

15 MAR 2011



A Healthy Life for a  
Healthy Heart

## HEART SUPPORT-AUSTRALIA

### KNOX BRANCH NEWSLETTER



Vol. 12 Issue 2

March 2011

#### PRESIDENT'S MESSAGE

Hi all,

It's hard to believe it but we are almost into month three of 2011, at this rate it will soon be Christmas.

We had a very factual and interesting talk given by Alan Gray regarding Puffing Billy and how it fits into the history of our State. We may try to get hold of some tickets for the meal on the train (meals on wheels) for a raffle prize.

It was good to see Graham at the meeting and looking so well. I must apologise for the speed of our meeting but with no Joan and no Ted, and a general lack of planning, things just got away from us. Pat has put forward the planning of meetings beforehand which is a good move but will require a little extra work by the Committee members, so we will see if this is feasible.

I have been asked to give a demo of wood turning at one of our meetings and will be happy to do so if I can get the use of a lathe from my woodturning group, more on this later.

The April meeting will fall on Anzac Day so don't forget there is NO MEETING that month.

Good recovery to all the sickies, hope to see you back with us soon.

Regards,

NICK.

#### MEETING DATES 2011

**General meetings:** Day time meetings are held on the last **Tuesday** of each month at **1.30 p.m.**

**Venue:** Court House Venue, corner Station and Spring Streets, Ferntree Gully. Everyone is welcome, so come along and join in the fellowship. Bring along a small plate of your favourites to share for afternoon tea (low fat of course) - tea/coffee provided.

*March 29th*

*April NO MEETING May 31st June 28th*

*July 26th August 30th September 27th*

*October 25th November 29th*

**NOTE - There will be no meeting held in April due to the gazetted Public Holiday on April 26 and no meeting in December**

**PLEASE PUT THESE DATES IN YOUR DIARY.**

**HAPPY**

**ST. PATRICK'S**

**DAY**



## JOAN'S SOCIAL NOTES

Hi Everybody,

It's nice to be home again. The cruise was terrific, you could not ask for better service and care. The scenery was beautiful, New Zealand is something else, the only thing that spoiled the trip was the earthquake in Christchurch, that was a tragedy, all we can do is pray for these people, they have lost so much.

**PLEASE NOTE - Due to lack of numbers the proposed trip to Daylesford and Hepburn Springs has been cancelled.**

I am disappointed that this trip will now not take place but will endeavour to arrange something more acceptable to our members for another time.

Don't forget our proposed trip to Gumbaya Park on Tuesday 24th May.

Hope all our sickies are feeling a lot better, it was good to see Graham Meik looking a lot better at the Birthday lunch.

That's my lot,

**JOAN.**

## BRANCH CONTACTS

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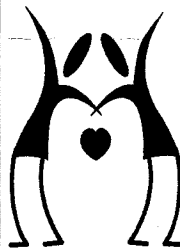
### **DID YOU KNOW**

Japanese people consume an average of nine litres of soy sauce each year.

*An ear of corn never has an odd number of rows.*

Cats squeeze their eyes shut when they are happy.

*The Great Pyramids were once snow white because they were encased in bright limestone which has worn off over the years.*



*Knox Branch gratefully acknowledges the support of the following organizations and people in our activities:*

**Knox Private Hospital**

**Julie Gobbart -  
Knox Cardiac Rehabilitation Department**

**Georgie Shoebridge  
Angliss Cardiac Rehabilitation Department  
Wantirna Community Health Rehabilitation**

**Knox Community Health Services**

**MARCH BIRTHDAYS**

*Kathleen Edwards,  
Barbara Graham, Aileen Murray,  
Betty Naughton and Lex Bendixen*

These Birthdays will be celebrated  
at the **Ferntree Gully Bowling  
Club**, Park View Drive, off  
Glenfern Road (Melways 74 A5) on  
**Friday 25th March at 12 noon.**

**HAPPY BIRTHDAY  
TO ALL**



**VERY BRIEF NOTES FROM OUR  
FEBRUARY MEETING**

The President welcomed Alan Gray from  
the Puffing Billy Preservation Society.

\$500 has been donated to the Victorian  
flood victims appeal.

Nick Wakeling, State Member for Ferntree  
Gully, has offered to donate a hamper for  
our Heart Week raffle. To be accepted with  
thanks.

A donation of \$100 has been made through  
Slater & Gordon to the Asbestos Research  
Fund in memory of Illianna Cupid.

Following the talk by our Guest Speaker a  
donation of \$50 was made to the Puffing  
Billy Preservation Society.

**FORTHCOMING DIARY DATES**

**Tuesday 22nd March** - Trip to Daylesford  
and Hepburn Springs **cancelled.** See Joan's  
*Social Notes.*

**Friday 25th March** - Birthday lunch at the  
Ferntree Gully Bowling Club at 12 noon.

**Tuesday 29th March** - Knox Branch  
Meeting at 1.30 p.m.

**Tuesday 24th May** - Trip to Gumbaya Park  
Further details to come.



**HAPPY WANDERERS WALKING  
GROUP**

Happy Wanderers meet each Tuesday at  
the Tim Neville Arboretum, cnr. Dorset  
Road and Francis Crescent, Ferntree  
Gully, at 9.30 a.m. (Melways 73 K1).

Everyone is welcome to join this group,  
just come along on a Tuesday morning.

**Don't forget to Slip, Slop, Slap. Bring  
some water to avoid dehydration, and  
your wet weather gear.**

**If in doubt about the weather on the day  
ring either Chris Culling 9720 4978 or  
Doreen Wright 9752 2536 before  
9.00 am.**

## THE HISTORY OF PUFFING BILLY

At our meeting on Tuesday 22 February Alan Gray of the Puffing Billy Preservation Society gave us a very interesting talk commencing with a brief history of the settlement of Victoria including the first settlement at Sorrento, which due to a lack of water mainly, did not survive, to the story of John Batman coming across from Launceston in May 1835.

History tells us that on 6 June 1835 John Batman entered into a treaty with the local Aborigines, on the banks of the Merri Creek, purchasing some 600,000 acres (more or less) from the Aborigines in exchange for goods which he carried on his ship comprising blankets, knives, looking glasses, tomahawks, beads, scissors, flour etc. as payment for the land.

On 8 June Batman explored a large river coming from the east and about 6 miles up found the river to be all good water and very deep, this became the spot where he made his now famous quote "this will be the place for a village", the village is of course Melbourne and the river the Yarra.

Alan continued to tell us how, where and why the railway system was established in Victoria and why we have narrow gauge railways.

The Puffing Billy railway was one of four low-cost 2'6" (762mm) gauge lines constructed in Victoria in the early 1900s to open up remote areas.

The present line between Belgrave and Gembrook, through the forests, fern gullies and farmlands of the magnificent Dandenong Ranges, is the major part of the line which opened on 18 December 1900 and operated over 18.2 miles (29km) between Upper Ferntree Gully (where the broad gauge rail terminated resulting in this railway station being called Terminus) and Gembrook until 1953.

From the early 1930's the Gembrook railway earned a reputation for being a financial liability on the Victorian Railways. The steep grades on the line limited the amount of goods that could be transported and the change of gauge at Upper Ferntree Gully added extra expense as goods had to be transhipped manually to broad gauge wagons. It was claimed around 1930 that it cost more per train-mile to carry an average 60 tons per trip than it did for the Melbourne - Sydney Express to carry 360 tons per trip. A Victorian Railways bus service competed for passengers on its own railway and trucks on improved roads competed for the goods. So it was in a climate that the railway lost 13,000 pounds (\$26,000) for the financial year 1952/53, that Puffing Billy's days were numbered.

Interest in saving Puffing Billy was latent with a number of local people, but it took the closure of the line due to a landslide at the Water Tanks between Selby and Menzies Creek in August 1953 and the subsequent decision to close the line on 28 April 1954 for this interest to manifest itself.

Public interest resulted in the formation of the Puffing Billy Preservation Society, whose volunteers, with the blessings of the Victorian State Government and the assistance of the Citizens' Military Forces, by-passed the landslide and re-opened the line to Menzies Creek in 1962, Emerald in 1965, Lakeside in 1975 and finally to Gembrook in October 1998.

continued .....

## **PUFFING BILLY ... continued**

Today Puffing Billy is one of the most famous and popular tourist steam railways in the world. It runs every day of the year except Christmas Day, carries in excess of 270,000 passengers each year and has a turnover of \$6,000,000 per annum. It employs 42 staff (mainly engineers) and over 800 volunteers. Without the volunteers it would lose over \$1,000,000 each year.

Puffing Billy is not a re-creation, it is a genuine living and important relic of Victoria's history.

There are many ways of enjoying our iconic Puffing Billy -

**Menzies Creek Trains** - when time is short and the timetable permits, sample the Puffing Billy experience with a 60 to 90 minute return journey to the first stop at Menzies Creek.

**Lakeside Picnic Trains** - Great fun for the whole family. Picnic or barbeque at Emerald Lake Park - kick the footy, play cricket, enjoy a paddleboat ride or simply relax and cool off in the wading pool.

**Full Day Gembrook Train** - journey the entire Puffing Billy line to Gembrook and enjoy all that this country haven has to offer, café's, tea rooms, crafts, bushwalks and a genuine Aussie Pub.

**Luncheon Special** - A unique 'Wine and Dine' experience for that very special occasion, in beautifully restored 100 year old fully enclosed dining carriages offering lunch or Devonshire tea.

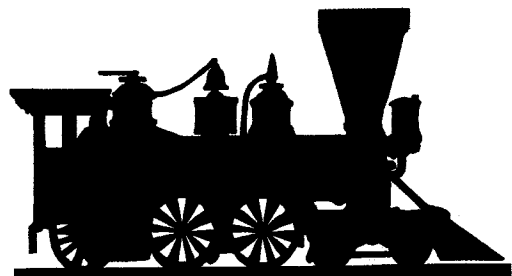
**Treat the Grandkids on Thomas the Tank Engine** - ride Australia's only real working 'Thomas', every child's favourite steam engine and enjoy a special show with the Fat Controller.

**Santa Specials** - a Christmas tradition with Santa and his helpers spreading cheer and goodwill that all the family will enjoy, or .....

**Drive a Train (Footplate) Experience** - Fulfil those childhood dreams with Puffing Billy's exclusive, once in a lifetime 'Drive a Steam Train' experience, available to those over the age of 18.

For the really fit and energetic - **Join in the Great Train Race** - now one of Australia's most popular fun run events.

*General enquiries and bookings (03) 9757 0700.*



## ON THE LIGHTER SIDE

*As St Patrick's Day is looming a few Irish jokes-*

Paddy and Murphy are working on a building site. Paddy says to Murphy "I'm gonna have the day off, I'm gonna pretend I'm mad"!

"I'm a lightbulb, I'm a lightbulb" chants Paddy. Murphy watches in amazement.

The Foreman shouts "Paddy you're mad, go home". So he leaves the site.

Murphy starts packing his kit up to leave as well.

"Where the hell are you going"? asks the Foreman. "I can't work in the friggin' dark"! says Murphy.

\* \* \* \*

Paddy and his wife are lying in bed and the neighbours' dog is barking like mad in the garden.

Paddy says "To hell with this" and storms off.

He comes back upstairs 5 minutes later and his wife asks "What did you do"?

Paddy replies "I've put the dog in our garden. Let's see how they like it"!

\* \* \* \*

Paddy is said to be shocked at finding out all his cows have Bluetongue.

"Be Jeysus"! he said, "I didn't even know they had mobile phones"!

\* \* \* \*

Mick and Paddy are reading headstones at a nearby cemetery. Mick says "Crikey! There's a bloke here who is 152"!

Paddy says "What's his name"? Mick replies "Miles, from London"!

\* \* \* \*

*My thanks to Doreen Wright for these. Have a good St. Patrick's Day Doreen and Brian.*

*Disclaimer: Matters herein are for members information only. HS-A accepts no responsibility for statements contained in any editorial or columns.*

Printed with compliments at the office of  
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