

Studfield-Wantirna Community News

Bringing our community together...

Edition 2 - Spring 2008



Photo by Elaine Craig of Knox Photographic Society

*News from your
local Community!*



Free

A message from Heidi Victoria Member for Bayswater



The rain has been a welcome sight around our area, with the gardens looking terrific again.

It has also meant easier playing conditions for the local sporting clubs.

Some clubs have approached me about grants to help purchase equipment or for other purposes.

As with all things to do with State Government, my office is happy to steer you in the right direction.

One of my policy interest areas is youth services and how this leads to crime prevention. If you have any ideas on this or any other topic, I'd really appreciate your suggestions.

Either visit WWW.HEIDIVICTORIA.COM.AU, write to me at 2/40 Station Street, Bayswater 3153, or phone 9729 1622.

I also have a regularly changing poll on my website. The subjects are always topical, and your vote is an important way for me to find out how our electorate feels. If you're on the internet, please bookmark my homepage and check in every few weeks. Thanks, in advance, for your input.
www.heidivictoria.com.au



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Welcome to spring!

“Spring has sprung
the grass is riz
I wonder where the birdie is.
The bird is on the wing,
but that’s absurd
I always thought the wing was on the bird.”

Does anyone know the origins of this nonsense poem? It really sets the right mood for moving out of the gloomy winter days and into the sunny days of spring!

We have had a great response to our first edition and appreciate the feedback we have received. Thanks to everyone who has passed on messages of support as we get our new venture underway.

We hope our paper will help connect the people in our community with local activities and services, so it has been great to see many community groups sending in articles and information. Being involved in community activities is a great way to stay active, build new friendships and new interests. It can be very rewarding to pursue your passions and share your knowledge, skills and expertise with other like-minded people.

I love visiting my neighbourhood shopping centres at Wantirna Mall and Studfield Shopping Centre, seeing the familiar faces and having a chat. Sometimes shopping takes much longer than it should!!

Speaking of getting involved.....we are still interested in hearing from anyone, who may like to join our production team! You are welcome to send in a contribution, we would love to hear from you! We are looking forward to the Community Newspapers Association of Victoria (CNAV) conference to be held in Castlemaine in October. If anyone is interested in sponsoring our attendance at the conference, please drop us a line. Contact details are on the next page.

We hope you enjoy our spring edition!

Janet Claringbold, on behalf of the production team.

Wonder Down Under Face & Body Painters and Entertainers



For many years our talented face and body painters have travelled overseas to attend conventions. This year we are holding the very first one for Australia here in Wantirna.

Our committee has invited renowned artists from around the world, to come to Australia and run workshops. They will work alongside our own talented artists from Melbourne and Queensland.

Delegates will be travelling from all around Australia and New Zealand to attend these workshops. Our main aim is to allow artists to achieve a higher level in their craft, and network with entertainers from all over the world.

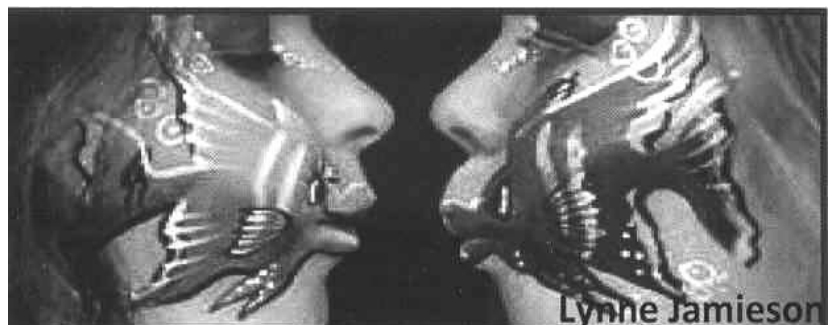
The convention is to be held at Café Capo for 5 days of classes, market stalls, jam sessions, magic, networking, learning business skills and ballooning, while staying at the Golden Pebble Hotel.

Magicians will share skills in entertaining to amaze children. Balloonologists will perform crazy comical routines while creating their masterpieces. The face painting, airbrushing and body painting will certainly intrigue and impress all delegates.

We are fortunate to have two professional photographers to document and preserve the artwork, before it is all washed down the drain.

The finale to our convention is a wonderful free Family Fun Day for all. In conjunction with Café Capo, located on the corner of Boronia Road and Stud Road, we welcome parents and children to attend on Friday the 12th of September. Starting at 10.30am and finishing at 2.30pm. Come down for a pony ride, balloons and face painting. The children can also jump themselves silly in a bounce castle. Mums and dads can buy a coffee or some lunch at the Café.

Please visit our website www.wonderdownunder.com.au



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\$10.00 per year for 4 editions

Contact Orana Neighbourhood House.

TO ADVERTISE:

Contact Janet at Orana - 9801 1895

studfieldwantiranews@netspace.net.au

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Victorian Jazz Archive Inc.

Registration No. A0033964L ABN: 53 531 132 426
Founding Patron: William H. Miller M.A., B.C.L. (Oxon.)

IMPORTANT HISTORICAL EXHIBITION

“THE FITZGIBBON DYNASTY”

We are honoring the Fitzgibbon family who are arguably one of Australia's most prominent families in entertainment circles including music and stage. Their contribution to Australian Jazz is both significant and exciting.

We are featuring three generations of this talented family including Minnie - Maggie - Smacka - Nichaud - Mark - Andrew - Dominic.

Graham (Smacka) Fitzgibbon became a jazz icon performing for and presenting his talent to enthusiastic audiences between 1949 and 1979.

The exhibition will commence on Tuesday, October 23rd 2007, and will run until the end of May 2008.



By popular demand, this exhibition has been extended to 31st October 2008!

The Victorian Jazz Archive Inc. "Koomba Park" 15 Mountain Highway, Wantirna South, 3152 Melway Ref: 63 C8 Phone (03) 9800 5535 (opposite the Nutrimerics Building)

Exhibition Open 10:00am to 3:00pm Tuesdays and Fridays
Guided Group Tours on other days by appointment.

FREE ADMISSION

email: info@vicjazzarchive.org.au
website: vicjazzarchive.org.au



mAp
museum
accreditation
program

Wantirna Park

the community within a community.

by Janet Claringbold

Wantirna Park Caravan Park on Mountain Highway, Wantirna has been part of our community since 1988.

The current owners purchased the land from the Finger family who ran an orchard. Many people will remember the "Tin Man" at the front of the property. The park is now owned by a group of four people. One of the owner's lives locally and the other 3 are more distant investors. The park is managed by two couples, Tracey and Brad, Carryn and Steve who live on site at the park, and also by Nicole who is the daughter of one of the owners.

Tracey and Brad have been managers at Wantirna Park for the last 12 years when they applied for an advertised position. They have found many lifestyle benefits in working at Wantirna Park, especially not having to cope with the day to day commute to and from work. Now they have two young children, Tracey is grateful that Brad is around for them, rather than being at work until late. Being able to share the management with Carryn, Steve and Nicole means they have back up and support and still get time to do things most families do. Tracey and Brad enjoy being part of the Wantirna Park community, and this shows in their affection for the residents who live at the park.

Wantirna Park is really a community within a community. There are around 260 permanent residents who either own their own home at the park or rent a park home. At any one time there may be around 500 people living at Wantirna Park. Visitors to the park often come from interstate, touring the sites of Melbourne and surrounding areas. They enjoy the close proximity of the Dandenongs and the Yarra Valley and can get easy access by public transport to Knox City, Eastland and Mitcham Station, where they can travel by train to see the sights of the city.

Visitors are often people who previously lived in the local area, but have moved away, and are returning to catch up with friends or family or they may be "grey nomads" who have been travelling and need to catch up with "red tape" activities like banking, which is more easily done from a

city location. Many visitors belong to sporting groups attending competitions in Melbourne, or they may be sports fans coming to big events like the Australian Open Tennis or the AFL Grand Final.

The people who have made their permanent home at Wantirna Park enjoy the community feel of the park. Recently, park managers put in a facility for the residents known as "The Pavillion" where a monthly barbecue is held, so residents can catch up with one another. This was an initiative of the managers who came up with the idea after the Red Cross held a barbecue for residents. The Pavillion has been the venue for an Australia Day party, New Year's Eve party and other social occasions organised by the residents like craft groups and game days. The Pavillion is also a place where residents can hold their own parties and get together with friends and



Lorraine Hawker outside her Wantirna Park home.

family outside the park. This initiative shows how Tracey, Brad, Carryn, Steve and Nicole are dedicated to the wellbeing of the people who live in their park community. Although many of the residents are single, it sounds like you are never alone at Wantirna Park!

Tracey also puts together the Park's monthly newsletter to

make sure everyone is connected, informed and has the opportunity for a chuckle! The Wantirna Park community also includes, Shirley who works as a cleaner and John the postman who delivers the mail to all the homes.

There have been several "major events" over the years at Wantirna Park including hosting a film crew from "Neighbours" who were shooting a scene that needed a "caravan at the beach". The addition of a surf board seemed to complete the illusion. Who would know the beach is miles away?! There was also the occasion of bushfires when an ABC helicopter landed in the park and a photoshoot was held on one of the caravans with Frances O'Connor who stars in "Cashmere Mafia".

Lorraine Hawker moved to Wantirna Park over 6 years ago, when she and husband Alan sold their Boronia home more quickly than they had anticipated. They came to

continued on page 6

Wantirna Park *the community within a community*

(continued)

Wantirna Park looking for a temporary housing solution and have been there ever since! Lorraine is very proud of her comfortable home, which she and husband Alan have improved over the years. They have a lovely garden and outdoor areas and enjoy being nestled in the trees.

Lorraine enjoys the simplicity of life in the park. She explains how residents have access to all the services on offer, including the community bus, provided by Knox City Council which stops at three localities in the park every Tuesday and takes people to Knox City and back. IGA at Wantirna Mall delivers groceries and just like everyone else they can get pizza delivered too!

Residents can use all the park's amenities including the camp kitchen where they put on a great Christmas lunch!

Lorraine's grandchildren love to stay with her for

sleepovers, they love the playgrounds and the swimming pool in summer. There is also a pool room, tennis court and basketball facilities. For Lorraine, she enjoys the great sense of security that she feels within the park and the knowledge that there is always someone to look out

for you. She enjoys walking around the park because she always feels safe. It is also great to know that the staff are around to offer support if something goes wrong, or if someone needs a hand.

The sounds of the traffic do not impose on the quiet little avenues and boulevards. It was quite an upheaval when

Vicroads acquired some of the park land. Sixteen

residents had to move. Four relocated within the park but the rest moved away, some moved to Blue Gum Caravan Park in Chelsea Heights. Tracey explains that the worst thing was the rumours and uncertainty as many residents had expected that once they were at Wantirna Park, they would not have to move again. Vicroads purchased all the homes that would have to be moved and then auctioned them off. Many locals thought the park was going to close when they saw the "Auction" sign out the front! However now that Eastlink is here, the sound barriers are doing their job and the homes are sheltered from the road by a large hill that frames the base of the park. Before Eastlink, the residents could visit the paddocks at the back of the park and there was a Clydesdale who enjoyed their company. On the south side of the park, a new estate was developed about ten years ago. Before then there was plenty of open space to walk Charlie and Cassie, who are the park's resident K9s. In her old age Cassie is now much more content keeping an eye on the action from the office porch!



The Pavillion

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Charlie and Cassie hard at work

Victorian Jazz Archive Inc.

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

It was formed in October 1996 for the express purpose of preserving all forms of Australian jazz music, and for several years now has been recognised as part of the National Distributed Collection of audio-visual material by the National Film & Sound Archive of Australia. In supporting our Mission and Vision of "Saving and Preserving our Australian Jazz for the Future" we are an accredited museum registered with Museums Australia (Victoria), and affiliated with the Victorian College of the Arts. Our Charter also allows for the collection of overseas jazz-related material for use and study. A wealth of additional information can also be accessed from our website at vicjazzarchive.org.au.

The VJA is located in Koomba Park at 15 Mountain Highway, Wantirna (Melway: 63 C8) in a building leased from Parks Victoria. It is officially open to the general public on Tuesdays and Fridays (excepting Public Holidays) between 10:00am and 3:00pm or by special arrangements to view exhibitions of jazz material and memorabilia, and for research purposes - particularly from our extensive library of jazz-related books and videos. The Archive is run entirely by volunteers most of whom are retirees and include past musicians and other people who have a keen interest in jazz music. Many live in the municipality of Knox, and at the beginning of 2008 our volunteers numbered in excess of 50. Tours of the Archive are conducted for groups, individuals and organizations. During 2007 over 14,000 hours of volunteer work was contributed to the Archive, whilst we had in excess of 1,000 visitors. As we have a policy of encouraging volunteers to become multi-skilled, we provide an opportunity for them to learn other tasks within Archive, sharing the work as necessary and avoiding boredom. There is also the opportunity to work on days other than Tuesdays and Fridays.

The Archive's key operation revolves around its Collection Management Team which is responsible for receiving, registering and recording details of all jazz-related material received from donors and other sources into a central database. The Archive has a

Local Area Network computer system to assist in conducting all its administrative and secretarial functions. We also have an alliance with the Eastern Regional Libraries Corporation (ERL) and are able to make details of our Australian Jazz collection available to the wider community for research purposes via the use of ERL's Community Database system accessed through the www. Details of over 12,000 objects (ie: 78's, 45's, LP's, Cassettes, CD's, DVD's, Videos, Photographs, Posters, Magazines, Instruments and other memorabilia, etc.) are now registered on the ERL community database. This represents about a third of our ever-increasing collection. Much of our extensive overseas collection is currently registered on spreadsheets.

Our current exhibition is in honour of the Fitzgibbon family who are arguably one of Australia's most prominent families in entertainment circles including music and stage. Their contribution to Australian Jazz is both significant and exciting, and we are featuring three generations of this talented family including Minnie - Maggie - Smacka - Nichaud - Mark - Andrew - Dominic. Graham (Smacka) Fitzgibbon became a jazz icon performing for and presenting his talent to enthusiastic audiences between 1949 and 1979

Ray Sutton, General Manager



Victorian Jazz Archive

Photo by Keith Slater

Don't miss your chance to see the "Fitzgibbon Dynasty" historical exhibition open for an extended season until October 31st. Details on page 4.

Memories of Studfield and Wantirna

Memories of Orana

by Marie & Helen



Janelle 1974

We remember going to a bonfire to raise money to purchase the house and transfer it to the site where it is today.

The bonfire was on the vacant block of land next to Dr. McGuiggan's home and surgery on Stud Road. The land now has the Yoland Lim complex on it.

We had lots of fundraisers, one of which was a "Dutch

Auction" where I bought a couch for \$1.00 and it cost me \$2.00 to get it delivered to my home!

We had Tupperware parties, nights when everyone brought casseroles and we all had a taste, and a guest

speaker every couple of months, one which I remember was Father Brosnan, who at the time was the Priest at Pentridge. It was a very interesting night.

With the money we raised we brought a lot of toys, our beloved little climbing equipment and many things to keep our kinder going.

Each child would bring a piece of fruit and the mum who was on Kinder duty would cut it up and place it on plastic plates ready for the children, when they had their break.

We look back at "Orana Kinda" with wonderful memories, but had a little chuckle when we saw the same green wall as it was 30 years ago, when our children went to kinder at Orana.



Scott & Glen 1978

Memories from Knox Village by Leslie John (Jack) Wheeler

One very warm weekend in February 1979, perspiring freely, I paused to take a breather. A breather from mowing my one acre garden, and wondered how many miles were covered on those beautiful cut rows and how many to go on the yet uncut portions.

I had purchased this block in Menzies Creek in 1954 with twelve foot high blackberries. With the aid of friends, I cleared it and built my own house, planted oak and walnut and many other trees. Had I in fact provided myself with hard labour for life? I knew I had to retire aged 65 in July. Did I wish to tie myself to house and garden? The answer was a definite "No"! I wanted to travel and see more of Australia, visit relatives in the U.K. All of which meant extensive time away.

I had heard of a retirement village being constructed on Burwood Highway and having had experience of such a village in England decided to investigate. It was on a much smaller scale, 40 to 50 units were occupied whilst the site had the usual untidy atmosphere of all building sites under construction.

All residents were forming social groups and holding events. Ex-plumbers, painter, carpenters, cabinet makers and even shoe repairers were contribution their talents. What a happy crowd! All enjoying group compatibility, helping each other and going on organised trips.

Payment of a maintenance scheme covered council rates, building insurance, garden care and street lighting. All

resident's had to pay out for was electricity and telephone.

There are some rules and regulations, all designed to protect privacy and ensure smooth running of such a project. I was lucky enough to be elected, along with seven other residents, chosen to represent a group of units and overseeing the running of the village.

I also added my meagre talents to workshop activities until the age of 86 and enjoyed every minute of it.

Joy time, 11 o'clock Tea 'o', where we are sometimes joined by a lady or two for some banter and tall stories, all good fun!

We are blessed by resident nurses and an emergency call system plus doctors attending village surgery. Also a manager for all catastrophes. (We have had a few!) A village shop with all essentials, hairdresser, podiatrist and a handyman to attend to all those little jobs the workshop boys used to do (now sadly disbanded).

We have a very active social group organising day trips, extended trips, happy hours including meals and entertainment with open bar, card nights, bingo and crazy whist which are all well supported, especially the bar (my favourite!) Gee! I almost forgot the bowls - indoor and outdoor. We were village champions this year! Our pool is used for exercise, the theatre a great asset.

In my 95th year, I hope to be forgiven for any omissions. Now reflecting on my 30 years, I'm thankful of my decision to stop pushing that mower.

Prior to Wantirna College

by Glen Turnbull, local historian

Wantirna Secondary College is now a prominent feature of our community. But what used to be on the site where the college is now?

Wantirna Secondary College opened as Wantirna High school on 5 February 1980 under Principal, Doug Cocks. The ownership of the school site was shared between three agencies working co-operatively together: the Education Department, the Knox City Council and the Salford Park Retirement Community. When the College opened there were still a few remnant orchards in the vicinity but all have now gone from this part of Wantirna.

The site of the Secondary College was originally a 100 acre farming property that dates back to the 1860s. James Tainton of Burwood settled on the property in 1866 and was granted a 7 year lease. After he made some improvements to the property, such as clearing and fencing, he was granted Title to the property at one pound an acre. Tainton was from Worcestershire, England. It is interesting to note that most of the early council rates on this property were paid for under the name of William Tainton, James' oldest son, and it seems the property did not have a house at that stage. In 1885, James Tainton sold the property to George William Taylor. Taylor was an auctioneer and land speculator. The purchase of this 100 acre property brought his total holdings in the area to 1,172 acres.

Following the disastrous land crash and recession of the early 1890s, the property was acquired by Henry

Christian Ingwersen, a very well known local grower and sporting identity.

The property was sub-divided and partly amalgamated with adjacent properties in 1909 and 1910. Two of the purchasers of the eastern end of the property (where the College is) were Albert and Walter Andrew. Between them, they owned 60 acres. The brothers were from Kalgoorlie, Western Australia and became local orchardists.

Albert was more interested in working as a draper and residing at his Broughton Road Surrey Hills address. Despite selling his half of the property in 1944 to another local orchardist Alfred Barry Kirkpatrick, Albert Andrews lived until 1980 aged 96.

Unfortunately, his older brother Walter Andrews died back in 1934, but Walter's son Geoffrey took over his father's portion. Geoffrey Andrews was still producing fruit and vegetables from the property after his mother's death in 1962. Geoffrey Andrews was born at Balwyn in 1918 but was baptised at St Bartholomew's Church of England, in Ferntree Gully, in April 1919. However, during the 1920s, he attended the Bayswater Church of Christ Sunday School.

Walter Andrews family lived in a house on Harold Street, and later Geoffrey lived on Wantirna Road in Ringwood.

If you have a local history enquiry, please contact me at gaturnbull@yahoo.com.au



Bayswater Church of Christ Sunday School Group in 1926. Geoffrey Andrews is on the front left wearing a white hat. (Knox Historical Society collection).

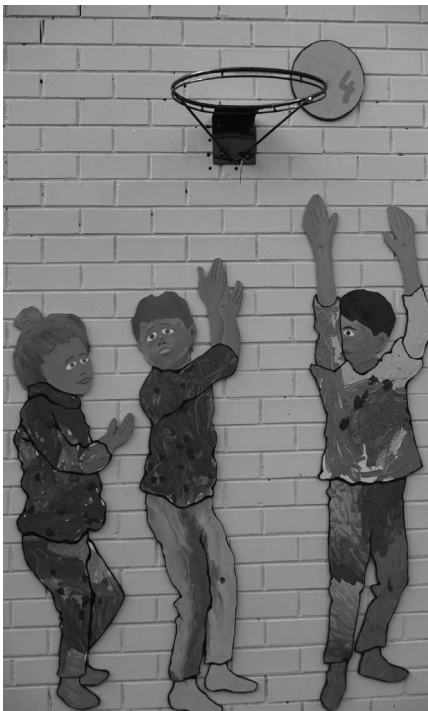
What's happening.....

at Orana Neighbourhood House?

Orana offers a range of programs, courses and classes for people living in our community, as an opportunity for enjoyment, learning and to develop new interests and skills. It is a place where people can come together to offer each other friendship, encouragement and support. If you haven't been to Orana in a while you are welcome to pop in and see how Orana has become a great place for our community.

Playground Mural

A playground mural is now a feature at Orana Neighbourhood House, adding a colourful backdrop to the children's play activities. Knox Mayor, Councillor Jim Penna, offered to arrange for a mural to be made for Orana's playground at the suggestion of Delice Quanchi, who is the children's program co-ordinator at Orana.



Councillor Penna arranged for Robert Tickner, who is a community artist at Knox City Council to co-ordinate the project with the "Placemakers" team.

The guys from Placemakers came to Orana and photographed the children at play, then used the images to create realistic outlines of the shapes of the children. The children from Orana's 2007 group started the painting project.

Orana held a painting day, when parents and children could join in the fun and complete the painting, then the Placemakers added the finishing touches and attached the "children" to the wall of the building. And it looks great!!

Meet the tutor: Louisa Philp

Louisa Philp has been tutoring at Orana for six years. Before that she was teaching at Glen Park Community Centre and volunteering at a local Primary School where she taught students computer skills.

Louisa got started in teaching after she was made redundant from the company she had been working for. While at work, Louisa was enrolled in many IT courses and workshops as she needed high level computer knowledge to perform her job.

Louisa was approached by local community groups to come and work for them. Louisa completed the required training and then began as a volunteer and as a tutor.

Currently, Louisa is tutoring at two community houses and also teaching at two centres who cater for students with special learning needs.

In 2007, Louisa was a finalist in the Victorian ACE Awards for excellence in non-accredited teaching.

We appreciate Louisa for her dedication. She is always patient with her students and gives them plenty of encouragement and support.

Louisa says "I love my job. It is very rewarding to watch people come into the centre, look at the computer with fear in their eyes and watch them leave with a smile on their face and a confident step."



Louisa Philp,
Orana Tutor

Orana Neighbourhood House
62 Coleman Road, Wantirna South
Manager: Leann Herman
Telephone 9801 1895 Fax 9800 3192
onh@netspace.net.au www.orananh.org.au

Ask for a copy of our term 4 program brochure!

What's Cool at School? *from Wantirna Primary School*

Wantirna Primary School is a learning community built on care, nurturing and respect for others. Our students, staff and parents embody our school values of Integrity, Excellence, Respect and Responsibility. Visitors to our school always comment on our fantastic class sizes and the individualised learning program that is developed for every child. Our Staff are focussed on meeting the learning needs of all children particularly in the foundation areas of English and Mathematics.

We are also very proud of the integrated learning units which engage our students in a wide variety of learning activities. In Term 3



this year the Olympic spirit has certainly descended on the school. The highlight was our school Olympics Day which included the lighting of the flame, Opening ceremony complete with dignitaries and former Olympians and the friendly competition throughout the day. Elearning or computer technology is embedded into classroom programs. The school has a suite of computers in the library and computers in every classroom for student use. Interactive technology and data projectors are available in all areas of the school. Our school website connects our students with the world and it can be visited at <http://wantirnprimary.vic.edu.au/>

Learning at Wantirna Primary School is also an exciting affair. At present our school is working with the Knox Northwest Cluster of schools on a project dubbed *canstruction*. This amazing program involves teams of students working with Engineers from Monash University on the computer modelling and building of amazing monuments and buildings using full cans of food. The winners of our competition will be competing against teams (of adults) from all over the world and the thousands of cans of food that are collected will be donated to the Salvation Army food bank. If you visit www.canstruction.org and view the Melbourne section you will get a feel of the imaginative learning that we are involved in.

Pre-School to School transition is made easy for children and their parents at Wantirna Primary School. Our caring staff, students and parents help our 'newest students' to feel welcome and at ease with school programs. The Early Years program at our School sets in place the building blocks for learning success in all subject areas with a strong emphasis on Literacy and Numeracy. As

the children become a little older they progress into our Senior Learning Unit which involves students from Year 3-6. This program provides an engaging educational experience for students as it develops confident, enthusiastic and informed learners ready to learn from and contribute to the world around them.

We are fortunate to have fabulous facilities and attractive grounds such as Netball & Basketball courts, football, cricket & soccer oval, vegetable gardens, tranquil passive play areas, sandpits, shade sails and three dedicated children's playgrounds making this a delightful setting for positive learning.

Students at our school take part in a wide range of curricular and extra curricular activities which include:

- o An amazing Visual Arts Program for all students.
- o Physical Education Program that takes place in our school gymnasium and grounds includes Fundamental Motor Skills development, interschool sports, and bike education. We also have gymnasium and swimming facilities within walking distance of the school and students attend a camping program each year.
- o Performing Arts Program that includes Ballroom and Tap Dancing, School Productions and vocal performances.
- o Students are offered instrumental and choral music programs
- o Personal Development Program includes a strong values and care program, Leadership opportunities for all, Chaplaincy support and team building opportunities
- o Before and After School Care as required by families

The parent community at Wantirna Primary school are our greatest advocates. Parents keep telling us that they are so pleased that they have found such a great school that the students love being at. A quote from a parent at the end of the school holiday period was that, "My child couldn't wait to get back to school!" This is a wonderful endorsement for the school. We look forward to having your child join us at Wantirna Primary School soon!



Peter deWacht, Wantirna Primary School
120 Mountain Highway, Wantirna 3152
Telephone (03) 9801 1938 Fax (03) 9887 4192
E-mail: wantirna.ps@edumail.vic.gov.au



Knox Council goes solar

Knox Council is doing its bit to save the planet after it installed a series of solar panels on the roof of the Civic Centre in Wantirna South.

The solar panel systems promise to slash up to 24 tonnes of greenhouse gas emissions per year.

Environment Advisory Committee Chair and Councillor Adam Gill said clean energy is vital to Council's sustainability efforts.

"Both solar panel systems are 5 kilowatt systems, which produce enough electricity to power about four typical Knox households."

Council has received a \$15,000 rebate from the Victorian Government's Solar Schools program, managed by Sustainability Victoria, and \$26,500 from the Federal Government's Department of the Environment, Water, Heritage and the Arts to complete the program.

"Investing in energy efficiency technology will save



ratepayers money as electricity prices are expected to rise by between 12% and 14% every year for the next five years; it's financially responsible to act now.

"It's another example of how Council can show leadership by acting locally while thinking globally," he said.

Safety Houses needed now

The Yawarra Primary School Safety House Committee and Knox Councillor Adam Gill have launched a campaign to increase number of registered Safety Houses around the vicinity of the school.

The Safety House Committee is keen to ensure most major streets have at least one Safety House so that should a child encounter a distressful situation, a local Safety House would be close by.

"Working with Councillor Gill, we have been able to distribute safety house leaflets to every house from Stud Road to Scoresby Road," said, Ruth Smith from Yawarra Primary School Safety House Committee.



Some of the streets that would be best suited to a registered Safety House include -

- Coleman Road
- Gateshead Drive
- Pentlowe Avenue
- Tate Avenue
- Picadilly Avenue
- Arthur Street
- Kirrawee Avenue

Knox Councillor Adam Gill has provided money from his Ward Contingency Fund so the school can install a map at the front of the school that will identify the location of all Safety Houses in the area.

To join safety house call: 9801 3289

Left hand turn lane works go slow

Construction of the left hand turn lane from Coleman Road into Stud Road was forced to a halt when works started in July after a large Telstra cable was discovered extremely close to the surface of the road.

The project will start again in late September after a Telstra approved contractor completes the works required to lower the cable to a safe level below the road surface.



Knox Library gets a big upgrade

Knox Council will fund a major upgrade to the Knox library as part of this year's Council Budget.

Proposed upgrades at Knox Library include a new lounge area, a special teenage area, and improvements to the story time area, self check-out facilities and an increased number of Internet-ready computers.

Knox Councillor and Chairman of Eastern Regional Libraries Corporation, Adam Gill, said it was all part of Council's commitment to improve library services in Knox.



"It's a rapidly changing technological environment and people's expectations about what they want their library service to deliver have changed."

"If we want to keep up with the times and offer adequate

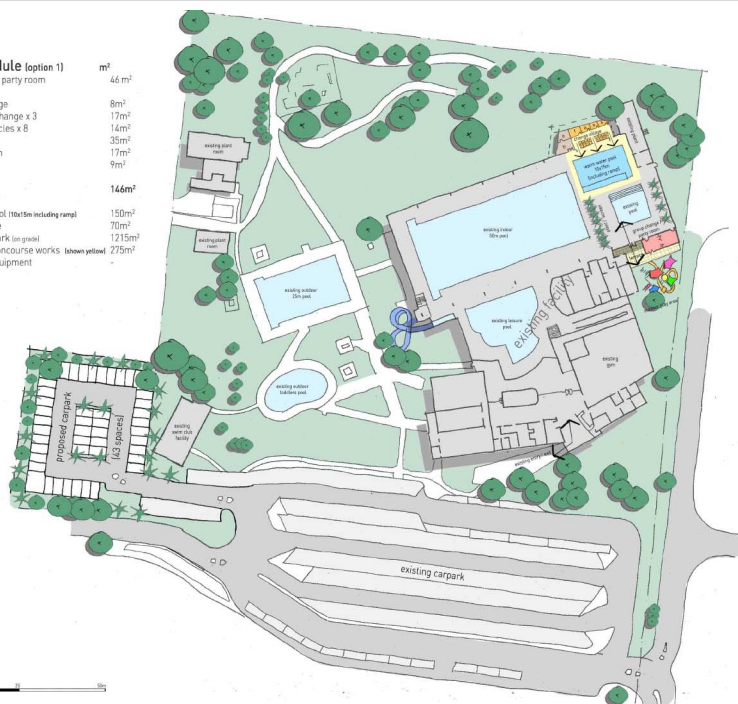
library services to our residents, we need to explore the range and type of innovative services that are available.

"Knox Council is committed to delivering modern, innovative library services and facilities into the future," he said.

Hydrotherapy pool on the way

area schedule (option 1)	m ²
-group change / party room	46 m ²
-change village	
- family change	8m ²
-accessible change x 3	17m ²
-change cubicles x 8	14m ²
-circulation	35m ²
-treatment room	17m ²
-office	9m ²
total	146m²

-warm water pool (includes including ramp)	150m ²
-outdoor terrace	70m ²
-proposed carpark (see ground)	1215m ²
-existing pool concourse works (shown yellow)	275m ²
-outdoor play equipment	



purpose pool facility.

Knox Councillor Adam Gill spoke enthusiastically about the project. "Last year, Council successfully completed a feasibility study and investigation into the development of a warm water pool facility. As part of this year's budget, Knox Council has budgeted to complete the full design and technical preparation of the new facility to be located at Leisure Works in Boronia.

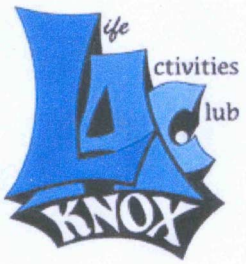
"Council will apply to the State and Federal government to help fund the project. This will help reduce the cost to Council and is the financially responsible approach to ensure the project gets underway.

"All going well, Knox Council is expected to fund its part of the construction next year.

Older residents of Wantirna South requiring warm water pool facilities for health, rehabilitation or therapeutic reasons can get their swimsuits out, with Council moving a step closer to constructing the much anticipated special

"Knox Council has listened to the community and is working to deliver a warm water pool in Knox," he concluded.

Life Activities Club Knox



Retired?? Already busy???

There could still be time to check us out!! By joining in on 2 of our activities, get to know us, and maybe, hopefully, become a member.

Life Activities Club, Knox, is for Senior members of our

community. Whether fully retired, or planning to, there is something in our groups for you.

For \$20.00 per year, we offer walks with varying distances, board games, card nights, meeting and eating, weekend getaways, Bus trips of 4 to 5 days. BUT, wait!!, there's more, badminton, garden walks,(perhaps I'll forget to mention the fishing trips, as they have been most unsuccessful.)

STILL, there's more!!

Water aerobics, gentle exercise, cinema, live theatre, painting, book discussion group. Our crafty group produce lovely items. The organ group enjoy tinkling the keyboards, and let's not forget Jazz outings. If you like a nice restful afternoon, come and travel with us to faraway places, free of charge.

Would you like a newsletter and more information??

Contact Melva 9762 3764 Helen 9729 1151

Life Activities Club Knox is a member of the Life Planning Foundation of Australia Incorporated (Certificate of Incorporation Reg. No. A 00 30709U: A.B.N. 74 869 342 108)

Knox & District Over 50s inc.



We were formally the Knox Branch of ARPA Over 50s but in July the members voted to break away and go it alone. Our group is drawn

from the over 50 age group of retired persons living within the City of Knox and its bordering districts and we provide a range of social of activities each week of the month.

The feature of the month is our General Meeting where a range of interesting speakers entertain and inform our members. Amongst our recent catches have been Val Jellay the wife of the late comedian Maurie Fields, Ken Jepson the beekeeper, Graeme Smith from the Lost Dogs Home and Major Wally Spinks from the Salvation Army, all of whom kept our members on the edge of their seats.

Our regular activities comprise:

1st Monday - Indoor Bowls at the Boronia Progress Hall
1st Tuesday - Book Club at the Boronia Progress Hall
2nd Tuesday - Luncheon outing to local venues
3rd Tuesday - Games day at the Boronia Progress Hall
4th Tuesday - our Branch meeting, with a variety of interesting speakers.

Every Tuesday - Walking group, 9am at the Liverpool Retarding Basin in Liverpool Road.

We also have regular trips and outings from one day to multi day away trips to places such as Kangaroo Island, the Snowy Mountains and Norfolk Island.

Our committee encourages and supports members to try new activities. Sometimes it doesn't work. We had a play reading group that got together weekly but it gradually faded out. It didn't pay for itself but, what the heck, it was something different to try. If our members have an idea for a new activity and are prepared to stand up and push it well, the committee will give it a go.

The Knox & Districts Over 50s is not just once a month, it is all of the month. Suit yourself, just come to the monthly meeting or come to everything, it's your choice. Get out your diary and make a note to come along and join in on the 4th Tuesday in each month, or any other Tuesday. We want to see you there.

There is no joining fee and our annual membership is currently \$12. We have an entry fee, currently \$2, to our meetings that covers hall hire and refreshments.

Enquires to - Keith Slater - 9801 4908

KNOX LIBRARY

WILL CLOSE FROM

Monday 8 September

AND RE-OPEN ON

Monday 13 October at 10am

As you will not be able to return items to Knox Library during this time, please visit one of our other branches at:

Boronia Library Park Crescent Boronia Ph: 9762 4099

Ferntree Gully Library 1010 Burwood Hwy FTG Ph: 9294 8140

Rowville Library Stud Park Shopping Centre Stud Road Rowville Ph: 9294 1300

Belgrave Library Reynolds Lane Belgrave Ph: 9754 7266

Croydon Library Civic Square Croydon Ph: 9294 5640

Ringwood Library 4 Melbourne St Mall Ringwood Ph: 9870 0177

WE 
LIBRARIES



**Knox Council
is committed
to its public
libraries
and will be
spending
\$100,000 on
making your
Knox City
Library brighter
and better!**

Things get better with age.....at Knox Seniors Festival



October 11-19 marks the annual Knox Council Seniors Festival... when no-one is too old to celebrate.

Knox Council has worked with local community groups and organisations to offer a week-long schedule of festivities for the young at heart, with everything from indoor bowls carnivals to reflexology and good old fashioned scone making courses.

For more information on the Knox Seniors Festival, contact Bruce Griffin at Knox Council - 9298 8000.

Knox Seniors Festival: What's On?

Saturday 11 and Sunday 12 October

Art and Craft Exhibition,
Knox Parkhills U3A, Ferntree Gully - 9752 2737.

Monday 13 October

Festival Launch, Bayswater Senior Citizens Club,
Bayswater - 9720 7232.

Tuesday 14 October

Traditional Hungarian Lunch and Entertainment,
Hungarian Centre, Wantirna - 9546 7270.

Wednesday 15 October

Knox Indoor Carpet Bowls Carnival,
Rowville Community Centre - 9758 7996
Secrets of Scone Making and the Benefits of
Reflexology,
Orana Neighbourhood House, Wantirna South.
9801 1895.

Thursday 16 October

Morning Melodies, Bayswater Hotel, Bayswater.
Trivia Afternoon, Boronia Progress Hall, Boronia.
9723 9498.

Friday 17 October

Scooter Safety, Knox Civic Centre, Wantirna South.
9298 8000.

Bingo Night, Carrington Park Seniors Centre,
Knoxfield - 9763 7944.

Saturday 18 October

Amaroo Gardens Fete,
Amaroo Gardens, Ferntree Gully - 9298 8000.

Sunday 19 October

Knox U3A Annual Concert,
Karralyka Theatre, Ringwood - 9752 2737.
Afternoon Jazz Concert, Knox Civic Centre,
Wantirna South - 9800 5535.

Stringybark

FESTIVAL



**18 & 19
October 2008**

- Roving performers
- Gourmet food
- Workshops
- Music
- Plants
- Water saving devices
- Solar hot water
- Butterfly display

Time: 9am – 5pm

**Venue: Rowville Community
Centre, Fulham Rd Rowville
(Mel Ref 81 K1)**

WASTEWISE
A SUSTAINABILITY VICTORIA PROGRAM

PBS106.7FM

LEAST
WASTE

**Green
Power**
CUSTOMER



Knox City Council

Council & Community: A Partnership in Progress

Soft Tissue Injuries *from Back in Motion at Wantirna Mall*

Soft tissue injuries such as a sprained ankle or a hamstring tear can not only be a painful end to a football game, but can also occur to people gardening, walking the dog or even stepping up onto a curb. They can keep someone out of action for many weeks. While players from elite sporting clubs in the AFL and Olympic athletes will have access to the best treatment methods available, the average suburban sportsperson or gardener may not know what to do or who to turn to. While obtaining immediate medical or physiotherapy attention is advisable, there are things that can be done straight away to lessen the severity of the injury and reduce the time taken to heal. The injury is most vulnerable at the time it happens so immediate care is vital for optimal recovery.

When you are injured swelling occurs in the area causing pain, and reducing movement. It is important to follow the following procedure when an injury occurs.

RICE

The RICE principle means simply Rest, Ice, Compression, and Elevation. RICE is important because swelling is hard to reverse once it's been there a while. You want to prevent as much damage as possible. Rest is important so more damage isn't done. This may mean stopping running if the injury is not too severe, or if there is pain when you are walking you may need to take the weight off it by using crutches.

Ice helps to reduce the blood flow to the injury and can be effective in reducing both pain and swelling. Ice (wrapped in a tea towel) should be applied to the area as soon as possible to be most effective. It should be left on for 20 minutes and repeated every 2 hours.

Compression can also help prevent the fluid accumulating. A firm bandage should be applied to the injury. This not only helps reduce swelling but can also aid the healing by immobilising the joint in the initial stages. Elevation is helpful again to reduce the swelling and to promote circulation.

How Long Should You Apply RICE?

These principles should be used for at least 48 hours following the injury to be most effective. Once the healing process has started and the pain settles, rehabilitative exercises should be performed to help maximise the return to full movement and strength. These may include balance training following sprained ankles to help prevent a recurrence in the injury, or hamstring strengthening exercises and stretches to ensure full function following a tear in the muscle. The time it takes to fully recover depends on a lot of factors such as the severity of the injury and the interventions taken. Physiotherapists can help to speed up the healing time by treating the injury using techniques such as massage and ultrasound, also by devising an exercise program to regain optimal strength and movement. Treating the injury as soon as possible with these techniques is desirable to get the best results.

Early involvement in the rehabilitation will maximise the speed of recovery and enable you to return to activity and competition as quick as possible.

Tom Hindhaugh
Back In Motion Bayswater
Wantirna Mall
Shop 9a 348 Mountain Hwy
Wantirna 3152
9720 3007



**PO Box 5155
Wantirna
3152
Telephone:
9800 1400**

- **Unit Site Assessments**
- **Dual Occupancy**
- **Town Planning**
- **Subdivisions**
- **Extensions**
- **House Plans**
- **Industrial and Commercial**

News in Good Health & Wellbeing

THE TRUTH ABOUT DEPRESSION

This reflection on "The Truth About Depression" has been sent in by one of our readers.

They say first impressions last. When you meet me in person, I want to make you believe that I am an incredibly smart, confident and funny young woman who always seems to have something intelligent and witty to say. Some people, at the very least, get the impression that I am bubbly, easy to talk to, and that I'm quite sure of myself as a person; or so they tell me.

I guess that's why it would shock a lot of people when I say that I dread waking up every morning because I don't want to deal with the nightmare that faces me every single day. Getting dressed and preparing breakfast - an easy routine for most people - are torturous tasks for me. I despise going outside my house, and only do so when I don't have a choice, like when I don't have any food left in the house. I look at people around me going to their jobs every day, spending time with their family, having a laugh with their friends and my mind fills with negative thoughts. I find it is the only way I can deal with the pain and loneliness that plagues me every day.

Does this make you uncomfortable? That's why I - and probably many others - don't talk about depression. For me, it's because I know how people will react, or don't know how to - a reason among many why I choose to stay silent about my illness. People don't know what to say. There are some who understand and are genuinely sympathetic, and there are some who look at me with a sense of pity, which I don't want. Most are ignorant and judgmental. They ask why I haven't got a job and think I'm lazy, then there are others who say I am young and healthy and that I'm complaining about my life. And there

are those who say that that is life and I should "deal with it".

But I can't just "deal with it". I constantly tell myself - and logically know - that there are people in worse situations, that I am blessed with so many things in life. I know this. But that doesn't make the feelings of inadequacy and worthlessness disappear. I don't want to be unhappy about my life but I can't push these feelings aside or ignore them, no matter how hard I try.

And I would love to have a job I can go to every single day, to know that I have some sort of purpose in life, to know that I am needed, wanted somewhere by someone; a reason to wake up every single morning. But when I apply for work, potential employers ask me what I have been doing for the past couple of years. I can't tell them I have severe depression. Do I tell them I was "sick"? Somehow I don't think that would put me on their shortlist of candidates for the position I'm applying for.

I turned 25 recently. Instead of celebrating, all I could think of was all the years that have passed me by, and how I'm not achieving anything in life. To be honest the only thing that is keeping me alive is my faith in God.

The one thing I wish for is that I could have someone I could talk to regularly who listens to me and actually cares about me as a person. In general people underestimate the words "How are you?". I wish people - anyone - would ask me this more often, and actually mean it.

They say first impressions last. When you meet me in person, I hope you see that I am a warm and friendly young woman who genuinely cares about others. Yes I suffer from depression. But my illness is only a part of me, not all of me.

Anonymous

The impact of stigma in mental illness

The article above, gives an insight into the difficulties faced by people who have depression.

Depression is an illness, a medical condition. It is not just "feeling blue". Depression is experienced by about 20% of people at some time in their lives. The symptoms of depression can interfere with the way a person is able to function in their everyday life. Treatments including medication, individual therapy and support through community programs can help people overcome the symptoms of depression. It is important for people experiencing depression to have understanding and acceptance by the community when working towards recovery.

Stigma is inaccurate, and prejudiced assumptions about

people with mental illness. Three out of four people affected by mental illness report they have experienced stigma. Many people also feel that the stigma they experience in the community is actually worse than the symptoms of their illness. A recent survey by SANE Australia shows that a reduction in stigma would help people who have a mental illness to feel better about themselves, manage their illness better, get back to work or study and join in social activities.*

The stigma of mental illness, including depression can directly impact on a person's ability to recover. Negative community attitudes put up barriers and cause distress, leading people with mental illness to retreat from community involvement or from seeking help.

*from SANE research bulletin 4

(continued, page 19)

The impact of stigma in mental illness (continued)

We can all play a part in helping people who are struggling with mental illness to recover by showing compassion, understanding and by not making judgements about them based only on their illness.

SANE Australia is a national charity working for a better life for people affected by mental illness - through campaigning, education and research. SANE is working to reduce stigma through StigmaWatch which responds to reports made by community members about things they have seen, heard or read in the Australian media. These may be representations of mental illness that are damaging or inaccurate, or may take the form of a good news report or stories that help to educate and destigmatise.

To find out more about depression and mental illness visit: <http://www.sane.org/>
<http://www.mindframe-media.info/>
<http://www.beyondblue.org.au>

by Janet Claringbold

For help and support contact:

SANE HELPLINE: 1800 18 SANE (7263)

LIFELINE: 13 11 14

BEYOND BLUE: 1300 22 4636

Bounce Back Women's Group Creative ways of dealing with Anxiety and Depression

Come and join a safe and friendly group to hear from various guest speakers on social, emotional and spiritual wellbeing.

Join us on various outings and activities for relaxation and enjoyment.

Wednesdays

1.00 - 3.00pm

Orana Neighbourhood House,
62 Coleman Rd, Wantirna South

Telephone: 9801 1895

Cost \$5.00



News from Wantirna Osteopathy

Wantirna Osteopathy has been named Champion Health & Fitness Services at the 2008 Victorian Small Business Champion Awards on Saturday, August 16, 2008.

One of the aims of the Small Business Champion Awards is to encourage excellence. "The Small Business Champion Awards is a celebration of small business and its contribution to the Australian way of life", said Steve Loe, Managing Director of Precedent Productions who manage and present the awards. "When the Champion Judges evaluate a submission, they are looking at all aspects of a winning business; business strategies, customer service, vision, support of the local community and growth, just to name a few. It's not always about money. There are many small business owners who will never be millionaires, but whose contribution is invaluable", Steve said.



Dr. Jason Stone receives the Small Business Champion award for Wantirna Osteopathy

Award recipients were delighted to receive their silver statuette, certificate and state recognition as a small business champion. In addition, to have their passion, dedication, commitment and hard work celebrated

amongst their peers was an experience they will never forget.

The Victorian Small Business Champion Awards presented 31 Victorian small business categories and 2 Entrepreneur individuals who will all represent their category against other states and territories on a national level at the national level at the Australian Small Business Champion Awards to be held in Sydney on Saturday 1 November 2008.

Media Release issued by Precedent Productions.

News in Good Health & Wellbeing



ME/CFS Australia (Victoria) is pleased to announce the recent appointment of their new Chief Executive Officer, Penny Abrahams. Penny comes to the Society with a great record of over 25 years in the community sector. Penny aims to increase awareness of ME/CFS and the specialist support our organisation can provide to individuals and other agencies within the health and community sector. In particular Penny is focusing on

- developing a new look website,
- implementing patient support through the Care and Crisis Support Project; and
- spreading the word through our ME/CFS On the Move project.

President of ME/CFS Australia (Victoria), Simon Molesworth AM QC noted that: "This marks an exciting new phase in the growth of our organisation. We are now able to implement a broader range of support for the approx 35,000 Victorians who are currently suffering from Myalgic Encephalomyelitis/Chronic Fatigue Syndrome. There is a silent epidemic running rampant through the community."

What is ME/CFS?

ME/CFS is a complex illness affecting multiple systems of the body and, in particular, the nervous, immune and endocrine systems. Its most distinctive characteristic is a

worsening of symptoms following physical or mental activity with a prolonged recovery time. ME/CFS can be severely debilitating and can significantly disrupt the lives of those affected. Myalgic Encephalomyelitis (including CFS) is classified as a neurological disease in the World Health Organisation's International Classification of Diseases (ICD 10 G93.3). At the severe end of the spectrum ME/CFS can be life threatening.

Did you know*?

US Centers for Disease Control research reports (AACFS Conference 2004):

- ME/CFS patients are more sick and have far greater disability than patients with cardiac disease, chronic obstructive lung disease and depression
- fewer than 16% of sufferers in the general population are diagnosed

*website: www.ahmf.org

For support and information on ME/CFS please contact: ME/CFS Australia (Victoria)

21-23 Livingstone Close, Burwood Vic 3125

Ph 03 9888 8991 Fax 03 9888 8981

Email admin@mecfs-vic.org.au Support: 03 9888 8798

Website: www.mecfs-vic.org.au

For background information regarding this announcement please contact Penny Abrahams, CEO, ME/CFS Australia (Victoria) Email: penny@mecfs-vic.org.au

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 \$35.00
One hour consult \$60.00
Pensioner rates \$45.00

Gift vouchers available

Level 1 Suite 9/249 Stud Road, Wantirna.

Contact Marita on 0425 735 581

Knox Home Garden Club *with Lonni Holland*

Did you know that you can do your bit to significantly slow down climate change, cut down on emissions, and reduce your “carbon footprint”?

Your home garden, within which you grow your food, cultivate trees, plant those precious perennials and annuals is a place where you can make a difference.

Here are a few suggestions towards a “greener” environment. Choose plants/trees that are suited to your climate and soil type, and select for dry tolerance, many catalogues indicate how water wise plants are.

Mediterranean plants, and local native plants sourced from e.g. the Knox Environmental Society is a good place to start. Create shade and shelter by grouping plants and trees together, which can help provide mutual shade and micro climate, for surrounding plant life, while larger trees can also shade the home, cutting down on air conditioning. Trees and shrubs are akin to a sponge, they absorb carbon dioxide from the atmosphere. Plants that have grafted rootstocks are usually chosen for disease resistance, reliability, and tolerance to varied soil types and growing conditions. These include fruit trees, and several native trees and shrubs. Store rainwater in tanks, or water holding bladders contained under the house,

recycled rubbish bins or other receptacles, also recycle household water without salts, phosphorous or bleach. Add water crystals when repotting plants, and into the bottoms of holes before planting. Try sprinkling wetting agents around plants for efficient water absorption. Choose heirloom varieties of vegetables as these have stood the test of time. If the soil in your garden is waterlogged, improve the drainage by raising the beds, or using the no dig principle, mixing organic materials such as coir, compost, shredded newspaper, straw, and digging them into the soil will enhance friability, and improve moisture retention. Always mulch with straw, course wood, stones, leaf mould, or compost. The idea is that the soil shouldn't be bare, use living mulch like the dense ground covers, or prostrate growers. If your compost is smelly, then all that methane gas is not good for the environment, allow the air flow in by loosening the compost, adding shredded newspaper, cutting a length of PVC pipe, and drilling large air holes around it and standing it up in the middle of the bin, which helps oxygenate compost, and soon it will smell almost like roses.....

Meetings of the Knox Home Garden Club are held on the 3rd Monday of the month at 8pm, with supper afterwards. Where? U3A Park hills Campus Park Street, Ferntree gully. All welcome!

Sporting Group News

Templeton Tennis Club attracts \$10,000 grant for courts upgrade.

Templeton Tennis Club, a leading community based tennis club located in the City of Knox is pleased to announce having been successful in obtaining a cash grant from Knox Council for the re-surfacing of two synthetic grass courts within the complex. The club gratefully acknowledges councils assistance in this area, particularly in light of Templeton's strong membership base and commitment to competition and social tennis.

Templeton Tennis Club has also recorded a 25% increase in junior membership, resulting in more teams competing in Waverley District Tennis Competition on Saturday mornings.

With warmer weather on the way, its time to 'get active'. If you are a first time player or an experienced individual, check out our first rate facilities.

“Eight well maintained ‘drought proof’ synthetic grass courts, all under lights.

“We cater for Saturday, Night, Senior and Junior

competition.

“A vibrant, friendly and family orientated tennis club, established 25 years.

“Club facilities include a bar and BBQ pergola.

“High quality professional tennis coaching available for all levels.

Come and join us in 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: 9887 3505
Coaching: Kelly 0414 874 482
President: John 9803 0201
Email: templetontennis@gmail.com

Sporting Group News

NIGHT TENNIS IS A HIT AT THE KNOX CITY TENNIS CLUB

Four years ago, the Knox City Tennis Club in Neville Street Wantirna South created a Night Tennis Development program in order to grow dwindling players and team numbers and increase club membership and financial revenues.

The desired outcomes for the program were to:

- Increase the numbers of night tennis teams to facilitate a 100% court utilisation rate on 2 nights per week.
- Develop a friendly in member and non member social tennis match-play evening on Wednesday nights.
- Attract a minimum of 50 new players to night tennis within 3 years.
- Create an in-house night tennis competition during local association season breaks.
- Encourage 10 older junior players to participate in association season night tennis competition within 3 years.

All these goals have easily been achieved.

In the Winter of 2003, the club had 4 night tennis team, with 26 players. The season which began last month, the club have 18 teams with approximately 100 players competing in night tennis matches.

Knox City joined the hugely successful Blackburn & Night District Association in the Summer of 2004 with new club professional coach, Gary Leech actively contacting many existing people who played night tennis in the community without a home base and encouraged them to come and try, enjoy the club and its great facilities.

The Wednesday member and non member social tennis was actively advertised through out the growing membership base, within the local community in local papers, with the junior coaching parents, on the hugely successful club web site and by word of month. Player numbers grew quickly and now most courts are utilised for social match play.

All committee members have been actively involved in

Knox City Tennis Club Programs & Services

Wednesday Night Social – non members welcome, 7:30pm onwards
Aviva Hot Shots Tennis – Modified Competition tennis for Kids 5 to 10 years, Sunday's
School Holiday Programs – Tennis Camps and Round Robin Tournaments
Junior & Adult Coaching – 7 days a week, Group, Private & Squad sessions
Australian Open Ballkid Training – learn how to become a Aussie Open Ballkid
Over 50's Social Tennis – play social tennis every Thursday morning
Racquet Restrunging & Equipment Sales – 24 hour service
Visit www.knoxcitytennisclub.com.au for further details.
Contact Gary Leech Club Professional Coach on 9800 5862

junior development program activities and the older junior players have become familiar and gained respect with the senior night tennis members, thus transitioning these junior players into night tennis teams has been achieved.

Proactive volunteer committee members have run the in-house competition every time during the association season breaks. Over the 2008 Winter break the club had 6 sections, running over 2 nights, with 42 players compete socially each week. 10 of these players are junior members.

On a Friday evening during the Junior weekend competition season breaks, the club coaches co-ordinate an in-house twilight night tennis competition with all grades. This competition promotes junior skills development and fun, social family environment.

The club has reached 100% court utilisation for night tennis competition on Tuesday and Thursday nights. Every evening from 4pm to 7pm, 3 to 4 courts are used for coaching session activities.

The Knox City tennis club has 8 porous courts, 6 of which have lights. The club in conjunction with the Knox City Council and the State Government have plans to install lights on the 2 additional courts before the Christmas Holiday break. This will allow further growth for its social, coaching and competition night tennis activities for the community for many years to come.

For further inquires regarding night competition or social, coaching at the Knox City Tennis Club, please contact Gary on 9800 5862. Alternatively, please email your inquiry to gary@knoxcitytennisclub.com.au. Visit our web site www.knoxcitytennisclub.com.au for additional information.

TENNIS LESSONS

Velocity Tennis Coaching Registration & Free Open Day

Sunday 5th October 2pm to 4pm, come to our Free Open Day

Meet the coaches

Free group lessons

Ball Machine

Wilson Racquet Testing

Free BBQ

Aviva Hot Shots Competition

Prizes & Giveaways

Radar Gun

Free Racquet Raffle



Visit www.knoxcitytennisclub.com.au for further details.

Contact Gary Leech Club Professional Coach on 9800 5862



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Monday: Traditional Roasts

Tuesday: Schnitzel Night

Wednesday: Curry Selection served with fresh Naan bread

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