

# *Studfield-Wantirna Community News*

*Edition 13 - Winter 2011*



*Photo by Chris Ellis*

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- **Quiet Achieving Pioneer Family**
- **Orana Open Day**
- **News From The Library**
- **Market in The Mall**
- **Kids in the Kitchen**



# FREE



Heidi **VICTORIA** MP

Member for **BAYSWATER DISTRICT**

We have recently celebrated National Volunteer Week. This was a fitting reminder of the wonderful difference volunteers make to our community. I have been volunteering in some form or another for over 30 years and have experienced the personal satisfaction that comes from the results of my efforts and those of fellow volunteers.

Each time I visit Orana Neighbourhood House, I meet people who genuinely care about what happens in their neighbourhood. Community involvement is one of the best ways to make friends, stay active, learn new things and help others.

I truly believe that a strong, caring community is the key ingredient to creating a safe, pleasant environment for all. If you're thinking about taking up a hobby, doing volunteer work or joining an interest group, I encourage you to waste no time and get involved NOW. You won't be the only one to see the benefits of your actions.

**Need inspiration or direction as to where you might be able to help out?**

**Simply call my office on 9729 1622, or email me - [heidi.victoria@parliament.vic.gov.au](mailto:heidi.victoria@parliament.vic.gov.au).**

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[aussie.com.au/knox](http://aussie.com.au/knox)

\*Australian Banking & Finance Magazine Awards 2008



# Update on revitalisation works at Wantirna Mall

The revitalisation works at Wantirna Mall are progressing very well. The weather has been kind and, fingers crossed, we hope we don't lose too many work days because of wet weather as we head into winter. At this stage just about all of the underground conduits have been installed. Shoppers and traders are commenting on how wide and open the promenade is now looking.

## What's happening next?

### Underground boring

Once the conduits are installed, the contractors will need to bore under Mountain Highway, Thaxted Parade and through the car park. The underground boring will minimise disruption which may have been caused by open trench construction.

### Installation of electrical cables

Soon you will see the large rolls of electrical supply cable which the contractors will be pulling through the conduits.

### Installation of new light poles

The new light poles will be installed prior to the removal of the old light poles. For a short while both the old and new light poles will be on-site.

### Installation of electrical equipment

Main electrical equipment will arrive including the power pillars and kiosk.

### Swapping over of power

A shutdown of power will be required in order to change

over from the old supply to the new. The contractor will be speaking to traders to determine a suitable time for both parties. This will occur at the end of Stage 1.

## Stage Two

All going to plan, we anticipate Stage 2 beginning in July.

**Any questions please contact Jane Kuchins on 9298 8534**

**or email [jane.kuchins@knox.vic.gov.au](mailto:jane.kuchins@knox.vic.gov.au)**



# SWCN LOGO COMPETITION

## SEE THE ENTRIES IN FULL COLOUR ON PAGE 23 (INSIDE BACK COVER)

Here is your chance to vote to help us select a logo that will represent the Studfield Wantirna Community News now and into the future. The logo will appear on the front cover of each issue and will be used on letter heads, the web site and anywhere else that is deemed appropriate.

Readers are limited to one entry per person however multiple entries from families/households are OK (i.e. if there are five members in one family/household each of the five people are entitled to one vote each).

Voting is by mail only (use the tear-off slip below, originals only, no photocopies) with entries forwarded to PO Box 6159, Wantirna Mall, Wantirna 3152 (multiple household/family entries can be posted in one envelope).

All people who submit a vote and provide their contact details will be entered in a draw to win a beaut prize (to be nominated) and those who have voted for the winning design will be entered in an additional draw for another beaut prize (also to be nominated). **Closing date for entries is Friday 15 July, 2011.**

### LOGO COMPETITION VOTING FORM

I wish to cast my vote for the following design in the SWCN logo competition (tick box of your choice):

One ☐ Two ☐ Three ☐ Four ☐ Five ☐ Six ☐ Seven ☐

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address (inc. Post Code) \_\_\_\_\_

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

# Contact

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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

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## Run for your mind!

*from Member for Aston, Alan Tudge MP*

Puffing Billy had my measure. In fact he left me for dust, despite his driver promising to go easy on us!

But beating the train in the Great Puffing Billy train race earlier in the month was not really the goal. Rather, a few of my federal parliamentary colleagues and I formed a "Run for your Mind" team to raise the profile (and some cash) of youth mental health in the outer east.

I had organised this effort as part of my campaign on youth mental health and convinced Tony Abbott, Greg Hunt and Dan Tehan to also run the 13.5km race.

With the generosity of several corporate sponsors, we were able to raise \$19,000 with most of the money going to the Headspace Foundation and the Butterfly Foundation to deliver youth services in Knox.

It was a beautiful day in the Dandenongs for the run, despite Puffing Billy's victory. We have called for a re-challenge next year!



## Put the kettle on & enjoy our Winter edition!

It certainly has been feeling very "wintery" lately with such cold mornings. It won't be long before we reach the shortest day of the year, the Winter Solstice is on June 22. In this edition we have the entries to our logo competition. Thank you to those who put their artistic talents to use and sent in their designs. You will see them on the inside back cover, and a voting slip on page 3. We encourage you to vote for your preferred choice as the winning entry will be on the front of our magazine in the future!! I am sure you will have been dazzled by our front cover photo by Chris Ellis. Chris has taken most of the photos for SWCN's last 2 editions, including the Orana Open Day snaps, and we are grateful for her help. The team at SWCN is still very keen to have new volunteers to help out. No experience is necessary, just a desire to be part of the Wantirna community!! So we would welcome a call or email and we can let you know our meeting dates. Happy reading and stay warm!

*Janet on behalf of the team.*

Interested in previous issues of SWCN?

Visit our website at [studfieldwantiranews.wikispaces.com](http://studfieldwantiranews.wikispaces.com)

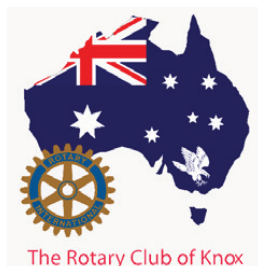
**Thank you to all the volunteers who contribute to our paper with photos, stories and articles.**  
**Thank you to Knox City Council, Cr. Adam Gill, Cr. Joe Cossari and our local members of Parliament for their generous support of our community paper.**  
**Thank you to the local businesses, who support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



# 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](mailto:fleetlim@bigpond.com)

## International Project in Fiji



**T**he Rotary Club of Knox raised \$83,000 in the last year for their Fiji-based 'Spirit of Sharing' project. Some dozen local people built a water tank for a community in dire, dire need. They built a dormitory for a girl's school. This allows severely underprivileged girls from outlying islands to come to school and receive an education. This will be opened in the next week by a Minister from the Fiji government.

The club raised the money through initiatives ranging from business breakfasts (with Peter Daicos) sports auctions to charitable donations. The photos show the gang who went over in front of the water tank and the dormitory as it took shape. It is now complete. It will officially opened in the next two weeks by a Minister from the Government of Fiji and will be in commission immediately afterwards.



The gang who went over to Fiji in front of the water tank

### Business Breakfast

**85** local business people joined us for breakfast. It was hilarious! Two crazy, crazy comedians kept us in stitches! What a great way to start the day. We raised \$4,000 for local and international projects.



The dorm at an early stage of building



Dave O'Niel



Des Dowling

### Why People Join Rotary

1. To take part in local and overseas community projects
2. To work with like-minded people
3. To have fun and make new friends.
4. Because they care for others
5. To make community contacts
6. To 'put something back'

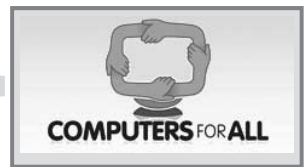
Like everyone else in the world we are on Facebook. The Rotary Club of Knox facebook page has 181 friends. *Come and join us!*



Find us on  
**Facebook**

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

# News from The Library



The Easter school holidays are over but at Eastern Regional Libraries we are already hard at work planning for the July holidays.

It is our aim to provide quality programs for children at little or no cost. July with its chilly days is our busiest school holiday period. We have already booked a number of

entertainers, including two performances from Bethany Fisher a young singer/dancer who delighted audiences at the Knox Festival with her performance of pop songs and the latest dances. Visiting from South Australia is actor Chris Johns with his popular show Mr. Badger which is based on the famous character in Wind in



the Willows. Old favourites science guru Professor Bunsen and the popular CARP theatre company will be joining us too. At just \$4.00 a ticket these entertainers are very good value. There is no cost to accompanying parents or younger siblings who are not participating in the program. Watch too for the many craft activities and workshops on offer. In the past we have had jewellery making, woodworking, card making, cooking, all at nominal cost. Free craft sessions are offered at many of our libraries as are the popular Bedtime Storytimes which are a feature of the holiday program.

We produce a region wide program of events which is usually available about three weeks prior to the holidays to allow time make plans and bookings. Book in person, by telephone or online at [www.erl.vic.gov.au](http://www.erl.vic.gov.au)

For adults we offer a comprehensive range of activities, there is something happening at ERL on any week day in some part of the region. Our Bookchat sessions attract readers wanting to share their love of books with others, over a cup of tea or coffee. These sessions have at least one staff member helping to lead the discussion and talk about some of the latest reads. Within easy reach of the Studfield Wantirna areas both Rowville and Ferntree Gully Libraries host Bookchat groups, Rowville on the first Monday of the month at 2.00pm and Ferntree Gully on the third Thursday of the month at 2.30pm. Rowville also offers an evening group on the second Friday of the month at 7.00pm. For those who prefer a more structured discussion Rowville offers two evening Bookclub groups on the second Thursday of the month and last Friday of the month both at 7.00pm. For further enquiries about any of these groups please contact Rowville Library on 9294 1300 or Ferntree Gully

Library on 9294 8140.

Boronia Library is a great place to visit and they have a new group on offer for seniors to join. The Boronia Seniors Morning Tea and Chat Group welcome people to drop in for a cuppa and a chat each Friday morning at 10.30am. No bookings required.

For those who enjoy hearing authors speak about their work there are our author lunches. Belgrave Library holds a Literary Lunch each month on the last Thursday at 12.30pm. Our guest in June will be new young author Meg Mundell, whose first book Black Glass has attracted considerable interest and earned her invitations to both the Melbourne Writers Festival and the Festival in Ubud in October. July's guest is author and reviewer Kevin Rabalais freshly returned from two years in the US and France as a visiting lecturer. Kevin's charm and knowledge

of literature makes him a popular lunch guest. The cost of these lunches is \$10 all inclusive. Bookings can be made in person, by telephone 9754 7266, or online at [www.erl.vic.gov.au](http://www.erl.vic.gov.au)

Ringwood and Croydon Libraries share Literary Lunches rotating between branches on the second Thursday of the month at 12.30pm. Cost once again is \$10.00 including lunch. Ringwood will be hosting lunch on 9 June when their guest will be Colin Campbell author of More Bang for No Bucks. Colin Campbell commanded 6 Troop in Vietnam in 1967 - 1968. A graduate of both Duntroon and the United States War College, he spent over 30 years in the Australian Army retiring as a Colonel in 1991

Croydon will host July's lunch when Sir Macpherson Robertson, Melbourne confectioner and philanthropist will be the topic of conversation. Author Jill Robertson joins us to talk about her book MacRobertsonland. Sir Macpherson was a great eccentric who donated a number of structures to Melbourne, financed an Antarctic Expedition and funded a UK to Australia air race. Join us to learn about this fascinating man.

In August, Ringwood will host author Kate Veitch who will be talking about her latest book Truth which has just been published in Australia and will be released in the US in late June. She will come to us fresh from her US tour. This is a chance to hear Kate who divides her time between Northern NSW and San Francisco. Mark the date Thursday 11 August 12.30pm in your diary.

Check out the Events Calendar on our website for these and other great events. Take the opportunity to book online at [www.erl.vic.gov.au](http://www.erl.vic.gov.au)

## Library page brought to you by... **Computers for All**

*Computers For All, offers 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 stop. The computer then belongs to the customer with nothing further to pay! If you would like any information, 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](http://www.ComputersForAll.com.au)***



# Quiet Achieving Pioneering Family

by Glen Turnbull, local historian.

One of the quiet achieving families in Wantirna's pioneering era is the Thatcher family. The family owned 136 acres of land in the most north western corner of Wantirna and the Knox municipality. The property was known as Crown Allotment 23 in the Parish of Scoresby and is located on the north side of Boronia Road at the Dandenong Creek. This property had everything - it was very productive, fertile and well-watered. The Dandenong Creek was close by on the north and west side of the property so in the 19th century clean running water was plentiful. The property had fabulous views to the Dandenong Ranges as well as the treed hills looking to the north and west towards Melbourne. The property was also fertile. By 1900, the Thatcher family had 50 acres of this property operating as an extensive orchard. The current alignment of East Link was the original drive-way into the property from Boronia Road and the family had a lovely farm house located in the middle of the property. The drive-way became known locally as "Thatcher Road" and was considered a public road in more recent time.

Charles Thatcher was the head of this pioneering family. He was born in Sunbury, Middlesex (near London), England in 1829 where his father, Henry, was a farmer. After initially working on his father's farm, Charles became a constable in the Metropolitan Police at Saint Pancras in London. It seems that this was not to his liking. By 1854, it is thought that Charles arrived in Victoria, but his death certificate is unclear about this. Within a short time Charles met Mary Ann Fitzsimons, an 18 year old Irish woman born in Dublin who arrived in Victoria in 1857. They married in Melbourne the following year.

Before long, the couple travelled east to the Nunawading area and then the Wantirna area and eventually had 12 children. Charles was Church of England whilst his wife was Roman Catholic. So their children had the choice between the two denominations. Charles received the Title of the property in 1873 after spending some time improving the property as part of the Crown Lease. The property had been originally settled by Charles James Dawson (1825 - 1870) in 1858 at the sale land sales along the Dandenong Creek. Dawson resided on the Glen Fern Estate at Upper Ferntree Gully and had a stone house built there, which is now known as Coonara Community House.

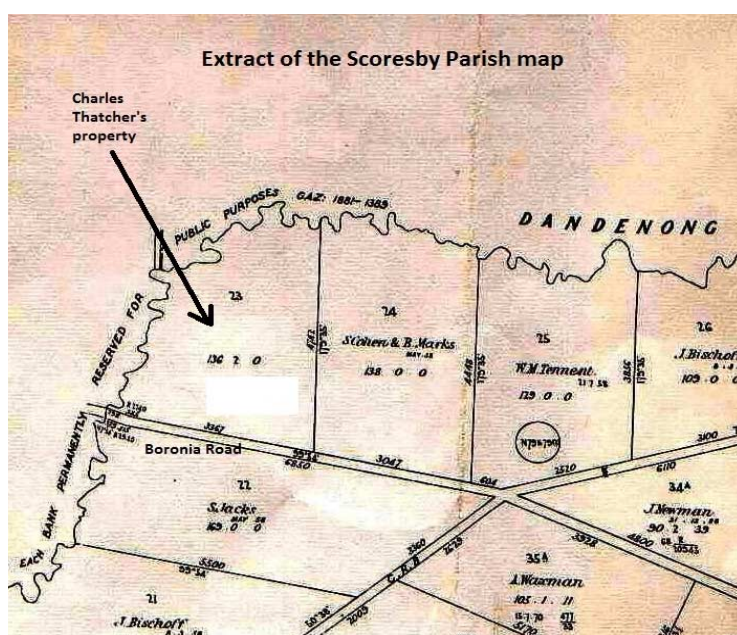
Charles Thatcher died on his property on 8 January 1908 at the age of 78 and was buried at the Box Hill Cemetery. His

wife, Mary died on 28 April 1912, aged 72. The property was passed onto their two elder sons, Charles jnr and Henry in 1913. The property remained in the family for some time afterward and was transformed into a horse agistment business in more recent times in preference to an orchard.

One of the daughters, Christina Louisa Thatcher who was born on the family farm on 23 December 1877, entered the Mercy Convent at Newtown, Geelong on 16 July 1902 and became a nun. She took her final vows on 30 April 1904 and was given the religious name: Sister Mary Elizabeth Thatcher. She undertook domestic duties in the Mercy Convent at Geelong and remained on staff there until her death in 1951. She is buried at the Eastern Geelong Cemetery in the Mercy Sisters section.

Since 1993, I have been working on my local Knox pioneer database. My database now contains 10,000 names. I left a copy of my database on the computer at the Knox Historical Society, but you can contact me if you have a pioneering family in this district and wish to seek further information or if you wish to add further detail. Last year, I co-authored the history of the Mercy Convent at Geelong for its 150th anniversary. The resulting book was called, "Mercy Girls" and is available at the school on this site: Sacred Heart College.

\*Glen is a former president of the Knox Historical Society and is a current councillor of the Royal Historical Society of Victoria Inc. Local history enquiries can be sent to: [gaturnbull@yahoo.com.au](mailto:gaturnbull@yahoo.com.au)



Thatcher property

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## Community Station - Radio Eastern 98.1

We recently had the 4th Knox Scout Troup come to a station for a very special tour. Myke Mollard's son was working on a new Scout badge and needed community help. DJ/Radio Personality, Jeff Lasbury, kindly gave them a full tour of how a radio station works, including watching Jeff perform live to air. Jeff is on air every Wednesday from 7:00 to 9:00 pm with his very popular show Melodious Memories, including Nostalgia, Variety and Requests.

Myke Mollard (author/illustrator) sent a lovely thank you note, in which he wrote, "the group was a little awe struck and they rated the community radio experience one of the most awesome that they had encountered. Better than a police station, CFA or SES walk through and thought Jeff was very informative and entertaining. I must admit that I believe the scout leaders are now converted listeners and looked like two kids in a



candy store listening and watching Jeff explain his job, some history and his role as DJ.

Franks Unsworth (Wednesday Around Noon) was spotted recently preparing for another marathon, Run for KIDS.

About a year ago, Frank won his age group in the Melbourne Marathon finishing with a lap of the MCG.

McNair Ingenuity research has released some very pleasing audience figures. Radio Eastern FM is estimated to have an audience that reach 86,103 in a typical week, 211,945 in an average month, 23,181 exclusive listeners in an average month and over 50% said they listened because of local information/local news, and specialist programs

not found elsewhere. And if you are interested in becoming a sponsor, Contact Sponsor Reps Lillian Seymour, Russ Read, or Tricia Ziemer at 9722 9981 or mail Tricia Ziemer Locked Bag 981, Croydon, 3136



## Kids in the Kitchen on Channel 31/Digital 44

Did you know that carrots were originally black. Karrotty, the Karrott, that glamorous ORANGE hand puppet, was so upset when she found out. The last episode, with Chris and Loz Blain of SUADE (see [www.suade.net](http://www.suade.net)), was so funny the camera crew kept laughing. This #1 in Australia accapello singing group, add a real comic twist to Kids in the Kitchen. The kids, Tasha, Tara, and Sarah, all learned to surf at Island Surf, Smiths Beach, Phillip Island. They also learned that surf waves emit negative ions, which creates what the surfies call the STROKE. This is a sense of extreme well being and happiness when you come out of the water that can last for days. So

surfing is helping people with disabilities, people with arthritis, and depressed kids improve their health. The kids then decided to cook Surfy Kebabs. Loz did some research and found kebabs were invented in Persia. They are made with tiny Persian Elephants. Loz also explains that the warriors spears grow on spear trees. The warriors invented kebabs by throwing a spear through a tiny Persian elephant, a capsicum, a mushroom, and a zucchini all in a row. Chris explains that these elephants are very elusive and magical and hard to catch these days, so try lamb, chicken or beef instead on your Surfy Kebabs,

### Surfy Kebabs

Lamp or Beef or Chicken  
Capsicums, Zuccinni,  
Mushrooms, Lemon

Dice into medium, even  
sizes

Soak wooden sticks

Slide all onto stick and  
BBQ



Editor's Note: Be the STAR KID in a "Kids in the Kitchen" episode KIK is also looking for financial sponsors and skilled film editing crew. Or help by purchasing a DVD of any show.

Contact Host Tricia Ziemer at [tmz@comcen.com.au](mailto:tmz@comcen.com.au)

KIK can be seen on Channel 31/Digital 44 on Tuesday at 4.00pm and is repeated on Saturday at 12.30pm.



# Victorian Jazz Archive Inc.

*Proactively Collecting, Archiving and Disseminating Australian Jazz*

WHAT IS the Jazz Archive I hear you say. Put simply, it is a museum of jazz. Well, what sort of museum and what sort of jazz?

Taking the hard part first, jazz is many things to many people. If you like popular music then you probably like jazz whether you admit it or not. The word originated in the United States around 1914 for a type of trendy music originating among the negroes of New Orleans. It is generally characterised by the syncopation of a regular recurring dance rhythm combined with a degree of improvisation. Over the years it has seen many advancements and transformations which can be expressed in a number of different terms: Dixieland, ragtime, trad, swing, bebop, blues, progressive, modern-the list goes on.

And museum? The "Macquarie" defines it as a building for keeping, exhibiting, and the study of objects of scientific, artistic and historical interest. And that is exactly what the Jazz Archive is. So, firstly, what does the Archive keep?

Music, for that's what jazz is. The archive has a huge library of recorded jazz in every format you can imagine. Discs, from 78s to LPs both commercially released and privately recorded. Audio tapes from reel-to-reel and cassettes to digital audio, and videotapes in all their various forms. Historically some of these recordings date back to the early days of the twentieth century. This music is part of our sound heritage.

Musical instruments are, of course, what musicians play, and the Archive is building an impressive collection of instruments previously played and treasured by some of Australia's leading and internationally known jazz artists.

The advertising of jazz events has produced some highly attractive posters, banners, day bills, and magazine and newspaper illustrations. The Archive has a very large collection of these visually appealing artefacts. Sheet music is also included in this category. In addition there are magazines. Over the years there have been hundreds of different publications produced by various jazz organisations and many magazines and newsletters are still being produced every month, all of which are being added to the collection.

The Archive's Photographic collection of personalities and events is exceptionally extensive. There are not too many jazz

musicians from every decade who are not represented. The sense of nostalgia is probably most felt in viewing some of these photos, especially from the 1930s and 40s.

Then there is memorabilia. Badges, emblems, programs, even a duffle coat favoured by jazz aficionados of the 1950s. Did you know that the "Australian Jazz Convention", first held in 1946 and still running, is the world's longest running unbroken annual jazz festival. The Archive has a complete storage vault dedicated to this event.

Since "exhibiting" is one of the functions of a museum, the Archive regularly has exhibitions featuring a particular artist, band or theme which makes more-than-one visit to the Archive a worthwhile event. What's more, entrance is free!

There is also a retail shop. Since jazz is mostly music, the shop offers a very large selection of CDs featuring rare and collectable jazz from the Archive's historic collection. In addition, many other commercial jazz-related CDs and DVDs are on sale as well as tee shirts, books and other items of interest. You can even buy second-hand LP records.

You will find two extensive libraries at the Archive. The reference library is available to the public for on-site reading or research purposes, while there is also a separate library from which members are able to borrow books. Incidentally, membership also entitles one to a free CD, discounts on products from the shop, discounts on attendance fees to any of the fund raisers, and a regular 12-page magazine to list a few of the benefits.

The Archive is staffed by enthusiastic and friendly volunteers. On a visit you will find them storing, collating, filing, restoring, recording, copying and all manner of other activities. Hopefully the preceding information will whet your appetite for an informative and entertaining visit.



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

## HOGS BREATH CAFE JOINS THE SWCN SPONSOR TEAM

The Studfield Wantirna Community News is pleased to announce that Hogs Breath Cafe Knox has agreed to sponsor the Radio Eastern 98.1FM / Kids in the Kitchen page for the next four editions.

Hogs Breath is a strongly community focused, family oriented organisation that regularly supports local groups including major sporting organisations such as the Eastern Football League and Knox Raiders basketball, junior sporting organisations and learning institutions including primary schools, preschools, kindergartens and childcare centres.

Hogs Breath Cafe Knox is located in the Knox Ozone shopping precinct a few doors down from the Village Cinemas and is an ideal location for a quick snack before seeing a movie or for a leisurely dinner where you can take your time to try out the many delights on the menu (but make sure you leave room for the yummy desserts)!

Hogs Breath Cafe Knox is open 7 days per week for lunch and dinner including public holidays. In another gesture to the community Hogs Breath Cafe looks after families by offering a special deal on Mondays and Tuesdays when kids EAT FOR FREE. All kids meals include a drink, the meal itself and an ice-cream!

The SWCN is proud to have Hogs Breath Cafe Knox on board as a sponsor of the Radio Eastern 98.1FM / Kids in the Kitchen page and encourages all readers to visit them at Knox Ozone to experience what this great fun, family restaurant has to offer. Hogs Breath Cafe Knox can be contacted on 9887 4555 or by email at [hbknox@hogsbreath.com.au](mailto:hbknox@hogsbreath.com.au) or visit them at [www.hogsbreath.com.au](http://www.hogsbreath.com.au).

# What's Cool at School?

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



## Wantirna Primary School moves into the SPACE Age!

*from Luke Van Leuven, Prep Teacher*

The Junior Learning Unit is Wantirna Primary School's new and innovative Prep - 3 Learning Unit.

We have a brand new building courtesy of the Building the Education Revolution program funded by the Australian Government. The unit contains 3 Learning Studios and a Central Learning Space.

SPACE is the main recurring theme, we have a lot of space for the children to learn in and have over 20 different learning sections in the building, with different activities which cater to individual learners and different ability levels.

Within the three junior classrooms and the central learning space there are twenty different learning areas that students can go to for varying purposes, we have a chill out zone, which is for those who need some time to 'rejuvenate', we have a reading corner with a beautiful brand new colourful ottoman for reading sessions, for the Preps we have "letterland", which is where they can practice their phonics, we also have three Interactive Whiteboard areas, which children can use as part of their learning experience, as well as a Maths Zone.

The children are encouraged to use the whole building in its entirety and it enables us to spread our sixty kids out into different areas, which is fantastic. Parents come in and help out and by being able to 'see' all classrooms we



### More SPACE to Move!

are able to keep an eye on all our students.

The space is so valuable to the children's learning because it is open and inviting and just a wonderful learning area. It creates a positive learning environment because we structure lessons to achieve success, so every child can be successful.

As a small school of just 108 kids, all students know all teachers and vice versa, it's a really nice feature of our school. We have such a close relationship with the students and parents that it is very common to come in during the morning and see half a dozen parents helping out in the learning space. Parents love our new learning unit because it's colourful and inviting. At Wantirna Primary School we see how children's confidence is strengthened by having the opportunity to share their knowledge and give guidance to younger children. As we have Preps to Grade 3's in the building we utilise the Grade 3's as leaders who can help the younger children.

### Parents choose Wantirna Primary School because...

- Everybody is someone at Wantirna Primary School.
- Class sizes are under 20 in the Junior Learning Unit (Prep - 3)
- There is plenty of space for students.
- There are excellent ICT (Information Computers & Technology) resources with several computer labs.
- Our brand new Junior Learning Unit building is a positive learning environment.



We also have a strong buddy program. The Prep's buddies are Grade 5 students, this is because after one year the Grade 5's go into Grade 6, not into Secondary School, which means the Preps have their buddies for two years, this helps to ease the transition to Grade 1 and beyond. buddies do dancing with the kids and an activity once a week!



Small School...Big Results

**Call the Principal on (03) 9801 1938 to organise a personal tour of our brand new Prep - 3 Learning Centre.**





**KNOX FAMILY  
CHIROPRACTIC**

## **Knox Family Chiropractic**

New location & services – 271 Stud Rd, Wantirna South

### **Open Night**

Wednesday 22<sup>nd</sup> June – 6-8pm

Call 9800 5350 for more information

#### **Dr Brad Atkinson – Chiropractor**

Dr. Brad is the main Chiropractor at 271 Stud Rd, recently moved from his clinic on Burwood Hwy. Dr. Brad graduated from RMIT in 2002, and has worked in various practices in VIC, NSW & QLD (as well as a clinician at RMIT). He believes in wellness chiropractic, and aims to have a positive impact on the health of as many people as possible. Dr. Brad strives to maximise your potential for brilliance, happiness and success by empowering you with knowledge. Also a family man, he has 2 young children and his wife, Kate works behind the scenes on the business. Dr. Brad works – Mondays, Wednesdays & Thursdays 8-11am & 3-7pm, and Tuesdays 8-11am.



#### **Dr Peter Elsner - Chiropractor**

Dr. Elsner is a family man with two children, is a Doctor of Chiropractic and qualified radiographer. He has a broad experience within the Monash group of hospitals and private practice. With over 25 years of experience, Dr Elsner brings a wealth of knowledge in spinal care to the Centre. We look forward to utilising his talents within the Practice. Dr. Elsner works - Tuesdays 8-12noon & 3-6:30pm, and Fridays 8-12noon.



#### **Tim Madden – Sports Podiatrist**

Tim graduated from Charles Sturt University with a Bachelor of Health Science (Podiatry). Tim's academic excellence, and passion in sports lead him to being mentored by one of Australia's leading Sports Podiatrists and founder of Foot + Leg Pain Clinics. Tim specialises in assisting people with foot & leg pain and biomechanical problems of the feet, legs, knees & hips. He assists with bunions and growing pains, is equipped to perform minor surgery and can advise on footwear. Tim works - Thursdays, 3-7pm.



#### **Chris Milios – Myotherapist**

Chris qualified as a Myotherapist in 2006 (NMIT). He worked at sporting clubs and now studies Chiropractic at RMIT. Chris sees the benefits that Myotherapy has in conjunction with Chiropractic. Myotherapists treat muscular pain & soft tissue dysfunctions by using deep tissue massage, trigger point therapy, dry needling, stretching, and rehabilitative & corrective exercises. Chris works Mondays 2-7pm, Call **0422 350 950**.



#### **Diane Elliott – Massage Therapist**

Di always enjoyed massaging family and friends, but last year she completed a Certificate IV with distinction. She is currently completing her Diploma of Remedial Massage as well as a Diploma of Reflexology. Her interest in aromatherapy was sparked when attending workshops about oils for personal well being and around the home with Amazing Scents. You will find Di at the clinic on Tuesdays 8-1pm, and Fridays 1:30-6:30pm. Please call **0410 424 667**.



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# MARKET IN THE MALL

SUNDAY 27 MARCH, 2011



Sunday 27 March was an ideal day for a “Market in the Mall” with a little breeze, no rain, refreshingly cool and then noticeably warm once the sun broke through around midday. During the lead-up to the day the Wantirna Community Bank branch staff had been busy taking site bookings, answering enquiries, making up hamper raffle prizes and hand-delivering 1,000 flyers into neighborhood letter boxes.

A sign provided by John Katselas Real Estate was installed at the Mall from 25 February (see picture no 1) to publicise the market for the month leading up to market day while 2 other signs were installed on Boronia Road and Mountain Highway advising “Market in the Mall - 200 Metres”.

On the day 11 stall holders set up for trade offering a wide variety of product (see picture nos 2,3,4 & 5 for a small taste of the goods available for purchase).



All funds raised from the Market in the Mall were ear-marked for ME/Chronic Fatigue Syndrome who were represented by Alison and Irene who mingled with the public and site holders discussing the ME/CFS condition and providing assessments (see picture no 8).



Three raffle prizes were drawn on the day with winners including one site holder, one Wantirna Mall trader and one bargain-hunting shopper (see the crowd in picture no 7 inspecting the raffle prizes and purchasing tickets).

People came from near and far by all means of transport to check out the market (see picture no 6) while the highlight of the day was the presentation by Wantirna Community Bank Manager Steve Wright of a cheque to Alison and Irene (representing ME/CFS) for \$8000 that had been raised during 2010 (picture nos 9 & 10).

Donations to ME/CFS can be made at [www.bendigobank.com.au/foundation/puzzlecfs](http://www.bendigobank.com.au/foundation/puzzlecfs)





### Introductory offer

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



Brigette Rankin  
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½ hour consult \$35.00  
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**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

**Level 1 / Suite 9,  
249 Stud Road,  
Wantirna, VIC 3152**

**Phone: 0432 494 413**

**Doris Mounsey**  
Diploma of Kinesiology

Kinesiology may help to treat the following health problems:

- Stress on all levels
- Emotional Problems
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- Learning & Behavioural Difficulties
- Long-term Injuries & Illnesses
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Doris has worked successfully with clients recovering from:

- Car accidents trauma
- Injuries
- Surgery
- Post-Traumatic Stress
- Depression
- Fibromyalgia
- Chronic Fatigue
- Menopause
- Side effects to drugs

### 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.

Cash, cheque, credit card payments accepted.

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A number of private health insurance funds will rebate Kinesiology sessions.

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## Knox & District Over 50's Inc.

### Calling all seniors who have a passion for life.

If that is you, then you will feel right at home in the Knox & District Over 50's. We are a mixed group that meets at 1.30pm on the fourth Tuesday of the month at the Boronia Progress Hall. We are friendly and do not bite and most of us are house trained.

I like to think of our club as having the "wow" factor, in that we not only have the activities like book club, lunches, morning melodies and meetings with just the

most interesting speaker on the planet but, in addition, we are very active socially.

I could not tell you everything we have planned for this year - to know this you will have to attend one of our meetings. But just to whet your appetite I will say that next month we are going to Como Gardens Festival, Knox Theatre and Tutankhamen Exhibition and a tour of the Block Arcade. So if this appeals to you do come along and join us.

**Contact Stuart on 9763 8756 for any information.**



## Life Activities Club Knox Inc.

Once again, a very enjoyable "long weekend away" at Eildon. With so many members joining this group, (almost 40 of us), finding a caravan park with enough cabins, takes some research. Some still take caravans or tents. As always, looking forward to the next camp!

Almost time for our Annual General Meeting in August! Wonder if there will be new nominees for the committee?? We've learnt much from guest speakers at these meetings, very interesting.

Preparations are in hand for our 24th. birthday in October, when all members will contribute a salad or dessert to share. It's a banquet!

Until then, Garden outings, Canasta, Cinema. Painting, Luncheons, Social Games, Music Appreciation, Organ group, and Sunday Walkers, are monthly activities,



Lack Friday Walkers: "Romancing the stone" become a member.

Water Aerobics, Bushwalking, badminton and "500" are held weekly, while Cuppa and Craft and Friday Walkers get together on the 2nd. And 4th. Week. Let's not forget Social Outings, such as our visit to the TAA Museum.

Feel free to take advantage of our invitation to join in on any 2 activities, and then consider if you would like to

If you would like more information about our activities, etc. we can post our current newsletter to you.

We look forward to receiving your enquiries, feel free to call.

**Melva 9762 3764 or Helen 9729 1151**

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

## Knox Home Garden Club *with Lonni Holland*

### "Promoting sustainable gardening!"

I'm glad to read in the gardening articles recently that, "minimalist gardens are dead"! Gone are the soulless, hard lined, contemporary gardens that tried to be the answer to sustainable gardening throughout the 16 years of drought.

It is still important to practice water conservation, using plants suitable for Australian conditions that require less water, mulching, soil fertility and composting.

According to landscape architects and designers, edible plants can be integrated within ornamental beds instead of creating separate veggie patches. I love the look of rainbow chard or silverbeet grown amongst perennials or shrubs with their vibrant colorful, edible stems and their deep green, blousy leaves. The colorful oak leaf and mignon lettuces, chili plants, purple form of culinary sage, rosemary with their pretty mauve/blue flowers work well amongst ornamental garden plantings. A good example of this principle is showcased at the St Kilda Community Gardens, where you can check out the plethora of small plots cobbled together and, the harmony that is created in companion plantings combining edibles with non edibles. It is well worth a visit!

Gardeners are changing in what they want from a garden. People want a garden to contain herbs for the kitchen, easy to grow fruit trees such as, dwarf Ballerina range of apple trees,

multi-graft stone fruit, citrus and olive tree varieties. Espaliering fruiting trees along wire fencing or trellises, also provide some structure and form around a garden, paths or a driveway. Landscaping with espaliered fruit trees can also be used as a living barrier or fence, framing garden rooms, within which you can create garden beds.

There seems to be a resurgence or the desire to grow flowers and lots of them. It appears that with more consistent and higher rainfall, the gardeners confidence has rebounded and grown to want to produce gardens with scent, mood, soul through foliage, form and flowers. Gardeners like to attract birds, insects and wildlife into their ecosystems by way of frog ponds, mass plantings, mini wetlands and plant diversity.

With the regular rainfall that we've been blessed with, the soil is soft and moist and, ready to provide the plants we love with the sustenance that produces flowers and fruit. There are many, many easy to grow, hardy flowering plants to surprise and excite you...

**The "KNOX HOME GARDEN CLUB" meet on the 3rd Monday of every month at 8.00pm.**

**Venue: Parkhills U3A Park crescent, Ferntree Gully. Supper after meeting.**

**All welcome!!**



## Why stay home alone?

Bridges Connecting Communities has provided the local elderly community with social activities and a volunteer transport service for the last 35 years. At the start of the new term Bridges will expand its services to the south west Yarra Ranges with a new community shopping bus that will pick clients up from their homes and drop them off at either Knox City or Stud Park Shopping Centre with plenty of time to shop before being picked up for their return trip home. This new shopping bus will complement the volunteer transport service that Bridges provides to allow pensioners who have no access to transport, the ability to attend important allied health and medical appointments, as well as social groups and activities.

Bridges is passionate about reducing the risk of isolation often felt by elderly residents who are still living in their own home

and cannot drive. Our social activities and groups are a wonderful opportunity for residents to get out and about, meet new friends, and have a laugh and a good chat over a cup of coffee. We are so fortunate for the ongoing Volunteer support made to us by the Knox and Yarra Ranges Community.

Bridges will also be offering new social groups in term 3 which include more outings to places of interest around Melbourne, a coffee'n'chat group who will get out and about visiting local cafes, armchair travel group, Men's shed, and many more activities available.

So why stay at home when Bridges can offer you door to door transport and the opportunity to attend a great social group or activity to keep you busy this year.

**If you are interested in joining please contact the Bridges Office on 9729 9499.**

## Are you a Hero? The community needs drivers and we need you!

Bridges Connecting Communities is seeking the help of volunteer drivers to transport elderly clients from their home to allied health and medical appointments as well as social activities. Our services depend upon the generous efforts of our Volunteer Heroes and this is a great opportunity for you to be a part of the community and give back to those at need. Times and days are flexible to your availability and we want to hear from anyone that can spare a few hours of their time during the week. Most expenses are covered. Volunteers must hold a full driving license and be willing to undergo a police check.

**For more information or to say YES! I can help please phone the Bridges office on 9729 9499.**



Your Home Today



Your Home Soon

## Knox Ratepayers Association Incorporated

**RESIDENTS** - Are you aware that over the past ten years your RATES have increased by over 100% ?

- (1) KRA Inc. continues our pledge to the community to pressure Knox Council to reduce spending and keep rates affordable.
- (2) Our committee members regularly attend Council meetings, budget briefings and meet with the Council CEO, Officers and Councillors.
- (3) Consult regularly with local business groups and home owners to voice concerns against ever-increasing rates and levies.

**Have you forgotten the 2002 rate rise of 17½% ..... We haven't**

***What can YOU do ?***

***Join Our Strength ..... Encourage your neighbours to join KRA ..... Contact us to learn more***

### MEMBERSHIP APPLICATION

Annual Fee \$10.00

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Address:.....

Telephone..... Mobile.....

Email Address: .....@.....

**Knox Ratepayers Association Inc. 33 Barmah Road Wantirna 3152**

(Cheques to be made payable to Knox Ratepayers Association Inc.)



# Knox Infolink *provides financial support through the NILS® scheme.*



Richard has been a music lover all his life. He learned to play the clarinet and had a "student" model for many years. He dreamed of one day upgrading to a more professional sounding instrument.

Richard heard about the NILS program and applied for a loan to purchase the clarinet he had always wanted. "I was so happy when the loan was approved and was able to get this beautiful instrument. It just sings to me" he said. "It's got such a beautiful sound and I am still learning all that it can do". "It's given me so much pleasure in the lonely periods of life". Richard also agreed that NILS can offer real solutions to improving your quality of life if you are willing to accept responsibility.

The No Interest Loans Scheme provides individuals and families on low incomes an opportunity to apply for an interest free loan. There are NO fees, charges or interest.

When a borrower makes a repayment to NILS, funds are then available to be used for a loan for someone else. Loans are generally for the purchase of an essential household item like a fridge, washing machine, TV or bed. Other items such as health aids or items that may improve quality of life are always considered. Loans are not for emergency relief, bonds / rent money, or debt repayment.

Borrowers need to have been in their current accommodation for at least six months. Fortnightly repayments over a 12 monthly period usually applies.

#### For more information contact:

**The Emergency Relief Co-ordinator at Knox Infolink,  
136 Boronia Road, Boronia 3155. Telephone 9761 1325**



**KNOX SAFER  
COMMUNITY**

## A new face for Neighbourhood Watch

If you thought Neighbourhood Watch was all about keeping an eye out for burglars in suburban streets you'd be surprised by recent developments.

Neighbourhood Watch has a new face and a new name. The structure, now re-aligned with Municipality and Police Service Area (PSA) boundaries, has been rebranded as Knox Safer Community Groups (KSCG).

Accredited volunteers, co-ordinated by Leading Senior Constable Lee Thomson, will collaborate with the police, Knox Council and other community groups in a program of crime prevention, community safety education and targeted campaigns.

**If you are interested in taking part please contact Lee Thomson on 9881 7948. KSCG committee meets at Knox Police Station on the first Tuesday of the month at 7.30pm and meetings are open to anyone interested in taking part.**

#### Useful websites:

A new website is in preparation at [www.knoxsafercommunity.org.au](http://www.knoxsafercommunity.org.au)

Community safety information is presented on a refurbished [www.neighbourhoodwatch.com.au](http://www.neighbourhoodwatch.com.au)

Quarterly briefings on crime patterns in Knox are available on [www.vicpolice.com.au](http://www.vicpolice.com.au) Click on MY PLACE and follow the prompts.

#### Winter is coming - stay safe

With days closing in and weather worsening it's a good idea to check on car safety: brakes, suspension, tyres, lights etc. Take note of hazard warnings and avoid unnecessary travel in severe conditions. See the RACV website for more information. [www.racv.com.au](http://www.racv.com.au)

#### Winter is also the time when houses are most at risk of fire.

Check that your smoke alarms are working properly and can be heard in all parts of the house. Have a family fire escape plan and practise it. Have heaters serviced. Don't overload power points and power boards.

For more information visit the CFA website [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au) and click on RESIDENTS and then HOME

## News in Good Health & Wellbeing



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

#### **Osteotherapy for Headaches**

It is highly likely that everyone has suffered from a headache or migraine. There are so many forms and so many causes but the one common denominator is that muscular tension and joint stiffness in the neck are usually present. Most pain we experience is from irritated nerve endings in inflamed and tight muscles so when we experience headache it is generally from muscles of the face, head, neck and shoulders. Other factors such as high blood pressure, menstrual cycle, emotional stress, sinus congestion and dehydration can further increase the likelihood and intensity of headaches.

Osteopaths are able to reduce the muscular tension and joint stiffness in the neck, which can have both immediate and long-term relief of headache.

Your osteopath will go a step further and search for the reasons behind the neck stiffness, which more often than not is a result of repetitive postures causing upper back and shoulder restriction ultimately increasing pressure on the neck.

Apart from seeing an osteopath for safe and effective treatment other tips to manage headaches are:

- Drink plenty of water
- Stretch regularly (particularly chest, shoulders and neck)
- Get advice on workstation ergonomics
- Change your position regularly (e.g get out of chair frequently)
- Avoid poor postures outside work hours (e.g laptop on lap, slouching on couch)

**Wantirna Osteo - 9800 0388**

# News in Good Health & Wellbeing



We welcome **Claude Trevisan** of Wantirna Naturopathic and Remedial Massage Clinic  
as a regular contributor to "News in Good Health & Wellbeing"

## What are the different types of massage?

**Relaxation massage** is a lighter hands-on therapy which can be done for 30, 60 or 90 minutes and allows an individual to de stress.

**Therapeutic massage** allows for increased depth and is suitable for individuals who like a more solid massage. This therapy is also suitable for pre and post sports massage.

**Remedial massage** and **Myotherapy** are more advanced treatments incorporating deep tissue work and muscle manipulation for muscular injuries. Myotherapy can also include the use of dry needling and cupping (for more information on needling and cupping call us now).

## What is Natural Medicine (Naturopathy)?

With so many influences on our lives it is not difficult for our bodies to become imbalanced. Naturopathy seeks to bring these imbalances back to normal using various techniques which may include dietary advice, herbal & homeopathic medicine and lifestyle changes.

### Did you know.....

Consults for Naturopathic, Myotherapy and Remedial

massage are claimable under most health fund extras. In most circumstances the Wantirna Naturopathic and Remedial Massage Clinic is able to claim the extras rebate on the spot via HICAPS (however not all health funds have HICAPS for massage and naturopathy) and clients only pay the gap. Eftpos and credit card facilities are available at the clinic with no surcharge.

Claude Trevisan, the principal of the practice, has studied extensively in massage and natural medicine and is a qualified Naturopath, Myotherapist and Remedial masseur. Alicia Christie, associate practitioner, is a recent addition to the practice. Alicia is a qualified therapeutic massage therapist and provides treatments in relaxation, therapeutic and sports massage.

**The Wantirna Naturopathic and Remedial Massage Clinic is offering a 10% discount off Alicia's and Claude's consults for all bookings made until the 1st July 2011 if this article is mentioned when booking (cannot be used in conjunctions with any other discount offer).**

(See ad.on page 23 for the Clinic's contact details)



## Are you looking after yourself?

by Marita Reynolds

Winter is almost upon us and many are starting to experience the effects of the seasonal changes.

As we go from the warm summer/autumn days, where our bodies are open and relaxed, to the cooler evenings and early mornings our bodies show a natural tendency to contract and want to close in (like hugging ourselves). We become more aware of our stiffness and lack of flexibility. These are signs that we need to take note of, as this is telling us that we need to be mindful and nurturing towards our bodies and help prepare it for the winter season.

Preparation can be in many forms such as feeding the body wholesome foods to help protect against winter lurgies, exercise to help keep the body supple and flexible. Relaxation, where we can tune into the body and see where we are currently carrying our stress and by alerting us, to take extra care of these areas.

We often take action when it's too late. When we are sick, tired and not physically capable of going on, we have pushed our bodies to the limits rather than listened to all the little messages along the way that's its time to slow down and allow the body to adjust and rejuvenate.

Remember we do have choices and if we look at those choices and continue to make the wrong choice of pushing ourselves and putting a burden on our bodies, then we should not be surprised when the body's reaction is to get sick.

Illness is not the enemy, it's the message to stop and take it easy. It's not to be ignored as you attempt to do that one last thing. Illness should not be perceived as a negative. It is a time for the body to cleanse to remove the old stale waste products. A general cleaning out of the body is natural and occurs every so often. However to get ill continuously is a

sign the body's immune system is under pressure. The question you need to ask yourself is why? Followed by a few other questions to answer the why?

- Am I eating right?
- Am I getting enough sleep?
- Do I get enough Vitamin D and fresh air?
- Do I exercise regularly?
- Is my diet lacking an essential element that I need to keep going?
- Do I have enough "ME time"? (Time out from everything else)

It doesn't matter what age you are, these are all-important questions. People who are young think that they are like an energiser battery, they can just keep going, and they may be able to do this. However, by the time they reach middle age and can no longer go at the pace (or want to go at that pace) they suddenly realise that they need to retrain themselves in the lessons of just being and relaxing. They generally discover this is not as easy as it seems. No matter what your age, health and well-being are an essential part of you and your lifestyle because without our health you can't continue to do what you want to do or need to do. The first step to good health is truly listening to the body, so that you can actually experience true 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 be 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 .**

*See the Sole Response advertisement for more details.*



# Bayswater Christian Assembly

## **SAVED - AT LAST !**

Just recently, the plight of "Los 33", the Chilean miners who were trapped 70 metres below ground in the San José gold and copper mine engaged the attention of millions around the world. We listened daily to the news bulletins fearing the worst but hoping for the best. For 69 days they waited, hoped and prayed, yet often they must have pondered the possibility of perishing without ever being retrieved from the bowels of the earth. Their case seemed truly hopeless until a narrow shaft was drilled and an inserted camera detected that some of the men at least, were still alive. Thus began the urgent efforts to reach the miners and affect their rescue.

The remarkable feat of engineers in drilling a shaft into the very place where the miners had been imprisoned for over two months, has won the admiration of all who learned of it. What jubilation was seen when the specially constructed rescue capsule emerged from the narrow exit with the first miner on board, and in an astonishingly short time the other 32 were brought up to meet and embrace family and friends who had maintained a vigil for all of those 69 days. Thank God, they were all saved at last.

It is impossible for many of us to understand what it meant for those brave men to be separated from loved ones for all those weeks and to be completely unable to help themselves; knowing it was useless to cry for help as no one could hear.

Yet that is exactly how it is with all of us because of sin. Isaiah 59.2 reminds us, "But your iniquities have separated between you and your God, and your sins have hid His face from you that He will not hear." We are totally incapable of saving ourselves; our best efforts are completely futile and like those miners, rescue must come from above. How glad I am that I can tell you that "...God so loved the world, that He gave His only begotten Son, that whosoever believes in Him, should not perish, but have everlasting life." John 3.16. "He that spared not His own Son, but delivered Him up for us all..." Romans 8.32

**How wondrous the redemption plan,  
Designed by God for ruined man !  
His blessed Son in death laid low,  
That He might endless life bestow.  
(Albert Midlane)**

It must indeed have been extremely costly to rescue those miners but no one complained and the joy of reunion far outweighed the mammoth effort and incredible expense to deliver them. My friend, have

you ever stopped to consider for one moment what it cost God to provide salvation for us? Creation but cost Him His breath; He spoke gigantic worlds and billions of galaxies into existence; but to save us from Hell and the lake of fire forever He had to send His Son into this world.

The Lord Jesus went to Calvary and there offered to become responsible for the sins of the whole world and bear the awesome punishment for sins that we had committed. After six hours on that lonely tree, rejected by the world and forsaken by His God, he at last cried in might triumph, "It is finished!", and He died.

***The judgement fell on Jesus' head,  
By His shed blood sin's debt is paid;  
God's justice will demand no more,  
And mercy can dispense her store.  
(Albert Midlane)***

My dear friend, I urge you to trust the Saviour that God sent, and thus accept the salvation the Lord Jesus Christ has provided.

*(Republished from "Assembly Testimony" magazine - used with permission)*

## **Bayswater Christian Assembly**

**439 Mountain Highway  
Bayswater Vic. 3153**

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

**Email: jlcaldwell@msn.com.au**

### **MEETING TIMES AND LOCATIONS**

**Sunday 10.30am - Lord's Supper**  
439 Mountain Hwy, Bayswater

**Sunday 7.00pm - Gospel Meeting**  
Knox Community Arts Centre,  
Cnr Mountain Hwy and Scoresby Rd,  
Bayswater

**Tuesday 8.00pm - Prayer Meeting**  
439 Mountain Hwy, Bayswater

**Last Saturday of each month at 7.30pm**  
**Bible Teaching**  
439 Mountain Hwy, Bayswater

**All will be made most welcome!**

**Contacts: John 0411 239 748  
Terry 0413 788 753  
Andrew 0427 852 387**

# Orana Open Day on May 14



1. Heidi Victoria & Leeann Herman cut the ribbon



2. Alan Tudge, Heidi Victoria, Leeann Herman & Bruce Gent



3. Orana committee being interviewed by Ch 31

Grey skies and inclement weather on Saturday 14 May failed to dampen the spirits of the dedicated band of volunteers, supporters and staff who joined with members of the community gathered to witness the opening of the new multi-purpose room at the Orana Neighbourhood House.

The building was donated by Our Lady of Lourdes Catholic School in Bayswater in 2009 and transported from Bayswater by Shepparton-based Statewide Transporters. Knox council granted a permit for the building to be housed next to the existing Orana facilities.

The task of re-furbishing the building was helped by funding from the State Government under the Modernising Neighbourhood Houses Program through the Dept of Planning and Community Development in late 2009. The re-furbishing project was led by master tradesman Bruce Gent who was ably assisted by various plumbers, painters and other tradesmen along with the Orana staff and supporters.

All the up-to-date equipment in the new room was secured through an ICET (Investing in Community Education and Training) Grant from the Federal Government, under the "Growing Skills for Knox" project that the Knox Cluster of Community Houses secured, thanks to Leanne Fitzgerald from Coonara.

The building refurbishment was completed on May 14, 2011 and plans commenced for the official opening to take place during the Open Day. Heidi Victoria, State Member for Bayswater District and Orana Manager Leeann Herman officially opened the building with federal Member for Aston, Alan Tudge in attendance to lend his support.

A feature of the Open Day was the coverage by Channel 31 TV who aired the story in their "Eastern News Beat" show on Monday 23 May and repeated it on Wednesday 25th May.

Orana will be hosting many exciting programs in Term 3 (July, August & September) on a wide variety of subjects including cooking, art for kids, kinesiology, computers including ebay & photo enhancement, patchwork, beauty, travel tips, small business, office skills, volunteers admin program, creative writing, mosaics, Spanish and more.

For course details visit Orana at 63 Coleman Road Wantirna South, call them on 9801 1895 or send an email to [onh@netspace.net.au](mailto:onh@netspace.net.au).



4 Edna, Frank & Bill cook up a storm!



5. Fraise Coull prepares another batch of scones



6. Mother and daughter Patricia & Bernadette Jones who ate Fraise's last batch!!



7. Lots of fun catching bubbles



8. Heidi Victoria draws one of the day's many raffles



9. Art teacher Sophia with Gawishka, Devini and dad Ruwan check out the art



10. Nan Elaine with grandson Chris who went to play group at Orana!



# Sporting Group News

## DINOSAURS FOUND ALIVE IN THE EASTERN SUBURBS!

A dinosaur long thought extinct was recently discovered in Knox by an enthusiastic team of rugby league fans who at the inaugural AGM for the new outer eastern suburbs rugby league team decided the name of the new club would be the Eastern Raptors Rugby League Club.

The Raptor was a fast, aggressive dinosaur who refused to take a backward step, even when faced with the might of the huge Tyrannosaurus Rex and the attendees at the AGM felt these were exactly the attributes and qualities they would want the new team to display on the field. The Raptor also worked effectively in teams with other Raptors (remember Jurassic Park?) and again teamwork will be the focus on the field of the new club.

An inaugural Committee was formed at the AGM and its' members offer a great spread of experience and passion within the group. Terry Jenvey was elected as the Raptors inaugural President and he will be supported by the following people who were all elected unopposed to their positions:

Vice President: Colin Fletcher

Treasurer: Michael Simpson

Secretary: Lovene Beazley

Director of Rugby League: Jon Wickenden

Director of Facilities: Colin Thick

Director of Marketing and Sponsorship: Tim Mackenzie

A Junior Members Representative will be added to the group later in the year. The Committee will also continue to receive outstanding support and backing from Andrew McIntyre who was largely responsible for providing the drive and backing that led to the birth of the Raptors.

The first tasks for the Committee are to finalise the Club's Incorporation, settle on a logo and playing jumper design and start recruiting the many young people in the outer eastern suburbs who are keen to try their hand at Rugby League.

While the Club will be playing and based at Sasses Reserve in Bayswater officials, players and supporters will be coming from as far afield as Healesville to become involved in the new Club.

Len Mason, National Development Officer for the Victorian Rugby league will be helping to cultivate interest in the Raptors through the development work he does in the local schools however anyone interested now in getting involved or finding out more is invited to call Len on 8412 4951 or 0411 057 303 or send him an email at [melbourneeast@arldevelopment.com.au](mailto:melbourneeast@arldevelopment.com.au).

Further information about the Raptors and how to become involved in this exciting new development can also be obtained from President Terry Jenvey on 0466 152 928 or Vice President Col Fletcher on 9720 1640 (am or pm).

## GUY TURNER CHALLENGE

The inaugural Guy Turner Bowls Challenge turned out to be a great day for all those involved, with the Federal Member of Parliament for Aston, Alan Tudge and his wife Terry and their two children, attending to present the prizes and enjoy a sausage sizzle.

The event was organised by Bayswater Bowls Club, who asked for entries from sporting clubs, community organisations, residents and business from in and around Guy Turner Reserve, each team comprising three non-bowlers skipped (captained) by an experienced Bowls Club member.

Eight teams, who had the opportunity for a practice session the week before the event, played off in a knock out format.

The first round saw the U3A team (The Devil's Marbles, skipped by Dick Gleissner); Edna's Exterminators (John Phyland); The Carpetbaggers (Ian Bennett) and the Pirtek Tailcrushers (Trevor Smith) eliminated.

The semi-finals were extremely close, with measuring required before Andy Pryor's Hawkenpies beat Basic Cull's Carrarnar Cowboys. The other semi was actually a tie, but a one-bowl play-off saw the cricket club's Bayswater Park Violators (Barry Milford) defeat Newmexly (Max Davey).

Andy Pryor's team went on to win the final. Thanks to the Good Guys Bayswater who provided a number of giveaways for some fun awards during the event.

Bayswater Bowls Club is looking forward to staging a similar community participation event next summer.

### 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](http://www.bayswaterbowlsclub.com)

Ros: 9758 6128 - Terry: 9729 6732

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

## Templeton Tennis Club Wantirna Receives \$10,000 for court upgrade

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

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

Templeton Tennis has been the recipient of a \$10,000 grant from Knox Council to upgrade the playing surface on court 7. Don McCracken the president of the club has managed the continual improvement of facilities to maintain the premium status of Templeton Tennis Club as a major sporting venue in the City of Knox.

The club has also been very successful on the competition front with 6 grand final wins in the just completed Summer Season at Waverley Districts Tennis Association.

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

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

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

**Templeton Tennis Club Inc. Templeton Reserve,  
Templeton St Wantirna 3152. Melways Ref. 63 G9**

**Membership: Russell 9887 1957**

**Clubhouse Phone: 9887 3505**

**President: Don 9800 3316**

**Coaching: Kelly 0414 874 482**

**Email: [president@templetontennis.com.au](mailto:president@templetontennis.com.au)**

**[www.templetontennis.com.au](http://www.templetontennis.com.au)**

## Finding the right Home Loan - Part I

Over the next 2 editions of the Studfield Wantirna Community News we will share with you some ideas about how you can find the right home loan.

We will ask some questions and provide some valuable information to help you with the very challenging task of finding what is best for you.

How do you work out which home loan is right for you?

The first thing you have to do is work out what your circumstances are, what sort of property you want, how much you can borrow, what additional financial benefits you require, and so on - so that you can find your 'perfect fit'.

Because AMP Banking has created different home loans for different circumstances, it is more likely that Horizon Financial Strategies will be able to find one that suits you.

What should I consider when choosing a loan - do I want a fixed or variable rate loan?

With a variable interest rate loan, repayment amounts may vary during the term of your loan as economic conditions change. They could increase or decrease according to whether the rate moves up or down.

Selecting a fixed rate loan can offer protection against rate changes. However, a fixed rate also prevents you from taking advantage of interest rate decreases. You can know exactly how much your repayments will be for a fixed period

of time. Fixed rate loans are only for a limited time (usually up to 5 years) after which time the loan converts to a variable rate loan. If you pay out your loan before the end of the term you may incur break costs. Break costs can be considerable and you should always check before paying out your loan.

Should I split my loan?

If you like the certainty of a fixed rate but would like some flexibility then you might consider a split loan. You can choose which proportion of your loan you would like at a fixed rate and which you would like at a variable rate. You benefit from the lower rates, potential rate decreases and flexibility of a variable loan, but also give yourself some protection against potential rate increases.

### Want to know more?

In the next edition (Spring) we will talk about lines of credit, redraw facilities, mortgage offsets and negative gearing however if you can't wait until Spring and are keen to find out more about finding the right home loan, contact **Horizon Financial Strategies'** Administrator **Rebecca on 9720 7552** or call in to **Shop 12 Wantirna Mall** to make an appointment to see specialist Mortgage Consultant **Mark Burridge** or one of Horizon's Financial Planners **John Barker, John Pritchard** or **Damien Turner** who will use their experience, dedication and determination to help you find the home loan that is right for you.

## THE PITFALLS OF CREDIT CARDS - WHAT YOU NEED TO KNOW!

*by Kim Hubber, Financial Counsellor - EACH Social and Community Health*

The holiday season is over and with that often comes the reality of the credit card bill. School costs, car registration, car repairs and both planned and unplanned expenses frequently compounds this problem. Credit cards are easy to get and so hard to get rid of. They offer convenience but this can be at a cost.

Interest rates vary but can be VERY high, particularly for cash advances - so beware. Interest is calculated DAILY and credit cards are designed to make money for the financial institutions that provide them. After all, you are paying for the privilege of using someone else's money! You may like to consider other options such as use of a debit card (you are using your own money) or lay-bys for items that you want but cannot afford now.

Sometimes obtaining a credit card is unintentional, for example, by purchasing items on 'interest free' terms. Contracts with 'interest free' terms are in fact credit contracts. Monthly payment are required even though advertising frequently states that repayments are not due for 12 months or more. This monthly payment does not include interest. However, if the item is not paid for in full when the agreed 'interest free' time period has elapsed, interest is applied at the rate stipulated in the contract from the day you signed the contract. This frequently means that significant costs are incurred in a very short space of time. All regular credit card conditions apply: minimum monthly payments, late fees and over the limit fees etc.

Sometimes when a service or goods are purchased, an arrangement is made to pay via direct debit. This means payment is taken directly from your bank. Some companies specify that they

will only take a direct debit arrangement from a credit card. This is because the retailer is generally protected from dishonored payments: the direct debit will be paid and the customer carries any associated interest/fees/costs.

Direct debits on a normal bank account can be cancelled at the bank. Section 19.1 of the Code of Banking Practice states that the bank must honour the customer's request to cancel a direct debit and the customer does not need to go to the merchant first to cancel the arrangement. However, direct debits on credit cards are not able to be cancelled at the bank. Section 19.2 of the Code of Banking Practice states that section 19.1 of the Code does not apply to credit card accounts.

Hence cancellation of a direct debit on a credit card is much more difficult and must be done with the institution that allowed the direct debit. Many gym memberships are credit contracts - these are nearly always required to be paid by direct debit from a credit card account, and if you suddenly realize that you need to cancel the payments, you cannot do so at the bank. Many debts occur due to such contracts.

Think hard before you enter credit contracts: they may cause you trouble in the long run if they are not managed well or your circumstances change..

If your credit cards are a headache and you need some help to explore your options, or you want to get your financial affairs back on track, an EACH financial counsellor can assist you. For people living or working in Knox, please call our Intake no. on 9871 1800





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Wantirna Vic 3152

Phone : 9800 3849

Read our editorial for a special discount

1.



The above graphic promotes the fusion of Studfield and Wantirna with the merging of "S" and "W" (in dark green). You may also discover the "C" and "N". These letters provide the "foliage" of our symbolic tree and portray the leafy green nature of our suburbs. The lighter green delineations serve to reminisce our orchard origins in an endeavour to depict the freshness and vitality reflected in our community the promise of abundance into the future.

2.



3.



6.



4.



7.



5.



Having lived in the area for more than 20 years, the thing I love the most is our beautiful trees and myriad leaves that fall in all seasons. The area is family-oriented, warm and supportive, just as the sun supports and nurtures the plants and trees as they grow. Our local community has thrived and grown strong in recent years, due in most part to it's happy and dedicated people. I have tried to reflect the beauty and warmth of our bushland surrounds and echo the vibrancy through use of bright warm tones.





# Alan TUDGE MP

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Authorised by Alan Tudge MP, Federal Member for Aston, 420 Burwood Hwy, Wantirna South. This material has been produced by Alan Tudge using his printing and communications entitlement.

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