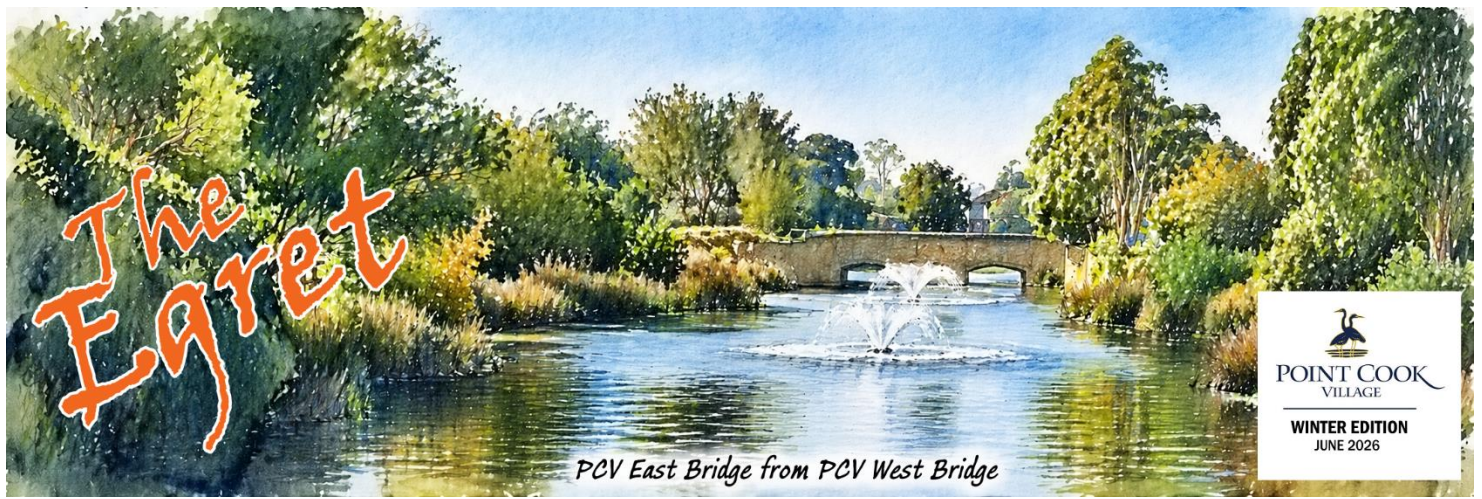




HAPPY BIRTHDAY TO OUR VILLAGE



PCV COMMITTEE OF MANAGEMENT - Rod Allen, Chair



The Point Cook Village is 17 years old this year, having started construction in 2009. It doesn't seem that long ago that we celebrated the tenth anniversary. Time certainly gets away from us when we are having the good life in the Village Community.

Unfortunately, the age of the Village brings problems of wear and tear both in the clubhouse and common grounds infrastructure that need to be addressed from a safety, appearance and facility aspect.

At the last CoM meeting we progressed a number of infrastructure issues related to age. These included the refresh of the clubhouse décor and furniture – this hasn't been done since it was opened. Around the Village grounds we are revitalising the landscaping and gardens, maintaining the roads with traffic marking and sealing the cracks to ensure their longevity, and treating the trip hazards along the paths caused by soil movement and tree roots.

It is fortunate that the Village has established a Long-Term Maintenance Fund to cover these considerable expenses.

We are also looking to the future with development of a website for use by residents – we need to move with the times.

By far the most significant issue before us and the one that has been the most frustrating is the transition to the amendments to the Retirement Village Act. Even though the start of 1 May has passed we still are not aware on the effect on Point Cook Village – it seems to be a "lawyer's picnic". Hopefully, it seems to be heading to a point of decision in the next few weeks. When I'm aware so will you. Patience is a virtue I'm told.

Winter is ahead of us so keep warm and well and to those who hitch-up caravans or get into motorhomes and head north stay safe on the roads and enjoy the warmth.

With my Antarctic background mid-winter is a special time to celebrate the coming of the sun after a long dark winter – enjoy the blessing of the seasons in our wonderful Village.



FROM THE MANAGER'S DESK

Nitin Buskalowa

Welcome new residents

I am pleased to advise we had quite a few residents who have moved into the village in the last couple of months. Please join me in welcoming Bill, Kristina and Kirsten Kennedy in villa 105 and Sally and Dora in villa 215.

VMCH Open Day

Please be advised that the VMCH Sales and Marketing team will be hosting an Open Day on Wednesday, 27 May, from 2:00pm to 4:00pm in the clubhouse. Details have been distributed to residents via email and hard copies to those who do not have email addresses. Residents may RSVP via email, phone or QR code stipulated in the letter.

Smoke Alarms

The smoke alarms installed in your villas are all under warranty. If your smoke alarm begins to beep, please contact the office. If this occurs out of office times, all you need to do is use a broom stick to gently press in the middle of the smoke alarm and this will stop the beep for up to 10 hours while the unit is re-charging. If it beeps again, simply repeat the process. Please advise staff during office hours.

Continued next page

NEXT PCV RESIDENTS' FORUM



THURSDAY 11th JUNE @ 2PM



ACTIVE HEALTHCARE NOTES

Juanita Bryson, our Village Nurse, is available for consultation Mon-Fri 8.30 am – 4.30 pm

MEDICAL CLINIC DATES

JUNE

NO NURSE & GP - Mon 8th - PUBLIC HOLIDAY

Dr N. Nicolaai

Mon 1 st	9.30am - 1.00pm
Thur 4 th	9.30am - 1.00pm
Thur 18 th	9.30am - 1.00pm
Mon 22 nd	10.00am - 11.30am

Dr Reid

Thur 11 th	9.30am – 1.30pm
Mon 15 th	1.30pm – 4:00pm
Thur 25 th	9.30am – 1.30pm
Mon 29 th	1.30pm – 4:00pm

JULY

Dr N. Nicolaai

Thur 2 nd	9.30am - 1.00pm
Mon 6 th	10.00am - 11.30am
Thur 16 th	9.30am – 1.00pm
Mon 20 th	10.00am - 11.30am
Thur 30 th	9.30am – 1.00pm

Dr Reid

Thur 9 th	9.30am – 1.30pm
Mon 13 th	1.30pm – 4:00pm
Thur 23 rd	9.30am – 1.30pm
Mon 27 th	1.30pm – 4:00pm

AUGUST

Dr N. Nicolaai

Mon 3 rd	10.00am - 11.30am
Thur 13 th	9.30 am – 1.00pm
Mon 17 th	10.00am - 11.30am
Thur 31 st	9.30am – 1.00pm

Dr Reid

Thur 6 th	9.30am – 1.30pm
Mon 10 th	1.30pm – 4:00pm
Thur 20 th	9.30am – 1.30pm
Mon 24 th	1.30pm – 4:00pm

ONLINE BOOKINGS

You can book appointments with doctors
ONLINE - Visit www.pinacclemedical.com.au



KEEP YOUR VACCINES UP-TO-DATE

Vaccines for Covid, Flu and Shingles - contact Juanita to get your jab.

NATIONAL IMMUNISATION PROGRAM - UPDATE

From 15 May 2026, the Respiratory Syncytial Virus (RSV) vaccine Arexvy® will be funded under the National Immunisation Program (NIP) for eligible older adults at increased risk of severe RSV disease.

Eligible populations

From 15 May 2026, a single dose of Arexvy® will be funded for:

- Adults aged 75 years and older
- Aboriginal and Torres Strait Islander peoples aged 60–74 years

Dose schedule

- Currently, only a single dose of the RSV vaccine is recommended for older adults, and protection lasts at least 2 years.
- No booster dose is recommended for older adults vaccinated against RSV in 2025.

Clinical guidance

- Arexvy® may be given at the same visit as other vaccines for older adults, including COVID 19, influenza (including adjuvanted influenza), pneumococcal and shingles vaccines.
- Refer to the Australian Immunisation Handbook and NCIRS RSV FAQs for clinical guidance.
- Australian Government resources for health professionals and consumers will be made available in the coming weeks.
- All Arexvy® vaccinations must be reported to the Australian Immunisation Register.

NOTE - Arexvy® vaccine is not registered for use in children.

For further information please contact Nurse Juanita on ext 6788



I'VE BEEN EVERYWHERE MATE

Why not send Egret an account of one of your travel experiences to share with village residents.

About 450 words and some photos would be nice

If you need a hand, contact one of the Egret team!

PCV HEALTH & SAFETY



A reminder - all dogs must be on a lead when outside your villa or apartment.



POINT COOK VILLAGE “HAPPY BOOKERS” BOOK CLUB.

Ann Linton, Villa 205

March 2026, everyone was busy reading many books and watching movies.

Some of the books read by the members,

Bev has recommended *Gallipoli Street* by Mary-Anne O'Connor, an Anzac tale of three families whose destinies are entwined by war, tragedy and passion, Bev also recommended *Think Twice* by Harlan Coben, a dead man who died three years ago has come back to life. You need to read the book

Gwen recommended *Librarians of Rue de Picardie* a true story about an American librarian in 1918 attempting to establish children's libraries in France as the Great War raged just miles away. Library lovers, this is the book for you! Filled with literary references, quotes from your favourite books. The other recommended book is *Legal Legacy* by Linda Fairstein.

Cheryl is reading *Handle with Care* by Jodi Picoult and *Apples Never Fall* by Liane Moriarty

Gail has read *Deception* by Lesley Pearce, the book takes you back in time to wartime and explores what people are capable of doing to ensure their survival, another book *Wild Dark Shore* by Charlotte McConaghy all about a family on a remote island. A great read. Movies recommended by Gail are *Elvis*, *Song Sung Blue*, *Housemaid* and *Everybody's Fine*.

Ann has read the three books donated by our local author Shane Tindal, all available in our library.

Our second meeting in March replaced our April (Easter) meeting, all the members were in the middle of reading books,

Bev was reading Dan Brown – *The Lost Symbol*, Gwen another Dan Brown book – *The Secret of Secrets* and *Moving Target* by Elizabeth Lowell. Cheryl is reading *Apples Never Fall* by Liane Moriarty and also *The Last Dance* by Fiona McIntosh just prior to leaving on a wonderful trip overseas. Gail is reading *The Gift* by Cecelia Ahern and *In A Thousand Different Ways*, Gail has also read *The Correspondent* by Virginia Evans, Movies recommended are *The Madison* and *Dinosaurs*.

May book club meeting was a very small group,

Ann has read Colleen Hewitts novel *Maybe Someday*, this was a terrible read, the worst book I have ever picked up, guess where it went.

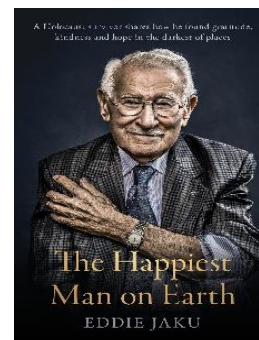
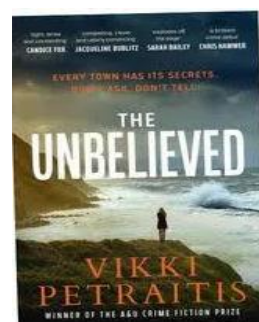
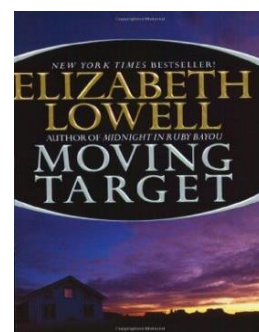
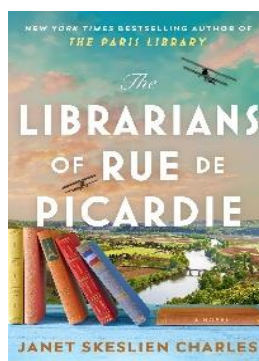
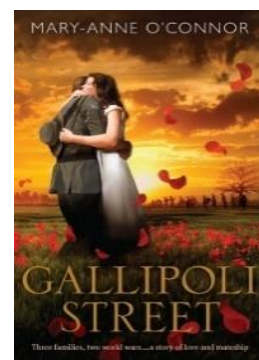
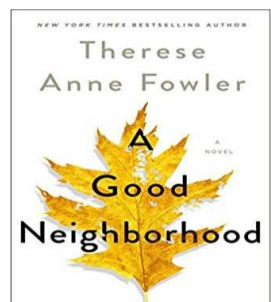
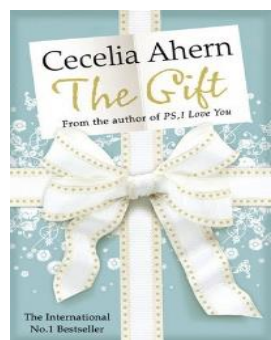
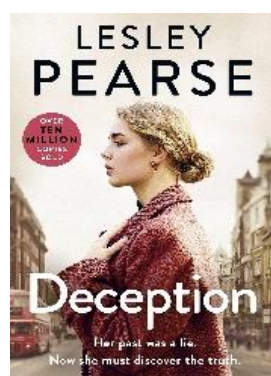
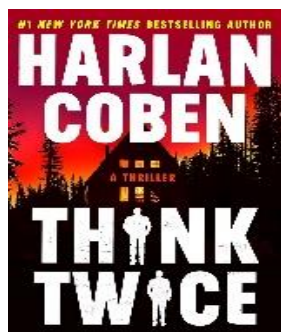
Bev is about to commence *The Unbelieved* by Author Vikki Petraitis, more on that next meeting.

Gwen has recommended *Go Tell the Bees that I am Gone* by author Diana Gabaldon, the 5th novel in the series called *Outlander* 9, all about a Scottish historical romance from that era, the other light read is by author Eddie Jaku, *The Happiest Man on Earth*. Eddie Jaku always considered himself a German first, a Jew second. He was proud of his country. But all of that changed in November 1938, when he was beaten, arrested and taken to a concentration camp.

Over the next seven years, Eddie faced unimaginable horrors every day, first in Buchenwald, then in Auschwitz, then on a Nazi death march. He lost family, friends, his country. Because he survived, Eddie made the vow to smile every day. He pays tribute to those who were lost by telling his story, sharing his wisdom and living his best possible life. He now believes he is the 'happiest man on earth'.

Gail reads many books during the month and here are a few highly recommended, author Therese Anne Fowler's novel *A Good Neighbourhood*, plus Jack Heath's novel *Kill the Boss*, Gail also read a book by Barack Obama which was very heavy going.

Our next meeting will be Monday 1st June at 10.30am, till then enjoy a book!





PCV KNOW YOUR NEIGHBOUR

Norm Freeman

BRUCE AND MARIE'S HOUSESITTING ADVENTURES IN NZ

Bruce and Marie Mummery are a New Zealand couple who reside at Villa 33 for 6 months of the year, not returning home until October.

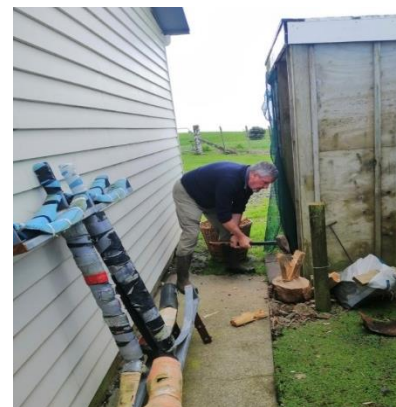
Two years ago, they sold their New Plymouth house, and purchased a motorhome as a comfortable base. They planned a unique retirement based on past experiences and future requirements. They used their expertise and reliability, and became "HOUSE SITTERS". To me this means a can opener, and remembering to feed the cat and wash the canary. However, some house-sitting clients want more. The sit invariably coincides with a household extended trip. It often includes a pampered pet that would never survive a commercial establishment. But surviving Bruce is another thing. Bruce recently spent much of a three week stay determined to make friends with an unsociable cat. This involved some hours sitting in the dark, until the cat realised who fed him. They finally became great friends, and Bruce hasn't seen him since. One sit also came with a boarder.

One complicated arrangement at Katikati near The Bay of Plenty required the training of pigs and assorted fowl, as well as mowing ten acres of manicured lawn. The New Zealand weather also conspired to ensure that grass growth was accelerated and mowing access limited.

As the Mummerys prepare for another dive into the unknown, they find themselves fully booked for 2026. They have extended stays at Rotarua and Napier, and finish on the South Island at Christchurch and one dog.

One client expecting the place to be wallpapered, has purchased the necessary supplies in anticipation. Bruce and Marie are obviously famed for their interior design skills and may be open to offers when they return.

Of course, they need to advertise their relevant skills, and each year additional testimonies swell their impressive C.V.





SOCIAL CLUB NEWS

by Julie Cummings, Villa 210

Your Social Committee has been working hard to bring different and diverse entertainment to the Village.

The **Link Bus Tours** have proved to be extremely popular, as was the introduction of **"fun trivia"**. The last **QuizaMe!** was so popular, another date has been booked for November. The outings on the **"Q Train"** and the most recent **"Blues Train"** were also excellent days out.

As in the past, thanks must go to all those who take their time to organise these events.

Just a reminder – don't forget the **Sunday Happy Hours** – second Sunday each month 4.00 to 6.00 p.m.

Check out all of the events coming up, that are posted on the Social Club notice board in the Clubhouse foyer.



SOCIAL CLUB - COMING EVENTS

MAY

Saturday 16th – "Blues Train" – Bus leaves 11:15am sharp – be at Clubhouse by 10:45am

Thursday 21st – "Volunteers Recognition Afternoon Tea" – All residents invited 2-4pm in Clubhouse

JUNE

Saturday 6th – Paul Hogan "Beach Boys/Franki Vali Tribute" – Dinner & Show Clubhouse – Residents \$20 Visitors \$40 – Dinner 6:00pm Show 8:00pm

Sunday 21st – "Pearly Shells Jazz Band" – Clubhouse 2:30pm – Residents \$5 Visitors \$10

Saturday 27th – "Rudy" – Dinner & Show – Res \$20 Vis \$40 – Clubhouse Dinner 6:00pm Show 8:00pm

JULY

Saturday 4th – "Trivia Night" – Res \$5 Vis \$10 – Clubhouse 7:00pm

Saturday 18th – "Dalton Gang" – Country Music – Dinner & Show – Res \$20 Vis \$40
Clubhouse Dinner 6:00pm Show 8:00pm

AUGUST

Sunday 9th – Sunday Roast – "Tim Rizzoli" – Clubhouse 12:00pm

SEPTEMBER

Sunday 9th – Sunday Roast – "Natalie Jay" – Clubhouse 12:00pm

FOR MOST EVENTS, FAMILY AND FRIENDS ARE ALWAYS WELCOME.

Please check the notice boards in the Clubhouse Foyer and the Mail Room for updated Social Club information.

VOLUNTEERS NEEDED



We are looking for volunteers for the Bar and Clubhouse Café

PCV CLUBHOUSE BAR

If you're interested in assisting behind the Bar

Please contact Murray Brown on 6598



PCV COFFEE CLUB

You will be trained until you feel comfortable to use the coffee machine.

Alternately if you would rather just take the money and the orders, this would also be a great help.

Please contact Sylvia on 6641

PCV BOWLS

THE WINTER 'SCROUNGERS'

During the winter recess, the Bowling Club organizes a weekly competition called **"Scroungers"**.

It is fun and deadly. Groups of bowlers play 10 ends for points decided by nearest the jack.

The winners then play a cut-throat final.

The victors so far have been Bob Barnfield and Brian Turner.



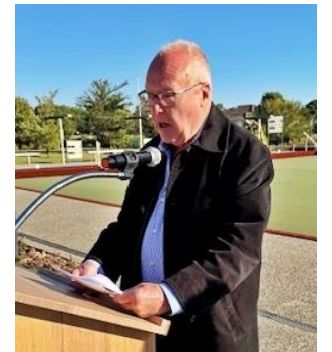


ANZAC DAY 2026

Wendy Diamond

Once again, the ANZAC Day service here at the village was supported by residents and their families. With a strong team of volunteers preparing for the event, the day proved to be one where we remembered the fallen and honoured the brave.

Maralyn Jones, Alwyn Sumbler, Peter Dowling (who was represented by his son Tony) and Ron Bates participated in the service by willingly taking on their various roles. Each of the participants shared a little of their family's military history in various conflicts in which Australia was involved, from World War 1 to Vietnam. Listening to these histories brings home to us how precious these family members truly are, and that the sacrifices they made for us here in Australia contributed to the freedom that we enjoy here today.





PCV TRAVELLERS' TALES

Geoff & Colleen Marten, Villa 177

FRANCE - TRAVELLING FROM CHAMONIX TO AIX-LES-BAINS WITH LUNCH IN MEDIEVAL ANNECY

This Big Trip took 69 Days from Sat 3 May – Thur 10 July 2008 and comprised:

- 5 days in Rome including a day trip to Assisi via Orvieto and Perugia -
- 12 days Insight Italian Elegance Tour – coach tour through northern Italy
- Milan (2 days) train to Prague (2 days) via Munich (2 days) - 9 days
- 18 days APT Magnificent Europe River Cruise Budapest to Amsterdam
- Amsterdam (2 days) fast train to Paris (5 days) via Brussels (2 days)
- 16 days Insight Country Roads Tour - coach tour through central France
- Paris to Melbourne via 3 days stopover in Kuala Lumpur

The following is an account of our travel from Chamonix to Aix-Les-Bains on day 54 (Day 5 of our coach tour through central/ southern France)- with lunch in the picturesque lakeside town of Annecy.



Early on a sunny morning, we drove out of the ski-resort of Chamonix, taking in the stunning snow-capped mountains all around us, and travelled on steep and winding mountain roads through spectacular alpine countryside, seeing magnificent views across wooded valleys with colourful timber chalet-style farmhouses dotted here and there, crossing wild mountain streams and passing through quaint alpine villages



For our morning "comfort" break we stopped high up in the mountains of the at Col des Aravis (1498m) where we had a bit of a walk around on the mountain slopes – seeing a little church dedicated to Saint Anne – as well as the usual souvenir/gift shops.



We then continued through the *Rhone Alpes* and slowly made our way through the spectacular mountains and picturesque countryside of the *Haute Savoie* and by lunchtime we had reached the sparkling town of *Annecy*, the jewel of the *Savoy Alps*, and situated on the banks of magnificent *Lake Annecy*, surrounded by spectacular snow-tipped peaks.



Built around the *River Thiou*, Annecy is also called the “*Venice of the Alps*” because of the numerous crystal-clear canals that wind their way through the old part of town, known as “*Vieil Annecy*”. We got off our coach in a large carpark, and our Tour Director “*Laurent*” led us around the edge of the lake to the Old Town Centre. Here he gave us a quick briefing on the history of the Old Town, and suggested some highlights to see, before saying that we had about ninety minutes to explore the area, and also have some lunch.



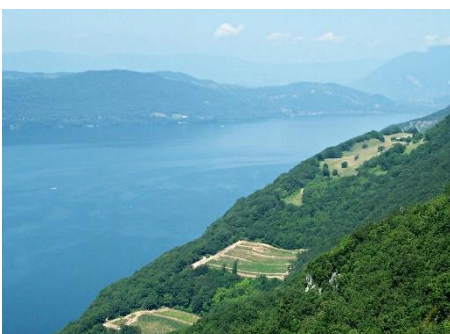
First we stopped on a bridge over the *River Thiou* to have a look at *Le Palais de l'Île* which is the town's most famous photographed site and is situated on a small island midstream surrounded by water and cobblestone quays. Built before the 18th Century and connected to the “mainland” of Annecy via a short bridge link, it resembles a miniature chateau in the shape of a stone ship. Previously used as a prison, it now houses the *Musée d'Histoire d'Annecy*. While standing on the bridge we also noticed that the *River Thiou* flows backward, that is; out of – not into the lake. Because, it seems, that the river actually drains from the lake, as it supplies water to the town's canals.

We then continued on our walk through the narrow cobblestone laneways looking at all the medieval buildings. and doing some window shopping. When we reached a bridge over the fast-running river near a lush, beautiful landscaped park-like area, we found somewhere to have lunch at a table under an umbrella at a restaurant alongside the canal.



After our lunch we continued our slow walk through the town, and made our way back to the bridge where we had started. Along the way, we stopped for ice creams and we sat at a table in the sun to eat them – taking in all the busy activity of the passing parade and the multiple languages of people sitting around us.

Eventually we were back on our coach and continued our drive southwards through the scenic *Rhone Valley* to *Aix-le-Bains* which is situated on the banks of France's largest natural lake, *Lake Bourget*. As we travelled through the picturesque, undulating countryside, we saw glimpses of the magnificent bright blue lake surrounded by high mountains all around, and then the stunning blue waters of the lake in all its glory, as we approached *Aix-le-Bains* itself and our hotel for tonight.



HOW AGING AFFECTS YOUR GUT

As people age, their digestive system undergoes changes that impair digestion and nutrient absorption. Muscle weakening in the gut can cause difficulty swallowing, slower food transit, and reduced stomach elasticity.

About 30% of adults over 70 experience digestive discomfort, often worsened by medications or health conditions. Recognizing these changes helps in making dietary choices.

Common Age-Related Changes in the Digestive System

With age, muscle strength declines, leading to dysphagia and slower digestion. The stomach's ability to stretch diminishes, causing post-meal discomfort. Loss of smell and taste reduces appetite, leading to inadequate nutrient intake. Damage to the gut lining decreases absorption surface area, causing deficiencies in vitamins like B12, iron, and calcium.

Production of hydrochloric acid and digestive enzymes also declines, impairing food breakdown. Older adults produce roughly 50% less stomach acid, contributing to malnutrition and anemia. Many medications, such as NSAIDs, aspirin, and antibiotics, can inflame the stomach lining or disrupt gut bacteria, worsening digestion. Changes in the microbiome can increase inflammation and decrease gut repair, raising risks of IBD and IBS.

Other Factors Affecting Digestive Health in Older Adults

Dental issues, like ill-fitting dentures, can make chewing painful, reducing intake of protein-rich foods and leading to muscle loss. Conditions like small intestinal bacterial overgrowth (SIBO) are more common, causing bloating, diarrhea, and weight loss. Chronic constipation affects up to 30% of seniors, caused by inactivity, poor fluid and fiber intake, and medications. Constipation can reduce appetite and worsen nutritional deficiencies, impacting overall health.

Consequences of Digestive Changes

These changes often lead seniors to prefer easy, less nutritious foods. Many consume processed foods high in sugar and fat, which can worsen deficiencies, promote weight gain, and increase risks of sarcopenia, osteoporosis, and cardiovascular disease. Malnutrition is linked to higher hospitalization, longer recovery, and increased mortality. A study in the *Journal of Nutrition* found malnourished seniors have a 50% higher five-year mortality risk, emphasizing the importance of proper nutrition.

Strategies for Maintaining Digestive Health

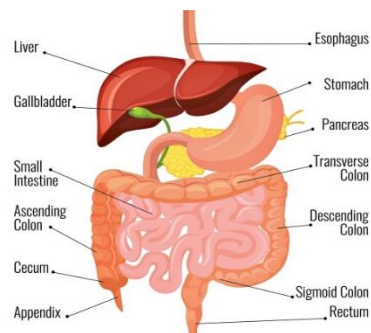
To counteract these issues, focus on nutrient-dense, easy-to-digest foods like eggs, avocados, soups, frozen vegetables, mashed vegetables, smoothies, and protein powders. Oats are beneficial for their soluble fibre, aiding bowel regulation. Incorporating these foods improves nutrition and health. Supplementation may be necessary for deficiencies, under medical supervision.

Additional Tips and Recommendations

If persistent indigestion, swallowing difficulties, or weight loss occur, consult a GP, dentist, nutritionist, or dietitian. They can recommend interventions, medication adjustments, or further testing. Staying well-hydrated—at least 8 glasses of water daily—is vital, with adjustments for individual needs.

Regular physical activity, like walking, stimulates gut motility. Managing stress through relaxation techniques can also benefit gut health. Understanding these changes enables older adults and caregivers to make informed choices, supporting digestive health, preventing deficiencies, and improving quality of life as they age.

From an article by Melinda Overall JP, Nutritionist / Counsellor
www.overallnutrition.com.au



GASTROINTESTINAL TRACT

MEMORIES

By Diane Satterly, villa 167

Where has the time gone?

It's gone so fast

And more and more I think of the past

Long days of summer, it was wartime

Then daylight saving till 10

Gas masks and siren suits at hand

Air raid shelters not so grand

Bombs and fires every night

German planes gave us a fright

Seven years of war, lots of tears

and many fears

Ration books for meat and cheese

A dab of butter, no cake or fancy teas

One good thing came out of it

We all walked and kept quite fit

The radio was nightly fun

With shows like ITMA oh what a run

In the 50's sweets came back in shops

And from New Zealand nice lamb chops

American music became the thing

Be-bop and jazz, and Elvis the king

Teddy Boys, Vietnam War, CDs

and Barbie toys

Beauty on the screen we saw

Grace Kelly and many more

Telephones fixed on walls became the rage

Beatles and Rolling Stones on the stage

Jean Shrimpton came to the Melbourne Cup

And ladies' skirts went up and up

Children no longer walk

And much worse, do not talk

iPhones are used by all

Reading and spelling have taken a fall

Are things better or are they worse?

Perhaps technology is a curse

The elderly are living longer

Gyms and meds to make us stronger

People fly from place to place

Not too long before we go into space

There is so much more I'd love to say

But will do so on another day



FROM THE PCV KITCHEN

JAM DROPS

Ingredients

250 gms butter
 ¾ cup castor sugar
 2 teaspoons vanilla
 1 egg yolk
 2 ¼ cups plain flour
 Raspberry jam

Method

Place butter and sugar in a bowl and beat well until pale and creamy

Add vanilla and egg yolk and beat to combine

Add flour and mix until smooth dough forms

Roll into small balls and place on backing tray

Flatten slightly and press finger into middle for jam

Place ½ teaspoon jam in indentation

Bake 15 mins in 160 deg C, or until golden brown

Leave a space between each one to allow for slight spreading

Makes 36



Recipe from Point Cook Village "Quick and Easy Recipes" Vol. 1, 2014

PCV PUZZLE CORNER – FIRST THOUGHTS

Fill in the blank in each clue to make a well-known word or phrase, then write your answers in the grid. We've solved one clue to start you off.

(Solution back page)



DOWN

- 1 ___ code (6)
 2 ___ stick (3)
 3 ___ den (5)
 4 ___ band (5)
 5 ___ ship (7)
 6 ___ helmet (4)
 10 ___ camp (7)
 11 ___ hive (3)
 12 ___ table (6)
 14 ___ warning (5)
 15 ___ module (5)
 16 ___ laces (4)
 19 ___ keeper (3)

ACROSS

- 1 ___ visual (5)
 4 ___ shooter (5)
 7 ✓ ___ audience (7)
 8 ___ hill (3)
 9 ___ eggs (9)
 13 ___ journalist (9)
 17 ___ wash (3)
 18 ___ track (7)
 20 ___ board (5)
 21 ___ finder (5)



PCV FILM CLUB

from Bernadette Mravcjak, Villa 58

Films are shown every Wednesday
 3-5 pm, except holidays.



PCV FAMILY MEMORIES

RATIONING DURING WORLD WAR 2

Norm Freeman

If you are under 70, you may think this is a work of fiction. However, economies around the world had to respond to the realities of war. Two main issues were: the destruction of industries, and the re-allocation of resources.

In Australia, petrol rationing began in 1940. Many people were unaffected because ownership was far less than today.

We used to count and identify vehicles on Canterbury Road St. Kilda during the war. We used to count and identify vehicles on Canterbury Road, St. Kilda during the war.

The most common vehicles were 'tin lizzies' from the 1920s. Many were powered by bulky home-made gas converters. Charcoal was on a slow burn which produced gas that was delivered to the motor via a garden hose. The engine seldom ran smoothly and back-firing was common and loud.



By mid-1942, food was targeted. Sugar was available but white sugar required more coupons. the extra refinement was deemed unnecessary.

Hence treacle was more common than golden syrup.

I don't remember rice or coffee and tea leaves were not discarded until they were useless. Chicory from Phillip Island filled a coffee void. You can still see the remnants of this industry on the way to Cowes.

Sago and tapioca superseded rice as desserts and junket was a staple. Butter was limited to one pound (500 grams)

Meat was also freely available, but rationing pushed everyone towards cheaper cuts. Offal was a common fare. New recipes were published with exotic names. We had tripe regularly while lambs fry, brains and kidneys were on the table. I can also remember weekly trips to the Victoria Market and bringing home pigs heads etc. These were boiled and the meat enhanced with herbs and aspic, and made into a brawn loaf. Clothing was subject to rationing and cobblers (to keep shoes and boots going), were common on shopping streets.

I can also remember public transport being overloaded and trams reflected this with people clinging to the outside and conductresses being irrelevant.

Australia was not the only combatant. British people were restricted to 2 ounces (60 g) of butter. People used dripping instead. This was also common here. Fruit, vegetables, and bread were exempt, but shortages did occur. Even America was not immune with food, petrol and tyres rationed. Tinned food was rationed and empty cans collected. Everything was secondary to manufacture.



In many other countries rationing was unnecessary as starvation was rife. Rationing persisted until 1950 to allow Britain to stabilize after the war, although there it persisted until the middle of the decade.



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