the Fawkner Kebab House, but if you haven't then you need to get down there ASAP.



### The garden that grows with you

If you've reached the point in your life where you'd like to cultivate a healthy garden but you're the sort of person who could kill a cactus, then don't fret – we have the information you need!



### Learning in Fawkner

Excitement is building in Khadeeja's household, where her five-year old son is looking forward to starting his educational journey. Transitioning to new levels of education is quite daunting for a young person.



### What's on in Fawkner

If 2019 is shaping up to be a healthier year, then The Community Grocer Fawkner is the place to be. This weekly market runs from 8:30am – 12:00pm every Wednesday.

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# Letter from the editor

In Fawkner, diversity and inclusion are qualities woven into the fabric of our daily life.

We're a diverse mix of races, cultures, religions and ages. But it is not just our differences that make us so special, it's also the many ways in which we are the same.

We're community minded, welcoming, accepting and passionate about the area in which we live.

It is with this in mind that The Fawkner Times was brought to life. We wanted to create a forum to tell the stories of Fawkner and profile the people who make our community so great.

In producing our first issue, we certainly didn't have any trouble finding content. From gardens to libraries and everything in between, we've spoken to Scout leaders, women's groups and families to uncover the stories of Fawkner and bring them to you.

It is with great pleasure that we introduce you to Volume One of The Fawkner Times.

We would love to hear your ideas of people, events and organisations you would like to see included in Volume Two which is set to be released in September. And, if you would like to be involved in the development of future editions so that The Fawkner Times can continue, please let us know!

Until then, to stay up to date on all things Fawkner - sign up for the monthly Hello, Fawkner! e-newsletter

at <https://www.merrihealth.org.au/get-involved/health-initiatives/hello-fawkner/>

- From the Hello, Fawkner! Project Team

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## LETTERA DEL DIRETTORE

A Fawkner, diversità e inclusione non sono solamente dei numeri da calcolare ma, piuttosto, una qualità imprescindibile dalla nostra vita quotidiana.

Siamo infatti un mix variegato di razze, culture, religioni ed età. Ma non sono solamente le nostre differenze a renderci speciali, ma anche i tanti modi diversi in cui siamo la stessa cosa.

La nostra mentalità è caratterizzata da senso di comunità, accoglienza, accettazione e amore nei confronti del posto in cui viviamo.

È tenendo tutto ciò in mente che è stato fondato il Fawkner Times. Il nostro obiettivo era quello di creare un luogo di scambio per raccontare le storie di Fawkner e delle persone che rendono così grande la nostra comunità.

Quando ci siamo trovati a realizzare il primo numero, non abbiamo certamente avuto alcuna difficoltà e trovare i contenuti da pubblicare. Dai giardini alle biblioteche fino a tutti gli altri luoghi della

città, abbiamo parlato con capi Scout, associazioni femminili e famiglie per portare alla luce le storie di Fawkner e potertele far conoscere.

È con grande piacere che ti presentiamo il primo volume di Fawkner Times: ci piacerebbe ricevere i tuoi suggerimenti sulle persone, eventi e organizzazioni che vorresti vedere nel secondo volume, la cui pubblicazione è prevista per settembre.

- Il team del progetto Hello Fawkner



## Eat / Do / Go / See



## EAT: Fawkner Kebab House

Address: 50 Bonwick Street, Fawkner

Website: [www.fawknerkebab.com.au/](http://www.fawknerkebab.com.au/)

Chances are if you live in Fawkner you've visited the Fawkner Kebab House.

The smells coming from inside this charming Fawkner favourite will have you salivating before you've even entered the shop, with juicy meat being cooked with love.

The delicious aromas originate from the incredible fresh ingredients that the team serves up. Savoury slices of melt-in-your-mouth lamb and irresistible portions of perfectly cooked chicken complement the fresh, crisp, delicious salads, authentic dips and sauces, and warm Turkish bread that the kebab house prides themselves on.

There are options to suit every palate, including falafels, meal plates, and delicious dips. The team also serves up Pakistani and Indian foods, which are very popular within the Fawkner community.

If you're looking for a new favourite takeaway spot then you've found your answer at the Fawkner Kebab House.



## DO: Fawkner Leisure Centre

Address: 79 – 83 Jukes Road, Fawkner

Website: [www.activemoreland.com.au/aquatic-and-leisure-centres/fawkner-leisure-centre/](http://www.activemoreland.com.au/aquatic-and-leisure-centres/fawkner-leisure-centre/)

Contact number: 9358 6600

Who said keeping fit had to be boring? The Fawkner Leisure Centre has a range of facilities to keep you active all year round, with a range of fun and friendly group activities for all ages.

Aspiring swimmers can have their choice between indoor and outdoor pools, along with spas and sauna rooms to rest and regenerate.

The centre also offers swim classes for all ages and abilities. They provide male and female only sessions as well.

Children's birthday parties can be celebrated in the

pool, while larger events can take place in the hall, which can be hired.

The centre runs group fitness classes such as aqua aerobics, Zumba, and yoga every day in the morning and evening. The classes offer low and high impact activities to suit any age or fitness level. Check out the timetable on their website for specific timings.

In addition to the pools, Fawkner Leisure Centre boasts an air-conditioned gym with modern equipment, making it the perfect place to make a healthy change. Friendly and knowledgeable staff supervise the floor at all times and can answer any questions.

Seeking something more personalised? In-house personal trainers can design a program to suit individual fitness levels, preferred activities, and budget.

The centre offers a range of different memberships from a casual pass, multi-visit pack, or a monthly membership option – so no matter what your budget or fitness goals – the Fawkner Leisure Centre has you covered.

So, what are you waiting for? Put on your gym gear and get physical in Fawkner!



## GO: Fawkner Library

Address: 77 Jukes Road, Fawkner

Website: [www.moreland.vic.gov.au/libraries/location-and-hours/fawkner-library-location-hours/](http://www.moreland.vic.gov.au/libraries/location-and-hours/fawkner-library-location-hours/)

Contact number: 9355 4200

No great suburb is complete without a library, and the Fawkner Library is different to most – among its treasure-trove of books and learning materials, each month it plays host to a range of different activities and events that celebrate the people and community groups that make Fawkner so special.

A monthly book chat held in the library offers the perfect retreat for local readers, with guests encouraged

to turn up with the book they're currently reading. Attendees can talk about their current read or learn about what their peers are perusing in this relaxing setting.

For the children, the library offers popular kids' sessions such as Preschool Storytime, Urdu Storytime, and Toddler Time, while older residents are not forgotten either! A weekly Scrabble club, evening story

times, and craft sessions all take place onsite. Visit the Moreland Council website for more information or to register for any sessions.



## SEE: Merri Creek Trail

Address: various locations, City of Moreland

More info (and a map) can be found at [www.moreland.vic.gov.au/parks-pools-sport/discover-our-creek-trails.html](http://www.moreland.vic.gov.au/parks-pools-sport/discover-our-creek-trails.html)

Whether you need a fresh jogging track, a new family picnic spot, or a tranquil place to get some time to yourself, the Merri Creek trail is the place for you.

Running along the eastern side of Fawkner, the trail is a quiet, natural hideaway that is easy to fall in love with. Several of Fawkner's streets, including Jukes Road and Lorne Street provide access to the creek, ensuring that wherever you live in Fawkner you're near this urban oasis.

The relaxing sound of the water goes hand-in-hand with the soft rustling of the trees and shrubs that are peppered throughout the trail. The path is full of surprises, with several species of fish, ducks, and other birds residing there.

The trail is perfect for a cycling day trip, as following it south will get you to Yarra Bend Park in Fairfield, which is where you can change onto the Main Yarra trail to get all the way into Melbourne's CBD.

Next time you need to get away from the hustle and bustle do yourself a favour and head down to the Merri Creek Trail.



# FRIENDS OF FAWKNER

Meet the people behind the community groups that are breaking boundaries and forging stronger community bonds.



## FAWKNER FOOD BOWLS

### SALLY BEATTIE

Sally Beattie accidentally found the path to gardening bliss when she decided to buy some herbs to grow in a communal space in the Brunswick apartment she lived in before she made Fawkner home. She would passionately tend to the herbs, which soon made her a bit of a local celebrity among the neighbours.

"Whenever I'd water them or tend to them people from the other eight flats would come out and have a chat.

"Every year we'd do different harvests and plan what we'd put in there together, and we'd all share the vegetables and it became a much bigger thing.

"I was really interested in the community, and I realised that gardening can bring people together. The Fawkner Food Bowls initiative is really just a massive version of what we started in that apartment block," she said.

Fawkner Food Bowls is a resident-led community garden and gathering space that was started by Sally, her best friend Kelly Gillespie, and the seven other members in their committee. The area has been provided by the Fawkner Bowling Club and the initiative is completely run by volunteers. The two founders were introduced by a mutual friend and found an immediate connection.

"We just clicked straight away, she was really into gardening and I was really into building communities and we knew we had to get together.

"Our skills really complement each other, and with this initiative we really rely on each other's knowledge.

"Fawkner has a lot of food growers here already and has

had for a very long time, so we were trying to set up a place where people could connect with each other on a number of levels," she said.

Sally has always had a passion for bringing people together and the garden benefits from Fawkner's knack for doing things for each other.

"Our community here is incredible, we really couldn't have done it without them – they're so passionate.

"Even on our first few laborious days of weed clearing and garden bed planting they were all here getting their hands dirty.

"We're really getting to know each other and the people in the neighbourhood because of the garden," she said.

Fawkner's community spirit shines through at local government level as well, with the Fawkner Food Bowls team receiving all the support they need from their council.

"The council has also been great, they've been so easy to work with and so accommodating.

"They really jumped in to help us and they've always been there when we need a hand, whether its with recreation, community engagement, or grants they've always had our back.

"The bowls club has also helped us so much, they've been so generous with their land and their time," she said.

Committee members at the Fawkner Food Bowls are extremely proactive, with many running their own

initiatives; monthly food swaps, passata-making, composting workshops, and weekly sales at The Community Grocer. More information for The Community Grocer can be found on page 11.

Sally and Kelly are like two peas in a pod and they love working with each other.

"The best part about Fawkner Food Bowls is working with Kelly, she's so knowledgeable and she breaks it down so well so that anyone can understand her.

"It doesn't matter if she's talking to children, adults, or the elderly she always gets people interested and they always know what she's talking about.

"Working with her is a joy because I'm always learning something new," Sally said.

The dynamic duo will spend 2019 working hard on the garden's new crops, reaching out to community groups, building the team of volunteer gardeners, and distributing organically grown produce.

There are many ways to get involved with the Fawkner Food Bowls; visit on a Sunday from 10:00am until 1:00pm, follow the Fawkner Food Bowls Facebook page, volunteer in the garden, become a member, attend one of its events, or email [fawknerfoodbowls@gmail.com](mailto:fawknerfoodbowls@gmail.com)

The Fawkner Food Bowls can be found in front of the Fawkner Bowling Club, at 2 Creedon Street, Fawkner. For more information visit:

[www.fawknerfoodbowls.com/](http://www.fawknerfoodbowls.com/)



# URDU-SPEAKING WOMEN'S GROUP

## SADIA KHALID

For many new residents migrating from around the world, the first few months can be hard, and change can bring on feelings of isolation and anxiety. But Sadia Khalid, the leader of the Urdu-Speaking Women's Group in Fawkner, wants to change this by making a difference to the way new Australians connect with the surrounding community.

We spoke to Sadia about her vision for the group as a platform for Urdu-Speaking women to learn more about each other and the community they live in.

"The group helps people, especially women, to meet with different women of the same community, socialise with each other and get to know the people around them."

In addition to its regular social meetings at Fawkner Community House, the group makes sure that all new members know of the amenities that exist in their suburb.

"We provide awareness of the local services and activities, whatever is happening in Fawkner, women can get to know more about it."

When asked which parts of the role she enjoys most, Sadia struggled to put her finger on just one thing.

"I enjoy meeting with different women and giving them helpful advice to help them feel part of the community. In that way, we can pass on our knowledge and they can become more familiar with their new surroundings among friendly faces."

"I also love getting to know women with the same cultural background as me. I love that I can understand their needs, for example some can't speak English so they find it really helpful when someone knows the Australian system while also knowing their native language."

After a well-earned break over the summer months, Sadia and the Urdu-Speaking Women's Group are ready to hit the ground running in 2019 with a wide array of programs for the local community to enjoy.

The Urdu-Speaking Women's group is led by a passionate and active management committee that consists of four members. Sadia is the president, her second-in-command Arjumand Khan is the vice president, while Munnazza Umair is the secretary and Beenish Imad is the treasurer.

The Urdu-Speaking Women's group meets at Fawkner Community House, 95 – 97 Major Road, Fawkner

To find out more about the group, contact [hellofawkner@merrihealth.org.au](mailto:hellofawkner@merrihealth.org.au) and we will put you in touch.

کے لئے بہت سے ایسے پروگرام شروع کیے جائیں جو انکے لئے کارآمد اور مفید ثابت ہوں۔

اردو بولنے والی خواتین کے گروپ کی میٹنگیں اس پتے پر منعقد ہوتی ہیں

Fawkner Community House, 95 – 97 Major Road, Fawkner

مزید معلومات یہاں سے حاصل کی جاسکتی ہیں

[www.merrihealth.org.au/get-involved/health-initiatives/urdu-speaking-womens-group/](http://www.merrihealth.org.au/get-involved/health-initiatives/urdu-speaking-womens-group/)



جو کچھ بھی بوربا ہے اسکے متعلق خواتین کو مزید اطلاعات اور معلومات مل جاتی ہیں۔

جب ان سے پوچھا گیا کہ اپنی اس ذمہ داری میں کونسا کام انہیں سب سے زیادہ پسند آتا ہے، تو سعدیہ کو ایسے صرف کسی ایک پہلو کی نشاندہی میں کچھ ہچکچاہٹ سی محسوس ہوئی۔

مجھے مختلف خواتین سے ملنا جلنا بہت اچھا لگتا ہے اور مجھے انہیں ایسے مشورے دے کر دلی مسرت ہوتی ہے کہ وہ کس طرح اپنی کمیونٹی کا فعال حصہ بنیں۔ اس طرح، ہم اپنی معلومات کو آگے دوسروں تک پہنچا سکتے ہیں تاکہ وہ اپنے نئے علاقے سے مانوس بھی ہو جائیں اور انہیں یہ اطمینان بھی ہو کہ وہ دوستوں کے درمیان ہی ہیں۔

مجھے اپنی تہذیب و ثقافت سے تعلق رکھنے والی خواتین سے میل ملاقات کا موقع ملنا بھی بہت اچھا لگتا ہے۔ مجھے اچھا لگتا ہے کہ میں انکی ضروریات سمجھ سکتی ہوں۔ مثلاً ان میں سے بعض خواتین کو انگلش بولنی نہیں آتی اس لئے انہیں مجھ سے مل کر بہت اطمینان محسوس ہوتا ہے کہ انکی اپنی مادری زبان بولنے والی کوئی خاتون مل گئی ہے جو آسٹریلیا کے نظام سے بھی اچھی طرح واقف ہے۔

موسم گرما کے مہینوں کی چھٹیوں کے بعد سعدیہ اور اردو بولنے والی خواتین کا یہ گروپ اب 2019 کے لئے پوری طرح تیار ہے کہ مقامی کمیونٹی کی تفریح و معلومات

اردو بولنے والی خواتین کا گروپ – سعدیہ خالد

پوری دنیا سے آنے والے نئے تارکین وطن کے لئے پہلے چند مہینے کافی مشکل ہوسکتے ہیں، اور اس نئی تبدیلی سے وہ تنہائی اور پریشانی محسوس کرسکتے ہیں۔ لیکن اردو بولنے والی خواتین کے گروپ کی سربراہ سعدیہ خالد ایسے افراد کو اپنے آس پاس کی برادریوں اور پڑوسیوں کے ساتھ گھلنے ملنے میں مدد دے کر ان نئے آسٹریلوی شہریوں کی یہ پریشانی حل کرنا چاہتی ہیں۔

ہم نے سعدیہ سے بات چیت کرکے اس گروپ کے بارے میں انکے تصور کے متعلق پوچھا، یعنی اردو بولنے والی خواتین کے لئے ایک ایسا پلیٹ فارم جہاں وہ ایک دوسرے کے متعلق اور اپنی رہائشی کمیونٹی کے متعلق مزید جان سکتی ہیں۔

یہ گروپ لوگوں کی، اور خصوصاً خواتین کی، مدد کرتا ہے کہ وہ ایک ہی کمیونٹی کی مختلف خواتین سے ملیں جلیں، ان سے دوستی کریں، اور اپنے اردگرد رہنے والے افراد سے واقفیت حاصل کریں۔

فاکٹر کمیونٹی ہاؤس میں اپنی باقاعدہ سوشل میٹنگوں کے ساتھ ساتھ یہ گروپ اس امر کو بھی یقینی بناتا ہے کہ انکے تمام ممبران کو اپنے محلے اور علاقے میں دستیاب سب سہولیات کا بھی علم ہو۔

ہم انہیں مقامی خدمات اور سرگرمیوں کی معلومات فراہم کرتے ہیں۔ یعنی فاکٹر میں

# MUSLIM SCOUTS GROUP

## MUSTAFA ELORR

Mostafa Elorr, formerly a scout himself, understood better than anyone the value of getting out into nature with a tight-knit bunch of friends. His previous experiences inspired him to create the Muslim Scouts Group of Fawkner, a group which boosts confidence and teaches valuable life skills.

Mostafa combined his love for the community with his passion for nature and now enjoys reaping what he has sowed.

"I love seeing the kids grow and become more confident in themselves. A couple of weeks ago we went abseiling and all the kids who didn't think they'd be able to do it went down the rock face – I love seeing them get out of their comfort zone and thriving as they learn new skills."

"These challenges can really affect people's lives, we had a young girl join us on a 16-kilometre hike once and she got through it, it really wasn't an easy thing to do but she did it and she still talks about it."

"Watching her achieve that goal and achieve that sense of satisfaction was amazing. She had absolutely no

confidence in her ability to finish but she did it and it had a profound effect on her life."

Mostafa and his group of scouts are more than just a social group, they also love giving back to their local community.

The group was involved with the Merri Creek Management Committee that worked tirelessly to rid the creek of weeds while also planting trees in the area. They have also been heavily involved in Clean Up Australia Day in 2018 and 2019.

They have also put together hygiene packs for the homeless community of Melbourne, as well as raising funds for overseas orphanages.

When it comes to personifying community spirit look no further than Mostafa and his Muslim Scouts Group.

Mostafa's group meets at 20 Victory Street, Fawkner. More information can be found at:

[www.facebook.com/FawknerScouts/](http://www.facebook.com/FawknerScouts/)



If you have a story that you would like to contribute please contact us at: [hellofawkner@merrihealth.org.au](mailto:hellofawkner@merrihealth.org.au)



# OUR COMMUNITY LEADERS

## WHAT'S HAPPENING?

After a well-deserved break over the school holiday period, our community leaders are ready to make 2019 a year to remember.

### Urdu-Speaking Women's Group:

In their first meeting for 2019 the Urdu-Speaking Women's Group hosted a dietician to discuss healthy lunches for children. The following week they covered health and wellbeing with a speaker from the Multicultural Centre for Women's Health in nearby Collingwood.

The group recently celebrated Harmony Day, with a get together they planned for the occasion. The lunch reflected the objective of Harmony Day, celebrating multiculturalism. One of the organisers of the day, Arjumand Khan said "we got to taste deliciously yummy food from all over the world, and some participants shared their secret recipes too!"

### Fawkner Food Bowls:

With new irrigation up and running, fortnightly Fawkner Food Swaps will now take place on an ongoing basis. Guests are encouraged to come armed with fresh produce or homemade goodies such as jams, chutneys, and baked treats.

2019 is set to be a huge year for the Fawkner community. Stay in the loop by signing up to the monthly Hello, Fawkner! e-newsletter at

<https://www.merrihealth.org.au/get-involved/health-initiatives/hello-fawkner/>



# STROLLING DOWN BONWICK ST

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## WHAT'S YOUR FAVOURITE THING ABOUT FAWKNER?



Being a Muslim is good in Fawkner because there's a grand mosque. There are also a range of halal options and I have lots of friends and family nearby, including my brother who lives here.

- SYED



I love Fawkner because there are classes at the leisure centre every morning, so I drive over and then I go to the library afterwards where I can get help with my computer and borrow not just books but a whole range of things which is great.

- LIZ

## HOW WOULD YOU DESCRIBE FAWKNER?



Fawkner is the most liveable and peaceful place - the environment is so beautiful.

- PREKSHA



Fawkner is good because of the people, they are all so nice and friendly. We may not have as many shops and parking as our neighbours but on the whole it's great.

- SANJEEV



# A TRUE TASTE OF FAWKNER

## ALFREDO PASTA

By Katherine Marsh - Community Member

Katherine Marsh has recently welcomed a new baby into her family, and as a result doesn't have as much time to cook the nutritious and healthy meals she used to thrive on. She's found a great way to get the good stuff in with minimal cooking time with this quick and healthy take on the popular alfredo pasta, which can also be made vegan with ease.

### INGREDIENTS

- Pasta (can use more nutrient-dense varieties such as quinoa & rice)
- 1 zucchini, cut in half then sliced into semi-circles
- 2 – 4 leaves of kale, chopped
- 1 garlic clove, finely sliced

### Sauce:

- 1 cup of nut milk (soy, oat, coconut, etc)
- 1 tablespoon liquid aminos OR salt
- 1 garlic clove
- 1 tablespoon tahini
- ¼ cup cashews
- 1 tablespoon fresh lemon juice
- 2 tablespoons wholegrain mustard
- 1 ½ teaspoons smoked paprika
- Pinch of nutmeg
- Black pepper, to taste

### Serve with any of the following:

- Fresh basil leaves
- Pumpkin seeds
- Extra lemon juice
- Mackerel for an extra hit of protein and healthy fats

### METHOD:

1. Add all the sauce ingredients to a blender and blitz until smooth
2. Lightly cook the zucchini, kale, and garlic in a frying pan with butter or oil
3. Cook pasta as per the instructions on the packet, drain, and pour some olive oil over it to keep it from sticking together
4. Move the sauce mix from the blender to a saucepan and gently heat, adding extra milk or water for desired consistency
5. Serve the pasta with the sauce mixed through or poured on top, and then add garnish to serve



If you have a recipe that you would like to contribute please contact us at: [hellofawkner@merrihealth.org.au](mailto:hellofawkner@merrihealth.org.au)



# THE GARDEN THAT GROWS WITH YOU

PREPARED WITH THE HELP OF KELLY GILLESPIE FROM THE FAWKNER FOOD BOWLS

*If you've decided you'd like to cultivate a healthy garden but know you're the sort of person who would struggle to keep a cactus alive, then don't fret – help is here! Kelly Gillespie of Fawkner Food Bowls has provided her top six tips for getting your garden to thrive.*

## Tip one: Start with just one thing

You'd never try and build a whole house as your first DIY project, so why attempt to recreate the Royal Botanic Gardens at home with little experience? Kelly started her long horticultural journey with a single cactus, before moving to a small pot of grass that she trimmed with scissors. Go out and get yourself a small amount of something you'd really like to grow and focus on taking care of it well. Once you've mastered the first, move on to the second.



## Tip two: Consider the positioning of where you are trying to grow your plants

Just as there's no smoke without fire, there's no growth without adequate shade and/or sunlight. Consider the spot that your plants are sitting in and ensure that they have an ample supply of sunlight to soak up, or shade to hide in depending on what they are into.

## Tip three: Pay attention to watering

Getting adequate water is essential for getting nutrients into a plant's system. If you frequently forget to water, Kelly recommends associating that act of watering with another activity that you do regularly. If the plant needs watering daily, then do it straight after you brush your teeth. If it needs water once a week, then give it a drink just before you do your weekly shop.



“

... if you're growing foods that you like eating then you'll get much more enjoyment out of the whole process.

## Tip four: Pay attention to the soil

It may shock you to learn that soil requires maintenance as well, and only the toughest plants will survive in arid dirt. This tip links closely with number three, as soil can influence the amount of water a plant retains and which nutrients are available. If it is too loose the water will run away, if it is too closed then more water will be retained and the plant will be prone to disease.

## Tip five: When it comes to edible plants, grow what you like to eat

This one speaks for itself – if you're growing foods that you like eating then you'll get much more enjoyment out of the whole process.



## Tip six: Encourage wildlife

Kelly encourages wildlife in her garden, whether it's birds, bees, or other insects. There's more to gain from these tiny friends than there is to lose from their nasty counterparts. Pollinators such as bees, hover flies, and butterflies and defenders such as lacewings, wasps, and ladybirds will be great for your garden. Blitzing the entire system against the few bad eggs – slugs, snails, and earwigs – will end up doing harm to the good bugs and thus to the rest of the garden.

If you're looking for what to plant during autumn, garlic is the answer. It is a long, slow crop that will grow from now right through to the end of the year.

Planting lettuce, radish, and green leafy vegetables is also a good choice if you want a quick harvest.

So, get out there, get yourself a plant that you can devote your attention to and begin your life as a green thumb!

If you have a story that you would like to contribute please contact us at: [hellofawkner@merrihealth.org.au](mailto:hellofawkner@merrihealth.org.au)



# FAWKNER LIBRARY

PREPARED BY NARELLE STUTE, LIBRARY COORDINATOR,  
CUSTOMER SERVICE & PROGRAMS AT MORELAND CITY LIBRARIES

Fawkner Library celebrates its 50th anniversary this September and there is something on offer for everyone.

Fifty years ago European migration saw more and more people settling in Fawkner. The city was beginning to find its identity and the streets were named after some of Fawkner's first farmers; Dowling, Jukes, Anderson and Mahoney.

The library opened in September 1969 and back then its members were likely to borrow informational books about farming or sewing. Fast forward fifty years and members can now stream movies, use the internet, and attend events, as well as borrowing from an extensive selection of books.

The library is FREE to join. Becoming a member comes with all the usual benefits; borrowing books, DVDs, CDs, and magazines. In addition to that, membership at Fawkner library provides access to music and book downloads, movie streaming, and free access to educational websites that help users (adults and children alike) learn a second language.

Fawkner Library holds community language collections in Urdu, Arabic and Italian, as well as providing access to many more community language collections from other Moreland City libraries. The library is proud to now have an ESL collection as well, which helps

community members learn English as a second language.

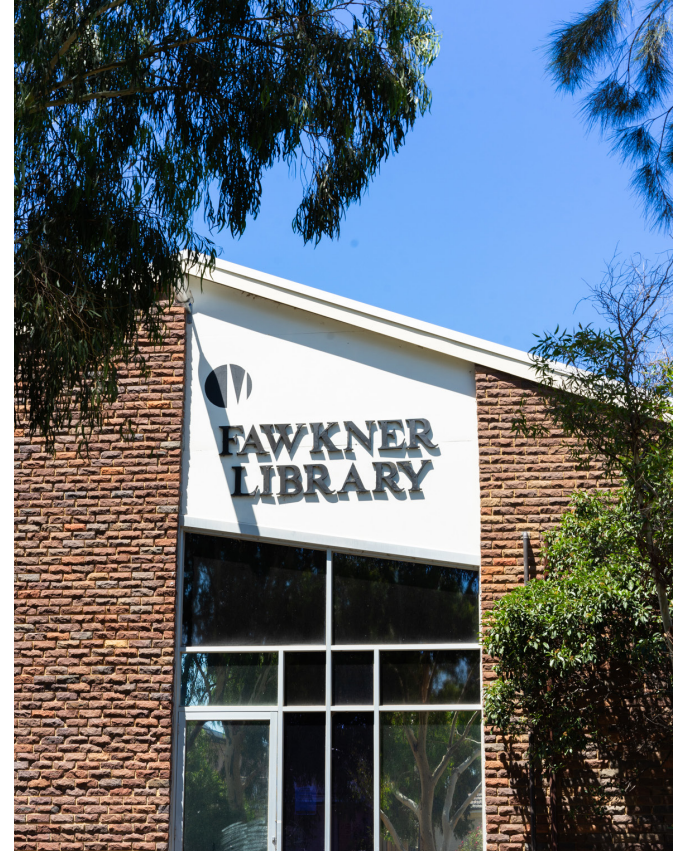
The library offers programs for all ages. Story time, toddler time and rhyme time keep the youngest guests mesmerised, while school holiday programs, Lego builders and digital coding programs will keep older children coming back for more. The library's family literacy program, Word Play helps parents learn English together with their children. Adults can also hear talks, watch demonstrations, join in workshops or view displays on a variety of topics ranging from health and wellbeing to do-it-yourself projects. All these events are free.

Located in Jukes Road, Fawkner Library is a welcoming space for all community members. There is carparking available onsite and for those using public transport, buses that run along Jukes Road. The library is wheelchair accessible with a ramp at the front entrance.

If you haven't yet visited Fawkner Library then head down and see what you've been missing out on today!

More information about the library can be found at:

[www.moreland.vic.gov.au/libraries/location-and-hours/fawkner-library-location-hours/](http://www.moreland.vic.gov.au/libraries/location-and-hours/fawkner-library-location-hours/)



## BIBLIOTECA DI FAWKNER - A CURA DI NARELLE STUTE, COORDINATRICE BIBLIOTECA, SERVIZIO CLIENTI E PRO-GRAMMI PRESSO LE BIBLIOTECHE DI MORELAND CITY

Questo settembre la biblioteca di Fawkner compie 50 anni e stiamo preparando delle sorprese adatte a tutti i gusti.

Cinquant'anni fa, le migrazioni provenienti dall'Europa hanno fatto sì che sempre più gente si stabilisse a Fawkner. La città stava così cominciando a trovare una sua identità e le sue strade furono intestate ad alcuni dei primi agricoltori di Fawkner: Dowling, Jukes, Anderson e Mahoney.

La biblioteca è stata inaugurata nel settembre del 1969 e, all'epoca, era molto comune che i suoi avventori prendessero in prestito libri internazionali dedicati all'agricoltura o al cucito. Cinquant'anni più tardi, i membri della biblioteca possono guardare film in streaming, connettersi a Internet e partecipare ad eventi - oltre che a prendere in prestito un libro tra quelli presenti nella vasta collezione della biblioteca.

Iscriversi alla biblioteca è completamente GRATIS. Diventandone membro avrai diritto ai seguenti vantaggi: prendere in prestito libri, DVD, CD e riviste. Inoltre, la

membership della biblioteca di Fawkner permette di scaricare musica e libri, guardare film in streaming e di avere accesso gratuito ai siti web educativi che aiutano gli utenti (sia adulti che bambini) a imparare una seconda lingua.

La biblioteca di Fawkner custodisce una collezione di libri in urdu, arabo e italiano, oltre a fornire l'accesso a collezioni dedicate a tante altre comunità linguistiche grazie alle altre biblioteche della Città di Moreland. La biblioteca è orgogliosa di aver recentemente acquisito anche una collezione ESL, in grado di aiutare i membri della nostra comunità a imparare l'inglese come seconda lingua.

La biblioteca offre dei programmi adatti a tutte le età. I momenti dedicati al racconto delle storie, quelli per i neonati e gli appuntamenti dedicati alla ricerca di rime incanteranno i nostri ospiti più piccoli, mentre i programmi dedicati alle scuole estive, alla costruzione con i Lego e ai programmi digitali di coding faranno in modo che i bambini più grandi non vedano l'ora di tornare in biblioteca. Il programma della biblioteca

dedicato all'alfabetizzazione della famiglia, Word Play, aiuta i genitori a imparare l'inglese insieme ai loro bambini. Anche gli adulti potranno partecipare a conferenze, assistere a dimostrazioni, partecipare a laboratori o osservare delle esibizioni dedicate a un gran numero di argomenti, da salute e benessere fino a progetti fai-da-te. Tutti questi eventi sono gratuiti.

Situata su Jukes Road, la Biblioteca di Fawkner è uno spazio accogliente per tutti i membri della comunità. La biblioteca è dotata di parcheggio per le auto e, per coloro che desiderano raggiungerla con i mezzi pubblici, vi è un autobus che percorre proprio Jukes Road. La biblioteca è provvista di un accesso dedicato ai portatori di handicap proprio all'ingresso principale.

Se non hai ancora visitato la Biblioteca di Fawkner, vieni subito a scoprire cosa ti stai perdendo!

Per maggiori informazioni sulla biblioteca visita [www.moreland.vic.gov.au/libraries/location-and-hours/fawkner-library-location-hours/](http://www.moreland.vic.gov.au/libraries/location-and-hours/fawkner-library-location-hours/)

## ترتیب کنندہ: نارایل - (FAWKNER LIBRARY) فاکنر لائبریری اسٹیوٹ، لائبریری کوآرڈینیٹر، کسٹمر سروس اینڈ پروگرامز مورلینڈ سٹی لائبریری

فاکنر لائبریری اس سال ستمبر میں اپنی 50 ویں سالگرہ منا رہی ہے اور اس پُرسمرت موقع پر ہر شخص کے لئے کچھ مفید و کارآمد چیز پیش کی جا رہی ہے۔

پچاس برس قبل یورپ میں آنے والے تارکین وطن زیادہ سے زیادہ تعداد میں فاکنر میں آباد ہونا شروع ہوئے۔ تب اس شہر نے اپنی شناخت بنانے کی ابتدا کی تھی اور اسی لئے یہاں کی بعض سڑکوں کے نام فاکنر کے پہلے کسانوں کے نام رکھے گئے تھے؛ مثلاً ڈاولنگ، جیوکس، اینڈرسن اور ماہونے۔

یہ لائبریری ستمبر 1969 میں گھلی تھی اور اُس وقت اسکے ممبران عموماً زراعت یا سلائی کے متعلق معلوماتی کتابیں مستعار لیا کرتے تھے۔ اب پچاس سال گزرنے کے بعد ہمارے ممبران فلمیں سٹریم کرکے دیکھ سکتے ہیں، انٹرنیٹ استعمال کرسکتے ہیں، تقریبات میں شریک ہوسکتے ہیں اور ساتھ ہی مختلف موضوعات پر کتابوں کی ایک بہت بڑی تعداد سے استفادہ کرسکتے ہیں۔

اس لائبریری کی ممبرشپ بالکل مفت ہے۔ ممبر بننے والے افراد کو تمام عمومی سی ڈیز اور مختلف رسالے اور میگزین، DVDs، فوائد تو ملتے ہی ہیں؛ یعنی کتابیں وغیرہ، لیکن اسکے ساتھ ساتھ فاکنر لائبریری کی ممبرشپ سے موسیقی اور کتابیں ڈاؤن لوڈ کرنے، فلمیں سٹریم کرنے اور تعلیمی ویب سائٹس تک مفت

جیوکس روڈ پر چلنے والی بسوں اور پبلک ٹرانسپورٹ سے بھی استفادہ کرسکتے ہیں۔ لائبریری کے بڑے داخلی دروازے پر وہیل چیئر استعمال کرنے والے افراد کے لئے ریمپ بھی موجود ہے۔

اگر آپ نے اب تک فاکنر لائبریری کا دورہ نہیں کیا ہے تو آج ہی تشریف لائیں اور خود ملاحظہ کیجئے کہ آپ کتنی کارآمد معلوماتی سہولت سے اب تک استفادہ نہیں کرسکے ہیں

فاکنر لائبریری کے متعلق مزید معلومات یہاں سے حاصل کی جاسکتی ہیں

[www.moreland.vic.gov.au/libraries/location-and-hours/fawkner-library-location-hours/](http://www.moreland.vic.gov.au/libraries/location-and-hours/fawkner-library-location-hours/)

رسائی کی سہولت بھی ملتی ہے (بڑوں اور بچوں سب کے لئے) جن سے انہیں کوئی نئی زبان سیکھنے میں بہت مدد ملتی ہے۔

فاکنر لائبریری میں اردو، عربی اور اطالوی زبانوں میں معلوماتی اور تفریحی مواد تو دستیاب ہے ہی، لیکن اسکے ساتھ ساتھ یہاں آپ کو دیگر مورلینڈ سٹی لائبریریوں میں موجود دیگر مقامی و غیر مقامی زبانوں کے مواد تک بھی رسائی حاصل مواد بھی دستیاب کر دیا ESL ہوجاتی ہے۔ ہمیں فخر ہے کہ اب اس لائبریری میں کیا ہے جو ہمارے کمیونٹی ممبران کو انگلش بطور دوسری زبان سیکھنے میں مدد دیتا ہے۔

اس لائبریری میں ہر عمر کے افراد کے لئے پروگرام پیش کئے جاتے ہیں۔ 'سٹوری ٹائم'، 'فوڈلر ٹائم' اور 'رہائم ٹائم' سے ہمارے ننھے منھے مہمان مزہ لیتے ہیں، جبکہ 'اسکول ہالڈے پروگرامز'، 'لیگو بلڈرز' اور 'ڈیجیٹل کوڈنگ پروگرامز' سے بڑی عمر کے بچے اتنے خوش ہیں کہ بار بار یہاں آتے اور مستفید ہوتے ہیں۔ ہماری اس لائبریری کے فیملی تعلیمی پروگرام "ورڈ پلے" کے ذریعے والدین کو اپنے بچوں کے ساتھ انگلش سیکھنے میں بہت مدد ملتی ہے۔ بالغ افراد تقاریر اور مباحثے بھی سن سکتے ہیں، عملی مظاہرے دیکھ سکتے ہیں، ورکشاپس میں حصہ لے سکتے ہیں، اور صحت و تندرستی اور چیزیں خود بنانے والے پراجیکٹس کے علاوہ دیگر کئی متفرق موضوعات پر تصاویر اور وڈیوز بھی ملاحظہ کرسکتے ہیں۔

فاکنر لائبریری تمام برادریوں کے افراد کے لئے جیوکس روڈ پر واقع ایک بہترین اور مفید مقام ہے۔ یہاں آپ کی گاڑیاں پارک کرنے کی جگہ بھی دستیاب ہے اور آپ



# LEARNING IN FAWKNER



## MEET KHADEEJA'S FAMILY

Excitement is building in Khadeeja's household, where her five-year old son is looking forward to starting his educational journey.

Transitioning to new levels of education is quite daunting for a young person, but Khadeeja's son Mohammed Ahmed already has a large group of friends thanks to a fun-filled few years at Moomba Park Kindergarten.

Khadeeja says their social network has been huge for the family, and that her son has benefited greatly from the HIPPY Program (The Home Interaction Program for Parents and Youngsters); a two-year early childhood education program that gives children the best possible start to school life.

"He keeps asking me 'when am I going to school?' and 'when am I going to get my uniform?' In fact, this morning he was drawing pictures of him and his friends at kinder – he's so excited.

"He's got friends from kinder and I know a lot of their mums as well, so we have quite a close little group, and they were a big factor in choosing a school - he wanted to be with the children he knew," she said.

The events and activities that Fawkner hosts provide ample entertainment for this young family, who make sure they get to as many as they can.

"Last year we had Movies in the Park, so we all went

to that to watch The Lion King, and any event that's happening we always go and visit.

"Every year we go to Fawkner Festa and Movies in the Park – any kid-friendly event that's happening we make sure we try and go," she said.

Khadeeja will be starting a new job in February, just as her son Mohammed Ahmed starts school. The year is certain to bring fresh excitement, responsibility, and satisfaction for this young family.

For more information on programs for pre-school aged children see:

<https://www.merrihealth.org.au/services/child-and-family/education/school-readiness/>

<https://www.merrihealth.org.au/get-involved/health-initiatives/ready-set-prep/>





# WHAT'S ON IN FAWKNER

## GET CRAFTY AT FAWKNER LIBRARY

Once a month on a Wednesday afternoon at the Fawkner Library some of Fawkner’s most creative residents meet to work on their craft projects in a social, relaxing setting.

Bring your own craft project along to continue working on it in the peaceful setting of Fawkner Library.

Share stories with your fellow creatives while you enjoy a cup of tea or coffee in the library. You never know what you might learn from someone else!

For more information on the group call 9355 4200.



## INTRODUCING THE COMMUNITY GROCER

If 2019 is shaping up to be a healthier year, then The Community Grocer Fawkner is the place to be.

This weekly market runs from 8:30am – 12:00pm every Wednesday at CB Smith Reserve and is the best place to source fresh, delicious, local produce that is also fairly priced.

This market is testament to the community spirit that makes Fawkner such a unique and joyous place to live, so why not head down and get yourself some fresh fruit and vegetables?

As well as welcoming attendance, The Community Grocer is always on the hunt for volunteers. More information can be found online at: [www.thecommunitygrocer.com.au](http://www.thecommunitygrocer.com.au)



## WEEKLY EVENTS AT FAWKNER LIBRARY AND FAWKNER LEISURE CENTRE PREPARED WITH THE HELP OF NARELLE STUTE

### FAWKNER LIBRARY

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1:30pm	Scrabble Club	11:30am	Rhyme Times	11:30am	Preschool Storytime			11:30am	Toddler Time				
				4:00pm	Sphero Robots								

### FAWKNER LEISURE CENTRE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
9:30am	Aqua Seniors	9:30am	Aqua Seniors	9:30am	Aqua Seniors	9:30am	Aqua Seniors	9:30am	Aqua Seniors	9:30am	Aqua Seniors	9:30am	Aqua Seniors
7:00pm	Water Workout	10:30am	Lift For Life	6:00pm	Arthritis Cycle	10:30am	Lift For Life	6:30pm	Water Workout	10:00am	Social Badminton		
8:00pm	Body Balance	7:00pm	Water Workout	7:00pm	Water Workout	7:00pm	Water Workout						

Know of any great events coming up in Fawkner?  
Let us know via [hellofawkner@merrihealth.org.au](mailto:hellofawkner@merrihealth.org.au)





# SAY 'HELLO' AROUND FAWKNER

Γειά σας,  
Fawkner!

مرحبًا  
يا فوكنر!

Ciao,  
Fawkner!

হ্যালো,  
ফকনার!

Hello,  
Fawkner!

CELEBRATING FAWKNER

Merhaba  
Fawkner!

بيلو،  
فوكنر!

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 for the monthly Hello, Fawkner! e-newsletter at  
<https://www.merrihealth.org.au/get-involved/health-initiatives/hello-fawkner/>

If you have a story that you would like  
to contribute please contact us at:  
[hellofawkner@merrihealth.org.au](mailto:hellofawkner@merrihealth.org.au)

\*Accurate at time of print