

# *Studfield-Wantirna Community News*

*Edition 10 - Spring 2010*



*Photo by Elaine Craig of Knox Photographic Society*

*Welcome to a bumper  
spring edition!*

- **March 2010 Hail Storm, Knox SES**
- **The Red Onion Jazz Band**
- **Wantirna Drive-in**
- **Focus on Diabetes**
- **Studfield's 2nd Winter Festival**

**FREE**





# Heidi **VICTORIA** MP

Member for **BAYSWATER DISTRICT**

Shadow Parliamentary Secretary for the **ARTS**

For quite some time now, I have been campaigning to have a right turning arrow installed at the intersection of Coleman and Stud Roads.

Many residents and local business owners have asked me to fight on - that it's only a matter of time before someone is seriously injured or killed. There have been many near misses and I've always been a subscriber to the old saying 'prevention is better than cure'.

So that's why I'm asking for your help. A petition to the Victorian parliament is currently available for you to sign at many Studfield retailers and at my office. If you can't make it to one of these places, I'd be happy to pop a petition sheet in the mail to you. Simply call my office on 9729 1622 or email me, and we'll get it to you.

Thanks, in advance, for all your support for this important change to our area.

**My office is located at: 2/40 Station St, Bayswater, VIC 3153.**

**Ph: 03 9729 1622 Fax : 03 9729 0912**

**Email: [heidi.victoria@parliament.vic.gov.au](mailto:heidi.victoria@parliament.vic.gov.au)**

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\*Australian Banking & Finance Magazine Awards 2008

# March 2010 Hail Storm

## A Knox State Emergency Service (SES) perspective

*by Peter Mitcham, Knox SES*



It wasn't the increasingly dim warning tone of the afternoon news reports chattering through the radio. It wasn't the moody demeanour of the gathering clouds and it wasn't the slow rumble that steadily built into a dull roar and then became the sound of a million horses thundering unseen over a hill. It wasn't even the sudden realisation that some galactic bucket of

ice-balls had been thrown from the heavens in some surreal game of 'tag'.

What really made us realise that we were in for a long week was the silence. For almost an hour after the mightiest storm had passed over us, the Knox volunteer's pagers were still. We knew that the calls for assistance must be being made. We could see our own streets beginning to fill with stunned residents looking skywards at smashed roofs and shattered skylights and yards crowded with excited children gathering ever larger hailstones and holding them aloft. In every street there were car owners staring in disbelief at shattered windscreens and body work that now looked more like metallic lunar landscapes.

We knew there were jobs out there; that people were phoning the damage in to the emergency call takers, that the work would be piling up and the damage area widespread. We could only imagine the number of calls that were being taken at the call centre.

As Knox SES is a unit accustomed to 'significant weather events' (and doesn't that make it sound as though it is just a date on a calendar!) things began to move quickly. An Operations Room was established, member's availability established and annual leave arranged or bosses begged for time off. Incident Commanders were appointed and family members advised to 'not wait up'. The long weekend holiday meant that resources were already pretty thin and experience told us that this operation would not be over any time soon.

So now we needed to ensure that the setting up Roof Top Safety rigs, the plastic tarp clips and rolls of plastic were available. We are all ready. Patching holes, replacing tiles, wet boots and long shifts, patient partners and dinners eaten out of foil trays - no one is looking to win a competition for being the hardest done-by. Our training room is now an archive containing row after row of neat white folders bulging with job sheets waiting to be cleared from 'The System'.

But what really must be illustrated is what the whole thing was like from a human and community perspective. You need to know about the things that made this event different from any that those involved had experienced before. These are the things that made the longest week not just bearable - but remarkable.

The story begins as soon as the SES kicked into action on the Saturday and 'ramped' up on the Sunday. Only 24 hours after the hailstorm it became clear that this would be no ordinary operation. At Knox SES Headquarters, SES volunteers were getting reports of damage in other municipalities and we knew that Head Office Staff would be deployed in due course, but until then, we had to make some sense of the scale of the job ahead of us. The Unit photocopier was gently coaxed into action with the promise that it would soon see more action than it ever thought possible and the decks were cleared in preparation for welfare, logistics and communications needs.

All the acronyms suddenly came out to play and before we knew it we were dealing with an ICC and a MECC and the MERO and the MERC were asking for details of RFA's and DHS were asking us to assign CFA, DSE and MFB crews to commence RIAs and MLO's were trying to corral ABCs and GTVs and HSVs to keep everybody happy. Don't even get me started on AIMS and OIMS.

Requests for assistance were sorted into stacks - at first by map reference, then by suburb and finally, by street as crews from neighbouring Units and across the state began to turn up looking to lend a hand. They came from Croydon and from Kinglake, from Malvern and Mildura and from Tallangatta and Frankston. Trucks from Corio, Bellarine and Brimbank began jostling for parking spots and the roads around Knox Headquarters began to look like some sort of rescue vehicle swap-meet.

Within a day or two the first assisting crews became part of an Orange Army as they were joined by divisions from WA and platoons from NSW. A seaborne landing from the south by The Spirit of Tasmania saw a convoy of trucks and trailers with their crews pour off Station Pier and head east into the fray and no one could recall seeing so many South Australians in Melbourne since the Adelaide Crows first Grand Final appearance in 1997.

The Knox Headquarters doesn't have a 'meet & greet area' so alternate arrangements were quickly made. From day four onwards, a wheelie bin was set up on the concrete apron and it was here that all volunteers, dignitaries and visiting Staff Officers were met and delicate issues discussed. Returning crews surrendered their reams of paperwork here and SES Chaplain Arthur Ford became a permanent fixture. A field kitchen was set up that would go on to serve up to 450 meals - per sitting - and by day five we also had a beautifully managed and well stocked 'One Stop Rescue Shop' set up in the shed in order to meet the growing needs. Even Parking Marshalls were required to prevent traffic jams.

Briefings were conducted and tasks assigned and suddenly a swarm of SES vehicles was snaking out across the suburbs to begin making a dent in the still-growing stack of calls. Crews kept arriving throughout the day and the operations side of things became ever more streamlined as specialists in every field from communications to computers set up camp at any desk or spare table they could find.

And it's here that the true nature of the whole operation begins to take on a human face. Your truck pulls up outside a house in a street that looks like it could have come from the 'before picture' in a housing estate brochure where every building looks as though it is yet to be completed and the landscape is a plastic patchwork of different coloured tarps and nature strips are filling with neat stacks of broken roof tiles and shards of skylights.

These residents have just experienced a hailstorm that left their roof looking like a cheese grater and then watched helplessly as the rain followed over the next two days to add sunken ceilings, sodden furniture and instant indoor water features to their woes. And yet here they are, welcoming you in, apologising for the bother and offering you coffee. Sure, others were in too much shock to be so polite, but even these were relieved to see that help was at hand.

(continued on page 4)



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# March 2010 Hail Storm

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The sudden realisation that the 'help' had travelled from Canning Vale or Campbelltown or some small town out of Hobart that they had never heard of - and that they had dropped everything to be here on their roof - that put the situation in a whole new light. Residents began to appreciate the scale of the storm and also of the relief effort that had been mounted to assess their needs, repair the worst of the destruction and protect them from further damage.

To see a large grown man with misty eyes because he'd just driven the neighbourhood and seen an SES truck from Port Fairy attending to his mate's house and yet others coming to grips with the fact that, as trite as it might sound, we really were in this together. This was just good people seeing a need, standing up and saying; "What do you need me to do for you, mate?"

As the weeks and months follow, more stories will come to light. Some will be fondly remembered and others will be embellished as they are retold. Some names will be changed to protect the innocent and some SES crews will probably run routine maintenance on their vehicles and ask; "Where did all these tarp clips come from?"

Head Office Staff can expect a flood of stores requests. As Units were stood down and prepared to return home, souvenirs like key tags, stickers and wrist bands were exchanged in a frenzy that would embarrass even the biggest nerd at a Star Trek convention (no offence intended). Message boards were hastily arranged so that every SES Unit taking part in the operation could sign their names and list their Unit or Region so that a lasting memento of an unforgettable event could be retained.

As the 'Jobs To Be Assigned' in-trays began to empty, the task piles got smaller and the pager again began to fall silent, a strange feeling befell the Knox SES Unit. This event would soon be over, jobs would be cleared and things would 'get back to normal'. An army of a thousand would shrink back to a dedicated group of thirty and the car park would again be empty. There would be no Sectors or commanders, no liaisons and Region Staff. There would be no New South Welshmen and Women and no 'Westies' nor would there be Taswegians or Crow Eaters. There would be no 'neighbours' or out-of-towners, no Councillors or CEOS - just Knox SES again. And we knew, in some way, we would all miss it.

The friendships that were made in these ten or so days were brief but long lasting. The way in which the State Emergency Services just seemed to 'click' and the ease with which every volunteer from every Unit in every State adapted to what was an ever-changing set of circumstances and procedures is a credit to each volunteer and to the service as a whole. The fact that we were all just SES rather than members of a particular unit meant that the people we were there to assist got the help they needed as quickly as was humanly possible.

Although those cheeky South Australians 'hijacking the 'restaurant' and re-naming it Cafe Adelaide were an exception to the rule.

But it was moments like these, and they number in the thousands, that will ensure that Operation Orange Hail 2010 will live long in our collective memory.

## Welcome to a bumper spring edition!

We've made it to spring!! Its been quite a cold and wet winter, like winters are meant to be in Melbourne!

Our Spring edition is a bumper edition! We have a feature on Studfield Shopping Centre's Winter Festival and include a Focus on Diabetes. Diabetes is on the increase in the community, so it may be timely to follow the "Life!" Diabetes Assessment Tool from Diabetes Australia.

You may be pleased, that local libraries, including Knox Library have not had hours cut back as planned, but extended. Knox Library is now open from 9.00am until 8.00pm each weeknight and will open weekends as well.

Thank you to all our contributors. Happy reading. *Janet on behalf of the team!*

**Disclaimer:** Views and comments expressed in this paper are not necessarily those of any member of Studfield-Wantirna Community News. Products and services listed or advertised in the newspaper should not be considered as endorsements. While every effort is made to ensure accuracy of editorial content, Studfield-Wantirna Community News takes no responsibility for errors. **Copyright:** No reproduction, copy or transmission of this publication may be made without written permission or in accordance with the copyright act.

# Victorian Jazz Archive Inc.

*Located at the western gateway to Wantirna is the Victorian Jazz Archive Inc.*

## **VERY POPULAR "THE RED ONION JAZZ BAND" EXHIBITION NOW OPEN**

In June 1962 the Gin Bottle Jazz Band was due to appear on ABC TV "Let's Make a Date" and the ABC executives decided the name was not suitable for a teenage audience - so the Red Onion Jazz Band was born. The name was picked as a tribute to the 1924 Louis Armstrong Band, The Red Onion Jazz Babies.

Allan Browne, Brett Iggulden and Bill Howard formed the band several months earlier from school friends, neighbours, etc. who had an interest in Model Aeroplanes and had discovered Jazz in Brett's father's record collection.

The Onions became extremely popular playing in various jazz clubs, touring Tasmania, doing a Downbeat concert and Jazz Conventions. This led to the band forming their own Club - The Onion Patch - at the Oakleigh RSL and even having their own Fan Club. Gerry Humphreys, Kim Lynch and Ian Clyne broke away from the Onions and formed a rock group "The Loved Ones" which became extremely popular.

In 1967 the Red Onions did a European tour which included England, Denmark, West Germany, Belgium and Poland. At the Polish Jazz Festival they played alongside Rahsaan Roland Quirk, Georgie Fame and Charles Lloyd and recorded on the Muza label.

On returning to Melbourne their popularity continued until once again they left on a 9 month overseas tour in March 1970 of England and Europe which included the Hungarian International Jazz Festival and doing a recording for WAM. Back in Australia in 1971, the Onions began various

residencies at Smacka Fitzgibbon's and at La Brochette Restaurant where they recorded an LP for EMI.

In 1974 they were the support band for the Turk Murphy Ragtime Jazz Band Concert in the Dallas Brooks Hall and also the support band for Rahsaan Roland Quirk both in Melbourne and Sydney. Again they were the support band at the Tom Baker San Francisco Jazz Band Reunion Concert in the Dallas Brooks Hall in November 1990 which was broadcast by the ABC.

The Onions third overseas tour in May 1992 included Germany and Holland. This time Howard Cairns was on Bass and Rowan Smith was on piano and sax being reunited with them in Europe. After appearing at the 1993 Montsalvat Jazz Festival in January the Onions recorded a CD for Newmarket, "Crisis" with Stephen Grant piano on some tracks.

Bill Howard lost his wife Carol in December 1995 and was fighting Cancer, so a benefit was held at Peter Gaudion's Jazz Land on 3rd January, 1996, plus a tribute to Bill Howard "Some Sweet Day" was recorded by Newmarket New 2062.2. Sadly Bill died shortly after on 27th July, 1996, thus bringing an end to the Red Onion Story.

Their final performance was at the Wangaratta Jazz and Blues Festival in November which fittingly featured their mentor over the years, Ade Monsborough. So this brings to an end what must have been one of Australia's finest Jazz Bands.

Acknowledgment: These notes have been taken from a booklet written by Roger Beilby for the Exhibition, condensed for this article by Eric Brown (a volunteer at V.J.A.)



**The Victorian Jazz Archive  
15 Mountain Highway,  
Wantirna  
(Melway Ref. 63 C8)  
is open to the Public  
Tuesday and Friday  
10 a.m. to 3 p.m.**

**Or please ring Marina Pollard  
(Visitor Services Co-ordinator)  
on (03)9800 5535  
or (03)9781 4972  
to arrange a Group Visit.**

*Thank you to all the volunteers who contribute to our paper with photos, stories and articles.*

*Thank you to Knox City Council and Cr. Adam Gill & Cr. Joe Cossari for their generous support of our community paper.*

*Thank you to the local businesses, who support the production of our community newspaper.*

*Please support us by supporting them!*

## My Memories as a Lift Driver at Myer Melbourne - Part 2 by Maria Matser



Hi, I couldn't resist the urge to tell you more and continue to expand on the story I contributed before, as there is so much more to tell.

Starting again with the year 1970, the Lonsdale building was where I drove the lift the first time, it had a roof top playground or as most people will

remember it as a roof top carnival type activities. I used to eat my lunch there and also enjoyed on some of the activities, shooting the moving ducks comes to mind very easily.

The toys were on the 6th floor on the front side and around the back lifts in the front was a large open space that was used occasionally for various displays. An event that comes that I remember was Police Week.

During that week we had that magnificent drummer horse Gendarme placed about 3 to 4 metres away in front of our lifts, half across my lift and half across the lift on my left. What a magnificent horse that was and a beautiful temperament it had, he stayed there from 10am to 2pm every day and heard oohs and ahs all day long and I'm sure was patted more than your average pet dog during that week. He had to be brought up in the goods lift standing in it diagonally, it was the first time I saw a real horse in the flesh and close up.

Also during that week the actors from the original homicide were there during the lunch period and remembering when I saw George Mallaby in the flesh and thought him to have the bushiest eyebrows I had ever seen. It was a fun week for sure.

There was also the Bargain Basement and right up until we were made redundant we still had interstate visitors asking for it. On the ground floor I remember we sold rifles and guns, although I'm not sure if we sold ammunition, (I'm sure glad we don't do that anymore). I can even remember selling lawn mowers on the 3rd floor just near the canteen entrance, garden sheds, spas, you name it we had it.

We also had until about 5 years ago fabrics, craft, wool and haberdashery products. I actually bought my wedding dress material at Myer and put it on lay-by, as well as wool for my going away outfit. My father was a tailor and made my dress. It was lemon yellow crimplene with the front a-line panel in lemon lace and chiffon sleeves, and a floor length vest with a hood made from the same lemon lace.

Having left Adelaide and moved to Melbourne with my parents only a year before, I discovered 2 things, the first one, colder weather, so I thought I would be smart by crocheting my outfit on the train going to and from work. It was a slack suit of two or three colour thread with the dominant colour being lilac, and nowhere to be found nowadays. It was a four day heat wave following our wedding and I laugh about it now when I'm trying to cope with the hot weather we get here nowadays.

The second one was Boxing Day, as I got married on Boxing Day, being an Adelaidian back then I did not realise the significance of it in relation to Myer and Melbourne and came to understand that leaving 2 weeks prior to Christmas was very inconsiderate of me. I still was given a lovely wedding present though, a Crown Corningware casserole dish, I still have it in my cupboard and occasionally use.

Then returning years later back in 1998, I'd like to think that I have made up for it since then. Apart from one time when my mother passed away back in Adelaide a few days before Christmas, I have worked on Boxing Day every year.

To the present again I thought I would expand on some of the answers that people often had asked over the years.....How

many times do you go up and down in a shift? Well the golden rule was to do a return journey going from the basement to the sixth floor in 5 minutes, and in normal circumstances we pretty spot on. That made it 60 trips in a 5 hour shift. Mind you when an escalator broke down or special events were on that went right out of the window.

Do you ever get stuck? Oh yes many times and strangely enough I have never been stuck with any one with me, I usually had a power nap until the mechanics came on the scene. It usually happened when we had very hot weather and the motor room would get overheated, or the doors just get jammed, nothing really serious.

My first experience was 1999, when we had Charlie and the Chocolate Factory story in the Windows, and the first year that we had the Christmas Shop and Santa in the Bourke street building on the fourth floor.

At the end of the day one lift on either side of the building continues until 15minutes after closing time, just in case there are still prams, wheel chairs, or elderly people still to go down. The person at the Information Desk goes right on closing time. Just before she went I wave to her from just outside the lift, next thing I heard the doors close behind me.

The chair in the lift swivelled itself around and the back of it slid under the handle and lifted it up and drove itself up to the sixth floor, I needed my little bag which had my key to my locker which had my purse and train ticket and car keys. I got in one of the other lifts to make the necessary phone calls and waited for 2 hours before an on call mechanic came with the necessary key to help me. I had never seen the movie of Charlie and the Chocolate factory up to then and as the film was still showing in the chocolate shop on the 4th floor, I just sat down and watched it and that was my entertainment for the night. I got home by about 9.30 that night.

There have been a few more times over the years, but the last one was the most fascinating and I actually thought it was transformed into a Wonkavator Yippee! The lift was on the left hand side from the Bourke street entrance they still had double doors opening from the centre, it was being a bit troublesome by not levelling very well, it was stopping about a 15cm above the floor level, which is not quite safe for passengers. Bad enough to warrant a call for the mechanics I was talking to the person and was about to put the lift on the first floor and place an out of order sign up when with the inside door still open, just flew up to the top and stopped about 1 metre above the floor level, I was almost getting an adrenalin rush that was my moment of excitement for the day.

While I was waiting for the mechanics to help me out with a ladder I, was noticing some very unusual brickwork above the lift door and when I later asked the construction workers about it they said it was the kind of bricks used back in the early nineteenth century, I also commented on what appeared to be shoddy workmanship and they agreed it generally was that way. Nevertheless it was a fascinating experience and something I can talk to any brickie I may meet.

Last question is did I like my job? Absolutely and with a great passion and I miss it terribly. Thank you to all who have been in my lifts over the years making it a wonderful experience for me and I hope for you as well.

***This is an edited version of Maria's story. The full version can be found on-line at <http://makingaustralia.abc.net.au> under liftgirlslament. Maria is available as a guest speaker. Hear Maria recite her famous Myer Liftgirl speil for you in person! Email Maria with enquiries at [hmatser@optusnet.com.au](mailto:hmatser@optusnet.com.au)***



# What's Cool at School?

Proudly brought to you by  
**Shaun Leane MP,**  
Member for Eastern  
Metropolitan Region



## *Wantirna South Primary School* *Developing Student's Social Confidence & Self Esteem*

These days, schools are not only focussing on students' literacy & numeracy skills, but also developing important areas of self esteem and social confidence. The challenge is to find creative ways to build these skills in the children.

At Wantirna South Primary School we have a new program called WINGS, where Yr 4 -6 students visit the local Flamingo and Riddell Road Preschools. The children join in with the preschool children on their activities, taking a leadership and mentoring role. The main aim of the program is to develop student's leadership skills, social confidence and provide an opportunity to teach others.

The selected students participate in an introductory session held by the Prep teachers, teaching them how to approach the children, interact with them effectively and the correct terminology and behaviour to be observed while on the program. The students then participate in two training sessions in the Prep rooms under the supervision of the Prep teachers. During this period they are monitored and guided with appropriate actions, language and behaviour.

Following these sessions of in-house training, the students travel to the nominated preschools in small groups. A group of 5 children, consisting of 1 student leader and 4 others, attend the preschool with our Chaplain, Chris Littlechild, and one of the Prep teachers. During the visit they join in with the preschoolers whilst



they participate in their activities, helping and assisting their younger buddies.

This program has benefits for all the children involved as the preschool children love having a 'big kid' to interact with them. Of course, our students develop their self esteem and gain great confidence through being able to help and assist their little buddies.

We have appreciated the willingness of the two preschools to join us in this program and look forward to continuing the partnership in the future.

Andrew Crossett, Principal    Chris Littlechild, Chaplain  
Kerri Emonson, Prep Teacher



## *Rotary Club of Wantirna* *Christmas Carols*

### **Advanced Notice** **- put this one in your diary!**

Once again the Rotary Club of Wantirna is preparing for its annual Community Carols at Templeton Reserve. This is a tradition that the Rotary Club of Wantirna has been providing to the residents of our area for the past decade.

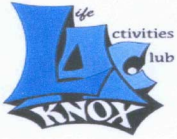
The event includes a free sausage sizzle and a band of great musicians who provide the music for the carol singing. The children receive a visit from Santa who arrives on the back of a fire truck. This is a wonderful opportunity for the community to get together to celebrate the Festive Season.

This year's Carols will be held at Templeton Reserve on

Sunday, 19th December beginning with the Sausage Sizzle at 6:30pm. Everyone is invited so bring along a blanket or chairs and best singing voices to enjoy what has become a fantastic evening of good cheer.

Rotary is a worldwide organisation of people like you and me who provide humanitarian service in many fields including health, education, community needs, water and sanitation and world peace. Rotary's motto is "SERVICE ABOVE SELF".

The Rotary Club of Wantirna meets Monday nights 6:00 for 6:30pm at Knox Quest, 137 Mountain Highway, Wantirna. Please contact President Rob Parsons on 0402 852 300 to find out more about our friendly club or to become a member.



# Life Activities Club Knox Inc.

Thanks to the generosity and space in this, and other local newspapers, our membership is increasing. Meaning new ideas, new faces, new activities, and maybe even new conveners (?) There could still be hope for Ballroom Dancing???

Coming up before Christmas, ouch, did I mention Christmas? A very interesting bus trip to the Snowy Mountains, with overnight accommodation in a Lake Eucumbene Motel is organised for October, and a busload of members will enjoy this 5 day trip. Included is entertainment, meals, accommodation, and a lot of fun. These bus trips are always great. Our club's 23rd. birthday is also in October. Then in December, with thanks to our Committee, another social get together for our Christmas Party.

With our new projector and sound equipment, we will have an afternoon tea preceded by a film. This will also bring us together in September. By then, the Borneo Group will have returned, and will be preparing a video of their holiday, to be shown at an Armchair Travel afternoon. We will be able to enjoy their trip without opening our wallet! Our activities are many and varied,

and as interests differ, it's very rare for us all to be in the one place together.

This photo shows most of our Friday walking group, having a lunch break at Blackburn Lake, its amazing the walks we have, and in the suburbs! behind the housing along the creeks. Most of these members also participate on the Sunday walk, which is a longer walk and is held on the third Sunday each month.



Then there is weekly bushwalking, painting, lunching, cinema, visiting beautiful gardens, organ and jazz, cards, social board games, craft, not to forget weekly Badminton, and, if someone volunteers to start a new activity, the welcome mat will be produced, and full assistance given. Some activities are held once per month, twice per month, and weekly, and this depends on the time available with the

convener.

For more information, we will be happy to send our current newsletter, as well as discuss the club over the phone.

**Melva 9762 3764 or Helen 9729 1151**

*Life Activities Club Knox Incorporated No. A0052438Z and is a member of the Life Planning Foundation of Australia Incorporated (Certificate of Incorporation Reg. No. A00 307 09U: A.B.N. 74 869 342 108)*

## National Seniors News



***Are you an NSA member living in the Knox region? Do you feel at times bored with yourself and would like to be involved in new and interesting activities? Then the NSA Knox Branch invites you to join our vibrant group who meet on the fourth Wednesday of the month at 10 am at the***



***excellent Knox Club venue, corner of Boronia and Stud Roads, Wantirna. We are a very sociable and active group and would welcome new members. We promise you, you will only be a stranger but once. At our monthly meetings we are entertained by a wide variety of well chosen guest speakers. At the conclusion of the meeting, you are welcome***



***to stay for the two course luncheon (at your own cost) superbly prepared by the catering staff of the Knox Club. Your social and welfare needs are catered for and monitored by the hard working and enthusiastic members of the Committee of Management. All members receive either by***



***mail or online our monthly newsletter, "Knocks about Knox" keeping you informed of all current Branch events and activities. View our website at [www.knoxbinnsa.net](http://www.knoxbinnsa.net) for all the important information concerning our Branch. Contact either John (9778 6784) or Robert (9729 9077). We look forward to meeting you.***



# Wantirna's Drive-in

by Glen Turnbull, local historian.

## Wantirna had one of the most modern Hoyts Drive-in Cinemas, when it opened in 1968.

Amongst great celebrations and fanfare, the Wantirna Drive-in opened on the corner of Mountain Highway and Boronia Road on 22 August 1968. The first film shown was "Doctor Dolittle" with Rex Harrison. Invited guests assembled to watch the film with hundreds of others. Adults paid 90 cents entry and children paid 20 cents with several children probably hiding in the car boot to save dad a few cents.

The Wantirna Drive-in was capable of accommodating 658 cars when it opened and was one of the last Drive-ins built in Victoria. However, the Wantirna Drive-in was very popular unlike other Drive-ins around Melbourne, which closed relatively quickly. Wantirna's success was due to its location, amongst the Finger family orchards and large pine trees, which formed a natural amphitheatre. Another reason for Wantirna's popularity was its close proximity to population. Many people had recently moved into new homes in Waverley, Bayswater and Ringwood.

The Wantirna Drive-in had a comprehensive brick central building that contained the projection room on the top floor with the snack bar, toilet facilities and an outdoor viewing area on the ground floor. Unlike other Drive-ins, Wantirna had their children's playground next to the snack bar and not under the large screen. The screen itself was over 30 metres wide and stood over 25 metres high.

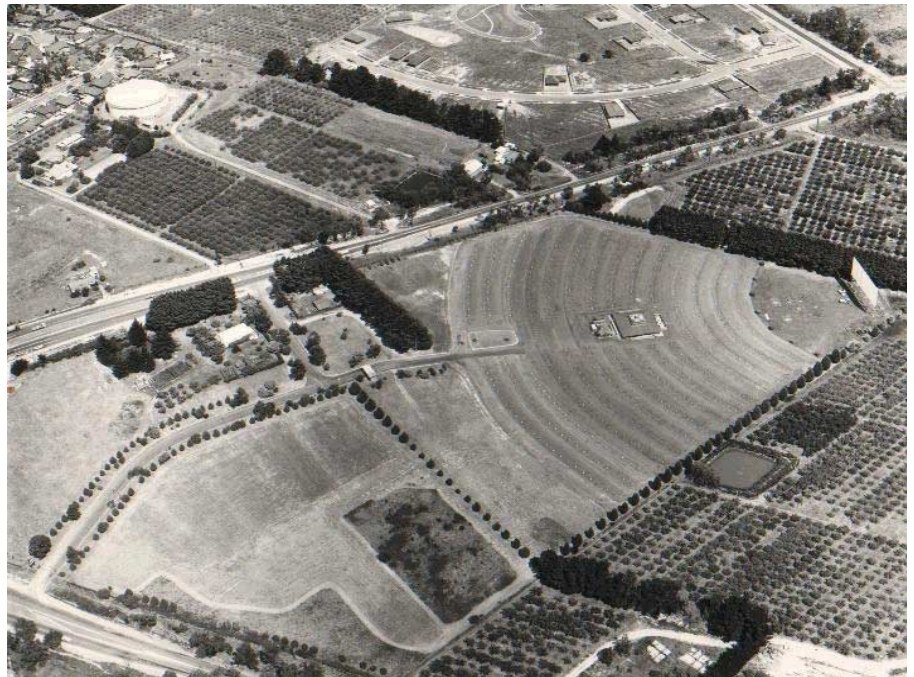
Later, the Wantirna Drive-in was extended to 906 cars. Each location had its own speaker, so the driver had to take the speaker off the adjacent post and take it into the vehicle so the film could be heard by all. At no stage did

Wantirna move to AM or FM reception via the car radio.

Hoyts introduced a second screen to Wantirna in 1983, but the era of Drive-ins had quickly becoming out of favour by this stage. Wantirna closed just a year later. However, this Drive-in did attract large crowds regularly throughout the 1970s.

A company named "Trash and Treasure" started to rent the Drive-in site in 1984 and held regular Sunday markets. This venture was to last longer than the Drive-in era. The 1900s Finger family homestead, which is still on the Drive-in site, has also outlasted the Drive-in era as did a couple of Finger family members who continued to reside on site long after the Drive-in closed. Some of the Drive-in site has been used for the new Eastern Health Hospital.

Many people have great memories of the Wantirna Drive-in and the films shown there. It is a pity that the Drive-in era lasted such a short period of time.



## *Knox & District Over 50s Inc.*



Are you looking for a friendly, social group to brighten your life? Look no further than the Knox & District Over 50s. We are taking bookings for a five day trip to

Merimbula in September, our trips away are always friendly and interesting. Regular events, held each Tuesday, are:

- 1st Tuesday - Morning Melodies
- 2nd Tuesday - Luncheon outing to various venues
- 3rd Tuesday - Book Club at Boronia Progress Hall
- 4th Tuesday - our Group meeting 1:15pm for a 1:30start

in the main hall with a variety of guest speakers.

At our September meeting our guest speaker will be from Knox Hearing Services.

Our newly formed social sub-committee has introduced some exciting new experiences for members including morning teas at Myer Knox City, movie group on the Wednesday after our general meeting as well as outings to Scienceworks and the Titanic Exhibition.

Come and join us at any of the above activities, we look forward to seeing you there.

**Contact Keith on 9801 4908 for any information.**

# The Bayswater Christian Assembly



## **Amazing Grace: The Story of John Newton**

Amazing grace, how sweet the sound..." So begins one of the most beloved hymns of all times, a staple in the hymnals of many denominations. The author of the words was John Newton, the self proclaimed wretch who once was lost but then was found, saved by amazing grace.

Newton was born in London on 24th July, 1725, the son of a commander of a merchant ship which sailed the Mediterranean. When John was eleven, he went to sea with his father and made six voyages with him before the elder Newton retired.

In 1744 John was impressed into service on a man-of-war, the H. M. S. Harwich.

After a notorious career in the Navy, finding conditions on board intolerable, Newton finally deserted. When he was recaptured he was publicly flogged and demoted from midshipman to common seaman.

Finally at his own request he was exchanged into service on a slave ship, which took him to the coast of Sierra Leone. He then became the servant of a slave trader and was brutally abused. Early in 1748 he was rescued by a sea captain who had known John's father. John Newton ultimately became captain of his own ship, and became actively engaged in the cruel and degrading slave trade.

Although he had some early religious instruction from his mother, who had died when he was a child, he had long since given up any religious convictions. However, on a homeward voyage, while he was attempting to steer the ship through a violent storm, he experienced what he was to refer to later as his "great deliverance." The furious gale struck the ship and the ship began to break up.

With the storm raging and the sails mostly destroyed, Newton penned "... we were ready to give up all for lost, and despair was taking place in every countenance."

Yet the eyes of God were upon this great sinner. With the ship foundering beneath his feet, Newton had time to think as he laboriously worked at the pumps hour after hour or clung helplessly to the helm. He recorded in his journal that when all seemed lost and the ship would surely sink, he exclaimed, "Lord, have mercy upon us." Later in his cabin he reflected on what he had said and began to believe that God had addressed him through the storm and that grace had begun to work in his life.

For the rest of his life he observed the anniversary of May 10, 1748 as the day of his conversion, a day of humiliation in which he subjected his will to the One who saved him by His Grace. "Through many dangers, toils and snares, I have already come; 'tis grace has brought me safe thus far, and grace will lead me home." He continued in the slave trade for a time after his conversion; however, he saw to it that the slaves under his care were treated humanely.

When John Newton turned to God and found mercy he realized that every other person needed to do the same. The Bible says "If any man be in Christ he is a new creature." What God did for John Newton, He has done for millions of others and he is able to do the same for you. The Great Question is, where will you be in Eternity? The Bible says, "Believe on the Lord Jesus Christ and thou shalt be saved." Acts 16 v 31.

Dear reader! Do you know the Saviour of whom John Newton was writing when he inscribed on paper the words of "Amazing Grace"? Do you have the conscious assurance that you will be in Heaven when your soul bids farewell to your body?

For God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life. John 3 v 16.

### **Bayswater Christian Assembly**

**439 Mountain Highway**

**Bayswater Vic. 3153**

**Tel: 03 9728 6478 or 03 9729 3225**

**Email: [jlcalldwell@msn.com.au](mailto:jlcalldwell@msn.com.au)**

### **MEETING TIMES AND LOCATIONS**

**Sunday 10.30am - Lord's Supper**

439 Mountain Hwy, Bayswater

**Sunday 7.00pm - Gospel Meeting**

Knox Community Arts Centre,  
Cnr Mountain Hwy and Scoresby Rd,  
Bayswater

**Tuesday 8.00pm - Prayer Meeting**

439 Mountain Hwy, Bayswater

**Last Saturday of each month at 7.30pm**

**Bible Teaching**

439 Mountain Hwy, Bayswater

**All will be made most welcome!**

**Contacts: John 0411 239 748**

**Terry 0413 788 753**

**Andrew 0427 852 387**



# Studfield Winter Festival 2010

by Col Fletcher

The Studfield Traders Association held its' second Annual Winter Festival on a cold, wet and windy Saturday in July. The traders association held the inaugural Winter Festival in 2009 with the objective of warming up a cold winter Saturday by providing a welcoming atmosphere for shoppers through food, friendship and fun.

Their desire was to brighten up the winter for customers and inject some life into the shopping strip. The association wanted the festival to be fun, light-hearted and full of winter comforters - and bargains for customers!

Despite the typical winter conditions experienced on Saturday 10 July, participating traders and their valued customers declared the festival to be a great success. "Happy snaps" on the next two pages, show some of the events plus happy shoppers and traders enjoying the day's activities.

Chris and Doris from Hair Temple said, they love the festival idea and thought there should be 2 a year, while Sue who has been at Brumby's, Studfield for 14 years said the festival is great because it brings more people to the shopping strip, and she had "sold heaps today" of Brumby's beaut goodies, (see story on Brumby's on page 13).

While Mum Kylie looked on, Jake and Alexandra from The Basin tucked in to delicious strawberry and marshmallow sticks from Schokolade, Mark Gardner

kept people musically entertained throughout the morning (see story on Mark on page 14), while face painter Tanya James from Let's Face It (see advert on page 13) painted the town red, blue, yellow - and many other colours - throughout the day. Studfield regular, Bandsman, Richard Finch from the Ferntree Gully Salvation Army Corps took the opportunity to capitalise on the good spirits created by the festival to rattle his tin with even more vigour as he enjoyed the odd cup of coffee provided by passers-by. Even the production crew from the Studfield Wantirna Community News contributed to the festivities, providing a welcomed barbecue offering the best quality sausages, supplied by the meat experts at Boococks Meats, (who also provided the barbecue - thanks guys!) (see Boococks advert on page 13), contained in fresh, fluffy white bread provided by Brumby's. IGA also assisted the cause by providing a continuous supply of tasty onions, tomato sauce, serviettes and hygienic gloves to help ensure the clean and safe handling of the tucker! Altogether an outstanding team effort that raised some money for The News to help fund the production of this excellent magazine (a bit of self-praise can't hurt, can it??).

The planning process for the 2011 Winter Festival will begin early next year with the expectation that even more Studfield traders will join in the fun and festivities of the 2011 Winter Festival.

## Studfield Traders' Association News

by Col Fletcher

The Studfield Traders' Association is made up of a group of active business owners and operators located in the Studfield Shopping Centre. The traders' association provides strong support to local schools and community groups and conducts a number of activities to provide enjoyable shopping experiences for both customers and traders.

Being a financial member of the association provides traders with the opportunity to have input in the growth and development of their shopping centre, and help provide enhanced shopping experiences for their valued customers. The funds generated from membership fees allow the association to implement and fund activities such as the Winter Festival and other developments to improve the centre for the benefit of both customers and traders.

Studfield Traders who are not currently members of the association are encouraged to attend a monthly meeting to find out more about the association's ideas and plans for the shopping strip then join the association to have a say in the future growth & development of their business precinct. association members meet regularly on the first

Wednesday of every month at 7.45am. The early meeting enables the members to quickly discuss agenda items, before opening their businesses in time for their early morning customers.

At their meetings, the traders propose and discuss any new ideas for improving the service provided for Studfield customers and implementing the many fun activities (such as the Winter Festival), that help make the Studfield Shopping Centre, one of the best strip shopping arenas in the Eastern suburbs. In 2009, the Studfield Shopping Centre won the Knox Leader's "Best Shopping Strip" Award as part of the leader's Melbourne Awards program.

Current projects of the association include the development of a new, fresh logo and the construction of a new web site.

The association values consumer input and any customer, who would like to address the association or present an idea is welcome to attend a monthly meeting. Anyone who is interested in taking up this opportunity is invited to contact the association's Secretary, Jodie Ferrier, by email at [jodie@studfield.com.au](mailto:jodie@studfield.com.au), so time can be allocated on the next meeting agenda.





Chris and Doris - love the hair!

## HAIR TEMPLE



Face painter Tanya James from "Lets Face It" with Danielle & Madeline from Wantirna South.



...and with Jessica from Ferntree Gully.

## Schokolade



Jessie & Rochelle ready for action.



Jessie dipping chocolate.



Jake and Alexandra from The Basin enjoy their Schokolade treats.



Mark Gardner entertains shoppers.



Richard Finch Salvation Army.



The Studfield Wantirna Community News team cook up a storm.





Stephanie, Mr Brumby (Brad) and Sue (at table).



The Brumby's team, Erika, Naomi, Ginger Ray, Augustus Brown & Tayla.

## Brumby's



Stephanie & Mr Brumby with Alexandra & Jake.



### Let's Face It Face Painting is Fun!

Providing affordable children's face painting, ballooning and craft parties.

Prices start from \$60.00\*

For more information contact Tanya on 0407 33 61 88 or visit

[www.letsfaceit.com.au](http://www.letsfaceit.com.au)

\* Prices subject to change



# Brumby's

## Brumby's Wantirna is under new management!

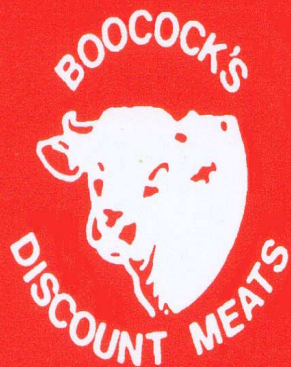
Ray and Lucinda Williams are the new owners of the Bakery.

Ray has worked as a baker for 8 years at Brumby's Mount Waverley and Wantirna. Now, after a short break working as a Butcher, he is back!

To celebrate this exciting new venture, Ray would like to offer a special for all in Wantirna.

If you bring this article into the shop you will receive 20% off your next Brumby's purchase! So head down to Brumby's Wantirna to take advantage of this great offer!

**Brumby's Wantirna**  
**Studfield Shopping Centre**  
**205 Stud Road, Wantirna 9801 2571**



**STUDFIELD  
SHOPPING CENTRE**  
225 STUD ROAD  
STUDFIELD

**Phone 9801 2762**

- Bulk orders a speciality
- Free home delivery



## Introductory offer

On presentation of this flyer you will be entitled to **10% discount** on your first visit.



Brigette Rankin  
AAMT Member  
Cert. Therapeutic Massage  
BA Dance (Teaching)

### Therapeutic / Relaxation & Sports Massage

- Relaxation  
Reduces stress and fatigue
- Therapeutic  
Alleviates sore muscles
- Sports  
Pre/post training

½ hour consult \$35.00  
One hour consult \$60.00  
Seniors Rates apply.

Gift vouchers available

Level 1 Suite 9/249 Stud Road, Wantirna.

Contact Brigette on  
9803 1640 or 0425 848 532

## Introductory offer

On presentation of this flyer you will be entitled to **10% discount** on your first visit.

### Sole Response

Marita Reynolds  
Adv. Cert Reflexology A.S.R.R.  
Mem R.A.A.  
Reiki Master Practitioner  
ABN: 56 432 940 319

### Reflexology

Reflexology can also assist with the following:

- > Relaxation
- > Stress reduction
- > Improved circulation
- > Gentle Body detoxifying procedure.
- > Improve general well being.

It is recommended that the initial session be of 1 hour in duration. All you need to do is remove your foot wear, sit back and relax.

All people, young and mature, can benefit from Reflexology.

½ hour consult \$38.00  
One hour consult \$63.00.  
Student/Pensioner rates \$48.00

**\*\*\* Special Offer for Diabetics to experience the benefits of Reflexology. Pay for one full session and get your next session for ½ price \*\*\***

Diabetic offer is valid till 30th November 2010  
Please note one coupon per person .Not to be used in conjunction with any other offer.

**Wantirna Naturopathic & Remedial Massage Clinic, Suite 9, 1st Floor 249 Stud Road Wantirna (above Tivoli cafe)**

Contact Marita on 0425 735 581 or 9801 5201

## Introducing Mark "Trouserboy" Gardner!!

Mark Gardner is a multi talented muso who plays 6 instruments (guitar, keyboard, trumpet, harmonica, trombone and the euphonium??) - and sings!! Mark entertains shoppers and traders at the Studfield Shopping Centre and Wantirna Mall on alternate Saturdays and was a standout performer at the Studfield Shopping Centre Winter Carnival on Saturday July 10 (see picture page12).

Mark also performs regularly in front of crowds from 50 to 25,000 people at festivals, pubs, private functions and other venues, and when not working a solo gig plays trumpet and keyboards with local ska band "Loonee Tunes", who will perform at "SKA Nation" in November.

When not performing Mark teaches trumpet and music theory at Hosking's Music located in the Wantirna Mall.

Mark has recently completed his debut solo EP CD called "The Great Divide" which was recorded in the same studios used by LRB, John Farnham and The Living End among others. The title song can be requested on JJJ, PBSFM & RRRFM and will soon be heard on local radio stations ECBFM and MDRFM where Mark will also be interviewed in coming months.

"The Great Divide" can be purchased from Mark for \$10 at one of his Saturday appearances at Studfield or Wantirna Mall or through his web site, [www.markgardnermusic.com](http://www.markgardnermusic.com) or from [www.reverbNation.com/markgardner](http://www.reverbNation.com/markgardner), where you can also find out more about Mark from his Press Kit.

Mark will be supporting "The Vagrants" at Ruby's in Belgrave on Friday, 17 September and is booked to appear at The Basin Music Festival on 21 March next year. Anyone interested in finding out more about Mark's live appearance schedule or wanting to book Mark for a function or personal appearance can contact him via his web site or by phone on **0412 673 951**.

**You'll like our new look. But when it comes to personal banking, it's the people that make the difference.**

### Studfield

Our branch has a fresh new look, but more importantly a fresh new approach to personal banking. So if you need a home loan, personal loan, insurance, everyday bank account, credit card, business banking or term deposit, talk to one of our friendly staff. We look forward to seeing you in our branch very soon.

Commonwealth Bank,  
**235-237 Stud Road,  
Wantirna South, VIC,  
03 9801 6111.**



**Determined** to be different.

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Important information: Applications for finance are subject to approval. Commonwealth Bank of Australia ABN 48 123 123 124. CLA430



# Knox Home Garden Club *with Betty Wright*

There is something really special about sitting outdoors on a summer evening, with the rich narcotic scent of brugmansia (angel's trumpet) wafting through the air. An exotic looking plant, the brugmansia can have as many as 200 'angel's trumpets' on the one plant at any one time.

It is easy to have fragrance in your garden. In fact most gardeners would have been picking bunches of the heady-scented daphne for the past few weeks. Keeping the flowers picked is also the best method of pruning you can employ to keep your daphne in shape. Other popular aromatic shrubs include: gardenia, boronia, lilac, lavender, prostanthera, mahonia, buddleia and luculia, to name just a few.

All roses are beautiful, but not all roses are fragrant. If you want to stop and smell the roses, you will have to purchase accordingly. You're sure to find a rose of the type and colour that you want, with a delicious perfume. I like Mr Lincoln, with its perfume and long stemmed roses, it's a winner.

A garden arch, arbour, or pergola is another way to add fragrance. There are many climbers such as jasmine, honeysuckle, clematis (make sure it is a fragrant variety), and climbing/rambling roses. Wisteria is a hardy climber with beautiful perfumed hanging racemes. Even sweet peas can be encouraged to climb an arch and flower for a long period.

Your lawn could become a fragrant carpet, imagine the delightful

aromas released as you traipse across an area planted out with chamomile or thyme. For a fragrant tree, you would need to check height, width, deciduous or evergreen, before making a decision. Magnolias, the native frangipani - *hymenosporum* - , acacias, eucalypts, again your choice is endless.

No room for trees or shrubs? How about some bulbs? Plant babiana, lily of the valley, amaryllis, jonquils, freesias in your garden, or in a pot where you can enjoy their blooms and perfume. Even your pond can play its part in making your garden smell sweet. Try water lilies, water violets or water iris. Plant around the edge of your pond with the delicately scented primulas.

With herbs, the aromatic foliage is a real bonus, as they do double duty in the kitchen. Don't roll around in the catmint like your cat does (the neighbours might look at you as if you're a little bit strange). Feel free to crush a handful of oregano, mint, thyme or rosemary, and breathe in the delightful fresh aromas.

So, garden with your nose and add some fragrant elements. Start small if you like with something heavenly scented at your door to greet your guests.

**The Knox Home Garden Club meets on the 3rd Monday every month at 8pm. The venue is: U3A Parkhills Campus, Park Boulevard, Ferntree Gully. Supper afterwards, all welcome!**

## News in Good Health & Wellbeing



### Wantirna Naturopathic and Remedial Massage Clinic

Wantirna Naturopathic and Remedial Massage Clinic is located in the professional suites at the Studfield Shopping Centre on the corner of Coleman Rd and Stud Rd above the Tivoli Café. The address is Level 1 Suite 9, 249 Stud Road; Wantirna. Front street parking is available.

The Centre has now expanded to offer Wantirna residents further options in the way of complementary healthcare. Founder and principal of the centre, Claude Trevisan, opened the clinic six years ago. Claude is a Naturopath, Myotherapist / Remedial masseur. Claude has over 28 years of experience in the health industry, 20 years as a Massage Therapist and 13 years as a Naturopath. Claude is also the co-ordinator and senior lecturer in massage at The International Institute of Training Australia, a private massage college in Bayswater.

Eildon Searle has been a practicing Remedial Therapist for 16 years and has a broad experience in most injuries and dysfunctions such as lower back, legs, and shoulder and neck issues. Eildon has an excellent reputation both as a Deep Tissue Masseur, and in the diagnosis of root causes for many conditions, with an effective referral network of therapists of complementary modes to aid in long term resolution of problems, including correction of postural dysfunction. For the last 5 years Eildon has also practiced at "Valewood Medical Clinic" where he has treated many and varied Workcare and private clients in consultation with the referring doctors. Eildon has a holistic approach to clients making him an excellent first stop for treatment and/or referral to appropriate medical or complementary therapists.

Brigitte has been practicing at the Wantirna Clinic for nearly 4 years. Brigitte originally qualified as a dance teacher and has taught in various schools and dance studios throughout Melbourne for 22 years. Brigitte developed an interest in massage whilst studying anatomy, human movement and kinesiology within her dance studies. Brigitte further developed her knowledge and qualifications by completing a Certificate in Massage

at the Australian School of Therapeutic Massage. Brigitte offers both therapeutic and relaxation massages and has a special interest in the sports area.

Marita Reynolds is a Reflexologist and Reiki practitioner. Reflexology is a holistic, non-invasive therapy and is particularly beneficial to people with circulation problems that may occur from Diabetes or other health concerns. Marita will work the feet with a combination of pressure techniques on reflex points associated with the body systems. Reflexology may benefit all people young and mature in relation to improved circulation, helping to reduce stress and releasing any blockages that have occurred within the body allowing normal blood flow and energy to move freely throughout the system. Health benefit rebates are available from a variety of health care funds.

Doris Mounsey is a holistic Kinesiologist and completed her studies at the Australian College for complimentary medicine. (ACCM). Holistic Kinesiology combines the knowledge of anatomy and physiology from modern western medicine with the ancient knowledge of the eastern acupuncture systems to pinpoint and release stress from the body. By monitoring subtle changes in the muscles, the origin of stress within the body is identified and analysed. Through the application of Holistic Kinesiology the bodies own healing system is activated enabling the body to clear the stress. Doris accepts cash, credit card and cheques.

The clinic offers other services such as Dry needling, Dorn therapy, Biomesotherapy, Mora Therapy, electronic allergy testing and Ear Candling. The Clinic also offers Health benefit rebates, Credit card and eftpos facility. There is also HICAPS available on some health fund rebates.

**Wantirna Naturopathic clinic looks forward to being of service to you. For enquiries for Claude Trevisan please call 9800 3849, for Brigitte Rankin 0425 848 532, Marita Reynolds 9801 5201 or 0425 735 581, Eildon Searle 0425 730 489 and Doris Mounsey 0432 49 44 13.**

# Focus on Diabetes

## Osteopaths helping you get your Life! back on track



### Health Advice from Dr. Jason Stone of Wantirna Osteopathy

Wantirna Osteopathy in conjunction with Diabetes Australia - Victoria is helping tackle the diabetes epidemic.

Type II Diabetes is the fastest growing chronic disease in Australia but it can be prevented through healthier lifestyle choices.

Osteopaths at Wantirna Osteopathy are trained facilitators of the Diabetes Life! Course, a government funded lifestyle modification program for those over 50 years and at risk of developing Type II Diabetes.

"This is an excellent Government initiative as it provides an opportunity for people to learn more about a healthier lifestyle under the guidance of health professionals and it is free", states Dr. Jason Stone (Osteopath).

The Life! Program is conducted over six 90-120minute sessions and is a group-based program.

"The fact that a group of people with common issues can sit in a room together and share their barriers and solutions, is what makes this program so great", says Dr.

Stone. "The Life! Program is not a weight-loss plan or 'biggest loser' competition, it has realistic goals to improve your lifestyle forever and sets a foundation for long-term goals", explains Dr. Stone.

The Life! program has five main goals for participants to achieve

1. To reduce fat intake
2. To reduce saturated fat intake
3. To increase fibre
4. To increase exercise
5. To lose 5% weight

"As Osteopaths we find it has become quite evident that people perceive looking after themselves as almost a luxury - there seems to be many priorities ahead of caring for their body. The Life! Program is a means of taking responsibility for your own health", adds Dr. Stone.

**If you are over 50 years of age and you score 12 or more on the Risk Test, please give Wantirna Osteopathy a call on 9800 0388 to book in for a free introductory interview to determine if the course is for you.**

**Alternatively, contact Diabetes Australia - Victoria on 137475 for further information and advice.**

## Wantirna Community Pharmacy Appointed as an NDSS Outlet

For over 27 years, the Community Pharmacy at the Wantirna Mall Shopping Centre has been helping to care for the health of the local community. The pharmacy's latest initiative is to become a new outlet for the distribution of the National Diabetes Services Scheme (NDSS) products and services.

The National Diabetes Services Scheme is an initiative of the Australian Government administered by Diabetes Australia. The scheme entitles diabetics, who register to purchase products at subsidised prices to assist with the management of their diabetes.

Prior to the Community Pharmacy's appointment as an NDSS outlet, diabetics in the Studfield Wantirna area had to travel to Knox City to obtain their subsidised products but now "a quick trip to the Mall" (with its plentiful and easy parking) is all that is required!

As an NDSS outlet, the Wantirna Community Pharmacy will also be holding special events such as the recent blood glucose monitoring machine checking and servicing program held during Diabetes Week.

Pharmacist, Linda Drew, and her team can also provide literature, general advice, and support in regard to the NDSS scheme.

In addition to this special service provided for people with diabetes the Wantirna Community Pharmacy continues to provide a professional service for everyone. Community Pharmacy is a not for profit pharmacy. This means they have one focus - their customers well being. The pharmacy will provide members with a 15% discount on all everyday pharmacy needs and up to 50% off the cost of prescriptions. (Excludes NHS subsidised prescriptions.)

To find out more about becoming a member of the Community Pharmacy, call Linda and her team on 9720 2872 or better still pay them a visit at the Wantirna.

 **Community Pharmacy**  
*We care for you, not for profit*



# Focus on Diabetes

# Life!

Taking Action on Diabetes

## Are you risking type 2 diabetes?

### Take the Australian type 2 diabetes risk assessment tool

- Your age group**
  - Under 35 years  0 points
  - 35 – 44 years  2 points
  - 45 – 54 years  4 points
  - 55 – 64 years  6 points
  - 65 years or over  8 points
- Your gender**
  - Female  0 points
  - Male  3 points
- Your ethnicity/country of birth:**
- 3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?**
  - No  0 points
  - Yes  2 points
- 3b. Where were you born?**
  - Australia  0 points
  - Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe  2 points
  - Other  0 points
- 4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?**
  - No  0 points
  - Yes  3 points
- 5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?**
  - No  0 points
  - Yes  6 points
- 6. Are you currently taking medication for high blood pressure?**
  - No  0 points
  - Yes  2 points
- 7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?**
  - No  0 points
  - Yes  2 points
- 8. How often do you eat vegetables or fruit?**
  - Everyday  0 points
  - Not everyday  1 point
- 9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?**
  - Yes  0 points
  - No  2 points
- 10. Your waist measurement taken below the ribs (usually at the level of the navel)?**

Waist measurement (cm)

For those of Asian, Aboriginal or Torres Strait Islander descent:

Men	Women	
Less than 90cm	Less than 80cm	<input type="checkbox"/> 0 points
90–100cm	80–90cm	<input type="checkbox"/> 4 points
More than 100cm	More than 90cm	<input type="checkbox"/> 7 points

For all others:

Men	Women	
Less than 102cm	Less than 88cm	<input type="checkbox"/> 0 points
102–110cm	88–100cm	<input type="checkbox"/> 4 points
More than 110 cm	More than 100cm	<input type="checkbox"/> 7 points

Add up your points

### Your risk of developing type 2 diabetes within 5 years:\*

5 or less: Low risk

6–11: Intermediate risk

If you scored 6–11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

12 or more: High risk

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. Discuss your results with your doctor and **act now** to prevent type 2 diabetes: call **13 RISK (13 7475)**, visit [www.diabetesrisk.org.au](http://www.diabetesrisk.org.au) or fill in the coupon.

\* The overall score may overestimate the risk of diabetes in those aged less than 25 years.

**If you scored 12 or more, you are at high risk. Order your FREE TYPE 2 DIABETES ASSESSMENT KIT**

Name: \_\_\_\_\_

Your age: under 40  40–49  over 50

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postcode:

Have you been diagnosed with diabetes?: yes  no

**Mail to: Diabetes Australia – Vic, 570 Elizabeth Street, MELBOURNE VIC 3000**

**[www.diabetesrisk.org.au](http://www.diabetesrisk.org.au) 13 RISK (13 7475)**

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# Focus on Diabetes

## Diabetes: - It's a team approach.

By Marita Reynolds

### General Practitioner, Dietician, Diabetic Advisor, Podiatrist and Reflexologist

Diabetes is a metabolic disorder where the body is unable to regulate blood sugar levels properly.

We use sugar as energy fuel for our bodies. So when a person with diabetes is unable to use sugar energy over a period of time the high sugar levels can damage blood vessels and nerves.

There are 2 types of Diabetes. Type 1 is usually apparent in childhood or adolescence and relates to approximately 10-15% of the cases.

Type 2 diabetes presents itself later in life is related to lifestyle and is more common and relates to approximately 80-85% of cases.

If type 2 diabetes is left untreated or unmanaged complications within the body due to poor circulation from damaged blood vessels and nerves can occur resulting in heart disease such as heart attack and stroke, kidney disease, eye problems such as Diabetic Retinopathy causing blindness or visual impairment and leg and feet problems often resulting in loss of these limbs due to poor blood supply.

What can you do to help yourself avoid Diabetes or if you have Diabetes how to manage it? There are many people that can help. (See Diabetes Australia advertisement and check list on page before this) However people with diabetes should be aware of the importance of maintaining good healthcare. Keep blood sugar levels to a maintenance level recommended by your healthcare professional. A regular attendance to the Podiatrist to check that circulation to the feet and that proper footwear is maintained. A session with Diabetic Advisor and a Dietician to check that your diet is working for you is also important. They

can give you the necessary information to help understand Diabetes and how you can best help yourself manage the condition.

How can reflexology help? Reflexology is a non-invasive therapy. The Reflexologist uses a combination of gentle stretching and massage techniques on the reflex points on the feet and hands to promote circulation to ALL body parts. This will help the to boost lymphatic function and help to improve the immune system, reducing the risk of infection which may lead to ulceration on the legs and feet which can result in possible loss of the limb. Reflexology can also help to reduce the risk of complications such as heart disease, stroke and diabetic neuropathy.

An initial 1-hour session is recommended where we work the feet and discuss how best to promote improved circulation by using regular reflexology. Health benefit rebates are available from a variety of health care funds.

Please see Diabetics Special Offer in the Sole Response advert and that Reflexology Week is coming up in September and in conjunction with Orana Neighbourhood house Marita will be conducting Free 10 minute sessions on Wednesday 15th September from 10.30am-12.30pm. Bookings are essential. For this only please call Orana on 9801 1895

**Marita Reynolds is a practicing Reflexologist situated in the Wantirna Naturopathic and Remedial Massage Clinic at Suite 9/ 249 Stud Road, Wantirna, in the Professional suites above Tivoli Café.**

**To discuss your needs or make an appointment please call 9801 5201 or 0425 735 581.**

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**As Diabetes is becoming an epidemic in Australia with an estimated 270 Australians developing diabetes every day, orthotics and podiatry clinic Complete Feet is dedicated to providing professional services to treat those with foot problems as a result of their diabetes.**

People who suffer from diabetes can often develop these foot problems from damage to blood vessels and nerves, as well as reduced blood flow to the feet. This damage can lead to amputation of the affected foot or toe.

Complete Feet director, Rainer Maier, said most diabetes sufferers can avoid amputation through early care by a podiatrist.

"If you suffer from diabetes and have corns, calluses, or other foot problems, visit your local podiatrist, such as Complete Feet, as soon as possible." Rainer said.

"Professionally fitted shoes can also prevent complications that may lead to amputation."

Complete Feet guarantees the perfect prescription of footwear and orthotics with Australia's best retail foot analysis and qualified clinical staff.

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# Three Little Pigs

*A light-hearted story by Kay McLoughlin.*

The three little pigs, James and his two brothers Syd and Anthony had recently moved out of home and into a rented house. Their was delight when this happened, she watched them cart bag loads of rubbish out of their rooms or the pigsty's as the rooms had become known as. Trotting up to their car that was a scrap heap held together by rust; they stuffed all the rubbish in. "That's it mate" James shouted to his brothers. Get in the mean machine and we will go". The mean machine spluttered and coughed in to life and rattled down the road. Jeans and underpants flew behind the car trailing out of the boot. Spare car wheels and hubcaps tied to the roof swayed dangerously as the car turned the corner and out of sight. Mother pig relaxed in the chair, praying that they would never return.

The three big pigs' new life began. There was no one to nag them about keeping their room tidy or anything else tidy, they could do just as they pleased; and they did. They partied, eat and slept. They never cleaned the house, unwashed clothes and dirty dishes just piled up every where. They solved this problem by eating out of cans and never washing their clothes. They just threw them on the floor left them for a few weeks and then put them back on. If this was not bad enough anything that could not fit in the pedal bin was tossed into the yard. Beer cans, food, clothes were all seen to fly threw the kitchen window and into the uncut grass. Cars of various states of disrepair were dumped in the yard and when the yard became full they parked them on the grass verge. The pigs would sit on the back porch and hurl dirty socks stiff with sweat at the pigeons and wine corks at the mice; that were now breeding in the ever mounting rubbish. The smell of honeysuckle that once grew on the back fence, no longer scented the air; that was now dead. Killed off by the rancid smell of festering food and the putrid stream that rose from the corner of the shed. Maggots crawled on dead steak bones and flies hovered over Spit the dog's poo.

One day the big bad wolf in the disguise of a council officer arrived and knocked on their door. It was mid morning and no one was up. The previous night there had been a party to celebrate Syd pig finishing his uni studies, and every one was sleeping it off in the house. Every one except Syd who had fell asleep in the front garden drunk. The knocking on the door aroused Syd and he opened one blood shot eye and shouted, "What's up dude?" The council officer wasted no time in telling him that if he did not cut the grass in the backyard and clean up the rubbish then the council will "huff and puff and blow their house down". Syd throw an empty beer can at him and went back to sleep and forgot all about it. A month later they received a letter in the post. This time the youngest pig Anthony opened the letter and grunted that the council had issued them with a fine of \$300 hundred dollars for not cleaning their back yard. No one could hear him over the loud music that was shaking the walls of the old weather board house, so he did what any good pig would do, he screwed it up and threw it in the corner with the bills.

The next week the estate agent was coming to give the house its six-month inspection. The three pigs thought that

they should at least pick the pizza boxes and beer cans off the floor to create a good impression. Picking a molding piece of pizza out of the corner James found the crumbled letter. "Who put this here? Some one is going to huff a puff our house down. What does this mean"? Anthony shook his head; he suggesting that perhaps the huffing and puffing was something to do with smoking weed. "No that's not it" said Syd "Give it to me" Finding his dictionary from underneath three years of university notes he said, "I got it, the swine's. They are going to evict us if we do not clean up the back yard".

The boys grumbled and sat down to drink some beer, James said, "pigs will fly before I am going to do anything, about the yard". Syd hesitated because unknown to his brothers he had recently applied to the RAAF to train as a defense pilot. If accepted then "pigs would fly". He decided that he was not going to tempt fate, so he encouraged his brothers to help him lean up. At first this fell on dead ears but eventually they agreed. Anthony was the first of the pigs to say 'Do we actually know how to clean up; didn't mum do that sort of stuff.' "That's a good point" replied James, "Do any of our friends own a brush?" They all thought for a moment and Syd said "I'll call Mary from the Little Red Riding Hood café she is bound to have a few brushes. She recently told me her granny was evicted from her council flat by the big bad wolf. At that Anthony chimed in he would ask porky pig Houton who worked at the hamburger joint if he could lend them a mop and bucket. James volunteered to organize a trough to put all the rubbish in. The boys set the date for the following Saturday.

The plight of the three pigs spread far and wide. The local pub "The Pigs Head" had a whip round for them and collected a couple of hundred dollars. The lads at James work commiserated with him and made him a member of their drinking club called "The blokes who bring the bacon home". They said the least they could do was give him a hand clearing the mess.

Big Wart Hog, the pig's cousin, and a member of the local motor bike club Pig's Trotters arrived at the crack of dawn honking their horns and revving their bike to get the pigs out of bed. Furious activity followed bags of rubbish; old parts of cars, broken furniture and piles of poo belonging to Spit the dog were removed from the yard. The day was a great success. The boys stood and smiled feeling as happy as pigs in mud. That was until Wart Hog threw a stubbies can in the freshly weeded flowerbed. "Pick that up" the three pigs shouted. "In a pig's eye" grunted Wart Hog. At that James pig said "How about a Hogs eye?" and promptly punched him. The police or as the three boys affectionately called them the "Pigs" arrived just as the bikies and the boys were all getting stuck into each other. The police told them if this happens again then they would be up before a judge who would "roast them alive".

The three pigs are no more. They have grown into clean successful young men. James is an accountant, married with a son. Syd is also married and is a pilot and Anthony is working part time at the bank and finishing university.

# What's new at The Mall?

## ***Cobbler in the Mall***

The newest addition to the Wantirna Mall is "My Cobbler". Husband and wife team Spiro and Tonia have finally opened the doors to our very own cobbler shop. After 4 long months of waiting for the renovations to be complete they are open for business.

Inside My Cobbler not only will you find Spiro working away at shoe repairs, but you may also find his father Con behind the watch service counter working on all sorts of watch repairs from battery replacements to full watch services. Con having over 40 years of experience in watch industry, had started teaching Spiro at a very young age. Between the two of them they are able to repair any watch or clock from your old mechanical wind up and automatics to high end Swiss quartz watches. All service work is guaranteed.

Spiro has been repairing shoes for over 15 years now and has worked with some of Melbourne's best and well known cobblers. He knows the ins and outs of shoes to ensure customers have the best in the industry looking after them. He takes special care with every pair of shoes he takes in and he'll even give them a polish with every job done. If it's shoe care you need, they stock a good selection of Collonil and Waproo products and great advise to go with it.

Key cutting is another service you will find here,

duplicating almost all keys from house to garage keys and most car keys. If you need a Transponder car key cut and programmed, it will be hard to find a better price in Melbourne.

Now it doesn't end there, although this cobbler shop offers all sorts of repairs and services, it also has a wide range of giftware, if you're looking for a present for any age you are bound to find something in here. After spending many years in retail Spiro and Tonia have worked hard to find a range of giftware that will suit almost anyone. From watches to jewellery, clocks to barware it makes gift shopping easy, and if you are purchasing a gift for someone you can really make it personal by getting Spiro to engrave it with his quality hand engraving.

Next time you stop by the Wantirna Mall, drop in and have a look around, or gather some repairs and bring them in to see what they can do for you!



## **Time to Party at Wantirna Mall**

*.....with the Good Life Wholesale Party Food Shop*

Save time, stress and money, visit the Goodlife Wholesale Party Food Shop at the Wantirna Mall, the "one stop shop" for all your party needs. Husband and wife team, Tina and Jamaal, stock a massive range of decorations, balloon's, finger foods, confectionary, paper goods, drinks and ice-cream. Tina and Jamaal can even offer staff to cook, serve and tidy up at your next function. Choose From Over 15 Food Packages with catering From under \$2.00 per person.

As suppliers to Clubs, Schools, Cafe's, Catering Companies and Offices we have so much more so drop by and save in these tough times every cent counts!

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With 20 years experience in cafes and catering Tina and Jamaal are first time owner operators of a retail store outlet. With three kids, they know how hard times can

be and offer quality products, that are affordable for the budget minded. Tina and Jamaal welcome your patronage and guarantee great service, helpful advice and offer a delivery service if required. So drop in and say hi to Tina and Jamaal, who will accommodate any party or catering request you may have...They look forward to seeing you and offer a 10% discount on purchases on presentation of their ad, on the inside back cover!!

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# What's new at The Mall?

## A NEW HORIZON DAWNS AT WANTIRNA MALL



**Another new face joining the team of traders at Wantirna Mall is Horizon Financial Strategies, an Authorized Representative of AMP Financial Planning Pty Ltd. (AFS Licence No 232706)**

According to Senior Financial Planner and Manager, John Barker (seated in picture above), Horizon Financial Strategies is striving to develop a highly skilled team in order to deliver all clients an ongoing strategic financial plan. John says that experience, dedication and determination will ensure its quality. Horizon's objective is to coach clients to achieve financial freedom.

Joining John Barker at the Wantirna Mall office are Senior Financial Planner John Pritchard (first left in picture above), Financial Planner Damien Turner (second from left in picture above) and specialist Mortgage Consultant Mark Burrige (not in picture).

John and Damien will help clients plan and manage their money to work towards making their dreams and goals become a reality. John and Damien use seven key building blocks or "strategies" in combination to help clients make the most of their money.

These building blocks are:

- **Budgeting**
- **Investing**
- **Managing Debt**
- **Managing Tax**
- **Superannuation**
- **Protection**
- **Social Security**

John and Damien can also advise clients on all aspects of retirement planning, estate planning, insurance and general financial advice.

Mortgage specialist Mark offers a FREE "health check" on clients' loans to find out if they have the most suitable loans available in the market. Many of Mark's clients have saved thousands of dollars as a result of his comprehensive health check of their loans.

To make an appointment to see John, Damien or Mark contact Horizon Financial Strategies' Administrator Rebecca on 9720 7552 or call in to Shop 12 Wantirna Mall (in between the fruit shop and the hairdressers) to pick up your COMPLIMENTARY Budget Planner.

# Wantirna Mall, plans for going forward

Mayor Joe Cossari, Collier Ward Councillor

Council is continuing plans to make Wantirna Mall a better and more accessible shopping centre.

We have a vision for Wantirna Mall that focuses on boosting pedestrian access, improving carparking and beautifying the area with more trees.

A key feature will be the construction of a pedestrian promenade, undergrounding of powerlines and improved public lighting.

Council is assessing tenders against available budgets and will examine the best way to deliver our shared vision for Wantirna Mall.

Part of this process will involve working through options for the undergrounding of powerlines and meeting with traders and other members of the community, to discuss the best way forward.

## Sporting Group News

### *Templeton Tennis Club Wantirna*

## **Welcomes New President and Life Member**

Templeton Tennis Club established for 25 years, is a premium facility located in the City of Knox. The complex features 8 synthetic grass 'drought proof' courts catering for all levels of ability and offers a range of competition including: -

- Junior Saturday and Sunday morning competition.
- Saturday afternoon Senior Men's and Ladies competition
- Mid Week Ladies competition.
- Night competition - Monday, Tuesday, Wednesday and Thursday evenings.

Templeton Tennis Club held its Annual General Meeting on 11th July. The committee has much pleasure in announcing Don McCracken as our new president. Don, since joining the club in 1990 has fulfilled many rolls at executive level, including treasurer and night convenor, he also has been an active competition player over these years. In recognition of Don's fine service to the club, he has been awarded life membership.

At Templeton Tennis Club we never overlook the social aspect of the game and it is great to see the many family groups taking to the courts, particularly on a Sunday for some exercise and enjoyment. Coaching available for all levels, beginner to advanced.

Come up and check us out! We invite you to and see what we offer! Should you wish to visit the club, please contact us and we will happily show you through the facility.

Come and join us at our family friendly tennis club....Your club....Templeton Tennis Club.

**Templeton Tennis Club Inc.**

**Templeton Reserve, Templeton St Wantirna 3152.**

**Melways Ref. 63 G9**

**Membership: Russell 9887 1957**

**Clubhouse Phone: 9887 3505**

**President: Don 9800 3316**

**Coaching: Kelly 0414 874 482**

**Email: templetontennis@gmail.com**

## Rugby League Comes to Knox!

Since the demise of the Maroondah Magpies in 2005 rugby league fans in Knox and the outer eastern suburbs wanting a regular rugby league "fix" have had to travel at the weekend to either Waverley or the northern and western suburbs of Melbourne.

Sure, many are followers of the mighty Melbourne Storm but with so many away matches and home matches played any time from Friday night to Monday night the desire for a regular weekend game of league has been burning in fans hearts and minds.

Well, no more!! The Eastern Suburbs Magpies are set to soar in season 2011!!!! The establishment of the Magpies will give rugby league fans in the eastern suburbs a home grown team to play for, follow and support.

The presence of the Melbourne Storm has been a driving force in the establishment of this local initiative which will give junior league players who excel at the game the opportunity to push for selection in the Storm junior team that compete in the NRL's S.G. Ball (under 18's) competition.

Playing out of a great field located in Sasses Avenue in Bayswater the Magpies are planning to field teams in the Victorian Rugby League's senior and junior competitions. Both a first grade and reserve grade team are mooted in the seniors while junior teams at all levels from under 7's to under 18's are part of the "grand plan".

Both die-hard rugby league supporters and those sports fans interested in finding out more about a great alternative to AFL are invited to contact Magpies coordinator Andrew McIntyre on 0401 521 841 or by email at [amrew@optusnet.com.au](mailto:amrew@optusnet.com.au) to register their interest.

Expressions of interest from potential players, match & club officials, "die-hard" league fans and interested supporters are welcome. The new season will kick off in May 2011 with training for players most likely to commence in late February-early March.

Eastern Suburbs Magpies Information sessions will be conducted in the coming months and all people who have registered their interest with Andrew McIntyre will be invited to attend.



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