

Studfield-Wantirna Community News

Bringing our community together...

Edition 3- Summer 2008/09




Celebrating life in Studfield-Wantirna!


Photo by Elaine Craig of Knox Photographic Society



FREE




*Best wishes
for a safe and
happy Festive Season!*



**Heidi
Victoria MP**
Your State Member for Bayswater District

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**Fund Raiser for the
64th Australian Jazz Convention.**
Inc No A0051426J

**Australia Day
Monday January 26 - 2009**
From 1 PM to 5 PM

Oakleigh - Carnegie RSL
95 Drummond St Oakleigh
Melway reference; 69F7
Close to Oakleigh Railway Station

Jazz with Louisiana Shakers

Entry \$10

Reasonably priced Sausage Sizzle and BBQ. Bar available.
Doors open at 12 Noon

Strictly No BYO Food or Drinks. Dancing, Stage and Sound

Disabled access and ample parking

Phone bookings 9 781 4972

The Committee appreciates the support of all Musicians and the jazz community

Summer is here!

Right about now you're probably getting caught up in the 'silly season'! Christmas shopping, holiday planning, children's concerts, Christmas card writing, end of year get togethers, winding up 2008 and getting ready for 2009. It's certainly a busy, busy time of year. Or you may be reading this post-Christmas when you actually have time to read for pleasure (I hope!).

These days we spend much of summer working out ways to save water to keep our gardens going. After a time we build up a new rhythm of life, with buckets in the shower and tubs in the sink!



IS BUSHFIRE PART OF YOUR SUMMER HOLIDAY PLANS? *from our local CFA*

Summertime in Victoria for many means camping, walking and barbeques in the great outdoors, but this time of year is also when the risk of bushfire is greatest.

"Holiday makers should be aware of the risks and prepare accordingly. Even a day trip to a park for a barbeque requires thought," CFA Community Education Coordinator Geoff Deacon said.

On days of Total Fire Ban solid fuel barbeques or ovens are banned. Permanent gas or electric barbeques, provided in parks or reserves, can be used if there is a three metre clearing around them, an adult is in attendance and at least 10 litres of water is on hand.

You may also use a portable gas or electric barbecue under the same conditions if it is set up within 20 metres of a permanent dwelling - but not a mobile home, caravan or tent.

"Camping can leave you exposed. A tent or caravan is not adequate protection during a bushfire. Caravan parks have designated emergency assembly areas and procedures. Take the time to understand them.

"On a high fire risk day consider what your activities will be. Perhaps give a bush walk a miss and go to the beach. If a fire starts in the area, you will be much safer," CFA Community Education Coordinator Geoff Deacon said.

On days of Total Fire Ban all campfires are banned, even if they are used for cooking or warmth.

Before heading out listen to the radio and keep an eye out for smoke. If you hear about a fire ahead, turn and go back or ask locally for a safe way through.

"Always pack some clothes that could be used in a

In contrast, I was recently watching a news report of flooding in Queensland. One woman explained how through helping each other, neighbours got to meet one another and develop friendships. It's a reminder of the value of being part of a neighbourhood! Christmas is a great time for reaching out to the people who live near us in our own neighbourhood. We don't need a crisis to do that!

We hope you enjoy our summer edition!

Janet Claringbold, on behalf of the production team.

fire emergency. You will need to protect yourself from radiant heat. Long sleeves and pants made of natural fibres are the best," he said.

Always u-turn to safety if you have the option, as being caught out on the road during a fire is highly dangerous. A car will not offer safe protection from the fire. However, being in a car is still better than being in the open.

If you are caught on the road, don't get out and run:

- Pull over to the side of the road into a clear area - a dirt track may be the best option
- Try not to park the car in a place where it is surrounded by vegetation that will burn - avoid long dry grass and scrub
- Ensure all windows and doors are tightly closed and shut all air vents
- Put the hazard lights and headlights on so other vehicles can see you
- Cover exposed skin as much as possible with clothes made of natural fibres - not synthetic clothing
- Get down as low as possible below window level and cover up with a woollen blanket until the fire front passes. You will feel a reduction in the heat and then it is time to get out of the car and move to safety. If travelling in the country, always carry a woollen blanket in your car for this purpose
- Remember to drink lots of water to stop yourself from dehydrating

When the risk of bushfire is high, stay aware and be prepared. Then you can relax and enjoy your holidays knowing you are ready should a fire start.

For more information call the Victorian Bushfire Information line on 1800 240 667 or visit www.cfa.vic.gov.au

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Thank You

The Studfield Wantirna Community News Production Team would like to thank the local businesses and services that are happy to hold copies of our newspaper.

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Mark's Meats
King Bean Cafe
Knox Private Hospital
Tivoli Cafe, Studfield
Back in Motion, Wantirna Mall
Studfield Post Office**

and all other businesses who have carried our paper in 2008!

Access Sensory Garden

By Janet Claringbold

Our community working together at SCOPE Knox Day & Lifestyle Options.

An example of the community working together can be found in a new project underway at Scope's Knox Day and Lifestyle Options centre.

Knox Day and Lifestyle Options, co-ordinator, Neva Zenz has been working to create an Access Sensory Garden for the centre. The project is now taking shape thanks to the combined efforts and generosity of several local organisations. The garden will primarily be for clients with dual sensory impairment (deaf and blind), to provide an outdoor place that they can access with some independence. It will be an exciting sensory place with tactile areas to explore, resting spaces, a water feature and plants with wonderful fragrances to enjoy. The garden will also include, a variety of native, drought hardy plants to cope with dry conditions. The space will be used and enjoyed by everyone at the Knox centre at various times throughout the day.

Karyn Mitchell, who is a team leader at the centre explained how the project has been coming together slowly over a number of months. The Horticultural Therapy Association of Victoria recently awarded



Scope Knox Day and Lifestyle Options a grant of \$500 towards the project. Swinburne Horticulture Department, Wantirna have incorporated the Access Sensory Garden project into their curriculum. A team of horticulture students from Swinburne Wantirna, visited the facility and took detailed measurements of the area, designed and drew up landscaping plans, and will be returning to carry out the construction work for the garden in the near future. Banksia Garden Supplies, on Burwood Highway,

have offered to do any earthmoving that is required. Banksia have already constructed railings around the garden for clients to 'track' their way through the garden, as well as a small garden bridge. Wantirna Rotary has provided a shade sail for the area and clients have been making pottery pieces for a tactile wall. The pottery has an aboriginal theme to add to the items of

interest in the garden. There is a lovely spot for sitting called "the bus stop" which was once a shed and has been converted into a shady seat area.

The garden project combines many great ideas from all the people who have been involved. It will be a great place for people to experience the pleasure of being in a natural environment.

Scope Knox Day & Lifestyle Options

Organisation Profile

By Neva Zenz, Co-ordinator

SCOPE (formerly Spastic Society of Victoria) Knox Lifestyle Options commenced operation in 1979 in a purpose built facility to provide support and work training to over 100 children and adults with disabilities.

The facilities were state of the art. A plant nursery and pottery area provided opportunities for many people to gain work skills and move into open employment. An Early Intervention Program was established for infants and young children and a school section provided education for older children.

Adults with complex physical and sensory disabilities were provided with opportunities to reach their potential and maintain a level of health and

fitness to be as independent as possible in daily living.

Speech Pathologists, Occupational Therapists, Psychologists and Physiotherapists worked alongside Disability Support Workers to achieve the best outcomes.

Over the past 30 years Knox has continued to provide a Day Service and Employment and Training for people with disabilities in the East.

Today over 70 adults attend the Day Service and another 50 supported employees work in Knox Combined Industries Employment and Training Unit. The Knox Centre is a very lively social arena.

Other disability organisations and *(continued on page 6)*

Scope Knox Day & Lifestyle Options

Organisation Profile

By Neva Zenz, Co-ordinator

(continued from page 5) the local community access the Knox Pool for warm water therapy, Multisensory Room experiences and the Computer Room.

The Computer Room has 8 specialised computers with touch screens, a range of access equipment and specialised programs to meet all needs, as well as Internet access. This equipment has been purchased by our fundraising efforts and with the support of Rotary Clubs in the East

Our programs and activities vary with clients interests and needs. Over 50 different activities of further education, life-skills and leisure run over a two-week period. Examples are Computer Skills, Literacy, Discussion Group, Armchair Travel, Cooking, Photo Story, Media Watch, Horse riding for the Disabled, Woodwork, Papermaking, Gardening, Sewing and variety of crafts at the Service and in the local community. A choir, the "All Stars," with members from Knox Day Service and other disability services in the area is enthusiastically lead by entertainer Cliff Macauley. The choir has put on a few performances and made two CD's.

Clients attend Wantirna TAFE, local gym, bowling alley, community houses and art centres, shopping centres and many special events locally and in the wider community.

All our support and training is to assist adults to "reach their potential in welcoming and inclusive communities."

"See the Person, not the disability"

To achieve this aim we work to raise the profile of People with Disabilities, by being seen and involved in a positive way, mentoring and educating. We create opportunities to get the community involved in what we are doing and provide opportunities for volunteering. We support the development of a social conscience in all we do and are actively involved in the Cancer Councils fundraising events and community aide abroad.

For more information or to offer your help with the garden or any other area of interest, contact Neva or Karyn on 9801 6222. To find out more about Scope, visit www.scopevic.org.au

A Crabbit Old Women Wrote This

This poem was found among the possessions of an old lady who died in the geriatric ward of Ashludie Hospital, near Dundee.

What do you see, nurses, what do you see?
Are you thinking when you are looking at me;
A crabbit old woman, not very wise,
Uncertain of habits, with far away eyes.
Who dribbles her food and makes no reply,
When you say in a loud voice, "I do wish you'd try."
Who seems not to notice the things that you do
And forever is losing a stocking or shoe.
Who, unresisting or not, lets you do as you will,
With bathing and feeding, the long day to fill.
Is that what you're thinking, is that what you see?
Then open your eyes, nurse, you're looking at me.

I'll tell you who I am, as I sit here so still,
As I do your bidding, as I eat at your will,
I'm a small child of ten with a father and mother,
Brothers and sisters, who love one another.
A young girl of sixteen with wings on her feet,
Dreaming that soon now a lover she'll meet.
A bride soon at twenty, my heart gives a leap,
Remembering the vows that I promised to keep.
At twenty-five now I have young of my own,
Who need me to build a secure, happy home.

A woman of thirty, my young now grow fast,
Bound to each other with ties that should last.
At forty my young sons have grown up and gone,
But my man's beside me to see I don't mourn.
At fifty, once more, babies play round my knee,
Again we know children, my loved one and me.
Dark days are upon me, my husband is dead,
I look at the future, I shudder with dread,
For my young are all rearing young of their own,
And I think of the years and the love that I've known.

I'm an old woman now and nature is cruel,
'Tis her jest to make old age look like a fool,
The body it crumbles, grace and vigour depart,
There is now a stone where I once had a heart.
And now and again my battered heart swells,
I remember the joys, I remember the pain,
And I'm loving and living life over again.
I think of the years all too few, gone too fast,
And accept the stark facts that nothing can last.
So open your eyes, nurses, open and see,
Not a crabbit old woman, look closer - see ME.

Victorian Jazz Archive Inc.

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



Recording Brass
B-flat Tuba (Bass)

(made by Boosey
and Hawkes circa
1930s)

Standing 1.2 metres
high, this tuba is
rare because its
detachable
recording bell faces
outwards rather
than upwards as in
a conventional tuba.
It was owned and
played by Lou
Silbereisen in the
1940s, and first

went around the world with Graeme Bell's jazz band in 1947 when they toured war-torn Czechoslovakia, Great Britain and the Continent. It is alleged that on a trip to/from Ireland, the tuba was packed with contraband ladies silk stockings.

In the late 1950s, Lou Silbereisen sold the tuba to Melbourne's Brian Carter who absolutely treasured the beautiful brass instrument with its lovely tonal quality. Brian's widow Mary Bould says "It became an integral part of our life, especially as I played piano in a band with Brian until our first daughter was born in 1960. Then tragedy struck in July 1963. After playing a gig at Bob Clement's Downbeat Club in Melbourne, Brian was killed in a car crash. After some months, I took the battered instrument to Legato, and it was restored to its original state.

For the next 35 years it had a varied life - sitting on display at my home, sometimes on loan to impoverished musicians, and once lost, I thought forever. One of the muso's left it outside a hall after a gig - how do you forget an instrument this size? An unscrupulous person who waited for the lost/found reward notice to be advertised found it. The Melbourne Herald eventually published an article about it being stolen, and to my great relief, it was returned, albeit to a large financial outlay from the unfortunate muso involved in the loss.

Then the final resting place - the Victorian Jazz Archive, and I had absolutely no hesitation in giving the tuba to this wonderful institution. It affords the instrument the home and recognition it deserves, and it allows me the pleasure of knowing it has earned its rightful place in the history of Australian Jazz."

About two years ago, the VJA had the tuba professionally cleaned and now it is proudly and permanently displayed at our Wantirna premises. The Victorian Jazz Archive acknowledges and sincerely thanks Mary Bould for this wonderful instrument and its story.

Ray Sutton

General Manager, The Victorian Jazz Archive Inc.

THE NEW MELBOURNE JAZZ BAND

The Victorian Jazz Archive Inc
is proud to present its latest exhibition

**Ross Anderson's
New Melbourne Jazz Band**

Celebrating more than 27 years of a dynamic and vibrant Melbourne traditional jazz band.
The NMJB received general acclaim during their 15 invitational Jazz Festival tours which principally included Canada and the USA.

**General Viewing: Tuesdays and Fridays
10am - 3pm
25th November 2008 - 31st July 2009
Free Entry**

Group visits to the Archive can be arranged for the above days, or other days by appointment only.
The visit includes a tour of the Archive, morning or afternoon tea and LIVE entertainment provided by a small band.
Charge \$10 per person

Victorian Jazz Archive Inc
'Kooomba Park'
15 Mountain Highway
Wantirna, Victoria, Australia
Enquiries Phone: (03) 9800 5535
Melway Ref: 63 C8

melbourne jazz

King Bean Café

Improving Access in our Community.

By Janet Claringbold

Caroline McDonald, owner of King Bean Café at Wantirna Mall has shown her community spirit by recently purchasing a ramp to allow people in wheelchairs easy access to the Café.

The folding ramp is light weight and can be easily put in place at the entrance of the café when needed. The ramp can then be quickly folded up and stored behind the door. It has a non-slip coating and sits comfortably in position on the single step entrance. Caroline was determined to make sure that people in wheelchairs would have no barriers to accessing the café. "We have great toilet facilities for people with disabilities, but they aren't much use if people can't get in the front door!" Caroline said.

When looking for solutions to her front step access problem, Caroline didn't want something cumbersome that ruined look of the café from the front. Caroline's husband came up with the idea of the ramp after researching disability access options for a separate venture.

So far, the ramp has not had a lot of use, but it's great to know it's there, ready when needed. People can clearly see the 'disabled access' logo on the front door and staff are only too ready to put the ramp into action. Caroline mentioned that the first time the ramp was used, the gentleman was a little overwhelmed with all the attention he received. All he needed was a fanfare accompaniment!

For those interested in local history, Caroline has many photos of the local area from days gone by, on display in the café. The photos have come from the Knox Historical Society and show many local historical features including the Cool Store, Forest Lodge - formerly on Boronia Road, Emily Stokes' house, flooding on Wantirna Road and more. Caroline has enjoyed local people sharing their stories and knowledge of local history, prompted by the photographs on display.

**King Bean Café,
Shop 7 Wantirna Mall, Wantirna.
Telephone 9738 1550**

Amanda May is the Metro Access Officer at Knox City Council. One of the objectives of this role is to help to support local communities with the inclusion of people with disabilities. Amanda can be contacted on 9298 8819 or email: Amanda.May@knox.vic.gov.au

Like to know more? Have a look at the information about International Day for People with a Disability at: www.idpwd.com.au

Share your Wantirna memories.....

Stories of our local history help to create the identity of "Wantirna". If the photos at King Bean Café have got you reminiscing, put your thoughts on paper (or email) and send them in to Studfield Wantirna News. We can then share these stories through our "memories" page and help bring our local history to life.

Phone 9801 1895 or email studfieldwantiranews@netspace.net.au.



Caroline McDonald and the folding wheelchair access ramp at King Bean Cafe

“Bushy Park” Pioneers

by Glen Turnbull, local historian

Most land in what we now call Wantirna was originally offered for sale by the Crown in March 1858.

Prior to 1858, most of present Wantirna lies on the original Cattle Run (or Pre-emptive Right) known as “Bushy Park”. Bushy Park was a large cattle station located on both sides of the Dandenong Creek. “Bushy Park Pre-emptive Right” as it was legally known, was situated along the Dandenong Creek, south of the Burwood Highway and Mountain Highway intersection. The eastern section of Bushy Park was about 3 square miles in size.

The first Bushy Park lease-holder was Thomas Napier, a pioneer of Port Phillip who arrived in 1837. After living in Melbourne, he took up the Bushy Park lease in October 1839, where he lived for 12 months. His hut is believed to have been built on the east side of Dandenong Creek south of current Burwood Highway. After leaving this district, he settled at Essendon and became involved in local politics there. Napier Street in Essendon is named after him. He died at Essendon in February 1881 aged 79.

The next Bushy Park lease-holder, Alexander Scot, secured land on both sides of the Dandenong Creek but died in late 1840 before he could settle in that land. Shortly afterward, his widow Madeline Scot, arrived in the district from Melbourne to run the section of Bushy Park on the east side of Dandenong Creek. She stayed there for 5 years without the assistance of any male family members. The Knox City Council Electoral Ward was named after Madeline Scot, but the Council has insisted on the incorrect spelling of ‘Scott’ instead of ‘Scot’.

Mrs Scot left the district and settled in Hawthorn to be near her daughter, Madeline Barker, wife of Dr Edward Barker. Madeline Scot died at Richmond in March 1867 aged 75.

The 1847 Port Phillip Almanac & Directory mentions the names of three settlers at Bushy Park: George Abbot (farmer), J.H. McKeon (grazier) and John Drew. Not much is known of the three, but they may have worked for Mrs Scot.

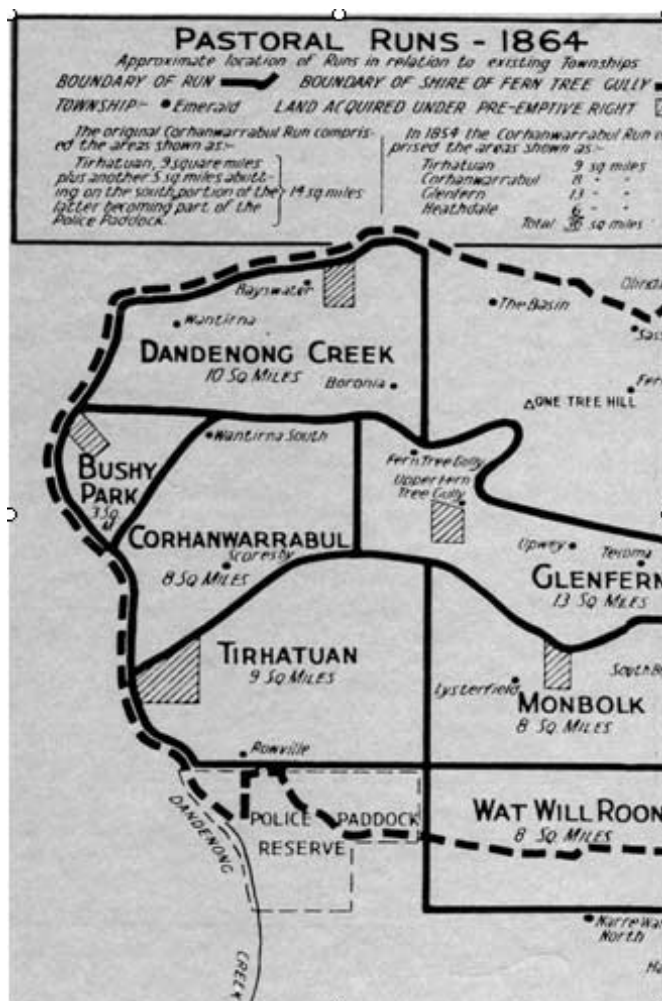
James Delany arrived in Port Phillip in 1841 and took over the Bushy Park lease in 1846. He operated Bushy Park until his untimely death. Delany married twice, his first wife Bridget Hyland died in 1849 at the young age of 27. Delany married

the following year to Hannah McMahon. Bushy Park ceased to be a Pre-emptive Right on 14 November 1856 when Delany gave up the lease of some 1,920 acres of land. In return, James Delany was granted the Land Title of 160 acres “in a Parish Unnamed - Bushy Park” by the Crown for one pound an acre. James Delany died as a result of a tragic horse accident in October 1861 aged 42. That same month, three of his children died of scarlet fever and his widow was expecting their ninth child.

All that remains of Bushy Park is an olive tree which marks the spot where Madeline Scot had her small modest hut.

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

Glen is a former president of the Knox Historical Society Inc. and current councillor of the Royal Historical Society of Victoria.



Map of Local Cattle Stations from the period 1837 to 1864. (Drawn by the late Howard Spencer McComb).

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.

Women's Health Day at Orana

March 11, 2009

Come and celebrate International Women's Day for 2009 at Orana Neighbourhood House.

The program will consist of special guest speaker Karen Scott who will inspire you with her wisdom, stories and perspective on life.

Karen is an artist specialising in Mandalas, but her background is in nursing. She also teaches various personal effectiveness courses and has a strong connection with the Tibetan culture after living there for several years.

The day will include a delicious lunch and two other workshops in the afternoon which include learning about reflexology and self esteem - what is it and how do you get it?!

For further details and to book your place contact Orana Neighbourhood House on 9801 1895.



Meet the tutor: Fraise Coull

I can't remember not being interested in food, even as a child of 8, I would be getting into mum's kitchen to make caramel popcorn and toffee apples. I started baking quite young, around 13, Anzac biscuits, carrot and banana cake and lamingtons baking all weekend so Mum could take them to work on Monday morning to fill orders.



My first job was at the Sunday market, stuffing hot dogs into rolls, then onto a gourmet deli, this led to my chefs apprenticeship in 1990 in a french restaurant called Garfield's.

Over the years I've worked in several restaurants of Italian and international cuisine's, and finally into the world of catering, corporate events from 12 to 680 people as well as private functions weddings, birthdays, christenings etc. basically any special event that needs food, from sit down dinners, buffets to cocktail party's.

I've travelled and eaten in the oldest restaurant in Paris, on boats in Thailand to fish n' chips on the Thames banks in the UK and lots of places in between. My speciality is sauces, you can turn something simple into an amazing dinning experience.

You don't need to have every gadget under the sun or even be in a kitchen at all to create a wonderful meal, nor does it have to be complicated. The best food is always made with love, to be shared with family and friends. So after 18 years of cooking professionally, and my first baby on the way, I look forward to sharing my knowledge and passion for food and as always, learning more.

Cooking in 2009.....

**Term 1: Back to Budget Cooking,
Healthy desserts & Indian cooking with Priscilla.**

Term 2: Thai cooking.

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

Ask for a copy of our term 1 program brochure!



Yawarra Primary School

Towards the end of last year students were asked what improvements they would like to see around the school. One of the most popular requests was for a vegetable garden. Around about then, there was the opportunity

to express interest in being involved in the Home Grown Trial Project. I put in a request and was later informed that Yawarra had been selected to participate in the trial. The purpose

of the Home Grown Project is to install fully operational and sustainable vegetable gardens, for educational purposes, into Schools.

Through interaction with the vegetable gardens, The Home Grown Project anticipates that students will gain knowledge and skills to promote healthy eating and lifestyle choices with an understanding of environmental, conservation and sustainability practices.

Yawarra received a fully operational vegetable garden which included:



- Seven 5 mtr. X 1 mtr. veggie beds - (one per year level),
- 1 x fully plumbed 5000 ltr. round NYLEX Water Solutions Water Tank
- 1 x Aerobin composting system
- 3 seasons worth of The Diggers Club seeds and United Nurseries seedlings
- Tools to assist with the ongoing maintenance of the garden.

Yawarra also received visits by The Home Grown Project's Installation / School Visits Manager, Andrew Prater. Students can contact Andrew via the web site to ask any questions they may have about vegetable gardening. On the web site is information about pest control, vegetables, bed rotations, composting and photos taken at various stages of the project.

Students were involved at all stages and are very excited about their gardens and the crops they have harvested and eaten.

Gail Hoey, Principal



Yawarra Primary School's Home Grown Project

by a group of Grade 6 students

The children have become very involved in the concept of growing, looking after, protecting and harvesting their own produce. As the plants matured the children then became hungry for ideas on what to do with their beloved plants. The students in level 4 trialed a couple of suggestions from their Principal Gail Hoey. The first idea they named "lettuce wraps". These involved the children filling lettuce leaves with grated radishes, carrot and cheese - wrap then eat. The children made these themselves and gave the thumbs up for taste and as an alternative for play lunch.



The next idea was further developed by the class teachers. All level 4 children were given several radishes to take home. Their home work assignment was to come up with 2 ideas on how to use radishes and to write their ideas up as a procedural text (recipe). The children really took to this task with enthusiasm - not only did they research to gather

ideas but went further to actually make them then take to school for all to try and look at. They made radish rose, radish people, radish faces, radish dips, radish salad and more. They then invited their principal along to show off their ideas. It was fantastic to watch the delight on their faces as she taste tested their "homework". Now they are eager to come up with some more ideas. Some students have become inspired enough to start their own home gardens. The teachers have been delighted to see all students engaged in this hands on learning in the vegie patch.



Pride comes before a fall

by Kay McLoughlin

Going to the gym is not my favorite thing, I feel very vulnerable because all my wobbly bits are on display for everyone to see and laugh at. Still I usually camouflage myself in a hideous baggy outfit that would never attract any attention from man or beast, not that there are many beasts at the gym, only worn out donkeys and a few old boilers. I guess that's why my encounter at the gym was so funny.

Early one morning while puffing on the treadmill and trying desperately to hold my tummy from sagging down to my knees I heard a voice say "Its hard work but worth it to look good". Oh how I love the word good all my life I have longed to be good, but unfortunately I have never been able to get rid of the label "good for nothing" a cruel title awarded to me at school. So you can image my delight when my favorite word echoed around the gym. Like a missile locking on to its target I turned to the treadmill next to me and my eyes fell upon a bronzed beast of no more than thirty. His tanned muscles rippled, sweat gleamed as the sunlight danced on his face. Puffing and panting in my most husky voice I spluttered "I love doing this" hoping desperately he would only notice my flat tummy and ignore the ever so small fact that my face was puffed up like an amorous Cane Toad and cardiac arrest was imminent. Crazy I know but at that moment I had thrown caution and my senior's health card to the wind and was living a reckless moment of my youth. To be honest I did not

really think he fancied me; however I did wonder why he was talking to me. There seems to be some unspoken rule in the gym, and I mean unspoken, no one talks, I have spent many hours walking, pedaling and pushing and can find no reason for the code of silence except that men can not do two things at once. Except for my bronzed beast who was having an in-depth conversation about my body. Well what was a girl to do except give in to temptation. With neurons creating new pathways to my long forgotten youth I no longer felt old but young trim and taut. Gone was the arthritis and the bunion on my left foot was now a thing of the past. Merrily I thought "Sixty is the new forty and I am nothing short of invincible".

With aswept of my hand I did the unthinkable and increased the pace of my walking machine from walk to run and for a brief second I resembled bionic women I was running at the speed of light, faster and faster the trouble was I could not keep pace with the speed of the machine and I fell off the backwards.

Looking up from the floor I waited for my bronzed beast to help me up but he was still walking on his machine and saying "Could you please stop my machine, I am partially sighted and cannot see the off switch".

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Fire Safety Award for Orana & Knoxbrooke

Orana Neighbourhood House offers a number of programs for people with special learning needs. One program is the "Safety Support" program run in partnership with Knoxbrooke Inc. who provide services to people with disabilities.

One of the components of the program is to teach students about fire safety. Lynda Challands from the CFA came along to Orana and took the students through a comprehensive fire safety education process. Students learned

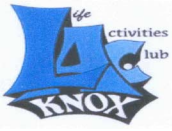
what to do in the event of a fire in the home.

For the fire safety program Orana and Knoxbrooke received a Fire Awareness Community Award entitled "Ordinary People. Extraordinary Achievements". We received the award at a lovely event held at the RACV club, who sponsor the awards. It was very exciting to have some of our participants there to share in this event.

Congratulations also to Lynda, who won a Special Incentive Grant to develop the program further.



Leeann Herman of Orana, Lynda of the CFA, Adam Spencer and the students of Knoxbrooke with their awards.



Life Activities Club Knox

Merry Christmas and best wishes for a happy, safe, healthy and love filled New Year!!

It's been a great year, with weekend getaways, interesting walks of varying distances, Painting, Board Games, Cinema, etc. etc. etc. and don't forget, our high seas adventure! (read 'Yarra River').

Our volunteer conveners have provided many opportunities for us to enjoy our free time, and preparations are already underway for 2009. A couple of our activities are in recess, but only until a new volunteer comes forward.

The weekend at Phillip Island



was a lot of fun with 26 members attending the four days. Activities will still continue throughout the Christmas/New Year holiday. If you have a spare minute, feel free to attend one or two of our activities.

Your phone call will result in our current newsletter promptly arriving in your mailbox.

Call Melva 9762 3764 or Helen 97291151

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.

Well, we have made it through our first three months and by the time you read this we will have had our first Annual General Meeting and a new committee to take us into our first full year. It's been a great three months, we've had a highly successful five day trip to Kangaroo Island; run a well attended trivia day for the Knox Seniors Festival; filled the hall and stomachs on Melbourne Cup Day (but only a couple of wallets); and listened to three enthralling speakers. This is just a sample of all the quarter's doings.

We don't have a General Meeting in December, our year will finish with a sell out Christmas Lunch at Marybrooke Receptions at Sherbrooke. We were there last year and had the place jumping, it was a wonderful finish to 2007. Let's hope 2008 goes out the same way.

Coming up in 2009 we have a group of 20 odd heading off to Norfolk Island in March. This trip filled quickly and, depending on its success, could see similar events planned for later in the year or 2010. We have already organised two day trips to Anglesea and Walhalla in the first quarter so you had better get in early to get a seat. If you like to eat out, our luncheon group, which is better known as the 'Antiques Roadshow', already has a number of renowned eateries lined up for their monthly feast.

The new committee will be looking forward to involving more of its member base in the

Associations activities to get their ideas and to hopefully introduce new faces to the following year's management team. It is only by encouraging participation that we can assure our future.

Currently 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.

Who knows, these activities could change, be deleted or be enhanced next year. We have always encouraged and supported members who want to try something different. It hasn't always worked in the past but, you never know if you don't give it a go. We want new members to join and bring fresh ideas.

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



Studfield Shopping Centre
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Wantirna Vic 3152

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

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Please note conditions apply (voucher to be redeemed by June 2009).

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9803 1640 or 0425 848 532

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for first time visitors and

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Contact:

9800 3849

Marita Reynolds

Reflexologist

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

January Special offer "on holidays take some time out" deal

20 % off a 1 hour reflexology session.

Valid from 2nd January till 31st January 2009 only.

Contact:

9801 5201 or 0425 735 581

Offers can not be used in conjunction with any other offer. All specials apply to Christmas period only, unless otherwise stated.

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News in Good Health & Wellbeing



Wantirna Naturopathic and Remedial Massage Clinic is located in professional suites at the Studfield Shopping Centre on the corner of Coleman Rd and Stud Rd above the Tivoli Café.

The address is Level 1 Suite 9, 249 Stud Road, Wantirna Front street parking is available.

The Centre has now expanded to offer Wantirna residents further options in the way of complementary healthcare. Founder and principal of the centre, Claude Trevisan, opened the clinic four years ago. Claude is a Naturopath, Myotherapist / Remedial masseur. Claude has over 26 years of experience in the health industry, 17 years as a Massage Therapist and 11 years as a Naturopath. Claude is also the co-ordinator and senior lecturer in massage at Wyn Training, a private massage college in Bayswater. Kerry Wailes is a recent addition to the clinic as an associate in Remedial Massage. She previously worked out of a local gym in Chirnside Park. Kerry is currently studying the advanced diploma in Remedial Massage (Myotherapy) This encompasses corrective exercise, dry needling, rehabilitation and TENS, this is a pain relief machine used to stimulate nerves to help relieve acute or chronic pain.

Brigette has been practicing at the Wantirna Clinic for nearly 2 years. Brigette originally qualified as a dance teacher and has taught in various schools and dance studios throughout Melbourne for 20 years. She developed an interest in massage whilst

studying anatomy, human movement and kinesiology within her dance studies. Brigette further developed her knowledge and qualifications by completing a Certificate in Massage at the Australian School of Therapeutic Massage. Brigette offers both therapeutic and relaxation massage and has a special interest in the sports area.

Another recent addition to the clinic is Marita Reynolds. Marita is a Reflexologist and Reiki practitioner. Reflexology is a holistic, non-invasive therapy. Marita will work the feet with a combination of pressure techniques on reflex points associated with the body systems, in order to address imbalances in the mind and the body. Reflexology helps to improve circulation and offers benefits to all people young and mature in relation to improved circulation, helping to reduce stress and releasing any blockages that have occurred within the body allowing normal blood flow and energy to move freely throughout the system. Please note Marita also offers Health benefit rebates. Marita also accepts payments made by Credit card, cash or cheque.

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

Wantirna Naturopathic clinic looks forward to being of service to you. For enquiries for Claude & Kerry please call 9800 3849, for Brigette Rankin 9803 1640 and Marita 9801 5201.

Please note:- Christmas and New Year specials refer to our clinic advert in this edition of the Studfield Wantirna News.



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3152
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Quote for the Community

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-- Robert Alan

www.betterworld.net



Ask the Osteo!

with Dr. Jason Stone of Wantirna Osteopathy

**Any muscular or joint problems?
Write in to our featured Osteopath
Dr. Jason Stone for advice.**

**Send your queries to:
studfieldwantiranews@netspace.net.au**

Q. I am getting regular headaches, Panadol takes the edge off but they don't go away. I was told it could be coming from my neck?

David, Wantirna South

A. David, Headaches appear for a multitude of reasons - dehydration, stress, high blood pressure and hormonal changes to mention a few. However, the headache itself is usually generated from the muscles and nerves in the upper neck. With or without these other aforementioned factors, muscular tension and joint stiffness in the neck (commonly caused from extensive hours sitting over a computer) is a very regular and treatable cause of headaches. *Jason*

Q. I am struggling to sleep at night with shoulder pain. It occasionally catches me throughout the day

but generally feels better once it warms up. Is it likely to be Arthritis?

Peg, Wantirna

A. Peg, Shoulder pain can be very debilitating particularly when it affects your sleep. By the sound of your symptoms you could have a muscle inflamed in your shoulder. It is quite common and associated with a 'hunched' posture that a muscle called the supraspinatus becomes impinged (caught) inside the shoulder joint, particularly when raising your arm above your head or behind you.

A quick test for you is to hold your arm out straight to the side, with you palm faced down and raise it until it hurts or goes no further. Repeat this with your palm facing up, if this is easier and/or moves further it is likely your supraspinatus muscle is inflamed.

This is a very treatable condition and should not be left alone as it can progress to a "Frozen Shoulder".

Jason

Dr. Jason Stone is the Director of Wantirna Osteopathy, a Government Registered Osteopath and Past Victorian President of the Australian Osteopathic Association.

Advertise

in the Autumn edition of
**Studfield-Wantirna
Community News**

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News in Good Health & Wellbeing

What is your 'fine'? from Rennie Health Centres

How Are You Today?

The most common answer to this: 'I'm fine.'

So, what is 'fine' for you?

Frustrated, Insecure, Neurotic, Emotional, or,
Fabulous, Irresistible, Natural, Empowered?

The truth is that most of us do not know how to feel the latter. We are so used to putting up with things and we stop listening to our body altogether. If I'm not in pain, I'm healthy. Isn't that right?

Our problem does not start with pain, that is the end result. Pain is not the enemy, it is an ally. It only tells you, you need to change. You are hurting your body. If you numb the pain with painkillers, you do NOT fix anything, but because you don't feel the pain anymore you can wreck your body even further. Lack of pain is not a true measure of your health. Some cancers do not cause pain at all initially!

How can you tell what is truly going on in your body?

One wonderful tool is chiropractic. Chiropractic is not all about 'cracking bones'. It looks after your nervous system. You feel hungry-you eat, you feel hot-you sweat, you feel happy-you smile... It's all driven by your nervous system. Many nerves run down the spine (that's why chiropractors focus on your back a lot), sending all the information from your brain to your body and back.



What if these information pathways get blocked?

For example: tall people tend to slouch. That crushes their lungs and also locks up muscles between their shoulder blades. Are they in pain? Probably not. Discomfort, maybe. But if it's not treated it can cause all sorts of problems later.

Also, did you know that a sudden slip or fall may cause your kidney to twist? Most of us have no idea. It doesn't hurt. It turns your foot inward though which puts pressure on your knees and hips. Untreated, you simply wear out your knee and/or hip joints and head for an operation. It starts with a simple fall.

We look after our teeth so well, still, if you lose them there's always an option for dentures.

We don't pay attention to our spines though no-one can give you a new one.

Still, it's not just about your future. How do you feel now? Do you wake up in the morning bursting with energy? Can you focus easily on everything you need to during the day? Can you keep calm in difficult situations? Do you sleep well? How much do you put up with?

What is your 'fine'?

Agi Pasztor & Dr Neal Rennie
Rennie Health Centres

271 Stud Road, Wantirna South Ph: 9887 4227



*Tennis Australia - kids starter program



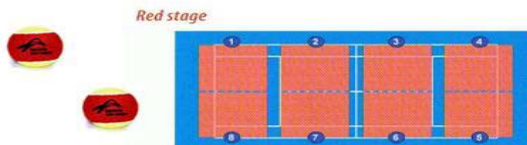
Aviva Tennis Hot Shots



Modified Tennis Competition for Kids Aged 5 to 10

Aviva Tennis Hot Shots, Tennis Australia's official kids' starter program, follows the world-wide trend towards modified competitions for kids to help them learn to play tennis. The program targets kids up to the age of 10 years of age who are not yet able to play competitive tennis on a full sized court with a regular tennis ball.

The **Aviva Tennis Hot Shots** program revolutionises the game with the use of smaller courts and modified equipment, including special low bouncing balls, which make it a lot easier for kids starting out. It also differs from many of the existing modified programs because from the moment kids start in the Hot shots program they will actually 'play the game' of tennis. This means that players are able to serve, rally and score in an exciting competition format.



KNOX CITY TENNIS CLUB, Coleman Road Wantirna South
Sunday's 10am and Wednesday's 5pm, 60 minute sessions, \$2 per session
Contact Gary Leech 9800 5862 or 0438 018 820
www.knoxcitytennisclub.com.au for further details

Knox Home Garden Club *with Lonni Holland*



As I type this article, I am sitting under a Callistemon viminalis "Hannah Ray", in full bloom, bees busy on its pollen, and honey eaters tending to their nests high up in a Blood Wood tree. It is the arid heart of Central Australia, in the grip of a drought, and yet there is so much life that is borne out of the harshness of the desert environment. While

there has been no more than 14 mm. of rainfall since January, notwithstanding the freak storm that hit Alice Springs 2 days ago, with a wind velocity of 120kms, and delivering 18mm. within 30 minutes, by all accounts there is a lot of dieback of under storey trees and shrubs especially in the Outback. At the same, I'm staggered to see just how resilient many of the ghost gums, river red gums, Acacia's, corkwoods or Hakea, Desert Grevillea, gums and the tough mulga's really are. Walking through the

Trephina Gorge in the East MacDonnell's, fan flowers, with their delicate mauve petals, Everlasting daisies, Sturt Desert Pea, are all blooming in a sandy, stony, inhospitable environment. Trees and all plant life are vital to our existence, as they absorb carbon dioxide, generate oxygen while purifying the air, and also sequester enormous quantities of carbon. This summer consider the benefits of shade giving trees, planted appropriately so as not to disrupt the foundations of your home, can help cut down air conditioning costs and usage. Is there a right variety of tree, large shrub, or a vine grown on a trellis for your garden to provide for the family's cooling needs, while reducing greenhouse emissions, and improving the air quality.

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 Wantirna

Join in the summer fun for family tennis

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

We can also improve your existing game, or even if you are a complete beginner, get you started via our elite coaching staff!

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. So think of summer and think of tennis!

Even though these days tennis is a year round activity, warm Days and Nights are the ideal time to get started on your exercise program.

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. 6 3G9

Membership: Russell 9887 1957

Clubhouse Phone: 9887 3505

President: John 9803 0201

Coaching: Kelly 0414 874 482

Email: templetontennis@gmail.com




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At Wantirna Osteopathy we pride ourselves on excellent service and results, endeavouring to have our patients pain free and back in action as quickly as possible.

Member of  Australian Osteopathic Association 

161 Stud Rd, Wantirna South **9800 0388**
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Wishing
you all a
happy
holiday
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Studfield-Wantirna
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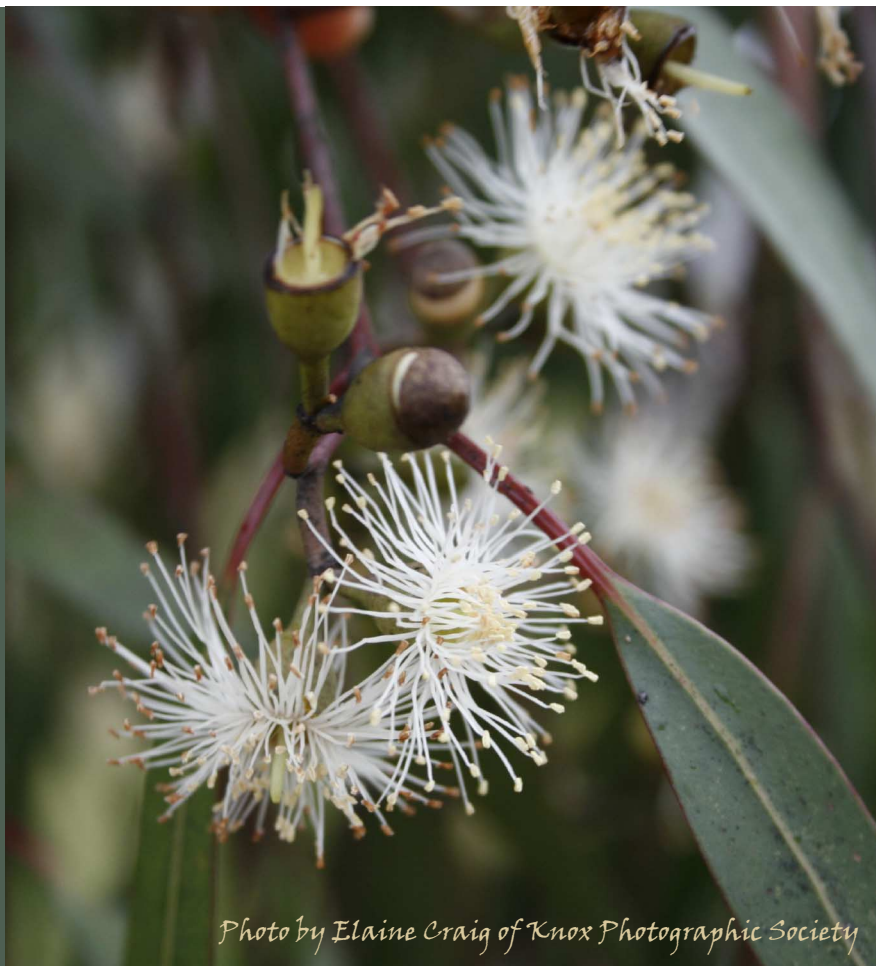


Photo by Elaine Craig of Knox Photographic Society