

Studfield-Wantirna Community News

Edition 11 - Summer 2010/11



Photo by Chris Ellis

Get ready for Summer in Wantirna!

- **News from Knox & Wantirna Rotary Clubs**
- **Wantirna College Instrumental Music Program**
- **Sad Tale of a Wantirna Pioneer**
- **“Share the Joy” Christmas Appeal**



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Making Victoria FireReady



**“Without a plan, you
haven’t got a hope.”**

– Tony, Black Saturday Survivor, Clonbinane

We may have had a wet year, but Victoria is still facing another highly dangerous fire season. The recent rain has encouraged growth in bush and grassland areas, and just a few hot days will turn it all into fuel for a fire. So if you live along the urban fringe, in the bush or on the coast, it's more important than ever to be FireReady.

Get your free FireReady Kit now.

Your free FireReady Kit includes vital information to help you prepare for the fire season. It includes information on identifying your fire risk, preparing your property and leaving early, as well as a Bushfire Survival Plan where you can write down the things you need to do and consider.

Start preparing now.

The more you do to plan and prepare now, the better your chance of survival if a fire approaches your home.

For your free FireReady Kit, or for more information, just call **1800 240 667** or go to **www.cfa.vic.gov.au**



PREPARE. ACT. SURVIVE.

FireReady 

For more information contact:
1800 240 667 www.cfa.vic.gov.au

Rotary Club News

Brought to you by
Alan Tudge MP,
Federal Member for
Aston



What we do.

People are always asking 'what do Rotary Clubs actually do?' Essentially there are four things.

Projects

Firstly and foremostly we do community projects. We are partners with the Knox Council 'KIOSC' project. This new project is set up to help young people find their feet in the world.

We act as helpers to other worthy causes such as Southern Street Machines for whom we do the barbecue.

On the international front our project 'Spirit of Sharing' provides educational, sporting and medicinal goods for children in Fiji whose level of deprivation is extreme.

'Spirit of Sharing' chairman, Peter Cole was recently awarded an Order of Australia Medal in recognition of this work.

Rotary Club of KNOX

Meets every Wednesday at the Knox Club, Cnr Stud Rd & Boronia Rd
12.30 - 2.00

For details contact Club President Tore Panuzzo:- fleetlim@bigpond.com

Fund Raising

We hold frequent fund raisers to provide help where it is needed. We have made substantial contributions to the Victorian Bushfire Appeal; to provide shelterboxes to help rebuild devastated lives in Burma, Pakistan and Indonesia. We have helped local Knox-based charities with donations.

Rotary does not take any 'expense' money from donations. It is tracked all the way!

Youth Exchanges

We have sponsored students from the Knox area to spend an educational year overseas. Last year a young lad went to Germany and came back speaking the language fluently! At present we are hosting a charming girl from the Ruhr area in Germany who is finding out the delights of racing.

Having Fun

Rotary also has a strong social side. We have get-togethers, visits to some amazing places and get to meet some interesting people. If you think Rotary might be for you, contact our president; his email address is above!



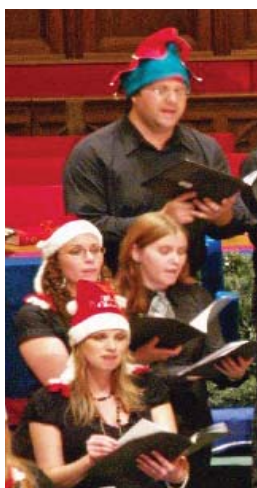
Peter Cole of RC Knox with the Governor of Victoria, Professor de Kretser (see column one)



Members get to meet some interesting people...



... and get to the most amazing places!



Rotary Club of Wantirna

Carols Evening

**Sunday December 19th Templeton Reserve,
Templeton Street, Wantirna**

Sausage sizzle from 7.00pm

Visit from Santa at 7.50

Carols from 8.00

BYO chairs and rugs! No bookings necessary

Enquiries Rob Parsons 0402 852 300

The Wantirna Rotary Club meets Monday nights at 6:00 for 6:30pm at
Knox Quest, 137 Mountain Highway, Wantirna.



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Colour	Full page	\$ 700	\$ 600
B&W	1/8 page	\$ 60	\$ 45
B&W	1/4 page	\$ 110	\$ 95
B&W	1/2 page	\$ 215	\$ 200
B&W	Full page	\$ 450	\$ 400
Business Directory B&W	6x3.5cm	\$ 35	\$ 20

Inside.....

Rotary News	Page 3
Twenty 20 Cricket	Page 5
What's Cool at School?	Page 6
Wantirna Mall, works progressing	Page 6
Knox Home Garden Club	Page 7
Knox & District Over 50s Inc.	Page 7
Sad Tale of a Wantirna Pioneer	Page 8
Magic of Cathie's Lane	Page 9
Orana, LACK, Boocock's Meats	Page 10
Heidi Victoria	Page 11
Studfield Trader's News	Page 11
Upstairs at "Studdie"	Page 12,13
Twenty20 Cricket challenge	Page 15
News in Good Health & W'being	Page 16,17
Bayswater Christian Assembly	Page 18
"Share the Joy" C'mas appeal	Page 19
Sporting Group News	Page 19,20
What's happening at the Mall?	Page 21

Tudge Hits the Ground Running

Since being elected in August this year, Alan Tudge MP, Federal Member for Aston, has taken up a range of issues on behalf of residents.

Alan's maiden speech in the Federal Parliament raised local initiatives to address congestion, community safety, small business support, cost of living pressures and storm water harvesting.

Alan said, "The people of Aston have plans and ideas to ease congestion that I fully support and will fight for including a rail link to Rowville, the tram line extension to Knox and fixing the dangerous Stud Road bus lane."

He said, "I will strongly argue against a road congestion tax, which the government is currently considering."

Alan spoke passionately about economic growth, the importance of keeping unemployment low and his support for the 11,000 small businesses in Aston. He seeks to put his 15 years of experience in business, in government and the community sector to the best use.

"Our schools should be the ultimate hand-up..." Alan said, and he outlined measures to improve the quality and standing of teachers, describing them as the most important factor impacting student outcomes.

Alan welcomes feedback from residents of Wantirna and Studfield and can be contacted on email at alan.tudge.mp@aph.gov.au or by phone on 9887 3890.

Studfield Wantirna Community News enters a new eraand we need your help!!!!

Welcome to edition 11 of your local community newspaper! Studfield Wantirna Community News was launched in 2008 as a project of Orana Neighbourhood House in Wantirna South. The aim is to build connections between people, groups, businesses and services in the Studfield Wantirna area. It aims to strengthen our community by defining the identity of the Studfield Wantirna community through local history stories, personal narratives and by acknowledging who we are and what we do while living in Studfield Wantirna.

Orana has made a decision not to continue as the auspice agency for the paper past the end of 2010 and the production team has appreciated the in-kind support received in the past from Orana.

As a consequence of this change, an independent community organisation, Studfield Wantirna Community News Inc. has been established to manage the production and distribution of this quality publication. We are grateful to Knox Library for offering us the use of their community room for our regular production meetings.

Our small volunteer team is reaching out to people in the local community who share an interest in strengthening the Studfield Wantirna community through our newspaper. To help grow the paper we need a boost in numbers on the team, to help with story ideas, articles, advertising, updating our website and to keep the wheels turning in our newly formed incorporated association. We are also looking for people to help deliver the newspaper four times per year, to homes close to where they live, around the Studfield and Wantirna areas. Meetings for the first edition of 2011 will be in the Community Room at the Knox Library on Mondays at 4.00pm, on January 31 & February 7, 14, 21 and 28. **For more information phone Janet on 9729 5007 or Col on 9720 1640 or email swnewspaper@gmail.com Janet on behalf of the team!**

Interested in previous issues of SWCN?

Visit our website at studfieldwantiranews.wikispaces.com

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The Wantirna Community Bank® supporting the Community

The Wantirna Community Bank® is a Branch of the Bendigo Bank Limited, but, what makes it unique, is it's a Community owned Bank Branch. What does that mean you might ask....well, it's effectively a Bank Branch that is a Franchise of Bendigo Bank Limited, with it's own Board of Directors and Shareholders, so, whilst it operates as, and promotes the Bendigo Bank Limited brand and its Banking services and products, it is independently responsible as a Company in its own right as is regulated under Corporate Law.

The Community Company name is Wantirna Community Financial Services Limited and currently it is served by 11 Directors and 5 Employees with 319 Shareholders. It was in September 2006 when the Branch opened its doors for business and since then the "Book" size, as defined by the amount held in Deposits and Loans domiciled to the Branch, has reached \$55,000,000.

It is from the support of the Wantirna and nearby surrounding suburbs' residents, businesses and community groups that enables any Bank Branch, or any business in that sense, to be successful, so the Directors, Staff and the community entity's that are benefitting via financial support and assistance, sincerely thank all our customers for providing us with the gift of servicing them with all their Financial Service needs and requirements.

The Community Bank® Franchise Model is unique in itself in respect that the majority of any profits that the Community Company (Branch) earns is distributed back into the Community. This is generally in the form of Sponsorships, Grants, Donations and Community Projects.

We at Wantirna Community Bank® Branch have been no different to all of the Community Bank® Branches that have opened in every State and Territory in Australia. As is evidenced by the advertisement in this article in excess of \$40 million has been passed on into the Community by the Community Bank® Branch/Company network. Whilst this is a credit to the Community Bank® Model that was created by Bendigo Bank the only way these monies become available is via the support of all who do their Banking with Bendigo Bank.

We again thank all of our customers for



Wantirna Community Bank® Branch manager, Steve Wright with the late Harold Popple, who passed away on Oct. 31 and was Wantirna's oldest resident at 103 yrs. Harold officially opened the bank in September 2006.

your support, and to those of you who aren't Banking with us yet, then, apart from the fact that you're now aware that your support of the Community Bank® Branch is also your direct way of supporting the Wantirna Community, you'll also be very pleasantly surprised at the service and welcome you'll receive from Bank Staff and you'll be very pleased with the financial services and products that we are able to provide for you.

All in all we warmly recognise and acknowledge what our "Point of Difference" is in the Financial Services industry and we trust in this article we've provided you with who and what we are, and what we stand for.....yes, the Community of Wantirna.

In future Studfield/Wantirna News editions we will provide particulars of Community Events and Sponsorships that we're engaging in. In the mean time, please refer to

the advertisement on Page 15 whereby a Twenty/20 Cricket Day Fundraiser for Leukaemia Research and ME/Chronic Fatigue Syndrome will be held. It would be great to see you there.

All the Directors and Staff wish you and your loved ones a very Merry Christmas and a very successful 2011.

\$40 million in community contributions

and it all starts with **U**

Bendigo Bank's national network of locally-owned **Community Bank®** companies recently exceeded more than \$40 million in contributions to their communities.

These funds have helped achieve great things and provided much-needed financial support to the community groups, clubs and not-for-profit groups that are the backbone of local communities.

Call into Wantirna **Community Bank®** Branch at Shops 5-6 Wantirna Mall, 348 Mountain Highway or phone 9720 4122.

We're open Monday – Friday 9am – 5pm and Saturday 9am – 12noon.

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Bendigo Bank

What's Cool at School?

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



The Wantirna College Instrumental Music Program Competition Season

Term three, also known as competition season, was a very busy time for the Wantirna College Instrumental Music Program. It began with the students in our Senior and Intermediate Concert Bands, Senior Stage Band and String Orchestra attending our annual music camp, held at the Wonga Park Conference Centre.

Students participated in three days of intense ensemble rehearsals, sectionals and individual practise time. As well as working with the instrumental music staff from Wantirna College, students were also given the opportunity to work with some guest conductors. Dr. Rob McWilliams worked with our Senior and Intermediate Concert Bands, while Karen Kyriakou came and worked with our String Orchestra.

Work hard during the day, relax and have fun at night, that's our motto! Every year we invite a group of professional musicians to come and perform for our students. This year it was the Salaka African Drumming Ensemble who treated the students to an interactive performance.

Of course no camp would be complete without a concert to wrap things up. Even though the students (and teachers!) were exhausted, they dug deep and treated their audience to some outstanding performances.

After camp, the first competition was the 2010 Melbourne School Bands Festival, an annual state-wide event which is held in the Monash University Robert Blackwood Hall and lasts for 2 ½ weeks. Three ensembles from Wantirna College participated in this event. When the results were announced at the Festival Finale, held on Saturday 21st August, it was clear the intense practising at camp had paid off. Our Senior Stage Band achieved a Silver Shield and our Senior Concert Band achieved a Gold Shield, which was the 5th time they have achieved this result over the last 7 years.

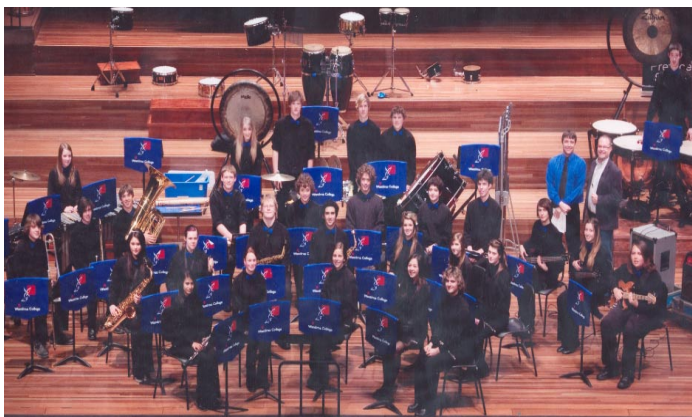
A couple of weeks later, six ensembles from Wantirna College participated in the Royal South Street

Competitions, held in Her Majesty's Theatre in Ballarat. We had mixed results: our Intermediate Concert Band, String Orchestra and Senior Stage Band did not featuring in the placings, while our Senior Percussion Ensemble achieved an Honourable Mention, our Senior Concert Band achieved 3rd place and our Choir, for a second consecutive year, achieved 1st place!

There were many other performances that our students and ensembles delivered during term three, but the work our students did on the camp, the performances they delivered at the Melbourne School Bands Festival and Royal South Street Competitions and the results they achieved were a highlight, and worth sharing with all of you.

You are welcome to contact Matthew Hargrave at Wantirna College on (03) 9881 7149 or via email at har@wantirnacollege.vic.edu.au for more information and performance dates. We would love to share our performances with members of the wider Studfield-Wantirna community. Everyone is welcome.

**Mr Matthew Hargrave,
Wantirna College
Leader of Performing Arts**



Wantirna Mall, works progressing

from Mayor Joe Cossari, Collier Ward Councillor

Work on Wantirna Mall is continuing as Council moves towards transforming this public space.

The vision for Wantirna Mall - which has been developed with trader and community input - is for an updated promenade featuring improved landscaping, coloured paving, seating and better lighting.

Undergrounding of powerlines will also allow for additional

trees to be planted along the promenade and throughout the carpark.

Council is currently going through a second tender process for the undergrounding work, after the first tender process resulted in higher prices than anticipated.

Undergrounding of powerlines is expected to start in early 2011. Other improvement works will follow in 2011.

Knox Home Garden Club *with Lonni Holland*

Late spring and early summer are arguably the time of year when roses are at their prime. Unless the Open Gardens, under the "Open Garden scheme" advertise themselves as a Native plant garden, you will undoubtedly visit exotic gardens endowed with stunning displays of roses. As I walk around neighbourhoods, I notice that even the most minimalist, untended gardens appear to grow at least 2 rose bushes, such is the resilience of roses. It has been about 13 years since the skies over Victoria has delivered higher than average rainfall, and our gardens have certainly benefited. My roses look set to be very florific owing to extra growth of the leader canes, notwithstanding the lateral branching which produces the flowers on these new stems. There's only one other creature that loves your roses as much as you, and they are the dreaded possums! Although upon reflection, I did have a Labrador dog who seemed to delight from snipping off the lower rose stems with her scissor sharp teeth.

Here are a few tips to help you get the most out of your roses... Roses need less water than I thought, just 1-2 deep soakings per week in hot weather.

The best method for eradicating suckers, (which are usually formed from damaged roots) is to pull back the soil from where the sucker arises down at the root, then simply tear off the sucker from that root. **DO NOT CUT SUCKER AT GROUND LEVEL!**

- Transplant Roses in winter, or plant bare rooted Roses, removing all saw dust from root ball, and soak Rose's roots in weak Sea-Sol Solution just before planting.
- Prepare soil with compost and well rotted manure, prune off any broken or torn roots, back fill Rose to just above the root zone, prune the 2 or 3 leaders back by half.
- Water in with Sea-Sol solution and /or PowerFeed. **DO NOT** apply Sudden Impact pellets, or Dynamic Lifter around the newly planted Rose (or mix into soil) wait until late spring, or autumn when there's growth

on the Rose and more established.

- To maximize flowering on climbing or pillar Roses, reserve 1 or 2 main leaders or canes to provide the climber the height, but train the lateral branches horizontally. Achieve this by tying down the laterals to a support, that forces the Rose to branch out from buds along the laterals. These vertical branchlets will become the new growth onto which the flowers will be produced. So now instead of flowers being born somewhere high up on the end of those few canes, you will enjoy flowers throughout the entire climber rose.
- To prune climber Roses, you can trim down the leader canes if too long or old wood, but importantly prune these lateral branchlets, where the flowers have finished which forces further branching, hence more flowers.
- You can cut out dead or diseased wood any time during the year.
- Lightly prune all Roses during summer through to mid autumn to encourage recurrent flowering.
- The big winter prune is recommended in August, to avoid frost burn on new shoots.
- Patio or miniature Roses can be cut down low using hedge clippers.
- Prune bush, heritage, hybrid tea Roses to healthy branches, removing dead and disease wood, and branches thinner than a pencil to an outer/ lateral bud.

Roses are very tough, drought hardy and **VERY FORGIVING**. Give them a go, they'll reward you with gorgeous blooms for many years!
Happy gardening!!..

**The Knox Home Garden Club meet every
3rd Monday of the month at 8pm.
Venue: U3A Parkhills Campus, Park Crescent
Ferntree Gully. Supper afterwards!
All welcome!!**



Knox & District Over 50s Inc.

Our regular monthly events held each Tuesday are:

1st Tuesday - Morning Melodies, usually Bayswater Hotel
2nd Tuesday - Luncheon outing to various venues
3rd Tuesday - Book Club at Boronia Progress Hall
4th Tuesday - our general meeting 1:15pm for a 1:30 start in the main hall with a variety of guest speakers.
September was Knox Hearing, October will be Friends of the Zoo and November, Vicki from Glenhill Community Church.

Our newly formed social sub-committee has introduced some exciting new experiences for members including morning teas at Myer Knox City, Movies at the Metro on

the Wednesday after our general meeting. Outings to Yarra Valley Races, the Water Treatment Plant at Werribee and the Ballet at the State Theatre have been our recent highlights. Merimbula as the destination for our week long adventure proved to be interesting, exciting and the basis for many more friendships. In the coming months we have an organised outing to The Cuckoo, Morning Melodies special at Dorset Gardens, Cup Day Lunch and frivolity at Boronia Progress Hall.

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.

Sad Tale of a Wantirna Pioneer

by Glen Turnbull, local historian.

One of Wantirna's early pioneers is largely unknown to us today, yet his life was initially productive but cut short through tragedy. The pioneer's name is Martin Kirk.

Martin Kirk was born in 1829 at Marsh Chapel, Lincolnshire, England. (His birth date is not recorded, but he was baptised on 23 November 1829 at the same location). He was the eldest son of Edward and Mary Kirk. He became an agricultural labourer at Kelstern, Lincolnshire before migrating to Victoria. He arrived on the ship, "Gertrude" in July 1858. Before long, he settled in the Mulgrave area.

Martin Kirk settled on 36 acres at Mulgrave and constructed a house there. Within a short while, he built a second house on this property. Martin also settled on a large property on the south side of Burwood Highway in Wantirna about 1867. Today, this property is located opposite the Knox City Council buildings. As was the case back in the 1870s, a settler needed to improve and use the property over 7 years of leasing from the colonial Government before the property was granted to him. Martin was finally granted the 225 acre property, which was known as crown allotment 42 in the parish of Scoresby, on 3 September 1874. The price was set at the standard £1 per acre. He became a woodcutter and carter.

By the late 1860s, Martin had met a local girl by the name of Elizabeth Hamlyn Hore. She was born in 1845 at Christow, Devonshire. They were married in Richmond on 9 July 1870. The following year, their child Annie was born.

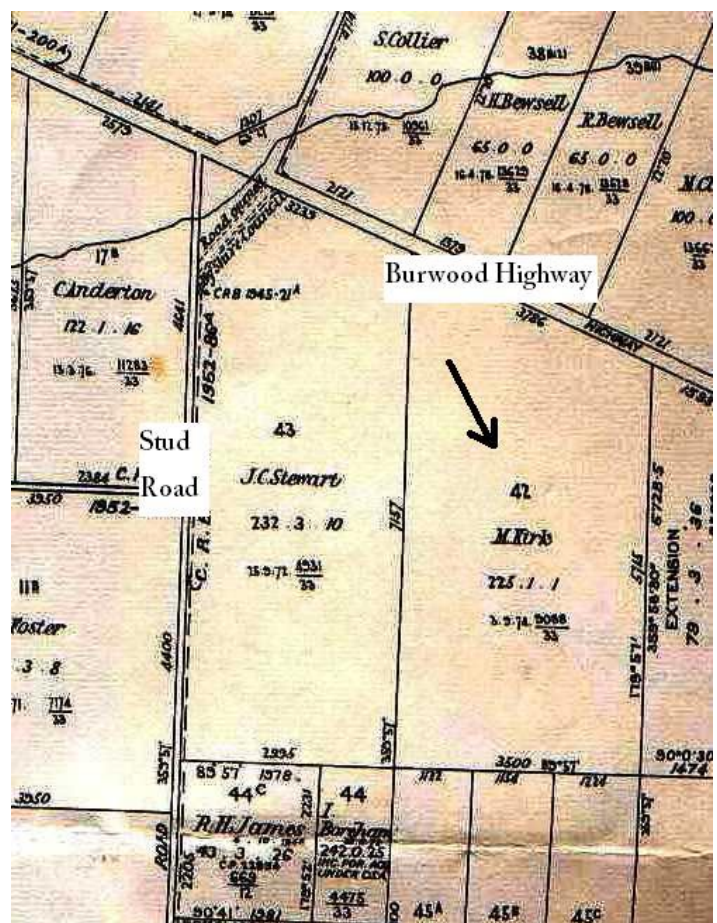
However, it was about this time that Martin's world started to disintegrate around him. His wife Elizabeth died suddenly, on 21 September 1871 at Mulgrave. The report in "The Argus" of 5 October 1871 states that: On Sep 21 a woman named Elizabeth Kirk of Mulgrave, Victoria, was found lying on the ground with her face in the mud, quite dead and cold. She had been apparently perfectly well when her husband left her, some hours before. It is supposed that she was seized with an epileptic fit, and falling down in the mud and smothered.

Elizabeth was only 26 years of age. An inquest held into the cause of her death confirmed that she died of Epilepsy. The grief that Martin felt soon forced him to take to drink and he drank very heavily according to some reports. He tried on several occasions to take his own life. Despite having a 7 year old daughter, Martin finally succeeded in taking his own life on 3 September 1878 by drowning himself at Mulgrave. He was 47 years old. This then led to another Inquest, which was well covered in the newspapers of the time. His daughter Annie was then raised by Elizabeth's parents who stayed on their Mulgrave property. Annie married Albert Edward Cooper in 1892 and they had many children. She died at the age of 77 in 1948. She eventually became the sole beneficiary of her father's estate, which was valued at

over £1,789 in late 1878.

Martin Kirk's Wantirna property was placed on the market in 1879. As the property did not initially sell, it was leased by the Estate of Deceased Persons (a Government department) to Mathilde Masquillier in 1879. In 1882, the property was sold to Carl Lebrecht Gustav Einsiedel. This will become a story for another edition as a member of this family has recently been in contact.

The demise of Martin and Elizabeth Kirk makes for very sad reading. My interest into this family was originally based on a name (M. Kirk) that appeared on the early Scoresby parish map. Then further research uncovered the tragedy. The couple were buried at the Burwood cemetery.



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Magic of Cathie's Lane, Christmas Story by Kay McLoughlin.

"O Holy Night" melodically rang out through the shopping centre. It is my favorite Christmas carol. It inspires me to be a better person, even if it is only until I have decked the tree, gone to midnight mass and roasted the turkey. Simply a time and tested routine. Except for today, when any trace of inspiration has been yapped out of me by the screaming hoards of children that were rampaging around the local shopping centre. Every single one of them was yelling, pushing, punching or rolling on the floor. All were intent on sitting on Santa's lap at the same time. Being some what taller than these kids, I could see what they could not, and if they were expecting to see a well rounded, happy, jolly Santa then they were in for a big disappointment. Slumped wearily in his chair was a sad Santa that any chicken factory would have rejected, he was so skinny. Probably from stress! It must be no easy task bouncing rioting children on his knee all day. On the other hand it just might be a sign of the times. It could be politically incorrect to have a well padded Santa, who knows! Whatever the reason, there was absolutely no excuse for the presents that Santa was giving out. Remember, we had waited a long time to see Santa. The adults were tired and bruised, and the children were hoping for that special gift from Santa's sack. Little hands were held out to Santa and a sticky toffee and a plastic bag with the shopping center's logo on it was thrust into their hands. Incredible I know, but to be fair, it was stuffed with pamphlets advertising all the toy shops in the centre. But where was the toy? What big-wig, business tycoon had suggested that 2009 was the year that Santa did not give out toys? I must have it wrong, I thought the purpose of Santa was to give toys and encourage children to be good. Fat chance of that! Every child in that shopping centre has now lost faith in that idea. Is this comment a little harsh? Well perhaps yes. In fairness to Santa, I should say that I got a present and what a surprise that was! The glamorous elves had taken photos of my grandsons and I thought "well these might make up for a skinny Santa and no present". Fifty dollars later I was on the verge of exploding. My brain was in melt down and all I could think was "If only this stupid plastic bag was paper then I could use it to hyperventilate into!"

From somewhere around my knees I could just hear Callum say "Are you all right grandma? You are very red". "I'm fine darling, I just need some fresh air". What I really wanted to scream was "I am going to throttle Santa and his camera-happy elves". But I knew that was just unthinkable for a grandma, especially one who is afraid of her own shadow. So I did the next best thing. I chanted "I am calm, I am happy. Boys, run we must get out of here!"

Driving home, I felt very let down. What was going to be a special day out, for my grandsons, had turned into the day from hell. I tried to remedy things by telling them how Santa comes on Christmas Eve with a sleigh full of toys, for good boys and girls. In the past, I used to tell my sons this, and they loved it. For the whole of December it guaranteed good behavior. But after this morning performance, I doubt if Santa has the same credibility. What I wanted to tell them was the story of the First Christmas; baby Jesus, angels, wise men, shepherds and my favorite; the faithful donkey and ox. But there was a problem. Neither of the boys went to church, and I was unsure if they would understand. So I rambled on singing "Jingle Bells" until Callum shouted "Stop Grandma". "Callum that's not nice just because I sing out of tune." "No Grandma, look over there".

Following the direction of his hand, I beheld a marvelous sight. There on the front lawn of the Latter Day Saints Church was a life size naivety scene. Excitedly, we got out of the car and just stood in silence. The life size figures were dressed in clothes, so from a distance they looked real. The wind gently ruffled

Mary's veil and for the first time that day I felt happy and near to tears again, but for different reasons. I had the unexplainable urge to drop to my knees in adoration. I suppose it was a "Holy Night" moment. Anyway, putting my hand down, I held Callum and Ryan's hands and whispered "This is the Crib". "The crib, what's a crib? Callum asked. But before I could say, Ryan poked Callum in the arm and giggled "Silly! It lives in the sea and has spiky claws that grab hold of your nose". At that Ryan stood on tip-toe and twisted Callum's nose. "Stop that and be good. Remember, naughty boys only get a lump of coal in their Christmas stocking". This was code for - don't upset grandma when I am enjoying a spiritual moment. Fortunately, this had the desired effect. Both froze and stopped chatting and I had their attention. This is Mary, baby Jesus and Joseph".

"Grandma?". "Yes". Who are they? Are they on the kids cartoon channel?". "No, now listen. Mary is baby Jesus mummy." Before I could finish, Callum said "I know, I know and Joseph is his daddy just like my daddy". Now at this point any sane person would have quit while they were ahead, but not me. Lurking deep in my psyche is a memory of getting God and Father Christmas mixed up. In later years, this caused great confusion at school. The nuns just could not understand why I persisted in telling them that the Trinity consisted of four persons father, son, Holy Spirit and Father Christmas. So with this in mind, I opted for the truth.

"The thing is, Joseph is not really baby Jesus' daddy; he is like a stepfather who loves and takes care of him". Hopefully, this explanation, although brief would be enough; genealogy was not my strong point. But Callum's mind is young and inquisitive and the next question was inevitable. "Well who is baby Jesus real daddy?" Taking a deep breath I told him; God. At that moment, I felt as if I had revealed a deep and mystical secret to my grandsons, which once reveled is completely beyond explanation. Yes, I know I was opening up a can of worms that my grandsons could not possibly understand. But ever the optimist I was silently praying for a bit divine help. And I got it, but not in the way I expected. Struggling for the right words I said "Now boys, this might be difficult to understand but God is Jesus' daddy and God lives in heaven." When I had finished, I realized that this explanation smacked a bit of Santa-living-at-the-North-Pole, but to my surprise Callum seemed to make sense of it. Because what he said next left me lost for words. "Grandma do you need an airplane to get to heaven?" I could have said "No", but the thought of explaining death would have to be for another day and someone else. Taking the middle path, I stretched the truth a bit. "Yes I think you do need to fly to heaven". I thought this was a good answer, after all, God created angels and they fly between heaven and earth. So I felt pretty proud of myself in that I had explained where God lives better than a Melway reference. But still knowing how young children get things wrong, I thought I had better check that Callum did not think heaven was a place that could be reached on Jetstar. "Are you happy with what Grandma has told you?" "Yes. Do you know what grandma? My friend Billy is like baby Jesus, he lives with his mum and a man who looks after them, and his real dad lives somewhere else, just like God. They are just like Mary and Joseph.

I know Callum had got things mixed up but you know it shows that the First Christmas has survived the test of time. For Callum and his generation who live with separated families, it is the most normal thing in the world to identify with the struggle of Mary and Joseph. Whether right or not, it has a lot more meaning than Santa and his plastic bag.

Copyright © Kay McLoughlin

62 Coleman Road, Wantirna 3152 Ph: 9801 1895
Business Hours: 9am - 3.30pm Mon - Fridays

Join Orana Neighbourhood House in the Opening of their new All-Purpose Room in 2011. Come and Try Week-February 7-11th: Book in for a session and try it out!

We will be offering a range of courses including a variety of Cooking Classes: Summer Salads, Thai Cuisine and a range of Classes for 'Kids to Have a Go!' at learning how to cook different meals.

We will also be offering Yoga and Meditation, Children's Yoga and our regular Art Classes, Creative Writing Workshops, Mosaics and a range of Information Sessions including Carer Information Workshops, Self Help for Mums and Community Legal Information Workshops.

Enrolments are being taken for 'Kids At Play' Kinder for 3-4 year olds and 'Fun and Games' -for 5yrs and under (incorporating 'Take-a-Break' Occasional Care). Room Hire is also available at reasonable rates throughout the year.

Please contact us during business hours on the above phone number for more information.



Life Activities Club Knox Inc.

Our Bus trip to the snowfields was fantastic. Thanks to our convener, our days were rather full, and very interesting, visiting here, there, and somewhere else too. Our return journey needed rethinking, as buckets of rain had fallen, meaning floods, detours, swollen creeks, road damage, road blocks, etc. etc. Of course, this meant that our lunch break was delayed until we came upon the small hamlet of Tintaldra on the Murray River in Victoria. This town had its own misfortune with a power blackout, and the little country pub, came to our rescue. (Gas cooking was available "Phew"!). Imagine, an invasion of 43 hungry seniors, descending unexpectedly, wanting to eat! After the initial shock our hosts took control by quickly providing us with a delicious cup of homemade soup, sandwiches, and later a 'cuppa', then we were on our way??

After more diversions we arrived in flooded Tumbarumba, needing somewhere to sleep??! This time, The Golf Club Motel, our driver and conveners, re-arranged their 14 unit motel, to cater for 43 seniors!! And to top it off, we

awoke to find the area blanketed with falling snow. Oops! Does this mean that we are again stranded???

No! Our informed Bus Driver learned that we could return via Wagga Wagga, leaving behind, floods, residents evacuating, caravan parks under water, rivers taking their own directions, such a mess!!

So what's coming up?? No holiday break for us, as our activities continue throughout the year, and we invite our employed community members to join us on at least one outing, and then when it is time to retire, you will already be familiar with our friendly club.

MERRY CHRISTMAS EVERYONE, AND WE ALSO WISH YOU A VERY SAFE, HAPPY, HEALTHY, NEW YEAR, 2011!!!!!! 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)

Boocock's Meats: Supporting the Local Community

Boocock's Meats located in the Studfield Shopping Centre is a small business who provides big support to our local community (see ad on page 12).

Owners Stretch and Mick took ownership of Boocock's Meats from Wally in February 2008. For over 20 years Wally had taught his protégé's his philosophy of supporting local community which Stretch and Mick have continued to adopt and apply to the conduct of their business.

Boocock's sponsor over 40 to 50 clubs including football, cricket, tennis, golf, darts, BMX, kindergartens, play-groups, schools and charities. Sponsorships have included donations of meat vouchers, raffle prizes and some cash donations. Evidence of Boocock's vast community support can be seen in the many appreciation notices that adorn the shop walls.

Boocock's also provide a fantastic fundraising opportunity for community groups and charities by holding a BBQ outside the front of the shop most Saturday mornings. The lure of the "sizzle" and smell of a tasty Boocock's

sausage on the BBQ is hard to resist, with the proceeds from the BBQ helping many local community groups and charities raise much-needed funds.

So know when you buy your quality meat at Boocock's Meats, you are also supporting your local community.





Heidi **VICTORIA** MP

Member for **BAYSWATER DISTRICT**

Shadow Parliamentary Secretary for the **ARTS**

Hi folks, I hope you're all enjoying the Spring weather. It's great to see our water storages going up again, it's certainly making our gardens look green as Summer approaches! It's a busy time of year for us all. I've had the pleasure recently of visiting a number of community events, school fetes and local clubs. Every time I visit one of our local organisations, I am delighted to hear about the activities of their respective members and the success they're having in various pursuits.

As we rush towards the Christmas period, we'll all have the opportunity to consider our connection with the community. I always enjoy hearing about neighbourhood street parties and Christmas light displays in our area. It's also the perfect time to help those less fortunate than ourselves by making a donation to charity or lending a hand at a Christmas toy drive. All these activities help strengthen our community and bring us a little closer together. I would like to wish you, and all those near and dear to you, a happy and safe holiday season. I look forward to hearing from you in 2011.

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

Studfield Traders Association News

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.

"Christmas at Studfield" is one of these activities and is shaping up to be an exciting affair with many retailers offering super bargains, regular visits from Santa, a face painter for the children (and adventurous adults!) and a gigantic FREE* raffle (*conditions apply).

Christmas festivities will commence at Studfield on Monday 13 December and will continue through until close of business on Friday 24 December. Even though he has a very busy schedule Santa will make his first visit to Studfield between 10.00am and 12.00noon on Monday 13 December then will make a daily appearance at the centre until Saturday 18 December. The timing of Santa's visit will be determined by his very busy schedule and may vary from day to day.

A face painter will be available on the day between 10.00am and 1.00pm and the Studfield Wantirna Community News will be there to capture the draw on film to be published in the paper's autumn edition.

The Trader's Association will again be conducting its popular FREE* Christmas raffle with tickets available

from Wednesday 1 December with the prize draw to be conducted at 12 noon on Saturday 18 December by Alan Tudge, the new Federal Member for Aston and Heidi Victoria, State Member for Bayswater (at the time of printing).

Studfield patrons can obtain a raffle ticket when they make a purchase from a Studfield Traders Association member (look in shops and on windows for the A4 poster advising the business is a member of the Trader's Association and advertising the Raffle prizes). Make a purchase from 6 different Traders Association members and receive 6 tickets in the draw - the more purchases made during the week the more chances to win!!

While at the time of printing specific prize details are yet to be finalised the Association is aiming for the first prize in the raffle to be a TV, 2nd prize will be a wheelbarrow (kindly donated by Heidi Victoria) overflowing with gifts (including food hampers and gift vouchers donated by Studfield traders) and 3rd prize to be a portable DVD player.

The Association would like to take this opportunity to extend to all readers of the Studfield Wantirna Community News, visitors to the Studfield Shopping Centre and the valuable group of Studfield traders its best wishes for a safe, happy and joyous Christmas 2010.

“Upstairs At Studdie” - An Expose!

Did you know there is an “upstairs” at Studdie?

The first floor of the Studfield Shopping Centre, located at the Coleman Road end of the precinct, contains an amazing array of professional and health-related businesses geared up to provide first-rate service to Studfield Wantirna Community News readers and other clients seeking their specialist services.

If you are planning to buy or sell property, **Lane Amazon Conveyancing**'s Anne Lane and Dora Porcaro's 50 combined years of experience can help make the conveyancing process painless and worry-free. Whether domestic or commercial, sub-divisions, off-the-plan, mortgages or change of ownership Anne and Dora ably assisted by their associates can successfully guide you through the conveyancing maze (see Lane Amazon Conveyancing ad below).

Wantirna Naturopathic & Remedial Massage Clinic is a relaxation paradise where clients are treated like royalty as they feel their stress, fatigue and sore muscles disappear under the experienced guiding hands of Brigitte Rankin (Therapeutic Massage specialist) and Marita Reynolds (Reflexologist and Reiki practitioner). Other services offered by the clinic include Myotherapy & Naturopathy (Claude Trevisan) plus Remedial Massage (Claude plus Eildon Searle) while the clinic has recently added Kinesiology to the services offered (Doris Mounsey). The clinic has gift vouchers available that

will make wonderful, thoughtful Christmas presents for the special people in your life (see ad on page 13).

Are you sick of fighting a losing battle for your home loan with the banks? Voted Australia's best mortgage broker by the Australian Banking & Finance Magazine in 2008, 2009, & 2010. **Aussie Home Loans KNOX** is on your side and can help to take big dollars and years off your mortgage payments. Aussie Home Loans Knox Principal, Nari Khera and his team have maintained the high standards and service levels that won them Multi awards over the years. A great combination of their many years of experience & training and their unique Mortgage Explorer software with a highly personalised approach enables Aussie Home Loans Knox to compare hundreds of home loans and find the best personal option for each of their clients (see Aussie Home Loans Knox ad on page 13).

Other businesses operating from the upstairs offices at Studdie include an accountant, psychologists and a body de-tox clinic.

So when you next need to initiate or renegotiate a mortgage, are buying or selling a property - or just want to “chill out” with some personal pampering and stress relief why not visit “Upstairs at Studdie” where all these services are provided by professional and expert practitioners with “service and a smile”.

Lane

Aamazon

Conveyancing

- Buying or selling property?
- Friendly & professional service at the right price.
- With over 30 years experience in conveyancing.
- Fully licenced.

14/249 Stud Road,
Wantirna Vic 3152

Tel: 9800 4422

Fax: 9801 0599

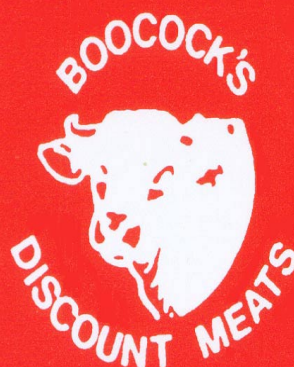
Email: admin@laneamazon.com

POSITION VACANT

The Studfield Traders Association has a part-time vacancy available for someone to help manage the Association's affairs.

The role takes about 2 hours pw on average (a bit more when the monthly meeting is held) and is a paid position but is ideally suited to someone interested in volunteering to support an important community group or looking to gain some work experience or as a stepping-stone to a return to part time or full time work.

A sound level of computing skills with some experience in managing a web site would be beneficial. For more information or to express interest contact Action Drafting on 9800 1400.



**STUDFIELD
SHOPPING CENTRE**
225 STUD ROAD
STUDFIELD

Phone 9801 2762

- Bulk orders a speciality
- Free home delivery



Studfield Shopping Centre
Level 1, Suite 9 / 249 Stud Rd
Wantirna Vic 3152

Wantirna Naturopathic & Remedial Massage Clinic wish you a Merry Christmas and Happy New Year!

Why not ease yourself into Christmas with some of these great offers!

All modalities help with relaxation and stress reduction.

Gift Vouchers for all modalities available from the following practitioners.
A great gift idea for Christmas.

Christmas and New Year Specials



Marita Reynolds Reflexologist

Purchase a gift voucher for a Christmas gift and receive 10% off your next reflexology session.

January Special "Detox & Relax" Get 15% off a 1 hour reflexology session. Valid from 4th January till 31st January 2011 only.

Contact:
9801 5201 or 0425 735 581

Brigitte Rankin Therapeutic/Relaxation & Sports Massage

Purchase a gift voucher for Christmas and receive 10% off your next massage. Perfect Christmas gift.

"January Holiday Special"
20% off 1 hour massages for one week only from 24th to 28th January 2011.

Contact:
9803 1640 or 0425 848 532

Please present this advert to claim Special Offers. Offers cannot be used in conjunction with any other offer..

Say 'Hello' To Australia's Best Mortgage Broker*



Refinancing your home won't make that much difference right? Wrong!! When you know what to look for there are more differences and savings that you can poke a mortgage broker at. So don't think all home loans are the same. Think again. Think Aussie.

- We can help take big dollars and years off your payments.
- We do the hard work of finding you a better deal
- Our unique software compares 100's of loans from Australia's leading lenders
- Visit us at our shop or we'll meet at a time and place that suits you.
- Our service is fast, free and easy

Put yourself in a better place.

Contact Aussie Knox

Studfield Shopping Centre, 249 Stud Road, Wantirna
03 9887 4088
aussie.com.au/knox

*Australian Banking & Finance Magazine Awards 2008

Twenty20 Cricket

Proudly sponsored by:

**Wantirna
Community Bank® Branch Bendigo Bank**



*Fundraising for
ME/Chronic Fatigue
Syndrome and
Leukaemia Research*

10:00 am
Juniors 15/15
Sharks Vs Devils

11:30 am
Ladies 10/10

1:30pm
Seniors 20/20
Sharks Vs Devils



Vs



FREE ENTRY

PROUDLY SUPPORTED BY THE LIONS CLUB, WANTIRNA

Sunday 19th December 2010
Guy Turner via Amber St, Bayswater South
(Melways Ref: Map 64 C5)

STUDFIELD GARDEN CENTRE

- Soils •Mulches •Barks •Screenings
- Water Tanks •Crushed Rock •Sand
- Terracotta & Glazed Pots

**BUY ONE POT AND GET
ONE THE SAME FREE!***

**Applies to 95% of the range.*

523 Mountain Hwy
Bayswater, 3153
(Intersection of Stud Rd)

Phone
9729 6100

Fax
9720 3611



SEA CAPTAIN



FISH & GRILL

Shop 2
506 Mountain Hwy,
Wantirna 3152
(Cnr Stud Road & Mountain Hwy)

P: 9720 2033

T20 Charity Cricket Challenge

The sixth annual charity T20 cricket match conducted by local cricket club Bayswater Park (the "Sharks") and proudly supported by the Wantirna Community Bank® Branch of Bendigo Bank, located in Wantirna Mall and the Wantirna Lions Club is scheduled for Sunday 19 December, 2010 at Guy Turner Reserve.

For the third consecutive year Bayswater Park's opponents in the T20 match will be the Wantirna South Cricket Club (the Devils). As a prelude to the main game the Sharks and the Devils juniors will compete in a 15 over game while the ladies have not been forgotten with a 10 over ladies exhibition game also scheduled (see ad on page 14 for match details).

A "fun" day is guaranteed with Bendigo Bank's "Piggy" in action and plenty of music being played to create a magic atmosphere throughout the day to support some exciting cricket. In 2010 funds raised on the day will be shared 50/50 between Leukaemia Research and the ME/Chronic Fatigue Syndrome, the current chosen charity of Bendigo's Wantirna Community Bank. Funds will be raised through player sponsorships while raffles and a silent auction will be conducted throughout the day. The Wantirna Lion's Club will be on hand to provide a tasty BBQ for spectators with all funds raised included in the distribution to Leukaemia Research and the ME/Chronic Fatigue Syndrome.

To sponsor a player or to find out more information about the day's activities please contact: **Bruce Beaton (Bayswater Park) 0411 512 005 or Tony Gawne (Wantirna South) 0418 885 993**. Entry to the day is free, however make sure you bring plenty of cash to sponsor a player, buy your sausage or burger, pick up some great prizes in the raffles or bid for a bargain in the silent auction.

Studfield Garden Bargains

Did You Know.....

Mulch is a garden insulator that retains water and can be either organic or inorganic and if you spend \$100 or more on mulch at the Studfield Garden Centre your water provider will give you a rebate of around \$30!

There is a limit of one rebate per property per year, however your \$100 spend can also include wetting/moisture agents, compost/mulch bins, moisture/rain sensors, garden tap timers and many more water conservation items. To find out more details about the rebate and how to claim it, visit Graeme, Roger and the team at the Studfield Garden Centre.

In addition to this mulch deal, the Centre's 2 for 1 pot offer (see ad on page 14) is a winner for anyone wanting to landscape their garden. For those water conscious gardeners wanting to obtain a water tank to save precious water Graeme and Roger have a fantastic offer on a 5000 litre water tank for \$680, a saving of \$70 on the usual price of \$750. There are not many left at this price so head on down to the Studfield Garden Centre to take advantage of this offer.

Graeme and Roger would love to show you around their outstanding Garden Centre, located at the junction where Stud Road meets Mountain Highway in Bayswater so call in this summer for some friendly service and expert advice and mention that you read about them in the Studfield Wantirna Community News.



There's a new "Captain" in Town!!

Nestled in the middle of the set of shops at the corner of Stud Road and Mountain Highway the "Sea Captain" has come to town to provide Studfield and Wantirna residents with arguably the best fish and chips in the area (see ad on page 14).

Sea Captain has been operating since August 2010 when Steve and Vicki Letsas commenced trading at their current site. Steve and Vicki have been in the business for over 27 years owning and operating a number of high quality fish and chip businesses during this time.

They both love a chat and being strong believers in offering excellent customer service you will often arrive home to find a couple of extra potato cakes or additional chips thrown in with your purchase.

Sea Captain offers all Australian products with their pieces of fish offered in generous proportions. While Steve is master of the fryer Vicki is "queen of the grill", her grilled prawns and scallops are a "must-try" specialty and

no-one makes a better 'burger or kebab! Given reasonable notice Steve and Vicki can also provide celiac's with gluten-free products.

While many fish & chip shops operated on a "cash only" basis Steve and Vicki "go the extra mile", offering an EFTPOS service. They also accept Visa and MasterCard credit cards so if you are feeling pucky and don't have cash they can still look after you! Steve and Vicki also offer a catering service and can save you time by assisting with your work lunches, business meetings, family gatherings or any other occasion where people need to be fed!!

You will find the Sea Captain at Shop 2, 506 Mountain Highway (cnr Stud Road & Mountain Highway). They are open 7 days per week and their opening hours are 11.00am to 8.00pm on Monday - Wednesday and Saturday, 11.00am to 8.30pm on Thursday and Friday and 12.00am to 8.00pm on Sunday.

News in Good Health & Wellbeing



Ask the Osteo! with Dr. Jason Stone of Wantirna Osteopathy

**Any muscular or joint problems?
Write in to our featured Osteopath
Dr. Jason Stone for advice.
Send your queries to:
swnewspaper@gmail.com**

Q. I have a neck problem which is very stiff in the mornings. I'm told I have arthritis. Apart from taking medication, is there anything else I can do?

Ron, Wantirna

A. Ron, arthritis is very common and is a result of 'wear and tear' on your joints, causing local inflammation. However, from my experience, arthritis is very rarely the main cause of a person's pain. As a result of decreased joint motion, the surrounding muscles become very tight

and tender and usually become the primary site of pain and discomfort. Treatment and regular stretching cannot only improve the flexibility and relieve pain in these muscles, but can also prevent further degeneration of the joints.

Q. I am having a Knee Reconstruction in November and have been told that Osteopaths can help with my rehabilitation, can you?

Melissa, Wantirna South

A. Yes, Melissa, we can certainly help. After a knee replacement Osteopathic treatment cannot only help you improve your strength and mobility of your knee but also help prevent pain in other areas whilst you are limping around and compensating for the recovering knee.



Wantirna Naturopathic and Remedial Massage Clinic

How will you approach Christmas this year? Remember prevention is better than cure.

November is here and all the festivities are starting. It seems like we have Melbourne Cup day then Christmas follows on very quickly. It's time to put into practice some hard and fast rules about how we are going to approach the festive season.

If you work and play hard, only you will feel the ill effects. Each year I hear people comment about Christmas and how stressful it is and how unhealthy they feel afterwards. What we tend to forget is that we have choices.

Take some time out to rethink past experiences that may not have been that great. Rushing here and there, getting caught up in shopping frenzies, trying to find a car park, lunch and dinner engagements, purchasing of presents, not knowing what to buy. I'm tired just writing about it.

Think about the things that make Christmas chaotic and then rethink this using a little more balance in the process. By all means have a great time. Just don't overdo it, because one thing is certain, your body will tell you if you do. Think health and moderation.

We often make things more complex than they need to be by saying yes to everything, because we feel guilty about the word "NO". We also put ourselves under financial pressure by purchasing gifts because we feel it's a tradition. I often hear statements such as "I don't know what to buy, they have everything". So if in doubt, ask and if the reply is you don't need to buy presents, clarify that this is what is really meant and "don't buy presents."

Times are tough and money concerns are still evident, maybe you don't have to spend money. An action or gesture of kindness may work just as well, possibly even better.

The message is simple: don't overload yourself with unnecessary concerns, be honest with yourself and others. Some people feel that this is an act of rudeness. It doesn't need to be that way, you can still be pleasant and be honest.

Food preparation. Is it your turn to host Christmas this year? Do you have to cater for lots of people? Most people will offer

some form of assistance if attending, but some host's feel that it's a sign of not being organised if they can't handle doing it all themselves or it's their turn, they need to be responsible. Don't be a martyr, because you are every other year. Make this year different. Accept gratefully the assistance and have a list of what people will do or bring, so you know all is catered for. If on the other hand you enjoy doing it, continue to do so, but if you can see it is getting on top of you, ask for help.

By making small changes in your approach to Christmas this year you may be doing you and your health a big favour. Overindulging. Where does this leave us? Usually, angry with ourselves. We generally feel unwell and our clothing tends to become uncomfortable and we spend the next 3 months at the gym, or worse still, trying every diet in the latest magazine in January to try and lose weight.

First thing to remember is alcohol weakens our defences. It is so easy to have another helping or to keep nibbling when you really are no longer hungry. Then the next day the guilt creeps in. Make this year the year you don't have to make the New Years Resolution to lose excess weight.

Of course, if you do happen to have the odd day where you have fallen off the wagon, don't beat yourself up about it. The next day is a new day. Be mindful about eating because you are hungry and require food for sustenance, rather than because it's there. Remember we all have choices; make your's work for you and your health.

Reflexology is a great way to detoxify the body, reduce stress and improve circulation. So if you do feel you need that support for your body after Christmas or the New Year have a look at Sole Response Christmas advert in this edition for specials in January to help you recover from the Christmas festivities.

Be healthy and be happy.

Marita Reynolds is a practicing Reflexologist situated at 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.

News in Good Health & Wellbeing

The Secret to Optimal Health

Hi, my name is Dr. Brad (Doctor of Chiropractic). That's me in the photo with my two boys. Becoming a dad has been a life-changing experience for me, yet my passion for what I do has grown since they came into the world. In fact, it's given me greater appreciation about how amazing the human body is, and how important it is to look after it.

Your brain controls your entire body sending and receiving billions of messages every second, via your nervous system, mostly encased by your spine, and mostly without you even knowing it. Organs are instructed to perform functions, cells are replenished, and problems are alerted - just to name a few of its functions.

Establishing an uninterrupted nerve flow is the key to optimal healing.

Think about it... your brain isn't programmed to make you sick or diseased - ever. Each human brain and nervous system programmed for optimal health and will manifest this every time unless interfered with somewhere in the system.

It stands to reason that the spine has the greatest opportunity to interfere with the power of your nerve flow. In fact, that's exactly what can occur. When the spinal bones shift out of alignment, they can choke off the messages that are running through the tiny nerves that exit the spinal cord. This condition is referred to as a Vertebral Subluxation.

Being free of Subluxations, enables your body to perform at its optimum.

Physical, chemical and emotional stresses may cause Subluxations, affecting your nervous system. Physical stresses include; accidents and traumas, slips and falls, the way you sit and sleep, they may even occur during the birth process for both mother and baby. Chemical stresses may result from such things as poor diets, toxins such as alcohol and other drugs, or not enough good quality water. Lastly, emotional stresses may come about from situations such as demanding work and family environments, losing a loved one and just the pressure of everyday life.

Just as a decaying tooth may only become painful during the latter stages, subluxated spines tend to become painful when the problem is significant. Just as you should get your teeth checked regularly for early detection of decay or problems, you should also have your spine and nervous system checked for early signs of subluxations.

My profession, Chiropractic is one of the fastest growing healing professions in the world. Chiropractors see all sorts of people with all sorts of problems. We may also see people who have no evident symptoms, but who want to have their body working at its best of its ability to give them the best health. Being free of Subluxations, helps your body to do just that.

People also see Chiropractors for help with headaches, migraines, chronic back pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, numbness in limbs, sports injuries, just to name a few.

Chiropractors are often thanked for helping people however we shouldn't take the credit. The truth is that we have never healed anyone of anything. What we do is check for subluxations and apply a specific adjustment to remove nerve pressure and the body responds by healing itself. It's that simple.

You and your family can benefit from Chiropractic. To check for the presence of subluxations, in our New Patient Exam you'll undergo a complete Spinal Assessment including Postural checks, Bilateral Weight Scales Analysis and X-rays (they are bulk-billed). I can then recommend a care plan tailored to your personal needs, and I can also recommend equipment and exercises to you so that you can help yourself and

minimise how often you need to see me.

My qualifications... I'm a graduate of the Royal Melbourne Institute of Technology 5-year Chiropractic Degree. I've been helping people through Chiropractic care for over nine years now. I have worked Australia wide including Port Melbourne, Glenroy, Sunshine Coast, Boronia and Gippsland. I am a Clinician at the RMIT Student Chiropractic Clinic and I personally mentor students to assist them with adjusting techniques and philosophy.

My assistants, Sarah, Jennifer and Mick are friendly and warm, and do their best to make everyone feel at home.

Our office is called Knox Family Chiropractic. Our phone number is 9800 5350. Call today for an appointment (a referral is not necessary). Otherwise check us out on facebook at <http://www.facebook.com/pages/Wantirna-South-Australia/Knox-Family-Chiropractic/82034502361?v=wall#!/pages/Wantirna-South-Australia/Knox-Family-Chiropractic/82034502361?v=info>

We can help you.
Thank you.

Dr. Brad Atkinson - Wellness Chiropractor.



Bayswater Christian Assembly

The True Meaning of Christmas

Over recent years, you have probably noticed the changes taking place to remove "Christ" from Christmas. Christmas displays increasingly have less and less of the Biblical theme of Christmas to the extent that there is often nothing of Biblical content. Christmas holidays have been reduced to the "Festive Season" or the "Holiday Season". It seems it is no longer politically correct to wish others "Merry Christmas".

When the Lord Jesus came into the world 2000 years ago, the Bible records in Luke 2:7 that "she (Mary)...laid Him in a manger, because there was no room for them in the inn". There was "no room" for Jesus when He came then, and there is still no room for Him today. Is there any room in your heart and life for the Saviour?

Each Christmas season gives us an opportunity to revisit the wonderful story of the love of God that led Him to send His only begotten Son into the world. In Luke 2:11, we read of the announcement of the angel of the Lord to the shepherds - "Unto you is born a Saviour, which is Christ the Lord". This message is God's personal word to every person born into the world since that time - to you and to me! God offers to you a wonderful gift - have you received Him?

Christianity rests on three great truths and these are all found in Luke 2:11.

The first of these is that He came - "unto you is born".

The birth of the Lord Jesus Christ is the reason for the season! While He was born into this world just like you and me, the Bible clearly tells us that His conception was of God. He became a man, but He never ceased to be God. And why did He come? John 3:16 gives us the answer - "God so loved the world, that he gave His only begotten Son, that whosoever believes on Him should not perish, but have everlasting life".

The second great truth is that He died "a Saviour"

An amazing truth about the coming of the Lord Jesus to the earth is that He came to die - to be our Saviour. The Bible talks frequently about salvation, and man's need to be saved or to be rescued from danger. But from what do we have to be saved?

Each of us without exception has violated the laws of God. In other words, we have all sinned. And God, who is perfectly righteous, has to judge sin. The Bible teaches that the consequence of sin in our lives is eternal death. But the Lord Jesus went to the cross of Calvary for you and for me, to be our Saviour by taking the judgement in our place. What a wonderful gift He has given us - but we must accept it. "Christ" says the apostle Peter "suffered for sins, the just for the unjust, that He might bring us to God".

And the last great truth of Christianity is that He lives - "which is Christ the Lord"

The resurrection of the Lord Jesus was proof of the value of His saving work on the cross. It demonstrated in a

dramatic way that God was satisfied with the sacrifice of His Son on your behalf and mine, and shows us that He is not only the one and only Saviour, but Christ and Lord too.

As Paul writes in Romans 10:9, "If you shall confess with your mouth the Lord Jesus, and believe in your heart that God has raised Him from the dead, you shall be saved"

This Christmas season you may be very busy with family and friends. You will, no doubt, be giving and receiving gifts. Why not take some time and be mindful of God's great gift to you.

Because it is a gift we cannot work for it, or merit it by going to church, or doing good deeds. This Christmas season, don't reject Christ for that leads only to destruction.

Come to God, acknowledge your sinfulness before Him, simply place your faith and trust in the Lord Jesus Christ as your personal Lord and Saviour, and you will receive the greatest gift ever.

Invitation Gospel Meeting, come and hear more of this wonderful story.

Date 26th December 2010

Venue Knox Community Arts Centre, corner of Mountain Highway and Scoresby Road Bayswater.

Time 7.00pm, no collection. All Welcome.

Bayswater Christian Assembly

439 Mountain Highway

Bayswater Vic. 3153

Tel: 03 9728 6478 or 03 9729 3225

Email: jlcaldwell@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

"Share the Joy" Knox Christmas Appeal

Supporting Knox families "doing it tough" at Christmas time

Christmas can be a difficult time for families to pay bills as well as buy food and presents. This is especially true for people on a low income as a result of unemployment, reduced work hours, fragile mental or physical health, increasing rent or housing costs, and the increasing cost of living. With the current economic climate we predict that the demand for assistance at Christmas will increase one again in the City of Knox.

The Knox Emergency Relief Network is a network of agencies and organisations that provide emergency relief and material aid such as food vouchers and food parcels to people in financial crisis living within the City of Knox. This year the "Network is running a pilot project to combine resources to expand Christmas assistance services across Knox to "share the joy" associated with the Christmas season. The project aims to assist more than 500 households in the City of Knox with a workforce of 80 trained volunteers.

The Knox Community Christmas Support (KCCS) project aims to reach more families in need than ever before through one co-ordinated "Share the Joy" appeal to

business, schools, and community organisations in Knox for food and gifts. Trained volunteers at a central hub will then receive and sort the Appeal donations, while volunteer teams assist families to collect their hamper at various locations around Knox.

We invite you to "Share the Joy" by participating in the appeal as individuals or on behalf of your business or group.

You can help by donating non-perishable festive foods, quality gifts for children (new), gift vouchers for teenagers or by giving monetary donations (tax deductible), joining the volunteer workforce or organising a fundraising activity. Donations can be delivered to the following locations:

- Ray White RE, Unit 5, 18-49 Ferntree Gully Rd, FTGully
- Ray White Real Estate, 211 Stud Rd, Wantirna
- Bendigo Bank, Shop 35A Stud Park Shopping Centre, Rowville
- Bendigo Bank, 4-6 Station St, Bayswater
- Bendigo Bank, Shop 3 Chandler Arcade, 109 Boronia Rd, Boronia.

To register your interest contact Zillah or Kathryn at Knox Infolink on 9761 1325 or email info@knoxinfolink.org.au

Sporting Group News

FRIDAY NIGHT FUN AT BOWLS CLUB

You've heard of barefoot bowls - now's the time to give it a try.

Bayswater Bowls Club throws open its doors on the first Friday of every month, so that anyone can come along and try out the sport that's great for people of all ages and abilities.

The fun nights start at 7 pm and there's a sausage sizzle, with refreshments available from the bar.

We supply the equipment and club members will explain to you the rudiments of the game, and give you a quick lesson so that you can get started right away.

So why not get a group of friends or workmates together? Or just come alone. You'll be made welcome.

If you can't make it to one of our Free Friday Fun nights, the club can make special arrangements for individuals or organised groups at other times.

For those who decide that bowls is the game for them, several type of memberships are available to suit your needs, and the club currently has a number of special membership deals - new members qualify for benefits such as a free hat or club shirt and cash vouchers that can be redeemed at the bar or for other merchandise, or go towards the following year's subscription.

Non-bowling social memberships are also available.

Bayswater Bowls Club has two two synthetic greens, which means bowls - an ideal non-contact sport for people of all

ages and physical abilities - can played there all the year round, with flood lights permitting evening play.

In summer, teams are fielded in pennant competitions during the day and in the evening on Tuesdays, and in two different competitions on Saturday afternoons. The club also stages organised games on Wednesday afternoons.

Visitors are welcome to come along as spectators and get a feel for what the game is about and what the club atmosphere is like.

You can find out more about the club at its website www.bayswaterbowlsclub.com or contact Alistair on 9729 2611.

COME AND JOIN US

Newcomers Welcome

BAYSWATER BOWLS CLUB

Where to find us: Phyllis St, Bayswater
opposite the school
via Bona Vista Road or Stud Road. Mel 64 C5

www.bayswaterbowlsclub.com

Ros: 9758 6128 - Terry: 9729 6732

Sporting Group News (cont.)

Rugby League Is Coming To The Eastern Suburbs!

Have you ever thought of trying a different sport?

Why not see what Rugby League has to offer!!

The Australian Rugby league through its Victorian development arm is keen to develop a new team for Melbourne's eastern suburbs playing out of a great field located in Sasses Avenue in Bayswater and is looking for players 7 years and over to be part of the Eastern Suburbs Magpies who are set to soar in season 2011!! The new season will kick off in May 2011 with training for players most likely to commence in late February-early March.

The new club will need players for various junior levels from Under 7's to Under 17's and players of all shapes and sizes are encouraged to get involved as rugby league offers opportunities for everyone whether they are short or tall, thin or not so thin!

The Eastern Suburbs Magpies are also keen to talk with people who would be interested in the chance to play Colts (18 - 20 years) or Open grade (all-comers). As the club progresses forward in the future expressions of interest will be welcomed from both beginners and experienced players.

The club is also keen to hear from those who may be a little past their playing days but would be interested in getting involved as a coach, trainer, member of the Club's management committee or supporter or would simply be interested in attending a regular game of rugby league close to home. Coach and trainer's courses are available (FREE OF CHARGE) for those who would like to get involved but who may need to develop their knowledge of the game and the skills to undertake their chosen role.

If you would like to be part of this exciting new development in Victorian Rugby League and are interested in helping the Eastern Suburbs Magpies become the best rugby league club in Melbourne give Len Mason, National Development Officer a call on 8412 4951 or 0411 057 303 or send him an email at melbournееast@arldevelopment.com.au to register your interest.

Templeton Tennis Club Wantirna Upgrade of Club Facilities Continue

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 has been very active over winter and spring with upgrades to the garden beds surrounding the clubhouse and courts. The refurbishment included pruning of existing shrubs, extensive new plantings and top up of all areas with tan bark. New wind breaks have also been installed on the court fencing in time for summer competition. Over the Christmas break the synthetic grass surface will also be replaced on court seven.

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

*Thank you to all the volunteers who contribute to our paper with photos, stories and articles.
Thank you to Knox City Council, Cr. Adam Gill, Cr. Joe Cossari and our local members of Parliament 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!*

What's happening at The Mall?

Test Bad hair day? Colour disaster?? Call the experts...

Since August last year, Sandi Radoc has brought a taste of Bali to the Wantirna mall with her specialist hair salon Sari Hair.

A former colour technician and educator, Sandi has over 24 years hair industry experience and aims to build one of the most professional salons in the outer east. "The majority of our clients come to us for colour advice or to correct those little mishaps which so often happen with the do-it-yourself home kits.

Our goal is to educate clients how to best care for their particular hair type so our salon results last longer and they actually save money!"

And the results speak for themselves, the salons client base has increased 280% since opening and the girls recently placed 1st and 2nd in the annual De Lorenzo colour show in Melbourne.

Sari Hair's 2IC Tara-Lea Money is a highly dedicated stylist who thrives on the creative aspects of the hair design "I love the blank canvas opportunities which often come along in my work."

"I try to give clients their own individual look so they don't walk out the door just looking like everyone else.

I want them to feel good about themselves and I like

knowing that I'm a part of that".

Sandi feels extremely fortunate to have Tara-Lea as part of the team.

As for the future, there are plans for a new colour bar concept for the salon to be introduced over the new year break. Clients will be able to come in and relax with a freshly brewed cappuccino, watch TV/DVD's while their colours are processing. "We designed the salon to have a nice 'Zen' feel about it and want people to come in and enjoy their styling experience" says Sandi

So drop by Sari Hair for a cut, colour or just some good advice on what's best for your hair.

**Sari Hair, Shop 1-2, 32 Thaxted Pde Wantirna Mall
[Opposite Video Ezy] or call 9720 3299**



Will you be able to enjoy your retirement?

According to the latest AMP Retirement Adequacy Index, over 46% of 55-59 year old workers are facing an inadequate lifestyle in retirement. However all is not lost, and with a little help, there is a great way for people over the age of 55 to boost their retirement savings with a building for retirement strategy.

What is building for retirement?

A building for retirement strategy involves re-arranging the way an individual receives their take home pay - whether that be salary or wage income or earnings as a self-employed person. By replacing some or all of their regular take home pay with a regular pension from money held in their super fund, people can make the most of a number of tax concessions - resulting in a boost to retirement savings and a greater chance of a more comfortable lifestyle in retirement.

How does it work?

Once a person reaches their super preservation age (currently age 55), they can access their super in the form of a regular pension, even though they may not be able to take their money as a lump sum just yet.

Some of this money may be tax-free, and any taxable amounts will benefit from a 15% tax rebate. Once age 60 is reached it gets even better, as all of the income received from a super pension will be completely tax-free. Also, you won't pay any tax on the investment earnings on the money in this pension account.

As a result of this regular pension a higher level of income will become available. Of course some individuals may use this as an opportunity to reduce their working hours, help meet daily living expenses, or even reduce their mortgage.

Want to know more?

To see some examples of how people have boosted their retirement adequacy, find out whether you are on track for an adequate lifestyle in retirement or learn how a building for retirement strategy could help improve your retirement income, contact **Horizon Financial Strategies' Administrator Rebecca on 9720 7552** or call in to **Shop 12 Wantirna Mall** to make an appointment to see **John Barker, John Pritchard or Damien Turner** who will use their experience, dedication and determination to help you achieve financial freedom.

What's happening at The Mall?

IT IS 4 WEEKS TO CHRISTMAS...

and with Santa's elves in the final throes of getting things ready for "the big man in red" to make his way down under it is time to give the home that festive look in preparation for the visit!

Since opening their **Goodlife Wholesale Party Food Shop** at the Wantirna Mall (see ad on page 23 for location and contact details) a few months back life for Tina and Jamaal has been one long party, firstly with Father's Day followed by 2 AFL Grand Finals then a racing Spring Carnival with Halloween thrown in for good measure!! But now their focus has turned to the biggest party of all and Tina and Jamaal have some fantastic bargains and a great range of products to help you celebrate the festive season in style.

XMAS DECORATIONS, XMAS DECORATIONS, XMAS DECORATIONS

Tina and Jamaal have a great range of Christmas decorations for you to select from, all under \$3.50 and all quality products. They can provide all the Santa hats, reindeer hats, Christmas table cloths, plates, cups, gift bags, cards, decorations and Christmas stockings you could possibly need at a very affordable cost.

CHRISTMAS FUNCTIONS

Tina and Jamaal can cater for all of your Christmas functions including work break-up parties, school graduations, family gatherings, sporting club end-of year celebrations - in fact any gathering of people to celebrate the end of the year and start of the festive season can be accommodated.

Available dates are being booked out daily so to avoid missing out call now to book your function. You can create your own menu from the hundreds of finger food choices in stock or you can take advantage of Tina and Jamaal's expertise by selecting from one of their many pre-arranged food packages such as the following package examples:

VARIETY ECONOMY PACK

72 party pies
60 party sausage roll
72 darshan rolls
38 cocktail veg spring rolls
60 cocktail somosa
64 thai money bags
48 spinach and cheese triangle
50 chicken goujons
50 cocktail fish snaps
65 flame grill meatballs
60 mini dim sims

A total of **639** pieces of food for **\$150!!**

Caters up to **70** guests at a cost of **\$2.18** per head

PARTY PACK

120 mini pies
120 mini sausage rolls
100 vegetable somasa
100 vegetable spring rolls
126 chicken dippins
120 tuscan risotto balls
144 deep pan pizzas
100 petit whiting
80 cocktail curry puffs

A total of **1010** pieces of food for **\$370!!**

Caters up to **110** guests at a cost of **\$3.35** per head

For an **additional \$120** you can also avoid all of the tasks involved in cooking, serving and cleaning up as Tina and Jamaal will provide a staff member to do all of this for you so you can enjoy the festivities.

SPECIALS

SPECIALS

SPECIALS

Tina and Jamaal are also offering some extra special specials this Christmas including:

- 1) Quality **Helium Balloons** only **\$1.00 each**, heaps of colours, FREE delivery for purchase of **50 or more**
- 2) 44 Patties Pack **24 party pies and 20 sausage rolls for only \$14** - unbelievable value!
- 3) Slab of **36 cans of Dr Pepper**, value at only **\$39!!**

In addition to their Christmas range Tina & Jamaal also offer a full range of decorations, confectionary and finger foods plus a choice from a range of 50 USA soft drinks and 50 USA candy bars so visit them at:

Shop 30, Wantirna Mall, Mountain Highway, Wantirna Phone 9729 2199



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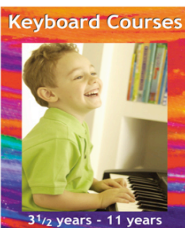
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Email: jkatselas@bigpond.com**AGENTS, AUCTIONEERS, PROPERTY MANAGERS**