

Studfield-Wantirna Community News

Edition 12 - Autumn 2011



Photo by Alison Rogers

This edition's feature article - Road Trauma

- ***Rotary Club News***
- ***T20 Win to the Sharks***
- ***Eastern FM - Community Radio***
- ***The Jazzart Collection***
- ***Knox Library News***
- ***The Dandenong Creek - a history of floods***



FREE



Heidi **VICTORIA** MP

Member for **BAYSWATER DISTRICT**

Recent events around our country have brought testing times for all Australians but have also reminded me that our community has an enormous generosity of spirit.

The flooding rains that have devastated parts of Victoria and Queensland have served as a call to action to many Victorians. From monetary donations to physical help in flooded towns, Victorians have been willing to dig deep to help their fellow Australians in their time of need. This is a quality displayed by Aussies every day and one we should all be proud of.

On a local level, work will begin shortly on making the intersection of Coleman and Stud Rds safer for everyone. A turning arrow will be added to the traffic lights on Coleman Rd to make it easier for traffic to turn right into Stud Rd, and protect pedestrians.

A public consultation session will be conducted to hear your constructive suggestions about this project. Information about the time and venue for this session will appear in Studfield shop windows, so keep a look out.

If I can be of any assistance to you, simply call my office on 9729 1622, or email me - heidi.victoria@parliament.vic.gov.au.

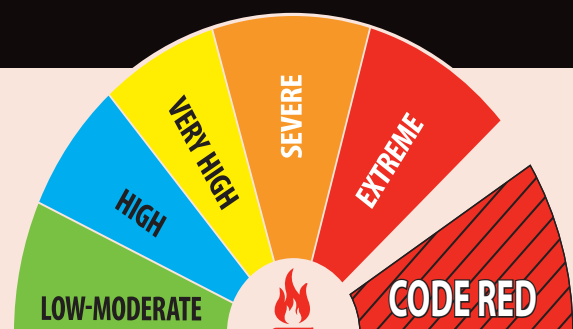
Making Victoria FireReady

Know your trigger to act. And stick to it.

If you live in a high risk bushfire area, you need a Trigger to Act. And that trigger should be the Fire Danger Rating.

- The Fire Danger Rating predicts how a fire will behave if one starts and how difficult it would be to put out, so you need to stay constantly aware of the rating throughout the fire season.
- The trigger should be a part of a written Bushfire Survival Plan. The Plan should be understood by everyone in your household and take account of different situations, like days when kids are at school.
- If there's a chance of a fire, listen to ABC or commercial radio for updates, and put your Bushfire Survival Plan into action.
- If a Code Red is declared, the safest option is to leave the night before or early in the day. If you leave too late, you could die.

Don't wait to see what happens and don't wait for someone else to tell you what to do. Decide now what you will do on fire risk days - it could save your life. For more information, call **1800 240 667** or go to www.cfa.vic.gov.au



FIRE DANGER RATING

PREPARE. ACT. SURVIVE.

FireReady 

Rotary Club News

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



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 Torè Panuzzo:- fleetlim@bigpond.com

What does Rotary do?



Service Projects!

* Rotary International is the world's first service organization – formed in 1905. The Rotary Club of Knox undertakes projects within the Knox community. It supports wider Australian projects such as Bushfire and Flood relief. It undertakes international projects, notably in Fiji.

* Rotary is the world's largest service organisations with 1.2 million members belonging in 33,000 Clubs across 200 countries. Its motto is 'Service Above Self'.

* Rotary helps with Disaster Relief efforts via the Shelter Box program that provides shelter, blankets, tools, nets. Since 2001, more than 500,000 Shelter Boxes have been distributed in more than 40 countries.

* Rotary is responsible for helping eradicate polio worldwide – and it is succeeding. Since 1988, polio cases worldwide have been reduced from 350,000 to less than 2,000 – a 99% reduction.



Raising funds at a special dinner
Rotarians have fun!



Welcoming our German exchange student at
Melbourne airport. Rotarians support youth!



Working with the media to promote Rotary
Rotarians meet the most amazing people!



Packaging much-needed medical supplies for
Fiji. Rotarians support developing countries.

The Wantirna Rotary Club meets Monday nights at 6:00 for 6:30pm at
Knox Quest, 137 Mountain Highway, Wantirna.
Enquiries to Rob Parsons 0402 852 300

Contact

Published by:
 Studfield Wantirna Community News Inc.
 ABN: 98259005633 RAN: A0054764G
Telephone: Janet on 9729 5007
or Col on 9720 1640
swnewspaper@gmail.com
studfieldwantiranews.wikispaces.com

Volunteer newspaper production team:

Editor: Janet Claringbold
 Coral Carew
 Charlie Carew
 Keith Slater
 Col Fletcher
 Kay McLoughlin

Front cover: Autumn Leaves by Alison Rogers.

Area coverage: Burwood Hwy (excluding Knox City), Lewis Rd, Boronia Rd, Stud Rd, Mountain Hwy, Rachele Dr, Dandenong Creek, Wantirna Rd, Eastlink, Burwood Hwy.

Copies: 7000 copies produced with 6000 delivered to houses in Studfield & Wantirna and 1000 through local distribution points.

NEXT EDITION: Winter - June 2011

DEADLINE: Thursday, May 5

Printed by Diamond Print, 30 Leonard Street Bayswater Vic 3153

Ph:03 9720 7084 Fax: 03 97793381

Email diamond@diamondprint.com.au

Advertising rates:

Type	Size	1 edition	4 editions
Colour	1/8 page	\$ 100	\$ 85
Colour	1/4 page	\$ 200	\$ 165
Colour	1/2 page	\$ 350	\$ 300
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.....

A message from Heidi	Page 2
Rotary News	Page 3
Wantirna Bendigo Bank News	Page 5
Twenty 20 Cricket	Page 5
What's Cool at School?	Page 6
The Dandenong Creek	Page 7
Knox Historical Society news	Page 7
Eastern FM/Kids in the Kitchen	Page 8
Jazz Archive	Page 9
Knox Library News	Page 10
Studfield Trader's News	Page 11-14
Christmas at "Studdie"	Page 12,13
Road Trauma Feature	Page 15-18
News in Good Health & W'being	Page 19
Bayswater Christian Assembly	Page 20
Sporting Group News	Page 21
Ringwood Field Naturalists	Page 22
Knox Home Garden Club	Page 23
Wantirna Mall Upgrade	Page 23

We need a Logo!

The Studfield Wantirna Community News Inc. (SWCN) is, from this edition, now operating as an independent, incorporated body and needs its' readers assistance to help develop a logo that defines our being, purpose and role within the Studfield and Wantirna communities.

The SWCN is conducting a logo design competition and invites submissions from all readers interested in becoming a part of the paper's future by having their design adorn the front cover, letterheads etc. for which they will receive acknowledgement in the paper, fame & glory - plus a new laptop computer donated to the SWCN by Computers For All (ph 1300 877 774).

The prize is a HP620 lap top with a recommended retail price of \$699 and includes a DVD/CD burner, 2 gigabytes of memory, a 250 gigabyte hard drive and heaps of other features.

The competition is now open and will close on Friday 15 April 2011.

Logos will be published in the Winter edition (distributed 1st week in June) and readers will have the opportunity to vote for their favored logo design as part of the judging process.

The winning logo design will be revealed and the winner announced in the Spring edition of the SWCN (distributed 1st week in September) .

Applications can be forwarded to the Editor, Janet Claringbold swnewspaper@gmail.com.

For more information contact Janet on 9729 5007 or Col Fletcher on 9720 1640.

Off to a good start in 2011

So far, so good! The team at SWCN brings you our first edition published as an independent organisation. Although, we could do with some more members on our Production Team to share the jobs around! We are looking for volunteers to manage our website, to liaise with local businesses for advertising, to write stories and articles and to help deliver the papers around Wantirna and Studfield. We're a friendly team and would welcome anyone who has some time to spare.

We have recently signed up with Richies to be part of their Community Benefit scheme. If you shop at any Richies supermarket or Liquor store and would like to support Studfield Wantirna Community News, we have cards and key tags ready. Just call me on 9729 5007 or Coral & Charlie on 9762 3376 and one of us will arrange to have one sent to you. Remember when you are part of this scheme, you receive discounts on selected items and 0.5% of the money you spend will be donated to us to support production of our free community newspaper (as long as minimum spend conditions are met). Come along & see us at Wantirna Mall on March 27 for the "Market in the Mall" and collect a card or tag.

I am sure you will find our feature on Road Trauma informative reading along with our regular articles and new contributors. Enjoy our Autumn edition!

Janet on behalf of the team.

Interested in previous issues of SWCN?

Visit our website at studfieldwantiranews.wikispaces.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!

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.

The Wantirna Community Bank® supporting the Community

The Bank's Role in The Community

Whilst the Wantirna Community Bank® branch prides itself on providing and delivering quality banking products and affiliated banking services with staff that are experienced, well versed and very connected with their customers, we also take immense satisfaction from being linked to and engaging with many different entities that exist in the Wantirna and Studfield districts.

"Being linked" means providing financial support and assistance to the "not for profit" sectors in our community and attending and supporting the events that these various entities conduct either for the benefit of their own members, to raise funds or for the Wantirna community at large.

"Signature" Beneficiaries

In addition to this general community assistance the Wantirna Community Bank® Branch, through the Directors of the Bank's Community Company nominate a "signature" beneficiary that they fundraise specifically for over a 2 year period.

In the 2008 and 2009 years Eliza Baird, who suffers from a skin condition known as Epidermolysis Bullosa (E.B), was nominated as the "Signature" beneficiary. In addition to raising monies for Eliza the Wantirna Community Bank®

Branch significantly and consciously promoted the awareness of the E.B condition which has further assisted Eliza and other E.B sufferers to be recognised and acknowledged by others, in particular the Australian Government.

In 2010 and 2011 the "signature" beneficiary is Myalgic Encephalomyelitis (ME/CFS), which is more commonly known as Chronic Fatigue Syndrome.

Specific "Signature" Beneficiary Fundraising Activities

3 events are conducted each year specifically to raise funds for and promote awareness of the Signature Beneficiary. These events are:

1. **A Market in the Mall held in March/April (The 2011 market is on Sunday 27 March)**
2. **A Primary Schools Concert held in October/November.**
3. **A T20 Cricket Day held in December (see report below on the 2010 cricket day)**

The Bank Branch and the Community Company Directors sincerely thank everyone that assists and gets so involved with the running, supporting, promoting and fundraising of these "signature" beneficiary activities.

T20 - finally a win for the sharks at the third attempt!

Sunday December 19 saw the Bayswater Park "Sharks" and the Wantirna South "Devils" gather at the Guy Turner Reserve in Bayswater to do battle with each other and the odd passing shower, lightning and thunder.

The junior match was the first conducted, with the Sharks making it consecutive years following their win in 2009. This makes the tally 2 to 1 in favour of the Sharks over the three years the two teams have been competing.

The Bayswater Park Sharks girls then played a 10/10 match between themselves during which the heavens opened up half way through their match. However, by absolutely no means did it dampen their want to get back out on the park and finish what they had started. This was another win to the Sharks (and also a loss)!



Now girls, its a fundraiser, not a fight!

Fierce competition then ensued in the senior match with the Sharks finally scoring a win after the Devils had taken out the first two matches in 2008 and 2009. This made it 3 wins on the day for the Sharks!!

A fourth win on the day was scored by Leukemia Research (the Devils Charity of Choice) and ME/CFS with each group

set to receive \$6,756.57 from the funds raised on the day (a total of \$13,513.14). Funds were raised through Players Sponsorships, a BBQ cooked to perfection by the Wantirna Lions Club, a silent auction, a "live" auction of a Ricky Ponting print and 5 hamper raffles with items donated by the Wantirna Mall Traders.



All smiles and friendly before the seniors do battle!

So despite the rain, lightning and thunder spectators saw three very competitive games of cricket played in A1 spirit and helped achieve a very rewarding and deserving financial result for both Leukemia Research & ME/CFS.

The Bank is indebted to the office bearers, players and supporters of both the Sharks and Devils for their commitment to and successful running of this annual event and extends a sincere and heartfelt thank you and well done to all who helped, with a minimum of fuss, ensure the success of the day through their hands-on hard work, heaps of support and "can-do" attitudes (and to the members of the Wantirna Lions club for their great culinary work and tasty snags).

What's Cool at School?

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



Yawarra Primary School



At our wonderful school we are now seeing the benefits of the past two years planning, preparation and hard work. We are all excited to see the completion of our new Learning Centre which is home to our Prep - Year 2 students. This modern facility

provides ample space for open space learning and flexible learning groups which suits our teaching approach to inquiry learning and student centred education. With the added facilities, our students in year 3 - 6 have also increased their learning spaces which really support our efforts to differentiate the curriculum.

Our grounds have had a major 'facelift' with the inclusion of shade structures, outdoor seating and line markings that provide games / courts for the students to use.



Our school's key foci are English and Maths with both students and staff supported by our Teaching and Learning Coach and our amazing Literacy Support teacher who together provide whole class and individual student extension and intervention.

Our very popular school chaplain supports our school working with students, parents and the wider school community. Yawarra is one of the few schools to offer a Sustainability program. Here our specialist teacher provides classroom sessions, but oversees and works with students to build their knowledge and to maintain and improve our vegetable gardens and general garden beds.

Our Performing Arts teacher provides all students experiences in dance, drama and singing. Regular performances and a whole school production are enjoyed by all. The school offers keyboard/guitar tuition, Before/After School Care, Active After School, Daily Fitness, Kool Kids Positive Parents, Student Leadership training, Speechmasters, Camps/excursions, computers, Adopt a Granny/Grandpa, Gymnastics, swimming If you would like to hear more about our great students and excellent programs please call the Principal Gail Hoey, on 98013289 to arrange a tour.

A Flying Start at WASPS

Wantirna South Primary School Preps have made a confident and enthusiastic start to the school year. At 8.30 am eager students come running in the door ready for learning and fun. "I can't believe how confident and relaxed the children are", reflects one parent.

Children were extremely excited to have their new teacher visit them at home in the two days prior to school commencing. They eagerly shared interests and artwork with the teacher in a safe, familiar environment. Parents and the teacher found the experience rewarding, as the connection between the home and school was strengthened with the opportunity to share information to support a smooth start to the year.

As we venture through our 'Flying Start' program the Preps eagerly engage in discussion about "Why we come to school?" Responses vary displaying the variety of experiences on offer at Wantirna South Primary School - "I like to read books and draw." "I want to see the hermit crabs." "The computers and using the big board are the best." "I want to collect the eggs and see the chickens." "I like counting." "I like playing soccer with my buddy and friends." "I just love school, it's the best."

Why not fly in and see why our Preps think Wantirna South Primary School is the best!

For more information about Wantirna South Primary School's programs or to arrange a visit please contact our Acting Principal Cheryl Holdsworth on 9801 1900.



Life Activities Club Knox Inc.

Welcome to another year of fun, friendship, new interests, new people, etc. Most of our activities continued throughout the summer break, and by now, all will be back in full swing: A Weekend Getaway to Eildon is already planned for March, bookings for campsites, cabins, etc. are arranged. Singles can organise to share with another member, and as well as being company, the costs are lowered. These weekends are always successful, and fun with a social barbeque, games, visiting local sites, just a great way to spend a weekend.

Our "Picnic in the park" continues as usual in February and March, byo food and drinks. Helen has again searched her sources and organised visits to beautiful gardens, for our monthly tours. Such a

lovely social outing enjoyed by many each month.

Another Social Outing is train travel to Melbourne for a 'Guided Tour' of the Royal Exhibition Building, and following this, another 'Guided Tour' of the Old Treasury Building, and after a 'cuppa', we'll be homeward bound with having another day filled with interesting memories. We travel quite often, even if sometimes it is from the comfort of a lounge chair. So it seems, together with our walks, lunches, badminton, cards, games, water aerobics, etc. March will keep us out of trouble. If you would like more information about our activities, etc. we can even post our current newsletter to you, feel free to call: **Melva 9762 3764 or Helen 9729 1151.**

Life Activities Club Knox Incorporated No. A0052438Z: ABN 85 104 164 408 and is a member of the Life Activities Clubs Victoria Incorporated (Certificate of Incorporation Reg. No. A00 307 09U: A.B.N. 748)

The Dandenong Creek

by Glen Turnbull, local historian.

'Flooding' is suddenly a frequently-used word of late. Recently the Dandenong Creek experienced quite a phenomenon. The Dandenong Creek has been the natural barrier separating this municipality from our neighbours since the early 1860s. At times this creek was very much a barrier as flooding occurred regularly since early settlement. All early crossings of the creek were of course, by ford. The most important early crossing of the creek was at the Ferntree Gully Road alignment where the coaches from Oakleigh Railway Station to the Club Hotel traversed the creek several times a day.

Of course one of the other early crossings was at Boronia Road in Wantirna. The original wooden bridge at this crossing was first constructed in 1877 and was only one vehicle wide. The two local councils on each side of the creek fought over funding the bridge here for some time. The bridge was an important link connecting Bayswater and Wantirna with Vermont and Mitcham. Many early settlers in Bayswater and Wantirna had family or other property beyond Mitcham in the district of Doncaster and Balwyn.

Boronia Road was originally known as 'L.L. Vale Road' in recognition of Dr. Louis Lawrence Smith MLA (1830 - 1910) who resided on the Vermont side of the creek. The bridge crossing at this point was similarly named as 'L.L. Crossing'.

The first mention of the 'Dandenong Creek' was made by Captain Lonsdale in 1837 and the present spelling has been used since 1840. The word, 'Dandenong' means high or lofty, referring to the origin of the creek in the ranges. However, there are other stories relating to the meaning for the word 'Dandenong'. In flood, the Dandenong Creek was very much impassable. Several pioneers drowned trying to cross its swollen waters.

One of the earliest recorded incidents involved a squatter

named Thomas Dorgan. He secured the lease of the "Monbulk Cattle Run" in Lysterfield in August 1850. He employed a stockman to look after the station and only visited his property periodically whilst living near Gardiner's Creek. While on one of his visits to the area in May 1862 he drowned in an attempt to cross the flooded creek. He was found in ten feet of water. He was aged 44. There were rumours that he had visited the Eumemmering Hotel near Dandenong before trying to cross the creek. Still a tragedy, as he left a widow and three young children.

The flood of the Dandenong Creek in November 1934 was well photographed by the locals. Images show a vast amount of water extending half way back towards the five-way intersection. The flooding was extensive all the way along its course with Stud Road at Rowville also well covered for a considerable distance. Sadly some houses were also inundated at the time. Following extensive work on the retarding basin at The Basin as well as higher bridges constructed in the 1990s, flooding of the roads is less likely these days. However if an area was to receive 100mm or more in a very short period of time, flooding as we recently discovered is certainly possible.



Boronia Rd bridge over Dandenong Creek looking towards Vermont in Nov 1934 (courtesy AR Pike collection)

Glen Turnbull is a councillor of the Royal Historical Society of Victoria and a former president of the Knox Historical Society. For any enquiries, contact gturnbull@yahoo.com.au

Knox Historical Society News

Did you know that there is a museum in Knox and that it is run entirely by volunteers? 'Ambleside' at 3 Olivebank Road, Ferntree Gully (off Forest Road, Melway Map 65 D12) has many stories to tell.



The museum itself re-creates some aspects of life in earlier historical periods. The house, built in the 1890s by pioneer settler Ephraim Hansen, has re-creations of a late 19th century bedroom and drawing room, displays related to local government, family life in the mid 20th century, and local churches.

In the grounds are displays of agricultural equipment, horse-drawn and motor vehicles, some still in working order. A giant English Oak and a Magnolia tree are both more than one hundred years old, providing shade on warm summer afternoons.

'Ambleside', donated to Knox City Council by the David family in 1970, has been home to Knox Historical Society since 1977. Volunteer members have devoted literally thousands of hours to ongoing projects including the School Photo Collection. With over 25,000 photos from fifty schools in the City of Knox it is the largest in Australia.

In a multi-talented world, older, simpler, ways of doing things are sometimes the most inspiring; watching a child's eyes light up as they are shown the wooden toys of one hundred years ago.

Behind the scenes at 'Ambleside' are many specialised activities. The resource centre houses thousands of photos, documents and records. Articles to be accepted as part of the KHS collection go through a complex accession process, described in detail, provenance checked, and significance to the local community assessed. Cataloguing documents, photos and artefacts is one aspect: there's also roll-up-your-sleeves work, raking up autumn leaves, painting outdoor items, moving things around the grounds.

KHS members at 'Ambleside' are constantly busy. The two major community festivals, Knox Festival at Ferntree Gully in March, and Stringybark at Rowville in October both require displays to be created from scratch, transported to the site and supervised for the weekend.

At a higher level, 'Ambleside' is accredited by Museums Australia, one of only forty-five museums in the state so honoured, affiliated with the Royal Historical Society of Victoria and a recognized Place of Deposit by the Public Records Office of Victoria.

At the bottom of all that are the volunteer members who devote their Sunday afternoon, and sometimes other days of the week, showing visitors around the museum, delving into family history and discovering new facets of local history from visitors who want to share their stories.

**'Ambleside' homestead & museum is open
Sundays 1 pm - 4 pm, other times by appointment.
Details: ph. 9758 6722, or visit khs.relincs.com**

Listen to this - Too Good To Miss!

Did you know that the outer east is the home of an amazing community radio?

Radio Eastern FM 98.1 operates out of the Wyreena Community Arts Centre located at 23 Hull Road in Croydon and has around 400,000 listeners making it the biggest community radio station in the outer east holding 75% of the community radio-listening audience.

Radio Eastern FM 98.1 operates on a not-for-profit basis and relies on around 400 people including DJ's, volunteers, members and sponsors to make it function. Established in February 1991, Radio Eastern FM 98.1 on the 24th of February 2011 celebrated its 20th Anniversary.

The station has a reputation for having DJ's who have a passion for playing easy-listening and nostalgic music dating from the early 1900's to today. Jazz lovers are treated to their own specialty show as are country music lovers with regular programs. Bing Crosby fans enjoy their own hour of the fabulous crooner on Tuesdays each week. Local new music talent is also given exposure to help them establish their music careers.

Other specialty topics that are allocated time slots on Radio Eastern FM 98.1 include gardening, library, railways, local entertainment and musicals, drive time with traffic reports, community houses and interviews with local not-for-profit community groups. Sport also receives attention with 2 hours on Saturday mornings and

another one-hour broadcast during the week.

Not-for-profit groups can access Eastern FM 98.1 to have their community activities announced at no cost and also to be interviewed to promote their organisation's activities and functions. The station is also a conduit for groups like the CFA to make public announcements in emergency situations.

In addition to their in-studio programs Eastern FM 98.1 has an outside broadcast van that they are happy to tour around to local festivals where they will go live to air from the festival.

For those interested in advertising on Eastern FM 98.1 sponsor rates are very reasonable at less than \$4.00 per 45 second ad.

Businesses wishing to become a sponsor, not-for-profit groups wanting to secure an interview or a free community service announcement and SWCN readers interested in becoming a member of Eastern FM 98.1 are invited to contact the station on 9722 9981 or presenter and sponsor representative Tricia Ziemer on 0405 636 606.

Editor's Note: We have been advised that Radio Eastern FM 98.1 is looking for qualified Production volunteers who are experienced in recording music and voice ads for sponsors and DJ's. Interested? Call Production Trainer Tricia Ziemer on 0405 636 606 for details.

For more information on Eastern FM 98.1 visit their web site at www.easternfm.com.au



Kids in the Kitchen on Channel 31/Digital 44

A new and innovative kid's show has launched on Channel 31/Digital 44 called "Kids in the Kitchen". As with most passionate community groups KIK operates with loaned film gear and volunteers.

"Kids in the Kitchen" features Celebrity Chefs including Gabriel Gate, Karl Winsborough, and Loz and Chris Blain from SUADE along with talented and clever youngsters Tara, Tasha and Abbey. KIK can be seen on Channel 31/Digital 44 on Tuesday at 4.00pm and is repeated on Saturday at 12.30pm.

The Chefs entertain and teach the kids how to cook delicious, nutritious, quick and fun meals with fresh produce, fruit, and vegies. The kids also learn how to plant, grow, harvest and cook with fresh ingredients and they learn the secrets to healthy food and exercise. They also get out and about the countryside of Victoria to strawberry farms, surf schools, fishing farms and local markets searching out the best produce with which to cook. Chef Karl has a fantastic "Strawberry Risotto" recipe for you and it is YUMMY.

Chef Karl Winsborough's Strawberry Risotto ©

200 grams Arborio Rice

20 grams butter

1 litre of milk

5 grams cinnamon

40 grams caster sugar

1 pinch of nutmeg

1 punnet of strawberries

20 grams of dark cooking chocolate



In one saucepan warm milk gently but do not boil. In another pan melt butter and add rice and stir until the rice soaks up the butter. Add butter, cinnamon and nutmeg and stir in well then add milk gradually a little at a time stirring continuously until it is all absorbed. Set a few strawberries aside for garnish, then chop the rest and slowly add to risotto until blended. In another pan slowly melt the chocolate to drizzle on top. Plate up risotto, garnish with strawberries and drizzle with chocolate. YUMMMY on your TUMMMY!!

Editor's Note: As a novel way of raising funds to help run the show, for a donation of \$300 Kids in Television (KIK) Inc offers budding junior chefs an opportunity to be the STAR CHEF in a "Kids in the Kitchen" episode and have professional photos taken and recorded on CD, KIK is also looking for financial sponsors and skilled volunteer film crew. Interested? Contact Host / Producer Tricia Ziemer by phone on 0405 636 606 or email to tmz@comcen.com.au for details.

Victorian Jazz Archive Inc.

Proactively Collecting, Archiving and Disseminating Australian Jazz

ONE OF the functions of the Victorian Jazz Archive is to restore historic recordings of important jazz performances and make them available to the public on Compact Disc. One such restoration project currently underway is the compilation of the complete Jazzart record catalogue.

Jazzart was a record label produced in Melbourne between 1948 and 1953 which featured most of (mainly) Melbourne's best-known jazz musicians of the period. The complete catalogue consisted of some forty-four 78s and three LPs and its creator was local musician Bob Clemens. Bob began his musical career as a saxophonist but was best known as music store proprietor and entrepreneur. Born in 1917, Bob grew up in Camberwell and joined the AIF at the beginning of World War II. He spent most of his army career entertaining the troops with the Concert Unit. His well-known music store was located in Little Collins Street, later in Russell Street.

In the immediate post-war period a jazz revival boom had begun, but Australian musicians were not being recorded to any large degree by the major record companies. Aware that local jazz musicians needed more exposure through records, Bob Clemens decided to establish his own record label, and Jazzart was born. Celebrated trumpeter, Bob Barnard, who together with his brother Len's band recorded more items for the Jazzart label than any other artist, recently recollected the sessions. "Bob Clemens arranged the recording dates for us," Bob said, "but we were given free rein as to what to record." By 1953 several other local record producers had entered the market and Bob Clemens decided to end his Jazzart recording venture. Bob, who spent most of his life in promoting and encouraging musicians, passed away on 7th September, 1994.

The Victorian Jazz Archive has released on CD the first two volumes of its proposed five-volume set of The Jazzart Collection. These initial releases feature "The Traditionalists", that is, those bands which performed in the "traditional" or "Dixieland" style. The remaining volumes will feature "The Progressives", those bands of the "modern" or "rebop" style.

RON JOBE from the Victorian Jazz Club has written the following review of "The Jazzart Collection - Volume 1 -

The Traditionalists - 1":

THIS CD features the bands of Len Barnard, the Southern Jazz Group, and Lazy Ade Monsborough in the period 1949 to 1953. It is a compilation of traditional Jazz featuring many of our jazz greats with arrangements as tight as any I have heard.

With front-line musicians of the calibre of Bob Barnard, Titch Bray, Frank Traynor, Dave Dallwitz and Ade Monsborough it's what you would expect. The back-line or engine-room, without individualising, were the cream of their day and hold everything together enthusiastically. There are 24 toe-tapping tracks ranging from compositions by Clarence Williams, King Oliver, Louis Armstrong, and Ade Monsborough to classic traditional standards. Bob Barnard, on his first recording for Jazzart on 24th November 1949, celebrated his 16th birthday-an auspicious start.

The last four tracks, recorded in January 1950, the Southern Jazz Group and Ade Monsborough, with Lew Fisher on piano, feature their only contribution to the Jazzart label. "Passion Rag" and "Race Track Rag" were composed by Dave Dallwitz while "Stomp It Around" and "Tell the Boys" were by Ade Monsborough. In all, the disc represents a very pleasurable 77½ minutes of music. The CD is available from the VJA shop in Wantirna or online at their web site.



**The Victorian Jazz Archive,
15 Mountain Highway, Wantirna (Melways 63, C8)
is open to the public on Tuesdays and Fridays
from 10 am to 3 pm.
For group visits including refreshments please ring
Marina Pollard on (03) 9800 5535 or 9781 4972.**



Knox & District Over 50's Inc.

Knox & District Over 50's hold a general meeting on the 4th Tuesday of each month - 1.15 for 1.30 pm start in the main area of Boronia Progress Hall. Each month we have a different speaker and 2011 promises to be one of the best, with a variety of interesting and entertaining talks on the agenda.

At our Easter meeting members will be treated to hot cross buns and Easter eggs for afternoon tea, with an Easter Bonnet Parade included.

It will be a busy year socially, with plans for visits to many

interesting venues. We will also continue our regular morning teas at Myer Knox City, Movies at the Metro, Morning Melodies, Sunday Concerts and one day bus trips. All members are invited to make suggestions for future events & outings.

Our monthly newsletter, Knox Natters Matter, will continue to keep all informed of upcoming events & outings. Our Editor, Jenny Slater, welcomes contributions of poems, articles, jokes, cartoons, etc.

Contact Keith on 9801 4908 for any information.

News from Knox Library

Brought to you by.....

Computers for All

Eastern Regional Libraries is delighted to have the opportunity to have a page in the Studfield- Wantirna News and we are very grateful to our sponsors Computers for All for making it possible.

Libraries are not all about books. Your library card enables you to borrow the latest DVDs, CDs and magazines. Make use of our extensive collection of databases on subjects ranging from health to antiques, family history to stories to amuse pre-schoolers. Many of these databases are available for use from home. You are welcome to book in to use our library computers or come in with your laptop and take advantage of our free Wi-Fi connection. Join the library online at www.erl.vic.gov.au and explore what we have to offer.

We also offer a home library service to people who are unable to visit the library due to long term or temporary illness. This service which is staffed by volunteers provides a monthly delivery of library materials. We welcome enquiries from people requiring the service - please telephone your local branch library. Residents in the Wantirna/ Studfield area should contact Knox Library 9801 1422 or Rowville Library 9294 1300.

Libraries are not the quiet places they used to be. They are vibrant spaces with lots of programs on offer for all ages. For young children there are Tiny Tots, Toddlers and Pre-School Storytimes sessions offered at all Knox branches. These sessions are free and there is no need to book. In addition there are afterschool programs for children aged five to twelve years. Booklovers Bookclub meets at Knox Library on the first Tuesday of the month at 4.00pm. All children are welcome to join in and booking is not necessary.

Bookings are usually required for our very popular School Holiday Program. We offer a number of programs and entertainers every holidays for little or no cost. Watch out for

our regional program in the weeks prior to the school break and book in early. Our Holiday program can also be found online and bookings can be made from home.

Our Adult programs cover a wide variety of subjects and take place during library hours, with both daytime and evening programs. Some groups meet regularly whilst other events occur on a one off basis. In the Knox area our four libraries provide an extensive choice of happenings of interest. Information on our programs can be found in the Events section of our website, in our monthly email newsletter, in *Check It Out* our library newsletter, which can be found in our branches and in the flyers displayed at all our Libraries.

Knox Library offers Friday @Your Library on the last Friday of the month at 12.00pm, hosting a variety of interesting speakers. The Library provides programs for the Chinese community. The Knox City Chinese Social Club meets at Knox Library every Monday afternoon at 1.00pm. The weekly English Conversation Group for Migrants meets at Knox each Wednesday at 1.00pm.

Of special interest in March is "From Here to There - an Evening with Jon Faine" at the Karralyka Centre, Mines Road, Ringwood East on Thursday, March 24 at 6.30pm for 7.00pm. In 2008 Jon Faine and his son Jack left Melbourne for the trip of a lifetime from Australia to London across some of the most challenging terrain on Earth. Their four wheel drive adventures were a journey of discovery both of exotic places and the father and son relationship. Jon is known to radio listeners as the presenter of the morning program on Radio 774, where his fearless interviewing style has won him a large and devoted audience. The ticket price of \$35/\$30 concession includes wine and finger food. Bookings are essential and can be made in person, by telephone on 9294 5640 or 9870 0177, in person at any branch of Eastern Regional Libraries or online at www.erl.vic.gov.au

Computers for All

Computers For All, a fresh-faced company based out of Bayswater, has just celebrated an outstanding year of service to the local community. In July, 2009, a young man named Andre noticed among growing families, a mounting interest in computers which was being hampered by the sheer cost of outright PC purchases. Since then, Andre has devoted much of his time to assisting large corporations recycle their electronics, so that they may find their way into people's homes. 18 months down the track, Computers For All is a thriving young company with thousands of loyal customers! Offering a range of new and refurbished computers, their unique rent-to-own program enables Centrelink recipients to gain access to quality computers at low prices. Best of all, the payments are processed directly through Centrepay - once they're setup, they simply continue for one year, and then they automatically stop. The computer then belongs to the customer with nothing further to pay! If you would like any information regarding the service they provide, don't hesitate to contact Andre, Micah or the Computers for All team on 1300 87 77 74 or visit them online at www.ComputersForAll.com.au

T B LAWN MOWING

Pensioner/Senior Discount

Phone Terry

9801 8779 or 0423 392 877

Amway

**For all your Amway products or
information about Amway contact
Shivani on (03) 9738 1007**

or by email at

health.local@gmail.com

"Friendly service with a smile"

🔊 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

STUDFIELD TRADER'S ASSOCIATION WEB SITE UPDATE

The Association is pleased to advise that considerable progress has been made in the development of its web site. The web site has already been issued with a domain name, www.studfield.com.au so when you receive this copy of the SWCN check out the web site as the Association is aiming for the site to be active and functioning by then.

Over time the web site will be used for all major promotions and special events and individual trader's web sites will be linked to the Association's web site and should be able to be accessed from the site.

The site will feature special promotions, lots of prizes, "this week only" specials and frequent additional benefits for regular users. Readers of the SWCN are urged to subscribe to the web site to access "Subscribers Only" offers. There is no cost involved in subscribing to the web site, only benefits!!

An extended coverage of the web sites features and benefits will be included in the Winter edition of the SWCN to be distributed in June.



Domino's Knox - Under New Management

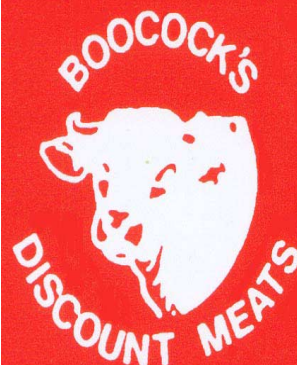


2 Pizza &
2 cheezy garlic bread
for **\$19.95!**

Pick-up only, anytime. Only at....

Domino's Knox 03 9298 7633

239 Stud Road, Wantirna Sth 3152
STUDFIELD SHOPPING CENTRE



**STUDFIELD
SHOPPING CENTRE**
225 STUD ROAD
STUDFIELD

Phone 9801 2762

- Bulk orders a speciality
- Free home delivery

CHRISTMAS AT STUDDIE



1. Santa and elf arrive and rest before their walk



2. Santa starts his walk



3. Santa meets a little shopper



4. Santa meets the family

SANTA VISITS THE STUDDIE SHOPPING PRECINCT

Although it is the busiest 2 weeks of his year, Santa made time to visit the Studfield Shopping Centre for a few hours each day between Monday 13 and Saturday 18 December.

Basing himself at the Nova Pharmacy where a lovely throne had been installed for him to meet the children, Santa and his elf Eileen arrived about 10.00am on the 13th and had a brief rest to test out the throne (picture 1) before heading off for a tour of the shops (picture 2).

The first child Santa met on his trip was Max of Wantirna South (picture 3) who at first was a little shy - until the sweets appeared! Next on the "meet & greet" were mum Kelly with baby Morgan and sister Ashleigh from Wantirna who seemed more interested in her lollipop than the man in red (picture 4)!!

They were soon followed by young Keanu with Nanna Glenda from Wantirna (picture 5). Keanu liked the look of the lolly basket so much he found it hard to select one - they were all his favourites he said!

Pictures 6 and 7 show how Santa appeals to all ages with teenagers Stefani and Tahlia begging to have their photos taken with Santa then "young at heart" Aletta from Bayswater deciding she wanted a shot with the "big man" as well.

Lucy from Wantirna gave Santa the biggest hug of the day (picture 8) while Daniel from Wantirna South took the opportunity to make sure Santa knew what was on his wish list and what a good boy he had been all year (picture 9)!!!

The final snap in our pictorial record of Santa's first day of his week at Studfield Shopping Centre is probably the best photo of all. Picture 10 shows 3 generations of the one family - beautiful 5 months old baby Gemma May with Mum Louise and Nan Harriet - having their picture taken together with Santa. Beautiful!!



5. "I think I will have this one - or this one!!"



6. All the girls want a picture with Santa



7. All the girls want a picture with Santa II



8. Lots of hugs for Santa



9. "And for Christmas I would like....."



10. Santa with 3 generations of the one family

CHRISTMAS AT STUDDIE



11. Face painter Jill with Isabelle & Jesse from Wantirna



12. Raffle poster



13. Members of the "Traders" Assn. with Santa, Elf, Alan Tudge, Heidi Victoria and 2nd prize



14. Heidi Victoria draws the winning ticket.

STUDFIELD TRADERS CHRISTMAS RAFFLE IS A GREAT SUCCESS

Saturday 18 December was "Raffle Draw Day" at the Studfield Shopping Centre. Shoppers collected free raffle tickets with purchases from any business that was a member of the Studfield Trader's Association and judging by the number of tickets in the draw the traders had been very busy leading up to the draw!

The excellent raffle prizes were all donated by the Trader's Association and/or individual Studfield traders and included a Conia 42" HD LCD TV worth over \$1500 for first prize, a Christmas hamper (all contents donated by Studfield traders) in a wheelbarrow (donated by Heidi Victoria, State member for Bayswater District) for second prize and a portable DVD player for third prize (picture 11).

Members of the Trader's Association were present at the draw (picture 13 with Alan Tudge, Heidi Victoria, Santa and elf Lauren) made by Heidi Victoria in front of a large crowd of eager shoppers anxiously clutching their raffle ticket stubs hoping that Heidi would draw from the barrel the other half of their ticket (picture 14).

Imagine Boronia's Emily Jones' pleasure and surprise when Heidi's hand emerged from the barrel clutching her matching raffle ticket! David Smith from Wantirna was equally pleased when his sister's ticket was drawn as second prize winner. David's sister could not be at the draw so he and his Mum Margret accepted the prize on her behalf (picture 16). David promised the SWCN that his sister would get at least some of the items in the hamper, but he was keeping the wheelbarrow!!

Third prize was drawn on the day however the winner was not present and the SWCN does not have permission to publish her name. This was another excellent event organized by the Traders Association and it was great to have first and second prize winners present on the day to receive their rewards.



15. Raffle winner with Santa, Alan Tudge & Heidi Victoria



16. Raffle 2nd prize winner & mum with Santa, Alan Tudge & Heidi Victoria



20. Snr Constable Bev places Santa's lolly basket under "protective custody!"



19. Santa with Jeff & the team at Nova Pharmacy



18. Santa shops in Giftique with owner Heng Tia



17. Santa with the Brumby's team

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 Practitioner (1,2,3)
ABN: 56 432 940 319
For appointments
Phone: 0425 735 581

Reflexology (Foot Massage)

If you are on your feet daily and enjoy having your feet massaged, then Reflexology may benefit you.

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 (foot massage).

½ hour consult \$40.00
One hour consult \$65.00
Pensioner rates \$50.00

Gift vouchers available

Level 1 Suite 9/249 Stud Road, Wantirna.

Contact Marita on 0425 735 581



Whole Health Kinesiology comes to Studfield!

What Is Kinesiology?

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 body's own healing system is activated enabling the body to clear the stress.

How does It Work?

Kinesiology procedures make use of the Traditional Chinese Meridian System and its acupressure points, specific muscle tests, nutritional support, flower essences, essential oils, Homeopathics, Schuessler Tissue Salts, the Chakra System and other energy medicine tools to allow the body to recognise a wide range of stresses and release them.

How Is It Used?

Kinesiology may help to treat the following health problems: Stress, Emotional problems, Muscular disorder, Nervous disorders, Allergies, Learning & Behavioural difficulties, Long-term injuries & illnesses, Nutritional deficiencies and Skin conditions.

Who is Whole Health Kinesiology?

Doris Mounsey, the proprietor of Whole Health Kinesiology, has joined the team at the **Wantirna Naturopathic & Remedial Massage Clinic** to enhance the range of services offered by the Clinic.

Doris is a holistic Kinesiologist who holds a Diploma of Kinesiology completed at the Australian College for Complimentary Medicine (ACCM).

Special Introductory Offer \$20 off your first consultation on presentation of this page.

Receive your introductory 90min kinesiology consultation for the price of a 60min consultation (follow-up consultations 60 minutes duration).

Note: Introductory offer is available until 31st October 2011
Cash, cheque, credit card payments accepted.

Doris offers discounts for Health Care & Concession Card holders and students. A number of private health insurance funds will rebate Kinesiology sessions.

Whole Health Kinesiology
Level 1 Suite 9,
249 Stud Road, Wantirna, VIC 3152
Phone: 0432 494 413
Call now to make an appointment!

Focus on Road Trauma - - - - -



Road Trauma Touches Everybody

Each year nearly three hundred people are killed on Victorian roads. Another 18 are seriously injured every day.

Who amongst us doesn't know somebody who has been touched in some way by the road toll?

The unnecessary loss of a life is devastating; for the family and friends of the deceased, for witnesses, for members of our community and for the emergency services who attend the scene. The number of people impacted by just one event is immeasurable.

For some people the grief associated with road trauma is something they never come to terms with.

Road Trauma Support Services Victoria (RTSSV) is a state-wide counseling, education and support service specialising in the impact of road trauma. It is the only organisation of its kind in Victoria.

RTSSV was founded in 1994 by volunteers; people who had been personally impacted by road trauma and who recognised the need for the service. Today volunteers, working closely with professional counseling staff, continue to play a significant role in the organisation

enabling the RTSSV to provide its services where they are needed.

The services provided by RTSSV across Victoria include:

- professional face-to-face and telephone counseling;
- support options;
- educational programs.

The range of educational services provided by the RTSSV includes programs to assist young offenders as well as programs tailored for businesses and community groups.

RTSSV services are private and confidential and are provided free of charge to bereaved family members, friends and colleagues, injured people and their carers, drivers, passengers, witnesses and people first on scene.

To access counseling services call 1300 367 797.

To inquire about our education programs, make a tax-deductible donation to help fund our work (a donation of \$150 can pay for a counseling session for someone in need) or find out about volunteering opportunities with RTSSV please contact us on (03) 9877 7922 or visit our web site at www.rtssv.org.au



Pam's Story a real life story of road trauma

Pam Knight is a volunteer with Road Trauma Support Services Victoria (RTSSV). She first became aware of RTSSV after her 22 year old son Tim was seriously injured in a single car collision. Tim was the front seat passenger when the Ute he was travelling in slid and collided, passenger side on, with a tree.

Tim wasn't expected to live and spent weeks in an induced coma and even longer in the Intensive Care Unit at the Royal Melbourne Hospital. Tim suffered severe pelvic and leg injuries and has an Acquired Brain Injury. Tim will probably need ongoing treatment for the rest of his life.

"As a mother, I can't tell you how helpless you feel watching your child go through what mine went through, Pam said. At times you are so stricken with grief and fear that you struggle to move on.

"The counseling and support I received from RTSSV has enabled me to better cope with my grief and trauma, and to assist Tim come to terms with his injuries.

"Since accessing the counseling I have been able to move on with my life. Life will never be the same, I know that, but I have learnt to manage what comes my way", she said.

Pam attended the crash when Tim was still trapped in the

vehicle and the scene was swarming with fire trucks and ambulances. This caused her to suffer debilitating flashbacks.

"My counselor has taught me strategies to cope with flashbacks, such as the sound of an ambulance, the sight of a fire truck", she said. "For me, the counseling I received from RTSSV was my salvation and I now try and assist others in similar situations to mine by volunteering with them".

*Pam Knight volunteers with RTSSV by telling her story to education program participants, to corporate groups and the media to assist RTSSV promote the safe driving message and the consequences of road trauma.



Pam Knight and son Tim

Focus on Road Trauma - - - - -



I Was Only a Little Bit Over Is No Excuse - Everybody Hurts When You Speed!!

Victoria recorded a record low road toll for 2010 with 287 deaths on the state's roads, down 1% on the previous year and well under the five year average of 322. The month of January 2011 continued the record breaking trend with an all time low of 18 fatalities state-wide. TAC statistics show that since records began in 1951, January has had an average toll of 51, a maximum of 85 (in 1970) and a previous minimum of 21 (in 2003).

TAC Head of Community Relations, Phil Reed, said that despite these more positive trends, the biggest challenge this year is to change people's attitudes to speeding.

"Speed continues to be the number one killer on our roads and it is time for motorists to wake up and realise that travelling even just a little bit over the limit can be deadly," Mr. Reed said. "We have succeeded at making drink driving socially unacceptable, now it is time to do the same with speeding."

While the community tends to view more excessive speeding, such as 40 km per hour over the limit as unacceptable, there still appears to be some tolerance of low level speeding. "This seems to be particularly the case in the higher speed zones," Mr Reed said.

The TAC's latest social acceptability survey found that one in four Victorians consider driving 10km over the speed limit in a 100km speed zone is socially acceptable.

Small changes in speed can result in significant reductions in road trauma. In average conditions, a car travelling at 60 km/h will take about 45 metres to stop in an emergency braking situation. A car braking from 65 km/h will still be moving at close to 32 km/h after 45 metres travelled.

"We know that speeding accounts for around 30% of road trauma on our roads - it is a massive community issue that the TAC will continue to focus on with our road safety partners." "The TAC's goal this year is to make speeding as socially unacceptable as drink driving. Attitude change is a long-term process so we will continue to seek new and innovative ways to achieve this goal," said Mr Reed.

In January 2011, the TAC launched a quirky social media campaign to rename the small Mallee town of Speed to Speedkills. So far, more than 30,000 Australians have got behind the campaign and pledged to slow down on rural and regional roads. "The TAC's ongoing message that speed kills is simple and the excuse "I was only a little bit over" is as unacceptable for speeding as it is for drink driving" said Mr. Reed.

Editor's Note - Please support the TAC's campaign by visiting their website, www.tac.vic.gov.au and register your support to change the name of Speed to Speedkills.



Everybody hurts when you speed.



ORANA NEIGHBOURHOOD HOUSE

FAMILY OPEN DAY

11.00 - 3.30 Sat 14 May 2011

See Orana's new rooms officially opened by Heidi Victoria at 1.00pm
For more details call 9801 1895 or visit the web site, www.oranah.org.au

"Discover Yourself at Orana"
62 Coleman Road Wantirna 3152

Exceptional Services Plus Driving

Take The Next Step Together

**One free 45 minute session (auto only) with
Keys2drive - funded by the government.**

Lessons for P plate & Licensed Drivers Welcome

- Nationally Accredited Certificate IV Driving Instructor
- Accredited Keys2drive instructor
- Member of Australian Driver Trainers Association (Vic) Inc.
- Years of experience in auto driving

**GIFT VOUCHERS AVAILABLE
CALL KEVIN ON 0400 838 812**

Focus on Road Trauma - - - - -

A Police Perspective on Road Trauma in the Outer East

Road Trauma Statistics in the Outer East

When asked about recent road trauma statistics in the Outer East, Senior Sergeant Steve Rosewarne, Eastern Division 2 Traffic Advisor told the Studfield Wantirna Community News that in 2007 in our local area there were 80 collisions where people were seriously injured however by 2010 this figure had fallen to 63, a reduction of over 21%. While this reduction is pleasing the Senior Sergeant said it is every road user's responsibility to identify and address road safety issues and observe all road safety rules if this improvement is to be continued.

Senior Sergeant Rosewarne also advised that in 2010 police in the Knox municipality issued 488 penalty notices to occupants not wearing seat belts and 1186 penalty notices to drivers using mobile phones (both offences attract a penalty notice with a fine of \$239 and a loss of three demerit points).

Senior Sergeant Rosewarne noted that since the 'Hoon' legislation was introduced in 2006 police have impounded 360 vehicles in the Knox municipality, with the predominant offence types being burnouts and high speed. Many of these impounds have been the result of information provided to police by members of the public.

Why the Reduction in Serious Injuries?

Senior Sergeant Rosewarne said the reduction from 2007 to 2010 in the number of collisions resulting in serious injury can be attributed to a number of factors: better road infrastructure; improved vehicle safety; better traffic flow management; changes to learner and probationary driver licence programs; 'Hoon' legislation; enhanced technology (including police breath & speed testing capabilities), speed and red light cameras; increases in penalties; a greater focus on traffic through the media and for the most part, an enhanced awareness of road safety by road users.

Will Some People Never Learn?

Senior Sergeant Rosewarne said that after speeding - which continues to be an issue in road trauma collisions - the lack of compliance with seat belt and mobile phone requirements is the major concern currently facing police.

Although failing to wear a seat belt may not 'cause' a collision it often has an impact on the severity of injuries, or whether an occupant is injured at all (see the Knox Family Chiropractic article on whiplash, a common injury sustained in road trauma incidents). Using a mobile phone while driving is recognised as creating a considerable and unnecessary distraction and has been a causal factor in a number of collisions, including some that have resulted in fatalities.

It is all About Attitude!!

People look at another driver speeding or talking on the phone and feel a real sense of indignity however these same people rationalise it as OK or convenient if they do the same thing. There are far too many examples in our area of people speeding, using a mobile while driving, or trying to 'beat the lights' that result in road trauma. Prior to their collisions almost all of these people would have thought it was OK in 'their' circumstance to do what they were doing. It is only after the collision that people realise what they were doing wasn't OK!

Senior Sergeant Rosewarne summed up the situation by saying that regardless of attempts by drivers to rationalise or excuse these actions, it is simply not OK under any circumstances to speed, talk on the phone while driving, trying to 'beat' the lights, or not wearing a seat belt. The technology in most cars these days is designed to make you aware if you're speeding or not wearing a seat belt, and hands free devices allow you to avoid the potential dangers of holding a phone while driving.

A WORD FROM THE EDITOR ON ROAD TRAUMA

Road trauma has affected most people in our community. Some have been affected through their direct involvement in a road trauma incident, some through the loss or injury of a family member or close friend and others who are simply horrified at the almost daily scenes on our televisions of the carnage on our roads.

The idea for this feature article came about after a presentation by a representative of the Road Trauma Support Services (RTSSV) at a Knox Rotary meeting in 2010. Studfield Wantirna Community News is grateful for the excellent support received from the following people who have contributed to the road trauma feature article:

Pam and Tim Knight for sharing their story with us - what great courage to do this!

Gail Carland, RTSSV's Manager, Community Relations who provided us with an outline of the work of this body - they could really do with some donations to help them keep up the good work (and some more volunteers!!)

Amanda Bavin, Senior Communications and Media Advisor and Phil Reed, Head of Community Relations for their article *I Was Only A Little Bit Over Is No Excuse* and for the TAC's financial support of the article.

Senior Sergeant Steve Rosewarne, Eastern Division 2 Traffic Advisor who tells us about road trauma in the outer eastern suburbs and provides a police perspective.

Dr. Brad and Kate Atkinson from Knox Family Chiropractic for their enlightening article on whiplash, one of the most common injuries sustained in road trauma incidents and also their financial support of the feature.

Eric McGlennon, Manager of the Wantirna Vet Clinic for his financial support of the article and Dr Alison Brown for her story about Ruby that shows not only humans can be affected by road trauma.

Kevin Siu from Exceptional Services Plus Driving for financially supporting the feature article.

Focus on Road Trauma - - - - -

Chiropractic Care for Road Trauma Whiplash Injuries



**KNOX FAMILY
CHIROPRACTIC**

While there is great (and justified) concern over the number of road deaths each year, what sometimes does not receive enough emphasis is the number of people who incur life-changing serious injuries, especially to the brain, back and other body parts and other injuries such as Whiplash that can range in intensity from seemingly mild to severe.

What is Whiplash and How is it Caused?

Whiplash is a term that describes injury to the neck commonly as a result of a motor vehicle collision. The most common type of collision is the rear impact and typically the occupant in the front vehicle is at greater risk of injury and whiplash is a typical outcome of such collisions.

Physical stress caused by a collision can lead to misalignments in the spine which can prevent proper nerve flow to the muscles and organs in the body. Seconds after impact the lower part of the neck bends backward and the upper part of the neck bends forward causing the cervical spine to move beyond its normal range of motion, spinal misalignments and potential injury to ligaments and discs. If left untreated these misalignments can lead to degenerative changes in the spine potentially causing spinal decay and can negatively affect overall health.

How Do Chiropractors Assess and Treat Whiplash?

A Chiropractor will perform an assessment including orthopaedic and neurological tests and possibly x-rays. These tests can show underlying damage caused by road trauma, even in minor accidents that may not involve damage to the car. A Chiropractic adjustment (a small

amount of force applied to the spine) is given to any misalignment diagnosed with the objective of improving spinal mobility and function and the integrity of the nervous system.

Each individual case of whiplash is different and Chiropractic treatment is unique to each person. In the early stages of treatment it is important to reduce neck pain, back pain and other symptoms. However continuing care is crucial to help restore function, which assists with issues like returning to work, home and other activities. Ongoing management of spinal misalignments is of vital importance in preventing spinal decay or degeneration.

Restoring confidence is of vital importance for rehabilitation

Exercising to correct faulty movement patterns and general fitness are important. Teaching that "hurt does not necessarily mean harm" and focusing on activities the patient can do, rather than activities that are too difficult, are major aspects of disability prevention after whiplash injuries.

Chiropractors will develop the most effective strategies for their client's recovery from a whiplash injury, prevention of future episodes of back pain and restoring optimal bodily function and health.

An article published in the Spine Journal 1993 states, "Nerve root compression can exist without pain". Yet the weight of a 5c piece pressing on a spinal nerve is enough to decrease that nerve output by 50%. Don't rely on pain to be the motivating factor to have your spine assessed.

Call Dr. Brad at Knox Family Chiropractic on 9800 5350 to make an appointment for a Spinal Assessment.



Road Trauma Affects Pets As Well As People!!

Despite our best intentions road trauma is sadly too common. A split second is all it takes for an accident to happen. However not all accidents involve car to car collisions. Ideally pets are never outside their property unless restrained however they (and in some cases children) can occasionally get out from their property and find themselves on the road and in mortal danger.

Ruby was only one year old when she slipped her lead and was hit by a car at 80kmph on Mountain Highway. Her human parents were sure she was dead when they reached her body some 50m up the road from the site of the accident.

A flutter of her eyelids indicated she was still with us and her Dad managed to get her onto a board (in case of spinal trauma) to bring her up to us at the Wantirna Vet Clinic where she was unconscious and producing bright red frothy blood from her nose. This indicated to us her lungs were bleeding and it is hard to put pressure on a lung!

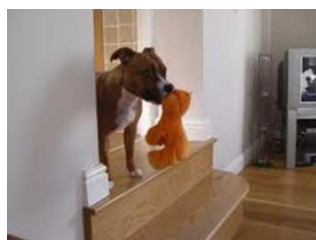
Her airways were filled with blood but she was managing to breathe - barely. She had a smashed right foreleg and blood pouring from her shoulder. Her Dad had placed

pressure over this wound and managed to stem the flow of blood but Ruby was still in a bad way.

Fortunately he stayed calm and in control throughout Ruby's ordeal and she was in intensive care for a few days and then to an orthopaedic surgeon for a total shoulder reconstruction. After months of intensive physiotherapy she is back in fine form racing around the park together with her brother Max!

Without her Dad's cool head and first aid skills Ruby may not have made it to the vet clinic. First Aid knowledge can save lives, human or animal!

Wantirna Vet Clinic, 6 The Mall, Wantirna. 9729 9908



Ruby after recovery from her argument with a car



Seat belts for dogs in your car are a must!

Bayswater Christian Assembly

Does God really care about me?

We have all been shocked by the loss of life and devastation to property caused by the recent flooding in Queensland and here in Victoria, especially as these events followed so soon after decades of drought and destructive bushfires. Every night for several weeks, we have witnessed the unfolding tragedy in the media as floodwaters have swept away lives, homes and communities leaving a trail of destruction.

When we are confronted by times of crisis like this, many people are prompted to ask-

“Does God really care about men and women?” Or to make it more personal - “Does God really care about me?”

The answers to these questions are found in the Bible which is the only authority on God’s dealings with humanity. And the Bible is very clear - it tells us that God is near us (Ps 145.3), God sees us (Gen 16.13), God hears us (Ps 5.3), and God cares for us (1 Pet 5.7).

We can clearly see the proof of God’s care for people in the life of His Son, the Lord Jesus Christ, when He was here on earth two thousand years ago. Wherever the Lord Jesus went, He took compassion on people in desperate need. He caused blind folk to receive their sight, He restored the lame and infirm, He healed the sick and even raised dead people to life! Not one person who came to Him in need was ever turned away. Because He was (and is) the Son of God, He had the power of healing but it was His great compassion for men and women, boys and girls that caused Him to act to help people who otherwise had no hope.

But there is an even greater proof of God’s tremendous love and concern for each and every one of us. We read about this in John 3.16 in the Bible, and it is probably the most well known and well loved verse in the whole book. It’s so simple that anyone can understand it - but so full of meaning that none of us will ever fully comprehend it.

Listen to what the Lord Jesus says to Nicodemus, a Jewish religious leader of the first century -

“For God so loved the world that He gave His only begotten Son, that whosoever believes in Him, should not perish but have everlasting life.”

That’s the measure of God’s love for you and me! God loves us so much that He sent His only Son into this world, so that we would not perish, but live with Him for evermore. Although this gift is free to us, it came at a terrible cost for the Lord Jesus.

You see the Bible teaches that we have all rebelled against God - we have all sinned - and the direct consequence of that rebellion is death. We are all in a hopeless situation since nothing good that we do can remove the stain of the sins which we have committed, nor the sentence of death.

But God sent His perfect, sinless Son into the world to die in your place and mine at Calvary, so He would receive the punishment that was rightly due to us.

In a few weeks time at Easter, millions of Christians around the world will remember the anniversary of the death and resurrection of the Lord Jesus. While it is good to mark these events, note carefully from John 3.16 what God requires of each of us. If we are not to perish and if we are to receive His free gift of everlasting life, we must believe in His Son.

For sure, one must believe that the Lord Jesus lived and died, but much more than that. You need to acknowledge that He took your place and paid the price for your sin when He died on that rugged cross and that as proof of the value of His sacrifice, God has raised Him from the dead to live forever.

Oh yes - God cares very much for you. He wants to help you to deal with the difficulties we all face in this life and for you to go to live forever with Him in the life to come. Will you take advantage of this wonderful gift and be ready to live forever with Him?

Invitation

Guest Speaker - Mr Len Walker

Saturday 16th April 7.30pm,

439 Mountain Highway Bayswater

Sunday 17th April 7.00pm

Knox Arts Community Arts Centre

Crn Scoresby Rd and Mountain Highway Bayswater

All Welcome, No Collection

Bayswater Christian Assembly

439 Mountain Highway

Bayswater Vic. 3153

Tel: 03 9728 6478 or 03 9729 3225

Email: 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

News in Good Health & Wellbeing



News from the Osteo! with Dr. Jason Stone of Wantirna Osteopathy

Muscular flexibility and joint range of motion are taken for granted by most people and rarely a major focus in fitness and training regimes, yet they are the major precursor to injury and a limiting factor to sporting performance.

To help explain this statement consider why the average golfer cannot play a consistent 18 holes or why a thinly built teenager can drive a ball further than a stocky stronger man? Many golfers will know the answer is 'timing' i.e. contacting the ball with the sweet spot of the club head at the optimal speed. 'Timing' is heavily reliant on smooth, coordinated joint motion and hence any resistance from tight muscles and stiff joints is going to affect the timing of the swing. Which is why some golfers improve as they get warmer, others decline as they stiffen up, and a younger more flexible person can connect better with the ball than a stronger but less flexible person.

These same principles can be applied to all sports and explain why not only a more flexible person can perform longer and more consistently but why a less flexible person pushing them self to a high level is at great risk of injury.

Osteopaths use a variety of 'hands on' treatment techniques to improve your muscular flexibility and joint range of motion and

they will assess and treat not only the area of pain but all those related regions which may have predisposed to the injury or are being affected by it. The benefit of seeing an Osteopath for a sporting injury is that they will identify the cause of the injury, which not only aids full recovery but also greatly reduces the risk of reoccurrence.

Wantirna Osteopathy has been servicing local football, cricket and netball clubs for over ten years and has vast experience and knowledge in treating all aspects of sporting injuries. The most common sporting injuries our Osteopaths treat and manage are:

- Ankle Ligament sprains/tears
- Shoulder tendonitis/impingement
- Knee ligament and tendon injuries
- Muscle strains/tears
- Chronic Hip/Groin/Hamstring injuries
- Rehabilitation of knee/ankle/shoulder reconstruction and arthroscopes

Our Osteopaths will prescribe for you the appropriate exercises to maintain joint range of motion and muscular flexibility and where required the relevant strengthening exercises also.

Wantirna Osteo - 9800 0388 (see ad. page 23).



What does Good Health mean to you?

by Marita Reynolds

Most of us know that we need to look after ourselves by eating good food and exercising, but do we always do this?

It is not until we present ourselves to our health care practitioner with a physical problem and told that it's time to review our health regime because we have developed a complaint that we decide it's time to sit up and pay attention.

So, if you started the year with a commitment to improving your health and have fallen off the wagon or feel you need a little bit of motivation read on and think about the following guidelines. They may help you to keep on track.

Start by thinking about how you are feeling at present. Is there someone or something that is pushing your buttons? It's these subtle or not so subtle emotions that we tend to sweep under the carpet; instead we need to pay more attention to these signs as they are giving us a message. If you have a continual nagging feeling reoccurring, you need to address and try to rectify it. No matter how small you think the problem is it can be draining on your energy resources and therefore draining on your body systems. If you are in a position to rectify the situation then do so. If you can't, then let it go. Worrying never solved anything; instead it usually makes you uncomfortable and can make you ill. This is sometimes easier said than done. It's important to look at where you can help yourself. I have always found that a little "ME" time to chill out, is always beneficial. It doesn't require a lot of time as little as 15-20 mins per day can do the trick.

You will need to find a quiet space and sit quietly and concentrate on your breath. When you breathe in, start to relax and as you breathe out think of this as the time to let go of any frustration or concern. This process can help you to relax your mind and also help you to put more oxygenated blood through your circulatory system. This will also help to clear the mind and slow down the chitter chatter that we experience from thinking, hopefully resulting in clarity of mind. Only we can make decisions about what's best for us. A calmer mind can help us to think clearly and tune into to what we really want and need.

Of course being committed to improving our health would be nothing if we did not eat healthy food and exercise. Anything in

moderation they say is fine as long as we can maintain the "moderation". This is coming from a reformed "chocoholic". It's not easy. But awareness of what your weaknesses is a starting point. By knowing what your weakness is and working out your own solution, you have a better chance of managing the problem. There is no point in someone else telling you how to do this. The important thing is that whatever you choose to do make sure it is achievable. This also relates to exercise. Work out something that you can do 4-5 times per week that you will continue to do. Something that you are not going to dread or try to make excuses not to do it. If you have a reoccurring health problem that is affected by exercising, then you need to review the type of exercise you are doing and speak to your health care practitioner or fitness instructor to discuss solutions. Don't let the problem get out of hand. Know your limitations. You need to work to maintain good health not aggravate it.

While we are looking at our lifestyle and how good health can be a part of it, let's look at how well balanced our life is. Take sometime to sit down and ask yourself is my work, rest and play time well balanced? How many people work themselves to the point that they continually feel tired, no energy, or can't be bothered? The next step is usually feeling unwell. Ask them what they are doing in their spare time and their reply is generally "what spare time?" You do have choices. If you choose to work yourself into the ground maybe you should be a little firmer with yourself and take some time out to have fun. Do it once and you'll enjoy it so much that you will want to make it a regular part of your life. Think of it as your ongoing commitment to your health. Your health, your responsibility. *Good health.*

Marita Reynolds is a practising reflexologist in Studfield shopping centre at the Wantirna Remedial and Naturopathic clinic Suite 9/ 249 Stud Rd Wantirna.

Marita welcomes enquiries and would happy to discuss how Reflexology could benefit anyone looking for either releasing stress related symptoms or to assist in improving circulation within the body to restore general wellbeing.

Marita can be contacted on 9801 5201 or 0425 73 5581.

Sporting Group News

Rugby League In Knox Is A Step Closer!!

A public meeting in early December unanimously endorsed plans to proceed with the development of a new rugby league club for the Outer Eastern Suburbs.

Held at Sasses Avenue Reserve in Terama Crescent Bayswater, the future home base and playing fields for the new Rugby League team, the meeting was addressed by representatives of the Australian Rugby League Development arm, the Victorian Rugby League and the Melbourne Storm franchise.

Attending the meeting were Knox Councillor Andrew Walker and Terry Jenvey from the Council's Leisure Services department, both of whom showed a great deal of interest in and support for the project.

Figures presented to the meeting showed that participation in Rugby League had grown from about 500 in 2008 to over 1500 in 2010 with participant numbers expected to exceed 2200 in 2011. Junior teams are expected to have doubled from 51 in 2008 to 104 in 2011. 2011 will also see the introduction of 2 girls tag divisions, U12-U15 and U16-U18 to support the increasing interest among girls who want to play rugby league (Storm's Billy Slater probably has much to do with this increased interest among the girls!!).

By the time you receive this copy of the SWCN a second meeting will have been held (details not available at the time of going to press) with the aim of setting up a working group to further develop the project and establish a management committee for the new club.

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 club is also hopeful that it will be able in the future to offer opportunities for those wishing to play Colts (18 - 20 years) or Open grade (all-comers). The new season will kick off in May 2011 with training for players most likely to commence in late March or early April.

The club is also keen to hear from player's parents, grandparents, aunts and uncles and members of the general public who would be interested in getting involved as a coach, trainer, member of the Club's management committee or supporter. 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 club become established give Len Mason, National Development Officer a call on 8412 4951 or 0411 057 303 or send him an email at melbourneeast@arldevelopment.com.au. Len can give you an update on developments at the second public meeting and register your interest.

Alternative contacts are Murray Newham, Club & Competition Officer, ARL Development on 8412 4956 or 0402 892 836 and Col Fletcher on 9720 1640.

Bowlers will be 'bowled over'

New green for Bayswater Bowls Club

Bayswater Bowls Club is the place to be if you're into bowls, with a new bowling green recently installed.

Dinsdale Ward Councillor Adam Gill said the new green would be a great boost for the local club, helping to facilitate some exciting future bowls tournaments and the club's flourishing Friday night barefoot bowls events.

"Bayswater Bowls Club is an important part of Knox, and Bayswater in particular, and Council is pleased to be able to partner with the club to deliver this new bowling green," Cr Gill said. "It's a place for friends and competitors, for serious sport and for quality fun."

Cr Gill said Council had provided \$95,000 in funding, with Bayswater Bowls Club funding \$80,000 to redevelop the number two playing green. "I hope the Bayswater Bowls Club, and the wider community, enjoys many years ahead of playing on this new bowling green."



Cr. Adam Gill & Bayswater Bowls Club Exec. Dir. Alistair Smith

Wantirna Tennis Club Inc. Come play with us for fun & fitness 'Play Tennis Day'

Our annual Play Tennis Day was once again a great success with members of the community coming along to see what tennis at our club is all about. Tennis coaching tips, games, prizes and the very popular 'speed/radar machine' were a hit with those who attended. The sausage sizzle put on free by the club was appreciated by all.

With a 76 year history, we have always prided ourselves by being a family club, so it was pleasing to see mums and dads coming along with their little ones, some as young as five to see if tennis was for them. Many joined up with our Coaches, Kelly and Enrico for lessons, whilst some ladies joined up for the ever popular mum's tennis.

We have 10 en tout cas courts, 8 with lights. They are great to play on and kind to the body due to the softer surface, a fact often pointed out by top players. Even though we had water restrictions, we have managed to keep this surface by purchasing and installing large tanks and the appropriate pipes and sprinklers to keep these courts in good order. The club is completely fenced in, making it a safe environment for young children to play in the playground whilst parents play on the courts nearby. The Club house has had a 'spruce up' with new toilet facilities and has been painted throughout thanks to Knox Council.

Wantirna Tennis Club is also the home of a High Performance Tennis Academy run by our coaches who are both Tennis Australia High Performance level coaches.

For more information about the Wantirna Tennis Club and its competitions call Alison 9801 6946, and for all inquiries about coaching and the High Performance Academy call Kelly 0414 874 482. Wantirna Tennis Club can be found at the Wantirna Reserve, Mountain Hwy, Wantirna. Melways 63 D8

COME AND JOIN US

Newcomers Welcome

BAYSWATER BOWLS CLUB

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

*Come along to 'OPEN HOUSE'
on the first Friday of every month!*

Will you be able to enjoy your retirement? Part II

In the last edition (number 11, Summer 2010/11) we asked the question "Will You Be Able To Enjoy Your Retirement" and explained what is meant by 'building for retirement' and outlined how building for retirement works. In this edition we would like to provide an example of how one of our Wantirna Mall clients has successfully built for his retirement. Let's call him Andrew, though for privacy purposes we have not used his real name.

Andrew's Story

Andrew is 55 and self-employed. He currently earns around \$95,000 a year and has a super balance of \$200,000. Andrew wants to retire at age 65 and would like to boost his super savings. Unfortunately, because of his current living expenses, he doesn't have any extra money available to invest.

After speaking to his financial planner, Andrew decides to start a building for retirement strategy where he will set up a super pension account in order to receive a regular pension from his super savings and use the extra income this creates to make tax-effective (pre-tax) super contributions. While these tax-effective super contributions will generally attract a 15% contributions tax, the overall benefits of this strategy can be seen after only the first year.

Results at the end of the first year:

<i>Additional super contributions</i>	\$1,146
<i>Net annual increase in super balance</i>	\$3,244

Based on the maximum super income payment that he's allowed to receive (i.e. \$20,000 pa), Andrew has already started to boost the adequacy of his retirement lifestyle without impacting his current take home pay! Once Andrew reaches age 60 the pension income he draws from his super fund will be completely tax-free, resulting in an even greater annual benefit.

Results for the year in which Andrew turns 60

<i>Additional super contributions</i>	\$4,721
<i>Net annual increase in super balance</i>	\$7,631

But this is only half of the story! By starting a building for retirement strategy, any investment earnings on the \$200,000 that Andrew has put into his pension account will not attract any tax so after 10 years Andrew's retirement position at age 65 has been improved by close to \$62,000 (or around 14%) as a result of the building for retirement strategy - all without impacting his take home pay.

Want to know more?

To find out whether you are on track for an adequate lifestyle in retirement and to 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.

Ringwood Field Naturalists Club Inc

- the study of Natural History and all realms of Nature

A field trip to Badger Weir was our first excursion for the year.

A much loved area for our Club is the leafy, green area at the Badger Weir State Park in the Yarra Ranges. It doesn't seem to matter what time of the year we visit this area, we always see different views of the Park.

Arriving early for our walk we were greeted by a lyrebird in a nearby fern gully, going through its repertoire. Heading up the track to the weir we saw and heard a variety of other birds in the bushland. The beauty of the bush yielded the purple berries of the Muttonwood tree (*Rapanea howittiana*), the majestic eucalypts and the pink of a Hyacinth orchid contrasting the green ferns. Beside the aqueduct rare black and green Macleays Swallowtail butterflies were dancing among the flowers.

The weir was running briskly and overflowing into the tiny creek providing a moist environment for tall treeferns, ground-dwelling ferns and soft mosses. At this time of year there were only a little fungi available to be studied.

After walking back through the bush to the picnic area we were greeted by Crimson rosellas and King parrots. Once again, we had an enjoyable morning in an area not far from our own backyard. The RINGWOOD FIELD NATURALISTS CLUB inc was formed in 1961, 50 years ago by writer and

Naturalist Jack Hyett and fellow Naturalist Bill King. The group was formed and quickly grew to a large gathering of 'like minded' people who shared the love of nature and the bush and what was in it.

The group is still going strong with a monthly meeting followed by an excursion on the following weekend. Our meetings are on the second Wednesday of each month at 7-30pm in room 4 at Maroondah Federation Estate, Greenwood Ave, Ringwood (Melways 49 H10)

A guest speaker with varied topics each month gives an illustrated talk, followed by members giving reports and showing images of what they may have seen during the month. There is always something new to be learned. Recent speakers and other information about the Club can be found on our website at <http://www.rfnc.org.au>.

On Wednesday 9th March our meeting is an illustrated talk by local naturalist and well known author Bruce Fuhrer. His topic is 'Tropical Fungi'. Bruce is renowned for his excellent photography.

The following month, on Wednesday 13th April the topic is 'Frogs in Focus - a brief introduction to amphibian conservation, biology & an overview of the frogs of the greater Melbourne'. All visitors are welcome.

For more details phone Alison or Peter on 9801-6946.

DENTURE CLINIC

- ◆ Full & Partial Dentures
- ◆ Mouthguards
- ◆ Relines
- ◆ Veteran Affairs
- ◆ Repairs
- ◆ Vic Denture Scheme
- ◆ Health Funds

Grant McConnell

Dental Prosthetist
(Advanced Dental Technician)

487 Boronia Rd Wantirna (Cnr Stud Rd opp. Knox Club)
Phone: 9720 1555

wantirna osteopathy



For the treatment of:

- Sports injuries
- Headaches
- Back and neck pain
- Joint and muscle pain

www.wantirnaosteo.com.au
161 Stud Rd, Wantirna South (03) 9800 0388



9801 6466

cnr Stud & Boronia Roads
Wantirna 3152

www.info@knoxclub.com.au

**McCluskey's
Bistro**

Open 7 days a week for lunch & dinner

Weekly Specials

Monday Steak Night, Tuesday Schnitzel Night
and Wednesday Curry Night

Seniors Meals available every day except Friday & Saturday Nights

- ◆ Café ~ lunch & light snacks available every day
- ◆ Live Entertainment every Friday Night in the Members Lounge
- ◆ Tuesday Trivia Night : Saturday Karaoke Night
- ◆ Members Bar Meals available 7 days a week for lunch & dinner

Social and Full Membership available

Knox Home Garden Club with Lonni Holland

"Water, water everywhere"! A part of Coleridge's poem comes to mind when ever I watch more vision of floods from the recent tropical cyclone and the after effects of that system on already saturated parts of Victoria, including the City of Knox.

I can recall typing articles this time last year and 2009, coaching and encouraging gardeners on strategies and techniques for making the most of every drop of water, critical to the survival of our precious gardens.

Writing about ways to ensure efficient drainage for our drenched soils late in a Melbourne summer is a first for me. Soils around the Knox district vary from reactive, dark grey clay, or heavy silt as the topsoil, while the subsoil is mainly yellow sedimentary clay rock or shale, depending on where you live. Not surprising that these soils are quite efficient at retaining moisture, causing pooling after recent heavy rains. If you notice water pools sitting around especially native plants or other shrubs, carefully drive the garden fork under the canopy's drip line.

This helps to break the soil tension and soil structure important for drainage, to avoid the susceptibility of root or collar rot that beset plants. This technique must be done very carefully, not too close to the root zone so as to damage the roots. Sometimes I mop up excess pooled water with newspaper then shred it and dump the wet paper into the compost. Paper also provides some useful carbon balance to your compost. If you can, loosening the soils around your garden beds with a garden fork, trowel, or cultivator is useful in draining away excessive water, while oxygenating the soils around plants. According to the outlook for autumn, higher than average rainfall is on the horizon! Do you think we can cease doing the rain dance, until further notice?!

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

DUNRITE DECKS

Aaron: 0414 899 406

Call for a
free quote!

Dunrite_Decks@hotmail.com

- Construction • Restoration • Finishing
- Maintenance • Repairs

Wantirna Mall Revitalisation

Wantirna Mall is about to be transformed!

The undergrounding of the overhead power lines and installation of car park and promenade lighting is the first stage of works.

The second stage of works include an updated promenade and feature improved landscaping, coloured paving, seating and better lighting. Stage 2 will begin in mid-2011. A coloured plan of the revitalisation works will be posted as well as important update notices on a newly installed notice board in the Mall.

Knox Council will do their utmost to ensure disruption to shoppers and traders is kept to a minimum. The contractors will be starting at one end of the promenade and progressing in small sections as follows:

- o Placing temporary fencing around 15 - 20 metre sections
- o Removing vegetation and digging a trench to allow placement of an underground power conduit
- o Backfilling the trench and restoring the area before moving onto the next 15 - 20 metres.

The overall works will take approximately five months, depending on the weather.

For further information please contact Jane Kuchins at Knox Council on 9298 8000 or email: wantirnamall@knox.vic.gov.au



WANTIRNA MALL



Manfre's
HAIRDRESSING

Tatts
Accredited Representative

Shop 11 Wantirna Mall
9720 3083

Fine hairdressers for both ladies and men

WENDY'S
Wantirna Beauty Centre
www.wendyswantirnabeautycentre.com.au
(03) 9720 3859

For all your beauty needs and pamper packages to relax and destress

Wendy's
santika day spa
www.santikadayspa.com
(03) 9729 2779

Learning music is Fun at Forte

Jungle Music



6 months - 3 1/2 yrs

Keyboard Courses



3 1/2 years - 11 years

Private Tuition

- Piano
- Guitar
- Voice
- Clarinet



8 years - Adults

Wantirna Mall 9720 0405
www.fortemusic.com

Call for your FREE trial lesson

Catering Available.
5% discount for seniors on Tuesdays!

UNDER NEW MANAGEMENT

Louie Provenzano
PH: 9729 8784
Shop 21 The Mall, Wantirna 3152



the Travel Bug Australia

FOR ALL YOUR TRAVEL ARRANGEMENTS

Wantirna Mall, 348 Mountain Hwy
Wantirna, Victoria 3152, Australia
Telephone: (03) 9729 2211
Fax: (03) 9729 8892
Licence No. 32924
Website: www.travel-bug.com.au



KING Bean ☎9738 1550
Licensed Café

Trading Hours

Mon-Wed	7am - 3pm
Thurs-Fri	7am - 5pm
Saturday	8am - 5pm
Sunday	8am - 2pm

Evenings for private dinners/functions
'For Great Coffee, Food and Service'
Shop 7 Wantirna Mall S.C., Wantirna 3152



Over 24 yrs experience creating beautiful colours for our clients.

We specialise in:
Colour correction
Home disasters
Damaged hair
Scalp issues

Shop 1-2, 32 Thaxted Pde
Wantirna Mall
9720 3299

Sari Hair

John Katselas REAL ESTATE

NO SALE NO CHARGE
(conditions apply)
FREE MARKET APPRAISALS
FREE PROPERTY MANAGEMENT ADVICE

Call us today!
BH. 9720 7411 or John 0411 110 997
Shop 3/32 Thaxted Pde, Wantirna 3152
Email: jkatselas@bigpond.com

AGENTS, AUCTIONEERS, PROPERTY MANAGERS

Save up to 50% off*
your prescription. Up to 15% off your everyday Pharmacy needs and enjoy local home delivery when you become a Member at Community Pharmacy.

*Excludes NHS subsidised items
4 Wantirna Mall, WANTIRNA Ph: 9720 2872

Open 7 Days

Community Pharmacy We care for you, not for profit



Wantirna Vet Clinic
KIND HEARTS... ..GENTLE HANDS



6 The Mall, Wantirna
9729 9908
www.wantirnavetclinic.com